

Glimpse into slipping up

I have gained such a good hold on my strict diet these days that I don't often get issues resulting from food now. This makes it all worth it! It is a very strict diet, but for the most part I enjoy it now, and don't want for other foods very often (apart from the occasional dreams of mangos and iced buns!).

The last few days I have been thinking about the fact that my stomach has been good lately. I haven't had pains in a few weeks, my stomach has been nice and flat, and I have even been enjoying a few potentially iffy foods.

Human nature is a funny thing though, isn't it? I had lulled myself into a false sense of security, and because of this, I found myself eating a touch too much of the iffy foods yesterday. As a result, I woke with stomach pains in the early hours of the morning, and am today feeling the effects of an aching stomach and loss of appetite. I didn't completely overdo it, because I didn't intentionally overindulge, and luckily, the effects seem like they will ease up soon.

Instead of beating yourself up when this happens, learn from it; it is just a reminder to keep on the path that makes you healthy. Some of us live with such strict diets, that an occasional slip up is inevitable. I go pretty darn well most of the time! And short of calculating every gram of fructose I put in my mouth every minute of the day, there is going to be some risk that from time to time, I will tip the scales! Keep in mind all the benefits you get from the strict diet: no awful symptoms and reactions, a healthy weight and glowing skin. All the hard work and restrictions are worth it! Just keep stored in the back of your mind thoughts of the things that happen when you don't keep on the straight and narrow, just as a gentle reminder to yourself!

