





<p><b>Bread</b></p>	<p>I found for eating bread that paninis made with lots of Olive oil not so doughy and chewy as standard bread          They can be eaten cold, warm, or toasted.</p> 
<p><b>Choice</b></p>	<p>On the bright side, after years of going calorie light it is nice to find going calorie heavy is actually good for replenishing any weight loss.</p> 
<p><b>Meats</b></p>	<p>Beef and chicken breasts were difficult to eat, kept chewing but it went nowhere          However, Chicken Thighs were much easier</p>
<p><b>Meats</b></p>	<p>Lambs Liver is an overlooked meat which I found quite east to eat</p>
<p><b>Taste</b></p>	<p>Took me several months to regain taste, be patient</p> 
<p><b>Constipation</b></p>	<p>Not something easy to talk about but drugs will bring on constipation          I found drinking lots, lots and lots of water helped.</p>

If you have a Tip or Suggestion, please email.

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<p><b>Lymphoedema Lumps/Swelling</b></p>	<p>You may find using a small cosmetic roller will help disperse dead lymphedema cells          You can purchase these rollers from stores such as Superdrug or Boots</p> 
<p><b>Tongue Ulcers</b></p>	<p>The treatment made my existing Acid Reflux worse and the reflux coming up during the night was preventing my tongue healing, especially the ulcers          I found sucking a basic Gaviscon when going to bed neutralise any acid getting on my tongue and it made spectacular improvements when I did</p>
<p><b>Well-being</b></p>	<p>If the removal of tonsils, teeth and then the treatment had not been bad enough not sleeping made me feel the situation was getting intolerable.          I took some therapy and was told I was exhibiting all the signs of Post-Traumatic Stress disorder          Just knowing I was not a freak helped me start improving          Take therapy if you need it and take heart if you do not, it does come right</p>

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