

EPISODE 32**[INTRODUCTION]**

[0:00:02.4] Allison: It's basically like a sugar detox based on what you had right before and people, right before Whole30, time to binge. The night before we started, we were eating like chocolate covered raisins, we were away from memorial day and be like, we have to eat it now because we can't and so I was like, "Oh I guess that's where my migraine is from because I overdid it so badly the day before."

Prior to Whole30, I was eating a yogurt every day at 11 AM. I would eat breakfast, drive to work, be starving, wait until 11, eat a yogurt and then have lunch at like 12 or one and that's one of the things I've been noticing is that if I have a more substantial meal, breakfast, lunch and dinner, I'm not at that point where I'm like, "Oh my god, I'm so hungry, I need to eat something immediately."

[0:00:59.6] 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.

[INTERVIEW]

[0:01:49.1] JB: Welcome to episode 32, *The Whole30 Pros and Cons*. We had an Insatiable listener actually on our show by the name of Allison and she was wonderful and talked about her experience going on the Whole30 program. We learned what it was like for her cutting

everything out of her diet, what meal she learned, she needs to make larger in order to feel better and how she's coming off the plan now and dealing having no restrictions at all.

[0:02:15.1] AS: Hello everybody, today we have an extra special guest, a listener, Allison. Welcome.

[0:02:20.9] Allison: Hello.

[0:02:21.5] AS: Thanks for being here. Allison wrote in to me about two months ago, our schedules were so wild, she first answered me back too, all connect about the Whole30 Diet. Pros and cons and Juliet and I both have our own — I've done the Whole30, Juliet will explain why she's never done it. Allison, do you want to explain to listeners why you wrote in and what your question was and why you were thinking of doing the Whole30 or why you didn't?

[0:02:48.2] Allison: Sure. Yeah, I listen to the insatiable podcast network and what I like about it is that it's just very real, I like that you talk about experimenting with what foods work for you and different combinations of food and I find that it's been hard to find that sort of information other than just weight loss, weight loss and food seem to be the only thing that I could find information about and I'm thin. I've had digestive problems, I've tried to experiment on different foods but any time I try to look into it, it's like only for weight loss.

If you ever ask people questions about what kind of foods they eat for various things they're like, "Oh, you're so thin, you can eat whatever you want," but really I know that that's not the case and even though I've done that in the past, it doesn't usually work out in my favor. I really enjoyed the podcast. I started finding interest in the Whole30 because my sister in law had done it and she had a lot of success on the program, she kind of is a Whole30 veteran now and the majority of the time, she is eating Whole30 but then special occasions and that sort of thing know varies, whatever comes up and her and I had gotten into this really deep discussion and about food.

I was talking about your podcast and she was talking about the Whole30 program and she was like, "You know what? I'll lend you the books, you could use the recipes, it sounds like a lot of the things are really similar. So she lent me the books, I read the first page and was like, "I need

to do this.” It’s kind of like harsh love at the first chapter and it just really opened my eyes that I’m very healthy in a lot of other ways, I do yoga, I exercise, I take care of myself, try to get enough sleep but I felt like food was that like last piece. That I eat healthy 80% of the time and 20% of the time I’m like, “Oh cookies. Sweets, chocolate.”

I just kind of wanted to explore cravings and kind of find out if there is certain foods that don’t sit well with me. I’ve experienced IBS in the past, after listening to your episode on GIRD I was like, “Holy crap, I definitely have had that. That hunger that doesn’t go away, that kind of almost like you have a heart attack feeling.” I’ve gone through that and I was like — I have never been able to find information about it. I just wanted to really experiment and focus on it for a month.

[0:05:09.5] AS: Yeah, so I’m curious when you said that you read, your sister in law lent you the book and, because this is important for our listeners, for one of the things I hope this episode helps everyone with is to know if it’s something like the Whole30 or whole vegan, whatever, making a dietary change is really right for them or not is really I think if it resonates and it feels like something curious rather than something like striving and something like, “I have to do this or else.” What resonated about the Whole30 with where you are in your life right now?

[0:05:41.6] Allison: What I really liked about it is that it’s real food. I’m very much — I try not to take medicine for things, I get migraines, I try not to take pills for that. I use peppermint oil and I’ll do yoga and that kind of thing and what I loved about it is that it’s not these supplements that help your digestion or it’s not these shakes that you see all over Facebook.

All I see when I see those things is chemicals and I’m like, food — like the real food heals your body and your body is supposed to respond to those foods that have been around for millions of years like that should work and if we just kind of — like getting rid of processed foods was a big part of it. Just kind of reading into it, I like that aspect because I was like, it’s not like you’re eating this whacko food or it’s not that complicated, it’s just you really cut it down to meat and veggies and healthy fats. So it just seemed a little bit more like realistic and natural.

[0:06:39.6] JB: yeah, for those listening out there that are like, what is this Whole30 program? What is the premise behind it? Just a little background for everybody, it is a month long clean eating program and it was developed by actually a husband and wife, Dallas and Melissa

Hartwig and their background is in sports nutrition — which I think is pretty awesome, and I'm biased — anatomy and physical therapy and then, they created this program two folds to reset people's metabolisms and reshape their relationship with food.

It's also — there's three folds, it's really an elimination diet so it helps people to see if there are certain foods that they have sensitivities too because you're cutting out a lot of stuff. Either you're cutting out all grains, you're cutting out all sugar, dairy, alcohol and legumes. So it's a very strict diet. Yeah, legumes.

[0:07:38.8] AS: I thought beans and legumes were different?

[0:07:41.4] JB: I thought they were the same but...

[0:07:42.8] AS: Who knows?

[0:07:45.8] JB: Peanuts are a legume and...

[0:07:48.7] AS: Well that's what I'm saying, peanuts and peas are legumes and kidney beans and canola or...

