

**EPISODE 31**

[INTRODUCTION]

**[0:00:02.8] JB:** If you were taking Amtrak once a week or if I was going to the shore every weekend and every weekend I would order fried clam strips, that's not moderation.

**[0:00:11.8] AS:** Right, not at all.

**[0:00:13.4] JB:** But to some people, that is their definition, right? "I don't eat any of that during the week and I have that on the weekends."

**[0:00:22.0] Linda:** So I haven't been weighting myself or anything because I didn't want to have that external data kind of putting pressure on me, but when my daughter and I were on vacation, we did a bit of shopping and I am down a dress size. Totally down a dress size, didn't even realize. Like I felt good but for me to have that coming off of a vacation month was kind of crazy, that was a crazy realization for me. I'm pretty excited.

**[0:00:51.1] 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.

**[0:00:43] JB:** And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[EPISODE]

**[0:00:43] JB:** Hello, welcome to episode 31, *How Eating in Moderation is Setting You Back* and we will also have Linda's truce with food update. A new study indicated that we all have our own

definition of moderation and moderating our food is actually holding us back. In this episode, learn the nutrient to look at that's more important than calories, learn what flavors to add into your diet so you are finally off the salty and sweet see saw, and lastly, the unexpected thing to do to stop justifying just one more bite.

**[0:02:13.9] AS:** Si Juliet, let's talk about this really interesting article that just came out in the journal *Appetite* in June. The researchers wanted to understand how people define moderation without knowing anything about the study, how would you define moderation?

**[0:02:32.5] JB:** I knew you were going to ask me this. I don't know how to be prepared. How would I define moderation? Well, it's different for me with different areas of my life. I'll take exercise for example because I've had to really practice moderation with that over the past year or so since I've been dealing with some chronic injury stuff. But it's just not overdoing it for me with exercise, it's listening to my body more and doing what is going to be good for me. I think doing what I need to do, not necessarily what I want to do in order to feel better and have a better feeling body?

**[0:03:14.3] AS:** "Surrender", that's your definition of moderation?

**[0:03:17.1] JB:** I guess so. It's not what you would think when you think about moderation. With food, it's really different I think. I guess moderation with food would just be not — I guess it's not overdoing it right? I don't really know what that means. So what does this article say? Because I don't even know.

**[0:03:34.0] AS:** I think you basically hit what the researchers discovered. They found that when they ask people to define moderation, it was a completely subjective experience. So basically, everyone has their own different definition of it. What's interesting is both thin and overweight people, because there's sometimes this stigma that people who are overweight are like — there's a moral failing or something which isn't true but that sometimes is the stigma.

Both thin and overweight people really misjudge, they knew it was less than overeating, but often it was more like really healthy definition of moderation, and the more that someone liked a

food, their favorite foods, in my case, peanut M&M's, right? We all have our thing. The more the generous their idea of moderation was.

**[0:04:26.1] JB:** okay, if you like peanut M&M's, what is moderation for you with that food?

**[0:04:31.2] AS:** Yeah, well that's an interesting question because you can only buy them if you're in a — the only time I ever like, the only time I really eat them, it's this odd thing when I'm on the train. I don't know what it is.

**[0:04:43.8] JB:** It's funny you say this because I was just having conversation with my physical therapist earlier today and I said that the only time I will ever eat fried clam strips is when I'm — I know right? She's like, that's disgusting.

**[0:04:58.7] AS:** No, I think it's oddly specific.

**[0:04:59.6] JB:** It's very specific — is when I'm on vacation at the beach. Like somewhere where, you know, Cape Cod or the south, or some place where that that's what they do, they fry clam strips. If I see them on a menu when I'm on a beach vacation, I will order them at least one time on the trip. So for me, moderation with fried clam strips is like once maybe twice a year.

**[0:05:28.5] AS:** Yeah, and you're categorizing it based on how, like the frequency. With me, with peanut M&M's, when you buy them in a train station or like on the go, you can usually — I've only been able to see them in the king size. They call them "sharing size". Well, I don't share. I do end up eating the whole thing. I don't know, it's something about Amtrak or the train, that there's something odd about it but I do eat the whole thing.

I wouldn't even consider that moderation, I'd consider it eating a large size. But because I only do it a couple of times a year, in fact, I've even taken the train a couple of times recently and I've packed my own food so that often times there's nothing on Amtrak really that's gluten free. Sometimes I'm so hungry and then I go for the peanut M&M. I consider that moderation because I maybe do it two, three times a year.

**[0:06:20.9] JB:** However, if you are taking an Amtrak once a week or I was going to the shore every weekend and every weekend I would order fried clam strips, that's not moderation.

**[0:06:30.2] AS:** Right, not at all.

**[0:06:31.7] JB:** But, to some people, that is their definition right? "I don't eat any of that during the week and then I have that on the weekends."

**[0:06:36.9] AS:** Yeah. Oh my god, that on/off mentality, "It's my cheat day", right? That we talked about on the last episode with JD Roth and The Biggest Loser, that mentality is really dangerous, especially because you probably over, in this case, as the study showing us, over estimate how much you're really eating. Then you probably don't feel like you're getting the results you want.

**[0:06:56.9] JB:** The thing is, we play so many mind games with food.

**[0:07:00.5] AS:** For sure, for sure. But what I think what's really interesting about this study is that, what is the definition of moderation? I think It's really important — when this study came out, a lot of people on the inter webs who are in to very specific diets were like, "See, this is why people — people can't just have a little bit of these triggering foods," right? The ones that are high in sugar, salt, fat. "You can't control yourself," and there's kind of, I feel like assumed it within that point of view is that the body doesn't want to be healthy and that you have to control, like it's so hard to control yourself that you have to eliminate the food all together.

Whereas I found, it's very easy to be moderate if you understand. I pick peanut M&M's over regular M&M's because the fat and the peanuts doesn't make me as hungry as regular M&M's. I mean it's the healthier choice for my blood sugar control but also if you can identify the emotional reasons that you start to feel out of control around food. I think people really can be moderate, but I think we need to start to talk about, well how do we determine what healthy size is so that we aren't replacing one rigid diet for another "healthy eating plan"?

**[0:08:19.2] JB:** The definition of moderation, there isn't really one?

**[0:08:22.6] AS:** Yeah, it's all based on...

**[0:08:23.2] JB:** It's just all subjective. Yeah.

**[0:08:25.0] AS:** Yeah. I think what's interesting is, I think one of the ways to, that I wanted to talk about and share with listeners today to try to start to craft your own definition is don't rely on the portion sizes that are given to you on a box, right? Or even weight watchers like deck of cards I remember, "That's how much protein you should have." Or, "The size of the CD is how much pasta you should have." Maybe it was a tennis ball? I forget, I haven't done Weight Watchers in like 15 years but they pick this arbitrary amounts that really moderation so much of it. If you really do want to eat moderately, like be able to eat...

