

# Nicole's Food Freedom Story: It's Not About Portions and Calories, Season 4 Episode 6

[INTRODUCTION]

[0:00:47.6] AS: Welcome Insatiable listeners to Season 4, Episode 6: Nicole Corcoran's food freedom story. It's not about portions and calories. If you can't tell, I love me a curious skeptic. They are my people, and Nicole was no different when she first came to me. Not necessarily about me and the work, but could weight loss really be a side effect? Could I really lose weight without, not *not* trying, but without being obsessed? We're going to talk about that today, how she did lose weight as a side effect and in counting. Yet the nuance behind that, because I know in the anti-diet movement and body positivity, you're not supposed to focus on weight loss at all, and while I don't do that in my work, I think there is a nuanced way to understand that and honor if you really do want to lose some weight and you feel like it'll improve your health, then that's okay. We can't tell women how not to feel. We get into the nuance of that, because it's a really delicate conversation.

We also talk about some key health history experiences she didn't even know to share with me, and many people don't know and don't understand that it affects their health with their eating and their weight. We get into what those were. We've talked about the one food she surprisingly needed more of and the pattern she needed less of to make food so much more intuitive and easy for her.

Piggybacking on weight loss as a side effect, we're going to talk about the two keys that enabled Nicole to stay with her transformation process, because we're totally honest that because I don't focus on that, it took a while for the weight loss to happen.

We talk about what gave Nicole the trust to keep going with the process and I think you'll find her answer really inspiring. Enjoy today's episode.

If you have enjoyed Insatiable and gotten value from it, you could please leave me a review. Trying to get to 100 by the end of summer and we're really, really close. We have a great, vibrant, active, pretty big community here and I would love if a couple more of you could just go over there and push us over to the next level. That way more people will find this kind of a conversation that's really, *really*, out of the box and hopefully start to give more people relief. Thank you so much for those who have left a review and for tuning in. Enjoy today's episode.

[INTERVIEW]

[0:03:01.9] AS: Thank you so much for being here, Nicole. I get so much feedback from people that they love when I bring my clients on, so thank you for coming on our season of clarifying the issue. And I couldn't think of a better client to bring on, because I just can't wait for everybody to hear about the health history realizations you had of what mattered and your total transformation and everything. Thanks for being here.

[0:03:23.3] NC: Thanks, Ali. I'm so excited to be here. I know that I found you when down the rabbit hole trying to clarify my own issue. I wasn't sure what it was, but I was like, "I think she might help me with the answer." [Inaudible 0:03:35.2] and I think we're getting closer.

[0:03:38.6] AS: Yeah. Well, I love that you were skeptical too. I remember when you first contacted me you're like, I looked at other people's websites, and **you said one woman you looked at she was like "Oh, I learned how to kickbox. That solved everything." You're like, "Okay, that's not my issue."** You knew that much, right?

[0:03:53.4] NC: Yeah, exactly. If someone had a thing or a one-stop, like this changed my life and it'll change yours too, I was like, "Mm-hmm. No, that can't be right."

[0:04:03.9] AS: You were already intuitively on the right track. Tell me a little bit about what you were, why you came to me before, and how you understood your health challenges before we started working together.

[0:04:14.6] NC: Yeah, so I have always considered or been considered by the masses or by medical field as being overweight, even though I had tried so many different things. I tried different diets, many of your clients have said they've been on Weight Watchers since they were 10 or something like that, and I just knew there was something more to my issue, because I'm considered successful in life and in work and what I do in my career, but why was I not successful in living up to society's goals? Like with a healthy body, or the picture of health, or why was I self-sabotaging myself even if I wasn't, with food and exercise and everything else, and why did it seem to consume everything I thought about and did, even though I wasn't making a viable difference.

I was just eating up space in my mind, wondering what I was doing wrong, how could I fix it. I ate the thumb of cheese and the hand of chicken and I'm still not any different. That was really what I was out to find, and I learned so much more figuring it out over the last year with you that it's truly changed the way I think about everything, and I've freed up so much mind space that it's exciting to live life to the fullest, in the most non-cliché way. I'm not jumping out of airplanes or anything.

[0:05:29.1] AS: As we started, one of the things that I thought was really interesting is because we worked together privately, we went over your health history form and you had left – you had put the big things, like I had my tonsils out, or these – the big things we think to put on our health history form. Then I think it was month two or three when we were starting to put together how to balance hormones and heal your gut that

you were just like, "Oh, my God. I did not put on any –" I did not tell you the most important things, now that I know that they're important.

