

Date : 5/29/2018 12:09:29 PM
From : "Quora Digest"
To : mary_colby@enumclaw.wednet.edu
Subject : Is it good to eat bread everyday?

Quora

Mary's Digest

TOP STORIES FOR YOU

Is it good to eat bread everyday?

Edel Grace Edel Grace, Founder/Director at Healing Magnetism with Hands (2004-present)
Updated Sun

I find that an interesting theme as where ever I look for diet tips I read that bread is not healthy. In the Lord's Prayer it says : Give us our daily bread.....I grew up in ... [Read More »](#)

How can I ask my English teacher to bump my grade from a 69.48 to a 69.5? She's currently refusing to do it. I was admitted to UC Berkeley and I'm at risk of being rescinded if I get a D. All my other grades are fine.

Jerry Myers Jerry Myers, High School Biology Teacher
Updated Mon

I am a teacher. I get asked to do this by many students when grades are due. Can I have extra credit, can I redo an assignment, can you just bump my grade up. There are man... [Read More »](#)

Why did Harry not wear full medals at his wedding?

Sallie Smyth Sallie Smythe, Royalist. Monarchist. British. Eternal Optimist.
Written May 20

He was marrying the woman of his dreams. Even his brother, Prince

William, wore a more decorative version of the Blues and Royals tunic than Harry did. William had his go... [Read More »](#)

As a surgeon, have you performed a risky yet life-saving surgery on a patient who would have otherwise died?

[Doug Johnson](#) **Douglas Johnson**, MD Surgery, Wayne State University School of Medicine (1983)

Written Thu

Of course. I remember a young man who ran into a wire fence while riding his snowmobile. It caught him in the throat, pulling him off the machine and making it hard to breathe... [Read More »](#)

Why do teachers get mad or annoyed when a student asks to use the restroom especially at the wrong time even if it's not the student's fault?

[Robert Reiland](#) **Robert Reiland**, Over 40 years teaching with leadership positions

Written May 18

I used to get annoyed when they asked during class for two reasons. One was that I usually told my students that if they needed to use the restroom, they didn't need to ask.... [Read More »](#)

What's the most absent minded thing you have ever done?

[Amber Chadwick-Ellis](#) **Amber Chadwick-Ellis**, Direct Support Professional

Written May 23

I'm driving the three hours home from a family gathering. I see my favorite restaurant in front of me. I'm still two hours from home, my stomach is grumbling and I can't remember... [Read More »](#)

Can your therapist force you to go for a mental evaluation at an emergency room? What happens if

you refuse and leave?

Julie Gurne Julie Gurner, I'm a doc of psychology
Written Fri

Yes, they can force you...and you know what? It is what it is. I've seen it this way: I'm going to do something that might save your life today, and you & I may both hate it, ... [Read More »](#)

My second daughter is only 12 years old, but she already has B cups. She is 5'2" and is quite slim. Is there something wrong with her? Should her breasts be coming in this early?

Janet Hods Janet Hodson, CDA from Renton Technical College
(1993)
Written May 20

I was a whopping C cup in the 4th grade. I had no choice but to wear bra and let me tell you in sweaters the boys didn't know how to handle the way I looked. I was called H... [Read More »](#)

Why do you let your dog sleep with you in the bed?

Jayde Runy Jayden Runyon, studied at Lebanon Valley College
Written Sat

I let my dog sleep in my bed with me because she loves to cuddle and i like to hug something while i sleep. I'm not a restless sleeper, so when i sleep i like to have my ar... [Read More »](#)

How do I know if someone is bipolar?

David Galipeau David Galipeau, MD student at Laval university
Written May 21

I'm bipolar I with psychotic features. You observe their behaviors and changes in moods. Most bipolar should take a daily medication to make them stable, but it is not perfe... [Read More »](#)

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