

EPISODE 20**[INTRODUCTION]**

[0:00:01] AS: You know battling food and your body doesn't work. You want to love and accept yourself. And because you're insatiable, you want results too. And wouldn't you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that's your prime time to thrive. We're here to say "YES!" to the hunger of wanting it all. I'm your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a truce with food.

[0:00:44] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTERVIEW]

[00:00:52.2] AS: Hello everybody and welcome to Insatiable. This is our first ever bonus episode and I'm here solo, Ali. Juliet is taking the day off but part of the bonus episode that we're doing here is actually going to interview one of my current Truce with Food participants. Some of the feedback that we got from our episode about what's the difference between Weight Watchers, a health coach and a trainer was that it was really helpful to understand what coaching is but you had a lot more questions.

So, coaching can be hard to explain from the coach's perspective and so I figured why not you just hear from someone who's going through the process so that you guys can not only learn about coaching but what's really involved when it comes to healing your relationship with food, losing weight the healthy way and bridge that gap. I think a lot of us know it's not just about the food but it can be hard to understand really what the connections are to the emotions that are in our life. So thankfully we have my client, Linda here. Welcome Linda.

[00:01:53.5] L: Hi Ali.

[00:01:54.3] AS: Thank you so much for your time and for joining us.

[00:01:57.2] L: Sure.

[00:01:59.8] AS: Okay, good and you can tell everyone or I should tell everyone that you're not here against your will, right?

[00:02:04.5] L: No, absolutely not.

[00:02:07.4] AS: Yeah and just to give the listeners out there, just to let you guys know how we're going to be following Linda, so today we're just going to take about 25 to 30 minutes and just hear about Linda's story, why she decided to do Truce with Food and we've actually been into the program for a month now and so I want to ask Linda from her perspective.

I mean I know how she's doing in the program and everything but in her own words and what she's realizing is happening and then we're going to check in once a month moving forward for 15 minutes and just get an update of what she's discovering and what not. So that's the format, to check in with Linda will be the middle of the month every month. So the second episode in May, the second episode in June, the second episode in July, the second episode in August and I think six months will be September, I don't know.

[00:02:57.9] L: Yes.

[00:02:59.1] AS: We'll figure it out. Okay, so thanks for being here Linda. Again, thank you so much. So my first question for you is up until you decided to do Truce with Food, what was your experience with food and your weight? Take us back.

[00:03:13.6] L: I've pretty much done every diet and plan there is and I would say growing up, I was the chubby kid but when I look back I'm like, "Oh my gosh I wasn't chubby at all," but I think and I guess we'll get to it in a little bit, I've really learned a lot of the reliance I have on food for comfort started in my childhood which I don't think I realized pretty much until this month.

But in the past, I had done — I think I was even dieting in high school and through college and I went through different versions of what I would call dieting where I think the one that always came about was when I would say, “Well I’m making a lifestyle change,” and it never really was a lifestyle change but it was me calling it a lifestyle change but it was just some other plan.

I did South Beach, I did Weight Watchers, I think the one I had the most success on was Weight Watchers a while ago when they had the core plan and the interesting part that I’m starting to realize was that it was kind of leaving you to your own devices to figure out what foods made you feel good but what I liked was it was all whole foods.

So it wasn’t counting calories and points and hundred calorie packs. It was like brown rice and vegetables and that was food that I actually liked to eat but without kind of that burden but the problem was that I don’t think I ever realized how to know that I wasn’t hungry anymore. I was eating tons of fruit all the time and giant fruit salads.

Not that they’re bad but I don’t think they were necessarily what my body needed. So I guess trying to get to the present state in the fall, I started — oh and actually I should probably give the most recently, I was doing a lot of exercise and working with a nutritionist on like a meal plan sort of thing and that worked for about 18 months and I felt like I was doing really well and I felt really good.

