

Praise for Jenn Trepeck and her podcast, *Salad With a Side of Fries*

You can tell that she's smarter than the average health expert. Trepeck confounds other health coaches who like to hook clients for a lifetime. My favorite attribute of Trepeck's is her focus on motivating listeners, not lecturing to them. She is not one of those wellness podcast hosts where "failure is not an option." Instead, she recognizes and conveys that making lifestyle, fitness, and diet changes is exceedingly hard. Look for small wins, she urges, and do not make perfectionism the enemy of gradual progress.

—Frank Racioppi, author and journalist

Life before was black and white; it was exhausting! I no longer feel guilty. The mindset shift has been dramatic. This is a much healthier approach.

—Amy B.

This is a whole new mindset; complete 180° for me. I'm listening to my body.

—Yana W.

I can't get enough of this podcast! Thank you, Jenn, for cracking me up and encouraging me to order fries with my salads! I love recommending your podcast to patients; you get them to take notice of their habits! Thank you; great stuff here!

—jkwkrause (via Apple Podcasts)

Is [insert food/exercise/habit here] healthy? Check out the *Salad With A Side of Fries* podcast. Jenn shares a knowledgeable, approachable, and entertaining guide to living a balanced and healthy life. Good Stuff.

—Joanne, MSH; executive chef and
culinary nutritionist (via Apple Podcasts)

Jenn brings a super healthy approach to tackling the many food dilemmas and issues we all deal with daily. Her energy and knowledge on the subject matter are infectious, helping you make smarter choices and providing a laugh along the way. *Salad with a Side of Fries* is a refreshing spin on debunking all those food myths and wacky health tricks, while teaching us to not be so hard on ourselves!

–ajlb5 (via Apple Podcasts)

Jenn puts out great info, and she backs it with evidence while keeping it light-hearted and fun. I've always thought food should be enjoyed and can be healthy too! They don't have to be mutually exclusive, and Jenn shares this each and every week! Thanks again for the info, insight, practical steps, and fun!

–hemingwayhelfdozen (via Apple Podcasts)

Jenn Trepeck is the authority on health and nutrition! Every episode is jam-packed with valuable information to level up your nutrition and help you feel better. Plus, the podcast is just fun to listen to!

–AnnaDKornick (via Apple Podcasts)

Uncomplicating Wellness

DITCH THE RULES.
QUIET THE NOISE.
RECLAIM YOUR LIFE.

SAMPLE

JENN TREPECK

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For everyone who has ever asked me a question about nutrition, habits, fad diets, willpower, motivation, or supplements, and every wellness warrior ready to reclaim their health and wellbeing. Let's lock arms. You are worth it, and you deserve it. ~Happy Healthy!



Author's Note

Before we dive in, a quick but important note: I am not a medical doctor, and this book is not intended to diagnose, treat, cure, or prevent any disease. If you have specific health concerns, please consult with a licensed healthcare provider you trust. There is a time and a place for professional medical care, probably more often than you think, and also less often than some would have you believe. The goal here is not to replace your doctor but to help you approach wellness with more clarity, confidence, and discernment. There's room for both.

This book reflects the same approach I take on my podcast, *Salad with a Side of Fries*: it's a distillation of research, years of coaching, and hard-earned wisdom presented in a way that's actionable, relatable, and (most importantly) not overwhelming. To keep things uncomplicated, I've chosen not to include footnotes or lengthy academic citations. This isn't a textbook. Instead, I've pulled from credible research and my real-world experience to give you the most relevant insights without turning this into a homework assignment.

Think of this as “wellness without the weirdness”—science, strategy, and sanity delivered with compassion and candor. I hope this book helps you cut through the noise, build trust in yourself, and start making choices that work for you.

With that, let's get started.

—Jenn

Introduction

WTF is Wellness Anyway?

Why You Feel Like You're Doing Everything and Still Getting Nowhere

Wellness is everywhere.

It's in your inbox, your Instagram feed, your grocery cart. It's in the text your friend just sent you about the supplement she swears by and the podcast your coworker wants you to listen to on your next walk. It's the reason you bought that \$14 smoothie that tasted vaguely like lawn.

You're not short on advice. You're drowning in it.

And somehow, after all of it—after the books and the programs and the protein powders—you're still not sure what being well actually means. You've tried being good. You've tracked. You've fasted. You've juiced. You've ordered the salad when you really wanted the fries. And some days, you just said screw it and got the fries anyway, then felt bad about it.

