

Anne's Story – A Newcomer

When I first saw the flyer inviting me to join Suppers, it sounded like just the right combination of activities for me. I have been troubled with medical problems: extreme ADD, brain fog, and food sensitivities, all related somehow to mercury poisoning. It wasn't clear to me how diet might help, but I knew that healing relied at least in part on eating clean, whole food and avoiding processed food. No small task for someone who doesn't cook.

I also needed to practice avoidance of certain foods, most notably dairy. How many times have I had the lesson that if I eat ice cream or pizza, I get a headache and pains in my stomach. So many dairy foods are delicious and easy to grab. What I needed to do was learn basic food preparation and reduce the number of times I grabbed my favorite ready-to-eat items.

Since joining Suppers, I am enjoying cooking delicious meals, much of it made with organic produce. Some of the recipes I've pulled off the internet are so good I have to be careful not to overeat, if that's possible on vegetables! The more I learn how to cook, the easier it is to avoid sugar, gluten grains, and dairy. At this point, when I do have the occasional ice cream or a slice of pizza, I'm finding it doesn't cause the big reaction it used to. As a side benefit, I lost 10 pounds without any effort to restrict calories, just upping the vegetable content of my diet and reducing the refined foods.

At our meeting, there is a lot of emphasis on education. It seems like everybody there, regular members included, know a lot about nutrition. I had no idea of how much damage I'd done with seemingly everyday foods, but my experience feeling better and losing weight confirms it for me.

For now, I feel like sponging up the information and learning everything I can from this group of like-minded people. And maybe some day a newcomer will walk in, look at me and think, "Wow, she knows a lot about nutrition!"