

I have done because of a bad self-image, just to make me feel better about myself. No, this is not an excuse for the psychiatrist's office couch. My goal in sharing all this is hopefully to help someone make that step. Your reasons are your reasons. I have actually heard people say, "Let's get a bite now so we won't be hungry later." It's as if being hungry is the worst thing that could happen!

I have to tell you this: I finally found an endocrinologist who I was excited about. Well, the excitement didn't last long. When I shared with him that I felt like his diet regimen was too strict to adhere to, he laughed at me and sent me on my way. Did I mention that the plan he is so adamant about is sold through is practice? I have become quite suspect of a doctor who sells products from his office and that is the only plan or product they will work with.

1. The very first step is admitting you have a dysfunctional relationship with food and cannot control yourself when you are around it. Admit to yourself that you are out of control. Believe it or not, just doing that much will start down the road to success. Don't try to do this on your own.

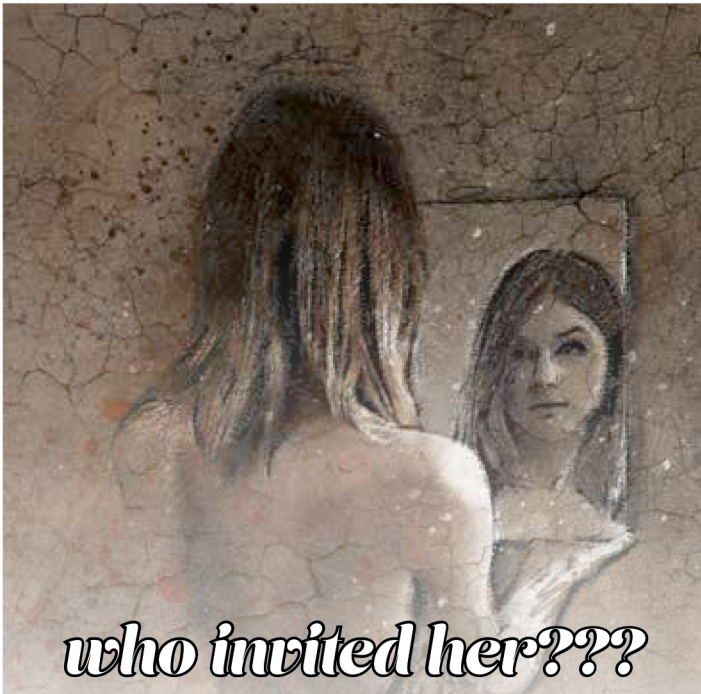
2. Find a doctor who will work with you and not laugh at you! That's kind of a "duh" isn't it? Don't continue making excuses. Own that you are a food addict and you need help.

3. Find a support group. If you can't find one, start one. I'm not a support-group-kinda-girl, but in this instance, I do believe it works. Why do you think AA has a support group?

4. Learning your body enough to know when you are full. Senses of being full or hungry don't necessarily apply to us. When someone says to me, "I'm not hungry so I'm not gonna eat," that is a foreign language to me. What does hunger have to do with it anyway? Right? I "love" food. I like the way it tastes and makes me feel (until I finish every morsel and then the guilt and remorse set in). The moment I finish "binging" the enjoyment leaves fairly quickly.

- ASweet Life blog
- www.DietDoctor.com
- Why We Get Fat (And What To Do About It) by Gary Taubes
- The New Atkins for A New You by Eric Westman, M , Jeff Volek, PhD, and Stephen Phinney, MD
- Dr. Eric Westman has published several books, and it is my understanding that he is one of the pioneers in low-carb eating. I did have all his books and I donated them to the library.
- The Ketogenic Cookbook by Jimmy Moore and Maria Emmerich. This book is a huge help in your struggles.
- Beyond the Food by Jacqueline Falco. I just got this book and started reading it. Wow, is all I can say right now. Def not a "light read" book. She also has a podcast by the same name.
- 2KetoDudes podcast
- Jimmy and the Doc podcast
- Online research. Online, I found www.calorieking.com.
- "You ain't your weight" is another source.
- Overeaters Anonymous

Sandy celebrated her 70th birthday in May 2017. She hails from Texas, having grown up in Houston. She studied at Stephen F Austin University in Nacogdoches, TX. She has lived in the Charleston, SC area for 25+ years, is married to her husband of 50 years, is the mother of three delightful, interesting children and has been blessed with seven delightful grandchildren (soon to be 9). If you wish to contact her, please email sandybowersox@gmail.com



who invited her???

the strangest thing has happened.
a strange woman has moved into my house.
and i dont even know who she is, or where she's from,
let alone how she got a key to get in.
all i know is i definitely did NOT invite her...
and all of the sudden here she is pestering mi.
oh, she's very smart, this one.
i never see her for the most part
except when i pass a mirror -then i might catch a glimpse of her.
or when i look directly in a mirror,
she's there taking up the whole thing- so selfishly,
(i mean have you ever heard about "sharing"?- c'mon)
it really makes mi mad!
i've tried yelling at her but she just mocks mi
and plays that stupid repeat what i say game - i hate that!
she's really getting on my nerves.
you'd think she could use some moisturizer-she needs it!
and i think she takes money too- it seems to go so fast around here.
but money isn't the only thing she takes- food..
it seems to disappear as fast as i can keep it.
i mean i have two teenagers but she seems to eat it faster than they do.
i can't seem to keep anything in the house. especially chocolate brownie
ice cream.
she should watch it- i think she's putting on a few pounds.
and to make it worse, i think she's messed with my scales
to make mi think i'm gaining weight too. the nerve!!
for a grown woman she sure acts childish!
i think she alters all my clothes when i'm not home
and makes them smaller.
she makes everyday things, like the vacuum, i use around the house
heavier
worse yet, she's figured out how to follow mi wherever i go
but when i turn around she's gone- what a brat!
when i go shopping she tries on the exact same outfit
(it looks awful on her) but she still stands right in front of mi
so i cant see how great it looks on mi- OOOOOH! she really gets mi!
she's trying my patience. i'm a fairly easy- going person
but i'm about at the end of my rope with this one.
if this keeps up i swear i'm going to have to do something drastic-
put her in a home or something.
on second thought, maybe i shouldn't be too hasty.
first i'll check with the government
and see if i can claim her as a dependent on my taxes.
~ michelle