

## Full Plate Podcast Transcript: #108: Nourishing an Anti-Diet Pregnancy with Bri Custer

Hey, everyone welcome back to another episode of full plate. It's Abbie here as usual and in a second I'm going to hop us into a conversation that I just had with Bri Custer who is an incredible artist and also happens to be a client of mine I've worked with her 1 on one. She's also in my monthly group and today we're talking all about pregnancy. We're talking about particularly what it's like to be pregnant when and while you're divesting from diet culture when you're healing your relationship with food and most importantly and likely what is most impacted is when you're in that place. In your journey away from diet culture where you're really focused on having a more peaceful, liberated, calm accepting relationship with your body, pregnancy adds all sorts of complicated feelings to this process. Beautiful ones messy ones hard ones. It's a phase of life for folks where your body is changing and you expect it to change and you're actually even given permission for your body to change by society really one of the only times.

You're given permission for your body to change and where that change is even celebrated, people want to comment on those changes but it's temporary that permission is fleeting because as soon as you give birth diet culture and the world is in your face about how your body is now wrong and needs to change back to what it was so I've been wanting to have a conversation about this for a while and it just happened to be the perfect time with Bri and to have her on just feels really special to me. She's really special to me as a human being. She's just so wonderful, and one of those people that I could just talk to forever and I knew that you would really and enjoy hearing from her and she's just so vulnerable and compassionate and. Has built so much self-awareness and done so much reflection around these topics that I know you're going to get so much out of hearing from her and so I'm really glad that she's the one that I ended up having this conversation with another thing you need to know about her is she's an incredible artist. So I'm going to link to her Instagram. She honestly blows me away. Her paintings are magical. I hope one day to be able to own one. In fact I was almost able to go to 1 of her shows this past summer fall and because actually she's from the East Coast new england and that's where we were spending the summer and really wanted to get to 1 of her shows. But then we had to leave to come back to California early. So anyways, not that you needed all that information. But I just need you to know how much I value her as an artist. And how much joy that's brought to my life and in fact, I've told her I've started doing some painting for fun again and she's been so supportive and amazing. So anyways, ah so they're expecting Baby Helen in March of 2024 so very very. Soon? Ah, , ok so she started her anti diet journey in about like 2022 and that's when she began

working with me gosh maybe like spring or summer of 2023 and really wanted to find community in this space and then to continue. With 1 on 1 sessions to unpack years of diet culture's influence in her life and she lives in New Hampshire with her husband Brian and their 11 year old hound lab mix vinny hi viny and gosh I've been working with her throughout her whole pregnancy. And it's been a joy ah joy to get to know her to experience this with her and I'm I'm really excited for you to to listen so anyways with all that being said, , I'm going to hop us into this conversation and I want to say before I do that i.

As someone who has a really complicated history in terms of fertility and all of this I Also want to approach this with the U compassion I'm aware that this is a topic that can be really sensitive and personal. So Of course please only listen to this episode if you're in a space where it. It feels gentle and kind to listen to a conversation about Pregnancy. So I Really understand that come back to this later or never if you're not ready. , but just know that you are loved and supported here and I appreciate you being Present. So.

Let's get into this conversation with Bri Custer and I will see you on the other side.

00:01.36

Abbie Attwood

Bri I am so happy you're here. Oh my god I've been really looking forward to this and I've been thinking about you all morning and all the good stuff we can talk about and just hoping that you've been having an ok day with.

00:04.58

Bri

I'm so happy to be here. Abbie.

00:17.18

Bri

, you know.

00:19.98

Abbie Attwood

Pregnancy Ah not the best.

00:24.14

Bri

But not the best, it's up and down. , today's been a little lower just with the naj jar and now is thank you.

00:32.13

Abbie Attwood

I'm so sorry. Ah such an adventure and for everyone's context listening. , how many weeks are you now thirty two and a half ok ok

00:41.95

Bri

, ah, thirty two and half ok yeah

00:48.67

Abbie Attwood

So I wonder if you know this will probably come out in a few weeks so I don't think you will have I don't know we'll see it might be right around the time. Yeah, oh my gosh. , and ah, well maybe we'll just try to distract you for the next hour.

00:51.51

Bri

I might be close. No.

01:07.59

Bri

That sounds perfect. That's why I didn't cancel on you because I was like I need to do ah.

01:07.77

Abbie Attwood

With the podcast episode. Okay.

01:14.31

Abbie Attwood

Ah, yes, yes, distraction. , okay so we'll start with the first question you know what it is. It's what's on your plate so start with food for us.

01:22.29

Bri

Okay, so , besides today, that's been a little nauseating. We had my baby shower this past weekend. My family and friends threw it and it was so it was scarcely beyond. .

01:32.97

Abbie Attwood

Oh my God Ah was it fun.

01:40.37

Bri

Anything like I could have ever asked for I felt so special and intern. Thank you, It was just it was nice to celebrate and I was for those most people wouldn't know but I was ivf to .

01:41.77

Abbie Attwood

Everything you bring is so special.

01:59.45

Bri

Get to this pregnancy and so it just felt like it has been a really long time coming and it felt like this big celebration. It was really emotional. But , that's not what I'm going into, like what is on my plate, the food.

02:12.65

Abbie Attwood

That's okay, you can switch this all around when you answer this question. However, the hell you want.

02:17.61

Bri

Part is that the cake was my favorite. Blueberry Lemon cake is my favorite. That was what our wedding cake was. It is my favorite thing in the whole world and there were a bunch of leftovers. So we have been just excavating this.

02:25.40

Abbie Attwood

, really.

02:35.71

Bri

Giant Lemon blueberry cake over the best couple of days and it is just so good. It's so good. So that has been very much on my plate. My literal.

02:44.10

Abbie Attwood

Okay, tell me can you just like can you just hear me and tell me a little bit more about this blueberry lemon cake like what's the frosting situation like do you have a recipe for us that you can share you bought this at no have you ever baked it.

02:48.61

Bri

, okay, yeah, yeah, oh my no ah I've made a lemon blueberry trifle which is just like a little easier because it but. No, it was from a bakery in Raymond, New Hampshire. I think my step mom got it. I don't know what this bakery's called, but it's like a blueberry jam lemon lemon cake and it is ah I don't know.

03:15.48

Abbie Attwood

Okay , that's okay.

03:20.20

Abbie Attwood

Ah, this sounds delicious.

03:24.81

Bri

Just a regular vanilla buttercream frosting. There might be lemon in the frosting too. But butter cream. Yeah yes, it's so good. It's oh yeah.

03:27.38

Abbie Attwood

Yeah, that sounds incredible and you've been having all the leftovers. Do you think Brian your husband enjoy this cake too like you? Okay, okay, so you have to pay damn.

03:43.89

Bri

Yes I do have to share but like there is so much of it. So like we're not in danger of fighting over it yet. It'll be the last piece that we have to negotiate. Yes.

03:46.51

Abbie Attwood

Okay.

03:55.91

Abbie Attwood

Fight over? yeah oh my God I Love this was your wedding cake too. That's so cool. Okay, that's a good thing on that's a good on your plate and are you ah are you a cake person in general like okay okay.

04:03.10

Bri

So that's like that's great I Love cake I Love cake. Yeah I have a I love I Love Cookies I love cake. But if it was like cake and ice cream. My brother was like I don't he doesn't care for cake. He loves ice cream and I am always like I'll take it.

04:12.40

Abbie Attwood

Me too me too. Yeah, yeah, yeah.

04:22.10

Bri

Cake. , that's my favorite for sure.

04:24.13

Abbie Attwood

Mostly I'm in for the frosting on cake is mostly like why I'm a cake why I like the cake. Yeah oh I Love frosting. Oh my God yeah.

04:30.25

Bri

, really good. It has to be the right ratio. I am not if there's too much frosting. I scrape it off and get a good edge piece because then it's like really nicely just.

04:40.00

Abbie Attwood

Edge piece or centerpiece for you? Yeah yeah, what about with brownies, edge pieces or centerpieces? Ok.

04:46.25

Bri

You did a lot with the cake.

04:52.94

Bri

, center. Yeah yeah, I like the soft soft I know I mean I'm not going to say no to the quarter. Yeah I'll take it but I like a middle if we're choosing.

