

The background of the cover is a photograph of Kelly Leveque in a kitchen. She is smiling and looking towards the camera. She has long, dark, wavy hair and is wearing a white lace top and blue jeans. Her hands are resting on a marble countertop. The kitchen has white cabinets and a marble countertop. A small green plant in a white pot is visible on the right side of the counter.

KELLY
LEVEQUE

BODY LOVE

LIVE IN BALANCE, WEIGH WHAT
YOU WANT, AND FREE YOURSELF
FROM FOOD DRAMA FOREVER

FOREWORD BY JESSICA ALBA

BODY LOVE

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KELLY LeVEQUE

The logo for William Morrow, featuring a stylized, cursive 'wm' monogram.

WILLIAM MORROW

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DEDICATION

I dedicate this book to my husband, Chris—my soul mate,
the yin to my yang, my best friend, and my perfect partner in life.

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A Week of Body Love

FOREWORD

THE DESIRE TO LIVE the healthiest, most sustainable life that I could is what led me to challenge the status quo and start The Honest Company. And when I met Kelly, I knew I had found a kindred spirit. We connected in 2015, at a time when I was struggling with a few health issues (inflammation being one of them) and just not feeling my best. And, like most women, I wanted to drop a few pounds. Los Angeles has no shortage of nutritionists, health gurus, and wellness experts, but Kelly had worked wonders for one of my best friends, so instinct told me that she was special.

During our first meeting, I peppered Kelly with all sorts of questions (it's who I am, I want to know *why*) and quickly realized we were operating on the same wavelength. She's a geek for the science behind what we eat and the products we use, just like me. And as we dug through my pantry, dissected my typical grocery list and went through a "day-in-the-life" of what I was eating, she explained things in clear, simple terms, armed me with practical advice, and infused me with a renewed sense of confidence. It's one of the best things about Kelly: she sets you up for self-sustaining success.

Naturally, when I heard she was putting her knowledge and her approach into a book, I was thrilled. Not only because I've had such incredible results working with her, but because I believe in who she is, what she does, and how she does it. She's passionate about her work, dedicated to helping others, conscientious of different lifestyles and always, always, always a spark of positive energy in my life.

And *Body Love* as a title? Killer. How many of us fall out of love with our bodies, our curves, and even ourselves? Believe me, as an actress, I've felt the pressure we all feel (times a thousand) to be *this* weight or *that* jean size or have *those* legs. Sorry, but I don't like trying to fit some idealized notion of "perfection." I like me. My husband, Cash, likes me. And the funny thing is, once Kelly helped me let go of some of that

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pressure, the results I wanted—for me—came quickly and naturally (eleven inches in about six weeks!). It’s amazing what a little knowledge, confidence, and body love can do.

At the heart of it, Kelly’s approach aligns perfectly with my personal philosophy on food and nutrition. I call it honest eating, but really, it’s just about eating clean, organic, and nutrient-dense food. What really clicked for me: Her simple explanation of the science behind it all—how the right amount of macronutrients (her “Fab Four”) on my plate or in my smoothie will balance my blood sugar and hunger hormones. I also love what her approach *isn’t*—it’s not about rules, calorie counting, or bland, boring food.

Case in point: I like eating whatever I want (literally, whatever) one day a week. When I mentioned this to Kelly, she didn’t judge or lecture me. There wasn’t even the slightest bit of guilt. She just smiled and said, “I got you, girl, this isn’t all or nothing.” It was so refreshing and empowering to hear. Kelly gets it. She’s a woman, she’s been there, and she’s got you, too.

XO Jessica Alba

A handwritten signature in black ink that reads "Jessica Alba". The signature is written in a cursive, flowing style with a large initial "J" and "A".

INTRODUCTION

HELLO! I'M THRILLED YOU'VE picked up *Body Love* and want to *be well!* My name is Kelly LeVeque, and I can't wait to share with you my approach to clean eating, wellness, and weight loss—which was originally called Be Well By Kelly (or BWBK).

At its core, *Body Love* is about feeling *empowered*, not overwhelmed, by food and nutrition. It's about using **light, science-driven structure** to stay on course (and autocorrect, if necessary), not being chained to an unsustainable or overly restrictive diet. It's about learning simple tips and tricks to **eat to satiety** and **naturally** balance your hunger hormones, not fighting not to eat. It's about ditching the food drama. No more aggressive cleanses; no more frustrating do-not-eat lists; no more yo-yo-inducing fad diets.

