

# HUNGRY FOR TRUTH

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DITCH THE LIES ABOUT DIETING AND  
DISCOVER THE TRUTH ABOUT LONGEVITY  
NUTRITION IN A WORLD OF MISINFORMATION

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*Dedicated to **keeping up with nutrition.***



## INTRODUCTION

### MY NUTRITION AWAKENING

One evening, my dad announced we were going to do a science experiment. He poured a can of Coca-Cola into a glass cup. Then, he carefully placed a chicken wing in the soda. We watched it bubble fiercely.

The following day, we checked on our soda experiment. I pulled the bone out of the cup to find it bare. The chicken meat was gone.

*"This is what soda will do to your stomach,"* my dad firmly stated.

My hands clenched at my abdomen, imagining the bubbling soda eating at my stomach.

That was the first moment I realized what I consumed could either hurt or help my body. To this day, the thought

of soda makes my stomach churn as I picture the bare chicken bone. I know my dad intervened in the experiment to teach us a lesson, but it did shift my perspective forever. While soda does not actually disintegrate your stomach lining, it can deteriorate your health.

My dad was one of the first people to hop on the '*organic*' bandwagon when the first health-food store opened in our city. He claims to be the reason I am into nutrition- and it's possible that he's right. Perhaps that morning shifted my perspective on the reality of diet and health. A door opened, and an ambition to discover the truth about nutrition came into existence.

As I grew up, so did my passion. One day on my drive home from the gym, I felt something burning within me. This burning was a desire to live up to my purpose. And that purpose was to share the truth about health, diet, and nutrition with the world.

Before I could lead others, I first needed to know how to eat well for myself. My search for these answers led me back to the classroom. All the way up until finally earning my masters degree, I prodded my professors to give me more-more insight, more knowledge, more truth. The more I learned, the better I treated my own body and the better I felt.

Once I felt I had mastered my personal nutrition, I began practicing as a dietitian. Leading my patients on their



nutrition journeys only strengthened my dedication to my own health journey more. I could not go home and *not* eat vegetables without feeling like a hypocrite. After all, this was what I counseled patients on all day long. Naturally, I began to practice what I preached. I knew that each obstacle I faced was an obstacle my patients were up against as well.

The day I stared at the disintegrated chicken bone was the day I realized that the world of nutrition is a puzzle waiting to be solved. Since that day, I've been working to gather more and more pieces to the puzzle. This endless search for the truth is what led me here, writing this book to share what I have learned along the way. As much as I wanted to write this book for you, I'm writing it for me too. The discoveries I've made have changed my health for the better. The life-changing revelations I have discovered so far in my journey are not just for me; I know it is my duty to share this passion and knowledge with the world. I intend to continue investigating the truth of nutrition, to continue learning, and most of all to continue sharing as I go forward because, yes, nutrition is a never-ending story. But I plan to see it through to the end, bringing you along the whole way.

### Feeding the Hunger

At a basic level, human life consists of breathing and nutrition. It's safe to say adequate nourishment is one of the most

critical aspects of our lives. It is a choice we make three times a day, and is a predictor of our future well-being and liveliness. One would believe that if any issue could be agreed upon and made as transparent and comprehensible as possible to the everyday person, it would *surely* be an issue as imperative and universal as nutrition. And yet, that isn't the case.

Nutrition is clouded by uncertainty, ulterior motivations, and widespread misinformation. The everyday person deserves to know what steps they should be taking to ensure the maximum level of health for themselves and their families. Yet according to a recent study, eighty percent of Americans are failing to eat a proper diet.<sup>1</sup> Is this because people don't care about fostering health? Is maintaining a good physical condition and overall wellness not a main priority for the average American?

