

S1E1: What is Body Trust? Reclaiming trust in our bodies, rejecting anti-fat conditioning

[00:00:00] **Dana:** Hi, everybody. Welcome to the body trust podcast where we help people divest from diet culture, reclaim their bodies and explore body trust as a liberatory practice.

[00:00:11] **Dana:** we wanted to start the podcast with an episode about body trust. I think there's a lot of misconceptions about what body trust is, what we're talking about when we're talking about body trust.

[00:00:25] **Dana:** And when Hilary and I were doing some media for the launch of our book when it was released in August of 2022 uh, one of the first things that, We were asked by radio hosts, et cetera, was, so what is body trust? And you would have think we would have been prepared for this since we wrote a book. And yet we were kind of taken aback because it's not something that can be explained super succinctly.

[00:00:57] **Dana:** We did get pretty good at it though.

[00:01:00] **Hilary:** It's a simple concept. But, you know, the cultural norms and ideas about bodies make it really complicated and give it quite a backstory.

[00:01:14] **Sirius:** And then, of course, this is something that you've been very closely connected to for a long time, that you've developed and honed and shaped.

[00:01:25] **Sirius:** And your familiarity with it is so high. And then when someone else asks you about it, like, you have to pull yourself way out of it to be able to talk about it at any kind of, sort of, normal level. And then you add on all of the cultural stuff we have around things like food and eating and bodies.

[00:01:46] **Sirius:** It's a very difficult prospect to try to narrow it down to a couple sentences. Yes.

[00:01:53] **Hilary:** Yes, true. I'm very empathic. I'm receiving that because when I'm faced with it, even now as we're recording, I have this like blank anxiety feeling that washes over me somehow.

[00:02:07] **Dana:** I also am thinking about how in our book, Was finally in people's hands. We were like, Oh, good. Now our families will have a better idea of what we do.

[00:02:19] **Dana:** I've actually, when people ask my husband what I do, I've been impressed with the way he can explain it pretty succinctly and there's not a whole lot I would add to what he says. So it is possible, I guess.

[00:02:36] **Dana:** So, yeah. You know, I think one of the starting places with what is Body Trust is that it's a birthright, right? That we believe body trust is a birthright. That we don't come into this world fretting about the size of our bodies. We don't come into this world thinking some foods are more valuable than others, or healthier, or [00:03:00] whatever the language is that our families are using around this, right?

[00:03:03] **Dana:** Like we come in with really neutral. Experiences of our body, neutral relationships with them. And then we start to become socialized and indoctrinated. Before we're old enough to consent to really toxic ideas about bodies, about food, about weight, about health and we're kind of spoon fed it quite literally when we're young and then by the time we get to school these thoughts are often reinforced.

[00:03:37] **Dana:** So, ultimately, body trust is, you know, a strength based, trauma informed, justice oriented healing modality. This is about helping people heal their relationship with food and their bodies. This is not about helping people perfect food or perfect their bodies.

[00:04:00] **Hilary:** Right.

[00:04:02] , it makes me think about where we started from. You know, Dana and I together in in rooms full of folks who wanted to have this conversation who were super perplexed about. Why they weren't getting food right or why they couldn't be the right kind of person. , who has the right kind of body and we started commonly asking a few questions and one of those was like, you know, when did you lose trust with your body?

[00:04:33] **Hilary:** Like, how did you begin? How'd you get the message? Your body is bad. In some cases, how did you learn that fat is bad? And. We were struck by how many of the people we were with said before the age of nine, or by the age of nine, which is the onset of, you know, puberty, body changes for some, for many people and that it came from, you know, someone close to them, like a family member or a physician, or it came from school's really common, but mostly a family member.

[00:05:15] **Hilary:** And I've always been really fascinated and troubled by like how common the story is and also how there's this like psychological

phenomenon within the person, which is they get thrown directly from some, perhaps some state of embodiment or some state of like non judgment of their bodies. And immediately the body becomes other and a project, which, you know, makes us great consumers from a very early age.

[00:05:50] **Hilary:** And it's super disturbing. And I bet a lot of people listening can relate to this happening and that's not normal and that's not health education either, [00:06:00] right? It's not health promoting. It's objectifying.

