

EPISODE 101

“AS: When we fight our bodies and we fight our weight, we keep in this elusive state of diet starts tomorrow. Tomorrow I’m going to be a different person. We put off living, we put off the discomfort of being human, we put off the beauty of being human.

There are no high vibes or “positive thinking,” high vibes aren’t a thing. All vibes and thinking have their role and where we most want to be which is the freedom to be who you are.”

[INTRO]

[0:00:37.7] AS: You know battling food in your body doesn’t work. You want to love and accept yourself, and because you’re insatiable, you want results too. You bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on our beautiful and wondrous planet Earth. Fair warning, it will be a rollercoaster. But for those insatiable, this is your primetime to thrive. Here is just saying “yes” to the hunger of wanting it all.

I’m your host, Ali Shapiro, who is dedicated to pioneering a saner and more empowering approach to health and weight loss.

[INTRODUCTION]

[0:01:18.5] AS: Welcome to episode 101 of the Insatiable Podcast: 10 Truths To Invigorate Your Wellness Journey. October 15th mark 10 years for me as an entrepreneur in the wellness space. Studying, practicing and synthesizing what it means to be well.

What a trip, what a ride this continues to be, I love my roller coaster. In today’s episode, I want to share 10 wellness truths my clients and I have experienced. I hope these insights will help invigorate your journey if you have momentum or support you to get unstuck if you’re struggling.

Coming from me, who has more questions than answers, settling on what was true was a fun challenge and there's an unexpected announcement at the end you want to pay attention to. So you aren't confused. Enjoy today's Insatiable episode.

[EPISODE]

[0:02:08.4] AS: Welcome Insatiable listeners to episode 101. Wow, pal in drum number. I hope you guys liked last week where Liza interviewed me. I mentioned on the podcast then, and if you follow me on social media or you're on my list, you know that October 15th is also my business birthday.

My biological birthday is October 1st and then I started my business on October 15th in 2007. Not only are we right around the anniversary, the 100th episode of Insatiable and it's my birthday but I am celebrating 10 years of being an entrepreneur in the wellness world.

Wow. I don't know, I could do a whole episode or maybe a thousand episodes on building a wellness business that's grounded in, you know, not playing to people's weight loss fears, et cetera. I don't know if that would be interesting to you but, and you can let me know if it would be.

But today, I wanted to share with you 10 truths I know for sure, after being in wellness for 10 years, what I have come to believe about the body, about our battle with food, our battle with ourselves, this insatiable craving sometimes for weight loss and the importance of emotion and all that kind of stuff wrapped up into 10 truths.

That's what we're going to talk about today and then I have a really important, I guess, announcement, update at the end and you definitely want to stick around for that. Otherwise, you might be a little bit confused in the following weeks. Stay tuned for that.

Like I said, October 15th 2007, I started in the wellness world and I really wanted to help people and I still do and in fact I feel more optimistic about people's ability to heal themselves, take control, not control of your health, right? Agency, we talk about on this podcast a lot.

Agency is to know your independent choices, know the choices you have. That can be from, if you want to lose weight, know that you don't have to count calories or points or drink shakes, you can tackle that from a different perspective.

If you want to heal yourself from depression or Hashimoto's, you can use food and emotional healing to do all that stuff. I'm all about independent choice which is what agency is. It's interesting, when I started out 10 years ago, I was giving talks in corporations about why nutrition mattered. Can you believe that? I mean, if you're listening to this podcast, chances are you're an early adopter of wellness and knowing the power of nutrition.

[0:05:01.1] AS: Yeah, I was giving talks on sugar is inflammatory and all those kind of stuff that I think we often now know but how do we implement? Where's that gap?

I hope that these 10 truths that I selected for this 10 year anniversary will help you on your own path. Truth number one, fighting your body keeps up the illusion that we have more time than we do. It makes you live in the future and absent in the present, leaving you insatiably hungry for what's real and true.

Now, this is a pretty hard one to digest. I know when I was battling food, battling depression, I didn't want to be battling, right? Part of my work is getting people to see that there's no – the battle is an illusion, we can have other choices.

One of the things that I think is really difficult to swallow, pun intended, is that when we believe that weight loss or once we reverse our diagnosis or once we're off medication.

If we believe that that finish line is going to give us some sort of internal contentment, we're fooling ourselves. What it does by not knowing how to deal with discomfort today, is it also makes us not as available to the joy and the magic and just that sense of, I did that.