I refuse to believe this is the case. In fact, the research is showing just the opposite. Awareness around the importance of issues such as health, nutrition, and well-being is on the rise. In a recent poll, a whopping seventy-nine percent of respondents reported that they believe wellness is essential. Forty-two percent of respondents said that they consider it a top priority.<sup>2</sup>

The general public knows that improper nutrition leads to illness and disease, while good eating habits improve quality of life. However, something is getting in the way of people taking action when it comes to their health. It may

be the widespread misinformation confusing people. But it may be deeper than that; it may be due to addiction, self-sabotage, or shame. Likely, it is the combination of inadequate nutrition education paired with the contemporary need for instant gratification.

I've taken it upon myself to bust the prevailing nutrition myths and unveil the truth about diet and wellness so that people can start living better, healthier, and longer lives. I want to give you the information to think for yourself. I've dedicated my life to uncovering these truths, and now it's time to share them with the world.

### The World of Lies

Believe it or not, you and I live in a world of lies. Completely unaware, we tell ourselves lies every day. We collect them as we grow up. They come from our parents, teachers, and friends. Because we do not know any better, we feed the lies our precious faith until eventually they are no longer recognizable as a false belief. The lies become part of our reality.

The sad thing is lies rob us of true happiness. Without hesitation, we believe silly lies that do not serve us. We believe eating pizza will make us gain five pounds overnight. We believe we are worthless if our body has an inch of cellulite. We think we are not good enough in our

one and only body. The list of lies that hold us back in life is shockingly immense.

Ignoring the lies is easy – it's a much more comfortable path. Acknowledging the lies means going up against your ego. The ego is the gatherer and protector of the lies that live in our minds. It gathers lie after lie, stacking them up like bricks building our reality. But you must know that these lies negatively impact your utmost level of health and well-being. Facing the lies, and with them, your ego, is not comfortable. It's not easy. But it's necessary. The good news is, as you dismiss one lie at a time, you get closer to unveiling the truth.

### Unveiling the Truth

While science supports everything I've written, I want to stress that this book is not intended to be an academic research paper. It's a practical guide to eating well in a world of misinformation and nutrition dogma. This book is not another fad diet but rather an encouragement to make lifelong eating behavior changes. This book isn't for those looking to shed the pounds before their high-school reunion, nor is it for those who want their bod looking like they just walked off the front page of a magazine. This book is for you- a regular person trying to be a healthier, better version of yourself. The changes I suggest can be implemented by anybody, at any point in their lives. There is only one catch- you have to face the truth.

The fact of the matter is, we've been lied to. The nutrition information handed out to us by our schools, mentors, and even the FDA is clouded by bias, money, and lack of accurate data and research. Much of what we are told about health didn't come out of the mouths of dietitians or scientists, but businessmen and board members. On top of this, an entire culture now exists around diet based on this misinformation. This culture permeates our media and even trickles into our day-to-day conversations, enhancing our false beliefs about nutrition. The reality is we are hearing, reading, and repeating falsities day in and day out and no one is doing anything about it! This is a tough pill to swallow.

Admitting that you've believed a lie your whole life is tough on the ego. Take comfort in the fact that you aren't the only one who's getting the rug swept out from underneath your feet. I too believed the set of lies we'll debunk in the following pages at one point in my life. Unfortunately, most people fall prey to these harmful nutrition myths.

As you journey through the pages of this guide, I hope you can set your ego aside to allow your true being to unveil the truth as we debunk the top ten most commonly believed myths about nutrition. All the truths on the pages that follow promote longevity and decrease disease risk. As you read through the pages, may you become aware of your current eating habits and focus on

how you can take one step forward towards Longevity Nutrition.

My search for what I now call ‘*Longevity Nutrition*’ is the result of three discoveries. First, I realized that a *Health Mindset* is crucial for self-respect; eating well then comes naturally. Second, I found to heal and prevent most diseases, gut health must be optimal. And finally, metabolic health, which includes weight management, is necessary to prevent a multitude of disease.

I won’t be able to cover every single nitty gritty detail about nutrition in this book. If there is something that feels wrong, note it, journal about it, and email me. I’ll be the first to acknowledge that your body is unique.

