

EPISODE 27

[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.

[EPISODE]

[0:00:51] JB: This is episode 27 on the Insatiable podcast. Today, we are talking about what the New York times Biggest Loser article left out about weight loss. In the past couple of weeks there have been multiple articles surrounding The Biggest Loser and this competition show and the contestants and what their experiences were and if they still have their weight loss or if they've gained their weight back and I know there's a lot of push back from contestants now claiming that the show wasn't all that was cracked up to be.

We want to talk about it and it's a hot topic right now and Ali and I have a lot to say. It will be about The Biggest Loser but it will also be about weight loss in general and like I said, what that show is leaving out about weight loss that we want to make sure we cover.

[0:01:40.8] AS: Yeah. I wish people were this fired up about global warming because that's contributing to weight gain too as it changes the bacteria in our gut biomes but I understand too, it's also something kind of fun to talk about but media loves controversies. Yeah, I've gotten a

ton of question on this Juliet and I think I'll kick off with kind us talking about the first one if that's cool with you.

[0:02:04.9] JB: Yeah, go ahead.

[0:02:06.2] AS: One of the biggest questions that I got was, "Does this happen with all weight loss?" In terms of, if people lose weight more slowly, will their metabolism crash? Let's back up.

[0:02:16.9] JB: I was going to say, let's talk about what this article was for those of you who do haven't read it.

[0:02:21.9] AS: So the article was basically, I think they studied — they did scientific research and controlled studies as much as you can do controlled studies in nutrition. Meaning also trying to isolate one thing that people do. I think it was season eight, season 12, I don't know? One of the seasons and basically the majority of the contestants had gained all the weight back, which as I wrote in my newsletter, I don't think most people were surprised they gained their weight back.

But what I think horrified and shocked people and scared them for themselves was that even though the contestants gained the weight back, their metabolism on average was burning like 500 calories less a day. As I said to my readers on my newsletter, I thought it painted a very empathetic yet grim picture of weight loss. That was the summary, did I leave anything?

[0:03:09.1] JB: No, I was just going to add to that. Before this article even surfaced, a couple years back, I was invited to an off Broadway show and it was a handful of Biggest Loser competitors that had been on different seasons and it was them telling their stories about their experience with weight loss and most of them, I would say 85 to 90% of them had gained their weight back, that were on this show on the off Broadway show.

[0:03:43.2] AS: What do they say?

[0:03:44.1] JB: Some of them were actually winners of the show.

[0:03:46.4] AS: Did they say why they thought it happened or did they say it was too hard to keep everything up or?

[0:03:51.3] JB: I mean a lot of it was just real life right? Coming back to real life and there's a lot of emotional trauma that doesn't get worked through when you're on a show as Ali and I talked about in our Q&A episode, what episode was that? That was episode 25 so a couple of episodes ago. That when you're on the ranch, there's only so much work that can be done and you're not dealing with some of that deep, deep stuff. When you're going back to the place that you gained weight or you're being re-triggered, it's not all puppies and butterflies. Shit's hard, the shit's hard.

[0:04:25.5] AS: Yeah, well and sometimes it's not even deep emotional stuff but just our society is not setup to be healthy. Back in the day it was when people could walk to work and we were doing normal working hours and people slept, there wasn't air pollution.

[0:04:44.1] JB: They were farming, yeah.

[0:04:45.8] AS: Our society, despite, I always feel like I say this, but there is this American narrative that we can control everything and that we're independent and we are also influenced by our environment, that's the biggest scam going that we're not influenced by our environment and so today in age, we're all working a lot, there is environmental toxins that contribute to making it but the point is there's a lot of pressure and trying to prioritize your health has to become something extra that just isn't built into everyday life.

You can start to build it into your everyday life but you have to figure out how you're going to make that work amongst friends who love to go out and booze about every holiday with like enormous amounts of food, everything revolves around food. It's so hard to be active, you've got to figure that out in your real life. Of course The Biggest Loser leaves that out but the article itself didn't even broach that topic.

Although what I thought was interesting was this neuroscientist wrote a very thoughtful op-ed piece in the New York times that followed up not really about the emotional part but she was talking about that everyone's body has a set point range that varies from person to person,

that's determined by your jeans and life experience and I think her point was often that she talked about how she had dieted a lot and how when she was in graduate school, she binged a lot because of the stress and it was often in reaction to the restricting that she had done. But I would say that your set point is also, she said, "Life experience, that's a very big category."

[0:06:15.3] JB: What do you mean by set point?

[0:06:17.1] AS: She was saying that all of us have a set point range on our weight.

[0:06:19.8] JB: Okay, that's what I thought you meant.

[0:06:21.6] AS: Yeah, I should have clarified.

[0:06:23.9] JB: Do you think that's true too from working with clients? I know I throw the term a lot with clients like finding what your natural weight is, right? A lot of people come to you and say I want to be 128 pounds and you're like, "Okay, that's a very specific number. Where does that number come from," you know?

[0:06:42.1] AS: I don't think all of us are going healthy on the BMI which we've also talked about the BMI not that it matter but I do think we all have a natural body type but I don't believe in this. I just think everything in life is so adaptable and changeable, I mean that's how we survive. Why would our body weight have some sort of thing that cannot change?

[0:07:02.4] JB: You're so right because to be the same weight at 20 to 75 years old, fat chance. All pun intended.

[0:07:12.1] AS: I find too now that I don't binge and restrict, even if I — I actually don't know what I weigh but I still look thinner than I used to because I'm not enflamed from that binging, over exercising routine that I used to do. That puts a lot of stress on the body.

[0:07:27.5] JB: Well that's what we're talking about here, right? With The Biggest Loser.

[0:07:32.0] AS: This woman was writing in the op-ed, which was spawned from this article though, was saying that she was bingeing and graduate school as a reaction to the restriction and that there is a biological reaction that will happen, there's also stress in grad school I don't think people examine that enough. I examine that in Truce With Food but how we create our own stress and we have to learn to manage stress.

It's not only a physical response, there is a very emotional response. The article didn't even approach the emotional, the framing was that it was calories in, calories out which makes me cringe and we are going to have JD Roth who is the producer of Biggest Loser on our show on July and we're going to talk to him about some of the things on the show.