Then in the fall, I started to slide away from that. I went from working out six or seven times a week to four and two and then one time a week and then I was going weeks without working out and then when I wasn’t working out, my eating really suffered. So it was almost like everything started falling apart and this is going to sound so crazy, but then I discovered you Ali.

[00:05:31.4] AS: We met.

[00:05:33.1] L: And what you were talking about really resonated with me because I’m like, “Why does everything seem to work and then it doesn’t work anymore?” And then every time it didn’t work, I think the time between feeling ready to start something new took longer and it broke me down a little. So then I think I did your reboot, was the first program I did with you and I couldn’t believe how great I felt.

But I think the reason I wanted to do Truce with Food is because it brings that emotional component in which I think I didn't realize until I really got into the program. I'm calling it the emotional component but you probably have a word for it but how much we were going to do with that and less about the food in the beginning which I'm thinking that's what I've been missing all along.

[00:06:20.3] AS: Yeah, I have so many questions for you and you were talking about thinking that you are making a lifestyle change and I can totally relate to that because before I found my own way, I was like, "Okay, this is a lifestyle change," and the lifestyle change to me was working out in the morning instead of afternoon or at lunch or it was keeping food out of my house. That always I would just go to the grocery store and binge on anyways.

So I didn't have this idea either and it really is about an identity change. To make a lifestyle change, you actually have to see yourself differently and so I think a lot of people out there that's really beneficial for them to think about, "Wow, what really is a lifestyle change?" So how do you see it now? I would love to know. Again, this is still unfolding, but where you are now.

[00:07:04.7] L: Right.

[00:07:05.6] AS: How do you still a lifestyle change now?

[00:07:08.6] L: So I think when you just said identity change, that really resonates with me because what I'm working through right now isn't about like "don't keep Doritos at home or don't go in the chocolate drawer at work". What I'm working through now is really trying to understand who I am and why I am the way I am and right now, it's less about feeling good or bad about what I'm needing or staying on a certain plan.

But what is interesting going hand in hand with that has been me realizing that there are foods that make me feel really good and when I'm eating those foods, the other things don't temp me as much, which I don't think I ever really made that connection before. I would just be, "Wow, this is so great. I have such great self-control and staying consistent for two weeks," or whatever

but in reality, I'm wondering if at those times, it was just that the stars are aligning and I was eating the foods that helped me stay in control.

[00:08:04.9] AS: I love that you say that because all of us can experience that of like we've tried everything and then it wears us out to the point like you said, "Okay, it's going to take me longer to start something new." Because I think when things were working, like you were talking about something worked for 18 months but it was energy intensive, right?

Like exercising as often as you were and I don't know if you were tracking your food or planning and so it works but then when it's so much energy to keep to up, and often we don't know what is working and I think that is so much important to know what is working versus what isn't working and it's all about measuring the right things which is what you're talking about.

Like, oh my god realizing, I love that you said that there's foods that make me feel really good. I think that speaking of identity, you mentioned that you felt chubby as a kid. I think a lot of us who have battled with our weight since being kids think we just love bad food or we just love the feeling of sugar and that may be true also but there's very real part of ourselves that loves good food that makes us feel good.

[00:09:09.9] L: Well first of all, I'm a data person. So I love making decisions and being informed by data which I think is interesting when I say I don't like counting calories and points and whatnot but what's really worked for me, I don't know if we're talking about specifically the foods that have worked but I loved the experiments that we're doing with Truce with Food.

I don't know if I can share it with the others who don't know what the experiments are but figuring out which types of breakfast work well for my blood sugar. That was really enlightening and the interesting part was, I was so nervous to try the one that I didn't think was going to be the right one but interestingly, none of them made me feel bad. I just felt differently in each different type of meal.

So I've realized when I am having those breakfast, I am fine until lunch and then at lunch time, I eat my lunch and I don't have any major cravings. So depending on the proportion of my protein

and my fat at lunch, my afternoon is a lot easier and then for example, this weekend and do the grocery shopping. I think the groceries are coming today.