Meanwhile, the world around you is throwing contradictions like dodgeballs. Coffee is a superfood—no, it's inflammatory. Fat is bad—wait, actually fat is good, but only the right fats, and only on Tuesdays if you've worked out and fasted while standing on your head. You should meditate, hydrate, exfoliate, activate your glutes, and eliminate sugar but not fruit but maybe also fruit?

Yeah. It's exhausting. And confusing. And kind of infuriating. And here's the truth no one has ever told you (or you refuse to believe):

YOU are NOT the problem. The system is.

The wellness world has become a branding exercise. A performance. A billion-dollar industry where the loudest voices often know the least and the people with the most lived experience are told to just *try harder*.

Let's pause here, because if you're reading this, I know something about you already: You care. You're doing a lot. You're smart enough to spot the BS, and tired enough to wonder if any of it is worth it.

You've likely asked yourself, *Why does it feel like I'm doing everything and still getting nowhere?* That's the question this book was born from.

So if you've ever felt like wellness is a job you didn't apply for, a test you're failing, or a finish line that keeps moving—you're in the right place. Hi, friend.

Full disclosure: This book isn't a plan. It's a perspective shift. We're going to uncomplicate wellness. Let's start by asking a better question than, "Am I doing it right?" Let's ask, "What the hell is wellness anyway?"

What We've Been Sold

For most of us, wellness was never clearly defined.

It just kind of oozed into our lives. One doctor's visit here, one clickbait headline there. Maybe a Weight Watchers meeting in the '90s. A coworker who swears by celery juice. Your mom's voice reminding you not to eat after 7:00 p.m. The apps. The trackers. The rules you didn't make but somehow follow anyway.

And if we had to guess what wellness actually meant? Most people would say, "Be thin. Don't get sick. Follow the plan."

The truth is that a lot of the institutions and systems that shaped our understanding of health weren't trying to create wellness in the first place. They were trying to cut costs, sell products, and avoid liability. Or just make things easier for overworked doctors and teachers in overburdened systems.

Let's take a look at how this plays out:

Introduction

Doctors (as we know them in the US with our Western healthcare system) are trained to treat symptoms and diseases, not build health. They're not taught how to help you feel your best; they're taught how to get you back to "not sick." And that's not their fault. It's the system they were trained in. One that rewards efficiency over exploration, treatment over prevention, and checklists over curiosity.

Insurance companies don't insure health; they insure disease management and the sustainability of the insurance company. What they'll cover isn't necessarily what's best for your body. It's what's billable through a diagnosis code. Their job is to mitigate financial risk, not to help you thrive. They're not your wellness partner, they're your safety net when things go off the rails. And even then, only sometimes.

The diet industry doesn't want you well; it wants you hooked. It thrives on your dissatisfaction. It's built on shame, sustained by yo-yo results, and padded by marketing that convinces you your body is a problem to be solved. It sells you a finish line, knowing full well it's a loop. And when the plan doesn't work long-term? It blames you, not the product or the plan.

Media and marketing aestheticize health and moralize thinness, selling you an airbrushed version of wellness that has more to do with filters than facts.

Government guidelines are shaped more by lobbyists, subsidies, and political compromises than science. Powerful people, companies, and dollars determine what's defined as "healthy," often at the cost of what's truly effective.

Tech and biohacking culture promise optimization but often create anxiety. When your body becomes a data set to

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fix, you lose sight of what it means to feel energized and confident, not just measure well.

So no, the systems aren't optimized for wellness. They're optimized for maintenance, compliance, and mass-scale simplicity. (And often, to put dollars in someone's pocket).

But you're not a mass-scale product. You're a person. With a body. With needs. With a life. And that's why so many of us—despite doing everything “right”—still feel off. Still feel tired. Still feel like health is something other people get to have.

Because we've been measuring what they told us. We've been chasing the outcomes they implied. And we've been using broken tools to try to fix ourselves.

But the problem was never you.

So, What Is Wellness?

Wellness is not a number. It's not a cleanse. It's not a moral ranking of who had the kale salad and who had the fries. It's not the absence of illness. It's not your insurance company's approval. And it's not your BMI.

Wellness is the energy to live your life. It's the ability to chase your kid up the hill and roll down it laughing. It's sleeping through the night without pain. It's walking into your closet and not dreading getting dressed. It's thinking about something other than food all day. It's having the bandwidth to show up—for your job, your family, your joy.

