



**Sweaty She Monday (6/8/09):
Junkfood Junkie***

By Susan Farago

**Song lyrics at the end of the article.*

Weekly Sweaty She postings can be found on "Sweaty She" on Facebook.com.

My "normal" eating habits have taken a bit of a turn lately. Often referred to as having a "twigs and berries" approach to nutrition, I usually opt for tofu or tempeh over meat, mix quinoa in with my rice, and use granulated seaweed and Braggs amino acids to garnish my salads. I continuously strive towards a cleaner and more varied eating regiment and I get excited when I find new ways to prepare sweet potatoes or when my wheatgrass trays are abundant with new grass sprouts.

I haven't always been "like this". Raised on a hearty mid-western diet of meat and potatoes and a healthy craving for highly refined and processed sugary things, I have many memories of blowing my entire allowance in Duber's store on candy. But in the past 7 years I have really overhauled my diet so that it scarcely resembles its former self. For the most part, I am the epitome of self restraint, self control, and healthy eating.

And then I go and do an Ironman triathlon.

I've done 6 Ironmans and it always happens the day after the race. I tell myself, "This time will be different" but somewhere in the deep recesses of my very core, my brain tells my body that twigs and berries just won't cut it. I need...JUNK FOOD!!

The last Ironman I did in 2007 resulted in my eating an entire bag of Cheetos cheese snacks with a 1 pound box of Fanny Mae Assorted Chocolates as a chaser – all consumed the day after the race. And I informed my husband that no, I was not going to share.

So this most recent Ironman was no different except for the fact that my eating binge has stretched out a little longer than usual. In the past two weeks, I have unashamedly, unabashedly, and unapologetically enjoyed:

- 4 large cupcakes from "Hey Cupcake" – Michael Jackson flavor
- 4 salted nut roll candy bars
- 1 box of 12 refrigerator cookies (eaten raw or cooked, depends on my patience level)
- 2 of the "\$5 Chocolate Shake" from Alamo Drafthouse
- 6 Triple Berry muffins from Java Dive
- 1 Tootsie Pop lollypop
- 1 \$10 dollar bag of red licorice twists
- 4 Lion candy bars (chocolate, caramel, crispies)
- 2 ice cream cones – 3 scoops each

That's right. I'm a Junkfood Junkie. What can I say?

Part of me says I have “earned the right” to eat what seems to be the equivalent of 30 pounds of highly refined sugar and lard. How else can I possibly justify all the training? The multiple 6 hour bike rides or the long swim or run workouts that seem to never end? Yes it’s fun. But part of the “fun” is to be able to suck down anything with a minimum of 100 grams of carbs - and to do so GUILT FREE! Adrenal glands and pancreas be damned. I’m eating crap for a change and I’m going to enjoy it!!

But somewhere in my sugar induced serotonin happy place, I manage to find the strength pull this book off my bookshelf, “You Are What You Eat” by G. McKeith in an attempt to stop this enjoyable madness:

Sugar Cravings Explained

You will crave sugar if your blood sugar levels are constantly out of balance; if you have nutrient deficiencies; yeast overgrowths; if you eat a diet high in refined, processed carbs and junky foods. Sugar cravings are a sign that you may suffer from a condition known as hypoglycemia, causing you to crave even more sugar.

You need to support your system with live nutrient-dense super foods to balance your blood. The super food spirulina (I actually have some of this!) would be a good choice. A liquid mineral supplement that contains chromium, manganese, and magnesium is important too. Deficiencies of any of these three minerals cause sugar cravings as blood sugar levels are out of balance. Whole grains and fresh veggies are great choices. Yams, sweet potatoes, and squash help to curb a sweet tooth.

So in order to curb sugar cravings I should opt for spirulina and some yams rather than pop another lump of chocolate chip cookie dough in my mouth? It’s been two weeks so it’s probably time...right after I have another cup cake!

*Lyrics from Junk Food Junkie by Larry Groce

Download and play full song in browser at: www.susanfarago.com/misc/JFJ.mp3
(Takes a few seconds to download and play)

You know I love that organic cooking
I always ask for more
And they call me Mr Natural
On down to the health food store
I only eat good sea salt
White sugar don't touch my lips
And my friends is always begging me
To take them on macrobiotic trips
Yes, they are

Oh, but at night I stake out my strong box
That I keep under lock and key
And I take it off to my closet
Where nobody else can see
I open that door so slowly
Take a peek up north and south
Then I pull out a Hostess Twinkie
And I pop it in my mouth

Yeah, in the daytime I'm Mr Natural
Just as healthy as I can be

But at night I'm a junk food junkie
Good lord have pity on me

Well, at lunchtime you can always find me
At the Whole Earth Vitamin Bar
Just sucking on my plain white yogurt
From my hand thrown pottery jar
And sippin' a little hand pressed cider
With a carrot stick for dessert
And wiping my face in a natural way
On the sleeve of my peasant shirt
Oh, yeah

Ah, but when that clock strikes midnight
And I'm all by myself
I work that combination on my secret hideaway shelf
And I pull out some Fritos corn chips
Dr Pepper and an ole Moon Pie
Then I sit back in glorious expectation
Of a genuine junk food high

Oh yeah, in the daytime I'm Mr Natural
Just as healthy as I can be
Oh, but at night I'm a junk food junkie
Good lord have pity on me

My friends down at the commune
They think I'm pretty neat
Oh, I don't know nothing about arts and crafts
But I give 'em all something to eat
I'm a friend to old Euell Gibbons
And I only eat home grown spice
I got a John Keats autographed Grecian urn
Filled up with my brown rice
Yes, I do

Oh, folks but lately I have been spotted
With a Big Mac on my breath
Stumbling into a Colonel Sanders
With a face as white as death
I'm afraid someday they'll find me
Just stretched out on my bed
With a handful of Pringles potato chips
And a Ding Dong by my head

In the daytime I'm Mr Natural
Just as healthy as I can be
But at night I'm a junk food junkie
Good lord have pity on me

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