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Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host, Lucia Hawley. And I'm a certified nutritional therapy practitioner with my master's in social work clinical mental health. I've lost 80 pounds and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet, trying to get there. If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is the podcast for you. You'll learn how to make the radical changes. You only dreamed of, 100% possible for you today. I'm so happy you're here.

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Hey pretty people. Welcome to the show. Thanks for being here for another episode, and if this is your first episode with us, welcome. I'm very, very happy you are here. I am recording this episode just a few days before Christmas Eve, if you celebrate, and it's releasing on Christmas Eve. So if you're listening on the day of release, then this might be a really timely episode for you. We're talking about the jobs we give foods. We ask a lot of our plates. We really do. It's very culturally common in our western society that we ask, demand, and require a lot from our plates.

So what are some of the things that we ask our plates to do? Well, we ask them to not only nourish us, but to amuse us, comfort us, support us, fuel us, satisfy us, embrace us, console us. We ask foods to provoke us, to stimulate us, to numb us, to excite us, to entertain us, and we also ask foods to bore us. And often we asked foods to frustrate us, and so much more. Now, if you just listened to that list, you might realize that there are some roles and jobs we give our foods that at first glance might feel more positive or more negative. And so today, remember on this show, my whole job here is not to get you to feel like you should ever do anything. Down with shoulds. Up with none shoulds. So my whole job here is not to get you to feel like you have to become a robot in order to have a healthful relationship with food, that if for you in your specific needs encourages a release of weight, that that can happen in conjunction. That you can come into peace with your food and that you can also release weight into a body shape and size that you desire, that is a goal for you. That's something you value.

My job here is to help you understand and recognize the container in which you've been living around your relationship with food, and the way that food makes you feel. But also that in that container, we are allowed and we can allow ourselves to have a whole range of experiences with food. That food does not have to become this robotic in and out to fuel us only experience. And on the flip side, food does not have to be this overly emotionally charged, negative, intense thing that is non figure-outable. We get to allow ourselves and the only people who are will ever allow us to do this are actually ourselves, our unique individual selves. We get to give ourselves the ability and cultivate the trust that we can come into relation with food, into a space of whatever we desire.

And I want to point that out here, because I think so often when we do talk about emotional eating or intuitive eating or anti diet or whatever ping pong we're going to be experiencing, sometimes I think we can get ... By we I just mean in general, that conversation can become really reductionistic. It can boil down to saying like, "Well, how do I take all my emotions out of my food unless it's a positive one?" Like unless I feel neutral or positive about my food, then I'm not doing it. Right. And I think that's just so unfortunate, because of course we can have emotions around our food, just like we can have emotions around any experiences. If we were to try to push ourselves to only be neutral or positive about our lives, about every single thing that happens in our lives, that either we create or that we feel like happens for us or to us or our circumstances in our control are out of our control. If we were to only feel like, "Geez, I have to ..." I had a big swear. I have explicit there. If we were to say, "Fuck, this is the only

experience I can have around my food, around my life, is to work on myself and coach myself so fully that I am neutral, or maybe, maybe I'm positive," I think that's a really inherently unbalanced scope and view of what we're actually doing here.

So today we're talking about the jobs we give our foods, and like I just listed out, we give many, many jobs to our foods. So this week I want you to consider what jobs did food sign up for? So just because our food could frustrate us doesn't mean we have to keep giving it this role. Just because our food isn't satisfying us doesn't mean we can't offer it the opportunity to do so.

So this week for those listening, like I said, this is Christmas Eve that it's releasing, if you're listening on the day of release. And it's a day where many of us have historically given foods very large roles. And those roles we really come to task. The foods are ... They're walking up and giving their big presentation of the year for us. But what I want to say is really, it may not have started with us. Maybe our moms, or caregivers, or someone else in our family, or the magazines that we walked past when we were young growing up, gave us expectation for food to work in certain ways. And that's just a maybe. Everyone has a different experience. And once we begin to understand where and how we've been giving foods certain jobs, and maybe belittling it or bemoaning it or applauding it for filling that role, we can start to instead interview food for the jobs we want it to have.

