

# Re: Junk food and deserts have always been my treat

**Source:** <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-09/0187.html>

---

**From:** Lictor (*ghostmlNOSPAM-REMOVE\_at\_online.fr*)

**Date:** 09/03/04

Date: Fri, 3 Sep 2004 03:04:36 +0200

"CB" <bellecd@sprint.ca> wrote in message  
news:gcOZc.2821\$H23.27464@newscontent-01.sprint.ca...  
> *Sound advice, maybe, but rather long-term.*

Well, diet change and weight loss *\*is\** a long term issue ;)

> *As a sugar addict myself*

I wonder if the OP is about sugar or not. Sweets in a bakery can be almost as much fat as sugar.

> *I think the problem is partly psychological but also partly physiological.*

Maybe. But ideas like feeling a vacuum in one's life, or like food is your only source of happiness are clearly psychological. There might be some physiological issues on top of that. The problem is that if you don't address the psychological issues first and proceed to remove the comforter food, you might be removing all that is holding the OP together. At least, I would consider getting psychological help from the very beginning, even if he wants to do the rest right from the start.

> *There are some practical steps you can take right away, like substituting  
> fruit and small amounts of dried fruit, unsalted nuts and  
high-cocoa-solids  
> dark chocolate for your regular snacks.*

There is the risk that these food won't be as comforting as his usual food, and this can lead to binges. If the "addiction" is physiological (reactive hypoglycemia), dried fruits can be pretty bad too.

> *If you don't eat any sugar for a while, these snacks will taste very sweet to you.*

Yup, my pleasure/sweetness curve now is properly belled shaped, instead of increasing all the way to syrup.

sci.med.nutrition: Re: Junk food and deserts have always been my treat

But *\*paying\** attention to food can also accomplish that. Like, chewing slowly while keeping focussed on the meal. Many overeaters just swallow the food whole without ever tasting it.

> *Drink lots of water, or green tea (which is pretty good without sugar).*

Sparkling water often does the trick for people who think regular water is for bathing only ;)

> *If you feel sugar cravings, look at your*

> *watch; force yourself to wait ten minutes before you give in, then eat an*

> *orange or apple, slowly.*

Another option, especially in case of reactive hypoglycemia, would be to fit the sweet food at the end of a meal.

> *Don't do anything else while you're eating; enjoy*

> *the food. Ask yourself before you've finished if you are still hungry; if*

> *not, save the rest for a little later.*

Sound advice.

If you don't feel hungry, don't eat, because you can't reach satiety if you're not hungry. If you don't feel hunger anymore, just skip 1–2 meal, you should get a pretty good idea of how real hunger feels like. To feel satiety you can :

– Relax before eating. If you know meditation technics, that's the moment to use them. Otherwise, just close you eyes, take some deep slow breaths and try to keep quiet in your head (or if too hard, fill it with positive quiet thoughts).

– Take only meals : seat down at the table, have a plate... Even if you're eating a chocolate chunk or a yogourt.

– You can try using a smaller plate. You can also train yourself to always leave some food in your plate and throw it away, as a way to experience separation from food.

– Chew slowly, try to *\*feel\** the food in your mouth, try to analyse the various tastes and aroma. See what you like or dislike in each particular food item. Try to see if your perception of the taste evolves throughout the meal.

– You're eating, not reading or watching TV!

> *If you slip, try again and keep trying.*

Slips *\*will\** happen. Try to become a clinical observer of yourself. Slipping is a mere event on your way. You don't have to pretend it doesn't exist, but you don't have to go on a guilt trip about it either. Both of these will only causes slips come back more often.

If you feel you really can't resist, don't snap completely and swallow half the bakery in a huge guilt loaded trance. Slip in style. Go to the very best bakery of the city, and buy a single item, the one you love the most. Go back home, or to a quiet setting. Get in nice clothes, set your table nicely, with your best plate and silverware. Now, eat your thing, slowly,

Re: Junk food and deserts have always been my treat

sci.med.nutrition: Re: Junk food and deserts have always been my treat

while enjoying every single mouthful. Don't feel guilty about it, because a single item like this is not going to ruin everything. If, at some point, you feel that eating your cake is not as enjoyable as the first mouthfulls, there is no point in finishing it. Remember, you're trying to enjoy yourself, no point in continuing if you don't. Just throw away the leftovers, you will buy another fresh one another day. If you feel awfully bad about throwing away that food, you can even write it a funeral oration to the leftovers of you cake – noone is going to make fun of whatever you do in the privacy of your home.