

Cynthia Pasquella: What You're REALLY Hungry For PODCAST SHOWNOTES

SHOWNOTES

A Farewell to Diets

Celebrity nutritionist, Cynthia Pasquella, is a best-selling author, media personality, and educational leader. Cynthia is a clinical nutritionist, spiritual leader, media personality and best-selling author. She is the founder and director of the [Institute of Transformational Nutrition](#) – the only nutrition certification program where students receive an in-depth understanding of holistic health through science, psychology and spirituality to help people create permanent change in their health and life. She's also the best-selling author of [The Hungry Hottie Cookbook](#) and [PINK Method](#).

[Free E-Book: Five Toxic Emotions the lead to Bad Food Choices!](#)

What are we REALLY hungry for

Essentially, it's about discovering what you are really hungry for. We have desires and needs that we are trying to satiate with food, when food cannot actually satiate the needs we truly desire. Children are told to behave, to be this way or that way and we begin to believe that we are flawed. We need to feel safe in life, so we do our best to conform to those expectations and lose part of ourselves. We then become hungry, starving really for adventure, for life, for living instead of filling the expectations of society. The first step in figuring out what you are hungry for is to reconnect with your authentic self. Through this we can find out what we are hungry for and what makes us truly happy. It's not an easy conversation. Humans want to feel loved and worthy. If your friends and loved ones really knew who you were at your core, would they still love or like you? Are you living an authentic life and if you're living a lie, who is that serving?

The Path

“If you begin to understand what you are without trying to change it, then what you are undergoes a transformation.” - Jiddu Krishnamurti

Understanding your worth is such a crucial step to transformation. We have discovered that nutrients and macronutrients are not enough, what makes us ignore what we know is “right” to eat, to care for ourselves. Without worth and belonging and a belief that we matter is so important. Spirituality and reconnection to who we are is just as important for our health as what we eat and how we treat our bodies.

Visit www.whatyourereallyhungryfor.com

Listener Question:

Are there any modifications to the sugar impact diet for women during pregnancy?

Keeping healthy blood sugar levels during pregnancy is so critical for your health and your child's health. There's a lot of emphasis placed on calories and pregnancy. You're not eating for two, you're eating for one and a pea-pod.

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Consulting with your OB/GYN that you're gaining weight appropriately is key. Following the diet should not be a problem and should be a healthy way to eat throughout your pregnancy with healthy fats, clean lean proteins, and slow low carbs.

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As always, remember:

You are worthy. Dare to live a life that matters.

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