Right? From doing hard things and so, when we fight our bodies and we fight our weight, we keep in this illusive state of "Diet starts tomorrow. Tomorrow I'm going to be a different person."

We put off living, we put off the discomfort of being human, we put off the beauty of being human. I hope for those of you listening that you don't put that off any longer.

It doesn't mean denying how you're feeling, it means examining the battle. It means examining your emotions being with them. That leads me to truth number two. Food can be a profound and transformational invitation to living the life meant for you.

Or in Oprah terms, "Your best life." However, your best life won't always feel the best and it will be better than you imagine. Here's why, when other coaches have kind of, once they figured out their food issues and have moved on to business coaching or something else or just don't find food interesting any more.

I, myself am not a foodie and you're never going to see me doing recipes. Yet, food connects us to our bodies. It is immediate feedback and food tells all.

It can be, if you examine what's happening in this relentless cycle of being good, being bad, falling off. If you really examine that, you're going to get your whole self back if you stay with it.

And, your best that is your best life. The one where you're whole, you are powerful and you are doing the choosing. It won't always feel that way and that's okay because when you come through it, it will have been worthwhile.

Don't dismiss the battle, right? Let's examine it. Third wellness truth. Our body battle is fueled by emotional baggage we don't even know we are carrying. What we want most is freedom from recreating our past and agency to create beauty from the hardest things in our lives.

I'll give you a personal example to bring this to life. My diet starts tomorrow, my binging, my emotional eating was all based on feeling unsafe from having head cancer, from what I would later discover being bullied, severely in 5th grade.

I would also find it was from being poisoned by pesticides when I was eight years old which started my weight gain. I didn't know I was carrying any of that around. I thought it was in my past and my clients are shocked to find that they're still carrying this emotional baggage around.

What we want is not to say those things didn't happen or to say "Hey, we're better for them," which we can be. But to embody how those things made us better and how we can create something beautiful from those things that broke us open.

I think my business is what I would consider the beauty I'm creating from my cancer experience. I wanted freedom from the risks and the lack of safety in the very small comfort zone that cancer and these other experiences had put me in.

Not in the areas I was confident in, but areas that were more vulnerable. I really wanted freedom to have more freedom in those zones. That's what most – that's what half of our body battle is really about.

If you really want to have a truce with food or make progress with your wellness. I hope you will seek out resources that take your emotional health as seriously as your physical health because they're actually interconnected. Which is why my clients realize they sometimes get even better results with their depression, with their Hashimoto's, et cetera.

Because they are changing the emotional patterns that cause their bodies to be in a chronic stress state which inhibits healing. Also, all physical issues like depression, et cetera have an emotional component.

Okay, number four. When we heal, we discover the depth of our humanity and capabilities. The way to this radical truth is through the body, your body, the earth's body are political bodies. Our bodies have never been separate.

I'm recording this podcast in another crazy week, right? I don't even know if I would say crazy, I would say, mad. Madness. The same way that there are earthquakes, that there are fires burning, that there are floods and hurricanes.

These metaphors are also what's ripping through my client's lives right now. Relationships that have turned towards infidelity or addiction. The fiery of their bodies, of inflammation, of Hashimoto's, of depression.

I'm kind of landing on those because I just had some clients struggle with those. Feeling underwater with not overwhelm, right? All of the things that we choose to do to our physical bodies are part of a larger narrative that we've inherited from our cultures.

Our cultural conditioning is politics, the politics is personal. I think that's something that's been a huge awakening for me in this last year. To understand these connections, we have to start with healing ourselves. When we start to do that, we realize how strong we are, we create, we figure out what matters to us not what we thought matter to us and we really understand the capability and depth of we are, of forgiveness, of love and radical truth.

Don't think healing is something that isn't part of this collective healing that we're either going to do or we're not going to do. I think the jury is still out. Alright, number five. The writer, Ursula Lagwin was spot on when she said, "We are volcanoes."

"When we women offer our experiences a truth, as human truth, all the maps change, there are new mountains." Here's one thing that I've realized is that it is the stories we have not been hearing, whether that's from black lives, from Native American lives, from women's voices, from the poor, from the sick.

Those are the stories that have shaped what we think works and what doesn't work. The fact that we haven't heard them. We only have one narrative to choose from, that's not agency, that's tyranny. When women who have been dismissed by the medical system, right?

Women often – I don't want to make over generalizations but in a whole, you know, a man comes in with the risk pain he's getting an MRI, a workup, a woman comes in, it's all in your head, right?

