

EPISODE 46

AS: I know a lot of people who are stuck in the “all or nothing”, or the good/bad cycle, like they’re good all week, and then on the weekends they let go. Or they’re good during the day and then they let go in the evening, or on and off with dieting. Their blood sugar is really fragile. To do something like bullet proof coffee is not going to work for them.

JB: So many clients that I’ve seen are trying to lose weight at the same time that they are training for some sort of half marathon, marathon, any kind of race; they have the hardest time losing weight when they’re doing this, and in fact, most of them gain weight.”

[INTRODUCTION]

[0:00:42.5] 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.

[0:01:23] JB: And I’m Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRO MESSAGE]

[0:01:31] JB: Welcome to episode 46 on our minisode, *Five Quick Weight Loss Fixes*. As you know from listening to our episodes in philosophies, Ali and I believe that there is no magic pill for weight loss. However, there are some easy things that you can start doing as soon as possible, and they don’t require a lot of thought or will power, and they can help you to reduce cravings and keep you motivated along your weight loss quest. So let’s get into these quick fixes.

[EPISODE]

[0:01:58.5] AS: All right Juliet, give me the silver bullet now!

[0:02:05.8] JB: Uhh — there is no silver bullet.

[0:02:08.2] AS: No, but there are things that — I just see people making these mistakes, and I'm like, "It's so easy! You can make life so much easier for yourself!", right?

[0:02:18.9] JB: Yes, for sure, there are definitely — this is almost like kind of like a mythbuster episode I feel like.

[0:02:24.5] AS: Yeah.

[0:02:26.5] JB: There are definitely things that you can start doing better, almost like no-brainers when you really start to think about them, and put these pieces together. Ali and I want to talk about like, the five things that you can do right now that will help you to just balance your blood sugar more, and help your body burn fat a little bit easier.

[0:02:46.0] AS: Yeah, the big thing with all of these is really experiment with them and connect them to how much better you feel. I think people, when they say, "Oh, I'm being good!", it's like, that isn't — that sets you up for being bad versus there is many more dimensions between good and bad.

[0:03:02.7] JB: Yeah, being good and then it doesn't, you know, equate with "I'm starving, and I have a headache, and I'm constipated, but I'm being really good right now". That's not real. Not to me at least.

[0:03:18.1] AS: Right, but, when we put food in a battle metaphor — this is my entire master's thesis — we think that we're being good when we're hungry, when we're striving, when it's hard, when you're like no, actually, when you feel good, when you feel centered and powerful, that's

actually when you know it's working. But we need a new metaphor, right? We couldn't fight food, fight cravings, whatever. Okay, so let's get to it Juliet.

[0:03:41.7] **JB:** Yeah, let's jump in, what's number one Ali?

[0:03:45.2] **AS:** This is such an easy change to make, I see a lot of people drinking caffeine before they have breakfast, which sends their blood sugar through the roof. People will get up in the morning, roll over and have coffee. It's very ritualistic too. What happens is the caffeine, actually, often for most people will stomp their hunger for a while right? By the time you get hungry, you're starving, and you don't feel like you have any choice in the matter.

One of my clients in Truce with Food called it alien hunger. I love that. By having caffeine with breakfast or even after, it doesn't matter, that food that's in there is helping stomp that blood sugar surge, right? Or that you feel really up, and then two hours later you feel really down. Have your caffeine beverage of choice with breakfast or after, not before.

[0:04:37.9] **JB:** Yeah, for those of you who are familiar with Bulletproof Coffee, for example, and that is, you're supposed to have that on an empty stomach. The Bulletproof Coffee isn't just coffee, for those of you who know, it is coffee with a healthy dose of fat in there, and that is to slow down your blood sugar and how fast the caffeine is being absorbed. No matter how you look at it, there aren't really any weight loss programs that are saying "Just have coffee!". Maybe that's the ballerina diet that I was on years ago. Coffee and cigarettes, but you know, that was a long time ago and really bad.

[0:05:16.0] **AS:** Also, this brings up a bigger question that everything is relative, and I know a lot of people who are stuck in the "all or nothing", or the good/bad cycle, like they're good all week and then the weekends they let go, or they're good during the day and then they let go in the evening, or on and off with dieting. Their blood sugar is really fragile, and so to do something like Bulletproof Coffee is not going to work for them.