*May this book feed your hunger for the truth  
about eating well.*

*Because when you eat well, you feel well.*

*And when you feel well, you have the energy to  
fulfill your purpose in this world.*

- 
1. 75 Percent of Americans Say They Eat Healthy — Despite Evidence To The Contrary : The Salt : NPR
  2. The future of the \$1.5 trillion wellness market | McKinsey

## LIE #1: IT'S MY FAULT

WE SAT THERE in a moment of silent epiphany. My eyes started to swell as I watched a tear roll gently down my patient's face. Her fortieth birthday was just around the corner, and the looming milestone was reminding her of her aging body. This drove her to focus on her health and eating habits, thus resulting in this moment of realization.

*"Something needs to change,"* she adamantly told me at the start of our first session.

This patient is a busy receptionist at a consultancy office downtown and a mom to three. Every day she rushes out the door in the morning without grabbing breakfast. Luckily for her, the break room always has coffee and pastry treats. She knows she needs to monitor her carb and sugar intake, but a morning without breakfast warrants a

mid-morning treat. She spends the bulk of her day sitting at her desk, only getting up a few times to use the restroom or fax a document.

After work, she is on mom duty. She runs the kids to all of their extracurriculars and sports practices. By the time dinner rolls around, she is exhausted and opts for take-out over cooking a big family meal. My patient, of course, opts for the light option on the menu. When the kids finally get to bed, she peers over at her treadmill. She knows she should walk, but her battery is empty. The overworked mom calls it a day, pops two melatonin tablets, turns on the TV series she's been binge-watching all week, and falls asleep on the couch.

The following day, she stares in the mirror while getting dressed. She remembers, or rather tries not to remember, when she used to wear tight jeans and little dresses back in her *'skinny days'*. She pinches at the fat on her tummy in the mirror before doing her best to hide her curves under tight jeans and a flowy shirt.

*"I should have gotten on the treadmill last night,"* she criticizes herself. She assumes she has herself to blame for the sight she sees before her.

What she doesn't know is that it's not her fault. She is not the one who should be on trial here. It isn't her fault that she has been given misinformation on how to lose weight successfully. It isn't her fault that there isn't time in her



day for a workout. It isn't her fault that the most conveniently available foods do not support her health. Ultimately, it isn't her fault that she doesn't eat well or have the perfect body. And it isn't yours either.

My patient is not alone in her struggle to develop a healthful lifestyle and eating habits. Many of my patients have a similar story to hers. We might all be able to relate because we live in an obesogenic environment - an environment that promotes relentless weight gain while also shaving years off our precious lives. We'll go into this further later, but first, let me show you behind the curtain.

### The Truth Is: It's Not Your Fault

What my patient experienced after skipping a night on the treadmill was shame. Unfortunately, failure doesn't come alone - judgment is almost always right there with it. Sometimes judgment even arrives before we fail. The voice in our head (the ego, AKA the liar) judges us as we attempt to make a change.

*"Your body is not good enough, you must try harder,"* the liar tells your reflection in the mirror.

*"Can you not eat the damn cookies? Where's your willpower? It's your fault you look this way,"* the voice tells our self-deprived body.

A judgmental thought opens the door for shame, a terrible feeling that is all too familiar.

Shame inhibits real growth. Brene Brown, my favorite shame researcher/storyteller, puts it this way:

*“Shame corrodes the very part of us that believes we are capable of change.”*

Shame gets in the way of our well-being. Shame whispers in our ears, *‘It’s your fault you’re like this’*.

We try so freaking hard to eat well and exercise. *“I’ve tried everything!”* my patients desperately tell me. As one diet fails, we jump on the next bandwagon. The list of fad diets my patients (and I) have tried goes on and on.

But here’s the thing: It’s not your fault your innocent mind accepted lies of how you *should* eat and look. And it’s definitely not your fault you live in the most obesogenic environment in human history.