04:56.45

Abbie Attwood

Okay, so no crusty on the edge of it. Yeah, you'll take all of it. You'll take all of it. Okay, okay, okay, okay. , well I'm so happy that cake has been doable for you right now with all the nausea that you're Navigating. So thank god for that. Thank goodness for cake.

05:16.88

Bri

Ah, yeah, me, Yeah, thank goodness or cake honestly like sweet stuff does okay for me with the nausea. Yeah, sometimes I'll crave it with nausea and .

05:24.00

Abbie Attwood

Yeah .

05:31.34

Bri

It helps along with soup noodles. So.

05:34.21

Abbie Attwood

Yeah, you said you had but when we were off Mike you said ramen has been doing pretty well yeah yeah, okay, we'll have to get more into that. Well yes.

05:37.35

Bri

raman, whose lunch today has been okay, so you know a lot of yeah yeah, a lot of bland.

05:50.22

Abbie Attwood

All the bland. Okay, before we like actually I want because I do want to dive all the way into that. So like what lifewise.

05:54.45

Bri

Yes, Lifewise , so just you know getting ready for this baby has been a big thing but also work wise I'm a painter I'm an artist and I have a show that I'm very excited about that is. In June and babies do the end of March and so I am working on a body of paintings that I am trying to finish and have ready to go before baby girl gets here and so that is a little bit. It's been hard to feel sick. And get those things done and

also the ones that are done I'm excited about so just trying to take that one step at a time and hoping that it gets completed.

06:42.43

Abbie Attwood

So for everyone listening Bri is an absolutely incredible artist like I remember when we first started working together Bri and you told me that you painted and I was like okay and then I looked up your stuff and I was like holy shit like.

07:01.19

Bri

, old.

07:01.22

Abbie Attwood

You are so incredible, like really truly incredible. So I'm going to link all your work. , obviously in this and the show because it's breathtaking like you're the most talented so but I know this is very real like the navigating kind of like.

07:09.43

Bri

This is very quick. Thank you.

07:20.31

Abbie Attwood

What to get done during pregnancy and of course things never go as planned because you can't anticipate your body and your experiences day to day and working for yourself. That's a whole other layer of this I'm sure I mean it would be for me too.

07:37.74

Bri

Yeah I feel so privileged to work for myself and be able to take a step back and , you know, if I need to buy at the same time. It's like it's just me and my own motivation to do it and that can get.

07:49.40

Abbie Attwood

Yeah, yeah, right.

07:55.30

Bri



Get hard and yeah so I feel for the women who have tough pregnancies and are sitting in an office and like trying to survive that because I just don't know how I would do it? yeah.

08:02.45

Abbie Attwood

I know.

08:11.00

Abbie Attwood

I know and with this show. like I don't know anything I don't know anything about what it takes like how many paintings are you? Do you try to get done for a show?

08:20.34

Bri

Yeah, so the show originally , we were aiming for 12 to 14 pieces and that's still like I would love to hit that but I work. The gallery is nicota gallery in Portsmouth and , they are. It's a women's run. They are so amazing and , they have been along on the like updated on this process with me and they reached out and they were just like are you still? Okay and.

08:32.51

Abbie Attwood

The.

08:41.69

Abbie Attwood

No.

08:48.59

Bri

Ah, they were like if you want to do 8 to 10 if that feels better so they're all flexible and I don't feel like I'm going to be letting anybody down if it ends up being less so my minimum is 8 paintings I have 5 so far so we're doing good.

08:52.10

Abbie Attwood

, ah.

09:04.39

Abbie Attwood

Yay! Do you anticipate doing anything after giving birth? How have you been? How have you planned that for yourself in terms of working postpartum and taking time off.

09:13.34

Bri

Yeah, , I really want to take a good three month maternity leave and like in June, kind of the show opening. I I don't want to do a lot of work leading up to that. I want to be done with the paintings. And framed and photographed like everything documented before the end of March and so you know if she ends up coming early then we will have to navigate that. I will have to navigate that and maybe you know work a little bit during naps and things. But

09:31.82

Abbie Attwood

Yeah, yeah.

09:47.44

Bri

My goal is to just sort of have that opening be the first like dipping my toe back into the work life and then after the show kind of finding painting again. Ah a little bit at a time because we're not doing daycare. We're gonna I'm gonna.

10:02.53

Abbie Attwood

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10:06.22

Bri

Be a mom and take care of her. So , you know that was a hard decision and just financially as an artist it's not a big, not a big salary and so , financially it just makes sense for me to be home with her.

10:24.11

Abbie Attwood

I Want to come back to? I Want to come back to this later. Like first I want to kind of give everyone context for just your story and experience with your body leading up to this point like and I but I want to come back to this idea of like.

10:24.96

Bri

Yeah.

10:34.31

Bri

Okay.

10:41.46

Abbie Attwood

Because I think you and I share in common doing something I don't want to put words in your mouth. So you know come back to me but like but like you and I both do something professionally that is a deep deep passion something that brings us joy.

10:45.92

Bri

I think you're right.

10:59.38

Abbie Attwood

Purpose meaning right something that you probably want to do regardless of getting paid for it like as you know I mean like it's a thing right? , and that's an interesting like I I Just so I anyways I Want to come back to that with like being postpartum taking that maternity leave but also painting being something for you that is joy.

11:04.58

Bri

Ah, it.

11:18.10

Abbie Attwood

Full and it's ah, an outlet. , so anyways before we get to that part of Bree's life let's back up because what I really wanted to chat with you about today and what you and I have been chatting about obviously for the past several months in our sessions together is yeah navigating pregnancy.

11:19.00

Bri

, exactly okay.

11:37.96

Abbie Attwood

, navigating pregnancy as you know, continue to work on having a peaceful relationship with food and continue to come to a place in your body where you feel not just neutral or accepting but really.

11:55.73

Abbie Attwood

Compassionate and kind and respectful. You know and so I want us before we get to like the pregnancy experience. I thought maybe it would be helpful for everyone listening, for all the listeners to get to know you and your story with your body and food a little bit more. So maybe.

12:07.96

Bri

Sure.

12:13.67

Abbie Attwood

Could you take us back in time and I guess maybe the first place to start is like when did it first start getting complicated for you like food body everything like how old were you and what memories do you have around it growing up.

12:19.86

Bri

Yeah I.

12:27.82

Bri

Yeah, absolutely I think it just at a very young age the women in my life were at odds with their bodies and always battling their bodies and . I think that that's a really common story and how it starts for a lot of people that have a similar experience and so things just like weight watchers and weight watcher truckers that were always around and so I think I like to start. The first time I did weight watchers tracking on my own and wasn't part of a class or anything or a group I was probably 14 and you know just this idea that I had a responsibility to control. Size of my body and make sure I was thin and fit and healthy quotation air cold fear and and I think back to that even that first time and I'm just like oh just you know you know you weren't eating I wasn't eating enough. Food.

13:20.86

Abbie Attwood

Air quotes I know all the air quotes on here.

13:36.33

Bri

, and that just really it wasn't always like that it wasn't always so deliberately tracking. But I think I was always so aware of that and went through these cycles of restriction and , something that I thought was good for good for me and. Got to college and I feel like I started witnessing more of a health oriented approach from my friends that was also just judgmental about food and I remember 1 friend. It's so funny. you you. Start to witness other people's eating habits in a more intense way when you're all eating together and you're all coming from different backgrounds and I had friends that would be like I'm just I'm craving salads I crave vegetables I crip and that was like this thing that they would talk about and I'm like I've never craved a vegetable in my but.

14:33.87

Abbie Attwood

Ah.

14:34.11

Bri

But I felt like I should. I'm like oh that's what's wrong with me right? like I've got to be craving I I haven't had the right vegetables or the right salads or what you know, whatever and so , there was just always I was always hyper aware of that. .

14:47.70

Abbie Attwood

Yeah, yeah.

14:51.70

Bri

And that really continued and continued throughout college and then post college. I think I had a mentor in a totally unrelated field from fitness but she was very much into fitness and had done a lot of weight loss and . Was like macro counting and , like fueling your body and this right I'm like this is the healthy approach. This is how we fuel our body and this is the way to to do it right? So it was.. It's always been this search for like the right thing and the thing that was gonna.

