

*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: Have you tried all the diets out there because you are concerned about your health, yet keep failing? Are you curious about these buzzwords we keep hearing: intuitive eating, mindful eating, body positivity. What does it all mean? It's just so confusing. If you can relate to that, well, you are in the right place.

Julie: Welcome to the Find Your Food Voice podcast, formally the Love Food podcast. I'm your host, Julie Duffy Dillon, seasoned dietitian who helps people move from a complicated relationship with food to developing their own food voice. We will help you defy diet culture, declare body liberation, and reclaim your peace. Find Your Food Voice's foundation has been built by listener letters writing a letter to food, describing the love/hate relationship, and all the messy bits that feel like a dead end. Me, and sometimes a guest, sort through it all. We include book review segments from resident bibliophile and our podcast Production Assistant Yeli Cruz. You can also catch diet culture IRL episodes with Coleen Bremner, Operations Manager over here and hype woman extraordinaire. We ditch cookie cutter approaches, expose the lies that society feeds us, and rewrite the rules around food, eating, and our bodies. We call this finding your "food voice", and it's vital. We do it together.

Julie: With almost 300 episodes over the last six plus years, we have heard it all, except from you! Submit your dear food letter at [julieduffydillon.com](http://julieduffydillon.com). We need you to join us. Seriously, stop fixing yourself. And instead, let's focus on fixing our world's messed up toxic view of the human existence. Subscribe now to join the fight.