

*Intro music: Bags are packed, are you ready to go?...This time tomorrow we'll be on the road...riding with you into sunnier days...I wouldn't want it any other way.*

Julie: It's time to name the neglect from typical food advice. Welcome to the Find Your Food Voice podcast, hosted by me, Julie Duffy Dillon. I'm a registered dietitian with 20 years of experience partnering with folks just like you on their food peace journey. What have we learned? Well, cookie cutter approaches exclude too many people, and you don't need to be fixed. It's not you. It's not me. It's all of us. Only together we can start a movement and fix diet culture. And we will. Let's begin with now.

*Transition music: I want to see how the world turns round...Let's go adventure in the deep blue sea...home is with you wherever that may be...home is with you wherever that may be.*

Julie: Hey there. Welcome to the Find Your Food voice podcast. I am Julie Duffy Dillon, registered dietitian and partner on your food piece journey. Welcome to episode 278, where I'm going to be chatting with Yeli Cruz. Yeli is the production assistant for the Find Your Food Voice podcast, and she's been working with me for about six or seven months now, and she is someone that is a bibliophile. She is super into books and um, suggested that we start to include book reviews as a part of the show. So, the first book we read was um, *Get A Life, Chloe Brown*. I had to think about it for a second. *Get A Life, Chloe Brown*, which you can see in a previous episode. We'll link it in the show notes, show notes for you here. And this is our second book. And this second book is *Belly of the Beast* by Da'Shaun L Harrison. This book, as you are going to hear in our conversation, was really influential to Yeli and me for similar reasons, different reasons. Can't wait for you to hear what we have to say about it. If you do read the book, and you'll hear, we really want you to read the book, let us know your thoughts. Find us on Instagram at @FoodVoiceRD and let us know your thoughts. But before we get to my conversation with Yeli about *Belly of the Beast* by Da'Shaun Harrison, a quick word from our sponsor.

Julie (ad break): This episode of the Find Your Food Voice podcast is brought to you by PCOS Power. PCOS Power is the new course that I have developed for those of you affected by PCOS and wanting to divorce that dumpster fire that is your PCOS diet. There is another way. If you're listening to this episode when it's released, you have two more days to join the program before the opportunity to join will end. Because it's a new program, I want to make sure that we take care of you along the way. There's, there's like, many moving parts, and usually with my course I have open enrollment whenever because I just think that's like the best way to do it, and for right now just to make sure my team and I don't end up being like, having to rush and chaotic and drop things, we've decided to just have an open and close kind of cart situation. So if this is not the right time, just know that we will offer another time soon. We just don't know when yet, but I will make sure that you are kept in the loop. But if you are wanting to join, now is the time, until March 10th. So you can go to [juliedillonrd.com](http://juliedillonrd.com) to get details on PCOS Power. I wanted to share some information from Brooke. Brooke uses pronouns she/her, and Brooke had the chance to take the beta round of PCOS Power, and she gave me some feedback and she said, "what a relief to learn ways to manage PCOS that actually work. Julie is so compassionate when moving through the material, and her passion and expertise for helping navigate PCOS is apparent. This program was a game changer for me." I am so glad, Brooke, that these were tools that you found helpful, and something that I believe living with PCOS, or just being a person on this planet, is

that you are the one who gets to decide which tools work and which ones don't, and so having experienced over the last 20 years with people with PCOS, I have gathered a lot of tools, and I want to share them with you. And I am so glad, Brooke, that the ones I shared were helpful for you. So, again, if you are interested in joining, you have two more days to do that, go to [juliedillonrd.com](http://juliedillonrd.com) and you'll get to all the details about PCOS Power.

*Transition music: Take the good and the ups and downs...I want to see how the world turns around. Home is with you wherever that may be.*

Julie: Hey, Yeli, thanks for coming on to discuss *Belly of the Beast*.

Yeli: Hi Julie. I'm excited. I was reading through this, and as I was reading, I was like, this could literally be like an hour long episode. There's just so much good stuff in this book.

Julie: Honestly, I have a feeling it could be something like, okay, so this is just me maybe, maybe someone else can relate to this, but I need to do some like, unpacking, talking, thinking, feeling, and then I need to do that again and again and again. So it could be something that we can spend the next year or two on, I have a feeling. And it's only 100 and what? 10, 20 pages. So it's amazing what's packed in here. Um well, why don't you introduce *Belly of the Beast* to the listener and we'll get started that way.