Wellness is being able to choose. Because when you don't feel well, you don't have options. You have obligations. You're reacting, surviving, running on fumes. Real wellness gives you freedom—mental, emotional, physical.

And guess what? *You* get to define what that looks like for you. That's the first radical shift: *Wellness* isn't a standard to meet; it's a relationship to build. And it has layers. Yes, there's the physical stuff: nutrition, sleep, movement, blood sugar, hormones, energy. There's also the mental and emotional stuff: stress, joy,

purpose, connection. And the relational stuff: how you show up with people you love. And the practical stuff: time, money, support, survival.

It all counts. And it's all connected.

We've been taught to treat health like it lives in its own little circle. But real wellness? It's the circle around all the other circles. It's what allows you to show up in your life, not what takes you away from it.

This isn't about *balance*, which, let's be honest, is kind of a trap. It's about presence. It's about being where you are. Owning your choices. Building capacity, without guilt or shame.

That's why wellness can't be about rules. It has to be about discernment.

Not, *Am I doing it right?*

But, *Is this working for me?*

That's the filter we're building in this book. One that quiets the noise and helps you tune into your own signals. Because no physician, no influencer, no app, no algorithm knows your body better than you do. And once you start to learn its language? Everything changes.

The Personal Shift

If you've ever felt like you were just meant to struggle with food forever, I get it. I spent years on the carousel of dieting. On again, off again. Up five pounds, down ten. Trying the thing (*every* thing), following the rules, doing everything "right"—only to watch it stop working, again. And then it was on to the next plan. The next fix. The next list of foods I was "allowed" to eat.

It wasn't a journey. It was a saga. Dramatic. Exhausting. All-consuming. And the worst part? I thought it was normal. That this was just what life would be: counting, restricting, rebounding, obsessing.

Until it wasn't.

Everything started to change when I stopped focusing on the number on the scale and started asking a different question, *What is my body doing with the food I'm giving it?*

Not what's "good or bad." Not what's "clean or dirty." Not whether I "should" eat it. Just, *How does my body process this? What's happening underneath the surface?*

That one shift opened the door to the science behind the hype. To the biochemistry and the physiology. And more importantly, it gave me context. Suddenly, my cravings weren't moral failures; they were biological signals.

My "lack of discipline" wasn't a character flaw; it was a blood sugar crash. The plan didn't fail because I wasn't strong enough. The plan failed because it was never designed for real life—or real bodies—in the first place.

So I built a relationship with my body instead of trying to outsmart it. I stopped obsessing over food, not because I had stronger willpower, but because I finally understood what my body needed and why. And I reclaimed all the mental energy I had been spending on the "shoulds" and redirected it to the stuff that actually matters.

And now, as a coach and podcaster, that's the shift I help other people make too. Not toward perfection, but toward understanding, discernment, choice, and most importantly, toward real, sustainable wellness in every facet. Because when you stop trying to fix yourself and start learning to listen, you realize you were never broken.

This Book Is Your Filter

Let me be clear about something upfront: This is not a 30-day plan (or a 60- or 90-day plan). There are no gold stars. No weigh-ins. No before and after photos.

This isn't about following steps. It's about changing how you think, so you can stop following and start choosing for yourself.

Because once you can filter wellness advice through a smarter lens, you no longer need a new plan every Monday. You no longer

need to feel guilty for skipping a workout or eating something you genuinely enjoy (even if it was someone else's birthday). You stop asking, *Is this allowed?* and start asking, *Is this working for me?*

This book is here to build that lens. It's a collection of principles, not prescriptions.

Each chapter unpacks a core truth that can help you untangle years of diet culture, shame marketing, hyped hacks, and one-size-fits-none advice. You don't have to read in order; just start where you are. Come back to what you need. Let each section be a conversation, not a command.

Some chapters will bust myths you didn't even know you were carrying. Others will zoom in on the things that actually move the needle. All of them will offer a mix of real talk and science delivered with humor, humanity, and just enough sass to keep it fun.

This isn't about doing wellness perfectly (now that we know what it is). It's about doing the pieces that work for you consistently enough to feel better (and better). It is about coming back to yourself so you can stop feeling like your health is a never-ending to-do list because wellness isn't a job.

It's your fuel. It's your foundation. It's your right. And you don't need anyone else's permission to reclaim it.

The Invitation

So let's bring it back to you. If you could change one thing about your health today or prevent one thing in the future, what would it be? Not ten things. Not everything. One. Write it down.