[00:06:04] **Dana:** Yeah. We stopped having a subjective experience in our body and navigate the world more thinking about what our bodies look like and how they present to folks and rightly so for safety reasons. Sometimes. Oftentimes. Yeah. But instead of experiencing our bodies from the inside out, we start to experience our bodies from the outside in.

[00:06:30] **Dana:** That's one way I think of like, the objectification. What do I look like while I'm doing this?

[00:06:39] **Dana:** We say body trust is a homecoming and reclaiming body trust includes Understanding and developing an analysis of all that has come between you and being at home in your body

[00:06:53] **Dana:** So this is a question we start many of our workshops and retreats Even the book starts with this question. What has come between you? And being at home in your body.

[00:07:06] **Dana:** And what happens when we explore that question is we begin to understand how we've lost trust. That we begin to know that we actually once had it, and then it was taken. And then some of the anger that we've been internalizing and pointing towards ourselves and blaming ourselves by not, for not being able to pull it together or to have the perfect body.

[00:07:29] **Dana:** And we start to externalize it and start to get mad at the culture and mad at the people in our lives who planted really toxic ideas about our value and our worth.

[00:07:43] **Hilary:** Externalizing is a big part of body trust, right? Cause we want to claim what's ours to hold, but also get rid of what never should have been there.

[00:07:52] **Hilary:** I think you know, and narratives, the narratives about diet culture, the narratives about bodies are written onto our bodies. They're written

for us. And then we decide how we're going to acquiesce. Or what is even, we determine what's even being asked of us. Nothing in this conversation is terribly direct, you know, and I think that's sometimes what it can be.

[00:08:16] **Hilary:** But like, I think that's sometimes why this is hard to explain because it's gotten so buried in a cultural narrative that we all, you know, are supposed to, you know, we expect each other to accept and agree upon that these bodies aren't healthy and these bodies are healthy and those bodies need to be warned about how they aren't healthy and it's okay to hold them to that no matter who you are.

[00:08:44] **Sirius:** I think that's a really interesting point because You may be in a situation where you're receiving a lot of mixed messages, even let's say you have the benefit of being in a family you know, and Tina talks about this where bodies weren't that big of a deal, or [00:09:00] let's say you're in a culture, a family or part of a culture that celebrates different kinds of bodies or bigger bodies.

[00:09:07] **Sirius:** You may be hearing that at the same time. You're still exposed to media and culture and cartoons and magazines and celebrity gossip that is talking about the thinness or lack of thinness of any given body, you know, whether we're talking about heroin chic in the 90s, or the Olympic era of today, those messages are so loud and so profound that even if there is good Quote, unquote, counter programming, even if you are getting positive messages from your loved ones, like those other messages are so strong still.

[00:09:43] **Dana:** Yeah, there's a trauma living in this culture and depending on the sex we're assigned at birth, we can really have very different experiences. So yes, while I had a protective effect at home, you know, I was watching Charlie's Angels and I was playing with Barbie and I heard fat jokes at school.

[00:10:10] **Dana:** And at one point, I, you know, my body became something that people commented on in school. And I was, I would call it teasing. I wouldn't say it was bullying. I think, you know, if it was today, it maybe would have been much worse. But yeah, I had a protective effect at home and I went out into this world.

[00:10:29] **Dana:** And the world was worlding.

[00:10:32] **Dana:** Something I think we're talking about is how countercultural this is. Body trust is incredibly countercultural. It's a radically different way of

occupying and caring for your body in a culture that doesn't trust bodies, right? That body trust is completely counter to conventional wisdom and air quotes.

[00:10:54] **Dana:** I would call it wisdom and air quotes about food, bodies, weight, and health. There's a lot that we need to divest from, right? Toxic ideas, toxic fitness culture, which is a term Ilya Parker coined. Ilya is the founder of Decolonizing Fitness. We're also divesting from social constructs of health and beauty.

[00:11:19] **Dana:** Like if you go to a Target store, I was really struck many years ago, like, Oh, this is called the health and beauty section. Isn't that interesting? How we've conflated these two things. Right. And we often say in body trust work, people, you know, are we hustling for our health or are we hustling for worthiness?

[00:11:43] **Dana:** Are we hustling to mitigate shame?

[00:11:48] **Hilary:** And anti fat bias. You know, which is, oh, go ahead.

