

## Rose's Story – Lentils Saved Me

I have been a psychotherapist for over 30 years. I was trained in the psychodynamics tradition, and I am a great lover of Freud for most of my adult life I have had an eating disorder, and for most of my adult life I have been in therapy. I have spent more time talking about my relationship with my mother than I spent having my relationship with my mother. It wasn't until I was nearly 60 that I became willing to try another approach to my uncontrolled eating. My husband is a psychologist. He's a lot more open than I am to playing with diets and trying new things. At the time he suggested I give therapeutic friendship a try in Suppers for Sobriety. I was so frustrated with these 40 lbs I agreed.

Lentils saved me. It was at Suppers that I was introduced to the idea that to stave off hunger and prevent binges, I'd have to eat more. I'd have to make the time in the afternoon to have a small meal between clients so that I wouldn't be screaming for huge plates of pasta and heavy bowls of popcorn at the end of the day. The leader of my meeting sent me home with all the leftover lentils. I couldn't believe what happened to my body. Not only did it reduce by more than half the vigilance required to stay away from empty carbs, I found I was feeling more loving toward my husband. All because of a daily cup of lentils to prevent a quick drop in blood sugar.