



Issue 8 - Eating When You Don't Feel Like It

Tips to help you eat when you don't feel like it



Taking a medicines such as Valium[®] or Serapax[®] over a long period of time changes the way the body works. So when the tablets are cut down or stopped altogether, the body doesn't like it and reacts. The reactions include nausea, vomiting, diarrhoea, constipation and not feeling like eating.

How many of these reactions are experienced and how uncomfortable they are, depends on a lot of things including how long you have been on the tablets and how many you have taken each day. These reactions can also occur after you have stopped.



Use the following ideas to help you cope with your body's reactions.

Coping with it all

Nausea and vomiting: it is important that you eat, no matter how you are feeling, going hungry makes things worse. Try eating a number of small meals during the day, instead of three big ones. Give the following ideas a try and don't turn your nose up at them until after you have tried them.

It is important to find fluids that your body will accept, this will only happen by trial and error. Make some soup with whatever meat and vegetables you have in the house, otherwise go and check your local supermarket, some of the old favourites such a chicken noodle soup are still there. Wanting something to drink? Try flat lemonade or ginger ale, cordials or make your own fruit drinks. Make up some jellies in small cups so that you can have a snack whenever you want to. If you are turning your nose up at these ideas, maybe it is time for the crackers, dry biscuits and toast.



Keep remembering this does not go on for ever. Use your coping self statements to get you through.



Diarrhoea: keeping to the same diet as for nausea, will help you get though this problem as well. You may need to change to white bread, avoid raw fruit and vegetables with skins, as you are trying to cut down the amount of fibre your stomach has to cope with. Make sure you keep the fluids up.

Constipation: it is important to increase the amount of fibre in the diet, so try some dried fruit and nuts, wholemeal bread, pasta, fresh fruit and vegetables and lots of water or other drinks. Make your own orange or prune juice.



Just don't feel like eating: no matter what you feel like, you still need to eat. Try eating something every couple of hours. Make a number of meals up in advance and have them available in the fridge or freezer. Avoid hot and spicy food and cut down the coffee and alcohol.

A useful booklet is “Nutrition, A handbook for people with cancer”. Produced by the Queensland Cancer Fund. Contact 131120

My Story

Good diet helped me

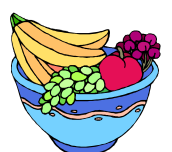
Some stories about “healthy eating”.

Justine said, “*I find just having a balanced diet, like when I say balanced I'm not being parochial, I mean eat your fruit, eat your vegies, don't get a hang up about having a pint of milk a day or whatever*”.

Nellie found, “*lots of fluids, eat well and exercise*”.

Alana said, “*people were making pots of soup for me because I couldn't keep anything down and you know just little things like that, you know they just make such a difference*”.

Susan said, “*I realised that by eating I was actually a far more confident and less nervous person than what the tablets had ever managed to do*”.



Try These

You are feeling fit and well and can eat anything. Well, not quite. Try some of these ideas.

Breakfast

- ◆ Banana on toast
- ◆ Poached egg on toast
- ◆ Baked beans on toast
- ◆ High fibre cereal
- ◆ Fruit Juice



Morning/ Afternoon Tea

- ◆ Dried fruit and nuts
- ◆ Low fat cracker biscuits and cheese
- ◆ Crumpet with a little honey
- ◆ Low fat yoghurt
- ◆ Fruit



Lunch

- ◆ Soup
- ◆ Sandwiches with wholemeal bread
- ◆ Smoothie - try out some different fruits

