MONDRU

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The Body Asks, the Mind Judges

Food Cravings

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SYNOPSIS

The Body Asks, the Mind Judges moves through our most intimate desires. Desires to express and feel what we cannot. Desires that culminate in eating—an uncontrollable eating where we are tortured by anticipation and lack. Thinking about how delicious it would be to eat something and suffering for it is increasingly common, and unfortunately, many drown in the seas of desire. Are we seized by uncontrollable forces that make us lose our heads? Weaving through literature, music, and concepts in psychology, a nutritionist seeks to understand desire in its various facets, dialoguing with science and clinical practice—at times through situations experienced with his patients, at others through everyday discords and the restlessness of exploring the human mind and remaining unsettled by its complexity.

ABOUT THE AUTHOR

Nutritionist (UNIFESP) with a Master of Science from Universidade de São Paulo (USP). He works as a specialized research manager at ESALQ-USP. During his undergraduate studies, he worked with neurochemical analysis in animal models for binge eating (FAPESP fellow). In 2016, he received the Young Neuroscientist Award from the Sociedade Brasileira de Neurociências e Comportamento (SBNeC). In 2017, he joined the Instituto de Psiquiatria do Hospital das Clínicas (IPq), shifting toward clinical research and his master's degree. He holds specialized training in Eating Disorders (AMBULIM-IPq-HCFMUSP) and is a researcher at FMUSP.

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