[0:07:53.2] JB: They all live in the same categories. No beans, no peanuts, none of those legumes. Also, what's really interesting about the Whole30 is unlike a lot of other plans where you can turn healthy food into junkie cheat food, for example, paleo pizza or making coconut flower pancake. When I was eating a raw diet, I remember I would make like raw pie. So you can't do that on the program. That's the part of healing your relationship to food is that you're really just to enjoy the whole clean simple versions of the foods.

[0:08:32.0] AS: But what I find interesting about that. Allison's coming to it with some digestive issues, a lot of mysterious things that she needs to figure out. Juliet, you've never done the Whole30 because of your own relationship to food?

[0:08:45.2] JB: I've thought about doing the Whole30 and in fact, Mackey is, my partner's brother and his fiancé did it and they had amazing results. I've also had clients who have done it

who have had incredible things to say about it. For me personally, I've definitely thought, "Oh I'm very curious to see like what would this do to my body?" But I get anxiety around the thought of starting the program and that is alone for me to stop me from doing anything.

I would consider this to be an extreme dietary change and I went through years of my life always going on different diets and yo-yoing and trying extreme plans and where I am in with my life now is I'm just really content with how I am as an eater. I kind of have the saying "if it ain't broke, why fix it?" Nothing's broke right now, I don't feel like this is a plan that I would necessarily need to go on. But for other people, I think it works wonders. There's the level of anxiety that comes with doing something so strict like this for myself.

[0:09:46.8] AS: Well and that's why I wanted to bring that up because I think for people out there listening, I don't want them to think I've got to do this and it's full of anxiety because it's not going to change the relationship to food. If you have anxiety going in, that's not going to go away. I think there's a time and a place for this kind of experimentation and you don't need to experiment like this because you pretty much know what works for you now.

[0:10:08.5] JB: Yeah, I mean if you're at a place in your life where somebody says, "Oh you can't have this." Like this plan is saying you can't have sugar, dairy, alcohol, legumes, grains and if the thought of that scares you a lot because as soon as somebody says you can't have something you want it more then you're probably — it's probably not the right time to do it.

[0:10:27.5] Allison: It's funny that you say that because the other day, my boyfriend did the program with me too and he did it more for weight loss, I did it for other various reasons and he literally was like so stressed out. Like we're getting to the end of the program and he was like, I hate when somebody tells me I can't do something and I was like, you told yourself you can't. When you decided to do the program, you're literally giving it up all these things but you're doing it on your own.

It's still like, "Oh you can't have this, this isn't Whole30 approved," and it is really difficult when you're in the store looking at labels and you pick up a tea that you've been buying for 10 years and it has soy in it and you're like, "Why does tea have soy in it?" It's so frustrating, you start to

realize like all these ingredients and packages that you think are healthy and you're standing in the grocery aisle like angry.

[0:11:18.5] JB: At the same point, I think that is really helpful, right? To make yourself aware of all of that, it doesn't necessarily mean you need to be eating Whole30 for the rest of your life but I think that these things can be extremely educational for a lot of people and just finally reading the labels.

[0:11:36.7] Allison: Yeah. To know what you're looking for is huge. I've always looked at labels, usually looked for sugar, added sugar and try to keep it under 12 grams or something and to then learn to look for soy and certain corns or certain sunflower oils and things like that was a very different change for me. I didn't have the information before that that could be something that could cause — they're just the problem.

[0:12:03.5] JB: Yeah, because what are the oils that are allowed on Whole30?

[0:12:07.2] AS: Coconut, avocado, ghee, right?

[0:12:12.9] Allison: I believe sunflower and canola oil are like sometimes okay because if said no completely you could never eat at a restaurant. So it's like not recommended to cook with vegetable oil or like the majority but if you're going out to a restaurant like odds are something's going to be cooked in that.

[0:12:31.9] JB: Or if you're going to the whole food salad bar, everything has canola oil.

[0:12:34.6] AS: This is so interesting, they changed that. I was telling Juliet so I did the whole 30 in 2012 in September and even though I have had a history similar of Juliet of binging and restricting, by 2012 I had evened all of that out and was really depressed. Our episode with Bob Schoenholtz, I kind of bared my soul about the depression I was going through and I did the Whole30 as this like effort to "maybe it will make me feel better" because it had been like eight months of just feeling really bad and I remember going out to eat and having to ask them to cook what I was eating in butter because at the time you couldn't even do vegetable — I know butter was a little bit dairy, but I was like, a couple of times I just said, the hell with it but yeah.

[0:13:18.1] Allison: I know, they changed the rules a little bit because you can also have white potatoes where before they said no.

[0:13:25.6] JB: Can you have white rice?

[0:13:25.9] Allison: No.

[0:13:28.1] JB: No, there's no grains. I had mentioned this with the paleo diet, things have shifted a lot because now there are certain paleo diets where you can have white rice.

[0:13:35.2] Allison: Yeah, you can have, on this, you can have white potatoes but you cannot make them into fries or chips. They basically said their original reason for saying no white potatoes is because people tend to binge on chips and French fries. So you can have like roasted white potatoes, you can have mashed potatoes although that's one of the things that I tend to over eat.

They definitely recommend to like vary what you're having and have white potatoes, have sweet potatoes, try different things so that you're not just — which we, definitely overdid the potatoes. Both very Irish and we both really, really liked potatoes until we got sick of them.

[0:14:10.8] JB: I think that's the thing with some of this plans because I've done so many different kinds of plants that are, they're not Whole30 but raw vegan or vegetarian.

[0:14:21.7] AS: They have very clear parameters.

[0:14:23.6] JB: There's always parameters, right? Then I tend to overdo it on the things that I'm allowed to have because I'm not allowed to have so many of the other things.