**[0:09:07.1] JB:** Do we? Is that the goal?

**[0:09:09.7] AS:** I think it is if you want to be able to have peanut M&M's once in a while or a glass of wine once in a while. Is it a goal for you? Maybe not. I don't think it always has to be the goal but.

**[0:09:22.3] JB:** Yeah, I mean, somebody asked me, "When is your cheat day?" And I said, "Every day is my cheat day." because I don't have — I just eat, if I want something, I guess I moderate myself regularly every day. It's like a dial to me. Sometimes the dial's turned up too high, I got to lower the dial, you know? Does that makes sense? Sometimes I find myself going off a little bit too far and then I got to pull it back. I just kind of try to find this sort of of like where the dial's in the middle.

**[0:09:54.3] AS:** Yeah, have you found even your dial in the middle has changed? When I was really first getting out of dieting and all this stuff, I had to be able to have like an afternoon snack and a sweet at night and now, my middle is really, my blood sugar has healed, I know exactly what works for me, I don't need afternoon snacks and in the evening what I'm working on is like, Carlos is pretty much still off sugar.

But I've cut back from having a little sweet at night to like a couple of times a week. So my middle now is like I sleep better without it, I wake up more energized, I sleep deeper. So I'm at

this completely different place where these tweaks to me are purely because of how much better I want to feel every morning. Not just because I'm trying to get out of dieting hell.

**[0:10:39.3] JB:** Yeah, and I think that's really the mentality that if you bring that mentality up feeling better and healthier versus looking better and skinnier, that makes all the difference.

**[0:10:52.2] AS:** Yeah, you definitely have to make that shift. But it takes a while to make that shift. It's not like a light switch and you're like, "Oh I'm just going to do this because I want to feel better." Because you should do a lot of experimenting and being consistent enough, I think consistency is still the key and that's why I think moderation can be a really important tool in that.

So I think it's important that people do have an understanding what that is but one that works for you. Again, what I don't like about a lot of the chitter chatter — is that a word? The chit chat in the inter webs after the study came out was like, "Oh no, this is why people have to basically all or nothing." I think that might work for some people but if you've yo-yoed a lot, I don't think that that's possible to do all or nothing if you really want to heal your relationship with food.

**[0:11:40.9] JB:** I think we said something recently that it did hit home for me in a sense when working with clients when we said something to the effect of like, "What are the results you're getting? Have you lost weight? No? Okay, what's not working? Have you lost weight? Great, what is working?"

I think that I had a friend recently who sent me a message and she's like, "So I've been eating this healthy shit for a month and nothing's happened." I was like, "All right. So something's not working and you haven't lost weight so let's look at it." But really, her idea of moderation is very much like — it's very skewed. It's definitely overdoing it. So the weight loss isn't going to happen. So that's not working, that's not the right kind of moderation, there's a way to — you know?

**[0:12:32.5] AS:** Yeah. Let's get listeners some foundational I think, the three foundations of maybe how to start to define moderation for them that works. I talked about don't look at the package to give you a serving size, right? I'm not talking just hundred calorie snack packs. Like I

bought these gluten free raw crackers the other day and they were like, I think it was eight crackers were like a serving size.

But what I always look at is the ratio of sugar to fat. I think that's a really quick guide for people. So if you think about grams. Four grams of sugar, a visual of that is one packet. So I always look — I try to buy things with zero sugar but if I'm looking for something that's moderation, I'm thinking it's the summer right now. If people are thinking of icy drinks or even ice cream or frozen yogurt.

When I'm looking at the sugar content, that automatically shifts me often to the higher fat choice. So ice cream is actually better for me than frozen yogurt or like I said, the peanut M&M's are going to be more blood sugar balancing, which helps you not be as hungry. A lot of times with these foods that are hard to moderate, you're actually hungrier than when you started because of the sugar rush.

So really looking at the how much sugar is in something will really help guide your portions. Also then help you sometimes need to make up your own snack. For example, like with those crackers, because even though they had no sugar, they had a lot of carbohydrates in them. So I made sure that if I was going to add them to my meal, I had fat at that meal as well. I mean, I normally do have fat but I just made sure that that was...

**[0:14:14.1] JB:** You didn't just eat those by themselves.

**[0:14:16.0] AS:** Yes, exactly. That helps guide me so that I'll actually feel satisfied from something rather than hungrier from the start. So I think for everyone, stop looking at the portions that you've been given and start looking at how much sugar to fat. I actually think, I mean Juliet, I'd love to hear your opinion. I look at everything through metabolic typing, but I think for most people, you want at least as much fat as sugar if not more. That's how I guide it.

**[0:14:46.0] JB:** I've never done that before actually. So you're teaching me something today. I definitely will look at sugars and I try, if there's something that is packaged, I try to have it be the lowest amount of sugar as possible. Five grams or less, you know? For some things, they are a little bit more. Like Granola for example might be — there are certain ones that are seven grams

you know what I mean? Or a bar might be 10, but that's typically my max would be like 10 grams in something.

I mean if I'm eating ice cream, obviously that's not going to happen right? That's moderation, I'm not — the sugar's going to be high there. But I do make sure that there is fat in my diet but I never looked at it to match the ratio sugar to fat. But it might be that the foods I'm picking are doing that anyways because I always try to have a balance of protein, carb and fat in pretty much everything I'm eating.

**[0:15:41.2] AS:** Yeah, I always tell my clients, in the beginning, everyone's different. Some people really like numbers and they're really data driven. So I'm like, "In the beginning, start to get this but eventually, like maybe measure specifically or just have it on the ballpark." I don't do that anymore, eventually you get intuitive. I'll just know, I'm thinking with guacamole and chips. The old me would have like loaded up on chips and skimmed on the guacamole, right? "Gasp, so much fat."

This time it's like, "Okay, I portion out a good portion of guacamole and then I get a couple of chips. I don't want to feel stuffed for my meal," and I know that if I don't add more guacamole I'm just going to be so hungry, it will be like, I ate nothing. Yeah, you definitely, I think want to work up to, it's much more intuitive but for a lot of people, I think especially with sugar.

People are shocked at how much sugar is in their ketchup, right? If you start looking at four grams as one packet, one table spoon of ketchup is all sugar. Look at dressings, look at sodas, even look at juices that are supposedly healthy. I think it's really that four grams equals one packet of sugar is such a helpful way.

