

Denny's Newcomer Story

If I wait too long to eat, it wouldn't matter if I had a PhD in nutrition, "automatic choices" would take over and I'd eat anything that would give me relief. I have a history with alcohol. And although I've been sober a long time, all that put-it-in-my-mouth energy has gone into other things like coffee, cigarettes, and food. Just last night I got desperate. I had nothing on the shelf to grab and was considering going out late at night, not a good idea. Then I remembered there was chocolate ice cream in the freezer. I don't know what I would have done if that ice cream hadn't been there. I am telling you I've done a lot of drugs in my day and chocolate ice cream is one of them.

They tell me I have an addictive personality. Since I was in my teens I always depended on putting things in my body to give me relief from how I feel. My father was the same way and I just always assumed my personality was genetic.

At first, I went to Suppers out of loneliness. When I got there, I was introduced to the idea that what I was experiencing might not be coming from my personality. I might have something called appetite foolishness instead of a personality flaw. That meant change and improvement were possible because I had some control over the situation. I had never heard of the idea that control was partly a matter of my biology. For years I had accepted that my personality was fixed. But when I learned it's possible to re-program yourself to actually desire healthy food, I felt hope again!

I am at the beginning of my Suppers story, at least I hope so. I am not looking forward to giving up the things I have to give up. But I've met several people who are further along than I am, and they all say that getting off the foods that act more like drugs than food for them has given them more energy, more sleep, and better moods. Well, now that I understand what they're talking about, I'd have to admit that just about every food I eat acts more like a drug than a food, what other reason is there for eating?

I have started on a bumpy road to wellness, and everybody says the bumps are normal. One thing that has already happened for me, something that nobody will ever take away, is that I now know the difference between my personality and my appetite.