Let’s Time Travel

Have you ever asked your grandparents what their diet was like back in the day? As I was reflecting on nutrition history one afternoon, I decided to call my dad. My dad immigrated to the U.S. back in the 1960s. When I asked him what his diet consisted of when he was younger, he responded:

*“A small breakfast, a bagged lunch with a sandwich and fruit, and a hot meal for dinner.”*

Before the 1950s, highly-processed foods weren't really a thing. Ordering fast food in the drive-thru or calling in a pizza delivery was not the norm. Desserts were homemade, families ate at a table, portion sizes were smaller, and pantries weren't filled with Hot Cheetos and marshmallow fluff.

If we go back a little further to 1930 America, people ate what they grew in their garden. The only canned food they were eating was the roots and veggies they jarred and processed themselves. They ate what they grew and produced on their own. High fructose corn syrup didn't even exist yet... Imagine that!

As we continue to turn back time to the 1800s, we find that American's baked bread at home with their own homegrown yeast. Meal-planning and cooking took up a significant portion of their daily lives. The women would wake up early to begin the process by making a fire. They would grind their own spices and make their own dairy products from the output of the family cow. Meanwhile, the men and boys were out hard at work in the field. They would harvest crops, maintain livestock, and hunt for meat. <sup>1</sup>

The further back we travel, the more we see how unnatural the current American diet is. When we turn the clock back

to hunter-gatherer times, we don't find any humans shaping their diet based on a desire to be skinny or buff. We don't find anyone with the desire to only eat vegan or to restrict carb-intake. They were eating to survive, and their choices were mostly made for them based on availability of the region they lived in or were traveling through. Grocery stores and build-your-own burrito bowls were not even a feasible thought for these guys.

The human diet has drastically changed, and mostly over the last couple of centuries. Nowadays we have unprecedented access to food. We can eat any food, at any time we desire. The mere touch of a finger on my phone will deliver groceries to my front door. And living in Southern California, I have the privilege to eat international cuisine whenever I want without a fifteen-hour flight. This ease of access to all sorts of foods, both good and bad, has led to a greedy pattern of overeating. Thoughtless overindulgence is the norm for our society. But we will pay for the ability to indulge today with our health, fitness, and longevity tomorrow.

I'm grateful for the ease technology has brought all of us. Instead of gathering food all day for tonight's dinner, I can grab it from my refrigerator. Technology is a blessing. However, if we don't tame technological growth and curb the usage, exponential advancement can manifest into a curse.

## The Truth Is: The Big Three Are The Real Enemies

The change in our eating habits over time is the result of powerful entities. I introduce you to The Big Three: the food industry, the pharmaceutical industry, and the government. As of late, these three separate industries have grown in power by colluding together. The Big Three accumulates money, and with that comes the control and dominance needed to dupe us with their power.

### Big Food

When you walk into a grocery store, you can choose from tens of thousands of different food items. It's quite overwhelming if you really think about it. Unfortunately, we've all been caught reading the labels,

*'low fat'*

*'zero calories'*

*'whole grain'*

*'plant-based',*

thinking these are the 'healthy' choices. But what we don't realize at this moment is that we've been duped.

Most consumers try to make good choices while at the grocery store. Yet, most people aren't even aware of how good these companies are at marketing to you. Let alone

most don't realize that most of the products on the shelves are actually owned by a mere ten companies.<sup>2</sup> These wealthy, billion-dollar companies control your choices at the grocery store by making you believe you are choosing something healthy. They are responsible for manufacturing almost everything we eat.

I would argue Big Food is pretty clever. They've created teams of food scientists that perfect flavors. The perfect combo of salt, sugar, and fat. The perfect crunch. They know the perfect combination (the *'bliss point'*) to make you addicted to their products. You become literally addicted - just as a drug user is addicted to their drug of choice. And they know how to produce these mouthwatering, dopamine-inducing foods super cheap. The worst part is that the next culprit on our list, Big Government, makes it even easier for them to hook us with their processed food products by offering the already hugely wealthy companies additional subsidies.