It will work for someone who is just like, has no issues with food, and no weight to lose, no health issues, and just is looking at food purely as fuel. That's the value they've attached to it,

"This is going to help me be more productive!", right? Isn't the guy who started that like some sort of crazy entrepreneur executive.

[0:05:59.8] JB: Most people who start diets aren't actual doctors, they're not registered dietitians, they're not nutrition coaches. A lot of people who start diets, they just did a diet out of their own volition that worked for them, and then they wrote a book about the diet that worked for them.

[0:06:15.7] AS: And the media loved it because it was an easy hook.

[0:06:18.2] JB: If somebody loses X amount of weight, it's always a story somebody wants to follow. Most of these diet books, even the trainers who are writing them, they're also — they're not doctors. They're trainers. They know exercise, and they've experimented with their diet, and then they made a book. With having caffeine with breakfast, you do want to make sure that the breakfast isn't a high carb, sugary breakfast, because that will do the same thing that the caffeine is doing. Again, it's about lowering your blood sugar in the morning so that you feel more satiated, and you can get through to lunch. So, something that has protein and fat in it with your coffee or your tea.

[0:06:56.6] AS: Yeah, and that gets us to the point number two, which is add fat to every meal, right? That is so easy to do. I've actually heard from a couple of listeners who are in my "Truce with Food" program, and they said they have just been adding fat from listening to the podcast and they feel so much better. They're like, "Oh my god, I don't want to keep eating afterwards!"

[0:07:17.0] JB: Yeah, fat is the thing that satiates our brain. It says "Okay, we're getting nourishment or feeling full". It fuels our hormonal system, it fuels our brain so that we can think clearly. Fat is something that is just amazing to add, and what we say every meal, breakfast, lunch and dinner. Now, this doesn't mean okay, I'm going to have as much bacon and eggs as I could possibly want, we're not telling you that that's all you should be eating. We're saying incorporate it in. You should still make it balanced, and just have a little bit of fat with your meal.

What are some of your favorite fats that you like to add Ali?

[0:07:57.4] AS: Yeah, I do want to just say, you know, the amount of fat — most people aren't eating enough, but the amount of fat will be based on your individual chemistry. If you go to my website alishapiro.com, my opt-in is like, what diet is best? Mediterranean, vegetarian, or paleo? And there's a breakfast experiment that will help you start to see where you are on the continuum. Definitely check that out.

I think the big thing, and this came up with Truce with Food this week. We were laughing so hard. I said that I shudder when I see people order egg whites and don't have the egg yolk. One of my clients who, I guess had been doing egg whites, she put in the egg yolk and she was like, "Oh my god, I can't believe, all of these things that were in my office. Like Twizzlers and Milk Duds; I didn't even think about them once I had the yolk!", and another client chimed in like "#eggyolkcourage!". Egg yolks are one of the biggest things. Or people do low fat yogurt, right?

[0:08:57.5] JB: Now you're not even absorbing calcium and vitamin D, because you need to have fat to absorb your nutrients, but I know for myself that you would shudder at me, because I sometimes do use egg whites. Ali, it's because I add fat in so many other ways! So I will do egg yolks with almond butter, egg yolks with avocado, and I know for myself how to balance out my nutrition so that I'm not overdoing the fat. I'm one of those people that would do as much fat as possible if given free rein, so I had to learn to kind of like, hold back on making sure that I have enough that I'm satiated, but not too much where I'm slowed down.

[0:09:34.5] AS: Right, but also, why I shudder at that is that like, nature is amazing and brilliant, right? She has paired all of these certain foods that just happen to go together. In the yolk is biotin, which not only, a lot of B vitamins, but it also helps you metabolize sugar and fat better. To me, you're not really even going to necessarily absorb what's in the white if you don't have the yolk. It just feels like, to me, not a great return on your investment.

[0:10:01.3] JB: Yeah, I'm speaking to you guys from a totally different perspective of knowing my body and what I do, and you just — everybody starts to figure out meals that work for them in different ways. But if it comes to recommendations for clients, I always recommend to have the yolks with it.

[0:10:18.3] **AS:** Then I think at lunch time, especially — I just came back from being on the road for two weeks, and so many times if I wanted to get dressing, most dressings are loaded with sugar and then have vegetable industrial oil, so I would always just ask for olive oil. And this is not just dipping your fork in the side of a salad or what not, it's really making sure you get healthy fats on your salads. Dumping the whole...