When women start stop second guessing their experiences and counting that enough that as enough of experience everything's going to change.

I'll give you an example, I have a client who was interested with food this last round and has put her Hashimoto's into remission. We were all so proud of her and her first reaction was, "Did I not even have it in the first place?" Right?

She didn't even trust her own power that – she worked, this did not just happen, she went through the fire. I know she's listening and I hope you know, we're all so proud of you and she knows that. But she did that.

Now, she starts to offer that experience as truth. Guess what? The people in her life who are open, they're going to start to change and then those people are going to start to change. We need to recognize especially as women, or anyone who's been marginalized, that our truths matter.

Number six. There are no high vibes or positive thinking. High vibes aren't a thing, all vibes and thinking have their role and where we most want to be, which is the freedom to be who you are or we are.

You know, we throw around the words patriarchy here a lot on this podcast. But that pyramid structure that guides, especially north American culture and I should say western culture, puts up a hierarchy vibes that there's high vibes and low vibes.

Guess what? That's not a thing, that's made up. People who are going to dismiss that you're being negative, or that you're not positive, or that you brought this on yourself because of your low vibe thinking. I don't even know what to say.

I don't want to create a reaction against that. Just please delete those people from your social media feeds or recognize that they're on their own path and they've been – that has worked for them for now. Yet, I have found which is truth number seven.

You get exponentially more results when you explore your discomfort. Ignore self-help gurus, even putting someone on a pedestal is very pyramid like, right? Nah, we're all in this together, we all have something to offer.

Ignore self-help gurus who tell you to just push pass or unattached from your discomfort. What you resist persists. Now, I am not a Buddhist expert but I know a lot of times why people have only gotten marginal relief is because they try to detach from their emotional state. When you go through it and you examine it, new mountains do come about.

Or, if you're a beach person, you will have new shores to see. But, the more you can explore your discomfort, you free yourself from that discomfort. What you embrace dissolves.

If you really want to make a change, work with someone or look for resources that honor that and then have tools to help you cut through that and transform that. That's where you're going to get life changing results. It's so fun, it's so liberating.

Although, everyone defines fun differently. I think it's so fun. Alright, number eight. Measuring how far you've come. Alright, number eight, measuring how far you've come versus how far you still have to go is helpful when you're in a cycle of beating yourself up.

So here's the thing that my clients and I discovered. Once you start exploring your discomfort, you start being more of who you are, you start changing in ways that were unexpected. You have new goals. You have new directions you want to go. So that finish line of contentment that you thought was going to happen with weight loss happens before.

That finish line that happens before you fully have reversed your depression or not, you realize you don't need that anymore. It is just a permission slip, right? You don't need permission anymore. So you start to try new things right? I am still working on my health as I share with Lisa. Just because I am not battling food and I don't care about my weight it doesn't mean that I've ridden off into the sunset.

And then sometimes we're just struggling. We're really struggling and then we think about, "Why did I do this?" blah-blah-blah "I can't believe it I'm in the same place." But looking back, what have you done differently? What improvements have you made, right? There's always going to be further spaces to go but we can't hate ourselves into a loving relationship with ourselves.

We have to love ourselves, and I mean radical love, which means have compassion for our discomfort, for our setbacks and expecting more for ourselves that we can learn from it. “What did I learn? What happened here? What can I do better?” Having the capacity to hold both and that happens the more you embrace your discomfort. But measure how far you’ve come versus how far you’ve need to go.

Number nine and I think this one, as someone who’s always identified as an outsider, has felt different. I talked about that in episode 100 with Lisa not only for my family upbringing but being bullied, having had cancer and now being an entrepreneur. When most of my friends, or I should say half of my friends, but I know my family for sure all had traditional jobs.

Whatever, we can find whatever we want to attach to but this number nine is we need each other, belonging matters. I think at this stage in our civilization and what is happening on a global scale is we need to learn to belong within our differences. It’s no longer enough to be tribal to say, “Well here, I’m republican or democrat” or “Fit is the new strong.”

What are all these things? No, there’s no camps anymore. Yes, we belong and of course we are going to find people that you identify with more and more and have different values and we need to belong in those ways. But also find a way for those of us to expand that sense of belonging and how we get along. I think America, I obviously have a lot of criticisms of it.

