

EPISODE 48

AS: I use the example for fast metabolizers, it's like a raging forest fire, and they eat the same rice or vegetarian meal, and like, they burn it up in 30 minutes, and their lean life friend is like, "I'm full forever!" The person with that then thinks, "My god, I just have a slow metabolism. I look at cookies and I gain weight!"

JB: Now you're creating more stress in your body, you're increasing your cortisol, and you're putting yourself in a fat storing mode, again, not a fat burning mode. Exercise, when used appropriately, like when you have good energy for it and you're not going to the point where you're overly exhausted, is a bit faint. You just have to find that balance with it."

[INTRODUCTION]

[0:00:46.8] 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.

[0:01:28.3] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRO MESSAGE]

[0:01:36.1] JB: Welcome to episode 48, Gaming Your Metabolism. I want to start with this. You don't have a slow metabolism; you just haven't figured out how to turn it on and make the furnace that is your metabolism burn hot. There are five levers to increasing your metabolism, and in this episode, we will show you how what you eat, how you exercise, and your feelings can stress or support your metabolic rate.

[EPISODE]

[0:01:58.1] JB: Hi Ali, how's it going?

[0:02:01.3] AS: It's going! I just can't believe how fast the year has gone by. I know we're just in November, but I just don't know, is that a sign you're officially getting old?

[0:02:11.3] JB: No, I don't think so.

[0:02:11.8] AS: I can't believe how fast time goes.

[0:02:16.3] JB: It does happen like that a little bit, but I try not to think about the aging process too much.

[0:02:21.9] AS: Yeah, I always say aging is a privilege, but it saddens me how fast time goes. I read an article a while ago that they said that your DNA, it actually- because as you get older, it doesn't completely replicate the entire- each time. I mean, it's little snippets, right? Like micro snippets, but the lack of complete replication is what makes time seem to go faster.

[0:02:44.9] JB: Well, there's your answer, right?

[0:02:49.1] AS: Oh no! I've got midget DNA!

[0:02:50.9] JB: I know, there's like, really big things that we could think about right? Today, we're going to think about something on the more micro level. We're going to think about how to game our metabolism, right? How to increase our metabolism, how to have more control over our metabolism, because a lot of times, people will think, "Well, it's just my metabolism, I don't have any control over how slow or how fast it is", do you get that with clients? They'll say, "I just have a slow metabolism."

[0:03:18.5] AS: My god, all the time, and because I believe in metabolic theory and you know, helping people figure out where they align between vegan and vegetarian and paleo, I tell them, whenever you eat in alignment for your metabolism, all metabolisms work.

[0:03:33.8] JB: 100%. Now there is truth to say that not everyone has the same body type, right? Some people weigh less than other people, but at the same point, there is a- “a natural weight”, and I’m putting my fingers up in quotations. There is a weight that your body can be at that is healthy for you, that feels good, you are at a body fat that’s not unhealthy, so everybody has kind of a set point that they can be at that is healthy for your body type.

[0:04:05.3] AS: Exactly. There can be range within that. I think the big misconception when we think of part of the diet and weight loss mentality, and even health, is like “calories in, calories out”. Yet, when it really comes to our metabolism, what we’re really interested in is supporting our metabolism, so it’s more about calories out. We still care about calories out, but we’re going to talk about today some counter-intuitive things, the five levers we’ll call them, I guess, that doesn’t necessarily- calories in really aren’t as important as calories out. I think that’s a very big mindset shift for people.

[0:04:43.2] JB: Yeah, when we were talking about metabolism, how your body is metabolizing food, so like the thermogenic effect of food right? How the food is burning inside your body. There are ways that you can take control of making this furnace, this fire that you have be stronger. There are things that you can do to make the fire very weak, and so we’re going to add kindling to the fire today, and try to talk about how you can make your metabolism grow and then get faster.

[0:05:13.1] AS: Yeah, pull up some golden turmeric milk around the fire.

[0:05:18.9] JB: By the way, everyone’s been trying that since the episode, it’s hilarious.

[0:05:22.3] AS: Well, do they like it?

[0:05:23.3] JB: Yeah, people are coming up to me and they’re like, “I’m drinking it, it’s delicious!”

[0:05:28.2] AS: Yay! All right, let’s start with food, because that is one of the big levers of where calories out matter more than calories in, but also, what people need to realize is that the

information that's contained in calories matters much more, and that's what we call nutrition, right?

[0:05:47.8] JB: Wow, my mind is being blown. No, it's so true, you don't think about that. People see things very black and white with calories. Calories are energy, and they can make you fat or skinny, right? That's how a lot of people think about them, but really, what's contained in those calories, that nutrition you're talking about, the nutrients is what's making your body healthy and work properly.