Yeli: Yes, I guess um, so maybe to give some context to the book. Um, I was first introduced to it because I worked on *She's All Fat*, and at *She's All Fat* we are obsessed with Da'Shaun, and um, they used to write articles um, about the themes in the book and um, last year they put all their thoughts together in a book. So I will read kind of the back of it to like, lay some groundwork for us. So the blurb on the back is: "To live in a body both fat and Black is to exist at the margins of a society that creates the conditions for anti fatness - and anti Black - as anti Blackness," pardon me, "Hyperpoliced by state and society, passed over for housing and jobs, and derided and misdiagnosed by medical professionals, fat Black people in the United States are subject to socio politically sanctioned discrimination, abuse, condensation..." - Did I say that correctly? Condescension. There we go. "And trauma. Da'Shaun Harrison, a fat Black, disabled and non binary trans writer, offers an incisive, fresh, and precise exploration of anti fatness as anti Blackness, foregrounding the state sanctioned murders of fat Black men and trans and non binary masculine people in historical analysis. Policing, disenfranchisement, and invisibilizing of fat Black men and trans and non binary masculine people are pervasive, insidious ways that anti fat anti Blackness shows up in everyday life. Taking on desirability politics, the limitations of gender, the connection between anti fatness and carcerality, and the incongruity of health and healthiness for the Black fat, Harrison viscerally and vividly illustrates the myriad harms of anti fat anti Blackness. They offer strategies for dismantling denial, unlearning the cultural programming that tells us fat is bad, and destroying the world as we know it, so the Black Fat can inhabit a place not built on their subjugation."

Yeli: Even just there, there is so much!

Julie: So much, so much, and there's like 100 pages. Yeah, there, and uh, there's there's, like even the words on here. I had to look up some words as I was reading. Um, you have a much better

vocabulary than I do, Yeli, but like for me, I had to look up many words just be like, okay now I understand.

Yeli: Well like, I like I don't know about you but there's so much underlined in my book. Like so many notes and little thoughts.

Julie: Mmhmm. Exactly. Well. And as we were deciding to have this as a book discussion on the show, um, I had already read through it once. But it was really just like, reading through it without thinking about ever like actually verbalizing anything, so I read through it again and I'm glad I did, because I got more out of it the second time. And I have a feeling there's just a bazillion things I did not even begin to unpack and understand, like, it's going to be something that like I said, I'm likem there's gonna be a lot of processing that I need to experience to actually fully kind of take in. So where should we start? I mean, this is a big, big one.

Yeli: Oh, my gosh, I guess, do you have any like, general impressions about the book as you were reading it the second time? You already kind of mentioned it, but was there anything that stood out to you maybe that didn't stand out to you the first time?

Julie: Yes. And I will preface this with, I, before I even read it, period, I had heard Da'Shaun Harrison's interview, like I believe there was two interviews on She's All Fat, and then read some of their work before, and follow them on Instagram. And so I was already aware of a little bit of kind of, the message, or I was already kind of connecting with some of the message. So when I started reading it, especially, because the first time I think I just read it so fast, just to read it to read it, and then when I read it the second time I was like, I'm really gonna like, let it come in, and the first impression I had was that it was just jumping right in. Like there was no sugar coating, there was no, I'm going to ease into this, it's like, I'm going to give it to you, like straight from the hip here. And I felt challenged, and I also, don't know if this will make sense, and hopefully it will by the end of this conversation, but like I also felt like softened um, at some points, which I am guessing that feeling has to do with like moving away from like, as a white person, from dehumanizing hopefully to more like appreciating a person as a human. Um, and but I don't know, like that's what I'm guessing that is, but there was definitely tears the second time that I read this, and I mean, it's kind of classic white lady tears I think. But I also think some of it was like, some of that kind of softness that I was connecting to, which again, I think it was like basic humanity, you know? In, in a way that feels like icky to even admit that, but like, as a white person, I know that there's like so much racism built into my like DNA that like, why the hell am I gonna like deny it? Like, that seems really silly and like a big lie. Um, and when I, when I think about too, like whenever I have like connected to my own racism, the thing that, when I, when I could like picture back in those moments in time, there's always been like an emotional kind of like, I don't know if triggering is the right word, probably not, but just like some kind of like jolt or movement, and um, the first time was when I was five years old and um I said a word that I heard someone else say and didn't even know what the word meant, but I was saying it because I thought it was cool and my mom let me know that that word, what it meant and like, how I was never to say it again and I haven't, you know? And uh, but I remember like crying and crying and crying and uh, so as I was crying, I was like, is this like, what is this? And I'm like, I wonder if it's making that movement again? Um, which I mean, I'm really grateful that anyone can give me that in a book, you know? Um, so so yeah, that that's my first general

impression like overview experience. I'm so curious what, what you think, or what your experience was too.