[00:11:52] **Sirius:** No.

[00:11:53] **Hilary:** I was going to say, I think that's a lot of what our families are doing by representing, you know, some mandates [00:12:00] about or some ideas about dieting if you know, to your kids. I think a lot of parents just want their kids to avoid the weight stigma that they also fear.

[00:12:10] **Sirius:** I was just going to say that we spend a lot of time talking about decoupling health from weight, right? That those things are not connected in the way that we think they are or at all. And it's interesting that you bring up this health and beauty thing because those are also not as connected as we think they are.

[00:12:29] **Sirius:** And just sort of for the moment, thinking about how closely they are related in the popular consciousness in particular, right? That There's this implication that if you're healthy, then that will show up in your beauty, right? Evolutionary mandates to like pick healthy looking partners, like all that, like all of that stuff is like really closely connected.

[00:12:52] **Sirius:** And it plays right back into the sort of like weight and health conversation because like you're deemed an unworthy partner because you're fat. You're unhealthy because like, it's all the same. It's all the same. The Venn diagram is a circle. Yes. Right.

[00:13:10] **Dana:** So I think the last thing I'll say about body trust is that it's a size inclusive model of care that you might hear the term weight inclusive model of care, size inclusive model of care. And sometimes we call it you know, the traditional weight paradigm or the dominant weight paradigm is the way society thinks.

[00:13:34] **Dana:** about this stuff. And what we're advocating for here is a size inclusive model of care. And there's some terminology you're not going to hear us using in the Body Trust broadcast very rarely. And we will give you a heads up if we do need to use it. We don't use the O words. You're not going to hear us.

[00:13:53] **Dana:** describe people's bodies as overweight or obese. That's the only time you're going to hear us say that unless we have to use it because we're talking about something that is really hard to talk about without it. But I just thought, since this is the first episode, we should give people a heads up that you're not going to hear us use the O words because they're rooted in the body mass index, which is bullshit and not evidence based and was never intended to be used to determine a person's health status, you, what you will hear us use are terms like fat.

[00:14:28] **Dana:** There's a movement to reclaim this word and strip it of its negative pejorative connotations. You also might hear us say larger bodied people, folks at the higher end of the weight spectrum, those kinds of things, but you're not going to hear us use the O words because they're rooted.

[00:14:45] **Dana:** in a really harmful, problematic framework that has roots in eugenics. And for more on that, I'm sure you can find we'll be talking about that more in this podcast. But [00:15:00] as we dive in, I just thought it was good to give folks a heads up on that.

[00:15:04] **Sirius:** And if we do use them, we're definitely got big old square quotes.

[00:15:08] **Sirius:** Yes. Big ones. I promise you they're there.

[00:15:13] **Dana:** Yes. Yeah. It's hard to sometimes talk about what's happening in pop culture without using those terms, especially because those are the terms that folks use. We will do so carefully and thoughtfully and always with air quotes around them. I thought it would be helpful to talk about the narrative arc of body trust work Hilary and I, when we started to think about writing a book,

we had to think about the structure of the book and how the book would be organized and what chapters would be.

[00:15:51] **Dana:** And, wow, when you do 20 years of work and suddenly have to put it in a book, it's really challenging to like, how are we going to do this? And we had a whole host of ideas, maybe a one or two minor fights.

[00:16:09] **Dana:** I wouldn't even say they were fights, but they were we were hashing it out, right. And ultimately, we came up with this narrative arc. This is what we call the narrative arc of body trust work. And it's also the narrative arc of the book. So the book has three sections, the rupture, The reckoning and the reclamation.

[00:16:30] **Dana:** And I'm wondering, Hilary, do you want to talk about the arc?

[00:16:33] **Hilary:** Yeah, we well in my work, I've found it to be really helpful often in therapy that folks know that other people have walked a path before and that paths have some kind of. Benchmarks or milestones on them, even though not everyone's journey is identical, there does seem to be some points we, you know, move through together when we're working on healing something that's so pervasive.

[00:17:06] **Hilary:** in our culture. And so the narrative arc does that to a certain extent. I think it's helps people do this externalizing thing, but also normalize that their experience and know that they're not alone. So we started with the rupture and the ruptures, a lot of what we've been talking about already today.

