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Class of 2027
Dietetic Internship

Personal Statement

I will never forget the empty feeling I had walking out of my doctors office countless times during my senior year of high school. What started as a dramatic reaction of tears quickly turned to a feeling of helplessness that I “just had to accept”. Those were the words of my gynecologist who had been treating me for three years at that point for constant hormonal imbalances. Time and time again I was “treated” with hormonal birth control which only escalated my health concerns. Along with the discomfort of my imbalances, I could not remember a time I had a healthy relationship with food and my appearance. I would starve myself to be skinny and then fall into the constant cycle of stress eating.

At this point I knew I had to make a drastic change if I wanted to live free of chronic illness and the added stress of the unknown. I looked into alternative medicine as a source of treatment, and it was then that I finally discovered food as medicine. I made an appointment with an online dietician and was listened to and actually had someone care about how I was feeling, instead of being told my symptoms were a “normal part of being a woman”.

My passion for food began a long time ago when I got my first taste of my grandmother's homemade perogies. My passion for healthy living and food as medicine began at my first appointment with the dietitian. Since then, I have spent every waking moment of my free time educating myself further about the power of nutrition. The time I have spent in food banks opened my eyes to another side of nutrition. It was so deeply uncomfortable to me to know that the thing I was so passionate about was not accessible to everyone. I was able to experience first hand how a lack of nutritious foods can affect the quality of life. From that day on, I knew that my passion progressed past the point of aesthetic and into a real world phenomenon.

Breaking nutritional stereotypes is also something I had quite a personal journey with. It is a horrifying reality that so many adolescents develop eating disorders before their brain is fully developed. Being a woman myself, I've had a first hand experience with normalizing an eating disorder. It was not until the end of my high school years that I realized I could've been struggling with an eating disorder. This frightened me. I was so lost when it came to eating. I was scared to eat and also scared to stop eating. All the misinformation provided online and even in the school system made it nearly impossible for me to be at peace with food. Watching people around me struggle with their own nutrition only made things worse for myself. I had no concept of what a nutritious day of eating looked and felt like.

My passion is to make others feel the way I felt with my dietitian. I would love the opportunity to teach women and men that living with chronic pain and fear is not acceptable, and that nutrition and wellness could absolutely change their lives the same way it changed mine. Nutrition provides a solution where medicine cannot. My goal is to provide accurate information that is applicable to patients dealing with chronic health concerns or disease. Every individual deserves to be heard and seen as well as respected on their treatment decisions. I feel I can be that source of comfort and solution that patients deserve.