

# Rihanna Teixeira: Eating disorder recovery and ADHD

Thu, 8/26 1:36PM 54:28

## SUMMARY KEYWORDS

adhd, feel, people, eat, diet, struggle, instagram, started, funny, hear, life, diagnosed, moment, post, diagnosis, tested, thought, women, journey, intuitive eating

## SPEAKERS

Rihanna Teixeira, Katy Weber



Katy Weber 00:00

I've been following you for ages. I don't even remember when I started following you. But I started following you because of your anti diet body image work, because that's what I do. And I mean, your stuff is amazing and so funny and so clever. And it's funny because I was looking back through your feed in preparation for this interview, and I'm like, the signs were there. All right, so yeah, so I've been following you. I don't remember when I started following you, but I've been following you. And then I was looking back because you had posted this great reel, I think it was on Instagram about having your ADHD diagnosis, and your doctor telling you that you needed to cut out sugar. And you were like, Yeah, no, that's not happening. And I was like, Oh, my God, like, I love when those two worlds collide. And I and then I posted it, and then you were like, Oh, my God, he and



Rihanna Teixeira 00:53

when I found you, because yeah, I don't remember how I found you. But it must have been like, maybe you shared that post, or



Katy Weber 00:59

I did. I shared that post and then the end, but I was looking back because it feels like it was really long ago. And I looked back at it. And it was only February 1 and I'm like, Oh, right. I forgot like ADHD years. One month is basically like a decade in ADHD. I want to talk to you all about diet recovery, too, because I feel like I mean, ADHD. And diets are just like this toxic combination. And I've made so many crazy realizations about my own history with yo yo dieting, and binge eating and orthorexia, and all of that. So, but first, I want to hear about your diagnosis, like what kind of what were some of the signs that led you to seek this out? And how did you come to this place where you actually got this diagnosis? Yeah.



01:46

So you know, interestingly enough, back when I was, I guess, around fifth grade, I remember overhearing my mom talking about wanting to get me tested for ADHD. And she actually just told me this a few weeks ago, but um, you know, she had done some research, she ended up not getting me tested for whatever reason, but she had, you know, found some research that said, certain vitamins and minerals will help, especially in the moment, like if you need concentration right away. And the reason she wanted me tested was because I had a really hard time focusing in school, that was the feedback I would get from all my teachers is that they catch me I'd be staring out the window daydreaming. And I would get a lot of anxiety around tests, that sort of thing. So I guess my mom had purchased some like liquid vitamins for me to spray in my mouth before I would take a test or like needed to sit through like a math class, something like that, to help me focus. So that was kind of always in the back on my mind, like, maybe I have it. But as you go on through life, you just kind of forget about it. And really, for me, over the last few years, I would joke I feel like a lot of people will joke about it, like, oh, gosh, I have ADHD, and it's kind of become like a, like, not people don't take it seriously, almost like they just, you know, you see like that dog on the movie up who has ADHD, or like, Oh, my gosh, that's me, without having a real understanding of what ADHD actually is. So it was a little over a year ago, I noticed things were happening with my brain, I was becoming more forgetful. I was losing things a lot more. I, I have a really hard time focusing and work meetings to the point where I would be sitting and if a meeting would start to go over, it's a lot of time, I would start to feel super physically uncomfortable. Like I would get like, physically, I felt like rage was building up inside of me almost. And I just started noticing these little like changes. But the thing that really got my attention was the memory. Because you know, at work, someone would say, Oh, we talked about this, I told you XYZ a few weeks ago, and I would have truly no memory of that even happening. So I started to actually worry and started doing research because I thought, what if I have early onset Alzheimer's, and it sounds funny to say out loud, but that was truly like a concern I had. So I was researching online. Everything online was basically saying I'm too young. You know, I was

33 at the time when I started researching this. So, you know, I'm feeling frustrated because I would try to like voice my frustrations to my friends. And you know, they would they would try to be empathetic, but they would say well, you're under a lot of stress. And then of course when COVID happened, everything just got accentuated. And I was buying memory books on Amazon like I was starting to play Sudoku, like I'm like I need to take care of my brain. So like so sad to look back on. I'm like I was just so scared. And then I had a friend who got diagnosed with autism and she's not like how you see autism. portrayed in the media, and so I, you know, she was sharing with me some of her symptoms. And I was like, that's super interesting. I could relate to some of them. So, you know, I researched that online and some of the stuff I was like, yeah, that's me. But there wasn't enough to really convince me, I kind of felt like, I just don't fit all the categories on that. And I even took like a few self like, diagnosis tests on on online just to see if I did. And they would all come back and say, No, it wasn't until I was following. I think her Her name is Charlene Johnson hope I pronounced it correctly on Instagram. I followed her for a few years, because she does a lot of like business tips on Instagram. And she started openly sharing about her ADHD symptoms. And she can make it kind of seem fight or light and funny. But then she'll get a bit more in depth. And as I watched, I just noticed, I resonated with almost everything that she was share. And I finally was like, I have this, I'm convinced this is what I have. It all makes sense. So I called my doctor went in for a test, they did this long diagnostic test on me, and it came back that I have ADHD. And for me, it was truly like, such a relief. Because I was like, Okay, I have an answer now. Like now I have something to work with. Whereas before, I just felt like I couldn't get it get a hold of my own brain. I couldn't understand what was wrong with me. I felt like I was stupid all the time. I felt like Yeah, I just felt bad. awful about myself. So yeah, so that started my started my journey.



