

PREVIEW_ Karen Thomson - How to Become Sugar-Free 2 (SD 2016)

Karen: I grew up in a famous family. My grandfather was Prof. Chris Barnard and he was only in the limelight and in the spotlight and he was this massive enigma. And you know, from a young age I started placing a lot of emphasis on my external appearance and what I looked like and I never ever felt beautiful enough, I never felt good enough, I never felt that anybody saw me for me.

And my uncle died when I was four years old and that created a massive trauma in my life. And, at that stage, my mom and my gran were my primary caregivers and they kind of disappeared, as things happen when people die or you go through a difficult time in your life, which not a lot of people talk about. Right?

So, I had these feelings that I had no idea what to do with and what I started doing was pushing them down with food. But I didn't push them down with foods like broccoli or kale or vegetables, I pushed them down with foods that made me feel good that now I understand, released chemicals in my brain that made me feel that everything was okay.

So, I started soothing myself with Coca-Cola and chocolate from the age of four. And I remember my dad would come home at night from work and he represented the safe and secure place in my life. And he would bring home a Coca-Cola and a flake.

So, these substances started representing love, secure, joy and comfort to me and that's how I became addicted. And later on in my life, when I grew up and I felt insecure or I felt sad or I felt unhappy or I needed a reward, the first thing I would do, is go and buy those substances.

And that became my relationship. I stopped having relationships with people, like deep and meaningful relationships. And I started having these meaningful relationships with food.