### Big Government

From my perspective, Big Government is the dumb blonde of the group. (And I can say this, being blonde myself.) She gets coerced into unethical deals. The government consists of people like you and me. People that likely mean well. Until one day, the insatiable desire for power and money drives them to make selfish decisions.

It is now known that Big Food has been passing big fat checks under the table to politicians. I suppose ten thousand dollars is pretty hard to resist, but would I risk the health of 330-million people for it? I don't think so. It's payday for Big Gov! And with money, comes power. Bills that would hurt Big Food are not signed. Bills that support better agricultural practices which would help our nation's health and the health of the environment don't get passed.

Together, Big Food and Big Government take the American diet into their own incapable hands. It all started in 1953 when a researcher named Ancel Keys identified cholesterol in plaque within the artery wall. Cholesterol became the '*cause*' of arteriosclerosis.

This finding led to the low-fat, low-cholesterol diet movement. The government got involved in 1957, proclaiming if you eliminate fat from the diet, you will lower the risk for heart disease. That's when they created the Dietary Guidelines for Americans. The food industry went all in and started creating low-fat products. It was great- everyone was happy that they could still enjoy their favorite foods without any consequences such as getting high cholesterol. Big Government saved its people, and Big Food was making big bucks.

But wait... Some people were still dying of heart disease at this time. So what's the catch? When Big Food removed the fat from products, they realized it did not taste as good. They had to add something to the food to make it

palatable. Can you guess what that ingredient was? Good ol' sugar. So while case numbers of cardiovascular disease did fall with smoking cessation and novel medical treatments, the increase in sugar intake launched the diabetes and obesity epidemic.

Let's give them the benefit of the doubt. Maybe they didn't know what added sugar did to the human body back then. Today, there is no excuse. We know the adverse health outcomes of having excess sugar in the human diet. (We will go over these outcomes in more depth in a later chapter.)

The more involvement Big Government has had in our eating behaviors, the sicker we have become.

### Big Pharma

So how is the pharmaceutical industry involved in all of this? Let's just say their nickname is Big Pharma for a reason \$\$\$\$. Big Pharma, like Big Food, knows how to make money and coerce Big Government.

It can be challenging to see how Big Pharma relates to our dietary needs. The major point here is their coercion with the other two major players. Big Pharma needs us to be sick. Unwell bodies require pharmaceuticals. By convincing Big Gov to turn a blind eye when Big Food puts out another unnatural treat or releases another dietary guideline rooted in marketing rather than truth, Big



Pharma sets the stage for disease. And when society is stricken by disease, Big Pharma earns a payday.

Big Pharma has taken advantage of the system we rely on. Now, we are dependent on little capsules to fix us. Big Food makes us sick with their processed *'food'*. But Big Pharma doesn't mind because here's a cholesterol-lowering medication. Oh, and don't forget about your blood pressure med. Sickness means more money in Big Pharm's pockets. We all fall for their schemes because our brains like it easy. They've swayed us into accepting that we can reverse our poor lifestyle choices by swallowing a magic pill, or two, or ten.

Beyond the pills now needed due to our unnatural processed diet, Big Pharma is pushing us to start taking unnecessary prescriptions too. Both our bodies and our wallets are getting ripped off here. The over-prescription of antibiotics has destroyed the microbiomes of many. I don't even want to get into how much Big Pharm rips us off on medication cost, but let's just say I advise you to go to Spain or the U.K. next time you need to refill and you'll save 50% on the exact same medication.

Of course, not everyone in the industry is terrible, but the industry itself is. If they had good intentions, such as wanting to help people and make the world a better place, why does insulin cost an arm and a leg? Basic human medicine is out of the reach of so many Americans because insatiable hunger for money and power is the real

driver of these colossal industries. As Dr. Mark Hyman puts it:

*“Big Pharma profits from creating a nation of sick and fat citizens.”*

### The Blame Game

It's not your fault that you are surrounded by junk food. You can't make Big Pharma stop overprescribing medication that makes you sicker. And you didn't publicize the incorrect nutrition guidelines. You were placed in this obesogenic environment and you were only given two choices: to abide by the manipulation of The Big Three or to fend for yourself.