15:19.67

Abbie Attwood

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15:28.82

Bri

Either work or or be the healthiest thing and I I got engaged with that and and really tracking everything I was eating and weightlifting and I did. I felt strong at my last weight. , but it's not. Was never sustainable was never sustainable. , even after that like I did that in a few different rounds after college and did beach body I did new like I've done all the things I feel like all the things and. I think I just got to the point where I have an amazing therapist. I've been with her for years and years. , and I got to a point where I'm like I'm so tired and it doesn't feel right like it just is. There's something that feels off it and.

16:15.69

Abbie Attwood

Yeah.

16:25.50

Bri

, she actually was the first person to give me an article. It was a national geographic article about health at every size. Yeah, and I was ah I think for most people who have never been introduced to that i.

16:31.13

Abbie Attwood

Oh.

16:44.11

Bri

Was okay and also slightly resistant right? You have all these questions and you're like well what about all of these things that I've been told and I read that I chewed on it. I really backed away from a lot of the food stuff slowly like it was just marinating in there. I started listening to your podcast. I started listening to the maintenance phase. I read an intuitive eating book Anti Diet Anti Diet intuitive eating which has its own I think I feel. It's a little bit more complicated than that and that can be its own trap. Or like only eating when you're hungry thoughts about that. , with that good. Yeah yeah, but it did get me to it was an entry point exactly and so yes.

17:22.80

Abbie Attwood

Yes, I'm not yeah which is why you know I don't align myself fully with that because yeah, it yeah it can be. It's a very good entry point for most people. Yeah yeah, hold on Brie one second I'm gonna pause? No no, no I'm gonna pause.

17:39.95

Bri

Yes.

17:41.67

Abbie Attwood

For some? yeah but it can be really good and usually is an entry point for a lot of people into this work and then starts to lead them into more and more nuance right.

17:46.13

Bri

Address.

17:52.50

Bri

Exactly.

17:54.55

Abbie Attwood

Like what is diet culture. What is fat phobia? What are Anti Fat Bias like, what are the social Justice implications of this and like how do we take this a level further Beyond Just like being quote unquote intuitive because what does that mean for each of us right.

18:07.16

Bri

Right? exactly because I think a lot about intuitive eating. It is still related to like okay well if dieting doesn't work and work is like controlling our bodies like intuitive eating is the way to be the.

18:17.26

Abbie Attwood

Okay. A.

18:26.30

Bri

You know I don't know but it's problematic and so yes, there's so much more and I like learning about all of the social aspects and it's just so much more complicated and like you said nuanced and.

18:31.25

Abbie Attwood

Yeah.

18:38.69

Abbie Attwood

Yeah I think you are about to say something there that is actually really interesting, which is that I think it's really natural for folks to land in intuitive eating as kind of like last hope.

18:57.91

Abbie Attwood

That is what will actually quote unquote work. Okay I understand dieting doesn't work but this is the thing that will at least help me be in the smallest possible version of my body size. Yeah, that's kind of where you were going. I feel right.

19:09.60

Bri

, of myself. Yes, yeah, yes of like yes, okay body.

19:15.12

Abbie Attwood

I'm no longer seeking this super unrealistic thing but intuitive eating will at least make sure that because it's still this belief that we're still eating wrong and that we can't trust ourselves. So if we follow the rules of intuitive eating then at least we'll be the smallest possible version of ourselves because then we won't be quite unquote.

19:21.13

Bri

, yes, yes, ah ah, exactly 100% yes 100% evening I glad you caught that.

19:35.42

Abbie Attwood

Overeating? Yeah yes, yes, yes, okay I love that because I think that's you know I'm glad you said it? Yeah no I think it's so relatable and so important I don't think I've ever worked with someone who hasn't had that hope.

19:40.71

Bri

Because I think I started to go there and know how I was gonna say it? Yeah, but.

19:50.50

Bri

, and a.

19:53.62



Abbie Attwood

In the back of their mind or very much in the forefront of their mind and it can make people think that they're not ready to start doing this work and that is not that is not it like you are. It's never too early. It's never too late and even if you still hold out that hope it's fine like you're.

20:13.38

Abbie Attwood

It's all this learning process. You said exactly it which is you marinate in this stuff and you toy with it for a little bit and then you go back to the weight watchers and then you toy with it a little bit again and then you're like well maybe I should do the noom thing and see if I can do it this time and maybe you know it's It's this bargaining.

20:28.38

Bri

, yeah, he asked.

20:32.47

Abbie Attwood

That we go through because it's part of grieving. We've talked about that on the podcast before but like grieving this idea that you've spent all this time I mean you said fourteen years old years and years and years have been devoted to this time money energy right? And so.

20:51.88

Abbie Attwood

The grief is huge. It's huge and so of course you're going to bargain you know.

20:56.71

Bri

, it really is yeah and to just realize that like oh I Actually don't have control right? It's that I don't have as much control as everybody is selling me.

21:02.91

Abbie Attwood

Yeah, yeah.

21:12.18

Bri

Right? That's what they're telling you is the control over your body and this like hope that you're going to look a certain way and it's just then you start to realize it's like

people look that way genetically. But you know or because they're unhappy and they're not eating and.

21:12.70

Abbie Attwood

Nay, right.

21:28.10

Abbie Attwood

Yes, yeah yeah, ah yes you said that So well and I so you start So the National Geographic article shout out to National Geographic had no idea that they publish something like that at some point.

21:31.57

Bri

Yeah, yeah.

21:37.58

Bri

E. I Know it's not Perfect. It's not perfect, but is it good like yes.

21:44.37

Abbie Attwood

, yeah, yeah, yeah of course so you said okay started listening to my podcast maintenance phase. Oh how amazing that you're now on the podcast. It's so funny. But I'm so glad we started working together.

21:57.57

Bri

, and also it's really cool.

22:04.24

Abbie Attwood

Gosh It's probably been about a year now or so .

22:05.76

Bri

I was trying to think of that I was thinking maybe the fall we started I think I don't think it's been quite a year

22:12.60

Abbie Attwood

Oh it's definitely before the fall because remember we were in Maine and that was all summer isn't that crazy and so you got pregnant while we were working together. Yeah, so we started working together.

22:16.29

Bri

, oh oh my god all summer. So it's probably been almost here. Oh my god oh yeah, because that would have been August 1. It's weird. Okay, and.

22:31.85

Abbie Attwood

Far before this and I remember and we thought we talk about ivf and you're going through that and so how okay, just to a little bit more of a timeline kind of approach when was this national Geographic article when was the like starting to listen to the.

22:36.26

Bri

Yes.

22:40.16

Bri

Rese.

22:47.52

Bri

Okay, well now I'm doubting all my timeline but I think I think it was like 2022 like early 22 maybe 2021 yeah it was like during if I would say in that in that process.

22:51.98

Abbie Attwood

That's okay, okay, okay so like a year and a half ago ok so let's call it like okay so let's say roughly two years ago ah

23:07.70

Bri

Yeah, so yeah, okay, that sounds great.

23:10.49

Abbie Attwood

Let's go with that and then when we started working together. Do you remember where you were at like do you remember what you were looking for and why the group you're in the membership.

23:20.40

Bri

I Really wanted a community because I'm in your , not your regular group but the membership. Yeah and I really I think I felt alone in learning a lot of this stuff and .

23:29.78

Abbie Attwood

, yeah.

23:37.56

Bri

Just really wanting to check what I was feeling against somebody and have a real conversation because it's 1 thing to like to listen to the podcast and read all the books but to really engage. and talk about my experience. I felt like I needed that.

23:40.83

Abbie Attwood

Yeah.

23:53.90

Abbie Attwood

Yeah.

23:56.29

Bri

And so that was kind of the next. The next thing.

24:00.83

Abbie Attwood

Yeah, and I've been so lucky to get to see you all the time 1 and one in a group. Oh it's been the best been like so it's brought me a lot of joy Brie and being able to be with you through this process too has been really cool.

24:10.31

Bri

, we are.

24:16.63

Abbie Attwood

, and hard I know for you too. This hasn't been the easiest pregnancy. , but you always are just the most upbeat and I can't even yeah, you're amazing. So talk to me then about getting pregnant.