**[0:16:49.8] JB:** What about for those of us who might be ketchup addicts, right? It's like one packet of ketchup isn't going to do it, right? That would be moderation, right? If we're like, "All right, well I love ketchup, so I'll just have one packet. It's only four grams of sugar." But what you were talking about, those triggering foods, one is not enough. So then, avoid it all together?

**[0:17:13.8] AS:** Well that's an interesting question. I learn to really like mustard.



**[0:17:17.2] JB:** You're avoiding it all together?

**[0:17:19.4] AS:** Well, it depends on which stage you're in. It's this delicate line of, I was the type of person, the minute you told me I can't do something, I'm going to do it. Even against my own rules. Like I had to trick my own psyche, it was a long road for me. I think part of it is getting off that salty/sweet right? Usually people are doing ketchup with salty fries. So knowing that you're going to set yourself up for that salty/sweet, salty/sweet see saw is really dangerous. You're going to make it harder for yourself.

I think what would really started to turn things around for me was when I was finally like, I just don't have the energy to make this so hard on myself. If I do mustard instead of ketchup, I'm going to feel more satisfied and it's easier to stop than just consuming all the fries and all the ketchup. So I think at some point you just have to be like — but you have to connect it to being able to stop and being like, “wow, I really can moderate.”

That brings up our second point which I think is a really important part for people is incorporate what I call “moderation flavors” from Chinese and Ayurvedic medicines. Chinese and Arabic medicine, they are thousands of years old, a healing philosophies, Eastern and one of the big tenants that they work with, especially to help people eat in moderation — they wouldn't call it moderation, but they would say, “eat in harmony”.

**[0:18:44.8] JB:** Eat in balance, yeah.

**[0:18:47.1] AS:** Is adding different flavors. Americans — so the three other flavors that are tremendous to add to your diet are bitter, which are a lot of your leafy greens. Sour, so like lemon, lime.

**[0:19:00.2] JB:** I am a sour addict by the way.

**[0:19:02.1] AS:** Oh really?

**[0:19:03.1] JB:** I eat raw cranberries every day.

**[0:19:06.2] AS:** Good for you. I'm eating cherries.

**[0:19:08.2] JB:** Those are my berries or cherries, yeah, anything that's super sour I love.

**[0:19:13.7] AS:** Yeah, we need that flavor and then the last one is spicy.

**[0:19:18.9] JB:** That one I've had to work up to.

**[0:19:21.2] AS:** Yeah, well I still can't do it because I have a sensitive GI system. I can't do super spicy but I can do like garlic and onion, like the "pungent flavors" sometimes that they're called.

**[0:19:31.7] JB:** But, anything that does have a more spice to it, I'm able to portion control a lot more.

**[0:19:37.7] AS:** Yeah, exactly. That's what, if you — Americans are stuck on the salty/sweet sea see saw, which takes you to extremes. But if you start adding in those extra flavors, those other three flavors, you just don't — it's so much easier to moderate because your taste buds change.

I think one of the things my clients are always, they're like, "People told me my taste buds would change but I didn't realize I would ever say something was too sweet or was too salty." It's so, again, if you work with your body and give it what it needs, it will moderate on its own.

**[0:20:09.6] JB:** Are we talking about having the bitter, sour, and spicy all in one meal? Or throughout your day, you know what I mean? How would one incorporate that?

**[0:20:21.2] AS:** Yeah, I think it's a great question and I think other cultures do it very naturally, right?

**[0:20:26.5] JB:** I'm just thinking, okay, making ground beef Mexican last night, we definitely had bitter because we did dark leafy greens in there and we have the spice but as far as the sour part — oh you know what? We had guacamole with it and had lime. Okay, there we go. I was very satisfied from that meal.

**[0:20:47.6] AS:** It is. When you get all the flavors, it's amazing how you just — and you feel more satisfied from everything. I know a lot of my clients, once they start adding in, I think everyone knows that most people need to be eating more vegetables but when they start making the connection that, "Wow, when I eat more veggies, it is so much easier to stay away from the sweets."

Again, that incentive goes from like, only to lose weight and to drive towards some kind of goal to, "Wow, my life is — this makes my life easier. Healthy eating and living is actually full of freedom." So I think if people start to make the connection of adding in those flavors, that can really help. Yeah, the chilly flavor is really good, right? It adds like a lot of those different flavors in together.

**[0:21:30.2] JB:** Yeah, I've learned to appreciate it a lot more, especially when I was younger, I avoided any spice at all costs.

**[0:21:35.3] AS:** Interesting.

**[0:21:38.5] JB:** I just was uncomfortable. But I can appreciate it now.

**[0:21:44.4] AS:** We went out to eat here, Carlos and I, like two months ago to this restaurant and it was a great place, it was brand new. I think it was a Thai place and we both ordered like kebabs with like a Lebanese salad or something and then like rice. On both plates came this pepper. But it looked like really benign, right? It wasn't like a small jalapeño pepper or so we thought. Carlos cuts it and takes this massive bite.

And all of a sudden I see him turn like bright red, his eyes water and he gets a napkin and he's like, "Gasp." I started laughing, I guess that wasn't a regular pepper. My god, then as we were leaving, he heard the waiter ask this other woman, what did you think of the meal? She's like, "You need to warn people that that's a jalapeño pepper," because I guess the same thing happened to her.

**[0:22:33.9] JB:** That does happen a lot in different ethnic cooking for sure.

**[0:22:36.2] AS:** Yeah, he had a stomach ache afterwards because it's just too much. Start small and incorporate.

**[0:22:43.2] JB:** Yeah, a little chilli powder. That's all you need. Little Sriracha.

**[0:22:49.2] AS:** Yeah, if you think about it, even in Mexican food, they use the cacao flavor, right? That's bitter. We just pair it with so much sugar that it kind of negates a lot of the cacao benefits.

**[0:23:00.6] JB:** I love raw cacao powder, I have it a lot in my life.

**[0:23:05.7] AS:** Yeah, start with what you like.

**[0:23:07.0] JB:** Even to take, to buy 100% chocolate like baking chocolate, the kind that has no sugar in it at all and it's just pretty much all fat, antioxidants and good amounts of magnesium and I'll pair that with a little bit of almond butter and a couple of unsweetened dried cherries. Now you've got all of that in one little bite right there.

**[0:23:33.5] AS:** Let me ask you this, can you overdo that?

**[0:23:35.3] JB:** No, just one of those is so satisfying as a snack or a desert, it's like everything you need in one. So a lot of it is about combining foods, like what we're talking about here, to satisfy your taste buds. So that you're not left wanting more.