[0:14:31.6] Allison: Yup, almond butter. Almond butter and apples.

[0:14:37.2] JB: Yeah, when I was raw vegan, I gained a bunch of weight because I was eating just dates, almond butter, raw cacao. I was like, "Well I can have it, it's raw."

[0:14:51.1] AS: I think that's such an important point though because we've all been there and it's — all of this is like you've got to experiment but then you have to really be where you are with how restrictive you really can be. You have to be honest with yourself. I remember running Truce With Food like four years ago and getting to the point about the elimination diet and telling everyone in the group, "Do not do this if it feels restrictive." I said it twice.

I repeated it and then I remember one of my clients who was in it like she didn't hear that. She heard, "Give up gluten," and it totally set her back because it was feeling too restrictive and I think so many times when we make health goals, we think of we're striving or it's going to be... all right, I'm going to have to get — I remember when I used to do this boot camps, right? "Oh my god, I'm going to get up at six in the morning. Because it feels so hard, it's going to give me results," right?

That never happened. I think really understanding that it has to come from this place of curiosity and no, this feels right. Allison, when you read the book, it was just something about it resonated and that's so important I think for people listening if they're going to try a Whole30 or anything.

[0:16:00.7] JB: I mean feeling like you want to strive for something or feeling really amped up about doing it versus feeling excited and hopeful and those are very different feelings and it sounds like Allison you felt that more excited and hopeful that this could be something that would really make you feel better.

[0:16:18.1] Allison: Yeah, I was really definitely excited in the beginning and then it got very difficult in the middle.

[0:16:23.8] AS: So tell us about your experience.

[0:16:25.9] Allison: Yeah. So the beginning was very hard and I went in gung-ho like very excited and the book frames like your way of thinking about it to not complain and talk about what you can't have but talk more about what you can have. So I went into it thinking like, "I'm so excited to cook more and to not just order pizza because it's easy." So I went into planned

and Tim, my boyfriend was like, “Oh, we’ll just figure it out along the way,” and I was like, “We have to make a list, we have to go grocery shopping.”

So the first day we have like eggs and a banana for breakfast but we did it between memorial day weekend and the fourth of July so that we didn’t have too many things that were hard but the first week is hell. I’ll be completely honest, there is a timeline in the book where it talks about people’s general experiences on day one, two, three. Day three I had a migraine and was horrible but it says that it’s basically like a sugar detox based on what you had right before and people, right before Whole30, tend to binge.

The night before we started, we were eating like chocolate covered raisins, we were away for Memorial Day, “We have to eat it now because we can’t,” and so I was like, “Oh, I guess that’s what my migraine is from,” because I overdid it so badly the day before. I had a really bad migraine just very kind of grumpy and tired and I didn’t want to talk to anybody that first week and girls at work had invited me out for pizza and beer.

[0:17:59.9] AS: Oh no. If you were ever going to jump ship, that would have been the day.

[0:18:03.1] Allison: I twas like day four...

[0:18:03.5] JB: “I’m not ready for this.”

[0:18:05.4] Allison: Yeah, another coworker had done it in January so people knew about the program and I was like, “Okay, they gave you instructions on what to do if you go out to eat and I feel like shit and I just want to go home and go to bed. I was like, “I’m sorry guys, I’ll go out with you next time but not today.” The second and third week I did go out and I got a steak salad while everyone else was eating pizza and beer.

Yeah, it was really bad the first week but at the same time, we kind of learned how to cook, which I think is the most valuable thing that we gained from the program. We recently started living together, we’re both kind of learning each other’s food habits and we really experimented with different meats and different vegetables. I try to buy a different vegetable every time we go to the grocery store.

I found out that I really love sautéed kale, that's a big one for me. What I love about the recipe book is that it has different pages about how to cook an egg, how to fry it, hard boil it, poach it, how to ground beef, how to sauté a piece of chicken and we're part of that generation that we never had home ec. We never learned how to cook and grew up on processed foods.

I think it's really important for people to be educated on how to cook and to kind of play in the kitchen and I found like a lot of creativity with breakfast. We were starting to get sick of eggs and I was like, "Let's throw some sweet potatoes and apples in a pan," and whatever we had like leftover from the night before I tend to throw into my eggs, we have big, huge breakfast every morning and that's my favorite meal.

That big breakfast I found was huge to keep me full until lunch and prior to Whole30 I was eating a yogurt every day at 11 AM, I would eat breakfast, drive to work, be starving, wait until 11, eat a yogurt and then have lunch at like 12 or one and that's one of the things I've been noticing is that if I have a more substantial meal, breakfast, lunch and dinner, I'm at that point where I'm like, "Oh my god, I'm so hungry, I need to eat something immediately," because I tend to, if I don't eat or if I'm not satisfied, I tend to get headaches, I get really moody. I really been able to kind of even out throughout the day of feeling full but not overfull for the most part.

[0:20:36.1] JB: So when did the hell week subside? How many days?

[0:20:39.3] Allison: I'd say about seven maybe. The first three and four were the worst and then the next couple of days just kind of tired.

[0:20:50.5] AS: Yeah, I always tell my clients like, if they are going to go overboard, they should expect then the next three days are going to kind of be like that. I think they call it in the paleo world "carb flu" but it's like, you don't hate your life, it's just you have this deregulated blood sugar cloud over you that just makes everything harder. So prepare for that but I remember one client being like, "Oh my god, when I came back from vacation, I just thought I hated my life but now I realize it was like my blood sugar rebounding from the alcohol or the sweets." So I think that's an important realization for people. So day eight, like, did you wake up feeling amazing or?

[0:21:32.1] Allison: I think I started to feel really good like right in the middle, I noticed that I was waking up without my alarm which is really abnormal for me. I am not a morning person at all, I'm usually like setting those news button 10 times. I was popping up at 5:30 or six in the morning like ready to make breakfast, ready to go. I really have started to enjoy my mornings more and not feeling so — I think before I was feeling really stressed out in the mornings and eating over the sink and rushing and that was a big difference.