24:20.41

Bri  
Specific.

24:34.81

Abbie Attwood

And I mean part of this process for you like having a better relationship with food in your body. I mean it's intersected with all this with getting pregnant and how did you feel ah about it.

24:48.37

Bri  
, so much.

24:54.14

Abbie Attwood

Pregnancy when you are just kind of working on getting pregnant going through life like were you nervous about your relationship with food and your body going into it. Yeah.

25:00.59

Bri  
I think the biggest thing is that Ivf is so closely related. I think it really gets a mesh with wellness culture and the things that we can do.

25:15.92

Abbie Attwood

.

25:18.42

Bri

For our bodies to like have better outcomes and like to get the things that we want like being pregnant and , you know and and my diagnosis part of it was PcOs and so also that like you could eliminate your Pcos symptoms with.

25:22.64

Abbie Attwood

Yeah.

25:37.14

Bri

The right diet and , you know, honestly I knew that if I started looking into that. I was really afraid that they would catch me so I would get sucked into that really easily because it's a vulnerability and so. I think that there was always this like I had to continually remind myself that I don't have pcos because of the way that I am eating and I don't have fertility because of the way that I am eating and we didn't actually find out until later that it was actually like both. Brian and I infertility stuff too. So , there's just so much like oh you can do this and you can fix this messaging and even that carries right into pregnancy or like you can have a healthier. .

26:35.90

Bri

You know, healthier baby and healthier pregnancy and like make sure you're eating all of these very specific things at very specific time So that your baby's getting what they need and so I've been very resistant and like ah trying to just like detach myself from those things in the app. And in the articles that are coming up in my newsfeed because the algorithm knows that I am pregnant you know and and I even also like exercise too and like I'm starting to get some of the postpartum ab exercise stuff. Yeah.

27:00.60

Abbie Attwood

Ah, gosh.

27:04.38

Abbie Attwood

Okay. Now. It's so gross because they like to know how long you've been pregnant for. Basically it's so terrifying.

27:14.53

Bri

Yes, yes, and so it's just it is so so so connected to our relationship. My relationship with my body and I had to be very aware and also constantly reassuring myself that I'm not like that. Causing anything and that I'm not posing a risk to her because I am not engaging in these behaviors and yeah in a funny Way. All of the nausea and stuff like that has been really hard to eat. And to figure out the food and Nourish myself. But it also is like I do. I cannot think about eating the right things. I just need to eat food and so that's been a really interesting experience and also I think maybe really good for me because I'm less. And maybe less susceptible to a lot of the health wellness stuff because of that.

28:22.86

Abbie Attwood

Yeah, yeah, you were saying you were saying about you know, being pushed all these messages especially with Pcs and infertility like that. Oh you can fix this. You can fix this with food and I think.

28:31.90

Bri

, is moving down.

28:38.60

Abbie Attwood

This ties back to something you said earlier in our conversation which was that you there the grief over not having the control over your health and your body that you're so we're all sold by diet culture right? And so the same thing you're finding is that same messaging with PcOs and infertility right? And so.

28:45.27

Bri

, yeah, hundred percent but

28:58.56

Abbie Attwood

Well what we interpret that as is at first we interpret that as empowering right? Oh I can do something about this but what it really is is it's your fault right? It's blame and it creates blame and shame because if you're supposed to be able to fix this and you can't.

29:06.34

Bri

, yes.

29:17.68

Abbie Attwood

Like Spoiler Spoiler alert because this is like misinformation that we're fed about right? Yeah right? You don't have the quote unquote willpower then all it does is end up making us feel like we're at fault and we're not good enough and we blame ourselves and we feel shame.

29:19.78

Bri

, yeah, you're just not willing to work hard now for it. Yeah yeah.

29:36.90

Abbie Attwood

And it's so damaging to our mental and physical health. Well-being as a result so getting out of that mindset is so crucial because I know one of the things that you also struggled with I was thinking back to when we first met was like still having. The mentality around quote unquote good and bad foods right? that morality. Yeah, right long after the behaviors have changed right.

29:55.40

Bri

Yes, yeah, like the thoughts too like it's like the thoughts versus the behaviors right? and those voices you have to untrain them and they were still full from Yes, exactly.

30:12.40

Abbie Attwood

And so starting to work on that I am ah imagining was really helpful going into kind of now what you were just saying about. Okay now I can only eat whatever the hell I can eat like literally I don't have a choice like I only have certain things that my body's tolerating and how do you think this would have been.

30:25.70

Bri

Change.

30:31.94

Abbie Attwood

Let's say like four years ago if you'd been going through if you'd been pregnant prior to liking and unlearning some of this.

30:34.20

Bri

Yeah, oh I would have been so fixated I think well I just I think I would have been trying to eat what I quote unquote should be eating even if I didn't feel.

30:53.46

Abbie Attwood

, yeah, yeah.

30:54.65

Bri



, you know and and I think that there was always this like if I had a couple of days where I felt like I stayed in my calorie range or , that kind of thing where I felt really good about it so there would be this like I'm going to engineer this experience. And meal plan all the food and it would have been really obsessive and it would have really taken a lot of my attention. , and it also would have been hard to feel like oh I'm trying to eat all these things and also I feel sick and why is this happening if I'm doing this. The way that I quote unquote should be doing it and yeah, it's just I'm so yes, 100 has said.

31:37.64

Abbie Attwood

It would have been a lot of perfectionism and shame right? So much stress in that so much stress in a time when like gosh you need to be eliminating all of that unnecessary stress. You know.

31:53.24

Bri

, ah yes, yeah, absolutely it just would have been exhausting. I mean this is exhausting but that would have been a different kind of exhausting.

31:58.84

Abbie Attwood

, yeah, yeah pregnancy is exhausting Anyways, Yeah no I mean because you would have been I'm imagining and I've worked through so with so many women through pregnancy who. At different stages of this process like people who have gotten pregnant and it actually propelled them to come work with me because they're like oh my God I need to like I can't handle this right now I need like it's that makes them realize how much their relationship with food is negatively impacting them.

32:27.50

Bri

, ah yeah, yeah.

32:32.95

Abbie Attwood

And you are in this place where the behaviors you've been challenging the behaviors for some time and no longer like physically restricting but like still having the struggle with the guilt and the morality with food but had you not gotten past that I mean you would have been challenging the behaviors.

32:39.29

Bri

Yes.

32:51.19

Abbie Attwood

And the mindset during pregnancy and dealing with so much guilt and trying to push yourself into things that didn't feel good for your body at a time where you really really need to deeply be honoring what your body's asking for.

32:53.22

Bri

That's a safe time. Yeah, maybe.

33:03.20

Bri

, right? Absolutely yeah and then that cut like I'm also anxious too. So it just would have all compounded for sure.

33:15.21

Abbie Attwood

Yeah, no, it's so hard. It's so hard and I'm curious about what you know more at the earlier in the earlier kind of the first trimester. back then I was nauseated.

33:22.97

Bri

You.

33:32.44

Abbie Attwood

Present or was it more about cravings. Always nausea. You have just been so oh Brie oh my god.

33:33.65

Bri

Yeah, no, no naha was really worse than now. Yeah, we had conversations because I was still plein air painting at that point so I was going out and working outside and would ah we had to talk about like.

33:42.43

Abbie Attwood

Yeah, yeah, yeah.

33:49.83

Abbie Attwood  
Yeah, we did? yeah.

33:49.88

Bri

What I could pack for my lunches that was it was like we were trying to I was also trying to make sure this was before I was pregnant maybe and like led into that but I was trying to figure out like how to make sure that I'm eating while I'm out there regularly and then it became Okay, how do I bring enough food.

33:58.13

Abbie Attwood

, yeah, yeah regularly and yeah, not going too long without food right.

34:09.79

Bri

And eat it and then like not throw it up or like yeah, so we were really we started talking about that nausea really early on and and really I remember we made a list of just the things that felt good and the things that were comfort foods and what. But did I eat when I was sick when I was a kid and like that still is so helpful. Yeah.

34:31.88

Abbie Attwood

, it's life saving isn't it yeah to really sit down and make a list. , and so what. What Bria is talking about just to folks listening is like we made a list of just like what like putting that morality aside like really can you get in touch with what foods always like what foods can you pretty much always.