Can you speak to that for people out there who think that they're adjusting their food and life and diet, or food and exercise to their health history, but **maybe what did you find that was really important to know that you thought before was insignificant in your past?**

[0:06:15.0] NC: Yeah. I remember we were talking and something came up around, like when did you first feel X, or when did you realize that you started feeling this way, or what was that pivotal moment for you? I realized that it was around the age of 15, 16 and we were discussing that time and I was like, "Of course, I was a teenager. It was some rough years, whatever." **Then it all came, and it hit me like a ton of bricks that I had actually had a really awful allergic reaction to poison ivy** that summer. Because of that, I had gone to the doctors and they had given me a ridiculous number of steroids, like prednisone to control the allergic reaction. They were probably warranted in doing that, but maybe not twice, or, I don't know. It was a really crazy thing. Then I started realizing all these little things play such a bigger part into a pivotal moment of your health. **Sometimes people with more serious or systemic health issues can really see that snowball from a pivotal moment in time,** but honestly looking back at that time, it was a really crappy day that I acquired this poison ivy.

From there, it spiraled out into a lot of little things that eventually add up into a bigger health journey that I was not even aware that I was on. I think that thinking about my tonsils and I broke my ankle, they were obvious. When you would go to the doctor, they don't ask you like, "When was the last time you had a cold?" They don't ask that, because that's not what they're making sure of. **I'm realizing that from that point to essentially 10, 11 years later, I'd realized that I was doing a lot of things on autopilot, covering up symptoms that I didn't know I had, or treating things that I didn't really**

**think I needed to be treating until this point when I started to question it.** Thank you for lighting that little spark, like the tiniest spark. You're like, "Well, have you ever really thought about that?" I was like, down the rabbit hole, here I go.

[0:08:02.1] AS: I remember us pointing out that you were put on birth control in part for other health issues, and I remember you writing back and being like, "You're the only person who's ever asked me why I was put on that." The rabbit hole you went down, I was like, "Keep going."

[0:08:17.1] NC: I know. It was insane. I thought about it and I'm like, "Yeah, I had bad cramps, but then was I like debilitated? No." I mean, was it really that bad? No. I mean, everything was regular. Sure, so I'm really thinking, "Oh, my gosh. Why is nobody ever asked me aside from literally preventing birth, are you on this pill, and is that really necessary?" It just really blew my mind and it still does today. I wish I could wear a sign around my neck and ask people, but you have to be – everyone's on their own journey, but it has to be cautious because once you figure this stuff out, you were lit up to tell other people. You have to be cautious, because you don't want them to think, "Okay."

[0:08:58.0] AS: Well, that was one of the things I loved and you're like, "I'm angry now." I'm like, "Yes." Everything that you're starting to feel I was like, "Yes. This is going to be permanent for her, because she's getting it. Everything's locking into place."

[0:09:08.7] NC: Yeah, definitely little things add up to a big picture, like little strokes on a painting add up to a huge picture and I was just starting to zoom out of mine, instead of being focused on one tiny piece of like, "Well, I eat this and I don't lose weight."

[0:09:23.8] AS: Yeah. Well, that's what we're taught, right? Our society's such a reductionist culture and we don't look at our habits. We look at – because we even say

on track, or off track, right? It's like, we're looking at the thing we just did and what most people do is give us more food rules, which just escalates the battle and doesn't help us get to the root of things, versus looking at the system that we exist in. Including our physiology, because I know **when you went off birth control you started feeling things more**, like your body started to regulate on its own and you did the things to help you detox. It was an important, I would say profound transition in your health journey.

[0:09:58.2] NC: Yeah, and if you talk to me any other time, I would have found a way to work that into my schedule, or think about it a little bit more and then maybe execute on it later. At that moment, you're right, I was so angry that I just said, "I'm done. I'm done." I looked at that little packet of pills and I said, "Goodbye. I'm done with you," and I was winging it. **I did experience some things, like my blood sugar really was all out of whack.** I think that's what really freaked me out the most about reading about that, was that unnaturally without even trying or without even consuming a ton of sugar that some birth control hormone, synthetic hormones can really impact the way your body produces a reaction to sugar, or what, how much sugar it thinks you need.