Why is my approach so different from other diets out there? Because (a) it's not a diet, and (b) **it's not a diet**. It's a realistic, sustainable, twenty-first-century approach that is rooted in the science of human nutrition, and it achieves real results. Best of all, my approach puts the power in your hands, so you can eat the foods you love and build your own healthy lifestyle. So if you're here to feel empowered and liberated, you're in the right place. My approach is for you.

Cultural attitudes toward food, nutrition, and wellness are shifting. It's not just the focus of people who shop at Whole Foods and wear lululemon; whether they know it or not, most of the wider population is gravitating toward a more personalized, holistic approach. People care more than ever about what they eat, are more educated than ever about where it comes from and how it's made, and are more attuned than ever to how it affects them *personally*. Thankfully, most people are open-minded and willing to accept an important, nonnegotiable truth: that food has the power to shape not only our bodies and brains but also our lives and futures.

I wrote this book to help you understand how the foods you're eating are affecting you and why. I want you to look and feel great, whatever that

means to you. I want you to set yourself up for personal food freedom, not just for the next trip where a bikini or bathing suit is required, but for the rest of your life.

In *Body Love*, you'll learn how to nourish your body with clean, whole foods that prevent elevated blood sugar, inflammation, and gut issues. You'll learn why certain foods make us gain weight and get sick and have the potential to create serious health problems. And I'll show you how certain foods can actually help you *lose* pounds and rediscover your optimal weight. One of the most powerful discoveries you'll make is that our bodies are not biologically designed to “diet.” They're designed to be fed, to respond to real hunger signals, and to feel satisfied and energized by the foods we eat. No one is born to be sick, fat, or unhealthy. In fact, our bodies are designed and wired to **be well**.

My program will help you build light and sustainable structure from this biological blueprint. I'll also equip you with simple strategies and tools, such as the **Fab Four** (what I like to call protein, fat, fiber, and greens) and the **Fab Four Smoothie** (a go-to solution to get the Fab Four in one meal), to seamlessly apply this knowledge to your everyday life. You'll see and feel results because you'll be giving your body the food it wants, when it wants it. (It's smarter than you. It knows!)

My approach isn't simply about losing weight so you feel vibrant and sexy. It's a powerful state of mind that emerges when you give your body the nourishment it needs. It's confidence, peace of mind, and a way to let go of all that mental baggage. The right foods will invigorate you mentally and liberate you psychologically. When you eat this way, you'll feel full of energy and your brain will feel whip-smart. You'll stop worrying about food all the time and let go of food guilt, anxiety, and self-shame. You'll have the confidence to conquer any menu and trust yourself to make healthy choices because your body isn't craving sugar-laden junk.

The title of this book is *Body Love* for a reason. Loving your body means respecting it, understanding it, and listening to it. Yes—I'm absolutely devoted to clean eating, optimizing my health, and living a conscious life of wellness. But I also want a glass of rosé on a Friday, brunch with my girlfriends on a Sunday, and a summer vacation to decompress and recharge my batteries—all without worrying about “ruining a diet.” I want to have my gluten-free cake and eat it too, without weight gain, inflammation, food guilt, and aging. I created my practice so I could ditch food drama and simply enjoy eating in a way that preserves

good health and overall wellness, and that makes weight loss easy. Treating my body with this kind of flexibility with an eye on balance is the way I learned to truly love my body.

The genesis of my practice goes back to my time in high school. While the world was fretting about the sure-to-be-coming Y2K computer crash, I was trying to convince my girlfriends not to do the latest, sure-*not*-to-work crash diet. I was naturally drawn to the science of food and nutrition, and continued to pursue that knowledge passionately during my college years. My dad always encouraged me to go into business, so after graduation I paired business with my love of science and began an eight-year career in the medical field. I worked for Fortune 500 companies such as Johnson & Johnson, Stryker, and Hologic, and ended at Agendia in personalized medicine, offering tumor gene mapping and molecular subtyping to oncologists. Meanwhile, on the side, I gave a lot of free advice about food and nutrition to friends and family—how to stop the sugar-craving cycle that triggers binge eating, how to reduce bloating, how to lose five to fifteen pounds before a wedding, how to clear hormonal acne, how different foods affect pregnancy, and so on.