This is more about what the article left out. One of the big questions that I got was is your metabolism affected if you don't do this rapid weight loss? And Juliet, I thought you brought up such a good point at the open Q&A happy hour about how the show used to be like, "Wow, they lost five pounds in one week," and now it's 30 pounds in a week. I don't watch the show anymore, full disclosure.

That's kind of wild and so people were thinking, "Oh, if I lose one to two pounds a week or one to two pounds a month, would that be different?" I'd love to discuss that because what I thought was really interesting was, the New York times in the second follow up article about short answers to hard weight loss questions that was in reaction to the first article that they wrote. Their answer was that, "No, it doesn't change." But this is a really important piece for listeners because part of why it can be so overwhelming, it's not — because you have to understand how people are conducting studies. Not just what the study does but how they conduct it.

So the studies they cited in the article, they cited one study that people gained weight the same rate back if they had done slow or fast weight loss and they also showed studies of studies like a meta study where it basically crawls the data of all this studies and came to the same conclusion that, "No, fast and slow weight loss still do the same thing to your metabolism." But when I looked at the studies, especially the meta studies, what I thought was really interesting was, how they defined fast and slow. Fast weight loss which this is I think abuse is under 800 calories a day, did you know that?

[0:09:54.5] JB: No, I did not know that.

[0:09:55.9] AS: Yeah, they were defining fast weight loss as under 800 calories a day.

[0:09:59.3] JB: So you're not defining fast weight loss as an amount of weight lost in a certain amount of time? They're just determining it by calories? That's — okay, that's really interesting first of all.

[0:10:09.5] AS: Right. Because everyone is different. It's different and it's always about the delta of yourself. Slow weight loss was eight to 1,200 calories a day.

[0:10:20.6] JB: Okay, my clients that experienced weight loss, I've never have put any client under 1,200 ever.

[0:10:28.7] AS: That's my point.

[0:10:30.9] JB: Most of my female clients are on 1,600 to 2,000 calories a day and experience lots of weight and fat loss. Most of my men are anywhere from two to 3,000 calories a day.

[0:10:44.8] AS: Yeah, I should say, in the single study, they defined the calorie deficit, they have them cut four to 500 calories a day but to me that's still super-fast, to cut 500 food calories a day?

[0:10:57.7] JB: That's what I'm doing with my clients. No, but I'm still putting them on 1,600 to 2,000 or two to 3,000. That's still with the deficit because of the amount that they're exercising and it depends on the kind of food you're eating, right? There's certain calories that are going to fill you up a lot versus calories and then we'll not fill you up at all.

[0:11:19.5] AS: Well that's what's also interesting is in the studies, a lot of it was liquid diets. Like you're getting liquid nutrition. To me, again, this whole model of framing things as calories in, calories out and then judging your metabolism, your metabolism is part of the healing system of your body, different foods register differently.

[0:11:37.1] JB: It's so hard to determine things with these studies, right? Because there's so many variables. Okay, they did this study with both of those are extremely low and fast, low calories, fast weight loss, it's a liquid diet, it's like, "Nobody wants to do this study with food?"

[0:11:52.5] AS: It's hard to control too, right?

[0:11:54.1] JB: So then you see something like this and then everybody, you read a study and most of us read a study and we go, "Oh, we know the answers now."

[0:12:02.5] AS: Yeah, how the study defines its terms are so important and I think when you start to look at that, you can start to see that a lot of the stuff isn't as overwhelming or conflicting as you think. Just to kind of circle back if you are doing calories, which you do with your clients, you will cut their food by 500 calories and then they'll workout as intensely as they do at Unite for like another calorie deficit?

[0:12:26.6] JB: Yes. Well I will never put any — it depends on the person, right. We're going to talk about this a little bit too but the more weight that you have to lose, the larger you are then that deficit does not feel as straining because your body does have more weight to lose and you do have more body fat that your body can feed off of versus somebody who is smaller that wants to lose a more minimal amount of weight or fat then that deficit's not going to be as large.

[0:12:55.3] AS: What's your threshold for the deficit?

[0:12:57.7] JB: Like how much of a calorie deficit to put someone on?

[0:12:59.7] AS: Yeah, so do you say if someone wants to lose under 30 pounds, they should try more for one to two pounds a month versus someone who wants to lose like 30 to a hundred, it can be two pounds a week or do not.

[0:13:12.3] JB: I don't do it by that, I do it by the BMR of the person, the basal metabolic rate. Determine, it's just like calculation, you can do a resting metabolic rate test which is just you actually are seeing how many calories the person is burning at rest, which determines how much they can consume to maintain their weight or how much they would need to decrease

their weight. For example, when I had this done to myself, if I were to just put the calculation into the computer which is you just put your age, your height, your weight, you do a whole calculation to figure out on average how many calories I'm burning at rest, which is determined by my age, my gender, and my height and weight. It's very kind of an average number, you would say that I burn about 1,350 calories a day on average. That's how much I'm burning at a resting state just to be alive.

[0:14:00.5] AS: That's based on just a computer calculator?

[0:14:02.4] JB: A calculation, yes.

[0:14:04.1] AS: It's not based on like...

[0:14:04.5] JB: Like the Harris Benedict equation. Now, when I did the RMR which is the resting metabolic rate test which is in a breathing tube, actually see how many calories you're burning which is the accurate way of doing it, it tells me that I burn 1,850 calories a day resting. That's a huge difference.

[0:14:23.0] AS: Right, where did this previous generic calculator come from?

[0:14:27.5] JB: It's a real average, you know what I mean? It's like when you're on a treadmill and you put your weight in or not even — I guess sometimes you put your weight in but it tells you like, this is how many calories you burned. That's not accurate at all, that's just based on an average right? We're not calculating how much muscle the person has on their body. That answers another question that I know that is in that article and the response, which is, it said something about the more muscle you have in your body doesn't burn calories.

[0:14:59.4] AS: Well that preserves your metabolism because a lot of people say, "Oh, if you lose weight that quickly, you're also losing muscle."