After stopping that, the birth control pill, I was immediately eating the way I was eating before and getting the shakes within an hour or two. I was like, "What the heck is going on?" I had to reevaluate everything as my body detoxed from this. I'm really proud of myself for not stopping and going back, because like at some points I was like, I told you I was watching a TV commercial and it made me cry.

I said, "Okay, this is it. I'm definitely not the same as I was the past 10 years on this medicine." People don't think of it like that as being so serious, but I mean, every little thing you start to feel and understand everything about your body in a different way. It's incredible.

[0:11:18.3] AS: Well yeah. I want to talk about that, because we will also get to how you've lost 20 pounds as a side effect, even though you didn't believe that either, which I totally get. **How did you dig deep to hang on during this process?** Because you do get these hits of, like, "Ah, freedom," but then it's like, "Okay then, I'm going down to the roller coaster again, like I got to hold on again." What helped you? Because a lot of people I'm sure in the middle – we're all on a journey, right? Even though I say it's not a journey, it's more like a solar system, where one day you're feeling great, the next day you're like, "What the fuck?" The next day you're like, "Oh, I don't know." What really helped you? I would love to hear what worked.

[0:11:51.9] NC: Yeah, so I just kept thinking like you have good days, you have days that are questionable, and I always find other people's journeys to be inspiring, but usually those journeys aren't like, when I stopped taking birth control on a whim in October, and now I'm feeling all sorts of crazy. It's more like, I continue to push at the gym until I could run that 5k or that half marathon. I found like I wasn't relating to other people's stories as much. I had to really dig deep into my own story, so I had to like – anytime I felt something great, I was really just becoming very introspective. I was like, "What was that made you so happy? What worked? What didn't work? How are you feeling today?"

Not focusing on the little – my new shiftings in terms of why I eat this and I didn't feel great, or I did, I did that. It was more like, I listen to that song. It really made me happy. Or I saw a really great bird today and that was awesome. It's not so that was the only thing great that happened, but I was also busy. I think that was a good time to do it, because I was busy with other things like work and life and it didn't give me enough time to focus on the fact that I may have no idea what's going on inside my body at the moment.

I didn't push too hard. I didn't say, "Well, I've changed one thing. I'm going to change everything." Usually, I'm an all-or-nothing person, which is what we've discovered,

and I saw them with some things. I mean, you can't completely change your makeup or like who you are, but it's become a little bit more obvious when I'm doing it, so I can be cautious, or I can be all-or-nothing when I need to.

[0:13:23.5] AS: I love that you said you took it step by step. I think with our health, it really is hard. We're again, told to do all or nothing, but let – let's talk about that, because we did work on being all-or-nothing with exercise and food and **we've talked on this podcast about the comfort styles of are you an avoider, accommodator, competitor? What did you learn about your all-or-nothing eating that was under that?** Because you're not really an all-or-nothing eater.

[0:13:47.4] NC: Oh, yeah.

[0:13:48.4] AS: Or dieter. What did you discover? What's really the issue there that you had to unravel?

[0:13:53.6] NC: I'm the biggest accommodator. I accommodate everything I can. I really have found that out, and I didn't think I was, because in my mind I'm independent, I'm strong, I kick ass, but I'm realizing like, I kick ass around everything, whether I've got to adjust my time, because my old person who used to do my nails was inconvenienced by the time. That really set it home for me when you asked and why do you go get your nails done at that time. Well that's the time that my nail technician likes me to come.

I realize, "Oh, my gosh. I'm doing something for me and I'm accommodating that too." I was really – that really set it home for me, and I found that accommodating people is one thing, like when you go to someone's house for a holiday, eating and things of that nature, and I'm still working on that. **I'm sure all of us who struggle like that in defining what you're trying to do for your health and your body and your life will struggle with other people interfering.**



Now it's just become so easy for me internally. Like you said, **the side effect of weight loss, I really didn't believe it**, but I'm not – I'm working, I'm doing things to do this, to have this weight come off, but I'm not totally consumed by it. Almost as if my thought process has changed around it, other people no longer seem to bug you about it when you have such a natural air about it, and it's like the weirdest feeling to come full circle and realize, "I'm no longer accommodating someone to eat something that they want me to eat, or I'm honest in what I want and what I need from others, and so they know what to expect from me, and I know what to expect from them."

