

BODY LIBERATION

podcasts

Maintenance Phase - Aubrey Gordon
Food and Body Freedom – Nadia Felsch
The F*ck It Podcast – Caroline Dooner
How to Love Your Body – Body Love Society

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DIET CULTURE

Diet culture is a term that means we live in a society where dieting is 'normal' & 'expected'. It is promoted in every area of our lives from family & friends, to social media, tv & movies, to our healthcare e.g. doctors. There are lots of myths that support this culture.

MYTHS

Some of the myths that diet culture tries to convince us of include: that weight = health; that fat is something to fear & hate; that you have to be thin to be happy, loved, & successful. These myths are part of what we call fatphobia, and they have roots in racism, patriarchy, ableism, & heteronormativity.

LIBERATION

Who benefits from your body image & food struggles?
What would it be like to not be consumed by these myths?
What would you lose? What would you gain?
What would it mean not only for yourself but for the people around you?
This is not about 'body positivity' – you don't have to feel positive all the time about your body. It's about 'body liberation' where 'liberation' means freedom. It can be hard to do the work to free ourselves from this cycle of shame & fatphobia. But it's harder not to – to stay in this cycle & live in pain & distress & miss so much of our lives.



Just Healing