[0:15:04.1] JB: That is true but when I work with a client, my whole goal with them is to be monitoring their body fat loss and their weight loss to make sure that we are not losing muscle. The way that this can be done is by making sure that they're losing fat, they're not losing muscle

by the food that they are eating. Making sure their blood sugar is stable, they're eating — I know — the right kinds of food, right? That they're not losing too much water, that they're lifting weights, they're not just doing cardio, there are tips and tricks to making sure that your body's not just losing weight right?

Because we don't want to lose muscle, we don't want to lose — you lose water weight, everybody does every day but muscle mass is definitely something you want to preserve, muscle is so important.

[0:15:52.9] AS: Right, so I do, before we go to that though, for people listening, it sounds like then really understanding how many calories you need or whatnot. I don't count calories with my clients.

[0:16:03.5] JB: I don't either, I don't count my calories. I have in the past but I don't...

[0:16:07.1] AS: You do with clients though, right?

[0:16:09.7] JB: Here's what I do with the client because I kind of bridge two things together because I am of the mind setup, I don't think that we need to be obsessing over calories and numbers and counting because that's the opposite of what I preached. However, I do think that in the first one to two weeks, I'll have them log so that they become aware of how much things are to give them the energy that they need.

[0:16:31.0] AS: Yeah, I always tell my clients, "Sometimes it's helpful to check in with portion just to recalibrate and make sure a portion is a portion."

[0:16:39.1] JB: Most of the time, I think I was talking about this earlier Ali, I just sent Ali a transformation picture of a client of mine who she lost like 30 pounds and she's like a little ripped machine now, she looks amazing but I was saying, most of the time, the clients aren't eating enough, talk about like — we're talking about calorie restriction, this client came to me and was eating 1,200 calories a day and her body was starving itself and was just, she wasn't able to lose anything in fact she kept gaining fat because her body was in a starvation point where it was preserving all the fat it could because it was thinking that she was killing it. That's a

little dramatic. So I put her on like a 16 to 1,800 calorie diet, I just had her eating more and she lost like a ton of body fat.

[0:17:24.1] AS: Tell them what you added into her diet and took out?

[0:17:27.5] JB: What did I add when I told.

[0:17:27.8] AS: You said she was eating like low fat.

[0:17:30.3] JB: Yeah, light and fit yogurts and just a lot of low fat artificially sweetened products to trick herself into eating less, right? That's a way that you can eat more but still have less calories. I have her eating real food. Things that are very filling.

[0:17:46.7] AS: You bring up this good point relating to the article, it's like yeah, their metabolisms are burning less, not necessarily because they lost weight but because it's in a starvation mode probably still. That's really important, I think that's a really important message for people because if we're framing it in calories in, calories out, what you just share with your client and what these studies are doing is really putting people, especially if they're eating 800 calories a day or drastically cutting calories. It's not about the amount of calories, it's the act of starving yourself.

[0:18:17.2] JB: Why don't we measure their mood? God. I'm like, "How can you live off of that? 800 calories a day?" I'm like...

[0:18:25.2] AS: That's my point too.

[0:18:26.7] JB: ...how is their brain functioning?

[0:18:28.5] AS: Exactly and that's what I talked about to my list is like, I'm always looking at it thought the lens of how you relate to food and inevitably, if you're cutting calories that much, you're setting yourself up for a binge. Not because — you're not even emotional but because your body will rebel against that.

[0:18:43.3] JB: Your body is craving nutrition, you cannot get enough nutrients in 800 calories, especially on a liquid diet.

[0:18:50.7] AS: Right, then, so many times, my clients start to realize that their “bad food” choices are often more in reaction to guilt, it wasn’t like the one bite, it’s that they had one and so it sends up this really big emotional stress and mental anguish that then causes you to eat more but I think that’s really important for people listening who are worried about preserving their metabolism. The goal is to just make sure your body knows it’s not starving.

To your point, then let’s pick up again about this building muscle mass. Because if hind this really interesting, the article that was the second article, the Q&A article that was *Short Answers to Hard Weight Loss Questions*, I believe that was the title. Someone asked about. “If you do preserve muscle mass and then you lift weights to increase your muscle mass, do you have a higher resting metabolic rate?” And the article basically said, “Not really,” and that is counter to everything that I’ve heard and my own experience when I start lifting...

[0:19:48.7] JB: You’re hungrier.

[0:19:49.5] AS: No, I found myself — I found myself getting slimmer, I find that I think I’m changing what I eat.

[0:19:58.1] JB: Often times I will hear that people are hungrier when they’re lifting and that’s in response to their resting metabolic rate increasing, you’re hungrier. Yeah, you do, you want to be hungry for sure, it’s not a bad thing to... Yeah, it’s not a bad thing to have healthy hunger, yes, there’s such a thing as unhealthy hunger right? When your blood sugar is out of control and you’re hungry because you’re eating the things that aren’t filling you up but it’s okay to be hungry. I’m with you Ali, I don’t think that’s accurate and it’s counter...

[0:20:28.3] AS: Well you tell me how it works, because I don’t have the expertise.

[0:20:29.9] JB: It’s counter intuitive to everything that I learned, studying kinesiology and the way the body works. We know that your body size and composition plays a role. If your body is

larger, even if you have more fat on your body, most of the time you still have more muscle on your body.

When you are a larger person, let's take somebody who is morbidly obese, they are a walking weight. They're walking around with a ton of weight on them which is actually basically like lifting their own weight all day which is increasing their resting metabolic rate because they do end up building muscle. I've worked with many obese people and their muscle mass and their strength sometimes always amazes me but if they are moving their bodies, they're moving all that weight around, so it makes sense, they are weight lifting without actually going to a gym.

[0:21:18.8] AS: I never thought about that.

[0:21:22.0] JB: The smaller you are, the less food you need, the larger you are, the more food you need. However, if you are much larger and a lot of it is comprised of body fat, let's say you're, 30% or more of your body is made up of fat which we would consider to be at risk and an obese amount of body fat, you can be in a little bit more of an extreme caloric deficit than someone who is smaller. So someone who is much larger, yes they can eat more but they also can eat less in order to lose that body fat because their body has more fat to burn and to feed off of itself.