**[0:23:50.7] AS:** Yeah, well and that snack, think about how much nutrition that has compared to my peanut M&M's or French fries and Ketchup, right? It's calories but there is no nutrition. I'm not fooling myself thinking I'm getting any kind of nutritional value.

**[0:24:04.5] JB:** For sure, for sure.

**[0:24:07.0] AS:** Yeah, so look at how much sugars are in things and really try to balance that with an equal amounts of fat. Incorporate moderation flavors like bitter, sour, and spicy and then

the last thing that I think its really important when it comes to moderation, because I think all of us are good at starting with the moderate portion but then we hear, “Just one more bite or I’ll just take another.” Or you come home at night and you’re like, you told yourself one glass of wine which you know a moderate portion is four ounces, it turns to eight, right?

When you start doing the “justification”, that’s what I call it. That’s usually a sign not that you’re weak or that you lack willpower but that you’re emotionally exhausted. That’s when you have no cognitive faculties left and the emotional side of you is taking over and so one thing that is really powerful and there’s a lot of emotional intelligence research around this is really being able to identify what you’re feeling in that moment.

A lot of people think it’s like, “No, I just want more fries or no I just want more wine,” but if you can clearly identify what you’re labeling, what you’re feeling, it’s called emotional differentiation. Often, you go from, “Oh my god, I’m just going to have more cake,” to, “Wow, actually exhausted. This has been a long day and I need to call it a night.” Or, “Wow, this party is actually really boring, I feel kind of like an outsider, I don’t need another glass of wine, I just need to say, been here long enough, I’m out, or make stimulating conversations.”

**[0:25:40.8] JB:** I find for a lot of really busy people, what happens is like the night time snacking for example, which is like, “I’ll have a little bit,” but then it turns into a lot of it is the mentality of, and they might not realize it, but “I don’t want my day to be over”. Because all of their day has been work and taking care of maybe their kids or their family members or whatever. Then they finally have the space at night and it’s like, “Oh jeez, I have an hour before I really should go to bed so I can do it all over again?” So the eating becomes this, “Well I don’t want my day to be over, I want to pleasure myself more, I want to have a little bit more.”

**[0:26:19.8] AS:** Right, are they looking for food to give them more energy to have more of a day so they don’t get much sleep? Or is it, “I need something meaningful or memorable in my day.”

**[0:26:30.6] JB:** Something meaningful and something pleasurable to make their day feel like a better day.

**[0:26:37.6] AS:** I wonder if it's also, when you're stressed chronically like that, you become desensitized to pleasure. Smaller pleasures like coloring or talking with the friend. I think of all this Little House On The Prairie of pleasures. I love Laura Ingalls.

**[0:26:56.7] JB:** Coloring is so good for you.

**[0:26:58.3] AS:** Exactly. If you're chronically stressed, you really become desensitized and then those really potent sugar, salty/sweet, fat combinations are really the only thing that register.

**[0:27:10.5] JB:** Yeah, for sure.

**[0:27:13.0] AS:** Yeah, I agree with you. That used to be the case with me too when I was in the corporate world, when I was traveling. Especially if I travel internationally for work, I wouldn't know what time zone I was in, I had no friends because I had just moved to Philadelphia but was traveling the whole time. I totally get that. That can be really challenging.

I think one of the things I talk about with my clients is like, if you imagine a battery, like a cellphone battery. Everyone has this charge threshold, it's different thresholds for different people but there's a different threshold where all of a sudden you don't want to make the "healthy choice". For some people if their battery dips below 30%, and you can gauge this for yourself, it's like, "That's when the wine..."

**[0:27:55.9] JB:** This is all about visualization and imagery right here.

**[0:27:57.7] AS:** Yeah and tuning in and getting clear. I know when I'm at 30%, the wine comes out no matter what, right? That's when the emotions are just running the show. Versus if I can make sure I don't get to that point, even when you come home from work rather than just going straight into the evening, these transition times are really challenging for people. Doing something to recharge yourself so that by the time 9 o'clock comes, the same exact thing has happened but you don't feel the same way about the day.

It feels like, "Oh this hour can be done with something really restorative rather than something stimulating." Because I think when our batteries get really low, we reach for stimulation rather

than restoration. So by maintaining a certain — whatever level you need, everyone's different. I think that can make people feel like they're getting meaning out of their day.

**[0:28:52.9] JB:** Yeah and I mean if some of this just sounds intimidating or more work for example when you're saying Ali you know, doing something restorative versus stimulating you know? I'm just going to give TV as that perfect example. Rather than just sitting in front of the TV with your snack and just completely zoning out and numbing out, what if you were to take a hot shower or a bath or paint your toe nails? I don't know, right? But if that sounds like something that is almost like an arduous task, I think that's okay to feel that way. Honor the fact that you feel like, "Oh god, that doesn't sound as much fun as my nightly routine of TV." But I just want to kind of dare everybody to try it and feel the difference.

**[0:29:42.7] AS:** Move it up in your day. Do it right when you come home, when you still have more energy, right? Most people they just crash after dinner. Do the shower or like cleanse the pallet of the day earlier so that you don't dip so low that the food and the zoning out is all you have energy for.

**[0:30:02.0] JB:** Yeah, definitely.

**[0:30:03.9] AS:** Because if you can catch that before, I mean I know one of my clients were working on even getting her a standing desk during the day because she's so insightful. She's like, "I just feel stagnant." Especially the more that she's gotten healthy with her food.

**[0:30:15.5] JB:** Everybody should have a standing desk.

**[0:30:18.1] AS:** Yeah, yeah. Because I think a lot of people — and I had shared with her that my god, I have this huge aha like I always said I was tired at the end of the day to work out. I wasn't tired, I was stagnant, I had sat all day, hadn't moved but once I realized it was stagnation, I was like, "Oh, the walk to the gym is actually going to wake me up, it's not going to exhaust me."

**[0:30:35.8] JB:** Then once you work out, you have so much energy.

**[0:30:37.8] AS:** Totally, totally. I kept telling myself I was tired, I wasn't tired, I was stagnant and so I think people aren't looking to just zone out, I think they're looking to restore but they have to have the proper energy and outlook to do that. So it's a lot easier to then have, if you've taken a shower or taken a walk and then that helps make healthier meals, healthier portions, it's easier to then say, "You know what? I'm going to have four ounces of wine tonight and enjoy it rather than it being this symbolic substitute."

**[0:31:12.1] JB:** If you are a TV person, what you watch on TV plays a huge role in how you're feeling as well, right? If you're watching really trashy — and I'm going to use myself as an example — bad reality TV where they're all screaming at each other, pulling each other's hair out and I'm trying to use this hour as a restorative hour, are you fucking kidding me? I have to sometimes have a "come to Jesus moment" with myself and Mackey will, he'll be like, "How is this a useful productive use of your time? You're trying to "decompress" you tell me after you've had a long day being with people and these people are screaming at each other, cat fighting," and it's so true.