So my lunch is a lot less balanced and in the afternoons I was like, “Where is the chocolate drawer?” And yesterday, I was having popcorn and I’m realizing that it really is because of lunch. It’s not because I don’t have self-control. It’s because the lunch I had didn’t set me up well for this afternoon. I have to say that, talk about the change of identity, this is me realizing I am not bad at dieting. I am not someone with no self-control. It was the food wasn’t the right food for me.

[00:10:45.8] AS: Yeah and I love that you say you’re a data person because I am too even though I have grown into my creative side, I was totally an honours Math and Sciences and I am still very analytical but I think what’s frustrating to me is I see so many people tracking the wrong things and it’s just frustrating because I think there are wasting energy and I hate wasting energy maybe because I get tired very easily.

But I think it’s not about — this is the sweet spot, and it’s the type of people that I am usually in conversation with, they want that medium between not caring at all but then not being obsessive and if you know the right things to track, the data does become fun. Because ultimately, it’s a productive use of your time to know that and how that identity shift is really huge.

[00:11:33.1] L: Right and you know what’s cool is that it feels so tangible. So as I would tweak the breakfast, I was able to notice how I felt which in reality, I think I was feeling so crappy for so long because I was not eating the right things. I didn’t even realize how good “good” it could feel so it’s cool.

[00:11:51.7] AS: Yeah, well that is a question that I have because a lot of and this is not one plan is better than the other but you had mentioned on the core plan, you are feeling really good and you said I felt great. One of my biggest challenges in trying to get anyone to care about nutrition, not just for weight loss or to work with me but just to realize the power that they have is most of us don’t realize how good we could feel.

And I know that's what started my whole entire journey. I was like, "Wait, I don't have to live with asthma, acne, allergy?" Like, "What? I thought these things you just have to live with." But can you sense a difference now or was it about feeling the same when you were doing different plans or is it a different level now?

[00:12:26.4] L: Yeah, I think it's a different level. So that was I did core right before I got married. So that was 10-ish years ago. So I was probably doing it about 12 years ago and first of all, I was 12 years younger so I think I felt differently just being a younger person but I think what I can compare, I think it is hard to compare, like I said 12 years ago versus now but I also don't think I realized at that point I was still really relying on coffee to get me going in the morning.

Where I'm finding when I have the right breakfast, there are days where I have forgotten to drink my coffee. I bring it in the car with me and I get to work and I am already drinking my water. I'm like, "Oh my gosh, I didn't even," and I feel fine. I don't feel like I need the coffee. When I was pregnant with my daughter, I was like, "How am I going to get going with no coffee for nine months? How will I stayed awake?"

So I know there are very subtle things that back then, I could never have had coffee, I wouldn't have been functioning. So those kinds of things I think are definitely different and I also think the level of focus that I've experienced when I'm eating right. Eating right is probably not the right word, but having foods that make me feel good that the focus is something that I've never experienced to that degree or at least realizing that it was from food and I could tell that is because this month is interesting.

I'm working on a certain project at work. So my work load each day is about the same and I can tell how focused I am on the work based on what I'm eating and it's less about, "Oh this isn't interesting," or, "I don't feel like I'm doing it." It's more, "I ate something and now I'm in the zone," and it's a different way that I've ever really acknowledged feeling because of food.

[00:14:09.1] AS: Yeah and I love that because I think so many times we think that if we embark on weight loss or to get healthy, we're like, "We're doing it for ourselves but so much of the motivation and we can't see it at the time is out of shame or fear or what other people are going

to think of our bodies or the choices that we're making on a micro level and then our bodies are on the macro long term level but when you can start to make those connections with the right data, it doesn't instantly take off the extra known pressure.