[0:22:00.1] AS: But does the body think it's starving if it has those reserves? Does that...

[0:22:04.0] JB: You have to do it in the right ways I think. So still, you can put them on a larger caloric deficit than let's say you were me, but not to an extreme where their body would be in a stress state. That's the thing we want to avoid is the extremely stress state because that's where your body is saying, "Oh whoa, there's something wrong here."

[0:22:25.6] AS: For people who are calorie counters or are trying to lose weight, what do you think is that stress state? I always approach it from a health standpoint in the sense that — because, to me, weight loss is often a side effect, this is what I've seen in my practice as you heal your blood sugar and your gut health, you decrease your inflammation, you get your entire body working more elegantly, which includes your metabolism.

I remember I used to like having this imagination that your metabolism is like an organ unto itself but it's part of a whole of how your body works. I always approach it like get everyone as healthy as possible because then their inflammation goes down, they're detoxing properly without extremes, the body will detox on its own.

Estrogen which causes weight gain is getting out of their body, all the stuff that you need the body to be unstressed, that's how I approach it but how do you, given that you work more with kind of planning and calories or macro nutrients. What do you think is the stress level for people?

[0:23:25.3] JB: It's hard to say, right? I mean, I typically don't do more than 750 calorie deficit per day. I'm talking about that with a very large person right?

[0:23:36.9] AS: How are you defining very large?

[0:23:38.8] JB: I would say with someone like 30% or more of their body being comprised of fat.

[0:23:43.6] AS: I like that you're using a percent, a fat percentage rather than like the weight because to your point...

[0:23:43.6] JB: However, it also depends on their — it does depend on their weight a little bit right? Because we have TOFI's, we have very thin people who they could have 30% or more of their bodyweight fat and there's no way I'm going to put them on a 750 calorie deficit because someone who is a 130 pounds that would put them at under 1,200 calories a day and so it's really based person to person. It's so hard for me to generalize it, so it depends on bodyweight a little bit.

[0:24:20.4] AS: Yeah, that's good to know, it's kind of like, there's different factors, just relying on counting calories is just an incomplete picture. I think what's interesting, I just watched the movie That Sugar film, have you heard of it?

[0:24:32.5] JB: What's it called? I think I may have seen it.

[0:24:34.2] AS: It's called That Sugar Film. Because they know people...

[0:24:37.6] JB: Oh. "Oh, yYu know, That Sugar Film." No, I don't think I've seen — I think I saw a preview for it, I don't think I saw it.

[0:24:43.8] AS: I think it's actually a brilliant title because no one can remember anything anymore, so they just call it That Sugar Film.

[0:24:49.2] JB: That's great.

[0:24:49.7] AS: Butt's basically an Australian dude who, he's trying to prove that a calorie isn't a calorie which is really important because...

[0:24:56.4] JB: I love that.

[0:24:57.1] AS: ...when you look at these research studies, liquid diets, they're assuming all calories are equal and you just need a certain amount of calories. Oh my god, that would be so miserable. Anyways, I think it's 30 days he follows himself or whatever. He actually had a super healthy girlfriend or fiancée or wife, I forget. I know she was pregnant, I remember that.

He did his numbers like his blood level numbers and all that stuff. What was really interesting, of course as the mood changes and all the stuff because he was only eating two "healthy foods". The low fat yogurts and he was just basically documenting how much sugar is in things and he gained weight. Even though he was eating the same amount of calories, he gained weight, it was mainly around his middle and I just love that he did that film.

We had people advocating for this idea right? Gary Taubes is really big into this, they even are starting their institute to do nutritional research to prove that a calorie is not a calorie but I thought the movie, again, creates a very great visual case for this.

[0:26:00.5] JB: I have such a problem with liquid diets. There's a time and a place for everything right? If we get in to the healing process right? Your body working to digest food, sometimes a liquid diet is less stress on your body and your body can work on healing itself.

And we're not — that's not what this episode is about, there's a time and a place for lots of things but as far as when we're talking about weight loss, which is what this episode is about.

When we're looking at the thermogenic effect of food, which is how food burns in your system. Liquid is going right into your system, your body is not doing anything to break that down. Versus when you're eating high fiber, high protein, healthy fats, your body has to actually burn some calories and do some work to digest that food, so there is what we call a thermogenic effect of that food which is also helping to increase the metabolic rate throughout the day. So there is multiple things when we're talking about your metabolism. You can burn calories with muscle on your body, you can also burn calories by eating food.

[0:27:04.6] AS: Yeah, well and I think too, part of — now I remember why I got on the tangent of That Sugar Film is people need to realize too that with metabolism and weight loss, fat is not idle and in other words, it's sending off inflammatory signals and there's different types of fat, there is like the white fat and the brown fat, some of it healthy, some of it is not.

But I think the big take away that I would like people to walk away from here is not about counting calories but to maximize your metabolism, you have to maximize your health which also means lowering inflammation to the point of — because inflammation causes you to gain weight as well but looking at your body, not just looking at your metabolism and what you burn, but what's the overall health of your body, minimizing inflammation because most issues come back to that, whether it's weight, disease...

[0:27:53.6] JB: Its' actually, I was looking up like the Mayo Clinic description of like metabolism. I agree with this and think you would too Ali. It says, "Unfortunately, weight gain is complicated, it is likely a combination of genetic makeup, hormonal controls, diet composition and the impact of environment on your lifestyle including sleep, physical activity, and stress. All of those factors result in an imbalance in the energy equation."

[0:28:19.6] AS: I do love that. Go Mayo Clinic! It sounds like mayonnaise now that I think it.

[0:28:25.1] JB: Totally does. Every time I think of Mayo Clinic, I think of Hellman's mayonnaise.

[0:28:30.6] AS: If it wasn't made with canola oil and it was maybe pasteurized eggs and olive oil, it would probably be healthy.

[0:28:35.6] JB: I do love mayonnaise.

[0:28:38.7] AS: Me too. Aioli sauce.

[0:28:40.4] JB: Yeah, we have good mayonnaise at my house and I make tuna salad at least once a week with it.