**[0:31:53.1] AS:** Oh my god, I would say the same goes for social media. I'll sometimes go on there and it's like, I've had to cut back because I realize this election cycle has made me so angry in a way that I'm not doing anything about — I mean yes, I vote and I...

**[0:32:08.1] JB:** You're not a political activist? What?

**[0:32:11.3] AS:** Part of moving back to Pittsburg is so I can be more social justice activated I guess, because I realize just posting articles on Facebook is not productive. It's better to do something, which I'm totally guilty of, which is why I'm trying to find where I want to contribute. But I didn't realize how angry it was making me and it was making me feel like the world was going backwards and, "What's happening?"

And it's like, "Whoah." Most, at least in my circles, are actually very normal, very compassionate. Yes, there's major problems we cannot ignore but I become so defensive and angry. It's like, "Wait, I thought I was going on there to unwind," right? To your point like "decompress". I'm going to unwind and I just end up wound up and totally trained and flooding my engine.



**[0:32:59.7] JB:** Yeah, definitely experiment with what actually does decompress you after a long day.

**[0:33:05.1] AS:** Yeah, another little tip, I don't know if this will help people but in one program I ran, I told people to think of their days as a different season. So spring is like that 11 to 12 turn. Fall is — wait summer is, wait a second, I back up. Spring is like the morning, summer is like that 12 to one transition, the fall is like five to six or for some of my clients who have kids it's when they are going to pick up their kids.

The fall is that time of four to six timeframe, which is a lot of people's bewitching hour. The winter is like turning into bed. Really checking your energy levels at each time, even in the spring when you wake up. People start to notice what a difference going to bed early and sleep makes. But try not to let your energy dip every time you go to notice that. Set a little alarm on your phone and think like, "What is my energy? Do I need to take a walk? Do I need to drink more water?"

So that when you do come home especially when the overeating and the trouble being moderate is the most challenging that you're walking through with that battery charge, much closer to 50 or 60% where you can say, "All right, I'm going to do something healthy for myself, I'm going to take a bath. Or I'm going to do that or I'm going to decompress in a way that will actually get my battery up to 80 rather than take it down to 30. That can be really helpful, it's very preventative.

I think most people, even a great app that I know a lot of people like is Head Space of just you can do that anywhere and just putting...

**[0:34:33] JB:** Really short very personable, applicable meditation.

**[0:34:40] AS:** Yeah, and you can see how many other people in the world are like meditating at the same time as you.

**[0:34:45.7] JB:** That's cool.

**[0:34:46.2] AS:** Yeah. I think those are some really great tips so that you are able to moderate if that's your goal, to your point Juliet. But it's a really important tool if you do want to get results because I think results really require walking that middle path between not caring and caring and figuring out a healthy middle ground even though that will change as you get healthier.

**[0:35:11.5] JB:** And results don't lie. I mean, right? If you're not getting the results that you're looking for then something isn't working.

**[0:35:24.2] AS:** Yeah, and notice too, results — weight, I know for a lot of people, weight loss is the ultimate goal, but that might not happen every week. But there should be other results. Sleeping better, better poop, less cravings, less wanting to be bad. I think that's a huge shift for my clients when they're like, "Oh my god, I really do like healthy eating. I can't be one of those people that's like sarcastic about it anymore." I'm like, "Yeah, it is good." Any more parting words before we get to Linda's truce with food update Juliet?

**[0:35:55.4] JB:** No, I think I learned a lot about moderation today myself.

**[0:35:59.9] AS:** Now to practice. All right, stay tuned for Linda's Truce With Food update. We did not have class this month so how did she do with working the tools and being completely on her own? Stay tuned.

[LINDA'S UPDATE]

**[0:36:14.4] AS:** Hello everybody and welcome to Linda's fourth Truce With Food update. Can you believe it's been four months Linda?

**[0:36:20.6] Linda:** no I can't, it's crazy. Actually, it feels longer too in some ways.

**[0:36:25.3] AS:** Well you covered a lot of ground, too.

**[0:36:26.1] Linda:** Exactly.

**[0:36:28.2] AS:** For people who are just tuning in, we have been following Linda who joined truce with food back in March and every month we've been doing an update about what she's discovering to give you a sense of what it really takes to call a truce with food but also, what is coaching and how do you figure out what works for you and Linda's own insights and discoveries.

So last time we checked in, the program had officially ended in terms of content and skills and tools and Linda you were doing really well, but then you had this upcoming June with tons of travel, so it was like, "Is this going to stay together on the road?"

**[0:37:04.0] Linda:** Right, right.

**[0:37:06.9] AS:** So what did you do to prepare because one thing that struck me, I always find it interesting how I interpret things and then my clients what they say. You said, one of the things you had done to prepare was that you had visualized. I was like, "Oh that's so interesting because I wouldn't have used that word." But what did you do heading into your trip in terms of visualization that did it work, did it not? Let us know what happened.

**[0:37:29.7] Linda:** That's great. It totally worked, I had kind of like three different parts to my vacation because one was like a little mini trip with my son, and then another one was bringing him to visit some family and then another one was a little mini trip with my daughter. So I had like this three different trips that had different dynamics in each one. First of all, I visualized a couple of things.

One was the kind of emotional component that goes along with the family visit that I was having. Those were some of the things that I was leading in to I think during the group was some major changes going on with my family. My mom's trying to sell her house and the house is in New York where we were going to visit. So prior to the trip, I wanted to get kind of my mental state, kind of prepared for the trip. So I visualized what I wanted it to be like. Like, how did I want the relationship with the family I was visiting to be? How did I wanted it to go with my mom? What did I want the experience to be like for my son when I was there?

So I kind of pictured it in my head so that while I was there, I had this vivid image or actually I would say I had more of a feeling in my body of how I wanted it to feel while I was there. I was able to know if I was actually doing that because I would feel that way. So that part, yes, that went really well. I actually had a great visit, my son enjoyed himself, I felt really connected to my family. So that part worked for sure.

**[0:38:53.6] AS:** Yeah, what I loved, in Truce With Food, we talk about going from this good girl or good guy mindset of like basically internalizing this group goal that you don't even know you're trying to achieve which was for some people is keeping the peace. Other people, it's just like making sure everyone else is happy, to stepping into this what we call "the boss mindset" of, "Wait a second, this is my trip. It doesn't mean that, "Oh forget everybody else's goals." But, "What do I want to have happen?" Now I'm listening to this, I'm thinking, "Oh, well that's great. Just because you want something to happen doesn't mean it's going to happen."