Now ask yourself, *What's standing in the way of doing it?* That's the task. Not to fix your whole life overnight. Not to nail the perfect routine. Just get honest about the gap. See it. That's where change starts, not with guilt, but with awareness.

And from here forward, that's how we'll move. Not with pressure, but with presence and trust in your body. Not with shoulds, but with practical strategies backed by science and common sense. Not with fear, but with curiosity and discernment.

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Because wellness isn't about finally getting it "right." It's about finally making it yours. So let's quiet the noise, clear the fog, ditch the dogma, and uncomplicate your wellness.

You ready? Let's do this.



PART I

Quiet the Noise



You're the Magic Bullet

Let's get one thing straight from the jump: If you've ever wished for a magic bullet—some secret plan, miracle supplement, or perfect set of habits to finally “fix it”—this is going to be annoying and freeing all at once.

Because the magic bullet? It's you.

Yep. Not the diet. Not the app. Not the friend's cousin's shake program. You.

Now, before your brain chimes in with, “Cool, but then why haven't I figured it out yet?”—let's zoom out. You're not the problem. You've just spent years navigating a wellness world that sells solutions while quietly undermining your trust in yourself.

It's not a coincidence that you feel stuck. The system thrives when you do. Confused people are compliant people, and the wellness industry is good at keeping you confused. It speaks in urgent headlines and contradictory advice. Eat more protein, but not too much. Fast, but not for too long. Cut sugar, but enjoy life. Be consistent, but also flexible. Oh, and by the way? Start over on Monday.

It's no wonder you're exhausted. But here's the shift this chapter is inviting you into: the most powerful, sustainable, life-giving change won't come from finding a better system. It comes from learning to trust yourself inside this noisy one.

That's not a fluffy affirmation. It's a strategy. Because once you understand how this industry works—and how you've been conditioned to doubt yourself—you can stop waiting for the next fix and start filtering the nonsense. You can stop thinking you need someone else's plan and start remembering your own power.

This isn't about finally getting it “right.” It's about reclaiming the ability to tell what's right for you.

The Problem Isn't You, It's the System

If you've ever felt like you “can't stick with anything,” or like every attempt at getting healthier turns into a new version of the same old cycle—start strong, slip, shame, repeat—it's not because you lack willpower. It's because the wellness industry is structured to profit from your doubt.

Case in point: In 2019, the U.S. diet industry hit a record \$78 billion. That's a lot of zeroes tied to people not reaching their goals. If diets worked, that industry wouldn't be booming. There would be a mass graduation ceremony of people who “figured it out” and left the game. But that's not what happens. Because what they're selling isn't solutions—it's control. And shame. And a cycle that keeps you trying the next thing instead of trusting yourself.

Meanwhile, what's happening to our actual health?

- Over 50 percent of US adults have diabetes
- 95 percent aren't getting enough fiber
- Only 12 percent of people are considered metabolically healthy
- And one in four dieters develops an eating disorder

Let's connect the dots. We're more informed than ever. Exercise is up. Smoking is down. People know what a macro is. And still, waistlines are growing, blood sugar is rising, and wellness feels harder than it needs to. That's not a personal failure. That's a system-level disconnect.

Because what you've been taught to chase—thinness, control, perfection—isn't health. And what you've been told to ignore, your hunger cues, your body's signals, your emotional wellbeing, is often the very thing you need to reclaim.

The result? You've spent years learning not to trust yourself. And in that space of doubt, the industry has filled the gap with rules, rigidity, and expensive "fixes."

Why the Fixes Keep Failing

Every diet, app, pill, or challenge you've tried had one thing in common: It told you the answer was out there. Something to follow. Something to obey. Something that would work if only you could keep up.

And when it didn't? It was quietly your fault.

Here's the truth: Those "fixes" weren't designed to create lasting change. They were designed to be compelling. To make you feel hopeful enough to start, and guilty enough to start over.

Let's break down a few of the greatest hits because naming them for what they are is step one in reclaiming your power.

Keto: All or Nothing with No Exit Strategy

Created initially as a clinical tool for pediatric epilepsy, keto wasn't built for your brunch plans or your biology. To maintain ketosis, you have to be relentlessly precise, like tightrope-walker-meets-lab-technician precise. One wrong bite and you're out.