[0:28:45.9] AS: But I think that's interesting because what that does is it frames it not as a calorie conversation but again, as a health conversation. We know that things like BPA on receipts and in plastic, increase people's weight. We know that gut micro biome influence this weight, there's all this stuff and I think how to maximize your metabolism means how do I maximize my health?

[0:29:08.0] JB: We always start with the food everybody because I think when we're saying is people are like, "Oh fuck, well where do I start?" We always start with the food.

[0:29:17.0] AS: Yeah, it's the fastest route and I think too, we need to think about what motivates us to keep going and your motivation should be regenerative. In other words, you put out an effort, you get something back in return. When you're cutting calories, oh my god, that and eating liquid diets, I don't think the reward's great enough to keep going.

If you focus on health, or you're focused on feeling better, you focus on getting more toned, you will get that regeneration of motivation. It can't be just an external check of the box. I'm down two pounds or my body fat is decreasing and it's not even — it has to be something much more immediate like, "My mood is better, I'm sleeping better."

[0:29:59.6] JB: I have better poop.

[0:30:01.3] AS: Yes, my favorite. Well that and no more cravings. But I think that's one thing that looking at calories in, calories out and what this article and with The Biggest Loser, how it

frames the weight loss conversation, it's just so incomplete and it may be, you know, there's multiple ways of looking at things but I just find that this conversation is not a productive one.

[0:30:22.3] JB: Let's just go back a little bit because I want to feel like we answer this question in a solid way of the fast weight loss versus slow weight loss.

[0:30:31.9] AS: Yeah. Well in my opinion, and what I've seen with my clients, I've had clients who have lost 90 pounds, 60 pounds, 10 pounds, right? They kept it off to this day and they've often also said to me, "It's so strange, I'm getting older but it's easier to do now." That goes against the theory of metabolic, as you get older, it's harder.

These people who have kept the weight off have also made major emotional, an identity changes too. I don't think you can separate the two. They're all in different diets, some have gone vegetarian, some are on Mediterranean, some do better gluten free, they're all different but I'm thinking of one of my clients, she got divorced and changed her job, another guys left the firm he was with and started his own business. Another client learned to be more intuitive and trust herself more. She had lost 10 pounds and she has learned to poop better. Everyone has...

[0:31:20.7] JB: I had a client move to France. Lost 15 pounds in a month.

[0:31:26.4] AS: Yeah, people move to the city, one of my clients moved from Chestnut hill to the city and I know, getting 10,000 steps a day was so helpful for her in addition to changing what she ate but she's kept off 70 pounds. All of them have done it slow and steady and they had to — it didn't mean that they took their focus off weight loss, they still wanted to lose weight but they worked on making their health better and their lives lighter.

Turning to food as stress, didn't become such an effect. So I see those people. Now not all my clients, that doesn't happen to everyone, that would be amazing, I'd be on Oprah's couch on Super Soul Sunday.

[0:32:03.6] JB: Can we just talk about the end of this *Short Answers to Hard Questions About Weight Loss*, the article that was in response to The Biggest Loser article that's in the New York times? Because at the end it says, "So what hope is there for weight maintenance?" It says,

“Anecdotal reports by people who have succeeded in keeping weight off tend to have a common theme: constant diligence keeping close track of weight, controlling what food is eaten and how much often by weighing and measuring food, exercising often, putting up with hunger and resisting cravings to the best of their ability. Those who maintain a modest weight loss often report less of a struggle than those who are trying to keep off large amounts of weight.” Doesn’t this just sound fucking hopeless to you when you’re hearing that?

[0:32:45.2] AS: It does, and I’m glad you brought that up. But it’s all in the how right? We said this on the healthy, happy hour Q&A. Everyone who wants to lose weight and be healthy, they’re going to have to learn to sleep more, they’re going to have to get water in, they’re going to have to move and exercise in some way, definitely not as crazy as they may think and they’re going to have to get off processed foods and reduce their sugar including wine and alcohol. How you get there determines everything.

[0:33:11.2] JB: “Trying harder, constant diligence,” it doesn’t work like that.

[0:33:15.1] AS: Oh my god, I would never be able to keep that up. I want my clients thinking about food less.

[0:33:19.2] JB: “Controlling what food is eaten.” I’m just reading these words and I’m like, “This is everything that you and I say not to do.”

[0:33:26.1] AS: Right. I think if you — I don’t want to say that those people are taking the short cuts because I don’t think they even know that there’s another option, but I think if you still have to do that, you haven’t — I don’t know, there’s some lessons still to be learned.

[0:33:40.7] JB: I’m just thinking if I told the client, “You just got to put up with the hunger and resist the cravings.” Oh my god. That’s just like, “What the fuck?” I would never say that to someone. When people come, when I have client come in and they say, “I’m hungry Juliet,” I go, “Let’s fix this, I don’t want you to be hungry, let’s make you not hungry.” I don’t want anyone feeling hungry.

[0:34:02.9] AS: Oh some of the biggest mindset shifts have come because when people learned to balance their blood sugar, my clients are like, “Oh my god, I’m not hungry, I’m so full and I’m not thinking about food. It feels like a miracle.”

[0:34:16.2] JB: That’s where calories, the difference in calories matters. It’s right there, right? I was even explaining this to a client, I said, an apple versus a piece of Ezekiel bread, they’re very different foods and how they metabolize. The bread has fiber, some protein, it’s more of a complex carbohydrate, it’s a whole grain, the apple, yes it has vitamins and minerals but it’s 21 grams of sugar, it has pectin, a little bit of fiber but if we were to see which food would probably make to keep you fuller, I would tell you to eat a piece of bread with peanut butter on it before I would say, “Just have an apple for a snack.”

[0:34:56.3] AS: Now for me, it would depend on what their metabolic type was. Because for someone who’s more a slow burner, that apple’s going to be really good versus someone like me, my blood sugar is healed tremendously but I would need — I would probably do actually half the apple and peanut butter because I’m gluten intolerant.

That’s another thing too, all of these studies that they’ve done, which I find really interesting is they’re like, “Oh we’ve studied the paleo, we’ve studied Mediterranean, we’ve studied vegan, there isn’t one.” They’ve never aligned people’s nervous systems/metabolism.