Was just having space and time in the morning, actually like sitting down and having a meal, that's huge to be able to like chew your food. Then I just kind of gotten to the routine of it. I think it was a combination of the food was healthier, I was more satisfied with my meals and the routine of it got easier. There wasn't — I didn't have as much anxiety over the program. We would make dinner and then have left overs and I would pack it up as we were cleaning up for dinner and my lunch would be ready for the next day.

So I wasn't stressing out about what I was going to make for lunch and what I was going to eat. I think in combination with the program working and kind of getting used to the routine of it, the middle was really good.

[0:22:48.1] JB: Prior to that, did you not cook dinner and then put left overs in Tupperware for the next day?

[0:22:52.4] Allison: I did sometimes, definitely not every day. I've also experimented with meal prepping where on Sundays we'll make the same exact meal and that didn't really work for me because I would be so sick of chicken and rice and vegetables by Friday that I would literally feel sick to my stomach to have to eat it again.

So the big change for me was that my meals were varied, so I'd have dinner and then the same thing for lunch or a variation on it. We did cook or we do cook chicken every Sunday or Monday so that we have just like grilled or baked chicken in the fridge as kind of a backup. So if we didn't have enough left over from dinner I could just grab some chicken and have a go-to meal.

[0:23:38.8] JB: For those listening who are thinking, “Well how much time does that take every night to be cooking this dinner and then putting it away for the next day?” Do you have an average of how much time you would spend making food every day?

[0:23:51.2] Allison: I would say like half an hour to an hour, we actually found that certain meals were a lot quicker. Like cooking salmon is an easy go to meal that takes like 20 minutes.

[0:24:04.0] AS: We do that all the time here.

[0:24:07.4] Allison: We were shocked, we’d have some of this meals, where we’re sitting at the table and like, “Oh my god, this is so good,” and it was almost easier than ordering a pizza because you just throw the salmon on the grill and it’s pretty much done after that. I found out, that was really easy. Making burgers really quick. Some days if I have more time or more energy, I’ll make meatballs or something like that and then have left overs for the next day. So I’d say about an hour, I get home from work, and within an hour I’d have a substantial meal and some time for us.

[0:24:40.5] AS: Now did Tim, your boyfriend, did he have a similar trajectory like feeling bad for like a week and then kind of a turning point at the midway point or was his experience different?

[0:24:50.8] Allison: His experience was definitely different and yeah, we both came from eating different sorts of things. He prior was drinking coffee with four Splenda every day and I’ve been on him for years trying to get him to stop putting Splenda in his coffee. So that was a big change for him at first and he instead was putting almond milk in black coffee or having just black coffee and he’s continued that since we finished on Tuesday and he’s like, “I don’t feel the need to put Splenda in my coffee anymore.”

[0:25:20.5] AS: That’s a huge win. When I used to do detoxes way back in the day, Carlos who is my now husband but was boyfriend at the time, he used to do a ton of sugar in his coffee and we did a detox and he never has put sugar in ever since that detox.

[0:25:39.7] JB: I was just on vacation with Mackey’s family and his 90 year old grandmother, she puts four to five sweet and low’s in her water.

[0:25:51.2] AS: She must have grew up with amazing soil.

[0:25:53.9] JB: She's 90 and who cares at this point, but I just was like, "I've never seen anybody do that." She's like, "I don't like the taste of water." Like, "Wow, all right."

[0:26:03.8] AS: People will say that about their grandparents, "they ate, drank all this whiskey and smoked and they lived to be like a hundred." Yeah, the environment they grew up in was the soil was so rich with nutrients and the air pollution, there wasn't like BPA everywhere. Yeah, they lived in a very different time. You can try that too and we'll see how it goes.

[0:26:24.3] Allison: Yeah.

[0:26:26.4] AS: Well some people do just get lucky, let's put — there as random. Okay, Tim, he's kept without the Splenda. Yay Tim!

[0:26:35.6] Allison: What I found really interesting was that before like — I like to experiment with cooking and he could cook a couple of different things but all of a sudden I get home and he's making like this amazing meals and I think he really found a love of cooking that he didn't have before and there was one day that our fridge decided to die right in the middle of the Whole30 and so I had a complete panic attack in the morning because we had made eggs for breakfast and then we had to put everything in the cooler to defrost the fridge. I was like, "We can't eat anything."

On a normal day we would just go out to dinner because our friend just broke in and I was like, "We can't eat anything like what the hell are we going to have for dinner and I was just so stressed out and he texted me at like three in the afternoon. He's like, "Dinner's in the oven," I was like, "What do you mean dinner is in the oven? It's 3 o'clock." He had made ribs, he slow cooked ribs for like three or four hours using certain different seasoning combinations and they are amazing. I got home and like, there was this amazing meal and he had done it himself and he had never really been that interested in cooking before. So that was really exciting.

[0:27:48.9] JB: So the Whole30 is really heavy on meat because every meal is very heavy on animal products, but they're very specific about the kinds of animal products to be using?

[0:27:58.8] Allison: Yes. They have kind of a scale of good, better, best, they have a shopping list template and so if you're buying sausage, they recommend absolutely buy organic, grass fed, I don't know the exact technical parts of it right now but like bacon is really hard to find, compliant bacon that doesn't have sugar in it. So those sorts of more processed meats like absolutely get the best quality that you can. We spent a lot of money on it so I don't know if we'll be able to continue that because it's not quite in our budget to be able to spend that much of meat.

But then for things like chicken or beef, you could be — they have like good, better, best categories. For example if you're buying chicken, just regular store bought chicken breast, you could buy it but then cut off the fat because not because they encourage healthy fats but the toxins tend to be...