I mean I'm all about — I'm like the side eye coach like, "What are you promising?" But when you can see that, "Wow, I'll be focused, I'm more focused or I don't need coffee or I feel more present, it's amazing." I always say that's the difference between inspiration and motivation and it doesn't feel like, "Oh, I'm so inspired and I have my hands out." But it's like, "Wow, that makes my life easier if I do this," and it's not about punishing myself. It's like, "Why don't I just add more ease to my life?"

[00:15:06.4] L: Yeah, I know. That's exactly it, totally.

[00:15:09.5] AS: I love that you're mentioning too that it's so subtle like the three different breakfast and for everyone who is listening, if you go to my website you can get it's a free mini course which is called the number one healthy weight loss blind spot course and it's just five e-mails but it gets into about how to measure in a way that is actually productive but to what Linda was talking about, the right percentage of fat, carbs and proteins for you because everyone really is different.

But what you were noticing is that even through all the experiments, there were subtle changes. I think people are expecting to feel that once you can tune in, you can see that the changes are really subtle. It's not necessarily this big sweeping changes but it's enough that it moves the needle. So do you feel like not only are you measuring different things but you're also — I don't know how to describe it. I always say the body is so subtle. It's not going to scream at you like you do when you're like, "Why am I over my points?"

[00:16:03.8] L: Yeah and it's interesting because I was worried that I wouldn't be able to tell the differences because I think I'm so used to years and years not being in touch with my body. Actually when I did the reboot plan with you, I first of all was like, "I have no idea when I'm hungry." So I'd be like, "I think I'm hungry? Well I usually eat now," and it was overwhelming for me because I realized I didn't know when I was hungry or not.

I think as I've been eating my breakfast that made me feel good, the changes were a little different where I am like, "Okay, I know I am not hungry," but the changes were one meal maybe really chatty and another meal, I was really mellow. Like not tired, but just mellow and then the right one was right in the middle and it was just kind of cool to see that, which I think even if I had any of the other two, I probably still would have felt right not realized that there was a way to feel even better.

[00:17:02.2] AS: Oh I love that. Yeah, feel even better and it reminds me in our group, we have one of our friends because I think of you guys, we have so much fun together but who noticed that tapping her foot was a signal for her that her blood sugar was imbalanced. So we all have these, I like that you noticed you were extra chatty.

I noticed that I feel like I can take on the world for an hour and then I'm like, "Why do I have so much to do?" Like an hour later and sometimes my ear rings and the other women in our group, her foot was tapping and so everyone is so different. I mean there are some universal themes but we all have our own bodies, we all have our little quirks to be like, "Hey," you know?

[00:17:39.3] L: It's so cool. I just, I love discovering that so it's been fun.

[00:17:44.4] AS: Yeah and I love that you used the word "discovery" because the obstacle is the path. Ultimately, all of these is designed for everyone to trust themselves again so we have to discover it for ourselves. If we need to trust ourselves, we just automatically can't get the insight from someone else. It's just the nature of the design.

[00:18:02.0] L: It's funny, actually doing this with you for about a month now, I realized why — I don't know. And I don't want to say it doesn't make sense but all those times where I've followed a meal plan that someone gave me, and that's so not — maybe that worked for other people but it's feels like I think the root to discovering what makes me feel good is going to help me figure things out as I go forward when I don't have the meals that you're suggesting.

So that's where I think it starts to feel like, "Okay, this is going to be part of my life now," where before, it was like, "If I can only stick to this meal plan for the rest of my life," that's a little harder.

[00:18:40.9] AS: Yeah, well you know I got an e-mail from one of the women in the group who she's been traveling a lot and she was saying to me that she hasn't been able to cook. I give everyone different meals to try but then moving into month two, you guys are going to try to create your own combinations but she has been travelling.

She said that despite travelling and being in airports and on long plane rides because she knows the percentages, she's really able to organize her plate in a way that no matter where she is, she can make a great choice and I think there is so much peace of mind there rather than thinking.

