

I am Back

Posted On Feb 09, Posted by [Nick Mirrione](#) Category [General Food Discussions](#)

I know it's been a while since my last blog. I have been busy at work and at the same time struggling with my eating habits and the weight gain that followed after the holidays.

I did okay until the beginning of November and then I struggled mightily until about three weeks ago.

It has been a constant struggle and I have put on weight, but the good news is that I seem to be back on track now and slowly taking off the extra weight I've gained. No excuses, but I have not been able to exercise as often and as intensely due to back problems and a problem with my wrist, knee and shoulder.

I know that is part of the reason for the weight gain.

I was not burning off the calories.

Also, I was not eating clean and consequently, the weight was slowly creeping up.

For now, I am once again back on the program and I have a good feeling that I will keep going in the right direction. Three perfect weeks behind me and I'm still in the zone. I have started researching and experimenting with foods that could help to reduce inflammation in the joints which may help me with some of the discomfort I am having in my shoulder, back and knee.

I'll share the information I find on what foods are working to reduce inflammation in my next blog. Meantime, I'm happy with my progress and my continued focus. I feel so much better physically and mental

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