

Forum:[Hack Forums](#)

Thread: [Haven't Eaten in 2 days, no urge to eat..](#)

Accurated - November 18, 2016, 10:15 am

Well I am sick (I have a fever, headaches, want to throw up, etc.)

Yesterday when i felt sick i literally ate nothing.

Today i haven't eaten anything, my stomach feels pretty fucked up but I'm not hungry at all.

I feel like if i eat anything ill throw up.

Is this normal boys?

Latios - November 18, 2016, 10:17 am

Force yourself to have a light snack, maybe some soup. If you throw up, then you throw up.

However it's better to try than to just starve/dehydrate yourself.

7 - November 18, 2016, 10:19 am

Well I am no doctor but this is far from normal.

You need to eat some, I could not possibly diagnose your issue with eating however it will only get worse if you do not eat.

At least get a bit of bread or get high and munch like fuck

Alex DeLarge - November 18, 2016, 10:22 am

Yo I experience this, fast metabolism? By any chance did you dehydrate a bit previous to illness and skip eating?

You need to eat, force something soft.. A bit of toast to settle the stomach- once your body gets something in it'll want more. Even try some fruit juice my dude.

Juan The Young Chef Don - November 18, 2016, 10:22 am

Trust me I've had this before. Eat some crackers and some chicken broth or any type of broth. It's the lightest on your stomach. Eat something even when you don't. Your body needs it. If you throw it up that's fine as long as your body has registered it. Also try to drink some ginger ale or ginger tea.

MrFriendly - November 18, 2016, 10:24 am

There's an old saying, "Feed a cold, starve a fever". That tends to work out better when I'm sick. But more than a day or two isn't healthy. I'd say grab some Pedialite and chicken broth. Add water to each to thin them out a bit and that'll give you a bit of energy, but more importantly, electrolytes.

Tat Tvam Asi - November 18, 2016, 11:10 am

All the symptoms you're experiencing could be attributed to magnesium deficiency.

It's also important to remember the magnesium isn't stored in the body, so you need to constantly maintain the levels.

You can supplement it, but you may also consider implementing the following foods in your diet, to increase magnesium levels:

Spinach — 1 cup: 157 milligrams (40% DV)

Chard — 1 cup: 154 milligrams (38% DV)

Pumpkin seeds — 1/8 cup: 92 milligrams (23% DV)
Almonds — 1 ounce: 80 milligrams (20% DV)
Black Beans — ½ cup: 60 milligrams (15% DV)
Avocado — 1 medium: 58 milligrams (15% DV)
Figs — ½ cup: 50 milligrams (13% DV)
Dark Chocolate — 1 square: 95 milligrams (24% DV)
Banana — 1 medium: 32 milligrams (8% DV)

If this doesn't help, please return.

EIDoc - November 18, 2016, 11:52 am

Sounds like you're going through something right now, if you smoke or do any drugs you could be going through a short withdrawal, could be depression, it could be a number of things, but try to force yourself to eat because that's a long fasting period.

Aqzxx - November 18, 2016, 1:44 pm

Sounds like me when I had the Flu. Get lots of sleep and if you don't feel good in another day, I'd go to the doctor. I went 48 hours without sleeping.

Lettuce - November 18, 2016, 1:46 pm

Sounds to me like you haven't smoked any of our favorite plant mary jane.

speakeasym8 - November 18, 2016, 4:34 pm

When you smoke weed you eat more. When you smoke tobacco you eat less. Not sure why?

Sajuuk - November 18, 2016, 5:57 pm

If you're sick enough to not be able to keep anything down, try soup and drink sprite or Gatorade. Don't fucking go overkill with the Gatorade, though. You should know why.

If you can't keep soup down, eat a piece of toast or some grits or something. You gotta fuckin' eat to keep your body alive, doesn't matter if you feel like eating or not. I guess if you felt like eating, you'd be eating, but in the OP you stated you have no urge to eat. I don't know if you have a condition cause I'm not a doctor or anything, but two days is a long fucking time for not eating or drinking anything.