And yet I also think we have a really good head start at trying to figure out how to really live amongst those differences. This is a huge experiment here in the country that I was born into and western culture I would say. So we do need each other in our communities. I know for a lot of my clients, they realized they felt like outsiders too from being bullied and we have to heal that.

There’s suspect of other women when we get into Truce with Food, it’s part of why they compare themselves to other women’s bodies. It has nothing to do with someone’s weight. It has everything to do with trying to protect ourselves from where are we on the social hierarchy and until we really embrace that we need each other, we’re going to be dis-eased.

One of those memes that was passing around is, “There’s I in illness and we in wellness” and I think truer words were never spoken. It doesn’t mean you have to like everyone. As my grandma used to say, “I don’t always like people but I love them.” I like that. Alright, number 10, drumroll although because I’m insatiable I put in eleven.

I even had a hard time, “Oh my god only 10? Oh I’ll make 11.” But number 10, your blood work or your wardrobe or your diagnosis don’t have that much power. Trying to get healthy and lose weight for the sake of health or weight loss isn’t motivating enough. You have to connect these changes to more free and powerful, every day.

Look, I try to be as real as possible. I am not going to deny that fitting into your clothes feels awesome. That when you get that blood work down like my client did and your Hashimoto’s is in remission you don’t feel badass. Or when you have struggled with depression, like I have had serious doubts in my life, and then when you get sad again, it’s not as all-consuming because each time you get a little better at it.

But these diagnosis’s and these wardrobes they don’t have the power. The more you give them the power, the more powerless you’re going to be. Now, there’s a big ass bridge to really believing that and embodying that but I want to offer you that if you can feel more free and powerful a little bit every day, take your power back there.

Don’t give it to what diet you’re on or what clothes you’re wearing. Your emotional state, you can shift and change. It doesn’t happen overnight. It is going to kick your ass and you are going to walk out of there dusting off your shore like, “I did that.” So please, start looking for your power in other places. Okay and because like I said I’m insatiable and my parents nicknamed me “One More Time Ali.”

When they were exhausted and I didn’t want to leave any of the fun. It’s bonus time. Number 11 and this dovetails from number 10. Health is about are you alive. It isn’t only about if you have a diagnosis, if you’re on meds or off meds or what you weigh. Your life wants to know if you are nurturing the creative energy that pulses through you. It wants to be expressed in only the way that you can.

Take that in. We all have this creative energy in us. It gets projected onto weight loss, misdirected onto weight loss or our health and diagnosis's. Yet the real question is, are we alive? Are you taking chances? Are you taking risks? Are you here for the full range of the human experience? So these 11 truths can be best summed up by one of my favorite quotes by poet and philanthropist, Donna J. Stone.

And my manager, Crystal if you're listening, when I worked in Paris and lived there gave me this quote. I believe this is where I first found it and it's still one of my favorite quotes today. Donna J. Stone says:

“The most visible creators are those artists whose medium is life itself. The ones who express the inexpressible without brush, hammer, clay or guitar. They neither paint nor sculpt. Their medium is simply being, whatever their presence touches has increased life. They see but don't have to draw because they are the artists of being alive.”

Love that, okay? So those are my 10 truths. I'm sure in my 11th here, I'll come back with 11 different truths or the 10 truths will be clearer than the 11. But I hope you enjoyed them. If you want a copy of these, they're on my blog, alishapiro.com/blog and also alishapiro.com/podcast. In the shownotes there will be a link to that. Okay, so I said I had an announcement for you.

Another drumroll, oh but before that, you know I can never be linear. I apologize, thank you for hanging in with me in all of these episodes. If this podcast you got value from it and you know some people who would benefit, would you please share it? You guys have been so amazing about sharing the podcast. I love how it's grown.

It's been slow and steady like most progresses, we came out with the bang which was super cool and then we just have grown slow and steady and if you can share the podcast, that would be fantastic and then if you could leave a review. So many of you said, “I'm going to do it” and we are holding steady at 63 reviews which is awesome and I'm so grateful.

If you could get to those reviews it will really help the show. It will help more people find this different mentality around nutrition and the quicker we can change the collective – the individual mentality, the bigger the collective one. So then it make it's even easier on your transformation

path. So my little announcement, I am taking an eight week hiatus from producing new Insatiable episodes.

So that may sound like, “what?” No the podcast isn’t going anywhere. I’m more in love with it than ever. I’ve already recorded some new episodes which is not going to be released for eight weeks. However in this eight week period, I’ll tell you why I am pausing it in a second, but I will be releasing eight episodes that I think you need to listen to again.