My career in medical science meant that I had to keep up with cutting-edge research on how diseases develop and how they can be treated. I loved the deep thinking required, especially the statistical analysis—deciphering data for statistical significance, distinguishing causation from correlation, and understanding why study design mattered so much. It was my job to then educate my clients (most of whom were MDs!) about how to integrate this latest research into their clinical practices so they could save lives. (In other words, I did what I do now! I read the research, deciphered its statistical significance, and educated my clients on research in a digestible way.) This skill helped me dig deeper into nutritional science, and the more I read, the more advice I gave to an ever-expanding group of people.

My interest in and passion for nutritional science grew naturally from this early immersion in medical science. I was fascinated by the line between wellness and disease, and was becoming especially drawn to the growing field of holistic nutrition. I finally decided to formalize my interest through training in integrative and clinical nutrition. After several years of eighteen-hour days (#hustle), working weekends (what's a weekend?), and balancing the demands of two jobs, I decided to strike out on my own and form a business that could help people stay healthy from

the beginning. And so my business was born!

My work as a holistic nutritionist, health coach, and wellness expert has been the most gratifying, rewarding work of my life. Over the past four years, my client base has grown from a small, devoted group in Los Angeles to a global network of men and women who live to **be well**. My clientele runs the gamut. I work with men and women of all ages, from all sorts of backgrounds, who have a wide array of different health issues, goals, and lifestyle preferences. I've received a lot of positive attention because a good number of my clients are celebrities (actors, actresses, television personalities, and professional athletes), but I work with everyone: moms, dads, brides, grooms, vegans, vegetarians, lawyers and other professionals, executives, entrepreneurs, and so on. I also write articles and contribute to many well-known publications and blogs. All this has helped build a groundswell of support and interest in my approach.

But there are two even more powerful reasons that word has spread: my approach delivers **results**, and it's **realistic**.

What do I mean by results? For starters, anyone can lose four easy pounds in a week just by starting their day with one of the Fab Four Smoothies in this e-book ([take a peek](#)). If you stick to this alone, you'll more than likely lose up to ten pounds in two and half weeks. You can also clear acne, manage polycystic ovarian syndrome (PCOS), and reverse diabetes and heart disease markers while you're at it. (You don't have to be overweight to be prediabetic, with elevated blood sugar and inflammation silently laying down the foundation for heart disease.)

And I love to hear from my clients that my approach is realistic. Why? Because it's a totally sustainable lifestyle that doesn't require overthinking, chaining yourself to eat-this-not-that lists, or a mandatory commitment to grueling workouts. You're not going to be made to carry around a list of foods you can or can't eat. You won't be told to eat every three to four hours. You're never going to think about dieting again!

Essentially, *Body Love* offers an approach to eating and being well that's all about simplifying decisions so you don't have to overthink your food choices. I'll show you how to spend just fifteen minutes shopping early in the week so you're set up to open your fridge, pick from a few basic but nutritious ingredients, and go for it—instant, satisfying, delicious meals! I'll also show you how to easily prepare for dinners out, weekends away, and a host of other real-life “what should I eat?” moments. If you have intolerances or allergies, I'll help you feel empowered, not inhibited,

in spite of your body's reactions. And if you find yourself feeling out of balance or off course, I'll show you how to quickly and easily autocorrect, sans guilt. My approach is a drama- and anxiety-free lifestyle that works at home and on the go, to fit the way you live.

THE HEART OF THE FAB FOUR LIFESTYLE

At its heart, my approach is rooted in my love of and trust in science, as well as my desire to simplify complicated information for everyone, so that it is easily accessible and makes sense. **Specifically, my approach is based on the chemistry of controlling and maintaining optimal blood sugar balance, so that your body uses (1) proteins, fats, and carbohydrates (macronutrients), (2) vitamins and minerals (micronutrients), and (3) antioxidants (phytonutrients) in ways that allow you to eat to satisfaction, naturally turn off your “hunger” hormones, and still lose (or maintain) weight.** The science of how our blood sugar works, coupled with an emphasis on eating real, anti-inflammatory whole foods, is what separates my program from the quick-fix fads, diets, and other trendy low-carb plans.