[0:06:12.1] AS: Yeah, because there's a big difference between us being hungry, and our bodies being hungry, right? It's a subtle difference, but when you feel like you're hungry, or one of my Truce with Food clients called it an alien overtaking her. That's blood sugar hungry, which means your body's hungry, and that is so primal. Versus, often times, we're emotional hungry, or that we're experiencing hungry ghosts.

[0:06:37.5] JB: Cravings.

[0:06:38.1] AS: Cravings, right. Which are very different, but I think what's important for people to realize is eating the right foods in alignment for your body type, whether what I call slow, medium or fast metabolism, but also foods that you're not allergic to, foods that support you. Food allergies stress the body, which slows your metabolism down. You could be measuring calories in, calories out. Meanwhile, as I tell my clients you aren't what you eat, you are what you absorb.

You could be eating 150 calories or something, but it doesn't register, right? Your body's still hungry, so it decreases the amount of calories going out. Don't you have a really interesting- can you share some things you've seen with your clients when they actually increase their calories in to their calories out.

[0:07:28.2] JB: Yeah, I think one of the most common things I see with clients coming in is that, for women in particular, and men, they aren't eating enough calories, because in their mind, it's registering that too many calories will create excess weight, or it will keep me where I am, versus eating a low calorie diet, albeit in a deficit, so then I have to lose weight. Unfortunately, it

doesn't work like that, everybody has what we call a resting metabolic rate, and it really depends on your body type and how much muscle you have on your body, how old you are, your gender, and your age. It's important to kind of know, you can again average online, you can go to a website, it's called BMR, it stands for basal metabolic rate, go to BMRcalculator.org and just simply input information.

It will give you an idea of what your basal metabolic rate is, that resting metabolic rate. Many people don't realize that it's higher than they think it is. The larger you are, the higher it is, the smaller you are, the lower it is, it's just how it works. Your body doesn't need as much if you're smaller, and also as we age, we don't need as much either. If I have a woman coming in who is, let's say, 170 pounds, five foot six, and she's eating 1,200 calories, she's eating the calories for somebody who is five feet tall and weighs 110 pounds.

Even that person, I would want to eat more than that, because those 1,200 or less is technically starvation. Your body needs more to get more nutrition. Somebody comes in and says that and they're like, "I don't understand, I'm not losing weight. If anything I'm gaining weight." And the reason that is, it's because the body's registering that as being in a starvation state, and when your body is starved, it wants to hold on to everything you're eating in order to have reserves. Often times you'll find that you have more fat in the mid-section, because where is the easiest place to store fat, and where can you get it from? Well, it's your belly.

Increasing calories for people, often times, is how I increase their metabolic rate for them to actually start losing body fat.

[0:09:29.9] AS: I think that's so interesting, if we go back to our fire metaphor it's almost like your metabolism is like, I think you can...

[0:09:34.6] JB: It's bored, it doesn't do anything. That's what's happening and it has nothing to work for.

[0:09:39.0] AS: Or, I'm thinking like you've got this fire, and then rather than feeding it with paper or logs, you're just like nope. Just going to ride this out. And then it dies, and then this is I think the vicious cycle I see a lot of people get in to. They're really good during the week, so

then their fire's basically like, it's cold in here, right? The weekend comes, and they're like, piling all this on, and rather than your metabolism being able to burn it, it just is like my god, that just put it out altogether.

[0:10:03.3] JB: Overwhelmed.

[0:10:04.2] AS: Yeah.

[0:10:05.5] JB: You have to be nice to your metabolism.

[0:10:07.5] AS: Yeah.

[0:10:08.0] JB: You have to treat it nicely, and I was telling Ali earlier before we got on the call, that's part of treating it nicely is if you have been restricting yourself so much that you've hit a plateau, or you're even gaining weight from being on such a low calorie diet. Like Ali was saying, you don't want to just overwhelm it, and even if you go to, let's say, a normal amount of calories, like I might bump somebody from 1,200 up to 1800 for example. I wouldn't do that just all in one shot, even though 600 doesn't sound like a lot, but your body doesn't like things to be too drastic.

Our bodies are very like, "slow and steady wins the race", so every week I would increase it by about 10%. So it would take about a month to actually go from that 1,200 to like, the normal amount, and then your body would really- it would start to see results even before that month is up. But if you just go right to the 1,800 versus the 1200, sometimes it can have reverse effects, where your body's a little inflamed and you can see the scale go up.

[0:11:06.0] AS: That's the- so if the first lever is nutrition, right? Giving your body- fueling it what it needs, the right foods for it, not for your neighbor, and not for what Gwyneth is saying on Goop, what actually works for you. I know in our Truce with Food group I'm running right now, people are so like, fascinated, because they actually see how many people- different things work for different people.

