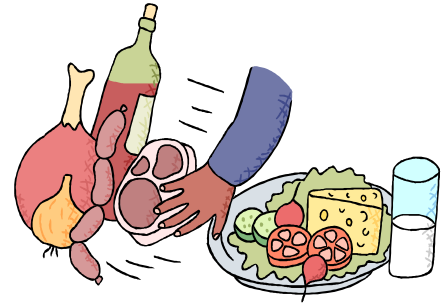


The Good Grief Diet

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Even though grief is a normal and natural reaction to loss, we sometimes experience confusing feelings. Grieving may cause physical and behavioral changes such as sleep irregularities or changes in appetite (I, however, have never been able to say, "I'm so upset I can't eat a thing!"). We may also experience gastro-intestinal disturbances (this is the clinical term for upset tummy), "heart ache", restlessness, spontaneous crying, irritability, sighing and muscle tension. There are about 10,000 other "symptoms" of grief as well, but we'll save those for other articles.

Because so many of us experience our grief in our tummies, I would like to share my version of a popular stress diet with you. As always, check with your medical advisor (the Reader's Digest or your bridge club) before staying on this "diet" for more than several years. Some substitutions are allowed, but only if you promise not to tell.



THE GOOD GRIEF DIET

BREAKFAST

Sleep in (Grief does make us extra tired, so skip this meal and snuggle back under the covers. You'll have to get up eventually anyway to go to the bathroom and you can start the diet then).

MID-MORNING SNACK

1/4 Grapefruit

The other 3/4 was eaten by the hungry and angry crowd who appeared at your bedside demanding to be fed several hours ago.)

1 piece whole-wheat toast, dry (Unless you have kumquat jam which is so tart that puckering uses up all the calories.)

The milk carton was carefully replaced in the fridge, but it was empty.

LUNCH

(This menu is only for those who cannot get a friend to take them out to lunch.)

2 oz. Turkey Breast

1 Small Crab Leg (I like crab better than frog...)

6 Cups Zucchini (Steamed) (I know this seems like a lot of zucchini, but if you eat less than 6 cups, there will only be more Zucchini for later. It keeps growing!)

32 oz. Herb Tea (You must drink 64 oz. of fluid a day, and you are already behind!)

1 Fudge Nut Brownie

OR

1 OREO Cookie

OR

1 Serving Chocolate Mousse

(The comfort foods are REQUIRED)

LATE AFTERNOON SNACK

6-Pack Diet Soda

3 Fudgesicles and a Nutty Buddy

(If you RUN after the ice cream truck, you may have an extra Nutty Buddy or 1/2 an ice cream sandwich.)



DINNER

Go out. Grief has robbed you of any creativity or pleasure in the kitchen.

LATE NIGHT SNACK

Entire double fudge chocolate cake

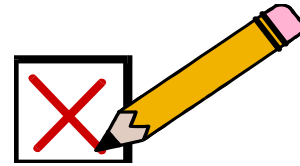
OR

One 16-inch Chef Special Pizza

OR

BOTH!

DIET RULES



1. Tasting has no calories
2. Foods used for medicinal reasons contain no calories. (Examples are foods eaten for "comfort": Oreos, cheesecake, hot chocolate.)
3. Foods eaten in the dark don't count.
4. If no one sees you eat, you didn't.
5. Eating celery burns up more calories than it contains. Therefore, eating a minimum of 25 sticks a day will cause a surplus of energy, which can be used to "balance" the hot fudge sundae binges.
6. Broken pieces of food do not count. The process of breaking causes "calorie leakage." Break all cookies before eating.
7. Foods consumed at the movies or while bowling don't count on your daily total because they are considered to be a part of the entertainment package rather than as body fuel.
8. Sobbing while eating causes calories to float away. It also releases tension, which allows one to enjoy more food later.
9. Eating your loved one's FAVORITE FOOD is always "legal."

LOVE DOESN'T HAVE CALORIES