Yeli: Yes, I think that um, a lot of it is for me reading it, was putting words to like observations and thoughts and feelings that obviously like I already had through working on She's All Fat and like, just the general like spaces that I inhabit in the world. Um, I think that what really stood out to me the first and the second time about reading this is just like, Da'Shaun talks about this concept of the Beyond, which is like a place[...] they say, "a place in which we live without qualifiers, conditions, or labels meant to harm our being." And I feel like that is just such a, it's like such a radical thought, and a thought that um, like a lot of people don't, we talk about dismantling systems right? And like dismantling the systems that are in our world. Um, but something that Da'Shaun talks about a lot in their book is the fact that dismantling the systems aren't enough, or it isn't enough if like, the thoughts and the feelings are still around? So for example, like the example that Da'Shaun gives is like abolition, prison abolition and police abolition isn't enough if white supremacy is still around. Because what's to say that it won't just be recreated as another system? And that is something that I think I had never heard somebody just put into words that plainly and that outspokenly, and that I think, that and like the idea of this Beyond of a place like truly just without any of the labels and the systems and that harm, that really moved me the first time that I read it, and the second time as well. And just like, this book amps me up every time I read it. Because I'm like, yeah, let's do it. Let's, obviously you know, who knows what we need to do to get to that place. But like, even though it's a very heavy book and talks about a lot of heavy things, that note in it is very hopeful and like motivational, or like, for me just in terms of like motivating me to act.

Julie: Yeah. The Beyond, the Beyond um, is really significant to even have a name for it, for me. Um, and you know, part of how this book has influenced how I am like, just living my life. But also in many different parts, like one of them is like, this, on this podcast and as a dietitian, and someone that's helping people to like move away from diet culture. Um, there's many like, tools like intuitive, eating health at every size. Things like that that we all have used and relied on. And there's been talk in my field about like, how there are things that are broken with these tools, and it's so hard to conceptualize my work without those tools. And something that um, I just, I'm trying to be okay with, and I just have to be is that like, there's not going to be like this like script to follow solution alternative, because of everything you just said. Um, and it's not going to be built by me. I'll support who's ever going to be building it, you know, building it. I guess what I'm saying is like people who are in the most of, the most oppressed by these systems. Like I, whatever is this Beyond needs to be um, maybe I'm taking it too much into like, the sameness. But like um, I don't think um, diet culture was, was built by white people. So like, I don't think whatever the alternative or whatever the Beyond is can't be built by the same people. You know?

Yeli: Sure, yeah.

Julie: So yeah.

Yeli: Totally. That's a good segue into um, a question that I don't necessarily have an answer for, or like a clear answer for, but you might, because you're, you've been doing this for a long time, of like what does, what does this book add to the HAES, intuitive eating conversation? Or like

what? Yeah, I don't know. Like uh, yes, I don't know. That's my question. What are your thoughts?