I mean I remember when I was dieting, when I was on a roll, I would skip social events, which then I was lonely. I'm like, "There not going to be anything I can eat," or I didn't know how to create a plate that would still make me feel good no matter what the combination, whatever was available and so that's part of the design of it too so that you can bring it wherever, that knowing, wherever you go.

So I want to switch over to the last part of this conversation on the emotional piece. I guess we can kick it off with that identity piece and I would call it the emotional piece as well and actually the first lesson with Truce with Food is a live coaching and you really I think for the first time will see this issue differently, and I guess I am just telling this everyone for the listeners and then we really understand what I call our good girl gridlock.

The beliefs that cause certain identities that we had that really keep us stuck and the same way that I want people to track us, I actually want them to not add more to do around health and losing weight but actually just eliminate their self-sabotage. What has been your experience with the emotional work or what we've done so far?

[0:20:22.5] L: So I would say the first thing that I started to realize was just like I was saying earlier when I had no idea if I was hungry or not. I would say on a daily basis, I had no idea what I was feeling. I've kind of connected to this side of me and it's actually helping me seriously as a mother because I'm realizing that I don't even encourage my kids to think about what are they feeling in that moment.

It feels so elementary but it took me a while I think when we first introduced like at the live coaching session I was like, “I know what I have to work on, I know what it is,” and then I started going through it and I’m like. Things don’t feel different. There’s got to be more to this because it feels too easy. Everything is working out, I’m like, “Okay, and everything’s working out the way it has to. I need to dig deeper.”

And I think the progression of the homework you gave kind of encouraged those digging deeper until I all of a sudden hit me and I know what I need to work on and it was like a lump in my stomach and it distracted me for a couple of days where I was processing it and realizing, how am I — like my whole life, I had this feeling. I was thinking back and was like a montage from a movie where I could see myself feeling that in college, in middle school, all these different times.

The interesting part was even through that, that was the kind of thing I think — and then I started to realize that those were the feelings that I did typically eat or drink to avoid to avoid dealing with to kind of like blank out and not have to feel that way. I did kind of forcing myself. What do you like to say? Smooth in? What is that?

[0:22:03.9] AS: Soften into them.

[0:22:06.9] L: Kind of recognizing it and putting it out there and putting a name to my emotion and feeling has really been something I really have never done. Like I said, the interesting part, this worked. Working on eating and so forth. I could tell the times where I was thinking about and I was like, “I need a glass of wine.” Or, “Oh I’m going to eat these pretzels and just not care.”

I started to realize I’m doing it because this thing is on my mind and I’m trying to put it off. I think having that acknowledgement of it and not being on autopilot and just cruising through, that’s been — I don’t know, it kind of like brought all the pieces together.

[0:22:47.2] AS: Yeah, you say it sounds elementary but our society — I love to blame society even though I know we’re part of society, but not like in a victim standpoint but I think we forget that we have grown up in a very dis-eased culture. Emotions are not something that are valued,

we value the intellect and thought over emotions because they are more ambiguous. How do you measure them, right?

I always say to my clients who are like, "I'm so stressed." I'm like, "Wouldn't it be easier to work on your stress that you went and got a blood test for it?" And they were like, "Woah, your levels are like a thousand where they should be 10." I need to work on this in a way that's just more nebulous when it's just in the ether I guess you should say.

I don't think it's elementary at all. I think it's actually really radical and progressive to try to put language and also I like that you said put a name to them because just by being able to name them, they become contained and a big part of I think emotional eating or eating to, like you said, like have some pretzels or some wine is we can't name what we're actually feeling.

Over time, I'm talking decades or even however long you've been dieting. You just start to believe that you love food when really that's just the only coping mechanism most of us have been taught. I remember my dad was the one in our family who really struggled with food and I remember, we were super close and I love my dad and he was super involved in our growing up but I remember he took us to learn how to swim and I didn't want to jump off the diving board.