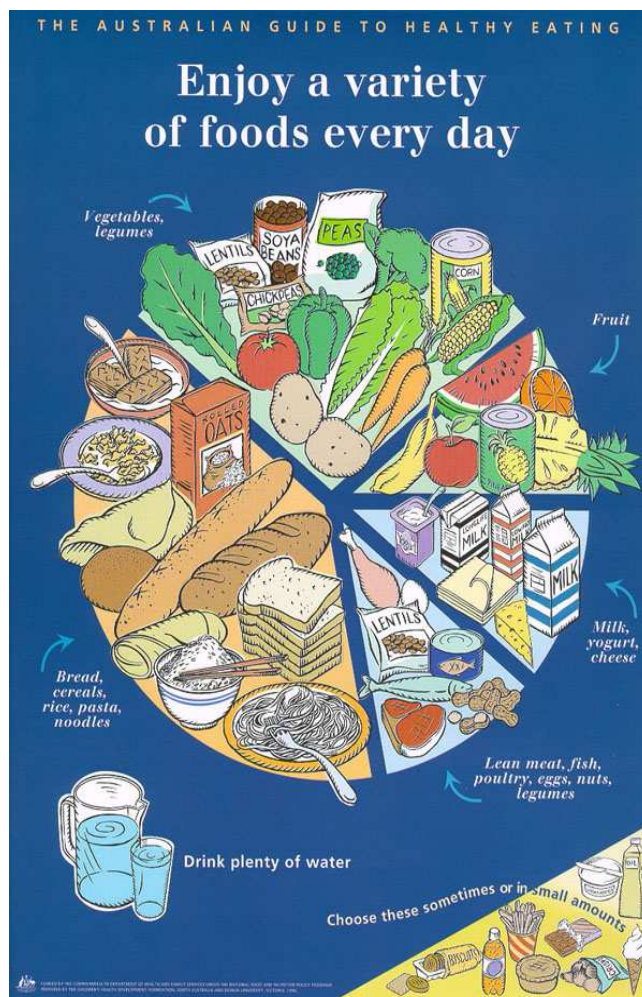
Dinner

- ◆ Small serve of meat with lots of vegetables
- ◆ Pizza made with lavarsh bread
- ◆ Stir fry chicken and vegetables

Remember, keep up the fluids and keep down the alcohol and coffee



Good Nutrition



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Other newsletters

A number of newsletters were produced as part of the research project. Please contact Jan Parr if you would like to access them

1. Introduction to the program.
2. Making Decisions - working out a plan to help keep you going.
3. Coping With Withdrawal and After - tips on how to cope with symptoms, inability to sleep, not eating and controlling your thinking.
4. Sleeping Better—tips for sleeping better and tracking how you are going.
5. Straight Thinking - a plan to help you cope without using benzos.
6. Be Active - a guide for finding activities to become involved in.
7. Finding a Supporter - tips on how to ask friends or family to support you.
9. Coping With Worry - more tips for coping with thoughts and feelings.
10. Planning Your Day - Tips for getting everything done that you need to.
11. Keeping On Track - tips on how to keep on going when it looks like it isn't worth it.
12. Life After Benzos - setting up a plan to help you stay stopped and look at where to from here.
13. Returning To Benzo Use - tips on how to use "Try Another Way" © even if you have restarted benzos.

My Weekly Eating Plan

1. How is my body reacting to my cutting down or having stopped benzodiazepines?

Write down some of the food suggestions for coping with your body’s reactions or maintaining healthy eating.

2. What would I like for breakfast? Think of at least four options so that you can find something every day that will feel okay to eat. It is better to have smaller meals more often.

Day	Breakfast	Day	Breakfast
Monday		Friday	
Tuesday		Saturday	
Wednesday		Sunday	
Thursday			

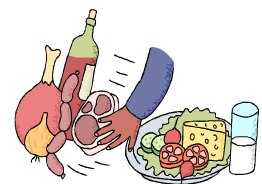
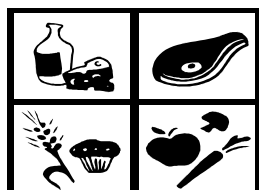
3. What will I have for morning and afternoon tea? Try different types of fruit and herbal teas.

Day	Morning/ Afternoon Tea	Day	Morning/ Afternoon Tea
Monday		Friday	
Tuesday		Saturday	
Wednesday		Sunday	
Thursday			

4. What do I feel like cooking for dinner? Be daring, try something that you haven’t cooked before.

Day	Dinner	Day	Dinner
Monday		Friday	
Tuesday		Saturday	
Wednesday		Sunday	
Thursday			

Remember cut back on the coffee and alcohol



Notes:



"Try Another Way" © Program

Produced by Jan Parr as part of a self-managed trial for cessation of benzodiazepine use. The finding of this study will be published in Drug and Alcohol Review in 2011.

Email jan.parr@tpg.com.au for further information