[0:28:54.8] JB: The fat of the animal.

[0:28:57.4] Allison: Yeah, so there are recommendations on how to make your meat, how to best cook your meat so that you're using the better quality stuff. For vegetables, they did talk about like the dirty dozen but they basically said, "You're going to be better off just eating vegetables in general than getting too hung up on if it's organic or not." So I tend to buy like organic apples just because apples tend to have so much pesticides put on them.

But other than that, we basically just used the produce in our grocery store, we did visit a farmer's market as well and that was really exciting to see like fresh local food and we also have a vegetable garden that we're growing so that we can hopefully have some fresh fruit and veggies in there soon.

[0:29:42.1] AS: What did you come away with? So you're done with it now, you're through the 30 days and I do want to say, I think one of the really smart things that you did was you had a partner or a buddy. So if anyone's listening, if you're considering doing this, I'd really recommend doing it with someone. It's just more fun, they don't have to necessarily live with

you and eat with you but it is nice especially if you do want to go out to eat, you can call the person that you're on Whole30 with.

I remember when I went out to eat. Fortunately I was with my sister who has silly act and a ton of food allergies and my mom. So I didn't feel weird being like, "Could you cook that in butter instead of vegetable oil?" I think that's so important to have a partner, that's one thing that can make the whole experience easier. What did you discover? Are your migraines gone? Where is your digestive system, what are you going to take away and stick with? I'm so curious.

[0:30:29.7] Allison: Yeah, so I have met people that have said like, "This changed their life," and I wouldn't say, I think I learned a lot from it but I don't feel like a completely different person. I think it's partly because I was eating fairly healthy from the beginning. I'm still working through some digestive problems so I definitely found that I was like less bloated for the most part but then if I ate like almond butter and apples, I would tend to feel it.

So I learned that eating at certain times and eating when I wasn't necessarily hungry still caused my stomach to feel too full. So even though I was eating like the compliant foods, I'm still experimenting with when and how much to eat. My skin has cleared up a lot, I didn't have crazy acne but I definitely have noticed kind of more a brightness in my skin. In general, I didn't really lose weight, I maybe lost like give or take five pounds, but I wasn't looking to lose weight but I found that like the shape of my body just feels a little bit different.

My clothes fit a little bit more comfortably and I think that's partly due to being less bloated. I think learning how to cook has been huge. I tend to get very anxious about eating, about when I'm going to eat, what I'm going to eat. If I go away for the weekend or something I worry like four days ahead of time about what I'm going to eat and I think that this has encouraged me to learn how to plan ahead, learn how to have healthy options packed for myself so that I know that there's something I can eat and that works well for me.

I think mentally, a big part of this is learning how to understand your cravings. Learning that when you're at work and it's 3 o'clock in the afternoon, you might be craving chocolate because you're bored or you don't want to be there anymore, and so I started to kind of analyze those cravings and notice that when I'm home alone at night, I tend to be like, "I'm going to have ice

cream or I really want something right now,” and I think it could be because I’m lonely. I like to be around people.

Maybe I feel like I need a snack to do something. So it’s all still a process, I don’t think it was a complete 100% transformation but I think it’s really set me up to continue those healthy habits. I’ve also noticed that there’s certain foods I just don’t care about anymore. Throughout the program, you think of all this things like there is one night where I dreamed about KFC and that’s not even something that I eat which was weird.

They say like rivals pregnancy, dreams about food, they were like right in the middle of the program. I woke up and I was like, “I just had a dream about fried chicken. I don’t even eat that.” But I’ve noticed that there’s certain things that I was looking forward to eating and I’m on day two of the reintroduction and I don’t care to eat Starburst. Everyone at work has been eating Starburst and I don’t...

[0:33:21.3] JB: Like would you have before?

[0:33:23.0] Allison: Yeah, if there’s a candy bowl at work, I’ll tend to have a piece or two and I don’t even care about that. I feel like if I haven’t had any sweets yet but I feel like I’m going to choose a nice quality dark chocolate versus just a Hershey bar or Twix. I don’t feel the need to binge on that sort of thing right now. I’m sure that will change once I start to reincorporate those types of foods but...

[0:33:47.3] JB: Or not?

[0:33:48.3] AS: Or not, if you keep your blood sugar balanced.

[0:33:50.3] JB: Coming from myself as a clean eater who has never done anything like Whole30 or even a sugar cleanse, I don’t crave any sort of processed candy. If I want chocolate, I get 85% dark chocolate and that is what I want. So your taste buds change a lot over time when you just introduce healthy, clean foods.

[0:34:14.7] AS: My sister was saying, I don't know if you guys have watched Madmen. They're always drinking and smoking at work and you're like, "How were they allowed to have alcohol carts?" My sister was like, "I think in a hundred years they're going to look back and be like, I can't believe they have skittles and Hershey kisses and sugar bowls for people to just eat at work."

[0:34:37.2] JB: I know, I really wish that corporate offices or just any office would...

[0:34:42.3] AS: But that's often how they entice their employees.

[0:34:45.1] Allison: It's funny too because I work at a company that encourages wellness, we have a gym that I go and work out during my lunch break and they have standing desks available, they have like a fitness trail in the back. But there's still like meetings with donuts and...

[0:35:02.8] AS: Or birthday cakes.

[0:35:04.6] Allison: Birthday cakes. Somebody had a wedding shower the other day, it was my first day off the program and I go in the kitchen and there was like, so much just like sugary bread, muffins and cupcakes and I smelled it and I was like, "I have no desire to eat any of that," which was very weird.

[0:35:23.0] JB: Are you scared at all to eat any of it?

