

"But when we do not feel pain, we no longer need pleasure"

Post by "Kalosyni" of December 25, 2025 at 10:01 AM

[Quote from DaveT](#)

So, rather than "just one more bite," perhaps just one bite (or what the heck—two or three) can be the answer while enjoying friendship and family during the holidays.



Somehow, I think that I have developed what is called a "sweet tooth", and which I notice that the more "goodies" that I eat the more that I crave. (I've bought/made a certain amount of Christmas goodies this year, perhaps a bit too many).

When I clean up my diet by eating whole foods rather than processed (cutting out bread, desserts, snacks) then the sweet tooth cravings actually easily subside and I greatly enjoy eating fruits and vegetables. And not having the "goodies" in my house helps with decreasing cravings. This is just my personal experience, and everyone is different.