Through blood sugar balance, you'll get all you need to be vibrant and arrive at your own ideal weight. You'll rediscover that food should be enjoyed, not stressed over, especially as we return to basic, clean foods in their natural form. When we take away processed ingredients, packaged meals, and snacks (if you're reading this, you aren't a toddler and you don't need snacks!) and once again let our taste buds and stomachs enjoy delicious protein, fat, fiber, and greens (the Fab Four) unsullied by harmful chemicals, we relearn how to eat the way we were meant to eat—to satiety.

Have you ever counted calories? It's awful. We won't be doing it. The vast majority of diets out there have relied upon the misleading notion that any kind of weight loss must be about limiting—calories, portions, or food groups. But that's just not the case. My approach is all about balance.

Here's some of what you can expect:

- Actress and CEO Jessica Alba, 35, lost 11 inches in 6 weeks.
- Actress Kate Walsh, 49, drinks Fab Four Smoothies for health and

longevity.

- Model and actress Molly Sims, 43, got back to her pre-baby weight within 12 weeks.
- Actress and director Emmy Rossum, 30, lost pounds before her wedding.
- Bethany, 45, lost 10 pounds in 4 weeks, 3 inches around her waist and hips, and even 1 inch around each arm.
- Mariah, 36, cured her sugar cravings; toned her abs, legs, and arms; and cleared her acne.
- Abby, 27, lost 8 pounds in 2 weeks and went down 2 jean sizes.
- Emily, 31, lost 30 pounds in 3 months by simply having breakfast! She enjoyed a Fab Four Smoothie daily.

And the men?

- Connor Cook, 23, a quarterback for the Oakland Raiders, lost 6 percent body fat and gained 9 pounds of muscle to prepare for the NFL draft.
- Evan Peters, 29, and Ben Hardy, 25, clocked in at less than 10 percent body fat before filming *X-Men: Apocalypse*.
- Chris, 52, lost 15 pounds in 6 weeks while still eating out with clients.
- John, 42, not only lowered his cholesterol but lost 8 pounds in a month.
- Scott, 35, an actor, didn't need to lose weight, but his soft belly was transformed when he tried and stuck to my plan.

On my program, you'll absolutely lose weight (if that's your desire), lose fat, increase lean muscle mass, and go down at least one size in jeans. Your hair will become thicker and shinier, your skin will clear up and take on a fresh glow, and your overall appearance will remarkably improve. On the inside, your body will adapt to this new inner balance by no longer swelling, gaining weight, or breaking out as easily as before. You will feel more energetic and sleep better, too.

Clients come to me because they're frustrated and tired of feeling so out of control with their health. They sense that there is a simpler way, and they're right. I offer them commonsense techniques to get rid of their self-doubt and anxiety about food, and connect them to their *why*—why they want to lose weight, get in shape, find balance, change their lifestyle, and feel healthier. I want to share all their successes with you!

I want to show you how to read your body's signals and reset your

blood sugar so you can enjoy true inner balance, rather than just jump onto the next best thing or the latest fad diet. I want you to feel empowered without being overwhelmed. And I want you to build a sustainable plan that works for you in the long term. The Fab Four is the simplest structure to balance blood sugar, avoid inflammation, and nourish your body daily. It's an approach to eating that sets you free, so you can just live and **be well**.

Finally, *Body Love* will come with a healthy dose of me! I fully invest myself in every single client I have. I live to inspire and love helping clients tackle whatever health issue, goal, or lifestyle desire they may have. Through the plan in this book, I want to invest in you. I want you to thrive and **be well!**

IT'S UP TO YOU: HOW THIS BOOK WORKS

Okay, not to get all Tony Robbins on you, but there's a process here, and it involves both of us. First me, then you. So listen up!

I'll give you all the information—the science, the light structure, the tips, tricks, strategies, and tools—in a clear, simple, digestible way, so that it makes sense. You'll immediately see why my approach achieves results—because it creates a realistic, sustainable plan based on how your body actually works.

Then it's your turn. My approach is useful only if you put it to use! You have to want this empowering change for yourself. That's your starting point. From there, I'll show you the path to food freedom. I said it'd be seamless to apply my approach to your life, and I meant it. I'm not one to overthink or overcomplicate things. My approach is the exact same—less thinking, less obsessing, and more living!

Case in point: To start, all you need to do is have a Fab Four Smoothie or put together a quick #Fab4 meal. Both will balance your blood sugar and **keep you in balance** throughout the day. You'll have a lot of choices, a lot of different flavors. You won't have to do any calorie counting or portion sizing. You won't make long lists to take to the grocery store. You won't have to check a do-not-eat list under the restaurant table. And you won't be drinking only juice for three, five, or seven days straight.