**[0:39:28.6] Linda:** Right, right.

**[0:39:29.3] AS:** So what did you do so that this time would be different?

**[0:39:32.5] Linda:** Well I think the first thing, and it's interesting because this is how having my mental state prepared is kind of intertwined with having my food, my I guess physical state intertwined, was I prepared in my mind what I would be eating and what my goals for my intake would be.

So particularly for the family trip, my brother owns a restaurant and the food's not super healthy but it's like awesomely delicious, greasy food, fried, bakery, all that stuff. Usually when I go there, I totally let go. I just am like, "all right, you know what? I can't even," — I didn't want to, he does the cooking so I didn't want to be really picky about what I ate and those kind of things.

I brought with me a bunch of green smoothies so that every morning I start with a green smoothie and I focused on having like a blood sugar balanced meal, specifically breakfast and lunch so that I wouldn't overeat. Because what I was worried about was if I got my blood sugar kind of off kilter, I'd be tired and then I drink too much and then I'd be emotional and then I'd not only not achieve my goals for the visit as far as like connecting and having a certain feeling

around the visit but I also would be mad at myself and beat myself up for not kind of following my, what I wanted to do as far as my eating and my nutrition.

But I think that was like the major thing because I would say like the rest of it kind of fell into place. So hanging out and being with my family, my mom and I were going through boxes of pictures and stuff and instead of feeling like rushed and feeling we had so much to do, we just kind of chilled out and enjoyed it and we've enjoyed each other's time and I wasn't at all focused on my eating or being upset about what I had just eaten or thinking about, "Oh tonight, if I don't do this I can have ice cream." I wasn't thinking about those things, I was just present.

So that's the interesting part. Achieving that part of the goal, I really attribute it largely to my eating and my nutrition. I did get pretty good sleep and I also got some — we were outside a lot so I think having like fresh air and sunshine, I think those things were good too but yeah, I think it kind of fell into place.

**[0:41:48.3] AS:** Yeah, one thing that — in June, July and August we have a group check in once a month to see how everyone's doing, integrating the tools because everyone's on their own learning curve. Change doesn't happen like methodically. But one of the things that you said was you realized too that probably a lot of times in the past where you thought you just like loved to eat or you have been told your food, it was just you're blood sugar was imbalanced.

**[0:42:12.8] Linda:** Yeah, totally. I think the thing that I noticed, I think I was realizing this when we spoke last time right before my break was every time I'm kind of sitting down to a meal, I'm making a decision of, "Do I want to keep a balanced blood sugar or not?" And the way I kind of make sure I'm doing that is to think about — it gets hard. I'm making it harder for myself. So for lunch if I have like a sandwich and French fries, I know that I'm going to have less control later on.

I'm going to crash and I'm going to eat and I'll be either tired, I'm going to be crabby or I'm going to want like something else, like a bagel or something. Knowing that, it was easier to not make the decision, I don't want to say the wrong decision but make the decision that wouldn't help me because I didn't want to make things harder, I want to make things easier and having the healthier food felt easier to do.

I think that's the main difference, where in the past, I felt like I had no self-control. This, I felt completely in control. Like I had a lot of power, it's hard. I feel like I recovered my power. I think that's the main thing, I felt like, "If I can do this, it's going to be easier later, it's not going to be that," — it's so strange, does that make sense?

**[0:43:30.6] AS:** Yeah, what we're describing is that you trust yourself, you want to actually be healthy and also, it takes time to make this mental leap but so often and for decades we've often — what we consider motivating ourselves is shaming ourselves, which is actually saying, "You can't be trusted, you need this rigid rules and someone else telling you what to do." Versus you just told me before we started, "I knew I was winning when I was like, "I don't need to ask Ali what to eat. Like, I can figure this out."

Versus now what you're doing is, it's interesting, you may still make the same choices but it's coming from such a different place of, "No, I'm not doing this because I'm afraid I'm going to gain a couple of pounds," which exhaust you. It's like, "No." What you discovered is, "I can be present while I'm going through this really transitional time with my mom." You're making decisions in a way that gives you back more energy than just taking energy from you.

**[0:44:26.6] Linda:** Yeah, that's exactly it and it also felt like if I did — so one of the nights I had dessert, we had this like amazing cake from New York City that my brother got in. It was purposeful, it wasn't just "let me eat whatever sweets are around because I want to". I enjoyed it. I thoroughly enjoyed it. It wasn't — I didn't feel bad, I didn't feel like I went off plan or anything, it just felt like I was living.

I have seriously never felt like that before, that's really new. Because normally it would be like, "Oh, here it goes," and then the whole rest of the trip would have been you know, bacon and French fries at every meal. So it was cool.

**[0:45:01.6] AS:** Yeah, then you said that sometimes also, it was inconsistent. You would be "good" on the trip but then when you came back, you would make up for that.

**[0:45:11.9] Linda:** Yes, totally.

**[0:45:13.7] AS:** Did that happen this time?

**[0:45:14.7] Linda:** No, that is crazy. So last summer, we took two vacations and both times, in my words back then, “I was so good”. I worked out every day, I was researching where I can do yoga and all that stuff. I would eat as I had planned the entire time. And then I come home and the night before I was supposed to go back to work, I’d have like four peanut butter and jelly sandwiches, like a bottle of wine.

It was crazy because I’m like, “Why would I undo all that?” And I felt like I couldn’t not do it. Then the next day I was exhausted, I felt sick. This time it totally didn’t happen. In fact, this is kind of interesting. While I was still away, I was so excited to get home and cook again that I researched what I was going to make, what green smoothies I was going to have and I placed my grocery order with Fresh Direct while I was still away.

Where normally I’m kind of exhausted when I get back, probably from all the peanut butter and jellies and stuff that I have that I end up not cooking for a week or two. We’ll do a lot of take out or really quick and easy but I was like, “I can’t wait to get my normal healthy foods back.” So that’s very different. Very different.

**[0:46:24.3] AS:** Yeah, what I love is you’re describing this upward spiral of trust and it builds on itself. It’s actually healthy eating becomes easier because you want to do it more and more and in this episode that this is attached to, we were talking about moderation and Juliet and I were talking about how moderation really changes where you are in your journey.

So like right now, moderate to me is having like one sweet a couple of times a week versus when I first started out, moderation was like, “Okay, just sweets at lunch and dinner.” But what you’re showing is how that trust comes back and back and it gets to this place where you continually surprise yourself. Like, “Oh wait, I want to already start getting back to eating healthy because it feels good,” and also, I think so much of what you describe too, your trips were so emotionally nourishing.

