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The Race To Erase MS

Nancy Davis on this year's May 10 gala

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dents to make a long-term commitment to manage water resources more wisely by taking part in the seventh Annual 'Wyland National Mayor's Challenge for Water Conservation,' April 1-30.

The Wyland Foundation is a non-profit organization dedicated to promoting, protecting, and preserving the world's oceans, waterways and marine life.

Although the emergency drought is over, the Stage C water restrictions

in place in Beverly Hills urge residents to continue to conserve in order to achieve 20% water reduction, prevent sprinkler runoff and adhere to the City's watering schedules, report and correct leaks as soon as possible.

For more information on the challenge, please visit mywaterpledge.com and to learn more about the City's water conservation visit [bhsaves.org](http://www.bhsaves.org).

--Briefs Compiled by Olivia Anderson

people & profiles

Registered Dietitian Nutritionist

Robyn Goldberg

You grew up in Beverly Hills. How did you get into nutrition?

I got into it initially based on my family history of heart disease. My father was alive at the time and I grew up hearing about high cholesterol and heart attacks. And then I was a college tennis player and thought, "Well, perhaps if my fuel is sufficient, maybe my performance will enhance." Finally I had three roommates in college all with bulimia nervosa, and now that's probably what 60 to 80 percent of my practice. I merge the medical with body image because even if someone's coming to me for a medical issue, oftentimes they have disordered eating and/or thinking.

What's it like running a private nutrition practice in Beverly Hills?

I think any large city is definitely a great place to have a practice. But in LA/Beverly Hills/Hollywood, where entertainment is the focus to many, there's so much emphasis on what you eat, how you look, how much you move your body, that I feel like we are in the mecca of the land of eating disorders. The other part is that eating orders don't discriminate against gender, age, and body size. You could be anywhere; you could walk outside your office door and anyone you come into contact with could have an eating disorder or disordered thinking. It's that prevalent.

Society also places a forceful emphasis on diet culture that's hard to ignore.

Diet culture is very problematic. Anyone can put any kind of statement on social media and television. Unfortunately California doesn't have the Licensure Act, so anyone can say they are a "nutritionist." I always like to say that all Registered Dietitian Nutritionists are nutritionists but not all nutritionists are Registered Dietitian Nutritionists (RDN's). Even more important is to be able to find someone that is a Certified Eating Disorder Registered Dietitian (CEDRD) through IAEDP (the International Association of Eating Disorders Professionals). So even if someone doesn't have an eating disorder but is a victim of diet culture, having someone who is a CEDRD can help you connect your feelings centered on food and ob-

serve that even if the diet failed, you didn't fail.

Nutrition research is advancing rapidly, especially over recent years. For instance, fat used to be considered a major threat to one's health, but is now hailed as a nutrition staple. What are some of the biggest changes you've noticed about the field over the years?

I'm a certified intuitive eating counselor, so I really help people to get back to a place of being able to figure out how to nurture their body rather than being in the biology of starvation and excluding food, so I help people get back to a place of learning how to eat when they're hungry and stop when they're satisfied. Sometimes we eat because we're bored or stressed or the food is in front of us and it tastes good, but when a person is an intuitive eater, they're able to make food choices without having feelings of guilt or shame or an ethical dilemma. They're able to honor when they feel satisfied and also experience the pleasure of eating. They don't have guilt around eating. So in the field, there are more and more RDN's who are being weight inclusive nutrition therapists. They practice from the lens of being a "health at every size" clinician. That, I would say, is very different.

When I started out, I was always an intuitive eating RDN because I knew putting people on diets is not going to help them succeed in life. I always peripherally implemented a "health at every size" practice, but now it's a movement, and it's really being viewed as a social justice movement that really creates this inclusive and respectful community where I think people of all body shapes and sizes can learn how to find compassion and take care of themselves. So I think it's important to recognize that there's body diversity—we all wear a different shoe size, we have different hair colors, we look different. But also, working on how we can implement self-care—that, I would say has become rather popular. Self-care can be in any profession; maybe it's recognizing you need to take a nap or to be able to actually sit down and eat a snack rather than multi-task while

eating it. It's really important to be able to understand pace.

Regarding fats and carbs, what's the truth? How should we approach each when it comes to our diets?

We need some carbs, some protein and some fats. Everybody's body is different in regards to what is fulfilling for them. Some people have more energy when they're having more fat in their diet or more carbs. It's so individualized based on their activities or stress; it's not a one-size-fits-all approach.

You can overeat any food or food group. You can overconsume avocados just like you can overconsume lard. I think people remain stagnant; they're afraid of new information. I like to explore where the resistance comes from and where they pick up this information from because there are so many misconceptions and unfortunately many healthcare providers are outdated and not aware. You can't be an expert on everything. It's also about understanding the reasons why you need fats—if you don't have fats you'll shrivel up like a dried prune. Fats provide cushion and satiety, so eating fat does not make you fat. When we're getting more than our body needs, that's when our bodies can change.

How do you feel about calorie counting?

I'm very much against it. We are not meant to be human calculators. That can definitely result in obsessive thinking; it can take away pleasure and learning how to be present and mindful and conscious when we eat. Also, when someone starts calorie counting that oftentimes stems from them looking at what area of their life they can control. I have many different types people I see that fall into all these pitfalls.

Of your practice, you've said that you approach nutrition from a "behavioral standpoint" through "reprogramming people's natural intuitive eating cues." Tell us about the emphasis you place on intuitive eating.

I think an individual has to be ready to leave the dieting world and recognize that there's got to be a different way to approach food than they have. It's thinking, "Wow, wouldn't it be nice to choose your food with pleasure and eat and never have to count or weigh or measure, to be able to eat without confusion and guilt?" It's about looking at what each individual's goals are when they work with me, and I always make it clear that if they're looking for a quick fix, I'm not the right person.

Fundamentally, all of our bodies function at an optimal place when we're able to have food that's sustainable and realistic in your life without depriving and being on a diet. If you have to diet and you have to deprive, you're probably not at a place physically that your body is naturally meant to be. So, it's really being able to look at how you can eat food that is emotionally and physically fulfilling. We can't always choose what we want—we're at airport and there are limited options or we're at a movie and movie theatre food becomes your meal.

It's about being adaptable and learning to roll with it versus having it become the focus of one's life, because being an intuitive eater is being able to recognize that balance does not lift the importance of pleasure. And it's not what many view as "effective" and "ineffective" or "good" and "bad" foods. It's recognizing that there's room for eating both cupcakes and Brussels sprouts in life.

What advice do you have for people struggling with their diet or looking to improve their relationship with food?

You've developed your habits and behaviors over a number of years. It's important to be able to remove judgment and look objectively at what we would or wouldn't do differently the next time, because the more we're critical the more we're in this conscious, vicious cycle of judging. So, speak to yourself the way you'd speak to someone you love. Speak to yourself with kindness and respect.



"If you have to diet and you have to deprive, you're probably not at a place physically that your body is naturally meant to be."

—Robyn Goldberg