In fact, when new clients arrive, I often pause on giving them a full

download on the food science and take a bit of a shortcut. I welcome them, give them a sense of where they're heading (to the Land of Be Well and Be Plenty!), and simply suggest that for one week they start their day with a [Fab Four Smoothie](#). Then I send them on their way. After just one week, I start getting texts such as these:

“OMG, down 4 lbs and feeling good! I heart you so hard.”

“Kel, why am I not hungry it's 1:30pm? I don't get it. LOL”

“I get it! What's next? How can I lose even more weight?”

These are real texts, and I have hundreds more. Throughout the book, you'll read lots of success stories (and a few more texts) that will inspire and motivate you. These stories will illustrate the science at work and the quick ways my clients lost weight, lowered cholesterol, cleared their skin, and addressed a number of other health, food, and nutrition issues. The key takeaway is that eating the right anti-inflammatory foods and balancing our blood sugar are highly effective ways to tackle our unique challenges. Of course, each of us is very different. The concept of “bio-individuality” is an important thread throughout the book, and you'll be asked to do numerous self-checks so you stay attuned to your body's specific responses, reactions, and needs.

Let's take a closer look at how the book is organized to set you up for success!

In **Part One: The Science Behind the Fab Four Formula**, you'll learn what foods our bodies need, what blood sugar is, and why balancing blood sugar is so important. I'll introduce you to the basics of the #Fab4 formula, which will balance your blood sugar and help you find your sweet spot of satiety, so that you not only feel fed throughout the day (no hangry cravings!) but also exist in a body-state that burns fat and gobbles up excess pounds. In addition, you'll learn why the diets you've tried have failed, and about the food sources that trigger fat storage, bloating, sugar cravings, and precursors to disease. I'll also debunk some myths about fruit (too much sugar, even if they have fiber!), juicing (insulin resistance waiting to happen!), and gluten (going gluten-free isn't a fad!). You'll then respond to several questionnaires so that you become more aware of your body, its habits and reactions, and your tendencies and patterns.

In **Part Two: The Fab Four Solution**, I'll share an approach to eating

that will free you from ever having to diet again. You'll learn exactly how eating meals based on the Fab Four set you up to lose weight and maintain that weight loss. You'll learn how to make the mental shift so you stop counting calories, let go of the restrictive deprivation mind-set that you associate with diets and weight loss, and replace it with a strong, confident, and very chill state of mind. You'll also respond to a few more questions and do a couple of exercises that will help you build your own lifestyle and make this shift real and life-lasting.

You'll also put pen to paper and clarify your goals—for the next week, month, and hopefully beyond—and start a Fab Four Notebook. Your notebook will also be a place where you can track your emotions related to food. It's not exactly a food diary, but an exercise that will be a huge help on your journey to food freedom. I am a big believer in the power of being conscious and honest with ourselves. It's not about perfection. It's about becoming aware of and truly connected to *you*—with all your questions, victories, mistakes, and corrections. My approach is designed to help you understand what works best for *you*, so you learn to be with yourself and trust yourself. I want you to own your process each and every day. Don't judge it, just be aware of it. The benefits, the bumps, the beauty, and the bliss—they're all part of **being well**.

In **Part Three: Your Fab Four Life**, I'll pull together the troubleshooting and other lifestyle advice that will ensure your success. You'll learn how to remove the drama from lunch and dinner and how to “autocorrect” after a weekend of fun, and if you have specific health conditions such as prediabetes or celiac disease, you can also learn how to use a glucometer (blood sugar monitor) to keep even more careful track of your blood sugar. By understanding how to adjust your eating when traveling, during the workday, and on vacation, you'll discover flexible solutions on the go.

You'll also discover how to maximize the effects of a minimal workout. Say good-bye to a mandatory seven-day-a-week workout regime! (Unless of course you love to move—in that case, more power to you. Just remember to rest!) I'll share a collection of cardio and strengthening exercises that will increase your insulin sensitivity, tone your body, and calm your mind. Chapters on all-over body vibrancy, managing stress, and beauty will help you create tools to support your new lifestyle. You'll find some fun tips for integrating meditation into your day and how to detox and use supplements to boost weight loss or keep you right where you

want to be.