**[0:47:14.5] Linda:** Yeah, they were. They really were. It’s great.

**[0:47:17.5] AS:** One thing that I want to circle back to you because you talked about how you planned for — you brought green smoothies with you, which I'm so impressed because I don't do that. When you said plan, do you mean planning like you used to plan? You weren't going to find yoga classes, you weren't like, "What am I going to eat?" Tell people what you mean by what an intuitive sense of planning looks right now?

**[0:47:41.5] Linda:** Yeah, so the main goal was kind of taking my framework for a blood sugar balanced meal. Generally like for me a breakfast and it wasn't like planning like Weight Watcher's points or calorie type planning, it was more like what does my normal meal look like? Breakfast would be green smoothie, a healthy spat and protein, like eggs or whatever. I forgot my mom went and picked up avocado for me because she knew my brother wouldn't have avocado around and she knew I eat a ton of avocado.

I was like, "Great." Cause he has eggs, so I had — every morning I knew that I was already going to start the day with something that would kind of set my day up really well. Lunch is what I would do is just try to avoid having like a sandwich or a white bread kind of thing. So it would be some sort of vegetable and some kind of meat. I think one day he had, it's like grilled chicken. I was like, "Oh, this is perfect."

It was really easy to just find the — it was more like putting together like a little puzzle of just some pieces that I knew I would need to have. So I think one day at lunch I had some nuts but it was really just kind of balancing all of those components. So it was more making sure — I think usually the healthy fat for me is the hardest one to make sure I can get if I'm some place that's not very healthy.

So I also threw a couple of kind bars in, just in case, just to make sure. It was less about — I think usually my planning would be involving, "How much can I eat, or how much can I have at each meal or what should I be watching?" This was more, "Let me just make sure I have the right things to kind of fill in the blanks from what I can't get at his restaurant or wherever we were."



**[0:49:18.6] AS:** Yeah, I love that because I think it's so important for people listening. If you don't understand how to balance your blood sugar, I don't understand how you can make any progress because you just end up thinking that you love food, you love bad carbs and you're all over the place and I loved what you described earlier is — I mean so many people want to separate the physical from the emotional. "All right, part of it is what I eat and part of it is the emotions."

But the reality is, they are so nuance and intertwined that the easiest way I can think describe the connection is if you don't have your blood sugar balanced, you will not have any sort of emotional resilience, you won't have any sense of grounded-ness to even take on the day. That's like a nonnegotiable, you have that physical resilience. Otherwise I don't know if you right knuckle it or whatnot?

**[0:50:07.2] Linda:** Yeah, I don't know. It's cool, it really made things simple, I have to share, I forgot to share this on the call the other day. So I haven't been like weighing myself or anything because I didn't want to have that external data kind of putting pressure on me but when my daughter and I were on vacation, we did a bit of shopping and I am down a dress size, like totally down a dress size, didn't even realize it. Like I felt good but for me to have that coming off of a vacation month was kind of crazy. That was a crazy realization for me. So I'm pretty excited.

**[0:50:38.9] AS:** Oh my gosh. Well I always say weight loss is a side effect or getting our weight goals are a side effect — that's so great. Congratulations!

**[0:50:45.5] Linda:** Thank you

**[0:50:47.5] AS:** Did it require the grit and brute of force that you used to do it with?

**[0:50:53.3] Linda:** No, not at all. That's the thing, this month especially, I was just kind of living and kind of being. So it's cool, and I think there were times along the way, I think it was shortly after our last month's connection. I was starting to like, "All right, I've been really doing this but when am I going to start losing weight?" And then I was going to weigh myself because I was like, "I feel like I've been really on but I can't tell?"

And then I was like, “You know what? I could, but I don’t want it to discourage me because I don’t want to think about it like that. Because I know I’m making progress.” I think that’s the hard part. Intuitively, I know that the weight’s going to come off, it will. But it just involves kind of continuing with this and like you always say, it’s not linear, right?

So for me, it does keep happening. When I got back from vacation, I kind of was like, “All right, now I’m done with the month,” and it was all those things I was thinking about and planning for. I’m like, “What am I going to do this next month?” That’s where I’m kind of like figuring out how do I kind of restore myself again? And I think, as I move forward, it’s just going to get easier and those other side goals are going to kind of work themselves out.

**[0:52:04.1] AS:** Yeah, I know, I remember when I lost weight without the traditional trying I was like, “Wait, the easier my life gets, this happens on its own?”

**[0:52:10.8] Linda:** It’s crazy, yeah.

**[0:52:12.6] AS:** Like, “Why didn’t someone tell me that 18 years ago?” And then a lot of times when I’m coaching people, they’re like, “Oh, that just makes so much sense.” We have lost all common sense I think in the dieting conversation and yet people wonder why 95% of people fail. Because it’s not based on any kind of common sense. Because I think people think it will be easier once they lose the weight, but if you aren’t balancing your body, if your body hasn’t healed and I think what’s so amazing is you know. What you’ve also now internalized, I don’t have to tell you, no one else has to.

You lost a dress size while still working on how much you drink, on eating pizza. Like, “Oh my god, if I use those opportunities as research or just don’t feel guilty about them, I don’t have to be perfect to get results.”

**[0:53:01.6] Linda:** Right, right. It’s so true. That’s so true.

**[0:53:03.3] AS:** You have to live it to believe it. I kind of think you can’t...

**[0:53:06.7] Linda:** Yeah, I feel like if you had told me this before, “This is how you're going to feel in July,” I think I would have been, “I can't even believe it.” So yeah, you do have to kind of live through it. I think the blood sugar thing is the main thing and kind of organizing that is really the key.

**[0:53:25.3] AS:** It's life changing.

**[0:53:26.9] Linda:** Yeah.

**[0:53:28.4] AS:** So everyone, figure it out or you can take my Curb Your Afternoon Cravings program, which helps you figure it out. Okay, so here is what I find fascinating. We're in month four and most people, I mean, I never was able to stay on a diet more than like I think two months max. Especially what I find interesting is the old metrics of weighting myself. We think, again, that that's motivating us but instead, you've been focusing on just internalizing this new way of being and like a real change and feeling different.

What I think is interesting is rather than kind of starting back at zero, “Okay,” — here is the cool thing. Rather than coming back from vacation and doing what you used to have done which would have been like, “Oh my god, I got to make up for the entire vacation,” and now you're scaling new heights. What are you going to — what is your goal for the next month next time we check in?

**[0:54:19.8] Linda:** Yeah. One of the suggestions I guess you have when we're kind of like ending the content portion. I don't know when this came about but it was kind of, “Do you want to try eliminating dairy or gluten just to see if that changes your body in any way?” And I had already done the — I limited a lot of the dairy through out the program and when I did Curb Your Afternoon Craving, I realized I was really bloated and I never realized that before so that was cool.