[00:17:28] **Hilary:** It's like, how did your relationship with food and body get fucked with, right? Like how, what happened? And we know that there's the examples that we've already given, like family and medicine and school, but we also know that there's a lot more that interrupts people's peace in their bodies. And that is also all these systemic issues.

[00:17:54] **Hilary:** Like systemic ingrained practices that hurt [00:18:00] people. And those are things like trauma that things like the trauma from racism and discrimination. That's gender itself can be a trauma in this culture. That's ability and who, you know, being disabled by the culture certainly interrupts. A piece in the body.

[00:18:18] **Hilary:** So we want this to be in a more expanded idea. We want folks to really be able to name all the things that rupture that created a rupture in their relationship with food and body. And we want you to know that it's not

your fault that relationship was ruptured. So that's also a big part of the rupture phase.

[00:18:38] **Hilary:** Is that you really get to reckon well, you get to notice how this has impacted your relationship with yourself. The next phase is reckoning. And that's the really messy middle part. Like most of us want to skip over that. And I think we can all relate to that. It's like, okay, I've got the story down. I know what happened.

[00:19:01] **Hilary:** And now somehow I've got to. I want to jump over the messy part and just do this reclamation thing. Like I'm good. And unfortunately we don't work like that. Although our culture really has trouble recognizing that we're psychological and emotional beings that have processes happening. But.

[00:19:17] **Hilary:** We do. And so this is where we're reckoning with like, what has happened in the name of coping in this culture? What has happened in the name of you know, trying to be an eater in the world where eating is really prescribed and judged what, you know, what has happened in my relationship with myself, what patterns and coping strategies if I used to mitigate and acquiesce the harm and all that comes from living in a diet culture.

[00:19:52] **Hilary:** So that is the reckoning, like what happened and how has that impacted me in my life, my relationship with myself, my relationship to the world and all that I'm here to do. And the last phase is reclamation. And that's where we take what we've been reckoning with. And move towards something far more accepting, you know, where we are starting to say, this is me and that I believe that I have been through something here that a lot of people don't understand.

[00:20:32] **Hilary:** And that I am settling for myself like I'm choosing to not harm myself in the way that I had been in the way that's been prescribed to me. And I am working on

[00:20:43] **Hilary:** feeling some of the liberatory powers of body acceptance and body trust. I think it's also a place where folks feel really compelled to use their voice in service of body trust and the fat acceptance movement. So we talk a lot about how [00:21:00] common it is that people want to make their healing bigger than just them.

[00:21:03] **Hilary:** And that's often a big part. of reclamation as well.

[00:21:08] **Hilary:** It's a lot.

[00:21:11] **Dana:** I think I was just had a session with someone this week and we were talking about what would it mean to reclaim health and what that word means to you and what you think it entails because so much has been wrapped up in that and

[00:21:29] **Dana:** and kind of taken from them where they just abandon their own knowing and do what is supposed to be done instead of thinking like, wait a second, what do I think about this? And does this even make sense to me?

[00:21:42] **Sirius:** Go ahead. Sorry.

[00:21:43] **Dana:** Oh, no. I was just going to ask you how does this narrative arc, what's it like for you to hear about this narrative arc or what would you like to add? I don't know that we need to put my voice in the podcast here, but you were already going to say something. So,

[00:21:57] **Sirius:** Yeah, no, it was unrelated.

[00:21:58] **Sirius:** You know, I think that having that kind of narrative arc or process is. So important and so helpful, right? The ability to name certain signposts and certain, like, this is a path that many have journeyed, right? As Hilary sort of alluded to before but being able to provide that path for folks and let people know that, listen, there is a period that's difficult, but it's so worthwhile, right?

[00:22:31] **Sirius:** Yeah. And body trust in particular is incredibly worthwhile. And to be able to say, like, not only is the end a very, like, worthy thing and, like, a worthwhile thing, but the journey is also really powerful. And I think being able to name that for people and be able to tell them that, and they don't necessarily have to like, sort of blindly accept it or believe it, but are provided some guidance to sort of help move them through.

[00:23:05] **Sirius:** I think that's a really beautiful thing.

[00:23:07] **Dana:** Yes.

