

Living life in Fear... Of Food



A large part of dietary dogma is the concept of bad or evil foods.

Foods that in and of themselves are inherently bad.

This creates a situation where people live in fear of certain foods or entire food groups.

Leaning into the divisive nature of diet can lead to stress and anxiety over the simple act of eating.

What is the right food to eat, and what does eating that food say about me as a person?

or worse...

Will eating this one food... kill me?

Now, this would be understandable if say... we were talking about a random cupcake you found on a park bench at 2 AM...

But sadly, this isn't what we're talking about.

It's Blueberries. Or an egg. Or peanut butter, of whatever the Evil food is going to be named on Wednesday.

And if I'm being honest this makes about as much sense to me as trying to figure out if you should hop three times on your left foot or your right foot in order to prevent cardiovascular disease...

You can put a lot of time, effort and thought into this decision, but in the end, the relevance to your life will be as close to zero as possible.

Enjoy your food in moderation and with at least a leaning towards eating like a responsible adult.

Know when enough is enough and learn what too much feels like.

And, as ironic as it maybe... hypocritical even... I'll leave you with my favourite quote from Epicurus:

"Preach not to others what they should eat, but eat as becomes you and be silent"

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