Julie: Yeah, yeah. So honestly, when I was first going through the table of contents, um, you know, there's, it's very, it's, it's pretty obvious what each chapter is about based on the name of the table of contents. And there's one that talks about health, well, what's referenced as the O-word epidemic. And I wanted to jump right to that one. Like I remember thinking like, oh, let me just read that one first, and, because it feels really familiar and cozy, and I'm like, nope, I'm not going to do that. Harrison has provided us this map, and I'm going to follow their map. Like, I'm going to do it the way that they intended it to be read. And I'm so glad I did, because really getting to a place of um, appreciating the harm of current, like health care systems. I had to really get to some bigger things, like the chapter on desire um, on um, even with the concept of the Beast like, that, um how whiteness has like, developed that as a way to dehumanize um, as Da'Shaun Harrison says, fat Black um, people. And so, um, if I didn't really read through those things, then I don't think I could really appreciate the discussions when it comes to health care. And um, it really connected the dots on how like, the health care system is just another, like policing, um, system and like, connecting all the dots to like colonization and slavery, policing. And Karen's asking for the manager, like how they're all interwoven, and how like, me as a dietitian trained to put a person on a diet, um, how that all is, um, expertly designed to keep someone in their place, or to try to like, keep them in their place. And um, it just really helped paint a picture. I know it, it helped you feel hopeful. But I think for me, I, I need to not feel hopeful. Like I need to feel like, oh my gosh, this is bad. This is really bad. And that's what I remember connecting a lot with. I think that was some of the, the, the tears was, and the softness of like, oh my gosh, like all of this like skeleton that we've been like relying on, it's not going to do it. It's just gonna keep making it fucked up. And um, there's, yeah, I'm gonna pause there, because I want to dive into another part, but I want to hear what you, what you think about that or like, I don't know like if, what you thought about the health care discussion in the book.

Yeli: Yes, I thought that um, it's, I liked how you said that you were following the map that Da'Shaun laid down because that's so true that, the, I think that the book would feel very different if chapters were in other orders um, so I'm just kind of still thinking about that, but. I think that something that really stood out to me that they wrote is that people are like, taught that the way they feel about their bodies is their own moral failing. And I think that that is something that um, we in our journey from, you know, like being entrenched in diet culture to like, body positivity, body liberation, all of these kind of stepping stones in whatever journey you're on. I feel like that is something that almost everybody I know that I've spoken to has to reckon with, or even like you said about the fact that you're, you're sitting in this place where you just kind of have to feel angry and have to feel bad about the fact that all of these things are working together, like, and you've talked about, about it before on the podcast as well as that, like, it's just such a crucial step to me to like, knowing that these things are there and feeling your feelings and feeling angry and sad and unlearning that um, that moral failing aspect of it. Because I feel like that is such a strong pillar in, in diet culture and the healthcare system and all of these systems is that like, if you can't function in them, it's your own moral wrongdoing.

Julie: Yeah. Yeah, it's like the way that it keeps change from happening to help people be safe is like, splitting us all apart into these individuals, you know, and um, really distracting us from

really the big issue, you know? And um, yeah, it's it doesn't feel good to feel like, this sucks, and like there's, this isn't working and I'm a part of that like that, um, I just name it, like that doesn't feel good, and there's a lot of like um, training into body positivity that I think has led us to believe that we are going to feel good, and that's the one of the biggest lies is that it's not going to be feeling good, it's, it's really being aware of our feelings and finding a way to sit with them and tolerate them as much as we can, so then we can focus on really what is happening and like staying in reality as much as possible. Um, but it's a really, it really is uncomfortable and I, I can appreciate, you know, people who are not willing to let go or not willing to see things differently why, because that feels really, it just feels like a lot, but it's also like, those who experience more privilege, I think that's like what you need to do, it's like our duty. You know, like, it's time to, if you're really wanting to do this work, let's, let's do this, let's contribute in the way that we need to. And you know, I've been against dieting for a long time, like it's been over 20 years now, but I really appreciate how this book was able to help me appreciate how the push to lose weight is just another way to police and control a human being, especially a fat Black human being. Um, and you know, the, the, this book that part of also why it's so important is because of how it actually is talking specifically fat Black masculine uh like, those are those are identities that are so neglected in the conversation when it comes to like, food, eating disorders. Any of those things, that's just, that's just not something that really we tend to focus on, so yeah.

Yeli: Totally. Well then also jumping off of that, I think that it's important to note as well that in the book there's, Da'Shaun talks about like the direct connection between anti fatness and how that interacts with policing and specifically police brutality. Um, and there's a chapter where they really breakdown the narratives around these large Black men that have been murdered by police, and the fact that them being large and being portrayed as people, or like I guess not even people, they're like dehumanized in many ways, and a lot of the ways that they are dehumanized is through being portrayed as large and fat, and also the connection between that image and then people believing that Black men can take on more pain than they should have to and that they are actually able to, and just all of those um, Da'Shaun says it a lot more eloquently than I do, but a lot of those threads are things that I hadn't really woven together until I read the book, and I think just such a, one of the biggest things that I took away from it.