He's like, "We'll go to Dunkin Donuts," and I was like, I ran off that — and I cannon balled. "I'm there," you know? Then like, I played softball and after a game you got Doritos and a grape soda. I cringe now but that was the big treat and so, I feel so bad for parents because then it's like, it's just kind of what our culture does. It's not just even what we have in the home but what everyone — or at work. If it's a birthday, everyone — or there's an Eagles game, right?

[0:24:46.5] L: It's funny because I do that as a parent now. If you go in the pool and swim lessons we'll stop at Checkers on the way home. I'm doing these things and it's so natural, it doesn't even involve any thought but the interesting thing is I've connected with those behaviors. I started to realize that it feels like a little more work in the beginning but doing something together instead of involving food has deepened my relationship with my children.

Because I've been conscious of that, exactly what you were just talking about and not involving food as the reward for being good and doing whatever. We've been kind of doing like a little

more activities together and that's actually been helping with my emotional problem where I feel like I'm not paying enough attention to my kids. So it's interesting how it's so interwoven.

[0:25:37.6] AS: Yeah, and I love that you said, it is more work upfront and is more energy but I always know, you're a data person and if you think of like the return on the investment, right? I always think about that with okay, putting the time upfront so that it just gets easier and that's part of why I'm so big on removing the resistance because you're existing, you are going to have to put an effort.

I still to this day don't think it's nearly as much effort as it took to diet for 18 years. But it does take a little bit more effort but you're putting it into a system that gives you something back versus just like checking off a box and then being drained afterwards. So I'm glad that you said that because it does take more effort upfront but you're finding it to still be rewarding.

[0:26:18.4] L: Right, absolutely.

[0:26:20.3] AS: Yeah, I think that — I mean is there anything else? We'd done one month of Truce with Food, we're going to check in with you as you unfold and learning. Oh, I remember what I wanted to ask you. I am someone, if once I really have the clarity or I know what's going on, even if I'm not struggling, it feels better. How does it feel to actually for the first, maybe it's not for the first time, but to have the clarity of what the real challenge is, that it's not, that you don't have self-control? And yeah, it's other stuff that you have to emotionally work through but it's actually, I would say, a new direction. How does that feel?

[0:26:56.3] L: It's huge. It actually to your point, it actually is the first time where I have first of all clarity on the underlying situation that is probably causing a lot of the things I've been trying to deal with for however many years but it's interesting. Working through these emotions gave me kind of a few things in my life aside from just the food, things that I wanted to work on and some of its' involved relationships with family and just some other things that I'm dealing with.

And over those past weekend. I went and visited my sister and my mom and I had a great conversation with my sister and kind of just like revealed a lot of the stuff I've been working on in the program and it seriously felt like a huge weight was — actually, I feel like I weight about 50

pounds less, I haven't weighed myself and I don't know if it was true but just carrying around all of those emotions and not sharing them was a really big weight.

First of all I feel lighter in that way but also I think for so long I was punishing — I don't want to say punishing myself, but I felt like I was a bad person like I couldn't stick to a diet or what is wrong with me? Why do I do it and then if it doesn't work? So I think realizing, and I'm not saying it's because of all these things that I couldn't do. It really boils down to the fact that I'm a good person and it's just a matter of helping to figure out this side of myself that needs a little bit more support and the way to support it isn't by overeating the pretzels.

So funny, I just had pretzels last night and I overate them. But I realized what I was doing, but it really has been, it's really eye opening and like I said also where the eating thing this week wasn't my best week but the funny part is I realized that I'm like, "Ah, I can't wait for the groceries to come on Friday." I probably could have done some things differently but let's not reflect on that. But I was like, "I can't wait to get that" — it's almost like I'm a drug addict. The food is my drug. I want to feel that way, I want to feel good and realizing that it's not, "Oh I just have to get more focused."

