

You're listening to episode 124 of the Devoured podcast. 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 a podcast for you. You'll learn how to make the radical changes you've only dreamed of 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only, and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

Hey everybody, welcome back to the show. Hope you're having a great day. I wish I could talk about the weather. It's the same as it was last week. It's pretty nice and gentle here in Portland. I will say, here's my little update. Before I talk about the subject of the show, which is called embracing uniqueness. I'll describe that in a moment. I am holding in my hand, a Meyer lemon. And the person who gifted me this Meyer lemon tree when I moved to Portland, I know that you listen to this show. So first off, thank you. I adore this little tree. And second off, this little lemon could have grown to be bigger, and yet it popped off the tree at a rather petite size. It's like the size of my thumb from the first knuckle up to the nail. It's like an inch tall and it's perfectly perfect in its own way.

And I didn't think that that would somehow tie into the subject of the show, but look, it did. I'm embracing the uniqueness of this little lemon. I'm going to cut it open once I'm done here in my office, I'm going to run downstairs, grab a little knife, cut it open and basically just smell it. I think half of the beauty of Meyer lemons is for sure the juice is a little bit sweeter or less pure acid than a conventional lemon. But also I think a lot of the beauty is just in the smell of the oils in the skin. So I'm going to love up on this little lemon. It's my plan for, I don't know, 20, 40 minutes from now.

Anyway, this week I want to remind you that you and your needs are unique because you in actuality and in truth and in literal and figurative ways are unique. You're an individual. It's you, hi. So it might seem alluring to try the next fad diet. I want you to remember that the best part of a diet tends to be understanding how those food choices or amounts feel in your body. That's it. Otherwise, a diet will be most useful in the post diet stage, meaning the stage in which the integration of the information that you accrued from being on that diet will be most useful in your life and will be the most empowering choice to choose when it comes to how you think about your food choices.

I want all of you to remember this week, food is not the problem and it's not the solution. And in fact, food and all the weight and lightness and feelings that we experience around that word, food is a lens in which we can see and begin to bring curiosity towards our food behaviors and needs. So for example, you may not need to change your eating habits as much as your hydration habits. Or for example, it may be a case of allowing yourself more boundaries around your family, so that you have the space to sit with your discomforts after meal time.

And with a lot of this, all too often what we think is that we need more of something. Often that conventional dieting is coming from a place of really picking at our feelings of lack and scarcity. We need more ability to stop comfort eating. We need more desire for fresh vegetables and protein. We need more ability to go for long runs or to do the hard hit workouts. And so this week I want you to be embracing your uniqueness and remember and get curious, two of my favorite words, what if all of this is about not having more, not being less? What if all of this can simply be? And so, what if this is about being yourself? And if it feels more comfortable or safe to think about it in this way, what if it's about being more of yourself? Not because there's less of you right now, that's coming from that place of scarcity. There's less of me, I need more of me. What if instead it's about finding the proof and creating the evidence that you are whole and complete in this very moment. Not tomorrow, just now.

What happens when you embrace yourself in the moment? Inevitably, what will happen is that you'll be embracing your uniqueness. Because yeah, you and your needs are unique. And that's a radically beautiful thing. Having that radical acceptance of our unique needs flies in the face of feeling that we are in scarcity. That we don't have enough. That we're not doing enough. That we will never be enough until a certain metric or goal or insert blank into whatever has been scratching your itch in that realm. That we aren't the thing until we have the thing or are doing the thing. I want us to flip that on its head this week, because that's where a lot of the freedom comes from. It's like, if we're searching around... You know what? Think of Alice in Wonderland. You remember that scene where there's the little kind of dog broom creature, and it's clearing the path. And it can't see that Alice is standing there. And it just keeps clearing the path because that's what it's focused on. That's good and fine.

If we're Alice or if we're someone else, we're watching the movie, we could have all sorts of thoughts and judgments on what that dog should be doing. Dog creature. Broom creature. What it should be doing. It might not though, because it has its own uniqueness and it gets to do exactly what it wants to do. So if it never wants to look up from the path that it's creating as it's brushing and walk it along, it has every right to do. We have that same right. No matter how many choices we're making consciously or subconsciously or a mixture of both, we're all creating a path that we're just scrubbing along, day in, day out. It's why in previous episodes you hear me talk about a theme of consistency.

We never know what a new choice is going to show us or create for us unless we can show up to it consistently. And part of that consistency is the thoughts that bring us to that choice. Do we show up to an action begrudgingly? Do we hide from a recommendation? Do we try something and then duck out and then try again and then duck out? Whatever we're doing day to day might not matter so much, but what we do day in day out over time, week to week, that's what we're creating in our lives. So if we'd like to, if we start to embrace our uniqueness, remember that food is not the problem, and it's not the solution in keeping. We're probably going to find that we can come back into ourselves. We are not wrong. We can create any of the changes we so desire. The changes will be uncomfortable, but discomfort from the being uncomfortable is not inherently bad or scary. And our brains might default to labeling change as that because our brains are trying to keep us safe from a place of loving and security.

A lot of what we talk about on here is trying to show ourselves and create that proof both ahead of time and then in the moment, in the present moment, of showing ourselves we can do hard things and hard things are not bad things. And there are hard things that we can choose to stop doing like low calorie dieting, and there are hard things that we can start doing, like feeding ourselves the nourishing foods that we want, not that society wants us to want. That's what a lot of this process is.

And so when I say embrace your uniqueness, your uniqueness might be your own physiological needs or your own emotional needs, or a combination of both. Your uniqueness might mean that you have certain circumstances or environments that you're in that are different than other people. What if those don't have to be bad? What if when we experience negative feelings around those, the negative feelings simply get to be just like the positive feelings get to be. And by the embrace of the negative, we open up the opportunity for the positive. What if we think about our food, our nutrition, our plates, our palette, our appetites, from that perspective this week. When you embrace your uniqueness, what happens in the moment? Try it this week and let's find out,

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 the 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

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