You can't pull what me and my nigga did in August. I bought a case of mega NOS's and a case of mega Monsters and we drank all 60 cans in eight days. Didn't eat anything except for three slices of ham and a couple pieces of toast in those eight days. Weird thing was we weren't even on any drugs, surprisingly. Not to mention we only totaled up at 54 hours of sleep in all eight days combined.

Eat something. And no that is not normal (to the extent that you're describing it). When people get a bad cold or the Flu or common shit like that, they don't want to eat either. But they eat something within 24 hours. If anything, drink some fluids to keep your electrolytes up and add some water into that too.

Mi2414 - November 18, 2016, 6:10 pm

I have had this happened before, Mary does help a lot with this. I'm not anorexic or anything ether.

The Supreme Leader - November 18, 2016, 6:12 pm

(Nov 18, 2016 11:17 AM)Latios Wrote: [\[CITE\]](#) Force yourself to have a light snack, maybe some soup. If you throw up, then you throw up. However it's better to try than to just starve/dehydrate yourself.

Listen to this man right here, soup is the best thing you could eat while you're sick

Djine te Kalifornien - November 19, 2016, 1:05 am

At least try to drink fluids if you cant keep solids down. Maybe try broth or something? Your body at least needs fluids right now to keep you hydrated.

Accurated - November 19, 2016, 4:49 am

Day 3:

I ended up eating 4 slices of frozen pizza yesterday, not much but at least it's something lmao. Haven't eaten shit today. Pretty sure i don't have any soup in the house, and i feel like dogshit so i don't want to go to the store.

Sajuuk - November 19, 2016, 5:19 am

(Nov 19, 2016 05:49 AM)Accurated Wrote: [\[CITE\]](#) Day 3:

I ended up eating 4 slices of frozen pizza yesterday, not much but at least it's something lmao. Haven't eaten shit today. Pretty sure i don't have any soup in the house, and i feel like dogshit so i don't want to go to the store.

I was about to tell you to order some take out, but shrimp fried rice and lo mein probably aren't the best options.

Lipton chicken noodle soup is the shit. You actually have to put effort into making it unlike Campbell's but the shit tastes ten times better than that condensed shit. When I eat Campbell's soup, I can almost imagine the crunchiness of each bite if the salt were not homogenized with the chicken fat and cottonseed oil added after processing.

Okay, this is turning into a clusterfuck of a response. Just eat something with a decent amount of protein and make damn sure you keep yourself hydrated. If your piss looks like brewed black tea, you'd best go to the hospital if you get that dehydrated.

ZYZZ BRAHHH - November 19, 2016, 11:59 pm

Sounds like a good cutting diet manne.

MrRobot710 - November 21, 2016, 12:51 pm

no this isn't normal at all. you need to force yourself to eat something. also drink a lot of water

dawid17 - November 22, 2016, 4:46 am

It's normal when you are sick.. once I havent eatean 1 thing for 3 days in a row.

testpen101 - November 23, 2016, 9:09 am

(Nov 18, 2016 11:15 AM)Accurated Wrote: [\[CITE\]](#) Well I am sick (I have a fever, headaches, want to throw up, etc.)

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Answer this:

What's your height?

How much do you weight?

Age?

Sex?

Location?

DOB? Date of Birth: 03-02-1990 (26 years old)

Wakka - November 23, 2016, 9:12 am

It's normal to not want to eat when your ill, it's your bodies defense mechanisms. Drink plenty of water though and eat in small amounts a soup here and there you will recover from your illness alot quicker.

br8fl8vski - November 23, 2016, 9:17 am

You need to go eat something anything, if you really cant try force down a meal replacement shake, or protein shake. Buddy go to a doctor !!!

stdio - November 23, 2016, 9:38 am

Get to the doctor before you pass out :!

CALIFORNIAN - November 23, 2016, 3:46 pm

Saltine crackers and water. Drink some tea or juices.

Slowly get yourself out of your bottomless pit and join the rest of society. You need food man.