

Gil's Newcomer Story – I Treat My Car Better

“Brain-fogged”, “belching” and “bone weary”. These were the words I tried to find in the story index when my first therapeutic friend suggested I start by “working the index”. I actually found “brain fog”. It was a relief to read about other people who thought they were going crazy but managed to lift the fog in their heads by making diet changes. But “belching” and “bone weary” weren't in there so I just read the index from A to Z, trying on the entries and reading the stories that spoke to me. “Sane person, crazy body” sounded very appealing.

What got me to my first Suppers was having a friend tell me, “You treat your car better.” I didn't have to spend too much time thinking about it; he was right. I do treat my car better than I treat my body. Suppers assumes that the people who need the program the most are the ones who have forgotten about their bodies. Guilty as charged. Even devoted to recovery, my body was not what I was focusing on. I didn't feel at risk of relapsing. I was getting lots of help elsewhere with sobriety. But my body felt broken and my head never cleared. And now I'm learning the coffee, cookies, pizza and soda that I find so delicious might be *causing* my brain misery? Ten months after my last drink I still felt hung over, a dull thud headache in a foggy brain. Working the index and talking to others whose heads have cleared helped me zero right in on my problem. After years of drinking, my digestion was destroyed. I was physically, mentally, and emotionally exhausted. And from what I'm reading, my brain won't clear until I clean up my guts and stop eating junk food to self-medicate for my foul moods and brain fog.

I want clarity *now*, but look at how many years it took me to get myself here. I only get one turn on this planet and this is the only body that will ever take me for my ride. In other words, this ain't no dress rehearsal. Developing a new personal definition of “delicious” doesn't sound easy, but it might be possible. At least I know people who have done it.

I need a lot of help remembering that my body is part of the equation.