

Highly Palatable Foods and Over-eating

Post by “Kalosyni” of April 24, 2025 at 11:12 AM

I am going to be using [this 6 part model](#) to cope with sugar and carb withdrawal urges, as I've now depleted my highly processed snacks and chocolate stash, and I will start eating more carrots, apples, and vegetables because I want to gain greater health.

And as it states in Letter to Menoecus:

"And because this is the primary and inborn good, **we do not choose every pleasure. Instead, we pass up many pleasures when we will gain more of what we need from doing so.** And we consider many pains to be better than pleasures, if we experience a greater pleasure for a long time from having endured those pains. So every pleasure is a good thing because its nature is favorable to us, yet not every pleasure is to be chosen — just as every pain is a bad thing, yet not every pain is always to be shunned. It is proper to make all these decisions through measuring things side by side and looking at both the advantages and disadvantages, for sometimes we treat a good thing as bad and a bad thing as good."

"Fourth, we hold that self-reliance is a great good — not so that we will always have only a few things but so that if we do not have much we will rejoice in the few things we have, firmly persuaded that those who need luxury the least enjoy it the most, and that everything natural is easily obtained whereas everything groundless is hard to get. **So simple flavors bring just as much pleasure as a fancy diet if all pain from true need has been removed...**"