Julie: That was the most important chapter for me, like if I had to pick one, that's when that kind of like softness, like that part of me like, revealed itself of like, where I could feel a shift happening, and that's why I feel like I think it was the most important one this go around. Because it really, again, the name is *Belly of the Beast*. I mean it really helped me to appreciate how that description of like, an animal or a beast, how that was so intentional to help dehumanize. And so then, um, centuries later, um, people who are killing Black men um, and, and fat Black men can get away with it. Or not even being known because of how this has been so expertly crafted over centuries and um, I didn't connect fatness with the police brutality except for Eric Garner, that that was the only one that I had really connected with that. And um, so I feel really grateful that all of the narratives were spelled out, not all of them, but for many of the murders spelled out. So then um, I could better see all of that. You know, I needed, I think someone to actually like go through that like, okay, this one and this one and this one, and then also adding um, two um, two murders were people who were younger, 18 and 12, and how the fatness and Blackness, there's an assumption of being older. Um and so, um yeah, again, I think that was like the most important, and um, like chapter that moved me um, which I'm incredibly

grateful for and um, something that I think maybe this will be a good, like, way to kind of close, this is like, this, this book has a lot of importance in the health at every size community, intuitive eating kind of community, anti diet community. I know we've talked a little bit about it, but you know, something that I, people have talked a lot about is um, the need to like totally get rid of the health at every size. Have you heard like whisperings of that? Maybe not even whisperings, but just yellings.

Yeli: Yes. [Laughs]

Julie: [Laughs] Yeah, like that's something that um, in conversations a lot of people are talking about. And many people are opinionated about it and um, over the last couple of years, you know, um, as I've talked to other people who have not felt seen, heard, or who have been harmed by health at every size, kind of like, not necessarily like, the movement, but maybe it is, but like, just never really felt at home there, as I've listened to more of that, I can appreciate why, like, yeah, I think we just need to start over. And, and then I say we in that I would be like, I want to support whatever is built, but I don't think white hands need to be building it, you know, because that's where we fucked up. So I don't know if you have any reaction on that, but that was another part of this book that I could, it was like, funneling into that area for me. Um, I don't know if it did for you?

Yeli: Yes, I think that um, I just have, I have so many thoughts, [Laughs] I think that something to kind of ground it, to bring it back to health at every size. I think that's something that I still see missing in a lot of conversations about intuitive eating and health at every size, and just in that sphere is the fact that health isn't morally good, or like, being unhealthy is not morally bad, if that makes sense? Or like, when I, when I hear people talking about like, you can be fat and still be healthy, a part of me goes, okay, but like, what if like, you can also just be fat and just be, you know? Like we're still, we're still portraying this narrative that it's okay to be fat as long as you're striving for health as opposed to you are just allowed to be fat because you're a human being, and as a human being you inherently, you know, deserve respect, and uh, and yeah, I think that um. I think that that as somebody who is kind of on the outside of the health at every size community, um, I think that that is my biggest bone to pick with it as well, is that I think that in the same sense that like, body positivity is uh, kind of a step removed from body liberation in terms of like, the body liberation is a lot more radical. I think that health at every size is a good stepping stone on the way to another plane where we should be, which I also agree that white hands and you know, like straight sized hands, and like, just the hands that have been building all of these uh, systems don't necessarily need to be building the next place that we end up in.

Julie: Yeah, yeah, like I really feel the call to like stay out of the way, you know, and uh, something that um, I know I have voiced before, and colleagues and other people doing this work is like, wow, like health at every size was something that rescued me and other people who could relate to that, like rescued me from diet culture, and it was a way, it's been away for a lot of people to heal and reject that culture and unite. Um, but what, you know, people have like shared with me and then also reading in Da'Shaun Harrison's book was like, but it hasn't been like that for Black folks. And even the discussion in this book about health, how health was designed to make it unattainable for fat and Black people, like it just wasn't, it's not, it's not something that can happen because it was built to keep a person out, you know? And so it's like it's not even

possible. So like, why are we even like valuing that, and so yeah, it needs, we need to start over, and for a while I was like, okay, well then what, what do I rely on? And I know I was kind of thinking or discussing this earlier too, but that was really stressful for some time of like, okay, so then if I don't rely on health at every size, like what is it? And that's the part where I like, there's going to be flailing for a while, like as something else is able to come, which, there may not be a foundation like I'm imagining, you know, and I think that's just where um, I need to be okay, and that's part of why I like this show has shifted to be so much less about like an individual and more about like, let's look outside of ourselves because like, I just don't think that like, a person can recover from diet culture just by like their mindset, it seems so like funny to me now. And I'm like, what was I thinking? Um, so um do you have any final thoughts before we kind of tidy, like move on to conclude?

