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Today we pull back the curtain on diet culture.

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#LOSEHATENOTWEIGHT



THIS WEEK OF BABECAMP IS ABOUT
DIET CULTURE AND WHY IT'S EFFING RUINING YOUR LIFE

Reminder: Group Coaching Call #1 is Saturday, 11/9 at 10am Pacific

Dial-in Number: 1-857-232-0156

Conference Code: 207706

I am certainly not anti-magic, BUT I find that the sort of magical thinking that diet culture promotes is in a more problematic category (ahem.. patriarchy) than my occasional dabble into witchery.

To give you the extremely short version of my story as it relates to diet magical thinking it's this: I was really, really into diets for a very long time and believed that I would be able to spend a lifetime suppressing my weight and it would have absolutely no negative effects on my physical or mental health.

In fact, diets are correlated with anxiety, depression and an increased likelihood of acceleration into an eating disorder.

In fact, the likelihood of a fat woman becoming (and staying) a thin person are less than 1%.

In fact, weight loss is a misnomer and would more accurately be called weight cycling since most people gain and lose the same weight over and over many times over the duration of their dieting lives.

I didn't know all that when I was forcing myself to believe that I loved Richard Simmons and grapefruit. I truly believed that massive weight loss was always *juuuust* around the corner. It wasn't just a different body I imagined. It was an entirely different life complete with an *entirely* new personality, look, face, car, income bracket, set of friends, and outlook! And my skinny yacht, of course (the yacht I really thought I was going to inherit once I became skinny). In my future, men would run their cars into walls when they saw me cross the street, the boys who made fun of me in primary school would ask me on dates on daytime television shows and I would effortlessly and joyfully eat 2 spoonfuls of ice

And then slowly, *sloooowly* it all just... **Stopped. Making. Any. Goddamn. SENSE.**

Really? A skinny yacht?

Really? Men driving their cars into walls?

Really? Why would I want to date the men who abused me in childhood?

I started to realize that this all sounded a lot like *actually* believing that a witch was going to lead me to a spindle, sending me into a death-like sleep and then a prince was going to come find me and revive me with his necrophilic kiss.

Let me break this down: there is evidence that children in the US understand fatphobia by the age of 5. When we are introduced to fantastical ideas (like thin fantasies) in a traumatic way (like, learning thin fantasies in an environment of fatphobia) in childhood we often retain those fantastical ideas throughout our lives if we do not receive an intervention (good thing Babecamp is an intervention). This is why the ideas feel so strong and so visceral - not because they're "right," but because of when and how they were introduced to you.

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What was especially difficult for me was the more I realized how ridiculous all the magical diet thinking was, the longer I kept waiting for other people to do the same too. But it just wasn't happening. You know what that led me to realize?

I'll have to tell you about it tomorrow!

And now here's your homework: Tincture Time

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NOW. Buy or find yourself a red rose. Red roses symbolize the heart and love. Remove the petals, rinse them and crush the petals into a small glass of water (you can also use vodka instead of water) with your fingers or a pestal. If you use your fingers you can tear the petals to release fragrance. Important part: as you crush the petals think about opening your heart to the love of self. Let the crushed petals sit in the liquid for 5 or 10 minutes. Then drink and/or rub your temples, wrists and neck with the rose tincture that you've made. Shortcut: find something rose flavored, rose scented or get some rose water and use it! **Note: if you plan to drink your tincture, make sure the rose is organic.**

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