It's not just you know, the same amount of like- the same meal for one person at breakfast leaves the other person starving.

[0:11:33.7] JB: I mean, you can see that with your friends, right? Think about the people you have in your life, and how they are as eager and how they look, versus how you might be as an eater, how you look; everyone that comes in so many different shapes, and sizes, and colors, and you know, the way that we metabolize is not the same.

[0:11:48.4] AS: Right, it think what happens is we focus on the people who genuinely are tall, lean, live, and they, in general, this isn't all true, they tend to be do better with more carbohydrates, so then they're like- I think people who struggle with their weight then focus on those people and say, "My metabolism is just so slow!", because they're trying to eat like those people when that's- their metabolic fire is like, I use the example for fast metabolizers, it's like a raging forest fire, and they eat the same rice or vegetarian meal, and they burn it up in 30 minutes and their lean, live friend is like "I'm full forever." The person with that then thinks, my god, I just have a slow metabolism, I look at cookies and I gain weight. It's like well, those cookies are a symptom that your body's actually starving.

That is the first lever, it's like really getting clear that you're sending the right information to your body in forms of nutrition. Juliet, you brought about like, what I call the delta or the change. I think the second thing that people don't realize influences their metabolism is what I consider- I call it environmental stress, and that is cutting calories drastically, or adding calories back in drastically, right? The sudden movements that you were pointing out like the body does not like those.

I think another big one is antibiotics, right? Sometimes we need them for sure, but I know with a couple of clients, when we actually map when their weight went up significantly, they didn't know to look for it at the time, but when they look back it was after a lot of antibiotics, or a lot of steroids for something.

[0:13:23.2] JB: I have a funny story. Just last week, I woke up in the middle of the night, and my eye was killing me, and I know, probably TMI guys, but there was green pus or something coming out of my eye. I woke up, went to the bathroom, it's 2 AM, I'm looking at my eye, and I'm

like, “My god, what is happening right now?”. I thought maybe I scratched my eye in the middle of the night or I was like, “Oh no, I have pink eye!”, you know? I haven’t had that since I was in high school.

[0:13:49.7] AS: Pink eye, that’s green puss?

[0:13:51.5] JB: Well, pink eye usually- the last time I had pink eye, it woke me up in the middle of the night, and my eye was all crusted over and I could barely open it, and it was all gooky and gross. The next day I called my doctor, you don’t want to mess with your eyes, that eye is very important.

[0:14:05.9] AS: The windows of the soul.

[0:14:07.3] JB: Don’t wait on an eye doctor appointment. I went to the doctor, and he looked at my eye. He said, “You have classic conjunctivitis”, which is pink eye. I was like, “I do? It doesn’t seem like, that bad!”. He’s like, “It’s very mild,” and he was like, “I’m going to give you a prescription antibiotic eye drops.”. I was like, *gasps* the word antibiotic! Do I have to take the antibiotics? I was like, “Are they the same antibiotics that will kill your gut bacteria, or are they different?”, and he’s like, “It’s different. You’re not ingesting it.”. I’m like, it’s still antibiotic. I was curious, I asked him, “How many of your patients have this concern? Like, ask you about the antibiotics and if they have like, a choice because they don’t want to kill all the good bacteria in their gut?” He said out of a hundred patients, three people asked him. I just thought that was very interesting data from a doctor.

[0:14:56.9] AS: Interesting. You’re like, I’m trying to game my metabolism, I can’t do this.

[0:15:03.2] JB: Long story short, I did go to check out the eye drops, and they were \$300. I didn’t buy the eye drops because I was like, you know, I’m going to just do this holistically, and the CDC says that if you just wash your eye out with lukewarm water and you put cold compresses on it, it does clear up on its own in one week. There’s no reason to kill it, it’s just a virus. In one day, I woke up and I was better. Not even- less than 24 hours, I had no eye problems, which is very interesting, because there was no reason for me to take the antibiotics, not that- this isn’t advice anyone out there, it’s just my story but...

[0:15:38.9] AS: It's just Juliet living on the edge.

[0:15:40.7] JB: When we mentioned environmental factors, and those are the kinds of things that I think, at least for me, feel out of my control. It's like, something happens to you, you got pink eye, the doctor strongly recommends an antibiotic, and then you're like fuck.

[0:15:56.9] AS: Yeah, there's definitely- I mean, there's times when antibiotics really are necessary and- though, I think they're less necessary than we think, to show your example you just shared. But the thing- what's tricky though, this is like a whole other thing, that is I think more and more people's immunity is already compromised going into something like that because of what we eat, because people don't sleep, all this stuff, and this is- I think like so many more people- like, the flu was awful this year or like, whatever.