Katy Weber 06:43

Yeah, her stuff has been great. And yeah, her Tick Tock videos are fantastic. I'm curious how many people have come to their own realization? Because of her. Right? And and you're right, she does portray it in such a nuanced way, which is like, yeah, like I attributed a or I credit ADHD for so many of my successes. But it's not just this superpower, you know, like, there are a lot of these sort of hidden struggles. And the so the Alzheimer's thing is totally comment. I feel like I hear that a lot when, especially when, you know, mothers. Because our brains go through such an intense change when you throw a baby in the mix. And I think a lot of us kind of maybe, like you said, like it didn't take it seriously or didn't see, like the dark side, quote, unquote, of ADHD until motherhood came along. And then it was like, oh, like, I'm really struggling. And then that sends, like you said, with your friends, where they sort of say things like, Well, everybody struggles or, you know, you're a mom,

it's fine. You know, and, and realizing, like, having to come to that point where you think no, like, I this is more than just new mom things or, you know, something like that. And interesting about the autism too, because I, since my ADHD diagnosis, have learned so much more about the overlap with autism and ADHD. And, you know, when I was diagnosed, that was all I thought about was ADHD. I was like, I'm going to research this, I'm going to do this. And it became like my world. And kind of accidentally, I started realizing how much overlap there is, and just this neurodivergent spectrum, that you know, sometimes I will talk to women who adult women who have been diagnosed or self diagnosed with autism, and I talked to them and I was and I'm like, Yeah, I need to look into this. And so it's like, it's fascinating how like, one person might incidentally get diagnosed with ADHD, another person might incidentally get diagnosed with autism, but I think that it just really, it comes down to more like of our experiential diagnosis more than more than just like you're one you're this and you're this. There's so much interesting, fascinating overlap in terms of like, how we're affected you know, like some people I just did a I just like did a poll on Instagram of lateness because, you know, lateness is one of those things that is always attributed with ADHD are always kind of joked about just like, I lost my keys, the latest thing and I've never been late, like, I am always like prompt to the to a fault. Like where I if I have an appointment at 2pm, like from basically 10am on I can't do anything. I'm just like, I have this thing and I can't focus I can't start anything else. And so I did a poll to find out if you know, other people felt that way. And it was it was the I think it was like 75 to 25 in favor of being prompt so and that actually is



09:45

on ADHD. I'm like you were I I hate being late like with a passion and if I'm ever trying to be late, late to a party, I get there on time. So it's one thing because my doctor had said like, how's your time management and I'm like, My Time management is great, that is not a concern for me. Because I'm like you, it's like, if I know I have something, I will plan my entire day to make sure that thing does not, you know that I'm not late to it and, and that can sometimes be hard for me because other people don't have that same drive to be on time for something. So I feel like I went out of my way to make sure I was on time, somewhere to the point where it affected whether I did or didn't do other things during the day. And then other later, they don't show up. But that's been a really hard thing for me to walk through.



Katy Weber 10:36

Yeah, and you know, it was when I was diagnosed, my daughter was asking me similar questions. And she was, and there were a lot of things where I felt like, I didn't struggle in a

typical way that people do, you know, when it comes to losing things, or, you know, like, I spend so much time organizing my calendar and making sure I don't forget things. And I have reminders, and alerts and alarms, like constantly. And so I sort of felt like, no, I actually sort of have a handle on a lot of that stuff. And she sort of, and then then I was worried that she was gonna say I didn't have ADHD, and then what, but she recognized how she was like, you're a really hard worker. And it just like, I wanted to cry in that doctor's office, because I felt like nobody had ever said, You're a hard worker, you know, like in, or at least if they had, I just hadn't heard it in the way that I needed to in that moment of like, wow, you're right, like, I do spend a lot of time making sure I remember things or you know, like making sure I don't forget, because my nature is to forget everything. And so like I work that much harder at trying to be on time and make sure I don't forget and show up. And all of these things that become so important to me that Yeah, when somebody is late, it drives me crazy. Because I do want to be, I want to be empathetic towards what is causing that person to be late. But I do kind of take it personally, like I got to admit, I sometimes feel like you don't care enough about me to be on time. And, and so many people with ADHD talk about how difficult that is to be perceived in that way. And I'm like, oh, cut, I don't know, I kind of do think that.



