

Forum:[Hack Forums](#)

Thread: [Bad eating habit](#)

kiwi - November 13, 2018, 3:51 am

Eating dysfunctions are common to arise in mental health recovery, and in my case, trying to stay sober etc.

I find myself realizing that I have gone 2 days without eating, maybe marred by some points when I am hungry but am blocked from making food maybe by unwillingness or sheer ineptitude

I am a very picky eater, I eat the same meals repeatedly. I like bagels, cereal, energy drinks... not necessarily common food qualities, just very specific food items. If I only eat 1 meal in a day, it will surely have been some breakfast-type food

Also, as someone who never used to vomit, very strong stomach... I am vomiting much more, sometimes when I step outside for the first time in a day, the fresh air will cause me to vomit.

What are some good tips/suggestions?

Sixen+ - November 13, 2018, 4:09 am

(Nov 13, 2018 04:51 AM)kiwi Wrote: [\[CITE\]](#) Eating dysfunctions are common to arise in mental health recovery, and in my case, trying to stay sober etc.

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You're likely vomiting because of low blood sugar. Which can make you feel nauseous and dizzy. Usually this is the case for diabetics, but in your case, it is attributed from a major caloric deficit. I had this problem when I was getting rid of my stimulant addiction back in my early years of college. I didn't eat much, and I would find myself literally gagging from breathing in cold air. My mouth was extremely dry, and most of the time was very nauseous.

My best recommendation: keep eating bagels because they are really easy to force eat. Also, try lots of fruit as that is also really easy to put down. You can't forget about your protein intake either. I had a lot of success preparing protein shakes. I would put kale, blueberries, bananas, along with a couple of scoops of protein. It was really easy to get down and it guaranteed that I was meeting at least some sort of my protein requirements for the day. You can go get 70+ servings of gold standard whey for like 50-60 bucks at your local supplement shop (GNC, vitaminshoppe). Trust me, really be conscious of your protein intake and I assure you that you will start to feel better. You say you like breakfast food, eggs are also extremely easy to eat.

Another tip, lay off those fucking energy drinks man. They're nothing but shit and all that sugar isn't helping you. Start drinking more water. Make a conscious effort to always have a water bottle or a glass of water next to you throughout your day.

kiwi - November 13, 2018, 4:17 am

One of my biggest problems is just motivating myself to make the food... whereas, maybe, if it was already in front of me, I would eat. I am not a lazy person but when it comes to eating, it seems so.

I am going from a large xanax intake (40, 50 xanax bars a week) to none. I withdrew off RC benzos before but it wasn't like this, I used to take much more benzos, equivalent of 50 xanax bars in one dose, so I'm not sure why this is a new thing.

Just a few minutes ago, after posting, I went downstairs to eat... I was too lazy to make a frozen breakfast sandwich, so I grabbed vanilla yogurt... which is one of my favorites, but when I saw slight congealment/liquid on top it made me vomit and now I can't eat.

HugBunter - November 14, 2018, 2:00 am

(Nov 13, 2018 05:17 AM)kiwi Wrote: [\[CITE\]](#) One of my biggest problems is just motivating myself to make the food... whereas, maybe, if it was already in front of me, I would eat. I am not a lazy person but when it comes to eating, it seems so.

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Are you tapering off them bars? if not you're risking a fatal seizure.

Niko - November 15, 2018, 2:13 am

I also often find myself not eating a lot, however not quite to those extremes.

I often skip meals until I start feeling lightheaded or out of it then eventually kinda force myself to eat something because at least then I have a real reason to.

Though if I plan out when I eat then I generally don't mind eating though if I do that I always feel like I'll get sick if I end up eating early.

PerfectStorm - November 15, 2018, 2:16 am

Oh wow I have not heard of the vomiting like that. I wouldn't say my eating habits are great but I don't mind having them. I can't relate to mental health recovery though.

Smexy - November 15, 2018, 2:17 am

I used to feel hungry, but last year I skip meals daily just because I don't feel like I deserve it to eat.

PerfectStorm - November 15, 2018, 2:23 am

(Nov 15, 2018 03:17 AM)Sm?exy Wrote: [\[CITE\]](#) I used to feel hungry, but last year I skip meals daily just because I don't feel like I deserve it to eat.

Why wouldn't you deserve to eat?

Smexy - November 15, 2018, 2:25 am

(Nov 15, 2018 03:23 AM)PerfectStorm Wrote: [\[CITE\]](#) Why wouldn't you deserve to eat?

Because I'm more then likely to be mentally ill.

Yet I can't tell myself that I deserve to eat even though I don't do anything in my life.

PerfectStorm - November 15, 2018, 2:27 am

(Nov 15, 2018 03:25 AM)Sm?exy Wrote: [\[CITE\]](#) Because I'm more then likely to be mentally ill.

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Jeeze well thats not true. You deserve to eat, and you should. You will only regret not doing it.

Life is once.

John J. Rambo - November 15, 2018, 6:10 am

(Nov 15, 2018 03:25 AM)Sm?exy Wrote: [\[CITE\]](#) Because I'm more then likely to be mentally ill.

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Of course you deserve to eat , this is a stupid question mate don't do this to yourself

Tilcayo - November 16, 2018, 8:20 pm

Start with just eating 3 SMALL meals a day, set a routine so you eat at specific times 3 times per day and force yourself to eat even if you're not hungry.

After like 3 days of doing this your body will become used to the routine, and you will start to feel hungry again around those times.