[0:35:27.4] JB: That’s the next step right there. That’s where we need to go with everything is the metabolic typing.

[0:35:33.3] AS: Yes, I would love if they did studies like that. I don’t know if they would ever be funded and I don’t know...

[0:35:36.5] JB: I think it’s so obvious when you look at people, right? The different body types that are out there, we talked about working out for your body type on an episode.

[0:35:45.3] AS: I have to tell you? I was listening — Hi Autumn, she’s a listener and she said that she listened to that episode where we basically grill Juliet on how to work out, based on our bodies, episode six and she said she was in a lot of pain, she was moving and she was

scheduled to go to PT and then she heard that episode and she stopped running and got back to like weight lifting and the pain went away. So I just wanted to pass that along to you.

[0:36:09.2] JB: Thanks, awesome. Hi Autumn, congratulations. It's not for everyone, we are not all meant to be a runner, we're not all meant to be weight lifters, there's a lot of different forms of exercise out there.

[0:36:19.3] AS: But I think that's just an example of when you do what works for your body, injuries go away, weight, if you have excess weight, it will go away, it doesn't have to be what you just described at the end of that.

[0:36:30.4] JB: Do you know how many runners I have seen that are totally enflamed and overweight because they should not be — and it's not one thing that's causing this but they should not be running and the running is causing them that more inflammation and keep weight on their body. They shouldn't be running, "Running is not — that's not your sport, it's okay." You ask them, "Do you like it?" They really don't most of the time.

[0:36:54.7] AS: I know, I know.

[0:36:55.9] JB: They don't like it, they're like, "It's the only thing that works." I'm like, "Where did you learn that? Because it's clearly not working." I mean I don't say that to them but I'm like, "When — you think it works? You heard it works, it works for your friend."

[0:37:08.9] AS: I think a lot of times people don't understand why something's working. In high school, I ran, every morning because I was psycho. I was like psycho exercise, because if I didn't exercise and I was going to eat all day, I was very thin, after I was heavy and then after chemo I was thin and then to keep it off, I continued to run, I would do five or six miles a day.

That is where, I mean, I was 25 years younger but I was more active in general, I didn't have the stress of like — I grew up very privileged and a very great middle class, I had great friends like I didn't have the stress of life. I didn't have all of the stuff to manage and stress will, again, it is how you relate to stress and there were times that I did like it. I would meet my friends, we have

that community. I also found a stronger sense of community with my high school friends, I have great friends now but it's not the same.

[0:38:01.7] JB: When I think about the thinnest that I ever was, I was a smoker, I drank, yeah.

[0:38:08.7] AS: I didn't know you smoked.

[0:38:08.7] JB: No one's ever noticed I smoked.

[0:38:11.0] AS: Confessional.

[0:38:13.1] JB: Yeah, from age 14 to 20.

[0:38:15.3] AS: Oh my god, you were such a bad ass.

[0:38:17.4] JB: Not really. Real confession...

[0:38:21.7] AS: That shows you how of a goody two shoe I was. I think you were a badass.

[0:38:24.8] JB: It took me until I was 20 and mind you, I have been a personal trainer since 18. So I did smoke for those first couple of years that I — and I would have one cigarette a night for the last year of my smoking career, that would be the end of my day and I can tell you, I will never ever go back to smoking. I mean it really — I can't stand it now. But my point is, when I was at my thinnest, I was smoking, I was drinking with my friends, partying, just like having a good time, it was college but I was no stress though.

[0:38:57.2] AS: Yeah.

[0:38:58.1] JB: It had nothing to do with like, I wasn't obsessing over food at that point in my life, I was eating the worst foods probably. I remember eating potato chips and whatever, you know? I was the thinnest.

[0:39:08.9] AS: that's what I think by not looking at stress and what people, and that's a catch all term, but as people really have to tune in to episode 28 coming up with Bob who had a profound healing effect on Juliet and I, we both worked with him. But talking so much about how the body knows what's unresolved and it doesn't even have to be extensive trauma or what not.

But I think so much of weight is a metaphorical protection for feeling unsafe and not just physically unsafe but emotionally unsafe. So many of my clients when I first start working with them, they're like, "I didn't realize how anxious I was, I didn't realize how much anxiety I bring to my daily interactions." But the body knows right?

So much metabolism does, is influenced by stress and I think it's this unchecked assumption that as you get older your metabolism slows down. For sure, I'm not going to claim that it doesn't and however, I think the rate at which it slows down determines how much stress we have and how well we can manage stress.

[0:40:09.7] JB: Now what do you say about those people who are, when they're stressed they lose weight or when they're stressed they gain weight.

[0:40:16.0] AS: Yeah, well, I think everyone's different.

[0:40:18.3] JB: Yeah, and that's where the metabolic type comes in to play, right?

[0:40:20.0] AS: Totally. I would say the majority of people gain weight when they're stressed. Again, I could be seeing a sample size because I work with people who are...

[0:40:29.3] JB: I think you are, I'm just saying that to put that out there because my mom's side of the family, they all have that propensity where they lose a ton of weight when they're stressed.

[0:40:38.7] AS: Yeah, that can happen too. But that's because everyone's different and how your psyche takes in something, right? Yeah, and that's why what I love about that episode with Bob coming up is, we each had different meaning on how we take in life and what things mean, our bodyweight means, which we will be talking about that episode.

I think we do need to circle back though to the concrete conclusions for now that we have now, about different rates of weight loss and metabolism preservation for someone — I would like to ask you because I feel like you know much more about the calories and body fat percentage. What do you think is a healthy rate for people? Or is it, in my experience too, it hasn't been linear for clients either. It's not for me.

I'm off sugar again, been a couple of weeks and I'm lifting, I did have to take that week great, I did take a week off when I got back from Philly, I was exhausted. I was like, "Oh my god." Usually, for me, with weight loss, it will take like nothing will happen for a month and I don't know if that's because I have a sluggish thyroid or whatever but then I'll drop like two pounds or my pants will get looser.