I think as a collective, our immune system is also not as strong anymore. You take really great care of yourself. For you, that was a great choice, I mean people who are already on like immune compromised drugs are already getting sick all the time. I don't know if that one has cleared up. It's this vicious cycle of...

[0:16:44.7] JB: these are the things where we're talking about. Environmental stress is also medication that affects your metabolism a lot. The stuff in antibacterial hand soap - they're now banning that -, but that influences your thyroid. I think it's really important. And water quality, that's why we filter our water. Probably for you too, Ali, when you have clients coming in who you're working with as far as cleaning up their diet and working on the emotional piece, but sometimes there are these environmental factors that are still hindering the progress, whether it be medication or other environmental stresses.

[0:17:24.3] AS: Yeah.

[0:17:25.8] JB: Those always have to be looked at, and they're the harder ones, right?

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[0:17:28.7] AS: They are, and I think though, they're important to realize, because I think sometimes- and you know that I believe in nutrition whole heartedly, and though, I only think it's

one piece of the equation. I think it's very tactical, it's something that we can see and feel more immediately, but I am just more and more stepping into this- as I see, it's amazing to see when people really look at the emotional stress in their life as well how that is just equally as important as the physical. I don't even think they're unconnected, I think the physical tells an emotional story and emotional tells a physical story.

I do think environmental stresses are important because- we're going to have Jolene Hart, who is a friend of ours, on soon about eating- her books "*Eat Pretty*", and with skin- and I think what we put on our skin, and with the shampoos we do, and it's worth it to...

[0:18:15.6] JB: Investigate.

[0:18:17.2] AS: Investigate, yeah. I think a lot of people think all this stuff is really expensive, but you just saved 300 bucks by not taking antibiotics. When I change my diet and everything, I no longer need a lot of the skin care stuff that, when I was struggling with my skin, I need. So I think this less is more. It's not to be, my god, everything's out of control and everything's going to kill you and just give up your hands, it's to say let me consider that, and put equal value on that to support my metabolism, and my immunity, and everything that kind of interchange with metabolism. Nutrition...

[0:18:50.3] JB: Sure, it always starts with food though, if you're listening in and you're like "gosh, there's so much", it always starts with food.

[0:18:57.9] AS: It's the most bang for your buck, and I think the big take away is what you said, don't cut your calories too drastically, and don't add them in too much. If you're basically starving yourself, you may not feel like you're starving yourself, but you know...

[0:19:09.5] JB: that's also the thing, when you are on a diet that's so low in calories, you will find yourself not hungry. Because your body has reached a place of homeostasis where it's learned to live with the calories that you give it, and to not feel discomfort. The body doesn't want to feel discomfort, so it's not going to feel starving, after a while it's just going to be able to just adapt to what you're giving it. Often times, when people start adding in food, they'll feel hungry, ravenously hungry for the first time, and that can be a little bit alarming.

That's actually quite normal. If you're someone who never eats breakfast, and you start adding in breakfast for the first time, and then you're like, "My gosh, I had breakfast, and I was starving for lunch", it's like well, your body is working, that furnace is turning.

[0:19:58.4] AS: I'm so glad you brought that up, I do like a webinar a couple of times a year on healthy hunger and like, people think if they're not hungry, they're beating the system, or they're like winning, and I'm like, no, hunger is a sign your metabolism is warm.

[0:20:10.8] JB: I get sad if I'm not hungry. I do. I was like, you know we had this really large brunch the other day, and I couldn't get hungry for dinner, and I was like upset about it. I'm like, come on body, you really had that much that you can't get hungry for dinner? It just wasn't happening.

[0:20:29.8] AS: My god.

[0:20:29.9] JB: I'm usually a very hungry person.

[0:20:32.1] AS: I actually- now that I don't have food issues, I really wish I wasn't hungry. I mean, I'm glad that I'm hungry because it means my metabolism is...

[0:20:38.2] JB: Well when you're hungry, it makes your food taste better right? Because you're like...

[0:20:41.9] AS: No, but sometimes I wish I didn't have to like- I'm in the middle of something, and I find it like, you know.

[0:20:50.0] JB: You're like way in the other zone. I'm still in the, you know, I love to eat and I can't wait to eat zone.

[0:20:57.3] AS: I enjoy like, brunch, and I enjoy like sharing meals with people and everything, but the grind of it every day kind of- I don't love to cook, I don't love to- but I also think if, when

people don't have any interest in food, that's also an emotional sign of something too. You need the balance.