12:21

It's just interesting, because I'm such a planner. So I've I've said this about myself for years, where it's like, you know, Sunday evening, I know how my week is going to go through Saturday for the most part, you know, and it's really throws me off when someone wants to change plans, or, or, you know, a time changes and not to the point where like, you know, I I become mean, or do you know what I mean? Like, I can adjust, but it is really frustrating for me because I like to have a plan. I like to know what to expect. And yeah, it can kind of throw me for a loop when things go off plan. And



Katy Weber 13:02

I actually sort of realized that I felt that way when my son came along, because my son does not transition very well at anything, you know, especially like getting into the bathtub or bedtime. And then it was like a new teachers and there were just all of these little moments in his childhood, that he would just flip out because there was a transition. And, and I didn't realize I you know, I just obviously never made those connections until I understood what ADHD was. And then I saw it in him and then realized, Oh, I don't throw a tantrum because I'm an adult. But yeah, I also have difficulty with these things still at adulthood. Right.



13:41

Like that internal boil almost, you know? Yeah, well, internally.



Katy Weber 13:48

Well, yeah, right. And I think that that is something definitely that I connected to the most like you said, I you know, there were years where I sort of would joke about being ADHD. My therapist suggested I had it years ago, and I was sort of like, I don't know, maybe I do. Maybe I don't, I don't feel very hyperactive. So I don't feel like that's, I didn't relate to it. Or like you said the dog from up which chat? Yeah, like, I don't relate to that whole squirrel stereotype that people joke about with ADHD. But then when I started reading about emotional regulation and rumination and making those connections, I was just like, Oh, yeah, this is this explains my entire life.



14:33

It's interesting, because Are you familiar with the enneagram? at all?



Katy Weber 14:38

Yeah, yeah. So



14:39

on the enneagram, I am a three which is the achiever. So for a lot of my entire adult life, I have almost always had two jobs always like, even when I haven't necessarily needed one. And I looking back I've always just attributed that to I'm a hard worker. That's something that I take very Seriously, and most jobs I've been in, I tend to get promoted or move up into leadership. Just because I do take my job seriously no matter what it is, and I work very hard. But it's funny because even in times where maybe I didn't necessarily need a second job, because of finances, I'd always gravitate towards picking up a side hustle. And I was listening to this audiobook. I want to say the book is called in, you're probably familiar with it. I think it's called. So you mean, I'm not



Katy Weber 15:32

lazy, crazy and humid? Yeah, something. Yeah.



15:35

And one of the things they had said was, women with ADHD, tend, like their hyperactivity can sometimes manifest in getting a second job. And then it said, or deciding to run a marathon on a weekend, which is a thing I have done multiple times out of the blue, and it was like, I felt so seeing because like what you said, when I would hear hyperactive, I guess, in my mind, ADHD, I always attached it to what I, you know, like a adolescent boy who gets in trouble at school who can't control his emotions. And so that's what I always imagined. But then to actually hear, like when she said that, I was like, oh, okay, so it's interesting, too, because on the enneagram, I am more driven to take on more than I can handle and I am more driven to work hard. And then combine that with ADHD, sometimes, it can feel Yeah, just exhausting. You know, when I first moved to Florida, I was working a job here. And I was still working for my job in California who was on pacific time. So I was working from eight in the morning to 10 o'clock at night here, and stuff like that. I just do it. You know, and when I didn't have that to do like, when I didn't have my second job, based out in California, I found myself being very bored and almost, you know, getting more anxiety and finding myself more irritable because I didn't have something to distract me, I guess.



Katy Weber 17:05

Yeah, that's something I feel like a lot of us have in common is the inability to relax, and the sort of accompanying feeling of guilt that comes with downtime. And, and feeling like that there's a sense of boredom, if you're not constantly doing a lot of stuff. And then also the sense of like, vague disappointment when you complete a task, which I think is interesting. And that's the other. You know, I talked to many women who really don't relate to the physical hyperactivity, like you said. And so they're reluctant to even call it ADHD they still kind of go by the old add. And, and but yeah, it was, like you said, like, I once I made that mental connection that the hyperactivity is internal. And it's exhibited as impulsivity. It's exhibited as rumination. I mean, all of those ways in which your brain just wants to stop. Like, that's where that hyper activity is, then I was able to kind of embrace the age and engage much more.



18:00

Yeah, yeah. And it's, you know, just hearing all of this, like I said, when I got my diagnosis, I was so relieved. And it's funny because some people would reach out and they would be like, you need someone to talk to because of, you know, the stigma attached to it. And I'm like, I actually don't have any shame. I'm like, because I'm just relieved to know that I'm

not unwell, that I don't have dementia, or, you know, early onset Alzheimer's. And I finally, it's like, I finally have words to describe my day to day experience that I just thought there were so many things weird about me, honestly, you know?