Yeli: I guess my only final thought is that um, I just think that everybody should buy and read the book, because there just really is absolutely no doing it justice in any like, like I cannot do it justice in my own words just from talking about it for any length of time. So definitely buy the book and read it, and there's like so much that we didn't even get to touch on.

Julie: So much, so much in the 100 pages, I agree. And it's going to be out in um, audio format in February. So by the time you're listening to this, that, there's already a way to get it that way. Um yes, get this book, and there's been a few books that have been super important for me in understanding like my own like racist kind of um, foundation, and my whiteness, and this is like on that list now because it was um, I don't know if you've read *Underground*, *Underground Railroad* by Colson Whitehead, and then um, *Hunger* by Roxanne Gay. Those were two books that have been really important to me, and now this one as well. So super grateful, and thank you for choosing it for this discussion. I'm like so grateful that I had a chance to discuss this with you. After I finished reading it again, I texted my, I have a text thread that my friends and I call "the alliance" and we are just a group of moms that started to connect during COVID and um, it's a very diverse group of people, some people who are going to city council meetings, some people who are teachers and like, really hands on, and this is a topic that it needs to be included that. So I texted them and said this is on our agenda to read this book! So um, I hope um, you read it, listener, and invite discussion in your community as well.

Yeli: Absolutely. Thank you so much.

Julie: Thanks Yeli, take care.

Yeli: Bye!

Julie: So there you have it. I hope you enjoyed my conversation with Yeli Cruz about the book *Belly of the Beast* by Da'Shaun Harrison. I also hope you connected with like, how important this book was to the two of us, and consider reading or listening to it yourself. If you do, find us over on Instagram. My Instagram handle is @foodvoicerd. Tag us and let us know or send us a message. We are hoping to continue the conversation. Like we said, there's just so much to really sift through and that needs to be tended to um, and sifted through. So we want to continue this conversation, and looking forward to hearing what you have to say.

Julie: If you enjoyed this episode of the Find Your Food Voice podcast, well we are really glad, and if you would, would not mind leaving us a rating, a review, subscribed or sharing an episode to someone who you think may enjoy it too. Doing any of those things really helps the show grow. It helps more people find us. So thank you so much in advance.

Julie (ad break): This episode of the Find Your Food Voice podcast was brought to you by my PCOS Power course. That's going to be coming out March 1<sup>st</sup>. And if you would like to get on the waitlist, grab the PCOS Roadmap if you have not yet, it'll give you the first three steps toward food peace with PCOS, and it's only the first three steps. There are so many more and I cannot wait to share with you PCOS Power coming out March 1st.

Julie: All right. Like I said, this was a really important conversation, and we hope that it just got things started for you if you have not read this book yet. But let us know what your thoughts are, tag us on Instagram, and let's keep the conversation going. Bye for now. Take care.

Julie: Thank you for listening. I am Julie Duffy Dillon, and this is the Find your Food Voice podcast. Ready to join the anti diet movement and take the food voice pledge? Go to [julieduffydillon.com](http://julieduffydillon.com) and sign your name to the growing list of people saying no to diets and yes to their own food voice. The Find Your Food Voice podcast is produced by me, Julie Duffy Dillon, and my team of kick ass folks. I couldn't make the show without Yeli Cruz, Assistant Producer and Resident Book Fiend. And Coleen Bremner, Customer Service Coordinator and professional Hype Master. Audio editing is from Toby Lyles at 24 Sound. Music is Fly Free by Hartley. Are you looking for episode transcripts? Get them at [julieduffydillon.com](http://julieduffydillon.com), where you can also submit letters for the podcast, give us feedback, and sign the Food Voice pledge. We need your voice to end diet culture. We literally can't do this without you. Subscribe to the Find Your Food Voice podcast to get weekly inspiration and education on how we can defeat diet culture and reclaim our own food voice. I look forward to seeing you here next week for another episode of the Find Your Food Voice podcast. Take care.