Alright, the third lever let's talk about is exercise. Because I think everyone thinks, "Alright, I'm going to go hard, and that's going to help my metabolism". Show us the way Juliet.

[0:21:25.1] JB: No, that's not necessarily untrue, you exercise, it definitely increases your metabolic rate, especially when you're doing strength training and you're building lean muscle. Then when you have more muscle in your body, you are burning more calories every day. That is a way of gaming your metabolism, but when- it can back fire if you're over exercising, especially when you're fatigued, right? If you already don't have any gas in your tank, and then you're going to go hit the gym hard for an hour, now you're really running on almost empty, and your body isn't going to be able to function properly.

Now you're creating more stress in your body, you're increasing your cortisol, and you're putting yourself in a fat-storing mode, again, not a fat-burning mode. Exercise, when used appropriately, like when you have good energy for it and you're not going to the point where you're overly exhausted is a good thing. You just have to find that balance with it.

[0:22:18.8] AS: What about the context of- a lot of my clients travel a lot, they've got this stressful jobs, and then they're like exhausted at the end of the day, and they force themselves on the treadmill. Or they are doing something that at the end of the day, the exercise leaves them more tired than when they began. Don't you think you have to look at how to exercise in context with the rest of the stress load on your system?

[0:22:42.5] JB: Yeah, at the end of the day, exercise is supposed to energize us and make us feel good. There are many different kinds of exercise, and you might not be in the mood- your body might not be in the mood to do one particular one versus the other at any point. If you're someone who is super stressed and traveling all the time, going to some sort of high intensity cardio class where you're jumping around and getting your rate up to 85% of its max might not be the best thing. You might be better off doing a yoga class, where you're then slowing down your nervous system and gaining some calm, if you have a ton of stress in your life. Or maybe

you need to reenergize or something intense. You just have to ask yourself where your body is and honor that.

[0:23:28.9] AS: I know, I remember having a client years ago, she used to do that like, come home after a stressful commute, hit the gym, and then run, but then that would set her up for eating in the evening because she was like, “I deserve this and I’m tired”. We had her for like a month. I was like, “Well what actually sounds good to you? Challenging yet,” — She’s like, “Well, I’ve always want to try Bikram yoga.” I know, Bikram, it’s controversial, it’s still intense, but she replaced five days on the treadmill with three days of Bikram, three days a week. Within a month, she had lost two pounds and she stopped her night time eating. She’s like, “I wouldn’t have believed this if I wouldn’t have experienced this for myself”, but now she really got that like, your litmus test that you were saying, “What will replenish me? What do I feel more replenished with before I went in and coming out?”

[0:24:15.1] JB: There are often times that the answer is, going to bed early, not going to the gym at 7:30 at night, coming home and overeating at nine something, and then not going to bed till 11 something, and repeating that cycle over and over again. That is not getting you anywhere versus taking maybe, if you exercise five days, maybe you drop it back to three or four and you go to bed at 10:00. You have dinner at a normal hour instead of exercising late, and you go to bed at normal time and then you wake up and you feel incredible.

You have to start to experiment with these things, and so many of us are in a fixed mindset that you know, it’s like the definition of insanity, right? You’re just doing the same thing over and over again, just hoping one day you’re going to wake up and be a pants size smaller, but when in fact, if you really look at the data and what you’re doing, and the overeating that’s occurring in everything when you’re exercising, it doesn’t add up. Sometimes we just have to kind of get real with ourselves.

[0:25:12.5] AS: Yeah, I think that’s why I love the question, “is this going to support me or stress me?” I think this a lot of the times with my clients who tend to be type A, really go, go, go. One day if they decide not to work out, it feels like, I should push through this, and it’s like no, you’re going to have to experiment with a little bit- actually, do you need to push through? What if you

walked instead of pushing yourself to drive to this place to work out or whatever, but I think asking yourself like, “is this going to support me or is this going to stress me?”

Listen for, not the crazy talk that goes on in the mind, but like the quiet intuitive voice that just, it is what it is. Your intuition, it doesn't have a charge to it, you know what I mean? It's just like no. I think people start to realize too- I know when I was getting out of my own over-exercise cycle, I went through an entire winter where all I did was yoga and pilates, and it was so fun. I didn't gain any weight, I didn't lose any weight, and I felt like I almost had to go through those three or four months to just rebalance all the years of over exercising that I did. Then I came back to wanting to do cardio again. I thought I was never going to want to come back to that.

Really slowing down and almost like recovering from all the over exercise, now, I can probably do a little bit more cardio, but I have this just healthier relationship with exercise, and I know when I'm supporting myself versus when I'm copping out, versus when I'm stressing myself. It feels really empowering.