Katy Weber 19:53

Yeah, it's funny, somebody forwarded me an Instagram post the other day that said, Did you know Entrepreneurs are like 10 times more likely to suffer from ADHD. And I said, Yeah, I'm aware. But then I just was like cringing at the way it was phrased, you know, suffering from ADHD. And I was like, What do I do with that because on the one hand, I feel like same like when I might diagnosis was a revelation, I felt like a frickin phoenix rising from the ashes of this sort of emotional meltdown that I had had during my pandemic, and kind of really, all of a sudden putting all these pieces together. And all of these seemingly random difficulties that I had struggled with over my entire life just made sense. And it was, it blew me away, like, I felt like I felt like the world was my oyster, I just sort of I had so much hope and happiness around that diagnosis. And then I kind of opened up and came out to the world. And my reaction from a lot of people was like, dming, me being like, You're so brave to talk about this. And people who were reacting, like I had come out with this terminal illness, and it and so that there is that stigma, and it is something that I forget about. And then if I put out an ADHD post, inevitably, somebody will say, I'm sorry, you're struggling, right? And I'm like, and it's funny, because the people who have ADHD will comment on these posts and be like, Oh, my God, right? Yeah,



21:29

I



Katy Weber 21:30

know, so relatable. And like, we all kind of you when you share something vulnerable about it. People with ADHD get how important it is to just like vent or talk about it or understand what is happening. And there, and you don't necessarily want pity, you know, you're not looking for that. It's not like a cry for help. It's not like, you know, feel bad for me or anything that I'm struggling or, but and so when I do get those reactions when I do get those, like, I'm so sorry, have you tried, you know, whatever keto, or whatever they're trying to tell me to do, like, you know, the, I get, I get so irritated. And I don't know what to do with that. I mean, usually I just sort of clam up and ignore it. But like, I feel like there is that there is a stigma there. And and I don't know, how do you respond? How do you react to that when you when you get people who are almost like talking down to you in a way

or or pitying you? Yeah,



22:26

you know? I don't know. I mean, I get to think how I've, how I've reacted or responded, you know, a lot of the times I because I am so new into this journey, I will just respond with like, I'm learning so much like, even though I don't, but it was interesting, because when I first got diagnosed, and then their response, I was like, Oh, I didn't know, I was supposed to feel bad about myself for this, like, now, everyone's reacting is like, you should feel bad. And you know, I think maybe because just in my life in general, over the last few years, I have learned to be okay with people not understanding something that I live out such as, like, with my Instagram account with, you know, coming out against diet, culture, and talking, you know, just talking about diets and my journey, and I think I am just used to people not understanding me, in a sense. And so, for me, and on the flip side of it, I'm like, I feel like I've gone through so much in my life. I don't have I have no shame about this diagnosis.



Katy Weber 23:34

I mean, it's like,



23:36

there are with everything out there. And like you said, it's like, I'm not It's not like I have a terminal illness, like, I'm going to be okay, I have tools now. It's, it's just, it's interesting, because I truly didn't realize that people feel bad about having this until I came out with the diagnosis so to speak.



Katy Weber 23:57

Yeah, and I, I'm, I've spoken to people who are in their 20s who face stigma or prejudice in the workplace, you know, like, they are worried that if they openly speak about their ADHD, they won't get hired. And I feel like I'm like, in a more seasoned area of life, like I'm like, I don't have to worry about that anymore. But it breaks my heart that that, that it is the case and so I understand why people feel so reluctant to talk about it, but that just again like diet culture that that perpetuates the stigma like it, you know, I feel like so much of my own diagnosis ends up being advocacy, just like when I left dieting, right, which is like I that I've there's so many parallels, right because like, I felt like it was the same feeling of like this light bulb going off. When I finally I read Health at Every Size. I read Health at

Every Size before I read intuitive eating. Usually it's the other way around for people but like, I read that when I was still I actually listened to that book. On my way to and from Weight Watchers meetings because I was a weight watchers leader. And like I yeah, and so I hadn't like cut the cord yet, but I was like dipping my toe in. And I remember just like that feeling of, of taking the red pill and being like, why did I never see this? Why did I not make these connections? Like I'm a smart person? Why am I so entrenched in diet culture, oh my god, like I was just like, I have to get out of here. And, and so there are like so many parallels, I think with that realization of like, oh, it all makes sense. Now that curtain has been thrown back. And now what I need to do is help others who haven't who aren't there yet, and who haven't seen that and are still entrenched and still feel terrible, terrible about themselves. I feel like this is a good segue, because I want to I want to hear about your recovery story and how you started the fight for beauty and kind of how that how that transpired over the years. Yeah,