34:47.15

Bri

Rese.

34:58.24

Abbie Attwood

Tolerate having the appetite for even when eating is hard. What are some of those things for you? Yeah, I like white rice and butter. Yeah oh yes, every time.

35:00.69

Bri

, exactly yeah ah like rice with salt pepper and some butter maybe white rice. Yeah , and then just like ah at night in my room I have like saltine crackers all the time I can eat those.

35:18.17

Abbie Attwood

Yeah, when you're sick. Yeah yeah.

35:19.59

Bri

When I'm like you know they just are so comforting line and sick. , lots of toast and bagels and English muffins Macaroni and cheese. Ah and Ginger Ale Oh my God The amount of Ginger ale.

35:32.90

Abbie Attwood

All my favorite foods I Love Ginger Ale but.

35:39.14

Bri

I have consented in thirty months. , it just it. Yeah, it's so comforting and we always had it and now that I'm having indigestion. The bubbles aren't like as great but it's still it helps with the nausea so much and.

35:57.36

Bri

Those are really the big and cereal. Oh my gosh life cereal which is that's like a pregnancy like Meme basically is like I think a lot of pregnant people just cereal is so easy and also.

36:00.19

Abbie Attwood

I was good to say cereal. I was hoping you were the other best ah cereal so easy.

36:13.93

Bri

You're having acid like milk is supposed to help sometimes and so it's just like a great combo.

36:17.97

Abbie Attwood

Well you know what's funny is just listening to you talk is like literally everything you listed off is a food demonized by diet culture right? It's yeah.

36:28.13

Bri

, losing a hundred percent so that's all you're eating and you're like oh wait a minute. Yeah.

36:34.42

Abbie Attwood

Right? right? and it did so so did it bring up feelings of some anxiety for you of like oh my gosh I'm not quote unquote eating variety or I'm not getting enough of the quote unquote healthy nutritious foods that seeped in. Yeah.

36:40.87

Bri

, her Yes, Yes, yes yes, yes, yes yes because you even like the doctors and all the materials. Everything tells you you should be eating.

36:54.96

Abbie Attwood

.

36:57.91

Bri

You know, a well-balanced diet and ah that all of these things like Avoca Avocado's pretty good . I can do it but like all of these vegetables that are good for where your baby's developing right now and.

37:06.73

Abbie Attwood

.

37:11.35

Bri

Remember I had this concern early on with you and I brought it up to you and you were like aren't you taking prenatals are you taking vitamins like yeah, but and so that's what I continue when it gets when I start to worry a little bit. . Or if I just am second-guessing it in hard moments like today. Maybe I just remind myself that she's getting everything that she needs and also not all days are actually all of those things. You know it's like those are the days that are really hard like today and then there are other days where I do crave other things and there is variety. So it's like if we don't think of it in that 24 hour clock you know I'm eating lots of different things. It's just it's like when the nausea is hitting those are the things that I'm gonna be able to like. Keep in my body and that's important, that's like the most important thing.

38:12.44

Abbie Attwood

I Think what's I Everything you said is so Wonderful. And yeah, the prenatal is like that's that's why those are formulated the way they are right like they're delivering. , they're delivering some nutrients that your body needs and also I think Pregnancy is a really wonderful lesson In. Trusting the wisdom of your body to guide you towards what you need and to know that fed is best Always like you just need Calories. We obsess in our culture about nutrients. But what you need is just energy. Your body just needs energy anywhere you can get it.

38:33.80

Bri

You know this one is.

38:47.32

Abbie Attwood

To help grow this little human inside of you. It's really not a big deal if you only package you in bagels. It's not and the other thing that we forget Thanks to diet culture is like those foods are fortified like those feet. Yeah.

38:51.90

Bri

This is.

39:01.63

Bri

That's what came up after I said it and I was like oh like that's in it. Yes, we have.

39:05.51

Abbie Attwood

Because you and I talked about it like this, this is the cultural kind of morality with food that does more than just damage our individual mindset about food. What it does is it Denigrates Cultural Foods Convenience foods. Foods that are literally keeping the majority of human beings alive on this planet are packaged prepared quote unquote processed foods because we've literally developed those foods over time to prevent nutrient deficiencies.

39:27.39

Bri

People.

39:40.49

Bri  
Now.

39:43.90

Abbie Attwood

And other types of illnesses that guess what we don't get anymore because we no longer have those issues Thanks to our food system and it's imperfect in a lot of ways of course. But we forget because of diet culture that bread cereal. All these foods. They have a ton of nutrition in them and yet we're conditioned to think we only get nutrients from vegetables. Which is a fun fact. We actually can't absorb most of the nutrients and vegetables If. We're not also eating other types of foods that help us absorb those nutrients. You Know. So.

40:03.44

Bri  
This.

40:13.83

Bri  
Is this next is this? Yeah, what.

40:21.69

Abbie Attwood

So important for people to hear that it's okay to only eat carbs and Bland Foods crackers breads. Whatever it's okay and and you're actually doing so much for your body by honoring that.

40:29.13

Bri  
Are.

40:37.25

Bri  
, yeah, and right because I think that there's this idea that they're like empty. Yeah I know. Ah.

40:43.54

Abbie Attwood

Ah, as if a calorie could ever be empty by definition.

40:49.14

Bri

They're just not giving you their food, not working hard enough for you or whatever, where like those are the things that are going to give you energy. .

40:56.46

Abbie Attwood

, and what are you? So with all of this. , so you've been honoring just what your body can tolerate. You've been focusing on eating regularly. Throughout the day having things available some of these tools that you develop for yourself even before pregnancy. , so that's the food piece. Was there anything food wise I wanted to cause? I want to talk to you a little bit about body changes and body image. But before we go there, anything.

41:20.89

Bri

, this news.

41:26.34

Bri

Yes, yes, yes, yes.

41:31.67

Abbie Attwood

That anything else that if somebody's listening and they're having these same concerns anything else that helped you or anything in particular you mentioned social media that helps you protect yourself from the misinformation about nutrition out there. There's a lot of fear mongering that happens from diet culture and wellness culture in pregnancy and.

41:47.22

Bri

, just so much.

41:51.51

Abbie Attwood

We can you know? maybe we'll have you back for postpartum but in postpartum like so yeah, any any suggestions anything that's helped you maintain safety and healing with food during this time.

41:52.59

Bri

, okay, hi new. Yeah.



42:03.37

Bri

Yeah I think just making sure that in terms of the event in my life like the people that I'm engaging in these conversations with if it that I don't I don't have to engage in conversations about what I'm eating.

42:15.20

Abbie Attwood

.

42:21.41

Bri

, with family or friends even if I don't have to defend it and so just continuing to remind myself that and I think that I've gotten to a point where I feel a lot of conviction in the way that. I Am approaching food now and that is so helpful and so just to remember that you know I can trust myself in that and that and have compassion for other people that might feel differently right? because we've all. Most of us have been there and you know diet culture is really really strong and so I think if somebody says something that feels like oh I recognize that like that just to like let it I'm like I don't have to take that on and so I think that that's helped a lot of anxiety. For me , a lot of the time things that people say are not actually directed towards me. I do have a lot of thin privilege so that helps as well in terms of the kinds of comments that I would be getting but people I think in my circles talk a lot about what they eat. And their bodies and before I think I would feel like oh they're thinking this way or they're and they're doing these things when they're pregnant so I should be doing these things and so I think just trying as much as I can to remember that I've learned this stuff.

43:58.30

Bri

And I have read about anti dieting and worked so hard and I can be where I am in that even if other people are not and and other people are not taking this road. And that I think is really helpful I also think Brian. My partner is so supportive and that is also helpful in my household. , you know we don't talk about food differently you know than we we have our cake and we fight over it. .

44:26.77

Abbie Attwood

You have your cake and eat it too and.

44:34.49

Bri

You know , and and so and even we'll catch each other. , if there are things that come up or demonize food or somebody starts to feel bad. , like we'll talk about it. We'll have a conversation about it and so on .

44:45.25

Abbie Attwood

, yeah.

44:50.50

Bri

Feels really supportive and I feel really lucky to have that. Yeah I hope that answered your question I know. Okay.

