



Mama's pies halt a detox

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Last week was one of *those* weeks. You know the ones: bad for your stress level, good for stories you later interject into uncomfortable silences. It all culminated with a leg brace and crutches.

Now, I've never dieted before (awkward jump in subject matter I'm aware, but allow me to explain). I run daily (hence, the injury) and because of my 8-mile-a-day exercise regimen have never been able to try the infamous [Lemonade Diet](#) that my girlfriends have been hyping since high school. So, I'm making the most of my down time by trying this celebrity-endorsed detox to settle my curiosity. I thought I was doing well — really rather triumphant and proud as I neared the end of my first day — until I saw this: MAMA'S PIE IN THE SKY: PIE SALE BEGINS OCT. 5

As I reminisced on Mama's pies from Thanksgivings past, my mouth watered and my thoughts turned to turkey dinners, stuffing and, of course, pumpkin pie (and apple - I don't discriminate). My detox came to a screeching halt and I soon found myself shoveling loads of trail mix down my throat while simultaneously placing my order online for my 2009 pie ... errr, pies.

You see, the thing is, Mama's pies surpass anything I could possibly whip up on my own and 100 percent of the proceeds benefit [Mama's Kitchen](#), a meal-delivery service for people living with HIV/AIDS and cancer.

For the first time in my life, I'm making the world a better place by consuming sugar. This, my friends, is my dream come true. Thank you, Mama's Kitchen.

For more info or to order your own pie, visit their website at www.mamaskitchen.org.

Read more: <http://www.sdn.com/sandiego/2009-10-14/special-sections/good-squad/mamas-pies-halt-a-detox#ixzz0TwYVPkG5>