My approach is about discovering a livable, sustainable way of eating that makes you feel good and look great, whatever that means to you. Together, these simple steps will reset the biochemistry behind your metabolism and enable you to lose weight (if you want to), and feel and be healthier. I can't emphasize enough how good you will feel when you simply learn how to balance your blood sugar! From this place of calm and clarity, you'll learn to trust yourself. You'll learn how to stop doubting and overthinking your food choices. You won't worry about the number on the scale. You will simply be.

Remember: (a) This isn't a diet, and (b) **this isn't a diet!**

So let's get started!

PART ONE

THE SCIENCE BEHIND THE FAB FOUR FORMULA

1

ALL DIETS WORK . . . UNTIL THEY DON'T

AT THE OUTSET, LET'S get one thing straight: I've been there.

I've cried with my clothes piled around me because “nothing fits.” I've tried to ditch ten pounds post-breakup and pre-vacation. I've had one too many glasses of wine and rebounded into a juice cleanse to compensate. At times I've felt helpless, unhappy with my body, and totally confused about what to do. I'm not the doctor giving you the miracle diet that fixes everyone. Nor am I the rigid eater who can easily say no to food. I'm an emotional human being and I've been on the roller coaster. I've been there—*everywhere*—with food, diets, and trying to be healthy.

As a young woman growing up in the 1990s and 2000s, when fad diets and health trends really burst into popular culture, I found myself devouring every health, diet, and lifestyle book I could find. I have always been active and healthy, with no serious medical conditions, but as many of you can probably relate, I was constantly striving for “perfection.” Why is it that we're never satisfied? Like so many young women, I seemed to never stop wanting to be physically “better” somehow—a size smaller, with six-pack abs and a thigh gap, and always five pounds lighter (no matter my weight at the time). By high school, a third of my meals were salads. Sound familiar? I know I'm not alone in that kind of fixation on food, and it wasn't because of how I was raised.

I grew up in a stable, loving household. My parents were affectionate and supportive. I am the eldest of three girls, and my dad always told us that we were beautiful no matter what. My parents didn't obsess about food. Neither of them was a “food cop.” In fact, the opposite was true. Our

cabinets contained every packaged snack Costco sold—Wheat Thins, Goldfish, frosted animal crackers, and powdered doughnuts, to name a few. My mom made all our lunches, and we rarely went out for dinner. We had regular taco nights, pasta with meat sauce, pork chops with applesauce, and casseroles (my dad loves casseroles!). For lunch, I ate tuna salad, turkey sandwiches, cut-up cheese and apples, and chicken noodle soup. My food upbringing was a little slice of Americana, plain and simple.

But I had absorbed our culture’s obsession with weight and perfection. So when I saw my weight fluctuate (which drove me crazy), I did what any thirteen-year-old going on thirty would do—I voraciously read diet books. My mom would say, “It’s okay, honey. We grow out before we grow up.” But I wanted to know more and find a solution. Some of the diets described in these books are ones you’ve probably heard of: Atkins, the Zone, South Beach, Mediterranean, blood type, alkaline, vegan. (Why I was allowed to fixate over diet books but not allowed to watch *The Simpsons* still baffles me.)

With every book and every year that passed, my insatiable desire and curiosity for the science of human nutrition and the body grew. And a funny thing also started to happen—the more I learned, the less I cared about the scale or being perfect, whatever “perfect” was. Why? Because I was beginning to understand *my* body, not some idealized version I saw on TV or in magazines. I also began to understand exactly what to do to feel in balance, get back on track if I didn’t (or if I went to a party), and leave my meltdowns in the rearview mirror.

During my first few jobs out of college working for medical companies, I sought out research articles, combed through the primary sources on nutrition, and read specialty books like *Gut and Psychology Syndrome*, *Gluten Freedom*, and *Lights Out: Sleep, Sugar, and Survival*. Eventually my knowledge bucket spilled over and I found myself at parties talking to friends about what I was reading, what I was learning, and the benefits I was seeing. (Nerd alert!)

One of my first insights was this: When you look at a diet book, strip the title, and review the plan and approved foods, you’ll see a lot of the same stuff repackaged with minor tweaks. Did you know that even the new Weight Watchers SmartPoints increase points for sugar and decrease points for protein? It’s very similar to the Atkins, Mediterranean, and South Beach diets, with more counting and a bonus support group. Then