[0:10:47.7] **JB:** At least a table spoon or two.

[0:10:49.8] **AS:** Oh, two for sure, or nuts and seeds, right? There's other ways to get them, but I think a lot of people, especially at lunch, they skimp on that. Or guacamole, right? We were at Chipotle the other day, and I just — because blood sugar is about the relative, right? It's about fat and protein relative to carbs. But I asked for a salad, and made sure to get more guacamole than rice, because it was lunch and I knew that that was the only source of fat in my salad bowl or whatever.

Definitely, those are ways that you can add it at lunch. I think at dinner, I don't know, just like adding ghee or butter to your baked potato or...

[0:11:26.2] **JB:** Yeah, coconut, I saute a lot of things in coconut oil. A lot of times, dinner time, you're cooking, you're making vegetables, you're sautéing. All of that hot food, a lot of times, just adding in a little bit of healthy oil like coconut oil, or avocado oil, or you know...

[0:11:44.4] **AS:** If you're going to make curries, cook with whole fat coconut milk.

[0:11:47.1] **JB:** Yeah, my gosh, whole fat coconut milk and rice instead of cooking it with water. Cooking it with coconut milk is the bomb. It's amazing with some turmeric, yeah!

[0:11:58.1] **AS:** I was going to say, you can do turmeric, and cinnamon, and like, any spices that — I got one of those InstaPots, and so I've just been...

[0:12:05.2] **JB:** You joined the InstaPot club!

[0:12:06.0] **AS:** I did. Although Carlos was like "You're just using this as a rice cooker."

[0:12:09.5] **JB:** You can use it for everything. We use it every day of our lives. Between that and our Vitamix, those are the most used appliances in our house.

[0:12:18.1] **AS:** I know! I joined the InstaPot Facebook group and I — people were fanatical. I'm trying to learn but it gets hard.

[0:12:23.8] **JB:** That's so funny, I didn't even know there was a group. I shouldn't let Mackey know that, because then he'll be on it all the time. What's number three?

[0:12:30.7] **AS:** Yeah, so caffeine with breakfast, fat with every meal. This goes back to lunch. Adding animal protein to your lunch. That is another big- that is a game changer.

[0:12:43.1] **JB:** Hey, the vegans and vegetarians are shuddering right now, Ali.

[0:12:47.1] **AS:** Right. They are, and if the vegans and vegetarians are positive that they are on the end of the spectrum of what I call slower metabolic burn, great. Then they need to make sure they're going to eat extra fat. But for the rest of us, which is most people, and I will tell you, Paul Pitchford, who we both love, he wrote the book *Healing with Whole Foods*. The guy healed himself naturally from Lyme disease. He has his own sanctuary in California where he heals people. He's really in the stuff, and I was in a lecture several years ago where he was — he's a vegan himself, but he was saying that he believes most westerners, with the stress that is on them, need a little bit of animal protein.

[0:13:28.6] **JB:** That is because animal protein is very grounding and calming, right?

[0:13:35.0] **AS:** Yeah, especially if you have like a medium to fast burner metabolism or nervous system, that's going to help keep that metabolic fire going, rather than just kind of burning through a bunch of carbohydrates. Lunch is supposed to be our biggest meal of the day, and so your metabolism peaks when the sun does, pretty cool, we're part of nature, surprise, shocker! When the sun is at its highest height, so is our metabolism or our digestive fire. When people skip out on animal protein at lunch, they tend to be really hungry, or crash at like two or three.

[0:14:07.3] **JB:** I think it's important to let people know that this doesn't mean just lean turkey and chicken breasts right? You can opt for the steak, you can go for the salmon. Some animal protein diet has a lot of nutritional value, and maybe have some good healthy fat to it as well. Keep in mind that most animal protein that you're getting out isn't necessarily the best quality, so if you can be in control of making your lunches at home and getting wild fish or grass-fed beef, that would be optimal.

However, if you have to make a choice and you're out, and you want to prevent yourself from crashing in the midafternoon, going for the candy bowl. I mean, I personally would put some meat on my salad versus just having a vegetable salad.

[0:14:57.9] **AS:** Me too.

[0:14:57.9] **JB:** For my body, because I know that I won't be able to make it till the end of the day otherwise.