Don't blame yourself for abiding by these bullies. Most of us don't even realize these bullies exist. Even worse, we think they are our mentors. You followed the information you were given; you trusted those in charge of our well-being. You simply did what everyone else did. This is normal- this is being human. If you are reading this book and realizing you've been lied to, if you are realizing that you've fallen prey to the Big Three, DON'T FEEL BAD. And don't blame yourself. Blame the real culprit- them.

Just in case you don't believe me, let me uncover this further for you. Let's take a look at why this isn't your fault.

## The Truth Is: The Human Brain Prefers the Path of Least Resistance

Your brain likes easy! The brain knows it takes less time and money to order a fast-food meal instead of cooking a nourishing meal at home. Why change your lifestyle when you can just take a pill that normalizes your blood pressure? The path of least resistance is a law of nature. Just as a river will choose the easiest path to flow, your brain also prefers to flow without resistance. As author Robert Fritz described in his book *“The Path of Least Resistance”*, no matter what it is you are trying to change, your mind and body will always try to return to your original behavior as this is felt to be the easiest path forward; the familiar path. As a river always returns to the sea, you are likely to fall back on your old health and eating habits *unless* you change with clear and passion-driven intention because, unfortunately, your environment makes healthy living the path of *most* resistance.

Change isn't hard because you are lazy. Change is hard because it wears you out! Change requires an enormous amount of will-power. ‘No-go’ circuitries, such as restrictive behavior, require more metabolic energy than engaging in behaviors that align with ‘go’ circuitries.

It's not your fault you have no self-control around a box of cookies because they were made to be addicting. It's not your fault you have developed an unhealthy relationship

with food because Dr. Google tells you, “*Eat this, not that.*” It’s not your fault you followed the government’s nutrition guidelines and replaced dietary fat with sugar. It’s not your fault you purchased magic diet pills online. It’s not your fault that you took the antibiotic your doctor prescribed without questioning it. The Big Three created this unhealthful environment, and you are just responding.

If you find yourself guilty of coercion by the Big Three, let it go. Blame and shame do not serve you anymore on this path to health. It’s safe to release the lies. Once you do this, you can discover what is in your control.

The Truth Is: The Journey to Health Has Obstacles That You Will Overcome

It’s not your fault, but it is your choice. And the choice for health takes work. While the environment you were raised in was out of your control, and most of the reasons you have difficulty eating well are not your fault, it is your responsibility and yours alone to step up and do something about it. At the end of the day, you are the only person in control of your health. Making a change is on you.

That doesn’t mean it’s going to be easy. The truth is this health journey does require some ‘*rise and grind*’ mentality. It will not be as easy as prescription medications or cheap drive-thru dinners. The health mindset requires deliberate intention and action. It requires discipline and a whole lot

of care. It's harder than popping a few pills and hoping for the best, but the truth is that lifestyle changes are more powerful than any prescription. This is what makes all the effort worth it in the end.

The difficult truth about growth is that it is uncomfortable- they're called growing pains for a reason. Obstacles are not fun to overcome unless they are in the form of a tough mudder course, and even then the most difficult ones to tackle feel somewhat burdensome. Behavior change takes patience and resilience. This is why working on your mindset and character will be more beneficial than dieting in the long-run of your health journey. After all, the journey to better health starts in the mind. It all begins with a decision to do and be better.

The Truth Is: The Diet Culturescape Has Indoctrinated You To Believe Many Nutrition Lies

I didn't always question my beliefs. I was pretty hard-headed and arrogant. Thanks to Vishen, the author of *The Code of the Extraordinary Mind*, I learned to question my beliefs. What I found was that many things I believed to be true, were lies. Vishen calls the place where we adopt these limiting beliefs or ideas the 'culturescape'.