So it's not even linear for me but what do you think is healthy based on — and I know this is on average and none of us have an average health experience. What would you say is normal? How should people pace themselves to preserve their metabolism?

[0:42:00.0] JB: One to two pounds per week is typical.

[0:42:02.6] AS: No matter how much you weigh?

[0:42:04.8] JB: Yeah, that's where it gets tricky Ali because it really is different and also depends on how much the person is detoxing, right? Because if you have a really overweight client and they've been on a highly processed diet for a long, long time and then you shift them to a whole foods diet, a lot of times their body's inflammation decreases like really quickly in the first week or so and you can see a five, seven pound weight loss sometimes the first week and then the next week will be three and the next week will be two and it tapers usually. So in the beginning you can see this larger numbers.

[0:42:38.9] AS: Yeah, I was talking to Brandon who was at our healthy happy hour and we've mentioned on our podcast before and I asked him this question and he said that he has a new chart with clients where if someone has under 10 pounds to lose, he's aiming for one to two

pounds a month, if they have anywhere from like 10 to I think 50, it's one to two a week and then I think above 50 — I could be getting this measurements wrong but I thought that was...

[0:43:02.2] JB: I like that.

[0:43:03.0] AS: It also depends on to your point if people have metabolic issues and underlying...

[0:43:06.6] JB: I'm going to say this right now, none of us know.

[0:43:09.8] AS: That's true.

[0:43:10.5] JB: These are educated assumptions and what we've seen with clients but there is not a, "This is what you should shoot for," you know what you mean? That's why don't be disappointed if you have this goal and one week there is no weight loss and the next week there's another weight loss. It's like, just do the right things for yourself to keep yourself in good health and don't measure weight as being — that shouldn't be the thing that you're measuring. Ali, you and I talked about this, there are many other things to measure.

[0:43:39.6] AS: Yeah. So I think that would be really constructive. So how would people measure their change in body fat? Because I think that's a really good indicator of, if you're preserving your metabolism and increasing your health.

[0:43:51.9] JB: Yeah, I mean in order to know your body fat, you do need to weigh yourself, know what your weight is so you would. But there are scales that can measure your body fat, they're not 100% accurate, but can use those. There's a device that I like that's fairly inexpensive called Skulpt, and it looks almost like an iPhone and you put it up to your different parts of your body and like your thigh, your bicep and it measures the muscle quality.

So it gives you a score of how much muscle quality you have on that part of your body. You might find that your thigh doesn't have great muscle quality, that's where you hold more fat. You might put it up to your abs and you see that you have like really high muscle quality so your

abdominal muscles are rocking. So I really like the Skulpt device and it's fairly inexpensive and you just put it on a charger and you can use that to measure your body fat.

[0:44:50.2] AS: Interesting. What about measurements? Taking like with tape measure.

[0:44:54.3] JB: Yeah, I think those are also good, waist measurement and hip measurement, you can use that as well.

[0:44:59.9] AS: Okay.

[0:45:01.3] JB: Also your clothing, right? That's the measure, are your clothes fitting better?

[0:45:04.6] AS: Yeah. It can be hard though because I find that when you wash things and...

[0:45:08.5] JB: Also we're always in — so many of us are in spandex now. All our jeans are super spandex-y. So you're right, that can be — it's not like it was back in the day where there's no spandex in anything. When you go to a thrift store, you try something on, you're like, "Wow, the sizes are crazy back then."

[0:45:28.3] AS: I know.

[0:45:30.3] JB: I'm like size 14 please. All of it is made up, sizing, everything like we judge so much of like us how we're doing on these numbers but it's all made up what you're being told. Like, "You should be a size two, four, six," you know what I mean? I know plenty of people who are ridiculously great athletes that are size eight, 10, 12. That's not a great measure either, like a size.

[0:45:58.5] AS: Yeah, each clothing, I mean, I don't buy many clothes but like I noticed they're all different, the sizes are all, you go to J. Crew is different than Banana Republic, which is different from Nordstrom and even in Nordstrom, all the different designers use different measurements. I think it brings up this very good philosophical question of like, and putting the agency back on you, "What do you want to measure? You decide." And I think also from a health standpoint, people should be measuring their poop. If you're going once a day that

means you're detoxing well. I think you should be sweating, I do not sweat a lot so I actually try to do some steam, sauna room or I'm going in the big room today.

[0:46:38.1] JB: You can take some of my sweat. I'm sweating every second of the day.

[0:46:43.0] AS: I have a very sluggish lymph system which isn't — that's not healthy. That's my Achilles heel. I think if your craving's are going down and you should be measuring food less. Maybe in the beginning you need to think about it but it should be more intuitive so that you can carve your own path because research is synonymous for permission.

I said this at the healthy happy hour is, no matter what health journey you're on, what weight loss journey you're on, what healing journey you're on, all the experts in the world can only take you half way. Part of the other healing by design is that you're going to have to find what works for you. I would also recommend finding professionals who encourage that, rather make, than make you dependent on their plan or their ideas.

Because I know the people in my practice who have lost weight and kept it off. They have taken that healing journey, at least the food part, they've taken it to the end of the line and they've all done something different and something that I would never know, I don't know their lives intricately, I don't know everything. I know a lot but I don't know how they have to heal, I can just be the facilitator for that. Wouldn't you say the same thing for yourself as well Juliet?

[0:47:48.9] JB: Yes, definitely. It's not — I can't really give somebody like, I'm thinking of a map like a treasure hunting map and it's like, "Here is your pot of gold is going to be here. Follow this map and then you will get to that 20 pound weight loss," never works like that.

[0:48:05.7] AS: Yeah, it doesn't. I think that's an important point because if you've been, I remember when I was dieting, I felt like there was a formula, there was a plan that I just hadn't found yet. But I didn't question the idea of a plan, I questioned myself and I think everyone needs to realize that and all of this research is changing, nutritional information is such a new science.

[0:48:29.0] JB: I was just explaining that to a new client today earlier actually because she came to me after seeing a weight loss doctor and successfully had lost 75 pounds in a course of a year and the doctor had put her, it was a low fat, low calorie diet. It worked up until it didn't work anymore and she's at a place where she has plateaued, still has weight that she wants to lose but she's hungry all the time.

