

# Beat the headache. 1278 new words, and a good twist.

By Holly Lisle

First, the headache, because it was the biggest obstacle I faced this morning.

Over the holidays, we did an intentional, planned drift away from keto so that we could have some fun foods. Pies, you know, and cookies, and stuff like baked potatoes and stuffing. We hadn't done this before, but we hadn't dealt with last year, before, either, which sucked... and just for the holidays, we agreed to be a little flexible where food was concerned.

We all three had fun eating. We all three also gained a little weight. Not a lot – we were still doing intermittent fasting – which for us is generally one meal a day, or, if you're figuring in ratios, 1:23. One hour in which we eat, twenty-three in which we don't.

We also widened our ratios, to about 6:18, which is still about as wide as we care to go.

Back to the headache. When you return to keto, you get a headache. I'm going to be able to count on this one for a good week before my body readjusts and it goes away.

**Was it worth it?**

Dunno. Ask me in a week, by which time the headache should wear off.

But throbbing, banging head pain aside, I did get 1278 words today that I really like, while cleaning up and adding to the scene I started last Friday.

**I've met some new bad guys.** My main character finds the

smaller one adorable and truly compelling, and is not having the easiest time in the world seeing him as a “not someone I should love”. There are reasons for this beyond the fact that that my delightful villain is someone most human beings would want to take home and be friends with forever.

The bigger bad guy is NOT anything like the little one. But might have some good surprises for me as I keep writing.

Writing the conflict in the scene today, and figuring out what was truly going on as I wrote it, was a blast.

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