26:00

so it's been, you know, it's so interesting, I just love how life has so many redeeming qualities in it. Because all of my life, I have struggled with eating disorders to some degree. And even when I was in, you know, I went into treatment for it. And even there people would say to you, well, you know, this may be something you'll have to deal with for the rest of your life. And you hear that amongst just, you know, counselors, friends, families, and so all that to say, to be in a place now where I'm, I can truthfully, honestly say eating disorders are not a part of my life anymore. It's, I'm so passionate about this kind of like how you are about, you know, helping women feel no shame with their diagnosis where I'm just like, No, you need to know that there's hope in life on the other side. So yeah, I've struggled with almost my whole life with eating disorders. And now having the ADHD diagnosis, I can see how that has played into it because I would become very obsessive over different diets. And whether it was a cabbage soup diet or the military diet or you name it, I've done every single diet and I would get just very like obsessed with my goals and was primarily struggled the most with bulimia. Um, I went through like a pseudo recovery in my late 20s. And I say that because I did recover from bulimia, I wasn't bingeing and purging anymore, but it developed into orthorexia. So, I became, I mean, my body and food were my hobby. That was my passion. And that was my obsession. So with orthorexia, I became very obsessed with wanting to eat clean and reading every label on every item of food I bought, because I needed to see every ingredient. And it got to the point where I started developing a lot of like different food sensitivities. So I was seeing different holistic doctors I was taking Gosh, I mean, no exaggeration, probably 10 to 15 supplements a day for different conditions, whether it was my gut, or my liver, or you name it, there's a supplement out there. And it just became this really overbearing, obsessive season for me. And during that season, I started bingeing again, eventually, and

even over time, I started purging again. So in 2017, I had completely relapse back into Bolivia, I felt so low and so awful during that relapse, because I was afraid to tell people, I was afraid that they would be tired of this, like they would be because a lot of my friends had lived through the first recovery with me. So I was afraid that this would be the thing that would make them walk away. Thankfully, I have amazing friends. So when I, you know, told them what I was going through, I was really able to, to really start my journey of walking away from diet culture completely. I had gotten to a point where I had to make the decision and come to the realization that I would rather gain weight, and at least be free from the torment that food had over me, then be thin and having to deal with that anymore. Like to me I just, I had to just say I need to give my body permission to do what it needs to do. And if that means gain weight, then so be it. And of course, that's easier said than done. That was a process to walk through. But that was really when I started toying a lot with intuitive eating and with everybody. I think it's a process. You know, for me, I was practicing intuitive eating but still not really incorporating a lot of my fear foods it kind of was it was a process. So it took a few months for me to really walk through that. And I started listening to Christy Harrison's podcast who she's a great you know, advocate for Health at Every Size and it just, that's when it really just all started to click into place for me where I had like a similar realization as you did where I was like, wait, I'm a smart person, wellness culture is the same as diet culture, it's just a lot more expensive, like, my eyes just started being opened where I was just like, wow, like, there, there were so many times and so many things that I was doing in my own life that I thought were healthy or that I thought I had to do, not realizing that a lot of these things were causing problems in my body, you know, the food sensitivities that I developed, when I started eating, normally, they all magically went away, like, stuff like that. And, you know, I, I started following different accounts on Instagram. And, you know, at first when you're new into this world, it's, it's like a light bulb goes off. But it's also so mind boggling at the same time, because you're just like, CES information, been there the whole time. Like, it's,



30:59

it's. So it was about a year from my little over a year from when I had relapse to when I started my fight for beauty Instagram account. And the reason I started it was because, you know, as I was going through the process of healing and meeting with my counselor, and immersing myself into this, you know, this world of body respect, really, it was Thanksgiving, 2018. And I remember, I sat down on my sister's couch after dinner, and I looked at my Facebook, and there are all these posts from people about what you know, they felt so booted, they felt so gross, and they need to start a new diet. And I, I realized I was like, I actually haven't thought about food or my body all day. And it was just this moment for me where I just felt like people need to know that there's freedom. And that weekend, I started my fight for beauty account. And this is truly the first thing that I have

really ever fully committed myself to for this long. I've always been someone who I'd get a great idea and I'll be all in and it will die down after a few weeks, you know, but I started that. No, November 2018. And you know, we're in 2021 now and it's just become something I'm so passionate about when I started it. I told myself I want to post things that I needed to hear at one point that I wasn't hearing and yeah, it's been it's been amazing truly just to see the the community that's out there how so many of us you know you feel so isolated when you struggle with food or your body you feel like you're the only one book to meet so many 1000s of women out there who have had the exact same experiences and yeah, it's just I'd be happy spending the rest of my life helping helping women walk free if that's what I'm called to do.