If you are a regular listener to the show, you know that there are lots of layers here and one of my clients just told me she went back and listened to several episodes and now that she’s gone through Truce with Food, she hears everything one layer, a couple of layers deeper and all that stuff. So, I want the eight episodes I’m listing re-releasing. I want you to go back and listen to them.

You’re going to hear different things as you’re at a different spot on your journey. So I hope you’ll re-listen to them and mark your calendars for the solstice because we will be back. I think it was that Wednesday where I think we are still going to do Wednesdays, yes we are, be back December 20th when we are at the darkest day.

But as I remember hearing in one of my yoga classes, many moons ago, is when we are at the solstice when I love that it symbolizes as we are in the darkest period yet we’re also closest to the light as we start to turn towards the light in the longer days. So we’ll come back in December 20th. There are so many great episodes planned.

Like I said I’ve already done some of the interviews, we’re going to have a little bit of a tighter focus. I know I can ramble and I know that I let my own curiosity get the best of me and I go off on tangents. So we’re going to have a little bit of a tighter focus like I said, my new positioning is radical truth for everybody.

So we are going to be getting radically true with our guests and we’d be talking about the layers of the body from political, again, cultural conditioning as we think about it. To the earth and to the physical bodies. So the reason I’m taking a pause is not because the podcast isn’t growing and it’s not the feedback I get from it. I love it and I love how helpful it is.

I mean that's the thing that energizes me. It's the conversations that spark and the way so many have been helped from it. I love it from regular bowel movements to clarity to having more agency, it's all good. It's all wellness. But what's happening is I am working on a book proposal. I am working on a new website and I'm working on training the trainers around Truce with Food.

So I'm a big believer and it's something that I'm constantly practicing is to not rush through things and not just try to check things off my list but enjoy them. So I am experimenting a little bit with slowing down, really enjoying things and not trying to do it all. We'll see how it goes. So what does that mean?

Yeah, so just to recap: eight-week hiatus on the podcast. I will be releasing eight episodes that I think you need to listen to again. Some of my clients have told me they've listened to episodes three or four times because they are so dense. We are going to try to thin them out a little, still meaty. Oh god the food puns, I can't handle how many food puns we have. Sorry it just dawned on me.

Okay, so look I am going on a tangent now, right? This is a lot, I have a lot to work on. I'm a work in progress. So eight lessons or eight old episodes that are still timely and I want you to listen to it again. We'll be back out on December, I will back out on December 20th with these incredible episodes with a tighter focus. We'll have probably much – the episodes will mostly be under an hour.

And if you want to keep in touch in the meantime, sign up to my list at alishapiro.com especially because I will probably be asking a couple Insatiable listeners via my list. If I can interview you on the formatting, what you like, what you don't like because if I am going to pause like let's just revisit it and see if you like things like the opening quotes.

Or is there something more you wish I would go into, etcetera. So if you want to help shape the next season of the Insatiable Podcast, let me know. But the podcast is going stronger than ever. I'm just taking a breather so we can come out of the gates even better than before. So for all of you who have sent in your feedback, left your reviews, emailed me about the conversations that started.

Told me about the probiotic that makes you regular now from listening to the show, I love all of it. I genuinely want us to heal and get healthy in our bodies because then the earth's body, we don't buy the shit that's showing up in our oceans. We make better health choices in terms of where we buy our food, so we reduce climate change.

We don't waste as much food and that translates into the political body in terms on what we vote on and what we care about and when women are liberated to speak their truth, to live their truth and your truth surprisingly is not what you think it is. It is obviously messy and unfolding but when that happens and we're okay that it's messy and unfolding, oh that is going to be great.

And so I am committed to that and so I thank and I love that I found people in our Insatiable community, that are too. We're all living in exciting times. Everything is broken so there's an opportunity to rebuild and get creative. So thank you for meeting up with me on this path and I will see you in two months and it's going to fly and I can't wait for you to hear the episodes, especially the interviews we've already done.

Until then, stay insatiably curious about your health, your truth and I'll see you on the flip side.

[END OF EPISODE]

[0:32:26.8] AS: Have questions or reactions about the episode? Reach out to me on Instagram and Twitter @alimshapiro, or Facebook at facebook.com/alimarieshapiro. If you love this show, please leave an iTunes review and tell one friend this week about how to get the Insatiable Podcast on their phone.

See you on social media.

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