Yes, some people drop weight quickly on keto. Most gain it back, and then some. Why? Because there's no room for birthday cake. Or balance. Or your favorite roasted carrots.

And long-term? It's hard on your organs, your breath, and your sanity.

A woman in line at Trader Joe's once said it best: "Fuck keto. I lost thirty pounds and gained back fifty-five." That's not success. That's a trap with a shiny sign.

Intermittent Fasting: Structure Without Substance

Let's be clear, there are times and places where fasting can support the body. Yet for most people using it as a weight loss tool, it's just another way to micromanage behavior without addressing the underlying issues.

If you're constantly thinking about food, shrinking the hours you're "allowed" to eat might quiet the noise. But it doesn't heal the relationship. And if the six hours in which you eat are a free-for-all, you haven't solved the problem, you've just delayed it.

Also? There's no long-term data that says this is a sustainable path to health. And if it's creating more stress than relief, your hormones are already calling BS.

Weight Loss Pills: Hope in a Bottle

There's a difference between supplements that support your biology and pills that promise to melt fat. The line gets blurred fast, especially when you're desperate.

Most fat burners and "metabolism boosters" are just expensive stimulants, diuretics, or unsubstantiated cocktails that mess with your heart rate more than your waistline. True, some ingredients, like chromium or white kidney bean extract, have evidence behind them. But no, that fizzy Alka-Seltzer-looking tablet that "melts belly fat" didn't actually win Shark Tank. It's a scam. So are most before-and-after photos. What you're seeing is lighting, angles, and sometimes Photoshop, not proof of health.

If it sounds too good to be true, it probably is.

Wellness Apps: Behavioral or Just Calorie Counting with Homework?

Noom markets itself as the anti-diet. Behavioral psychology! Lasting change! Color-coded foods! But behind the fancy UX and cheerful emails is the same old formula: eat less, move more, track everything. Only now, you get articles assigned to you like it's a nutrition-themed AP class. You're promised insight. What you get is screen fatigue, generic food traffic lights, and a sense of failure when you stop keeping up.

One user summed it up like this: "It was calorie math disguised as coaching. And it made me feel like a dropout." And for someone with actual health conditions? Some of the guidance is not just unhelpful; it might be actively harmful.

Listen, anything can work for someone...for a finite period. The goal here isn't short-term compliance. It's long-term capacity. And most of these programs aren't built for that.

The Bottom Line

The point is that none of these solutions asked you to build trust in yourself. None helped you understand your body better. None gave you tools for the messy, unpredictable reality of being human. And none of them made you the magic bullet because none of them believed you could be.

Why It's So Tempting to Keep Trying

Let's be honest: it's seductive. The shiny new plan. The before-and-after photo. The promise that this one will finally fix what the last one didn't. Especially when it's wrapped in buzzwords like "wellness," "science-backed," or "just thirty days."

When you're exhausted, overwhelmed, or quietly disappointed in yourself, the idea of starting fresh is a dopamine hit. It feels like hope.

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Here's the truth: We keep reaching for external solutions because we've been taught not to trust ourselves.

You've been conditioned to believe:

- If it didn't work, it's because you didn't work hard enough
- If you stop, it means you lack discipline
- If you're struggling, you need something more rigid, more extreme, more controlled

So you start again. And again. And again.

Beth, one of my clients, put it this way: "There's a narrative that says you can't do this on your own. That you're going to fail unless you buy the product or follow the system. But that's not your voice, that's theirs." She's right. The system keeps whispering, "You can't be trusted. Let us decide for you."

And it's subtle. Over time, you internalize that voice. You start to second-guess your hunger, your preferences, your capacity. You stop listening to your body because it never seems to match what you think it "should" be saying.

But here's the thing: Your body isn't malfunctioning; your self-trust has just been overridden.

The diet industry doesn't want you to know this. Because once you stop outsourcing your power—and realize that change can come from within—you become the one thing they can't sell to: Unshakable. Self-led. Unmarketable. That's why reclaiming your agency feels so radical. Because it is.

What Actually Works (and Doesn't Require a Clean Slate)

So here's the shift: Instead of asking *What plan should I follow?* start asking, *How do I want to live?*

Because the truth is, anything can "work" in the short term. Keto can drop pounds. Fasting can suppress hunger. Apps can track every calorie you breathe near. But if you can't or don't want to live like that long-term, it's not working. It's performing.

You're the Magic Bullet

So what does work? It's not sexy. It doesn't come with before-and-afters. But it's the stuff that actually creates sustainable health and energy.

