

## Getting The Message

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Seems like everywhere I turn lately I am confronted with people who are self destructing. Causing harm to their own health and quality of life. Some, like my brother Steve, my sister Diane, my father John and my lifelong friend Leo have even had the benefit of warning signals that got their attention for a little while. Unfortunately, once they start to feel better, they go back to their old ways. I know that no one wants to be preached to by a neophyte.

But I get frustrated because I have been there and I can feel their pain. I know how overwhelming the task can be. I also know the consequences of continuing along the same self destructive path that they are on. I also know the solution to the problem. Just like in the old days when the doctor would say rest, take two aspirin and call me in the morning, I say adjust your eating habits, get some exercise and if you smoke, quit. For most people it is that simple.

This blog is not to give, "how to", advice. I am writing this to share my deep concern and frustration for those who I care about and to hopefully initiate some dialogue with others who know people on the same path. How do you get through to your loved ones? We and they all know what lifestyle changes need to be made. We even know the potential consequences if the changes are not made. If you are like me, it is painful to watch someone spiraling out of control. Please share your comments and help me and others get some insight.

Tags: [Compulsive Eating](#) , [Lifestyle Changes](#)