[0:26:41.2] JB: I think that if you can free yourself from this idea that exercise will make you lose weight, because it doesn't really.

[0:26:47.8] AS: Well that was one of the things that helped me, I finally realized like my god, exercising is not influencing my weight.

[0:26:54.2] JB: It's kind of fucked up actually, because you think about how hard you're working in an hour, your body is not burning that many calories. Although it feels like you just did something so strenuous and hard that you should get more return, you don't. With nutrition, the return is so major. Exercise, yes, you need to exercise so that you have better circulation, so your heart is stronger, your lungs are healthier; those are things for your body to function well and to give you a mood boost. It helps your serotonin and different chemicals in your brain so that you feel really good, but as far as equating exercise to losing weight, if you just stop doing that, then you really equate eating with increasing your metabolism. I think that's the freeing thing for people.

[0:27:45.4] AS: Yeah, for sure. However, I do think exercise, when appropriate, does support- because it could support your energy, right? It supports your mood. It definitely include it but yeah, you're right, this idea that it's going to help more than- I think though, people look at exercises like insurance for the overeating and everything.

[0:28:04.8] JB: Exactly. We just have to kind of be honest with ourselves about what we use it for. At the end of the day, move your body, it's healthy for you, you should move every day.

[0:28:13.4] AS: Yeah.

[0:28:14.0] JB: Even if it's 30 minute walk, you should be moving every day.

[0:28:16.7] AS: Yeah, for my birthday, Carlos got me a mini trampoline. I am having so much fun, you cannot take yourself seriously on a mini trampoline.

[0:28:24.1] JB: That's awesome. Mackey used to have one when I first started dating him years ago, and he got rid of it, I'm so bummed, why did you throw that out? When we moved in together, I'm like "Don't you know me?" I would have used it.

[0:28:37.2] AS: I got it mainly in terms of environmental stress, it's really good for lymphatic drainage, and with this detoxing, and that's just my Achilles heel in my body. The type of cancer I had is a backed up lymph system. I don't sweat a lot, so I'm using it to help with lymph drainage, and in support of those environmental stresses, because Pittsburg has horrible air pollution. Because none of the regulations are enforced, but that's a whole other thing.

[0:29:02.2] JB: All right, we talked about nutrition, and calories, and information we're getting from our nutrition, we talked about exercise, environmental stress.

[0:29:10.7] AS: Right, another big one that you just mentioned is sleep. I think this does not- I think people don't value sleep, because in America, we think more action equals more productivity. If you really want to be healthy and effective in life in general, I think you really have to get clear on what efforts really matter, and sleep? Your body is doing so much while you're asleep.

[0:29:32.6] JB: I need to take a note from my cat here behind me, who is lying on his back with his feet and legs in the air, and he's dead asleep right now. I love how cats, they just pass out. They sleep 16 hours a day.

[0:29:45.8] AS: That's amazing, my god, that's amazing. Sleep, totally, your body is repairing itself, it's detoxing when it sleeps, it's even emotionally- when you get into that deep REM sleep, you bathe in what's called norapephrine, and you kind of emotionally review your day. It's this same substance that makes sure you don't act out your dreams, and so you are like, replaying it, but in a kind of calm, detached way, so it helps emotionally wring you out as well. You feel more resilient the next day.

Too many people, they skimp on sleep. We'll have to do a whole episode on sleep, because there's really more to it than just chamomile tea and not being on electronics before you go to bed, which is all important. When you don't get enough sleep, the hunger hormones that you have going up as a direction. Ghrelin, I think of Grr, determines how hungry you feel and Leptin - which you've all heard "wait 20 minutes until you feel full"- that's because Leptin comes out 20 minutes afterwards and makes you feel satisfied. But when you don't get enough sleep, those hormones go in the opposite direction. You feel less satisfied from your food and you feel hungrier.

[0:30:55.7] JB: Yeah, my Ghrelin is out of control when I don't sleep.

[0:30:59.4] AS: Me too, I'm starving.

[0:31:01.4] JB: It's like I'll eat, and then a couple of hours later, I'm starving. It's not cravings; my stomach is growling, it's an actual- it's physiological, it's not emotional.

[0:31:13.7] AS: Yeah, then people try to override that right? They're like, I shouldn't be hungry, or I feel so hungry, and then that further stresses the metabolism. So sleep. I really recommend in the winter time 9 to 10. I know everyone needs different amounts, but seven to me should be the bare minimum, and like, deep sleep. I think that's really- like you got to do it people, it helps a lot and in many ways, and will make you just more resilient the next day.

I bet, have you noticed the connection when people don't get sleep and they're not healing as quickly?

