

# In Defense of Desire and How to Enjoy It

Post by “Kalosyni” of December 15, 2021 at 2:51 PM

In practice of PD3 and PD8...A blog post for how to dance with excessive sugar cravings...excerpt:

## Quote

I have tried at times to completely eliminate sugar from my diet. This may work for some people, but doesn't work for me. (Maybe my brain chemistry is permanently wired to enjoy sugar - life is just not very fun without it). It is important to realize that there is a bodily limit to the enjoyment of sugar that can be found, but just as with alcohol each person must discover this limit for themselves. This limit is what I call the "sugar yuck factor", when sugar no longer feels pleasureable. This requires one to be especially sensitive to the feelings which arise within the body while eating more sugary treats than one "should". (This excessive feeling can be felt when eating too much homemade cookie icing). This is a great way to "reset" the sugar cravings, but it must also be combined with choosing to buy healthier foods and avoiding bringing home large quantities of sugary treats. One focuses the mind on learning to desire foods which are healthy and good for the body, and which increase feelings of vigor and vitality. I still choose to eat sweet treats on occasion, but I do so in moderation. Also keeping in mind, if one eats a treat every day it isn't as pleasureable as spacing out the treats over time. It's up to every individual to determine their own sugar limit, and to do so with respect for maintaining the pleasureable feeling of health of the body.

<https://epicureanphilosophyblog.blogspot.com/2021/12/in-def...joy-it.html?m=1>

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First I should say a bit about what I came out of before studying Epicureanism. For ten years I studied Buddhism and I attended a Zen Budd...

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