[0:35:25.1] Allison: Yeah, I would say so. So far, the only thing I've had, I wine yesterday because the second part of the program is reintroduction so they have kind of a map of how to — like the first day you have a glass of wine and then wait two days to affect the view and then you add in like the other things. So I had wine yesterday and ketchup with my eggs and then I had chips today but other than that, I'm very scared to have dairy because I don't know how it will affect me. But I'm going to wait a little bit longer for that.

[0:35:55.2] JB: Just do it when you're home and you have access to the bathroom, not at the office.

[0:36:01.7] AS: Well I think Allison, one of the things that you wrote in originally were like, “What are the pros and cons?” And I think there is so many pros. If you feel like this is something again that you want to be doing, I’m sure maybe you had some more clarity about digestion. Are your migraines gone so far?

[0:36:20.5] Allison: Yeah, I haven’t had any since the first week and I’ve been working on my migraines for a while now. So I don’t have them as much as they used to anyway but what I found interesting was that it happened after I had so much sugar and I’m curious if other migraines that I’ve had could have been related to what foods I ate but I haven’t had any, not yet.

[0:36:42.2] AS: Yeah, I love that you said like, “Oh I normally would eat a yogurt at 11.” What you’re describing especially when we don’t crave sugar or we only eat three meals as our blood sugar is balanced and so many of my clients feel like, “I just thought I was a snacker, I’ve always snacked, that’s who I am.” So I think it’s another pro of something like this, it can really surprise you with how you “really are”. I do think, I don’t know if it’s a con but things that people need to really be honest with themselves about is are you going to be nervous when you’re like — I loved it how your boyfriend’s navigating this now. I know it’s only two days.

If you are someone, I think a lot of people who find that it’s been transformational, this has been their first foray into healthy eating. They’ve never really paid attention, they’re kind of like, “Oh, what’s this thing, I can eat meat and I can,” — and they don’t have that tangled relationship with food whereas I think it’s a different story if you have and you’ve been a binge-restrict, binge-restrict. So I think that’s one of the things that I wanted to talk about. I know we’ve mentioned it but just reiterate it is that, that is something that you have to negotiate because when you — and I’m sure they talk about this in the Whole30 but how you come off one of these things is just as important as what you’ve been doing the entire time.

[0:37:56.5] Allison: Yeah, so that’s the part I’m struggling with right now. I’m on day two after the Whole30 and I’ve been anxious about it the whole time because when you’re on the program, it’s so cut and dry, somebody’s like, “Do you want this cupcake?” And you’re like, “No, I’m doing the Whole30, I can’t have a cupcake.” But now, yesterday, I had a work event that

there was wine, there was quesadillas, there were chips and so I just grabbed like a chicken on stick and had a glass of wine and it was very strange to be able to have some of the food where before I would have just had fruit but I'm trying to map it out and it's difficult because we're going away for the 4th of July. So there's going to be a lot of temptation foods and there's going to be... it's going to be difficult for us to be able to cook on our own but Tim's not really doing the reintroduction, he's already combined different foods.

He was mentally done with it. It's a real mental toll as well. I think that was the biggest con for me was that we definitely got into arguments about it, a handful of times so it was helpful that we were doing it together but at the same time, I would be like, "Oh that's not compliant. That's not 100% compliant." He'd be like, "Well it has less than one gram of sugar it's fine." So different things like that, we definitely vary but he had beer yesterday and did not feel so good this morning, but I'm trying to spread it out amongst the 10 days, the way that they recommend.

[0:39:20.9] JB: I think a con, one of the ons is just like any diet right? You go off of it and then you start eating foods that you used to eat and then before you know it, you're just right back to where you were before you started.

[0:39:34.1] Allison: Yeah.

[0:39:36.4] AS: Yeah I know, it's funny you say that. I did it in September of 2012. I did it for the 30 days. I think I lost a couple of pounds but I don't really remember but I remember I wasn't nervous going on it, I didn't feel restrictive, I genuinely was hoping it would help my mood.

It didn't end up helping my mood only because I had, like you, I had been eating pretty well even though — I was going through a very emotional depression. My depression was just all emotion, no physical component. That's probably why it did make me feel better but I remember then the introduction, they didn't even really have reintroduction back then, it was just kind of like, "Okay, slowly add stuff back in." I do remember for the next month feeling like I was "being bad".

Because I had potatoes or all of a sudden I went out to eat and didn't ask for my stuff to be cooked in whatever, and I'm like, "Oh my god, I spent like five years getting away from this," and

it does — it etched its way back into my mind. I think that's probably why I haven't done it. I've had other people be like, "Oh let's do it again," and I'm like... Again also though, I also discovered that I really need grains at lunch.

If I don't have grains, I am exhausted in the afternoon and then I want the sweets where as some people don't need them but that was something that I noticed too. My energy was different. I did love, it did teach me, two things I learned about it was one, oh my god, you can't buy any salad dressing even at whole foods. Everything is made of soybean oil, there is a brand called Tessemae's that I love. They're a company based out of Baltimore. They are in whole foods and...

[0:41:12.2] JB: Yes, and Tessemae's is really good to marinate your meat in, not just use it as a salad dressing, it's awesome.

[0:41:17.9] AS: Yeah. That's the only brand, even this high end brands at whole foods, I just went the other day I'm like maybe something's changed, even though it's so easy to make your own dressing. It was like a \$10 bottle of dressing and they're like, "Made with 100% olive oil," all this stuff and I looked at the label and I think what they were — the first ingredient was canola oil and soya bean oil, the third one was olive oil.

I was like, "Maybe they mean it's 100% olive oil because," — I was trying to figure out how they phrased that but I was going to pay \$10 bucks for this because I assumed if it was expensive they were putting in quality ingredients, for everyone, start looking at your dressings, most of them are not good and I totally don't have from the Whole30. I also realized, I started waking up without an alarm and I really gave me the path forward of trying to cut out my after dinner sweet, that's when it end to eat sugar.