Katy Weber 34:19

You know when I started my account is called worth it with Katie and I actually started worth it as to help women lose weight and and you know, it was all about like you're worth it, you know the health it's worth it and and I had my like, aha moment was with my daughter because I thought I was being such as wonderful healthy role model for my daughter, showing her how much I cared about myself and my body and how much I exercised and how I put the right foods in my body and all this stuff. And I had this moment when everybody was eating burgers. It was like the summertime. And everybody had buns on their burgers except for me. I had my burger without a bun and I just sort of had that moment where I was like, nothing about that choice has to do with health, that everything about that choice has to do with my size. And I just had this moment where I was like, Oh my gosh, like how much? Which? What are my decisions? How many of my decisions are based on my size? versus how many of my decisions are based on my actual health? And I was like, yeah, it seems like pretty much all of them. And then I was like, What am I teaching my daughter by teaching my daughter the importance of being small. And that was, I was like, once I could sort of see it as a mother to the next generation that was like it for me. I was like, No, I'm never ever going to make another decision based on being small ever again. And, and so, you know, it pivoted and I think, you know, the reason why I've been able to keep the name and I think that like, why you can stay with something for so long, when things become boring, and then you know, you lose interest is because the account is much more about you and your journey. And it's just documenting your journey, wherever it takes you. You know, I think I think we can stay with those, with those accounts much longer because it really becomes less about what the message is. And more about just like, like you said, like putting what you needed that day and putting it out there in the hopes that somebody else is going to relate. I wish I had a list because of course I can't remember any of them right now. But even just like the other day, you're What about sugar addiction, it was just like, you just like have these zingers where you just

see things. Like and you and you. You talk about things in a way that haven't been talked about. And that's I love that because sometimes I feel like I see the same anti diet messages over and over. so bored by them. Yeah, I mean, I totally Yeah, I



36:40

totally understand what you're saying too. Because sometimes, like, right now I'm kind of on a sugar kick, where I've been a lot more about sugar. But it's it's just funny, because to me, I just know this, right? Like, because it's I just have been educating myself on it. But then it's funny, because when I post this, I'm always surprised the people that comment where they're like, wow, that was so that's so true. Or you explain that so well. And I'm like, I have to remind myself, like, there are always new people searching for new information. So what may feel like not new information to me, there's someone out there that is looking for that. And yeah, I do sometimes have a fear of like being repetitive. And like how many times how many times do I have to like, say like, you shouldn't go on a diet, you know, but at the same time, there's, you know, there's people, there's girls just like how I was a few years ago that are stuck in the cycle, and they're looking for a way out. And so sometimes I have to like remind myself like, okay, just because it feels repetitive to me, you know, it's not going to be repetitive to someone else. And it could actually be the thing that helps take them out of that that world.



Katy Weber 37:49

Yeah, it's also helped me because on the days when I'm feeling stuck, and I'm like, I have no new content today. And I haven't planned anything ahead of time. I'm like, oh, let me just see what I wrote two years ago. Yeah. I'll just, I'll just reuse that. I've done that before more than once. So that's something like I had never occurred to me until now. And I'm like, Oh, that's why I never post things again. I should, I should stop doing that. Right. So that's and the other post that you did recently, which again, was like I've heard, I've never heard it said, it's so simply and wonderfully, which was when you were like we're talking about intermittent fasting, and you were like, we fast in our sleep, that's when we fast?



38:31

Just like yes.



38:34

Whenever I've talked about intermittent fasting, you know, there's there's two worlds out there that really that you can really get their attention and get a lot of hate mail if you talk badly about them, or maybe three but whole 30 and intermittent fasting are always the two for me where people just come out of the Woodworks and they'll be like, but it's good for you. I'm like, right. That's why we naturally fast between dinner and breakfast like, and that's what diet culture does in general, where it takes a little bit of truth. But then it needs a wants to make money off of this right. And so now people are selling ketones to drink while you're fasting so that way you won't be tempted and all this all this jargon. It's it's like they just tried to monopoly, they take a little bit of truth, and then see what they can do to make billions of dollars off of it.



Katy Weber 39:22

Yeah, yeah. I mean, that's something I've been exposed to now, as I've delved into the, into my ADHD diagnosis and pivoting to working with women who have ADHD, who have struggled with binge eating, because I feel like binge eating is something that a lot of women who have ADHD struggle with, and I think that there's a lot of kind of entry points into why that is, you know, a lot like I used to only think about binge eating in terms of the fact that it was a reaction to deprivation. And now, I think about it a lot more in terms of impulsivity and, and in a tend to admit, you know, forgetting to eat or just being inattentive when it comes to fullness, you know, and it's something that is something we struggle with. And so it's been really eye opening for me in terms of just opening up my mind to many other reasons that could be behind why we binge eat. But I've also really been, you know, it's a wild west in terms of ADHD and nutrition and ADHD and supplementation. And I feel like so much of it is really toxic and diety and, but it's, I feel like I really struggle with, you know, talking about changing your eating habits, or adopting a certain lifestyle, like, for instance, intermittent fasting and keto and whole 30. They're really popular in the ADHD community, because it's all about focus and energy and maximizing your brain. And so it's not about size, which is something that, you know, it was easy for me to make those choices when it was, is this about my size? Or is this not about my size, but now, it's all about, you know, biohacking and tweaking and all of that stuff. And it's like a whole new confusion to me, because I get swept up in that I get swept up in that, like, well, I need to be doing this and this and this for my focus and energy. And I've just swapped out, you know, pant size for focus and energy. And I'm like, I see how prayer, like how I'm falling prey to a lot of this dogma. But at the same time, like there is a way in which you want to maximize your health. I mean, like, it's so murky for me. And I'm just curious if you have like, have you been thinking about that at all? Because so like when we talk about diets? I don't know. I mean, I just see so many women struggling? And I don't know, it's just something I think about all the time now, which is like where do you draw the line between tweaking your meals or tweaking the way you eat or what you eat

in order to feel good? versus like, Oh, this is a slippery slope into diet culture again. Yeah.



