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soolman NUTRITION LLC

October 2026

Thank you so much to everyone who completed our patient survey this fall. As helpful as the responses were, I especially appreciated the updates that patients and their families emailed me directly so I could get up to speed with people I have not worked with in years. Some of them are thriving, others are still struggling, while the rest inspired this month's feature.

Thanks,
Jonah



Dry Drunk

During a break, I was talking with a colleague who specializes in both eating disorders and addictions, and whatever it was that we were discussing inspired them to ask me if I was familiar with the term "dry drunk." No, I was not, so they explained . . . Read More

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