

Hello, my name is Yosef and I'm an addict  
Posted by ToAdd - 10 Jun 2010 07:14

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As I type, my eyes swell with tears.

I have so much to say, but right now can not afford more than just an introduction.

Firstly, I must say how happy I am to have found this site, I don't want to hide anymore. I need to know I am not alone in this.

I have had this problem my entire life and have recently been making huge progress on my own, but sometimes I stumble.

Right now my biggest problem is dealing with the withdrawal. The symptoms are driving me crazy.

100 steps taken, today one more...

Thank you God for all you have done.

Shema Yisrael Adon' Elo' Adon' Echod

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Re: Hello, my name is Yosef and I'm an addict  
Posted by DovInIsrael - 16 Jun 2010 18:02

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Yosef -

here is some food for the soul ... and hungry warrior (not to be confused with the hungry

WORRIER - because there is enough confusion in the world, and our job is to remove the confusion and let Hashem's light in )

drinnk lots of water - it cleanses the body... and acts as a good reminder to get up from the computer periodically (bathroom breaks)

when we abuse our seed - we need to replenish our seed (and eat things to remind us of where we are, where we came from and where we are going)

- cucumbers

- peppers

- raw nuts

and seeds

(no salt not roasted )

eliminate or minimize coffee , colas and caffines - they ,make us jittery and over excited.. the body has a memory system - it remembers other times when it is also excited and stimulated.

get some regualr sleep - set limits - no staying up all night

go for walks...

exercise

avoid the basic white foods:

- white rice, white flour, white potates, milk, salt, sugar, and cheese

eat more fruits and veggies.

BTW : why did the ANT from overseas stop eating junk food, and begin eating healthy?

because he was IMPORT-ANT

dov.ii

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Re: Hello, my name is Yosef and I'm an addict  
Posted by workingmyprogram - 17 Jun 2010 22:24

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Hey. When I first got clean I had insomnia for two weeks and just felt like total garbage for what seemed like a month. But then, one day, out of the blue, I woke up and felt normal again. Just like that. Hashem wants us to take the effort but he makes the miracle.

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