[0:15:03.8] **AS:** Yeah, we talked about this in our episode of quality over quantity, do you have to be — I don't think that's what it was called, it's is quality that important? And I really try to seek out the sources, like Chipotle, or Agno in Philly, that sustainably raise meat, or just bring my own. I also, we have a place here in Pittsburg called Blue Bird Kitchen that has free-range chicken, and I pay extra to have more chicken added because they don't give me enough. I may have — like for my metabolism, I need like, six to eight ounces, and I just know that dinner is going to cost a lot more than — I'm sorry, that lunch will just cost a lot more than dinner.

[0:15:41.4] **JB:** I've been one to make proteins at home, make a big batch of chicken, or ground beef or something, and then wake up in the morning and realize that I didn't actually make any sides to go with it, or make a salad. I'm like, "Oh fuck, I have to go to work! I really don't have time to put a meal together!", but you can get a salad anywhere, you can get vegetables anywhere, but you can't get good quality meat just anywhere.

I would just Tupperware that shit up and take it with me, and then I'll just find something that I can dump it on top of later.

[0:16:12.8] **AS:** Yeah, when I was in my working days, I would do lox, like wild Alaskan salmon. I know not everyone likes those, but I would do something like that, or even canned wild Alaskan salmon, it's not like my favorite thing but in a pinch, I don't care, with some really good healthy mayonnaise.

[0:16:30.8] **JB:** Or you can be Mackey and have sardines in his car.

[0:16:34.6] **AS:** Sardines are so good for you!

[0:16:37.2] **JB:** They are really good actually, but people are afraid of them.

[0:16:40.0] **AS:** I made it my mission to try them last year. I tried them once; they were not as bad as I thought they would be, but I haven't tried them again.

[0:16:47.8] **JB:** I just think there's a weird stigma with them. People just think they're these smelly little fish in a can. This doesn't sound appetizing, but all right listeners, I dare you all to buy a can of sardines.

[0:16:58.6] **AS:** And report back.

[0:17:00.5] **JB:** Let us know what you think, because they really actually are really good.

[0:17:04.0] **AS:** I would recommend putting some mayonnaise on them.

[0:17:06.3] **JB:** Yeah, I mean, doctor it up a little bit, you can make it like, a tuna salad or something.

[0:17:11.6] **AS:** Yeah. Actually, Jolene Hart, who we're going to have on in November about skin, her book *Eat Pretty*, that's actually the recipe I used. It was really good! She recommended some spices and herbs, and I was like, "I can do this! If I ask my clients to experiment, I have to!", and it wasn't as bad as I thought.

[0:17:30.4] **JB:** You get those good Omega-3's, and the small fishes have way less mercury in them.

[0:17:34.9] **AS:** Yeah, and they're more sustainable.

[0:17:36.5] **JB:** For sure.

[0:17:38.5] **AS:** All right, animal protein at lunch for sure, and if you're vegan or vegetarian, definitely then, beef up on the fat. Like Juliet said, most protein, especially the good quality-raised, is also the highest concentration of healthy fats. That's why wild salmon or grass-fed steak really satiates people. It's not just the protein, it's the healthy fats that are in them. That's what I would recommend for them. I will also, and I may get push-back from this, but this is the data. I've seen more people have trouble with their health going vegetarian than any diet. A lot of insulin issues, a lot of not being able to heal issues.

I think sometimes, I get that it's a sticky situation, and it's a philosophical issue, there's a lot to it, the vegetarian versus not vegetarian debate, but just really examine if it's working for you. It can; I know a lot of people who thrive on a vegetarian diet. I just know they're the minority, not the majority.

[0:18:32.4] **JB:** For sure.

[0:18:33.0] **AS:** Okay.

[0:18:33.4] **JB:** Number four. Too much cardio.

[0:18:37.6] **AS:** What? Yes! Tell me more!

[0:18:41.5] **JB:** Again, we're talking about quick weight loss fixes, and most people would think that the more cardio that you do, the more calories you're burning, and then you can lose weight faster. Well, it's actually quite the opposite. Too much cardio is creating a stress response in your body. You're producing too much cortisol, which often times is — when you have too much

cortisol, the fat that's being accumulated is on your belly. The worst fat that you want is right in the belly.