Know Your Why

(I know this can be trite, but go with me for a minute.)

Not the surface-level stuff like “lose ten pounds” or “fit into jeans from 2012.” We're talking about the real why.

Do you want more energy for your kids? To stop thinking about food 24/7? To feel like you again? To be able to get up off the toilet without assistance when you're old(er)? That's your compass. When you know why you're doing something, the noise gets quieter.

Anchor in a Few Keystone Habits

No, you don't need to overhaul your life. In fact, please don't. That's a trap. Pick two or three non-negotiables that hold you steady, especially during stressful seasons:

- A solid breakfast with protein
- Drinking water before caffeine
- Prioritizing sleep (even if it means skipping a workout, *gasp!*)
- Going for a walk after dinner
- Eating vegetables because they make you feel satisfied and alert, not because someone told you to

These don't need to be flashy. They need to be yours. And when life gets loud (hi, holidays), these are the things that help you stay grounded. Notice that I didn't say perfect.

Create Integrity With Yourself

The quickest way to erode trust in yourself is to break your promises. That doesn't mean you never skip a workout or eat

dessert. It means you stop setting yourself up with unrealistic goals you can't (and don't want to) meet. Start small. Choose what you will do. Then do it. And repeat. That builds trust.

Use Accountability as Amplification, Not Obligation

You don't need someone to yell at you. You need someone who helps you stay honest, curious, and consistent. Whether it's a coach, a friend, an online community, or a text thread, find people who reflect your commitment back to you, not your guilt.

And if you're tempted by that ad, that app, that limited-time offer, ask someone you trust to reality-check it with you.

Practice Discernment

Just because it's labeled "wellness" doesn't mean it's healthful. Gluten-free milk? Vegan chicken nuggets with fifty ingredients? Soap labeled "keto"? Come on.

In the UK, Cheetos are banned. And no, not because the government is anti-snack, but because they didn't meet basic food standards. Meanwhile, here in the US, ketchup has a different ingredient list depending on where you buy it. (Spoiler: tomatoes are often not the main ingredient.)

You don't need to obsess; you simply need to stay awake. Wellness isn't about following more rules. It's about choosing with clarity. When you have a plan that's rooted in science, sanity, and self-respect, you're not tempted by shiny nonsense because you already know what works for you.

How to Spot Nonsense Before You Get Sucked In

The more you reclaim your role as the magic bullet, the more the noise will start to sound like... noise. But that doesn't mean the

nonsense stops coming. Ads, influencers, fitfluencers, apps, powders, pills—it's all still coming for you. So here's how to spot the red flags before you hand over your money, time, or trust.

If it promises fast, permanent results, it's lying.

Bodies don't work like that. Behavior doesn't work like that. Biology doesn't work like that. Change takes time. It's messy. It adapts. Anything that skips those steps isn't sustainable; it's a sales pitch.

If it can't handle real life, it can't handle you.

Any plan that falls apart because you had a birthday, a vacation, a Tuesday with back-to-back meetings? That plan was never built for life. You were.

If it tells you to fear food, it's not about health.

Whether it's carbs, fat, fruit, or vegetables (yes, some plans even villainize those)—if it turns your plate into a minefield, it's not wellness. It's anxiety.

If it depends on perfection, it's a setup.

You will miss a workout. You will eat dessert. You will have days where movement means walking from your desk to the fridge and back. A system that doesn't expect that is built to make you feel like a failure. On purpose.

If it makes you feel small, restricted, or ashamed, it's not working.

Wellness isn't about shrinking. It's about expanding—your energy, your freedom, your confidence, your life. So what do you do instead? You build a BS filter. One that asks:

- Is this helping me listen to my body or silence it?
- Can I live this way forever, without resenting it?
- Would I want to model this behavior for someone I love?

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If an answer is no, it's a no. Period. And if you're ever unsure? Phone a friend. Run it by someone who isn't in panic mode. Ask your coach, your community, your truth-teller circle.

Because now you know better. You know that if something doesn't work *with* your life, it won't work *for* your life. You know that most of what's marketed as wellness is just stress with better branding. You know that health isn't about shrinking—it's about strengthening.

This is about respect. For your body. Your time. Your peace. Your life. And the more you practice that respect, the more bulletproof your self-trust becomes. So the next time the industry tries to sell you a shiny new fix, you'll already know the truth:

YOU are the magic bullet. Now act like it.