**[0:54:45.7] AS:** Most people don't. They think their stomach's just bigger.

**[0:54:47.9] Linda:** That's what I thought. I was like, “It's from having two kids.” And I was like, “Oh my god, it's not really that way.” But so when I came back I was like, “All right, now I'm

ready to,” — I think you even said, “Maybe you don’t try this while you’re doing this vacation thing. Be nice to yourself.” I was thinking, what for me would really be a test, not a test of my willpower but kind of a test to see if I can actually feel better than I feel now? And I realized that I’m going to try eliminating alcohol for a period of time.

I don’t know, I’m going to set like a little time, it’s going to be. And I think when you and I talked, I like the idea you had which was to kind of approach it more from a “restore my body”, a restoration standpoint. Sleeping better. Actually, I didn’t have any alcohol last night too so I slept really good and I feel refreshed. I actually feel thinner today just because I probably don’t have a couple of glasses of wine in me. So that is what’s going to happen in the month to come.

Other than that I’m really just focusing on continuing what I’ve been doing, and I’ve also kind of kind of started to get back into working out. That’s been hard for me because I was working out like six, seven days a week before I crashed and then just stopped working out altogether. I’ve been doing like a yoga once a week. Me and my husband, I forgot, because we do like little extra stuff like he’ll go running, run 10 miles and I’ll bike next to him.

So I kind of forget that I’m able to do those things where I have the energy to do it to when I feel good. Yeah, the main goals are kind of like, reintroducing some workouts that feel good, approaching it from, “What would make me feel good today?” Rather than, “Oh I have to work out because I ate too much or I need to work out for whatever reasons.” What would feel good? And then trying to see how my body feels without the alcohol in it.

**[0:56:36.6] AS:** How did you come to, because in the third month of truce with food, just for people who are listening. You’ve basically cleaned up your diet a lot, meaning, you’ve figured out what works for you at that point but the third month I tell people, if you’re still having any kind of symptoms, maybe consider the 21 day elimination diet of one thing. Not gluten, soy, dairy, all of it because that can be overwhelming for people. But so you had started that. How did you arrive at alcohol because that wasn’t necessarily...

**[0:57:01.2] Linda:** Yeah, that was a huge one. What I realized was I felt like everything else I was doing was really working for me and that was the one thing that really wasn’t working for me, I wasn’t doing anything for me. It’s part of my lifestyle, European, like me and my mom,

drink wine at night, I have a friend who comes over on Friday and we have a few glass once and it's like, kind of just — I felt like it was who I am and I'm like, "I don't think it necessarily is. It's not that way."

So I decided that it's just something where I feel like if anything, it's making my life harder. I think it goes back to that, "Am I making choices that make the next meal's choices easier or making the next day better?" And that's not making anything better. I think that's where it came from. Also, I also realized I am doing so great on all the other stuff. So I'm kind of curious what would happen, how is that going to physically affect me if I drop it altogether?

**[0:58:00.5] AS:** Yeah, and did you come up with a certain amount of days or how are you doing that? I'm just curious of like how you set goals.

**[0:58:08.2] Linda:** Right, right. I mean the original was like a 21 day, because I just felt like that was a long enough period. What I didn't want to do was kind of have it and then have things come up and be like, "Oh well I have a happy hour on the 18th so I can't not," — I wanted to have it long enough that I would go and do things that I would normally do and see how that felt.

I just want to kind of like experience what it would feel like to not make decisions like, "Oh I'm going to happy hour. What kind of — am I going to have wine tonight? Or should I have a margarita?" Just going and talking to people and seeing how it works. So I wanted it to be long enough that I'm going to have a variety of situations that I'm going to work through, so yeah.

**[0:58:52.7] AS:** Well I can't wait to hear how it goes.

**[0:58:55.2] Linda:** This may bomb, but we'll see.

**[0:58:57.0] AS:** But it's all research. I think that's the great thing is, after four months of sometime everyone in the group has successes and then using your word "bombs" or messes up or whatever. But again, I think you have the felt experience. Especially learning that you dropped a dress size that like whatever, it's going to happen. But the learning is actually the better metric not the — for long term success right?

**[0:59:19.8] Linda:** You know and I think actually, something that I probably really need to mention too is when we talked on Tuesday with the group and I brought this up and it was so funny because as I was bringing it up, I'm like, "Why is this such a big deal? Why don't I just don't do it?" I realize that in the past, I'd be scared to make — like if something was working, so in this case, pretty much the nutrition is working. I mean obviously I dropped a dress size and I feel good, I can go out to lunch and it doesn't become a huge "off my diet" kind of thing.

That I didn't want to rock the boat, I was nervous that I'm like, "Well if I try this, is this going to really frustrate me and then all of the sudden I'm going to be eating weird stuff at dinner because I didn't have a glass of wine?" So I was nervous to do that but then I started to think, "All right, so the data shows that in the past few months, when I do kind of go off, I reign it back in immediately."

If I have a dinner that was pizza, I have a couple of slices of pizza for dinner. The next morning I start what I normally do again, which is my blood sugar balanced meal. Sometimes I have to tweak it based on how much carbs I had the night before. But I realize I'm like, "First of all, how could this bomb?" I think I just was concerned about that but I think that I've also gained that confidence to know, I'm not the person who does that anymore that it bombs and I'm done for four months and I've undone everything that I've learned. This is kind of like ingrained now.

**[1:00:44.2] AS:** Yeah, what you're describing is the identity shifts that happening. So how you are is different and I thought it was even interesting when you were talking about alcohol. "Maybe this isn't who I am?" I think that's what's so, I always say metaphorically, when we stop eating prepackaged foods, we stop wanting this prepackaged life.

That also means like all this things that we often thought about ourselves now are up for revision. Especially I find with people who have struggled with food, once they get that and they're like, "Oh my god, what else have I been believing?" It's more fun rather than this, "I have to change." And it's curiosity that you keep saying, so I can't wait to hear how it goes. We'll check in, that will be like the cliff hanger.

**[1:01:26.7] Linda:** That's right.

**[1:01:29.4] AS:** Well thank you so much for your time and sharing your experience Linda and we will check in at the end of July and then people will hear it I think at mid-August I'm not sure. But either way, thank you so much.

**[1:01:41.1] Linda:** Cool, thanks, bye.

**[1:01:41.4] AS:** Yeah, bye.

[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](mailto:ali@alishapiro.com) and [juliet@unitefitness.com](mailto:juliet@unitefitness.com). We'll see you next time.

[END]