

In Defense of Desire and How to Enjoy It

Post by “smoothiekiwi” of January 7, 2022 at 4:11 AM

Good points, and thanks for sharing!

I think that I've two additions to make:

- In regards to your alcohol example, I think that alcohol could most certainly be qualified as "non-natural" (as far as I know, alcohol simply neutralizes certain parts of the brain for a while- and that's most certainly not natural!), and non-necessary (for obvious reasons). I think that Epicurus would thus recommend abstaining from it, especially in light of recent scientific discoveries.
- About the sugar part I partially agree; I'm also one of the people who struggle with sugar (and that's one of the reasons why I'm so skeptical towards alcohol- I know that I'm a very addictive person). For me personally, it has helped to realize that only very small amounts of chocolate are enough to satisfy my cravings. Basically, a bite is more than enough in order to raise my blood sugar. And if I purchase good chocolate, it's a pleasure to eat it! But it hasn't helped me to simply eat so much sugar that I'm basically numb to the craving, because I've discovered that if you want to eat lots of cheap sugar, milk is great for neutralizing the "sweetness" feeling in the mouth. Thus, it hasn't really helped to simply eat enough sugar, because then I eat way too much.
- Also, that's where the moderation part of Epicurus jumps in: sugar in moderation is a great thing, and if you try to escape from it, you'll have to reject many pleasurable meals- but too much sugar will produce pain in a much bigger amount. Principal doctrine 8, I guess 😊