[00:23:09] **Dana:** And in reality, we don't want you to blindly accept this. That's not what body trust is. That's what the dominant paradigm is that we just take it as we're fed and we don't question what we've been taught to believe. And you know, when people come to this work and start to explore body trust, something, there's something that often resonates for them that they, it, there's it hits deeply.

[00:23:38] **Dana:** And then there's all the things we have to bump up against and reckon with before we can really. Do it. Right. But, you know, we say there's a lot more to unlearn than there is to learn on the path to body trust. We do not want you blindly accepting this. We want you to question everything you've been taught to believe and we want you to [00:24:00] question us too.

[00:24:01] **Dana:** I think we write about that in the intro. Like, you get to take what you want and leave the rest. You there, there's a process in unraveling with this and like your nose mean a lot to us. There's like your resistance is something to be investigated. That's often where the magic happens. And because.

[00:24:25] **Dana:** Diet culture gives you a set of rules that you know if you're following or not. Like when you go on a plan, when you start Weight Watchers or you start Jenny Craig or you start any number of these programs out there, they give you a solid set of rules of do's and don'ts. And you know within five minutes if you're doing it right, in air quotes.

[00:24:48] **Dana:** And Body Trust isn't like that. People feel like they're flailing when they start to lay down all these tools of the oppressor. I asked my clients, like, do you like what you're eating? And they don't know. Right. And so, like, this, they're so used to being told what they're supposed to like, right?

[00:25:12] **Dana:** what they're supposed to think. We want you to have agency. We want you to trust your own knowing. And our hope is that this narrative arc gives you some sense of what this looks like. Because if we don't have some kind of roadmap, because diet culture will give you one, and sometimes we so badly want that control.

[00:25:34] **Dana:** It's more containing to have the rules. That's one reason why we created the narrative arc and the framework.

[00:25:42] **Hilary:** But people hear truth because they've been, you know, used up and spit out by diet culture and been told it's their fault. Like it's their deficiency and people come exhausted and demoralized and self blaming and self loathing and full of shame.

[00:26:01] **Hilary:** And yeah. I love that there is this, you know, all these promises that diet culture continues to make and evolve and that people still turn towards this truth. I think it's really, I don't know, life giving for me.

[00:26:21] **Hilary:** It's hard to do.

[00:26:23] **Sirius:** It's funny when you said that about, do you even like what you're eating? I immediately flashed on a memory of my beloved aunt Genora who She passed away in 2007, and she was living in Portland with us for about three or four years before that happened. And she I was about to say she struggled with her weight her whole life.

[00:26:47] **Sirius:** It's a very challenging thing to say. Our culture forced us into forced her into a position where she struggled with her weight her whole life.

[00:26:55] **Sirius:** And we were talking about something and we got into the topic of her being [00:27:00] on Weight Watchers in the, this was probably like the mid to late 80s, early 90s period, and how for years she was convinced that her favorite breakfast was these like nothing quote unquote pancakes from Weight Watchers at the time that, you know, was part of their recipe book.

[00:27:19] **Sirius:** And it was basically like egg whites. Like, that's basically what the recipe was, is egg whites, with Shaped like a pancake. Shaped like a pancake, right, with maybe a little bit of flour or something.

[00:27:32] **Hilary:** Get the butter out, and the maple syrup. Right,

[00:27:35] **Sirius:** right, and like, I think, Like sugar free syrup was what she was supposed to eat them with and how she was waking up early, like every morning to make breakfast for the family at the time.

[00:27:46] **Sirius:** She lived with my grandparents and you know, she was making them like a traditional breakfast, waking up early to put on grits for the, you know, the rest of the family. She was sitting there making like egg white pancakes and thought they were just the most delicious thing. And of course, she was like, they were terrible, like, they were disgusting, like, like, egg whites with sugar free syrup?

[00:28:07] **Sirius:** What even is that?

[00:28:08] **Hilary:** Can syrup be sugar free? I mean, I'm sure they've manipulated it, but I don't know.

[00:28:12] **Sirius:** A lot of type one diabetics use sugar free syrup or yeah, so that makes sense. I typed, I mean, diabetics of all kinds. Anyway but yeah, just do you even like what you're eating and do you really like it or have you been told that this is a decent replacement for your actual favorite thing.