There's a certain amount of cardio that is helpful and beneficial for increasing your cardiovascular strength and endurance, and for optimal health. Then there's a certain amount of cardio that really, unless you're training for something specific, like you are doing marathons, or you're doing triathlons, or even half marathon, you know you have to get a certain amount in, then it's only necessary in those circumstances.

I'll tell you that so many clients that I've seen that are trying to lose weight at the same time that they are training for some sort of half marathon, marathon, any kind of race, they have the hardest time losing weight when they're doing this. And in fact, most of them gain weight during their training.

Then, because when you're training, if you're heavy, it puts a lot more stress on your joints, when you lose weight, you're lighter, so you are less pounding in your joints. So if they're gaining weight or if they're not losing weight and they're doing all this pounding then injuries can occur a lot quicker.

Really the optimal amount of cardio is like 30 minutes. You don't really need more than that. You don't need to be slaving away on a treadmill or an elliptical for an hour at a time. I would say three times a week is plenty. Obviously, you can do more than that, you can do five days a week if you want, you could go up. You know, if it's something that you enjoy, but again, you don't really need to do more than 30 minutes at a time. Interval training is going to be your best way to do it, not steady state aerobic the whole time. You want to be able to push your heart rate up high, then drop it down low; the intervals is the best.

Then with cardio, make sure you're adding in strength training, because you want to build muscle on your body, which will then help to increase your metabolic rate, which then helps you to burn more fat. Too much cardio, not good. It makes you hungry as hell.

[0:21:00.4] AS: Okay, that's what I was going to ask you, because I think often times when clients are frightened or they doubt, they're like, "Okay Ali, what you're saying makes logical

sense, but it terrifies me to do X". I always say, okay, let's connect this to this, because basically we have to normalize how people feel, right? Most people are stuck in that battle mentality, thinking that if they're not struggling, they're not making progress.

How would someone be able to connect that cutting back on cardio is actually helping them. They'll feel less craving for carbs.

[0:21:32.2] JB: Yeah, you'll have way less cravings, you won't be as hungry so you won't feel like you need to have that extra snack, or have that extra carb with your meal, whatever you might be doing because your body is craving it.

[:21:43.8] AS: Yeah, and you definitely won't be as exhausted after a workout. That was one of the ways...

[0:21:47.8] JB: The depleted feeling?

[0:21:49.2] AS: Yeah, that's one way I started to clue in on. Maybe, this was like 10 years ago, before all the hit research came out, but I was like, maybe this isn't working for me, I need to take a nap, and that's not what a workout should do.

[0:22:02.2] JB: I mean, even for myself, because I'm an instructor and I teach at Flywheel and they're 45 minute classes, and I'm actually teaching a Fly 60 on Friday, but even I know for myself that doing that much cardio isn't benefiting me. It's not making, if you look at me, I tell all my students, you're not seeing me wither away every week; I'm not getting skinnier and skinnier, you know.

It's because your body also adapts to what you're giving it. If you're going to constantly give it 60 minutes of cardio, it's just going to learn how to adapt to you doing that 60 minutes of cardio. Again, it will make you hungry, and you will crave more food, but it's not going to be- it's not going to make it so you are at a calorie deficit or lose weight.

[0:22:42.3] AS: Okay, that's good for people to know.

[0:22:44.4] **JB:** 30 minutes guys, that's really all you need of cardio. And make it a good 30 minutes. Don't just coast through those 30 minutes. Get your heart rate up to intervals to 85% of its max, and then drop it down to more you know, to 20 to 30% of its max, but you can feel, like get yourself really out of breath to the point where you need to take a little recovery, and then do it again. Just do that for 30 minutes.

[0:23:08.6] **AS:** Yeah, instead of going to the gym with an *US Weekly* on the elliptical and just kind of gliding for an hour. That's when people start to feel like they build up exercising, and then they skip it, because they're like, "Ugh, I have to go like an hour", or I found myself totally kind of just clocking it in when I knew I had to do an hour workout. I was like, I didn't push myself as hard as if I know, all right, I'm in and out in 30 minutes. Or even sometimes I just do Tabatas; I'll do like a 10-minute warm up. When I was traveling actually, I ran for 10 minutes on the treadmill, just two sets of Tabatas, all out and I was done.

It did what I needed it to do was like give me energy back.