42:12

And you know, I would, I would dare to say it's murky, because wellness culture, a lot has died, culture has tried to monopolize health. And so there are a lot of healthy things out there that are actually good for you. They're good for your body that a lot of us will associate with dieting, because dieting has tried to monopolize that as well. I guess it's going to go back to the person. You know, for a lot of people I talked to her for myself. You know, I had to put wellness, health and wellness on the back burner for a period of my life for probably about a year because it was just all of it was so much in bed with diet culture. I didn't know kind of like what you were saying. Or it's like, Am I drinking kombucha? Because it's healthy for me. And I like it, or am I drinking it? Because I'm trying to avoid drinking soda? Like, do you know what I mean? And so I yeah, to like go on this journey of I walked away from it completely. And I think that the purpose of intuitive eating, and the purpose of you know, movements like Health at Every Size is to empower people to make decisions for their own health in their own body on their own time. So, you know, for me, that meant I had to walk away from really anything health and wellness for a full year for others, it might be shorter, For others, it might be longer. And once I was able to get to a point where, you know, I'd eat and all my fear foods, I wasn't afraid of eating chocolate cake, I wasn't afraid I didn't feel better about myself, if I chose an apple over a doughnut. Once I got all the foods on the playing on the same playing field, I was able to connect more with my body to where it's, for me almost become second nature to opt for something more nutrient dense because I do want to feel good in my own body. You know, I don't want to wake up and eat a heavy breakfast every day because I just know for myself it's going to make me feel fatigued and drained the rest of the day. I think I don't even know if I'm helping answer your question at all. But once I think we are able to really disassociate ours, it comes down to motive. I guess it just comes down to mode it is it's like am I am i doing this because I want to hopefully lose some weight if I if I try this out. And for me if that is even just an inkling of my intention. I don't do it because I want to I just want to squash that and internally or am I doing it because you know I take I take Athletic Greens every morning. Whereas in the past I used to take it because I I believed that if I drink greens I Eat less sugar like that would help my sugar addiction. But now I truly take it because I just noticed I feel better. So I think like making those making those life changes always comes back down to the motive. I don't know if I answered your question at all. But



Katy Weber 45:17

no, that's, that is great and and I think we you know, you really the key word is fear, I think

dealing with that fear when it comes to certain foods and again, like asking, like I had that exact same relationship with salads for a long time, which was like, am I eating the salad? Because I think I should or am I feeling is solid because this is genuinely what my body was like, it's, you really do have to deconstruct like, your relationship with every food. It's a lot of work it



45:46

is. And then sometimes I think to like, you know, I don't I don't post what I eat a lot on Instagram, if I ever do share it to a story, it's gonna be a more fun food, just because like I do eat more nutrient dense. I like to eat a big salad at lunch, and everyone's on a different journey. So I don't ever want someone to look at my Instagram story who's in recovery, and they're, you know, like you were there trying to kind of get away from the salads to see if that's a diety thing or not, I don't want them to see a more nutrient dense meal that I'm eating and be triggered by it if that makes.



Katy Weber 46:19

Yeah, and I think that's one of the thing I see in a lot with ADHD women communities, which is that desire for like the answer, you know, which is like, what is the fastest quickest way for me to get from point A to point B, and I want rules I want, you know, which is why we love to dieting so much because it was like dieting is nothing but like tracking and weighing, and, you know, these dopamine hits, and immediately, you know, you get to see like what you're doing right and what you're doing wrong, and then you get chronically overwhelmed, and then you quit, you know, and it's like, like, I feel like it's within us to kind of get swept up in a lot of rules and like what is the proper way to do things and, and I think a lot of that comes down to just our history of feeling inadequate and feeling like we can't trust ourselves and that intuition is something that I think a lot of women ADHD are not lose track of because they've been following diets their whole life. And, and so like, I've often found that when I started intuitive eating, my intuition was amplified in all aspects of my life, it was amplified with my relationships and business decisions. And it was just like, this gift that kept giving once I started listening to my gut, and I feel like yeah, like I you know, I I think there is a more so in in people with ADHD a tendency to really feel like if I follow the rules, I will get everything right. And intuitive eating is kind of the opposite. intuitive eating is really like get rid of all the rules and and listen to yourself. And so I see why people are so desperate for okay is, you know, what do I need to get rid of gluten does?