[0:29:00.2] AS: Yeah, I'm glad that you brought up about overeating the pretzels because we talk about having new measurements and it's not about all of a sudden like the sunshine comes out and my god, man, I would patent that. IPO. I'll be dancing in the streets with Oprah.

It is to your point like being, "Oh my god, I am looking forward to eating well again." Like you shared in class, on Thursday, you got back on track so much sooner and it wasn't that focus as you were saying.

[0:29:34.0] L: Right.

[0:29:34.1] AS: Yeah, what you said that you feel 50 pounds lighter and I always say that our body lives downstream of our soul and so as we lighten up this all and listen to it, the weight does — I mean, it's a side effect of that and I'm so big into metaphors because I think our biology tells a story, I think the story we're living influences what we eat in our biology.

So keep going towards the lightness rather than, I know in a traditional battle narrative, we use the battle narrative and masters on this and words just aren't just words but they determine the direction we go and we think that we have to strive and gear up and or focus or this like tension.

When really, it's following that likeness, it's following where does it feel easy or good or better? And the latest statistics I saw like that 98% of diets fail and the good people who think they're bad, they don't question the model, they question themselves and I did it for 18 years. So I completely understand. Like, "I can do this, why can't I figure this out?" I'm glad that you're heading towards the lightness.

[0:30:41.7] L: It's funny, earlier in the week when I knew we were going to have this fall, my gosh, I better start working on my eating, I better get this all — and then I realized, this is part of the process and actually, I had to say, even though my weight goals because my weight goals aren't really part of my goals for being in this program. My goal for being in the program is to kind of get to the bottom of this and go forward. And I feel like that's where I'm really making progress, I would say month one is a pretty big success, I would say, internally.

[0:31:14.7] AS: Yeah, I even like on the program page, if people are expecting a linear process that it's not for them. It's as much about who is ready for this or who has the right fit for but if you're still, I think and again, I'm someone who took so long to accept but it's like no, it's not going to be linear. It's circular and you even mentioned that how the exercises, they're strategically designed to plant the seed and then go deeper and then because it changes just very circular. It took me a long time to really accept that. I was like, in theory, "Yeah, yeah, yeah." Then you just see the magic if you just kind of surrender to that.

Yeah, any parting wisdom or anything that I didn't ask that you would have like to share before we wrap up our bonus session and we'll check in with you in month two where we're building month one where it's all about rebooting our mindset from the good girl mindset and then month two is building this boss mindset where we can become more in charge of our beliefs, our emotions and digest life better as we talk about the GI track, it's super sexy.

[0:32:19.0] L: Actually, I don't have anything else to add except that I'm kind of excited to reflect again next month and I think having this conversation was kind of nice because I feel like I'm

going to be able to see where I was now and I'm excited to see what kind of progress I make in the next month. Yeah, thank you.

[0:32:38.6] AS: Yeah, no, thank you. It's so important because I think all of us who are keeping a million balls in the air and accomplishing things left and right, it's so easy for us to forget what we have accomplished rather than what's next.

Well wonderful, thank you so much for your time Linda and again, everybody, if you want to get, learn more about metabolic typing and how to figure out the right percentage of fats, proteins and carbs for you can go to my home page, Alishapiro.com and just opt in there and you'll get free mini course on The Number One Healthy Weight Loss Blind Spot because it really is not knowing what works for you. You'll learn more there.

We will be back in a month so it will be the middle of May, I don't have my calendar open so I'm not quite sure the exact episode but check in the middle of the month. It will be part of an episode, it will just be the intro and we'll hear where Linda is next time. Thanks so much Linda.

[0:33:30.5] L: Bye everyone.

[0:33:31.7] AS: Bye everyone.

[END OF INTERVIEW]

[0:33:35.6] JB: Thank you so much for listening to the Insatiable Podcast. We hope you enjoy today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us on ali@alishapiro.com and juliet@unitefitness.com. We'll see you next time.

[END]