

Forum: [Hack Forums](#)

Thread: [i can not satisfy my stomach](#)

CH00k - December 27, 2019, 1:05 pm

I just can not satisfy my stomach, I'm hungry but when It comes to food, I can't decide because it makes me feel so sick, every food. I'm just hungry but not hungry. I can't explain.

I would love to eat something, but I don't know what cause everything makes me feel sick, the smells and everything. Been like that for some time.

What should I do?

My thoughts:

<https://community.whattoexpect.com/forums/august-2015-babies/topic/hungry-but-the-thought-of-food-makes-you-feel-nauseous.html>

Mullet Muscle - December 27, 2019, 1:08 pm

What are you usually eating?

Fast food? Do you eat healthy?

A little elaboration on your diet would help.

Moxxi - December 27, 2019, 1:09 pm

you should probably see a doctor

CH00k - December 27, 2019, 1:23 pm

(Dec 27, 2019 02:08 PM)Mullet Muscle Wrote: [\[CITE\]](#) What are you usually eating?

Fast food? Do you eat healthy?

A little elaboration on your diet would help.

I eat everything I find here in the house, whenever I want to. During the day, during the night.

Fastfood, sometimes but I no longer like theam.

Do I eat healthy? I don't know. I just eat the stuff my mother cooks or stuff I find across the house.

This is been ongoing for some time already but was never that brutal, it only happened with some foods, now it happens with all of them. I just feel hungry but when I think of food, I feel sick as fuck.

Most of it started when I wasn't eating for 2 days (only had soup during 48hrs) cause my mother didnt wanted to give me any food, shops were closed because of Christmas so obviously I couldn't do anything.

My thoughts

<https://community.whattoexpect.com/forums/august-2015-babies/topic/hungry-but-the-thought-of-food-makes-you-feel-nauseous.html>

Rally the Bulls - December 27, 2019, 1:35 pm

Go consult a doctor. Advice from HF on this matter will not help you. Get professional guidance.

carnivore - December 27, 2019, 2:53 pm

Beef steak and eggs is the only food that makes me fell full without feeling sick. I know there's this talk about red meat being bad by vegans cherry picking studies.. But if you're up for it try eating only beef steak and eggs for 3 days. Just to reset yourself and then try to incorporate other foods slowly..

Fish - December 27, 2019, 3:29 pm

Maybe you should go to a doctor to see if they can do anything about it

C++ - December 27, 2019, 3:47 pm

Do you have anxiety? This happen me before, I feel butterflies in the stomach.

CH00k - December 27, 2019, 3:52 pm

(Dec 27, 2019 03:53 PM)carnivore Wrote: [\[CITE\]](#) Beef steak and eggs is the only food that makes me fell full without feeling sick. I know there's this talk about red meat being bad by vegans cherry picking studies.. But if you're up for it try eating only beef steak and eggs for 3 days. Just to reset yourself and then try to incorporate other foods slowly..

Steaks are good, eggs i didnt had in some time but damn. I dont even feel like eating the stake, even i know the taste, just makes me feel sick for unknown reason.

(Dec 27, 2019 04:29 PM)Fish Wrote: [\[CITE\]](#) Maybe you should go to a doctor to see if they can do anything about it

But would you go, yourself personally go to the doctor? I mean, if I would go to the doctor with every problem of mine, I better get myself accommodation here as i would visit him at least once every week.

(Dec 27, 2019 04:47 PM).... .. Wrote: [\[CITE\]](#) Do you have anxiety? This happen me before, I feel butterflies in the stomach.

yeah dude, like shit ton of anxiety. NgI

Elweth - December 27, 2019, 6:25 pm

(Dec 27, 2019 02:05 PM)CH00k Wrote: [\[CITE\]](#) I just can not satisfy my stomach, I'm hungry but when It comes to food, I can't decide because it makes me feel so sick, every food. I'm just hungry but not hungry. I can't explain.

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It starts from your mind

Chinese - December 27, 2019, 6:28 pm

(Dec 27, 2019 04:47 PM).... .. Wrote: [\[CITE\]](#) Do you have anxiety? This happen me before, I feel butterflies in the stomach.

I fuck with this response heavy bro.