[0:23:45.9] **JB:** Give you energy, exactly, and that's what exercise should do for people is give you energy, and give you benefit and when you're doing, when you're working longer than you need to, and you're exhausting yourself, that's not- you're not getting the benefit that exercise is meant to do. I should say one thing, hiking is not something I want you guys to think of as cardiovascular exercise. I don't want to deter anybody from going on like two or three hour hikes. Please, by all means, get outside. That is more of a benefit than anything we keep talking about here.

[0:24:19.5] **AS:** Great point and I think what differentiates exercise is the intensity, right? You still want to be active in movement, but to your point, when you're doing the three days a week of cardio, you should be like out of breath for periods of that, versus hiking is like all about, that's where you can get your endurance in, just being on your feet for two or three hours, or whatever.

[0:24:39.8] **JB:** If you are somebody training for something specific, and you're finding that you're struggling with your weight, feel free to reach out to me or Ali on our Facebook page. We are more than happy to help guide you along into giving you some more tips, because that's a

little bit more specific. I know Ali and I have worked with a lot of clients in trying to support that, because they're sort of opposing goals.

If you want to lose weight while you're training for something, it's a tough thing right there. You do need someone to help guide you with that. That is number four, too much cardio and then what is number five on our five quick weight loss fixes Ali?

[0:25:17.9] AS: Yeah, this might be the most controversial. We're circling back to the morning, and it's to eat breakfast within 60 to 90 minutes of waking up. When we were going over this, Juliet, you were like, "Well, but that's not true for everyone.", and I was like, "That is true, it's not true for everyone." However, there's more research about the benefits of intermittent fasting, and I know — we're going to have someone on the podcast to talk about that, but here's what I see happening with most people that I work with. They're overeating at night for various reasons, maybe because they weren't eating right during the day, they're depleted, emotional reasons, whatever.

They wake up in the morning and they're not hungry, or so they think they're not. They genuinely aren't, but because they're doing this extreme of good during the day, bad in the evening or good during the week, bad during vacation, or the weekends, their blood sugar is not very resilient. When it drops, it drops. They don't eat breakfast all morning, they try to quote, "ride it out", not being hungry, and then they find themselves at 10:00, and all of a sudden there's pastries at work, or they're at Starbucks and they're like, "Oh, that Egg McMuffin! That non-GMO Egg McMuffin looks really good."

[0:26:30.0] JB: I don't think you have to add the non-GMO part, I think we get how horrible it is.

[0:26:35.0] AS: No, I think a lot of people eat these foods that they think are healthy. If you look at most people's carts at Whole Foods, it's just like a — they're not always that healthy, is my point.

[0:26:46.6] JB: Yeah, one of my favorite pastimes is doing that. Judging people's food carts; I know, it's so bad.

[0:26:52.1] **AS:** Yeah, by eating breakfast within 60 to 90 minutes of waking up, or 60 to 90 minutes after an exercise in the morning, you're really stabilizing your blood sugar and you're hoping to set yourself up so the night time eating decreases.

[0:27:04.8] **JB:** Wait, you said after exercise in the morning. Are you insinuating that you can just get up and go exercise fasted?

[0:27:12.2] **AS:** That depends on the person, I think most people, if their balanced blood sugar, and they're doing pretty much okay, yeah, maybe they eat a little bit too much at night. Most people can wake up in the morning and not eat. Again, I don't work out first thing in the morning, but I say to my clients who do, who are already doing that, that just make sure you eat 60, actually within an hour after working out because — you would probably be able to chime in better than that, but the point is that people don't just try to ride out their hunger in the morning or eat some sort of flimsy breakfast.

[0:27:42.7] **JB:** Yeah, for sure. I agree with you. You can get away with a fasted workout, and also, you probably have enough fuel and glycogen stored in your body from the night before. Most people do. If you were getting up and you were going right for a workout. Now, when I say right for workout, that means within like 30 minutes to the hour of waking up. If you're not working out for a couple of hours, that's not right when I wake up. That, you definitely should have something in your system, because at that point, your body's up, your hormones are raging to kind of like wake you up, and your body's starting to burn fuel. If you don't put more fuel in, and then you go exercise, and you're depleting yourself to the point of where you're burning muscle, you're not burning through actual food in your body.