Because when you eat that as clean as I do now, even that little bit of sugar, it definitely, my sleep wasn't as deep and I wake up more groggy. That was something helpful that I took away from my Whole30 experience but it had me back on that like, "Ah, I'm doing something bad."

[0:42:30.6] JB: I think anytime you do this programs, you do learn, especially because you're in the kitchen, you learn how to make a dressing in two minutes. You learn how to cook and

prepare food to make your life easier. So all of this stuff is sort of just adds to your repertoire over time. So it's not a bad thing to do this programs right? It's all about your intention on what you take away from it.

If you have a healthy relationship to your body and food when you're done with the Whole30 program, you tame that voice that's saying, "Oh my god, you're being so bad right now." You just say, "No you're not, you're just trying new things, you're still eating clean, there's nothing wrong with having some beans, see how it affects my body, it's food from the earth." It's one thing if you're going to go out and have a Twinkie but if you're having some legumes, you have to kind of keep yourself in check.

[0:43:23.4] AS: Yeah, I always tell my clients like, I don't recommend any kind of extreme thing but I say, if you're going to do an elimination diet or if you're going to eat "clean" for 30 days. When you're done with the 30 days, think of three things that you want to move forward with. If you do that maybe once a quarter, at the end of the year you've adopted 12 new healthy habits and every time you do it, there will be a new healthy habit that you'll increase your healthy habits and you'll feel better each time.

You don't have to stick with all of it. Just like figure out what's most profound for you, for you Allison I bet having that big breakfast, you've really learned that you love mornings now. That's really enjoyable. What do you think you'll stick with? I know that we're only into day two, but I'm curious, what are your sense of things now?

[0:44:13.2] Allison: I think that I will definitely stick with the big breakfast and I think just learning to stop eating when I'm full. They talk about food with no brakes, obvious with chips or popcorn, any of those things that are really good but they have no real food quality to them and you're just kind of eating and eating, it was interesting to learn in the book that I read about how it affects your brain and how — like your brain is like, "I'm not full yet, keep eating."

Just learning how to color my plate and having healthy fats, I have avocado with every meal that I can, to have those healthy fats and knowing that that plus starch plus meat plus rich veggies is going to keep me full and keep my energy levels steady. I think just paying attention more to what combinations I'm having and only eating a treat or a sweet if it's worth it. My sister in law

and I, we're talking yesterday, she's kind of helping me with the reintroduction part and she said that there's some quote about like, "You know what a Reese's taste like, you don't need to eat it to find out." But if there is some — like my mom makes this amazing chocolate cake from scratch like I'll have a piece of that at somebody's birthday but I don't need to have a Reese's on a random Tuesday just because it's in front of me.

So I think kind of having those conversations in my head of, "Well I know that if I have that Reese's I'm probably not going to feel good and that I'm going to the gym later and my energy levels would be thrown off." Just kind of experimenting a little bit differently.

[0:45:49.5] JB: Those are huge take away's.

[0:45:50.6] AS: Yeah. I think one of the things for people listening, now that you said you eat avocado with everything, when you get a not healthy fats, you can actually have the space to make that choice not to eat the Reese's because I think a lot of people listening are like, "Whatever, that would never happen to me." The 27 year old Ali would be like, "Whatever."

But when you have healthy fats and your blood sugar's balanced, you all of a sudden feel like you have control or at least a choice, it may not be the easiest thing in the world right? Like passing up lettuce or something, I don't know? But you have more of that choice to say, "Okay, Reese's, that's okay." That gives you that space and that choice. I think that's important for people listening. If you're still not eating enough fat, please eat an avocado today.

[0:46:43.4] JB: Right this second. So Allison, thank you so much for coming on the show today and chatting with us.

[0:46:50.8] AS: Yeah, do you have a question? I mean I know that you had some writing in and now that you've experienced it, but do you have any questions?

[0:46:58.3] Allison: I guess the main thing that I struggled with that differed from what you say about fruit. So they kind of recommended obviously not to eat fruit to replace sugar craving but then your episode about GIRD where you were saying not to combine fruit with foods, certain foods. Their recommendations were to combine it, to have breakfast and have like strawberries

after so that you have like a three or four hour break between meals. That's something that I'm still trying to figure out if fruit gets me acid reflux. I'm very confused about it. I've still been testing different kinds of fruits and I'm not sure if it's the combinations of the acid and the fruits themselves that's causing an issue.

[0:47:38.5] AS: Yeah, I mean my opinion is still that, I would try to see it separately because you can still give your body a break and eat a fruit like in the afternoon without anything but usually if it is GIRD that you have, especially if you do — like I love apple with almond butter, it's a snack I recommend the clients. But if you do struggle with GIRD, that apple decomposing in your stomach can ferment, nut butter takes so long to digest compared to an apple.

I still think eating, again, this is where I think so much context is required is that if you're someone who is struggling with digestive issues, you have to like be a little bit nuanced than what they're saying because I think they're — I think your hope is that the Whole30 will just clear all of that but in my experience, it helps improve it, right? It clears it out a little bit but there's still more tweaks especially, I'm glad you noticed about the timing. That's so important with GIRD and IBS which I used to have. I would still say try fruit in the afternoon and not with meals. What about you Juliet?

[0:48:41.0] JB: It depends for me if I eat a lot of food and then I have fruit, it gives me a really bad stomach ache but if I have a smaller meal with some fruit then I'm okay. It depends on the amount for me. It's an amount issue really.

[0:48:55.5] AS: Did you ever had GIRD Juliet?

[0:48:56.8] JB: Yeah I have had some acid reflex.

[0:48:59.5] AS: Oh that's good to know.

[0:49:00.6] JB: Fruit does that, it triggers that for me when I eat a lot of food with fruit.