It's funny what the article is saying about, she wanted to give her stuff to decrease her hunger like medication and also there's medications out there that are used to stop cravings and she's like, "Something about that just didn't feel right," and that's how she ended up seeing me, she's like, "I think I just need to eat different food."

[0:49:21.7] AS: See, she knew. She knew. We all know, we just — sometimes it feels scary.

[0:49:27.0] JB: Yes, one of the things that we're going to work on is her trusting herself because she is terrified to go off of this plan and for good reason, it worked. 75 pound lost, anyone would be scared to try something. It's been working, right? It worked to a point, now it's not working but it's still, the scary thing for people is, whatever worked for you to then try something else to deviate off of it, they're scared that they're going to go back to their old self.

[0:49:51.2] AS: Well, I think you bring up such a great point there though because I have found time and time again in my own weight loss, my own truce with food and with clients, what got you to one point is not going to get you to the next point. There's a book actually, they were talking about it in relation to people who are really good workers and then get promoted to being a manager, it's like what got you here is not going to get you there because now you got to learn to manage people.

You can't just be good at your job, it's a completely different skill set. I think in anyone's healing and health journey, what got you to one place, when it's not working anymore, it doesn't mean that that thing didn't work, it just means you've got to — there's something brand new that you got to learn and figure out.

[0:50:28.9] JB: Choices, there's so many choices out there.

[0:50:31.1] AS: Yeah, I think people think, “Oh no, this thing stopped working,” but that’s part of the natural process, something isn’t going to work forever.

[0:50:40.2] JB: Yeah, I think if people are told that for the beginning then they can lean into that a little bit and then they can feel like, “Oh, okay, next. What’s the next thing?”

[0:50:49.4] AS: It’s totally about expectations because if you’re expecting that, then you do prioritize trust in yourself and you prioritize learning your body rather than just hoping. I think I do too want people who are listening to this, not to walk away thinking, “Oh well, I have hypo thyroid, that’s why I am gaining weight.” Or, “I’m messed up, my metabolism’s messed up or I have this.” No, all the body can change and that is where you get into an excuse I think.

[0:51:16.5] JB: You’re not stuck.

[0:51:17.5] AS: You’re not stuck, yes. You can — and it doesn’t mean that you can reverse everything with food, I don’t believe that either. I wish that would be another great dogma. That would make me feel safe, I joke people who don’t have religion find nutrition. But that doesn’t mean that you’re stuck. You said that beautifully. I’m just going to end it there.

[0:51:36.0] JB: Well on that note.

[0:51:38.0] AS: Yeah, I think to wrap up, as the key take aways, because I think that’s important because we kind of meander.

[0:51:42.0] JB: We’re good at that.

[0:51:43.0] AS: Is that with weight loss, if you have under 10 pounds to lose, it’s probably going to be a little slower than if you had like 10 to 50 which is going to be a little slower than 50 to a hundred. But counting calories is not the objective, it’s losing fat and getting nutrition and decreasing your cravings, increasing your poop.

Decrease cravings, increase your poop, not diarrhea but easy to pass fully formed, at least once a day hopefully, and to measure your body fat which you can do via your clothes, via measurements or Skulpt, which Juliet talked about.

[0:52:23.9] JB: Yeah, there's lots of different ones out there but I do like — that's a newer one that I do really like that's out there.

[0:52:28.3] AS: Yeah, then I also think people should check out That Sugar Film because it's really, it's one thing to hear us talk about this and say, "Calories don't matter," or whatever. To actually feel very differently about that is going to take some story revisions and I think seeing that movie That Sugar Film is a great place to start.

[0:52:46.6] JB: I'm going to watch it, I love that stuff.

[0:52:48.0] AS: Yeah, if you have Amazon Prime, it's actually free so I know that's where I watched it.

[0:52:54.5] JB: All right, well I'm going to go to take a fly wheel class and then I'm going to watch That Sugar Film. I have such an exciting night everybody.

[0:53:06.9] AS: Oh well I think that's also the fourth point, don't discount stress and how you relate to that because that affects your — your body can't heal if it's in a stress response and so really focusing on that and maybe we'll do a whole episode on stress because...

[0:53:20.2] JB: Oh 100%. We're going to do 10 episodes on stress.

[0:53:23.4] AS: Yeah.

[0:53:25.3] JB: But starting with Bob's episode, we have on episode 28, next episode. Starting with that episode, that is a great place for everybody to start with stress and how we view our bodies and it's going to be amazing. So definitely listen to that episode.

[0:53:43.9] AS: Yeah. And, another key take away, you should not be hungry. That does not mean you're on the right track.

[0:53:50.0] JB: Oh completely.

[0:53:50.5] AS: If someone tells you they're going to give you medication to suppress your cravings and hunger, that's a sign you're not...

[0:53:55.1] JB: Run.

[0:53:55.9] AS: ...eating right for your body, yeah. We hope all of you will, again, will have a look at studies a little bit more closely. If there's something that scares you or confuses you about a study, really look at the design of this study and how they're defining things like fast and slow weight loss because often, really for people who are in the trenches and not in the lab, the way that these researchers are defining things are all the same to us. Like to me, under 1,200 calories is all fast weight loss.

We hope that brought a little bit more clarity and we will be having J.D. Roth who is going to talk about his book behind the scenes on Biggest Loser in July which should be interesting. Anything else Juliet?

[0:54:34.6] JB: No, I think that is about it, happy Friday Ali.

[0:54:39.2] AS: Yeah, happy Friday.

[0:54:40.4] JB: I know you guys don't know like what time this is, where we are, but it's Friday for us.

[0:54:45.2] AS: Yeah, it's Friday for us. Everyone, if you could please leave an iTunes review, that helps us so much. We've gotten so many wonderful emails and everything and we're so glad that this is helping you guys and it would really help us out if you could leave an iTunes review and we're also on Google Play and Stitcher now. Don't forget about our Google voice

number which you can call in at Alishapiro.com/podcast and that's it, have a wonderful rest of your day listeners.

[END OF INTERVIEW]

[0:56:00] 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.

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