

My life's work is helping patients and their families during the challenging end of life process. When my own husband was dying, I saw this process from a new perspective, which brought certain issues to the center of my attention. One of the main issues we had involved food. I kept feeding him. He kept showing more and more resistance to eating. One day there was an "aha" moment. I realized getting him to eat was beyond my control and it was even beyond his control. With all my end of life knowledge, I was still just a wife trying to keep her husband alive.

Knowing the frustration and challenges I faced, I am writing this booklet in the hopes that these words will help and guide others.

Blessings!

A handwritten signature in cursive script that reads "Barbara". The signature is written in black ink and is centered below the text "Blessings!".

FOOD! In our society today, we put a great deal of energy into thinking about food—how we eat, what we eat, what is good for us, and what is unhealthy for us. We have lots and lots of thoughts about food.

It is natural then, that as death from illness or old age approaches someone we care for, our thoughts turn to food and the fear of them not eating enough.

This booklet will explain the whats and whys regarding food and nutrition as death approaches.

When our body is preparing to die, it doesn't "play by the rules" of healthy eating. New rules apply.

There are just two ways to die: gradual or fast. Fast death is an accident, a heart attack, or suicide. A person is alive one minute and dead the next. Dying a gradual death is a process. It doesn't just happen. When a disease is involved,