You definitely just — I think that hour rule, if you're not going to work out within the hour of waking up, then eat something before you work out. Otherwise you can get away with working out fasted, I would say, no more than really an hour though. If you're going to work out longer than an hour, definitely have something. I have people coming in to see me who are like doing this long runs on Sundays. I'm talking like 18 milers.

[0:28:49.8] **AS:** People still do that?

[0:28:52.7] **JB:** Yeah, there's a lot of marathons out there, and they don't eat anything. They have zero fuel in their system and they go run for that long. They come back and they feel like shit, and not only do they feel like shit right after, even when they eat, they still feel like shit the rest of the day, because you just did something to your body that was just highly stressful.

[0:29:13.8] **AS:** I was going to say, do they have spiritual moments on those? I saw...

[0:29:19.6] **JB:** I saw a mirage. As far as like post workout goes, if you're doing it fasted, like an hour workout, eat right away within the hour. You want to have a balanced meal. Protein, carb, fat, right? People think "I need a protein" post workout, so they'll just have a protein shake. That digests so fast for people, within an hour typically, that they are hungrier after the shake, and then they really have no control, and then they start eating whatever is in sight. A protein shake is more of a supplement if you need to get more protein in your body, and for those who are using it for that. You should have something way more like eggs, bacon, sweet potato, or a good toast. Something that's going to be much more balanced and actually fill you up.

[0:30:08.2] **AS:** Yeah, I think for people listening, so many people don't — the tips we gave you are all around blood sugar control. It is the easiest thing to correct, yet no one thinks that the issues they're struggling with are blood sugar. I guarantee, it is. If you struggle with — if you're somebody who has cravings and is hungry, if you're like, I just can't diet because I'm just so hungry, I'm a hungry person, every time I diet, I'm so hungry.

[0.30.33.5] **JB:** That means that you have to balance your blood sugar right there.

[0:30:35.9] **AS:** Yeah. Cravings and hunger. If you have trouble sleeping. All this stuff comes back to blood sugar, I feel like you know, when we hear about blood sugar in the media, it's always in relation to diabetics right? People think, that's not me; blood sugar controls your hunger, your cravings, your energy, the pace of your thoughts, how often you think about food.

[0:30:57.1] **JB:** there's a reason why we have a diabetes epidemic right now.

[0:31:01.8] **AS:** Good point, because people aren't aware and not paying attention, they think again, I'm just always tempted by Twix, and you know...

[0:31:08.8] **JB:** You're fine now right? You can be fine now.

[0:31:12.2] **AS:** People aren't...

[0:31:12.5] **JB:** Are you fine five years from now? 10 years from now, as far as diabetes goes, right? If you think it doesn't apply to you.

[0:31:19.9] **AS:** This brings up a bigger myth of like, people think disease all of a sudden just happens, right? Either genetically or it just — a heart attack comes out of nowhere, cancer comes out of nowhere, MS comes out of nowhere, but really, these things have been building all along. And with diabetics, more people are pre-diabetic and don't know it than — I think it's probably the biggest epidemic, and a lot of it is contributed to this "all or nothing", off-on eating good/bad, sugar being added to everything. You want to start paying attention to that now, not because you may get diabetes in five or 10 years, which could be true, but because it will make your life easier and you will surprise yourself at how well — when you eat right for your body.

How well you can feel immediately. This is a quick fix. I have my "Curb Your Afternoon Cravings" program, which is all about blood sugar control, and people were surprised. Within two weeks, they only do half the program and they feel completely different, because this is where you can get instant results. I also want to come back to- just quickly about tying back, intermittent fasting and skipping breakfast, because you're going to start hearing more and more research about the benefits of intermittent fasting. I know Carlos, who has totally skipped eating breakfast, and he could actually drink coffee.

He drinks coffee, skips breakfast and doesn't eat until lunch until like 1:00.

[0:32:37.7] **JB:** I love that your man is doing this, because I think it's so good for you, because you have almost like, a Guinea pig. He's like experimenting with something, you don't have to do it yet, and just see what happens. Can Carlos be the person that tries everything out for us?

[0:32:51.7] **AS:** No, never. He's really stubborn. I've been health coaching for nine years and I think he's paid attention to his health...

[0:32:58.5] JB: You know, men and women are really different when it comes to intermittent fasting, and there is research around that and when we have a podcast about that we'll talk more about it. As far as blood sugar control and what a man needs versus what a woman needs is actually different.