[0:49:05.9] AS: Maybe it is an amount issue too.

[0:49:07.8] JB: I noticed it especially at parties where there's always a fruit bowl and there's other food and then you're eating the fruit, it pretty much gives me a tummy ache every time.

[0:49:19.5] AS: Interesting.

[0:49:22.0] JB: Yeah. But I can have a banana with almond butter or apples with almond butter. That small amount, that's fine for me, I can do that on its own. But if I have a lot of like protein, combinations and I have fruit on top of it, it's not good.

[0:49:36.6] AS: Then maybe not with breakfast or lunch but dinner you can.

[0:49:40.4] JB: You just have to see, you just really have to experiment and see.

[0:49:43.9] Allison: There was a lot of fruit because it's June so there's been so much fresh fruit. So I think we might have overdone it on that a little bit and having it with a lot of meals because the other thing that, in the book I read they had one small paragraph about IBS and that sort of thing like I how to vary the program and I never got formally diagnosed with it but it would have been three or four years ago that my doctor said it might be something that I have.

Their recommendation was to not have nuts or fruit or the five map foods and I was way to anxious to deal with it that way because I was like, "If I can't have nuts and fruit, I had no idea how to do the program without that." So I think that's part of what I'm still going to experiment is if peppers and onions and that kind of thing still gives me a stomach ache, those are the things I'm still working on.

[0:50:37.7] AS: Sometimes cooking them. I was even thinking, when I had IBS, I could cook apples and they would be okay but if I ate them raw it was like bloating and all that other kind of stuff. That's what's so interesting too about onions and garlic, they're also anti-fungal, right? So sometimes IBS or reflex is caused by bacteria overgrowth and those same things can be helpful, it does just require experimentation, it's like not the fun answer but, and just before we wrap up, what was Tim's final, I know we have a lot of male listeners and female listeners.

For him who was trying to lose weight, how did he — what was his overall take away from the program?

[0:51:18.7] Allison: He lost 10 pounds and I think the biggest thing for him was that he learned to have a cook, he's gone back to pretty much his, most of old eating but paying more attention to labels and sugar. We both watched a couple of documentaries on sugar and have them looking at labels and he stopped putting it in his coffee. But yeah, he did lose 10 pounds, he didn't believe it, the whole time because you can't use a scale for the whole month.

So he was weighing himself every day prior and to go 30 days with no scale was really difficult for him and he was like, "I didn't lose any weight." I'm like, "You look like you have in your face and he ended up losing 10 pounds.

[0:52:00.8] AS: Great, do you think he'll keep it off if he's going back?

[0:52:06.0] Allison: Yeah, we'll find out. I think for the most part, he's experimented with different. He's tried paleo before and low carbs. He's tried a couple of different things and I think it's just another step on the ladder that is getting him closer to his goals but definitely those small things I think really make a huge difference.

[0:52:24.9] AS: Oh my god, more importantly than anything, they show you that you can change, which I think if having struggled with weight for so long, why is this going to be... as much as you're like, "Oh this is going to be different." It's like, "Is this going to be different," right? It's the same skepticism tied with optimism.

That's great, well congratulations to you both. Just that you stuck with it that you — I loved how he was like, "We'll go with the flow," and you're like, "We need a plan." I would have been like, "We need a plan or we will end up like at the restaurant I know."

[0:52:54.8] JB: I was actually the fun part for me going on something new was the planning and going to the grocery store and getting all the stuff.

[0:53:04.4] Allison: Actually the first time we went to the grocery store, the weirdest thing happened. We had filled our cart, we had like salmon, fish, vegetables and it was Memorial Day so it was really crowded and I went to find almond butter, he had the cart and I turned around and I was like, “Oh where did the cart go?” And he’s like, “It’s gone.”

[0:53:22.4] JB: Stole your cart.

[0:53:25.1] Allison: Our first shopping trip for the Whole30, our cart just...

[0:53:29.2] JB: You’re like, “It’s an omen.”

[0:53:31.0] Allison: Yeah, so weird. We were like, “Somebody’s going to be really upset when they realize that there’s nothing good in there.”

[0:53:37.9] AS: Oh one more question, do you think your taste buds changed?

[0:53:40.4] Allison: Absolutely. We eat fruit now and we’re like, “Oh my god, this strawberry’s so good,” and people give us weird looks. Everything taste amazing, we have learned how to season food. Yeah, absolutely. I think certain foods are going to taste like cardboard.

[0:53:55.4] AS: Yeah, no your tastebuds really do changed, and for people listening, episode eight with Bridget on our Insatiable Podcast is about how to cook more intuitively. So, and a lot of it is about seasoning. Definitely check that out if you’re someone who wants to get in the kitchen but doesn’t want a meal plan and just kind of wants to learn to wing it so that episode is about that.

[0:54:12.3] JB: I’m smelling the most amazing seasoning going out of my house downstairs right now.

[0:54:17.9] AS: Yeah, Mackey cooks for Juliet.

[0:54:19.3] JB: I’m not partaking in it right now.

[0:54:21.7] AS: I'm like, "I would be willing to do the Whole30 again if all of us will make Carlos cook spontaneously."

[0:54:27.9] JB: We're having a very Whole30 meal, we're having zucchini noodles with ground bison.

[0:54:35.9] AS: That sounds delicious. Well thank you so much Allison for like refreshing our memories on the intricacies of what you learned. I hope everyone learned. I think all three of us, we have a different view point on and different experiences with the Whole30 and definitely check it out.

[0:54:50.3] JB: Yeah, and if you're interested you can go to whole30.com.

[0:54:58.2] AS: Yeah, it can be very, like Allison said, it changes a lot of people's lives. So check it out. All right thank you.

[END OF INTERVIEW]

[0:55:06.5] 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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