

Give Up What You Must

Written by Shelley Lowther
Tuesday, 28 February 2012 14:55



I'm writing this column on the first day of Lent, trying my editor's abundant patience with my deadline once again (sorry, Margaret). I was raised Catholic, but it has been a long time since I gave up anything for Lent. In hopes that my mother is not reading this submission, I confess that for many years I quipped that I was giving up church for Lent.

This year, "giving up" felt like a natural thing to do.

I have given up a lot of my food crutches lately. On January 1, I gave up meat and animal products. I do not eat meat, eggs or dairy. I have added limited fish and honey back into my diet, so while I am not vegan, my diet is mostly vegan. I gave up cheese and ice cream, which for me was a very big deal. I have given up almost all processed foods, choosing instead whole, mucus-free life-giving foods, like fruits and vegetables. I eat many meals raw and juice or blend frequently, often twice a day.

But sugar – mainly in the form of chocolate – has always been my Achilles heel.

I instantly and innately knew that giving up chocolate would not be enough. If I simply gave up chocolate, I would find other ways to put sugar into my body. And sugar, it seems, is what I need to give up.

When you study with Baron Baptiste in a bootcamp or in any of his programs, there is a recurring theme that comes up around growth. What are you willing to let go of?? What do you

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need to give up to grow?

In terms of my health, that answer is simple. I must give up sugar. I must break the hold that is has on my mind, and on my body. I go through my days eating very well, starting with a green juice or smoothie, eating a light lunch, or juicing again, and usually a very sensible dinner. And then it happens. I undo my whole day. With chocolate. With cookies. With dairy free ice cream. Something happens and I convince myself that I need it. I eat it – and then the guilt sets in. The feelings of failure. The feelings of not being good enough.

How is it that I know what to eat and what not to eat, and yet fall for this trap repeatedly? How is it that I can be so sensible and so dedicated all day and then fall down at night?

To me the answer is simple. I have a sugar addiction. I need to break the cycle. As Baron often says, “If you can, you must.” In order to break free of these sugary-sweet chains, I have to go cold turkey. No sugar, no sugar substitutes. I know I can. So I must.

Wish me luck. I have a feeling I am in for a rocky sugar-free ride.

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