[0:31:44.5] JB: Yeah, it's not just — there's poor quality sleep too, right? It's not just about when you're getting in bed and when you're getting out of bed, because you can get in your bed at 10 and get out of your bed at six, that's eight hours, but that doesn't necessarily mean you're sleeping for those eight hours, you know? How much are you scrolling through Facebook in bed, or how much are you thinking and you're not actually falling asleep, or do you wake up in the middle of the night a bunch of times. All of that impacts us.

[0:32:12.3] AS: Yeah, all the levers that we're talking about today with your metabolism, it's important to realize, often times, people have trouble sleeping because their body temperature is raised. Your body needs to be cool to fall asleep, and your body is too up in some way, too fired up in some way, and that could be from scrolling- a lot of people don't eat enough fat, fat cools your body so that helps you sleep better, a lot of people are dehydrated, so they're more inflamed, and then we'll talk about emotional stress here in a minute...

[0:32:42.5] JB: When in doubt, cool down your room.

[0:32:44.3] AS: Cool down your room.

[0:32:46.7] JB: Yes, I sleep on top of the covers. I mean to say, the cooler I am- not where you're chilly, but just sleeping in a cool temperature, you're going to get a deeper sleep.

[0:32:58.0] AS: Yeah, for sure. Practice- when you're supporting your metabolism, you're also cooling off your body as well. These things we're talking about will help your sleep. All of these things feed into each other, which is why weight loss and health can be tricky. You really have to do it all, they all interlock. It's hard to just pull out one piece, but you have to focus on one at a time at the same time.

All right, good quality sleep is so important and naps, if you can take them, hey, do it right? I think that's...

[0:33:27.5] JB: We'll talk about this more on the sleep podcast that we'll have, because we definitely are going to do that. As far as naps go, Ali, time, how long, is it too long, is there a too long?

[0:33:38.2] AS: They say under an hour, but I find if I fall asleep for anything longer than half hour, I feel drugged. I don't normally need naps lately, but if I do, I feel like 15 minutes, even if I can just like- I'll be like, "Carlos, did I even fall asleep?" Because he's like- I twitch when I fall asleep, there's a lot of tension in my muscular system, but he was like yeah, just for five minutes and it feels so good.

[0:34:02.1] JB: I guess it's everybody's different, because my naps can be three hours.

[0:34:05.7] AS: Wow.

[0:34:06.8] JB: I don't feel drugged or groggy, I feel amazing. Then I can also sleep eight hours that night perfectly, too. This is something that- it's just my body, but then again, being an athlete, the amount of working out that I do, I think that's why that is. Because my body needs to recover, and sleep is where you're recovering.

[0:34:28.5] AS: Yeah, that's — yeah.

[0:34:29.3] JB: That's what I think it is.

[0:34:31.2] AS: No, that would make sense.

[0:34:32.5] JB: That's my rationale for three hour naps. I'm recovering.

[0:34:37.3] AS: Yeah, I'm not even close to athlete status, so that would make sense why I can do 15 minutes. Yeah, if you're athletic, listen to Juliet take three hour naps. If you're like me, constantly trying to just be active beside my standing desk and trampoline, go for that.

Okay, then the last one, again it is emotional stress. I think everyone knows intuitively that emotional stress, like they gain weight, but they think it's because also they're just eating more, or they're on the run when their emotionally stressed. They just have to grab and go, and there is very real- your metabolism is connected to your nervous system.

When you are under chronic stress, it is sending the same "feast or famine" vibes that calorie cutting does. I think what happens is we normalized an insane pace that we can't keep up, we normalized- in Truce with Food, when we say we're stressed or overwhelmed, it's actually stories that we're reacting to and that we feel powerless in, and we have to restore agency, which we're going to do a whole episode on agency and power, and how that's a health metric.

I think constantly just reacting to life puts you in this very defensive position, and getting clear on your emotional stress and really realizing, I think, that you can't do it all. You know what I mean, Juliet? I think all of us think, like- Americans love to think we have no limits, right? There's this whole narrative as a part of the upward mobility story that there's no limits, that your body has no limits.

[0:36:09.7] JB: I have a stress lever inside for sure.

[0:36:12.1] AS: You do?

[0:36:13.1] JB: I could feel it when I just described it as a feeling of being overwhelmed, and then when I'm feeling overwhelmed, I want to escape, I have this- I just want to run away, or I just want it to all end, I have this sort of like, you know, these feelings of like doom, like when will it end, when is the week over, I can't wait for X date to come so that I can just relax and that's usually like my indicator of okay, I'm taking on too much. What do I need to pull back, and who do I need to say no to, and where do I need to create more space, because any further, I'm just going to want to take a three hour nap. Not because I need it, because I just want to escape.