44:52.80

Abbie Attwood

Yeah I want that for everyone it did bree. No it really did no it was a beautiful answer to the question I think you named one of the most common struggles which is comparison comparison and then external noise judgment.

45:07.34

Bri

, yes.

45:11.42

Abbie Attwood

Or opinions from other people. All of that just triggers that comparison and so what you said is ultimately the most important which is working on deepening your trust in yourself and your own choices and knowing and recognizing that just because somebody else.

45:14.30

Bri

Listen to it.

45:21.97

Bri

Yes.

45:30.30

Abbie Attwood

Does not make the same choices as you just because they have different beliefs about food doesn't mean that what you're doing is the wrong choice and it also

doesn't mean that their choices are about you or or like are a comment on you and what you're doing you know.

45:37.56

Bri  
Is.

45:45.10

Bri  
, we no yes.

45:47.89

Abbie Attwood

They always are about the biases and the beliefs that folks have been conditioned to have like you said like having compassion for that I mean you can be frustrated and annoyed and you can set boundaries Compassion doesn't say that you can't have boundaries or have frustration or anger compassion is like.

46:07.77

Abbie Attwood

Can be fierce and it can be radical, but it is to say I don't need to take this on. I Love that you said that and it's not your job to go to bat against that right in fact, that might disrupt your peace, especially at a time like this.

46:13.23

Bri  
Yeah.

46:21.50

Bri  
, this is missing west.

46:27.41

Abbie Attwood

You have so many other things to focus your energy on.

46:28.37

Bri

Yeah, yeah, and I think too in terms of compassion. Also I think it's easy to beat ourselves up when we might have thoughts that come up that are not so anti diet or are judgmental of ourselves like if we if we.

46:44.58

Abbie Attwood

Her.

46:48.15

Bri

Those get fewer and far between I think the farther into this you get. But if they creep up to be compassionate about that and just be like we are undoing thirty plus years of learning and , just because i.

46:56.49

Abbie Attwood

Ah.

46:59.10

Abbie Attwood

Yeah.

47:06.34

Bri

And maybe feeling that way or that thought popped up doesn't mean that I am not making progress or you know that I should give up or something like that you know and I think just like recognizing the difference between thoughts and behaviors. Oh my goodness that was world changing.

47:23.50

Abbie Attwood

It is yeah I know and and it kind of brings me into the body stuff which is you know that comparison is tough in that in that way too I mean especially in pregnancy. There is so much really gross.

47:26.34

Bri

You know. Yes.

47:43.19

Abbie Attwood

Gross media about what your body should look like during pregnancy and navigating these changes and then you know of course there's all the really awful snapback culture in postpart.

47:43.39

Bri  
This is.

47:48.99  
Bri  
Look past.

48:01.58  
Abbie Attwood  
Talk to us a little bit about what it's been like for you to experience your body changing like this after like you said thirty plus years of really really being indoctrinated into the idea that you need to control the size of your body and working deliberately in the last 2 wo or three years to unlearn that and now being in a space where your body's changing rapidly and gosh There's so many angles of this because pregnancy in its own right? is like 1 of the only times women are like.

48:21.36  
Bri  
, yeah.

48:39.49  
Bri  
So yeah, celebrated for it.

48:39.87  
Abbie Attwood  
Given permission to take up space in this world and even like celebrated for it right before of course suddenly they're told get your body back as soon as you possibly can or otherwise you've failed so long winded question but tell me a little bit more about.

48:49.10  
Bri  
, exactly yeah yes I Love this I feel like I have so much to say and I'll just I think start with that This is harder for me than the food stuff.

48:56.85  
Abbie Attwood  
Your experience with your body.

49:05.89  
Abbie Attwood

Here.

49:07.77

Bri

Because I think it's just I comparison is definitely something that I struggle with and I think these are the types of thoughts if negative thoughts come up. that I am really working to talk back to and pregnancy has been such a good thing. Experience and like practice in that. , because I also I think have found so much love for my changing body and part of that is that we are celebrated for it right? that? I've also felt like I waited so long I wanted this so bad. And so it's just like such a celebration to like make it you know through this pregnancy and ah the changes are so cool like imagine if like as our bodies change whether it was like pregnancy or not. We were just like how cool is it how my body's treating you know and so I think about. That you know in a couple of months I will be facing a postpart pardon body and like nobody ever knows what that is going to look like for them and I so badly want to carry these feelings that I've had about my body. The positive feelings that I've had about my body. Place. , and so that's something that I'm so excited to work with you on because I remember yes.

50:27.20

Abbie Attwood

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50:32.70

Abbie Attwood

It's so I mean you mentioned that because that's what I've been thinking about ah when I think about you lately I Think about how can we? How can we take everything you're doing right now and build resilience for a season of life that we both know.

50:40.30

Bri

Is this? yeah.

50:50.27

Abbie Attwood

Everybody listening knows our whole culture knows it is so hard on women in terms of their body and what's expected of their body and it's expected of them. in such a vulnerable state too when you're when you're.

50:51.58

Bri

See me.

50:59.46

Bri

Yeah alphago.

51:05.58

Bri

Or.

51:08.95

Abbie Attwood

Bringing up a child. So I think one of the most helpful things is like maybe this is an exercise for you to do before you meet next but like writing a letter to future Bri like writing a letter to postpart Bri just like you've said.

51:20.82

Bri

.

51:26.83

Abbie Attwood

So many times in this podcast of like what a gift this is and what a magical experience This has been and what this is really about you know and in a really simplistic way. We talk a lot about things like , you know, ah photos are really hard for people. This is right? so.

51:31.63

Bri

, yeah.

51:42.44

Bri

, yes, yes.

51:44.81

Abbie Attwood

To kind of simplify this down to something like that. It's like usually what we work on in making peace with photos is like focusing on what was actually happening in the photo like the photo isn't this isn't supposed to be this like body judgment thing. It's supposed to be like capturing a memory right? .

51:52.73

Bri

, looking.

51:59.71

Bri

, record of yeah.

52:02.85

Abbie Attwood

And same with this entire experience like it's so violent that we're taught that our body is the central like what our body looks like is the central issue in pregnancy and postpartum when it's not what is the point you're bringing a human into this freaking world. You're raising a child. You're growing your family. You're doing something.

52:20.50

Bri

, yeah, yeah I Totally agree with you and right and like if we were focused more on making sure that we were all mentally taken care of. You know both work instead of worrying about what they are.

52:22.99

Abbie Attwood

Superman You know.

52:34.10

Abbie Attwood

That's right, That's right, emotional and mental health. Yeah physical. Yes, yes, yes.

52:39.67

Bri

What our belly looks like yeah yeah, I think is so important and ah the other thing I want to talk about with this is the pregnancy and weight and we had the conversation really early on when I knew I was going to my first appointment and. It was the first time I wanted to ask a doctor not to share my weight with me. , and I am so glad now that I'm getting to this point in pregnancy that I did that because it has been ah, ah, not like not a thing.

53:04.17

Abbie Attwood

.



53:10.69

Abbie Attwood

See.

53:17.35

Bri

That I think about and I've had so many people that I've watched go through pregnancy that are so , that that's so much part of their mental space is like how much weight they've gained or haven't gained in pregnancy and I am so blissfully unaware I have no idea.

53:18.24

Abbie Attwood

.

53:35.17

Abbie Attwood

I Love this.

53:37.30

Bri

, and I am just like I don't think I realized how I think it was something that I had heard other people in groups in group talk about and I like wanted to do it in solidarity and also I knew that it could be a stressor but I don't think i. Realize how much of a relief. It would have been and I just I think about like oh if that had been a conversation every week and you know and I the way that we did it with my doctor was I still weigh in and if anything is wrong. With the baby or they're concerned about something or then they will have a conversation with me but like it has not not come up once at all. , and so it just feels like it was the right thing to do. It was the right thing to do and I actually feel like my mom won't mind me talking about this. But. I have my mom's journal from her pregnancy with me. I know it's really special. It's so special and , but I was reading through it and a lot of the entries like at first was like a lot of the experiential and then as you got through it. There was just a lot of stress.

54:33.68

Abbie Attwood

Oh my gosh brie. Wow.

