HOLIDAY SELF-CARE

RESOURCE GUIDE

Does Counting Calories Really "Work"?
by Alix Barth

Hi there…

I came across this article from The Smithsonian several weeks ago, This Doctor Pioneered Counting Calories a Century Ago, and We're Still Dealing With the Consequences.

If you're here, you immediately understand why this was clickbait for me. You all know that I am opposed to the idea of calorie counting. I did it for years. And let me tell you – it "worked" – which is to say, I was thin. It also malnourished me (because, as you'll read more about in the article, calories don't consider the quality of food – they only tell us a small percentage of the nutrient makeup). I've struggled with gut and thyroid issues ever since.

Hence, my sharing today's article.

I Believe…

"What you put in your body is what will come out…" Nutrition makes up 80% of what you look like and feel like — physically, mentally, and emotionally.

How to Feel More "At Home" In Your Body (and why it's important that you do)

So much of the work I do is not only teaching people how to nourish themselves, but helping people feel better in their bodies.

One of the societal norms I push against most is the idea that we can control our bodies. And while I am here for discipline, goal setting, intentions, making things happen that we want to happen – I believe there has to be a balance between the goals we set and room for checking in with our body to ask what it might need and want, as often times those needs and wants are different from our goals.

And this can create much grief.

You want to fit into your Size 2 jeans, but to do so, you have to eat such a small amount of calories that you're causing yourself to be malnourished and your immune function to diminish, so you're "skinny" but you easily get sick.

…you see where I'm headed, right?

The article I am sharing today is from Psyche. It's titled: "You Are Your Body. Here's How to Feel More at Home in It". It's a 5-7 minute read.