[00:28:33] **Sirius:** This is the healthy version of your actual favorite thing.

[00:28:36] **Dana:** Yeah.

[00:28:37] **Hilary:** Yeah.

[00:28:38] **Dana:** That makes me think of when we asked people in a group years ago, what does shame look like? And someone said, a bowl of oatmeal.

[00:28:50] **Speaker 4:** You

[00:28:50] **Dana:** know, because that's what they ate when they were being good on their diet and air quotes. And so shame looks like a bowl of oatmeal, like plain probably like a packet that's warmed up and just, eaten to take some place in the stomach.

[00:29:07] **Dana:** And yeah, she was like, wow, I don't like that oatmeal. I'm done with that oatmeal. And

[00:29:15] **Hilary:** just to ward off a lot of correspondence about oatmeal, we all, I mean, I don't know if Sirius likes oatmeal. I like oatmeal. Dana, I know likes oatmeal. This is not. Oatmeal's not bad. Just to be clear with this one, one person's OH'S experience.

[00:29:35] **Hilary:** Yeah.

[00:29:35] **Sirius:** Yeah. Oatmeal's great.

[00:29:37] **Hilary:** Yeah, I'm into it. I like mine with butter, but

[00:29:41] **Dana:** yeah. Well, we're gonna get about, somebody else is gonna be like oatmeal the glycemic index of oatmeal and, I don't know, and it's carbs or, you know, we're gonna get it from both ends. .

[00:29:52] **Sirius:** Oh, I'm, I can't wait to get the email about how dare I say something against egg whites with sugar free syrup.

[00:29:57] **Dana:** Oh, yeah, that's

[00:29:58] **Sirius:** someone's number one meal. [00:30:00] And I like, that's great. Because the thing is, that person actually loves it. Yeah. So for them,

right? Yeah. But for someone who that is not what they actually love, that they're forced into it or coerced into it. Because the culture is telling them that they're too fat.

[00:30:18] **Sirius:** I think that's a very different conversation.

[00:30:20] **Hilary:** It's a different conversation. Also, when like, you don't feel like you get to participate. With your family as they eat, you know that you're going to be different. I always I mean, I'm a mom So maybe it's coming from my mommy, but I'm always like what am I communicating with this difference, you know?

[00:30:40] **Speaker 4:** Yeah,

[00:30:42] **Hilary:** it's yeah petty. I mean we've also had a lot of people over the years who's You know, brought up their kids and diet culture and then came to body trust or, you know, to heal disordered eating or whatever is going on and have to do all this repair work at home with the kids and their relationship with food, which I can't, it seems.

[00:31:02] **Hilary:** Which is hard. You know, it's painful to be in your own process and have to do that with kids at the same time.

[00:31:09] **Sirius:** Yeah. We're just going to have to add kids to the list of episode options because I think the conversation around body trust, diet, culture, and kids is so intense and so hard. And as a person who is fat is an active rejection of diet culture is working through my own body trust journey.

[00:31:36] **Sirius:** And as a mom, like that's the place where it hits hardest all the time. That's the place where I have to make the most difficult decisions. Like I've gotten to the point where I kind of figured it out for myself, but. I'll be my kid, navigate it, helping me navigate it as a mom. Like what decisions am I making?

[00:31:57] **Sirius:** Am I saying no, because there's a real reason or because. I'm supposed to say no, like, yeah yep.

[00:32:06] **Hilary:** It's really complicated and confusing. And it's like

[00:32:10] **Dana:** body trust 201 level or body trust

[00:32:14] **Hilary:** next

[00:32:14] **Speaker 4:** level.

[00:32:15] **Hilary:** I think it is. Yeah. Because, you know, your kids aren't, if you kids aren't receiving a lot of that stuff at home, then they're all happy and healed and get to make these decisions that You know, you may not have the same degree of liberation around.

[00:32:33] **Dana:** So I think when we talk about body trust, the other thing we wanted to share just briefly is this tree metaphor that we use. We'll put a link to our body trust framework in the show notes for this episode. Years ago we knew we needed a visual for people to see. We needed some kind of framework, some kind of visual to show this process, because again, people feel like they're flailing.