54:51.73

Bri

Wait wait and that and the conversations that her doctors were having with her and , right and I'm like that is and it's not. It's not just an individual thing. It's like that is an institutional thing.

54:52.27

Abbie Attwood

Ah, Wow Wow My heart? Yeah yeah.

55:04.41

Abbie Attwood

No, of course. Yeah.

55:10.54

Bri

If it's part of the conversation and I'm sure in 9092 it was a whole lot worse than it is now. But I think that that's something that if you're pregnant and you're on an anti-d diet like definitely ask not to have conversations about your weight because it'll save you so much stress that isn't really necessary.

55:28.91

Abbie Attwood

And it's not important like there's, it's not important. We've been really, we've been trained to believe that it is that it's but it is not and and and it is.

55:32.28

Bri

It's not important.

55:40.87

Bri

, no.

55:43.69

Abbie Attwood

It is like you said it can be a really unhealthy distraction and energy suck and like there are very few instances where it's something that they need to be aware of and you can actually go through pregnancy without being weighed at all and they have other ways of measuring the baby's growth. , and it's really not. It's not important in the way that we've been taught.

55:53.94

Bri

Yes, you can? Yeah yep.

56:01.66

Bri

No.

56:03.61

Abbie Attwood

, what matters is all the other ways in which they're tracking your mental and physical. Well-being throughout the process and how you're feeling so I just want to scream that from the rooftops You don't need to be weighed during pregnancy and at the very least you can ask for.

56:12.43

Bri

Yes, please. Yes.

56:22.63

Abbie Attwood

, you know, blind weights and to not talk about it at all and that you don't want it to be part of the conversation and let us know it is 1000% medically necessary. , otherwise yeah, zero zero talk of size. , because there's all there's there's.

56:25.36

Bri

.

56:30.28

Bri

Is it?

56:39.60

Bri

Ah, yep.

56:41.97

Abbie Attwood

They come at you from every angle. It's like you didn't gain enough you gained too much you blah Blah blah then it's and it's useless.

56:44.19

Bri

Yes, and it's like I feel like that happens with very little variance and and it's just it's not actually an indicator right off of anything real.

56:56.64

Abbie Attwood

Now your body's going to do what it's going to do everybody has completely different body experiences and waiting experiences with pregnancy and none of it is wrong right? Like you don't have that much control over it and trying to control that is deeply disordered and so damaging.

57:15.71

Bri

Ah, yeah, imagine if I was, if I was being told like oh you were gaining if you're that's yes, yes, exactly exactly and especially being sick and I'm also worried about like.

57:16.22

Abbie Attwood

Right? Yeah well I was thinking about you and your calorie counting from years ago like that would have been an awful awful drain on your mental health. Yeah.

57:34.00

Bri

Well, it would be so much unnecessary.

57:36.77

Abbie Attwood

, so grateful you shared that. Thank you for doing that and also thank you for sharing that about your mom's Journal. I Can only imagine that so many people will resonate with you.

57:46.62

Bri

This move.

57:48.25

Abbie Attwood

That and your mom's experience because of your point. It's so central. It's not an individual, none of this stuff is an individual issue. It's all systemic and our medical systems are steeped in Anti Fat Bias Doctors Dieticians therapists. We're all trained in.

58:08.20

Abbie Attwood

A Weight-centric paradigm that teaches us to focus on that number even even to focus on that number above other things as markers of a person's well-being and so to take that out of the conversation.

58:19.22

Bri

That's it.

58:26.63

Abbie Attwood

It empowers you to actually be a part of a conversation that centers on the experience. You're having rather than this distraction and it requires that the provider take an approach to your medical care that isn't .

58:43.66

Abbie Attwood

Isn't convoluted by this other concern like you can actually talk about the real. So the real shit right? like what actually matters when you force them to take that of a conversation. It opens up a lot of doors towards true compassionate care.

58:49.41

Bri

Business staff.

58:57.27

Bri

, whose name. Yeah, yeah, absolutely.

59:03.47

Abbie Attwood

Anything else from a body standpoint, anything like you know outside of you know the weight piece I mean another really disgusting thing that I see in social media is like this concept of quote belly only pregnancy. Oh it's awful. It makes me want to scream and cry all at once.

59:07.17

Bri

With me.

59:18.80

Bri

, oh yeah, oh , ah oh yeah.

59:22.95

Abbie Attwood

This idea that we can not not only in pregnancy. Can we not control where we gain weight like no one can control where they gain weight or where they hold weight and there's just so much pressure out there on what ah like it's It's like.

59:27.89

Bri

The boy.

59:36.44

Abbie Attwood

It's diet culture taking this other angle to what a body is supposed to be like the beauty ideal. It's like a pregnancy beauty ideal right? Yeah, that's gross. Yeah.

59:39.11

Bri

, there's a pride a hundred but the basketball belly. Yeah, yeah, yeah, yeah, and you're just bombarded with that and also and also people lamenting I feel like I've gotten reals of people who lament not having.

59:55.69

Abbie Attwood

Yeah, yeah, yeah, yeah, yeah, how are you navigating that breeze?

59:56.84

Bri

That too like so not just people showing off but like whoo. Yeah, and so there's this whole different side of it. I said really early on to you that I feel so cute in my and it's not that that's Paul Belly you know and that's okay I think yeah yeah I think that that's something that is just this it. It goes like with body diversity. It's like if we're all diverse to begin with like we're not gonna.

01:00:18.72

Abbie Attwood

You're just basking in this body. Yeah.

01:00:35.18

Bri

We're not all gonna look the same and have the same belly in pregnancy and also babies are different sizes and I don't know Yeah I think just compassion with that and and curiosity I know and and.

01:00:36.96

Abbie Attwood

Yeah.

01:00:49.56

Abbie Attwood

, my favorite topic as you know.

01:00:54.26

Bri

And Curiosity I think is just like seeing how it develops like I think you wonder about your body and like how if having a baby is something that you are interested in and like like what would my body do in that situation and it's just.. It's been really cool to watch and be like oh that's a funny thing and so I think just like trying as much as I can to like what I want to observe like and and that's the thing is like I think that there's a careful line Between. , obsessing and , like body checking because in Pregnancy. Everything's always changing and I think that it could be really easy to get into a judgmental situation if you answered a question on a bonus podcast about the line between body appreciation and .

01:01:48.36

Abbie Attwood

Body checking? Yeah yeah, Intentionality is so central to it.

01:01:51.15

Bri

Body talking recently? Yeah, and so I've been really thinking about trying to reflect on that experience for me in pregnancy and like watching these changes and doing it with curiosity and not with. Judgment , and obvious like I think coming from where I have come From. There are absolutely moments that are not perfect in that and that are harder or I'll notice something but I think the work comes with the like reframing it and being like nope. That is ah that is an old thought and I know why that's where that's coming from and just trying to be curious and compassionate and I'm honestly mostly just like really excited and think it's the coolest thing that.

01:02:47.99

Abbie Attwood

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01:02:49.11

Bri

What is happening to my body right now. So I think that that helps a lot to like having that place to go to as well. Where I could go there or I could go to a more judgmental space.

01:02:55.89

Abbie Attwood

Plan.

01:03:05.12

Bri

And I think that the excitement is really strong right now so that is really helpful.

01:03:10.31

Abbie Attwood

How you know, kind of to bring us full circle. How are some things that you want to do to carry this through into postpart and.

01:03:13.65

Bri

, yeah.

01:03:25.69

Bri

This is.

01:03:28.40

Abbie Attwood

How do you want to speak to yourself to treat yourself with that same compassion and curiosity especially kind of thinking about what you were just talking about , looking and observing your body and is that a behavior like.

01:03:30.69

Bri

, yeah.

01:03:42.71

Bri

As well.



01:03:44.90

Abbie Attwood

How are you going to approach that behavior when it's no longer this celebratory experience that society praises and normalizes and you're faced instead with the opposite messaging of back to that pressure right? and

01:03:50.78

Bri

, what? yeah I.

01:04:03.28

Abbie Attwood

Maybe this is kind of the time to say like yeah, what do you want future bree to hear if you're like listening to this in two months you know.