47:58

Yeah. And it's just funny because, you know, even as a child, my mom will say that she never had to worry about me. Like, she's like, I could leave the front door wide open all day. And I knew you'd never walk out because that was not I wasn't allowed to. And so I've always been a rule follower. And because, like what you said, I'm like, rules Tell me if I'm being good or bad. And dieting tells you, you know, keto, you don't eat bread, bread is bad, you eat broccoli. And so it's like, it's very black and white. And it takes a lot of the thinking out of it. And so even though we may be mentally tormented, there's still a comfort in a lot in dieting for a lot of us because we can kind of, you know, give ourselves a great at the end of the day, you were good, or you were bad. And yeah, it's you know, I hosted an intro to intuitive eating webinar yesterday, and I was going over, you know, because a big part of intuitive eating is gentle nutrition. But I love that the authors had the wisdom to make that one of the very last steps into intuitive eating. Because with a lot of us, even when I was going over the steps to to gentle nutrition, it's like, drink adequate water, you know, make sure you're eating five servings of fruits and veggies of the day. It's like I almost like cringe even saying that because I don't want people to make that a rule. You know, it's intuitive eating really is it's like the wild wild west where you just, you know, throw yourself out there and see what happens and it can be it can be really scary. But for me it's been just so empowering. And of course there was a lot of struggle that led to that point. A lot of times where I felt I must stop or I was a failure or I would never get it right. But just to have my power back and to know that oh, I actually am more powerful than plate of cookies on the kitchen on the kitchen counter. You know, like I I can. I can trust myself around food. I can trust my body. It's just such a revelation because our entire lives, we've been told we can't do those things. So



Katy Weber 50:05

yeah. And to be able to go through a day without thinking about food or your body or your what like that is a revelation to so many people and think of all the things you were able to accomplish because you weren't obsessing.



50:16

Yeah. Yeah, someone asked me on Instagram, like, how did you know that you were free. And you know, there isn't like a moment where you're just like, I hit freedom on this day. It's it's a lot of like little moments that I started having where, you know, one day, and I posted about this on my Instagram, and I was so amazed how many people shared it, but I was like, I just ate a brownie after lunch on a Monday, and I had completely forgotten

that I had even eaten it until a few hours later. And I'm like, Oh, yeah, I did have a brownie after lunch. And it was a moment like that, where I was like, wow, I would have never let myself have a brownie on a Monday of all days. That was all day I was starting a new diet, let alone forget that I even ate it. Like it just took up absolutely zero brain space. And I you know, I still have moments like that sometimes where I forget about ice cream. It's in the freezer. And it always just, I always like, try to take a moment. And like, just feel gratitude. Because I'm like, yeah, you can like actually not be tormented. 24 seven over what you did or did not eat. Alright, I know where I know, we're at the hour. I do have a question I asked my guests, which is if you could rename ADHD because those four letters are so problematic, especially for women,



Katy Weber 51:35

is there something else you would call it? I also know you're very new in your journey. I don't want to give you any pressure for like, coming up with like, a new diagnostic label. Did you think about it at all?



51:47

I did. And the word I just kept coming back to was passion. And I couldn't make anything like super catchy, like, the passion condition like I couldn't hear it out. That just it kept coming back to because I do really think, you know, just there is such a gift in being hyper focused in certain things. And I think people with ADHD, we're just very passionate and we love very well and can just appreciate life in and get excited about life in a way that maybe others need a little bit help getting excited about, you know, right. Yeah, that was the word that just kept coming back to me was the word passion.



Katy Weber 52:27

I've often thought about, like how excitable we are about do things. Like that childlike energy that I absolutely love. That feeling like you could dial it to 11 at any uncertain subjects. Totally, totally. Yeah. And yeah,



52:42

it's funny because one of my best friends has said for years, I get obsessed with things. And she's always said it as a joke and not in a mean way. But then when I got diagnosed, and I saw it, that's one of the things I like, screenshot it and send it to her. He there's a

reason.



Katy Weber 52:58

Are you picking out? Are you going through all the people you love in your life? And you're like, yes, you have it? Yes, you. Really? Yeah,



53:05

it's funny, because now you start to like, see different. It's like when you buy a new car, and you've never seen that car before in your life, but then suddenly you see them all the time out on the road. That's kind of what it feels like is happening to me right now where I'm like, you've been tested for ADHD.



Katy Weber 53:20

Okay, so we've talked about your Instagram account, and I will definitely put a link to it in the show notes, the fight for beauty. Is there anywhere else that people can reach you? Or is that really the best place to find you first.



53:33

I have a Facebook page, but it kind of feels like the Wild Wild West. I visited every once in a while. So yeah, Instagram is gonna be Instagram will be the place.



Katy Weber 53:42

I know people sometimes like will request to join my facebook group. But I've like I'll let you but I haven't posted anything in 18 months you're not disappointed. I'm well, but it's been so great. I'm so glad you We agreed to do this. Like I just I love your content and I love following your journey. And yeah, I look forward to just everything you put out there. So thank you for all that you're doing for the body positivity community and And now for the ADHD community.



54:17

Thank you, thanks for having me on is as an amateur and neat process. I actually have

learned some stuff about myself just even having this conversation. So I really appreciate it.