[0:33:13.2] AS: Totally. What he has discovered is, he can only do that — skip breakfast — when he eats no sugar the day before. When you eat sugar, it makes you hungrier, right? He has cut out sugar. He also has lost I think 30 pounds total, he weighs himself like every week now. I kind of laugh because it's just something new I'm not used to, but I think since February, I think — I forget, but he's lost 30 pounds. His insulin and blood sugar control is so much stronger as a result of losing weight and cutting out sugar. Somewhat, if you are struggling with feeling deprived and doing extreme things, breakfast is necessary for you.

It isn't until you're really doing it from a — Carlos is doing it more from like, he hates fixing breakfast, he hates taking the time. He doesn't need — he's not going to lose any more weight, he's at a really healthy weight.

[0:34:05.3] JB: If you can also do it from an experimental curiosity space versus an emotionally driven deprivation space, then that's when you might consider trying something like that. If you are struggling with emotional eating, with body image, anything like that, then that is not the place for you to go right now, you have to really heal your relationship with food and body before you can go towards the intermittent fasting space.

[0:34:34.8] AS: Exactly, Juliet, we were talking, and I would love for you to share with everyone with how important blood sugar control is, and how like — the changes you've noticed since yours has become more resilient.

[0:34:46.1] JB: Yeah, I used to be somebody who could not exercise fasted at all, because my blood sugar was so out of whack, because I would overeat at night. Because my blood sugar was sort of all up and then way down in the middle of the night, I'd wake up in the morning starving. I'll feel that pit in my stomach, almost like this acidic feeling, because my blood sugar

was so high at night and then dropped. I'd have to have something to almost like, settle my stomach because I would feel so hungry it would be like a nauseous feeling.

Then I could exercise but you know, since I've worked with balancing my blood sugar for so long now, I can wake up and just go exercise, and I actually feel incredible, because I'm not digesting a lot of food, it's not slowing me down. I have a really good workout, but I make sure to eat right after my work out because my body will crave it. You can tell when you need fuel in your body. I mean, just stick your hand in front of you after a workout, and if it's shaking a little bit, that's your body saying, "Hey, I've depleted all the fuel, now I need some more."

[0:35:48.0] **AS:** Yeah, that's a great way, sign and symptom for people to look for.

[0:35:52.1] **JB:** Yea, I mean, other than that, the cravings that I used to experience are no longer in that feeling, like that dinner time where I would need to over eat, or I couldn't get enough food, I feel like you can — portion control for people isn't a willpower game, it's a blood sugar game. If your blood sugar is not working then your portions are huge because your eyes are bigger than your stomach, but it's because you can't think straight, your brain's not really working right. When you feel satisfied, you can actually live off an appropriate amount of food.

[0:36:29.7] **AS:** Totally. Yeah, these five tips which are caffeine with breakfast, eating breakfast within 60 to 90 minutes of waking up or within 60 minutes of a workout, having fat at every meal, egg yolks, full-fat yogurt, real dressing, a little bit of coconut oil on your curries, animal protein with lunch - and usually more than three ounces, I would start around five or six — and too much cardio.

Make those changes and you're going to feel like a new person. You will go into the holidays feeling very different. Your holiday experience will be drastically different.

[0:37:05.1] **JB:** Yes. Make sure to check out our Facebook page and connect with Ali and I, we are always looking forward to hearing from everybody and seeing what you're experimenting with, what you're trying from the episodes. If you have any suggestions for topics as we're doing this new minisodes, we're trying to cater them around different hot topics, and I guess you could say trendy things, and myth busting, and all of that.

If there's anything that you want us to talk about, please share, and we are also on social media; Instagram, Facebook. I'm @julietunite, and Ali is at Ali M as in Mary, I don't know, what does it even stand for, Marie, right?

[0:37:44.7] **AS:** yeah, Marie.

[0:37:44.9] **JB:** Yeah, it's not Mary. I say M as in Mary because I used to work at a call center. @Alimshapiro. We would love to hear from everybody. Thank you guys.

[END OF INTERVIEW]

[0:37:58.3] **JB:** Thank you so much for listening to the Insatiable Podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stands for Marie. Please feel free to also e-mail us any questions. We would love to hear from all our listeners. You can reach us on ali@alishapiro.com and juliet@unitefitness.com. We'll see you next time.

[END]