

Re: Junk food and deserts have always been my treat

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"severesocialanxiety" <samappliance@yahoo.com> wrote in message news:9d9a6dc1.0409021147.285e9d64@posting.google.com...

> *The more junk you eat the more you want.*

That's not always the case. If you watch how other normal people eat, many are able to eat a little junk and be satisfied with it. It's all a matter of conditioning.

> *We have been trained since childhood that sweets are how we make ourselves feel good. It is very*

> *difficult to unlearn this.*

Yes, it's difficult, that's why I was suggesting you to seek some help. But it's possible. Most people are not trained that way since childhood. There are plenty of other ways to make yourself feel good – enjoying a walk, listening to some music, reading a good book, falling in love... Something probably went wrong in your childhood that caused food to become your best and only comforter. That's something you will indeed have to relearn in therapy, so that you can get pleasure from plenty of different sources, including yourself.

> *I don't have sex or love in my life so when*

> *i need something to look forward to. something to reward myself. i*

> *guess i will use steak as a reward.*

Then, you would only substitute a kind of food for another.

Why no sex or love in your life? Because of lack of opportunity or shyness?

Or because you won't bother with that until you have changed.

> *i hate the idea of*

> *going hiking without treats to compensate for the pain.*

You should not feel *pain* when exercising. Exercising is supposed to be its own reward. It's a pleasure. Like eating actually. It's the pleasure of feeling your body going through the move. Rewarding something painful that

you feel you need to do to lose weight with food that you feel is bad is an extremely dangerous process. That's the kind of reasoning you will find among anorexics for instance.

Can you not find some kind of exercise that is not painful, or even enjoyable? Why is it painful btw?

> *i don't buy the concept that sweets can be part of our diet in moderation.*
they

> *are too addictive and they ruin your appetite for everything else.*

You get tired of eating only sweets after a while. ;) As part of my process, I spent a while eating as much chocolate as I wanted for lunch, and I was positively craving for veggies by dinner. Indeed, if you don't use moderation, you will ruin your appetite. That's why most people use moderation : they don't like to overeat and they like having a varied diet. So, I could keep having all chocolate lunches, I mean, I know I can lose weight on them. Actually, I still do once in a blue moon. But on a day to day basis, I would much rather have something else along with my chocolate chunk.

> *they need to be treated like a poison and avoided at all cost.*

The problem is that in all objectivity, they are not a poison. I mean, they cause cavities, but that's the extent of it. They don't kill people for real. You might convince yourself that it is indeed a poison, and you will really believe it. But someday, you will eat some, discover that it doesn't taste like poison, and doesn't kill you. And then, there is the very real risk of binges. And then, you will go in a guilt trip for eating such a poison, feel depressed and try to find a comforter. And since sweets are your always comforter right now, well, welcome to the binge-diet cycle.

> *i used to think this kind of thinking was radical and unnecessary. just*
from

> *the stand point of teeth, simple sugar should be avoided.*

It's indeed radical and dangerous. From the stand point of teeth, you should rather eat sugars during a meal and brush your teeth afterwards. Or, if you eat some outside of a meal, you should do so in moderation and flush your mouth afterwards. Anyway, that's what you should do after any meal, sugar or not.