

Four Days of Headaches

written by Holly

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We've changed the way we eat, and for the past four days, I've had an intractable, inescapable headache from the time I wake up until the time I finally fall asleep.

It's a good thing. Really it is. My blood sugar is way lower, my weight is dropping. But I feel like absolute hell, and I've been impossible to be around. I deleted one post here that, in a moment of clarity, I realized was bitchy and unnecessary.

I got about half my words today. It's okay. I'm way ahead of schedule again. I'll pick up tomorrow.

But I paid affiliates and authors—one of their best paydays ever. And I accepted a few more authors to write in the new series I'll be bringing to the HollyShop: 33 Stupidest Mistakes Writers Make About

If you have any topics you would like to see someone cover, just reply to the topic over there. A lot of writers are reading that post, and their expertise is mind-bogglingly broad.

Meanwhile, I'm going to go hide in a corner now until my body adjusts to this new way of eating.

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