01:04:11.10

Bri

Yeah I think that's such a great question. I think that I can do my best to answer from where I am at the moment and who knows what it will feel like in it. , but I think my.

01:04:15.55

Abbie Attwood

Yes, yes, well I'll be here no matter what we'll be. We'll be navigating it together.

01:04:26.14

Bri

I think to myself where I'm in this really good place right now. I want to just say like I'm also very curious. I have a lot of curiosity about that part of what my body's going to do and , you just don't know and so trying to be like.

01:04:34.75

Abbie Attwood

Yeah.

01:04:44.73

Bri

Curious about how your body puts itself back together in terms of your organs I Keep thinking about like the Organs shifting back to but , but like so that stuff too and just and I plan to breastfeed and , like that is a wild phenomenon that I haven't encountered yet. And so I think still showing off like what is this going to look like I think that is going to be really helpful for me and also just trying to remember that

The reason that my body is changing is. That we ever need to have a reason I'm like that's a trap too. But , that's a trap but I always do there Always it doesn't have to, yeah I'm like it doesn't have to be just because I think that there is this strand of thinking that's like.

01:05:22.52

Abbie Attwood

That is a big trap. Yeah bodies are always allowed to change and they're going and they're going to change forever right.

01:05:39.43

Bri

These stretch marks and these rights I earned because I made a baby but like so many that's so dangerous like I have stretch marks that were not earned by a baby like it and those are just as valid and I think that yeah, that's what we got to. We gotta go through all that because I can.

01:05:41.49

Abbie Attwood

Now that's dangerous. Yeah yeah, yeah.

01:05:53.32

Abbie Attwood

Yeah, we'll dig in there. We'll dig in there for an upcoming session.

01:05:58.22

Bri

I can try and sort it out and you don't have to. I don't think you have to cut this because I think even though it feels weird but okay, great right? because this is the messy middle of like that's exactly what it sounds like to.

01:06:04.10

Abbie Attwood

Oh my god no I was not going to cut it I think this is beautiful. No this is beautiful Brie and I think that's right, that's right.

01:06:16.80

Bri

As you're talking through things and then you realize like oh wait a minute Nope That's not it. That's it.

01:06:17.30

Abbie Attwood

Oh wait back up? Yeah oh I just went down a dead end turn around all the time.

01:06:25.65

Bri

And that is what happens so much. Yes, and , so yeah, so I guess my answer to your question is I'm not really sure Curiosity could have stopped there but.

01:06:36.18

Abbie Attwood

Curiosity was your answer. I think it's no. I don't want you to stop there. Everything you just said was like oh my God It was magic because you're right, You just got to show everyone exactly what happens when we start talking about this and thinking about it.

01:06:55.57

Bri

There.

01:06:56.12

Abbie Attwood

And that's healing Bree like what you just did was like that was you actually observing and being a witness to your thoughts and checking them and saying oh wait a minute wait a minute we just went. We just went down that road and you didn't.

01:07:05.20

Bri

It may.

01:07:15.25

Abbie Attwood

You didn't even mean to because that's not actually what you believe but it's such an ingrained belief that like there's only certain times in our life where our body's allowed to change and to to.

01:07:17.36

Bri

, I'm greater.

01:07:23.31

Bri

, yeah.

01:07:28.30

Abbie Attwood

To think in that way to be taught that it does such a disservice to the fact that the human body is going to change regardless of whether we ever get pregnant or not and a lot of what it is that you're facing with this curiosity and compassion is knowing that you're worthy and that your worth doesn't change.

01:07:31.22

Bri

Absolutely yep.

01:07:47.14

Bri

, yes, yes.

01:07:47.17

Abbie Attwood

When your body does no matter what happens, it's never been about that. It's always been about a system that's obsessed with women and submission and obedience and smallness and silence and that what you're doing right now is rebelling against that.

01:08:00.76

Bri

.

01:08:04.60

Bri

These and.

01:08:06.62

Abbie Attwood

And taking that curious lens when you're in the phase of life where the culture is once again beating down on you to submit to being a quote unquote good girl to do the thing that you're supposed to do and how you're going to approach that with curiosity and go that's.

01:08:19.69

Bri

Wow.

01:08:25.27

Abbie Attwood

Interesting because I no longer believe that so we take it one step at a time you know it's the messy meta.

01:08:31.34

Bri

, and it yeah exactly it's the messy middle. We talked about this going into the podcast. You were like what are you worried about and I'm like I'm just worried that I'm not going to answer all the questions clearly or like the way I want them to sound and we talked about like.

01:08:41.30

Abbie Attwood

Now.

01:08:45.60

Bri

How important it is to hear people kind of sorting through this right and not just like oh I've arrived at the end they're done as I have fixed it. Yeah and it's.

01:08:54.43

Abbie Attwood

I'm done with that. I'm fixed. I'm healed. Here's the 10 steps you need. It's oh yeah I mean it's I mean we're in these bodies for as long as we're.

01:09:02.32

Bri

This I'm sure it's gonna be like a lifelong project. Oh.

01:09:11.47

Abbie Attwood

Lucky enough and privileged enough to be on this earth and what the biggest tragedy is if we spend our whole life at War with that and it's just our vessel to do all these things, these magical things you know like bring a baby into the world.

01:09:19.19

Bri

Choose that's it. Yeah. Yeah, and hopefully have more awareness you know to be able to like to share with her this her. You know, like just to not like to stop that cycle right? and be able to just you know and it won't be perfect.

01:09:30.21

Abbie Attwood

But a privilege. Yeah .

01:09:41.45

Abbie Attwood

Yeah, you're breaking cycles.

01:09:48.38

Bri

Because you know and where we know.

01:09:49.60

Abbie Attwood

Perfection is as if you know a lie? , but I oh you've shared so much valuable stuff today I'm so grateful for you. Bri. I'm so so grateful and I'm so proud of you. I even kind of don't like the word proud because I'm just like it's so beyond proud what I feel. , but I have loved being a part of this. So thank you for being here and sharing it with others too. It's really special.

01:10:03.30

Bri

I'm grateful to you at.

01:10:15.53

Bri

Thank you. I hope it's helpful because I just didn't run into a lot of conversations about pregnancy and dieting in my experience over the last few months so I hope that it is filling. You know at least giving 1 perspective of that.

01:10:30.98

Abbie Attwood

It is for sure I can tell you that I already know so.

01:10:32.71

Bri

So yeah and if anybody out there has encountered that please like right? you have like a comment section or send it to me message me on Instagram like I would love any of all because I'm sure I'm not the first person but it just you know.

01:10:43.95

Abbie Attwood

Yes, comment comments share your resources. No, no, no, there are resources out there for sure. , but you know before we go can you just.

01:10:52.39

Bri

Absolutely.

01:10:59.31

Abbie Attwood

Back to your art because I want people to know where they can check it out. Tell us I'll link everything in the show notes where people can find you like Instagram website and all that stuff.

01:11:00.70

Bri

Oh yeah, okay, okay, yeah, yep, my website is bricuster.com it's b r I and Custer with a c and , my Instagram is Bri with 5 eyes. Custer. My maiden name was Smith so it had to be differentiated but then everybody knew me as Brie with the 5 eyes. So that is it? yeah.

01:11:19.42

Abbie Attwood

Important. Ah.

01:11:32.60

Abbie Attwood

Okay, I'll link those because like I said trust me, everyone you want to go see her art her painting the oh my God So talented I told you before we started recording that I started painting again. I know you're so excited for me. .

01:11:44.85

Bri

Ah, so yeah, are you under your mommy?

01:11:47.80

Abbie Attwood

I'll show you my ridiculous painting before we get off compared to breeze masterpieces. , but Abbie stops comparing yourself. You're right Bree just called me the fuck out. Okay, I love you, I'm so grateful for you. Ah, thank you for everything you're.

01:11:53.30

Bri

Oh but comparison. Ah I Love you so much. So grateful for freedom.

01:12:07.30

Abbie Attwood

Doing in this world. , and everything you are and I'm excited. I'm excited to keep seeing how this goes. I know it's going to be beautiful, messy and beautiful.

01:12:14.47

Bri

Thank you so much for having me Abbie and for all the work that you do and this support you offer. I really appreciate it.

01:12:22.51

Abbie Attwood

No thanks Bri.