To understand how we can so easily get pulled into this dystopian reality, let's take a look at a nutrition-based twist of Plato's '*Allegory of the Cave*':

Three diet prisoners have been chained in a cave. Their only knowledge of the outside world comes from flickers of shadows on the cave's inner wall. The shadows are fad diets and weight loss programs: Weight Watchers, Jenny Craig, HMR Diet, Blood Type Diet. The diet prisoners manage to lose weight, but they gain it all back (as the cycle usually goes). They pick the next diet hoping for a different outcome, and the cycle continues. They are stuck in this endless cycle, their entire experience and all of their knowledge being based on it. It's all they know.

One day, one of the diet prisoners becomes free of her chains. She leaves the cave to explore the world she has never seen before. To her surprise, the food looks different. And it tastes different! She begins to feel better about her body. Her experience transforms the way she eats. After some time, her weight trends down to her natural weight.

She decides to go back to tell her prisoner friends about her new experiences, only they don't believe her. They ask her to leave, stating that this new fad diet they've discovered is surely *the one* this time. And so, the freed prisoner leaves the cave for good, unable to convince her friends to become free as well.

The culturescape is all that surrounds us. It's impossible to avoid. The culturescape is the indoctrination of religious, political, and social beliefs. Indoctrination is to force beliefs, while education is to draw out the knowledge within.

I believe I speak for most dietitians when I say I loath diet culture. It goes against everything we preach. Diet culture says your body is bad– we say your body is amazing. Diet culture says food is bad– we say food is nourishing. Diet culture wants your money– we want to give you the wealth of health.

Success will come when you free your mind of the lies. And the way to do this is to ask questions- sometimes tough, uncomfortable questions that will make your ego scream bloody murder. You will likely have to question belief systems that you believed to be true your whole life. However, they are not serving you and your purpose.

The Truth Is: It's Not Your Fault, But It's Your Responsibility

### Food for Thought

Has there ever been a time when you took responsibility for your health?

What does that look like?

How can you overcome the path of least resistance?

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1. Cooking in the 1800s (from Tar Heel Junior Historian) | NCpedia
  2. 10 Companies Control the Food Industry (businessinsider.com)





## CONTINUE READING

If you have enjoyed chapter one, continue reading *Hungry for Truth* by visiting Amazon where paperback, hardcover, and ebooks are available.





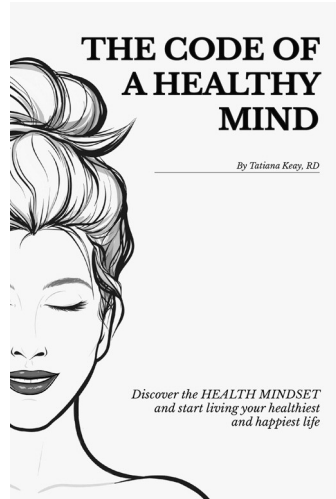
## CONTINUE TO FEED THE HUNGER

**Are you ready to cultivate the next step of eating well?**

Learn more about the Health  
Mindset in

*The Code of a Healthy Mind: Discover  
the Health Mindset and Start Living  
Your Healthiest and Happiest Life*

Available in print and ebook form  
on Amazon and audiobook on  
Audible.



You can reach your health goals, even if you've failed at every other diet in your life. You can feel good and love your body, even if you cringe every time you look in the mirror.

There is nothing wrong with wanting to lose weight or striving to gain health; it's **how** we go about it.

**Here lies the code to cultivating a healthy mind.**

When your mind is healthy, your body will follow.

## **Join the Community**

Join Well-Being with Dietitian Tatiana on Facebook to take part in a community of health-conscious individuals. This is a safe and optimistic place to ask questions about nutrition, health, and mindset.

## **Your Voice Matters**

If you loved this book, please leave a review on Amazon. I love reading each and every review! Your feedback helps me create more useful content for you in the future. (It also really helps newer authors!) You may also email me your thoughts and feedback at [dietitiantatiana@gmail.com](mailto:dietitiantatiana@gmail.com).

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