And so as we start to interview our foods for the jobs, we want them to have, the food choices may change as you begin this work. What you're eating might change, and that's perfectly normal and appropriate. Let me give you an example. If you've always given foods the job to frustrate you, and you realize, wait a second, wait, wait, wait, wait, wait, wait. This is the year 2020. I don't want the holiday gift of candy to frustrate me anymore. It might mean a few things in action as you start to parcel out this job, this role that, in this instance, holiday candy, or the cake that you're having on Christmas Eve, or whatever it is that you eat on these days. It might mean a few things in action.

So using that candy as an example, you might find that your desire for the candy shifts when you start to realize you may have always given it the job of frustrating you. "Oh, why can't I have that candy? Oh, I ate too much of the candy. Oh, there's not enough of the candy. Oh, that person can't have the candy. Oh, the candy is mine. Oh, why do I love the candy so much?" If we've given it the role of frustration, and we start to bring that simply into our consciousness, you might find that shift of bringing that there's some frustration around the candy into your consciousness now means that you might not experience as much frustration. Because instead, in simply going from subconscious to conscious recognition of an emotion tie to a food, the candy's role is shifting to something with grief. And that surprises you.

Now follow me here. You allow the surprising grief to be there without judgment. When we can allow that to be, what this means is that we've actually cultivated a practice of safety, meaning physiologically feeling in our parasympathetic state, we have deep belly breaths, our minds aren't jumping to all the different places, we can feel present in the present moment. When we're cultivating that parasympathetic, safe feeling, we're cultivating a feeling of safety in our experience of grief. Even little slivers of it. And so now that the hints of frustration with the edges of grief are clear for you in the role you've offered the candy, that perhaps you love to hate, you see that the deeper role you were giving the candy wasn't even frustration. That was a confusing role that it was trying to work in, and it wasn't quite living up to. The job the candy was really playing was entertainment.

Now, when we take it a step further, when you release from the expectation for your candy to be an expert entertainer on it's resume, the candy can now have the opportunity to fulfill the role it was meant to, for you. So what is that role, you might be asking? Well, that my friends is the liberation of it. In this life experience, you are the CEO of the company where the foods have jobs. So during this holiday week, or any which week that you're stumbling upon this episode, notice which role you think you've

been giving your foods. Maybe it's been less than conscious and now you're curious to bring that job from unconscious to conscious. Try it with the foods you've once labeled as bad, as many people label candy or cake or brownies or products made with flour and sugar as bad. And the ones you've once labeled as good. Things like whole unprocessed vegetables and fruits and lean meats. What you might find is that some of these foods might fulfill the roles quite nicely. And maybe even some of these foods are ready for promotions. But also, maybe some were never cut out for the job they've been trying to fill, and they're ready and waiting for their CEO to have an honest conversation with them.

You can trust that as a boss of your own body, that it does no one in the company really much good to feel like there's an employee who is struggling simply because the job isn't a good fit. It doesn't mean the employee is bad, or the role is bad. It just means that there is something that isn't quite lining up. So if we can start to release ourselves as the CEOs, the big bosses, hell yeah. If we can release ourselves from those expectations, we then offer the opportunity to release certain foods from roles that they're ready to be released from.

And what you might find is that it doesn't have to be that the employee, the food, has to leave the building forever. It simply means that it might be more well-suited and contribute to the entire company more fully in a different role within the company. But we won't know this until we start to realize that all jobs are okay for foods to play. And that we, as the bosses, the CEOs, we are allowed to set the rules of the game in such a way that supports the entire business. When we do this, what I think you'll find is that there's no bad employees ever, and there are no bad jobs ever. There just can be a little bit of a difference or friction in what they've been trying to give and what they could be giving. I want you to be thinking about that this week and beyond, and I'll see you in next week's episode.

Okay everyone, that's all for this week. Thank you for listening to this full podcast episode. If you want more of this information every day, instead of just one podcast episode each week, consider coming over to Instagram to hang out with me. I'm LuciaHawley_ over there. That's L-U-C-I-A-H-A-W-L-E-Y, underscore. And one more thing before this episode ends, please consider leaving a review of Devoured on iTunes so we can keep spreading the word, and together we can offer this free education, empowerment, and liberatory nutrition principles that will change more lives. If you're someone who likes to empower other people, then please consider sharing this podcast with friends and family, and by leaving your review. It makes a world of difference.