[00:32:58] **Dana:** Diet culture hands [00:33:00] you A set of rules, a set of do's and don'ts, and you've got these bumper cars that kind of keep you in line and you know if you're doing it right or not. And this work is not like that at all. So we developed this framework and it's a tree with roots and the tree has different circles in it to show the different processes that people go through.

[00:33:22] **Dana:** Maybe we call them phases that people go through as they deepen their roots into body trust. And we love this idea of deepening your roots because when you're just learning, like if this is the first thing you've ever listened to about body trust, you probably don't have any roots in body trust, or maybe a couple of shallow roots, but you're probably more rooted in diet culture.

[00:33:45] **Dana:** Even if you've never dieted. Even if you don't think you've ever dieted, that you've never restricted or restrained your food and eating, you likely have a diet mentality because you grew up in this culture. And so, we like to think about this idea that the deeper our roots are into body trust, the stronger our practice.

[00:34:06] **Dana:** And so we have more resilience. when we have deeper roots. So when a big strong gust of fat phobia comes a blowin, you can, you might feel a little sway, but you kind of snap right back in place and you know your truth. You feel really solid in what you know and believe. Having a strong body trust practice does not mean that we are immune to having bad body days.

[00:34:33] **Dana:** It means that these bad body days are probably less frequent and less intense and when they come, we know how to skillfully navigate them without being destructive to ourselves. So part of deepening our roots into body

trust also involves pulling up the invasive species. This is what I love Shiloh George to say.

[00:34:59] **Dana:** Talks about invasive species that are, that have invaded our roots and made the soil toxic. And so we're pulling out these invasive species, we're dinging up the roots that are rooted into toxic soil, and we're rooting into something more nourishing, more affirming of our entire being. Right.

[00:35:23] **Dana:** And so you can take a look at the framework to get this visual. Many people show up to the body trust doorstep knowing that they can't go back, even though they do not know how to go forward. You have some awareness that you can't do what you've always done, that it's been harmful to you, that it hasn't worked and that it's been upholding harm for other people too.

[00:35:51] **Dana:** And it's often where we arrive. On the body trust doorstep is wanting something [00:36:00] different.

[00:36:00] **Dana:** So what my suggestion would be is to notice where you heard truth here today. What resonated for you? Where did you find yourself leaning in and wanting to know more? How did you learn to not trust your body? What's come between you and being at home in your body

[00:36:25] **Dana:** and just know that body trust is your birthright.

[00:36:30] **Dana:** There are a lot of people joining us. In this work and something else at some point I wanted to say was that community can make a huge difference knowing that other people are doing this work and divesting to can give us so much more permission to keep going.

[00:36:50] **Dana:** Before we close out, what else would you two like to say about body trust?

[00:36:56] **Hilary:** You know, we all can, this can end. I think, you know, the systems might keep playing with it. The moneymakers might keep playing with it, but this can end in between you and I in between all of us, we don't have to hold each other to these standards. And so there is this opportunity to maybe just even pay attention to how.

[00:37:21] **Hilary:** Anti fat bias moves through you because we've all been conditioned into it. And how, and get curious also about how that may impact your own wellbeing, your own sense of freedom and liberation to be yourself, to

be alive, to not hold other people to impossible standards, perfectionism that runs right in tandem with this.

[00:37:48] **Hilary:** You deserve freedom in this short life.

[00:37:53] **Sirius:** You know, Hilary, that kind of. Makes me think about body trust as a liberatory framework, right? It is about our own freedom, but it's also about our collective freedom. And this is a tool that can help us get there, right? There are many paths. There are many ways to get to liberation, but this is one way to do it, especially for folks who.

[00:38:20] **Sirius:** Perhaps they don't always feel that they are looking at other pieces of intersectional oppression in their lives. Like, this is a doorway to have a conversation with self, which brings you into community, have conversation with others. So, I can't stress enough that this is a pathway to a bigger conversation around liberation, social justice, et cetera.

[00:38:41] **Sirius:** And that again, our bodies, our conversations is about fatness and ability and size and all of those things. They're very much connected to those other conversations that we're having around oppression.

[00:38:56] **Dana:** Well, thanks everyone for listening. We're so grateful that you're [00:39:00] here. Drop us a line if you liked this episode. We're curious to hear your thoughts and until next time. See you soon.

[00:39:11] **Sirius:** Bye. Bye everyone.