[0:36:58.3] AS: That's such a good- in Truce with Food, we talk about the different stress responses.

[0:37:02.4] JB: Everyone is different, yeah.

[0:37:03.5] AS: Yeah. There's like what you said, like escape is like flight, right? There's fight, like, I'm going to deny that I need rest, I'm going to deny that I need water, I'm just going to keep going for kind of like, fighting what our body needs, our metabolism needs. There's flight, like, just once I get to here, kind of what you were saying, just kind of go in a hole. Then there's freeze, my god, I'm just going to keep saying I'm stressed and not make any changes. Then women have a fourth stress response called "tend and befriend", which when we bond, then we complain with other people, and we're like my god, life is so stressful. It is, I don't want to diminish that life, it's a workout in and of itself, but I think we often go to the people who will commiserate.

[0:37:44.3] JB: That's not helping either one of you.

[0:37:45.9] AS: Right, it's just confirming that there's some powerlessness there I think. I think, this is a bigger beast, I don't feel like there's tips and tricks just to beat emotional stress, I think you actually have to work through it.

[0:37:59.7] JB: You have to recognize that emotional stress is a lot of times what causes emotional eating, right? There's a huge link to it. If the reason why you're not losing weight and you want to is because you emotionally eat, there's a reason why you emotionally eat, and it usually is linked back to emotional stress.

[0:38:18.1] AS: Yeah, I think one of the big emotional stresses that really sabotages metabolism is that all or nothing mentality, right? "I'm going to be good during the week, and then the weekend is crazy", or "I'm good when I'm in a routine, but when the holidays come or I travel" or like, "I build up food and when I go out, it's nothing", right? It's all or nothing. I think really working on that mentality will go a huge way in reducing emotional stress.

That's a bigger conversation, I don't know even if I have beginning steps with that, I think just starting to value the emotional feeling that you're going into. I think often, I know for me, when I start to feel emotionally stressed, I start to look at exercise as decompression to help me get clarity around what's really going on. That usually involves walking or lifting, where I can tune inwards. I think my tip around that would be see if you can use movement to help give you some

space and clarity around what's really stressing you out. What about work? Get as specific as possible. Emotional intelligence research shows that if you can, label your feelings as feelings, or thoughts as thoughts.

You are less likely to drink and over eat. Just that act of labeling, that's where I would start, and then you'll start to see patterns. Why do I feel like a failure here? Why am I experiencing self-doubt here? And recognizing it that it's a feeling in of itself. Not that you're a failure, or not that you don't trust yourself. I think that's a really important place to start, especially as we get into the holidays, and expectations are always overblown, and it brings up a lot of family stuff. It can bring up a lot for people, and buying gifts and all the pressures there, this is a great research opportunity.

[0:40:06.3] JB: Or being afraid of gaining weight, just having anxiety around food.

[0:40:10.6] AS: Yeah, that's where self-doubt. I mean, that's what I guess what I would consider as self-doubt. That, you really need to value, I think emotional stress, and how you relate to life, as much as nutrition. That's what I believe.

[0:40:24.4] JB: For sure.

[0:40:25.7] AS: Alright.

[0:40:27.1] JB: We hope that you now how to gain your metabolism.

[0:40:29.1] AS: Yeah. It was five levers.

[0:40:31.5] JB: It's a lot, yeah.

[0:40:34.1] AS: One at a time, and one makes the other one easier, so I think look at where you'll get the biggest bang for your buck. If you're not sleeping, start there. If you're confused about what foods work for you, I'm going to plug my opt-in again, go to alishapiro.com and you can get the first experiment on metabolic typing to figure out where on that continuum you lie. It's a game changer. Yeah, anything else Juliet?

[0:40:59.0] JB: No, hope you guys learned a lot, and if you have any questions, feel free to reach out to us on the Facebook page, just /insatiable podcast, we always want to hear from our listeners. You can find Ali and I on social media, and we are always open to chatting.

[0:41:13.0] AS: We've totally dropped the ball on asking for reviews. Can you please leave us a review if you like this? We hear so many great emails and stories, and if you could go to iTunes, that's such a big- and leave a review, it's such a great way to support the podcast.

[0:41:25.8] JB: Yes, please, we want to keep doing these shows every week, and we love the feedback that we've been getting from everybody. If you have any topic ideas that you would like us to touch on, then most of our topics are coming out of our listeners and what they want to hear, and we want to provide that for you. Please be in touch, and we want to hear from you.

[0:41:44.7] AS: Yeah, remember, support yourself, not stress your metabolism.

[END OF EPISODE]

[0:41:49.7] 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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