It's like flipping all these cards and turning the picture to make it the most ideal for everyone. It's like accommodation at its heart, but I've done all of that and I'm no longer, like I haven't lost people because of it. I haven't changed who I am at the core, because of it. It's like it's been a natural thing that took time.

[0:15:48.6] AS: Oh, yeah, yeah. I know from working with you some of your relationships got stronger. Not only did you not lose people, but some of them got better and stronger when you were clear on what you needed.

[0:15:58.8] NC: Yeah, I didn't realize that being an accommodator, that while it was helping so many people in my mind, it was also enabling them to not help themselves. I think that the biggest accommodation, I mean, was learning to not accommodate myself. Then other things come of it. It's made me stronger at work too. I definitely feel that I've transformed at work, which I would joke with you is like my \$700 cake, I'm not going to mess with that. Over time, it just naturally started happening.

**I didn't have to test these theories as much at work as I did in my personal and family life**, but it just rolls into it in a nice way, so it's been really cool to feel that and become, it's like be second nature. Thinking back at it, when I realized I'm doing this or

like I'm accommodating someone, I'm like, "Hey, what am I doing? What is going on? I can't be falling into this trap again. I've got to stay strong."

[0:16:53.7] AS: Just for people listening, when Truce with Food and when I work with people privately, we have you work on a story that would be like, I give you the metaphor of a \$7 cake, a \$70 cake and a \$700 cake. In \$70 we test, we experiment with new ways of being that are at a \$70 level, because once you master the skills and the tools and you become more resilient and you can then have that \$700 cake feels like a \$70 cake. You just start taking on bigger and bigger risks and challenges.

I'm so glad you brought that up, because I just, you know, when my Forbes article went live and I didn't – this article about the connection **between when we take a leadership role in our health and how it translates into our career**, and you're one person I think about how your leadership style has changed as a result of and gotten stronger, because you're not accommodating and you're working in that collaboration space more and more. Which I think is exciting, because then work becomes more fulfilling and it's this upward spiral, so then you don't have to reward yourself at night with food and just –

[0:17:51.8] NC: Or you didn't give yourself energy to continue what you're doing with food. I'm sure I've had those moments, where I remember that back in college this is really when it was, well I have to study for tests. Let me get a snack. I don't know why that was a thing. I became really snack hungry then, and I was stressed out. Of course, when you're stressed out, but eating when you don't want to feel other things is really it's a double-edged sword. It's just so strange until you really think of it that way, because someone could tell me, **in fact I think my fiancé has told me this a few times and I wanted to smack him really. He was like, "Are you really hungry, or are you just bored?"**

He totally didn't realize what he was saying, and that I think one – but that was to me, I said, “Well, how dare you say are you really bored – are you just bored? Because what makes you think my life is so simple that I'm just bored?” Then that was something that ignited me to find you, or look for like, “Am I hungry, or am I just bored?”

[0:18:54.9] AS: Well, it's funny. If we come to that conclusion, it's okay. If someone else tells us, it's like, “What? What?” You know what I mean? Carlos is like, “Well, you do eat as much as me.” I'm like, “Huh?” I mean, I'm over it now, but it used to, like we were first dating and everything I was like, “Huh? He thinks I'm fat.” You know and I'm like, and now I'm just like –

[0:19:12.4] NC: Yes. I think you're always – why are you paying attention to that?

[0:19:14.7] AS: Yeah, exactly. Now I'm just like, well it used to be like I would complain to him about my weight and stuff and he would be like, I don't know how to win here. What do you want me to say? I'm like, “I don't know, you know?”

[0:19:26.0] NC: Yeah, exactly.

[0:19:27.2] AS: Because I didn't know.

[0:19:28.2] NC: Do you want a snack? Or I think we should get a snack. He's like, “We just ate dinner. How could you be hungry? Are you just bored?” I was like, “Oh, really.” It was a hard thing to hear, but when you hear it, it wasn't insulting, it was like literally he just didn't want a snack. Now I'm like, I use that line every now and again, because I can.

[0:19:49.0] AS: Yeah. I mean, you realized too a lot of the nighttime eating was just reviewing the day, right, and wondering did that go okay, did that not – When we're

accommodating, we – because we're not really clear on what the other person needs and what we need, it just drains us, and I think back to your studying example, I think **often people eat for work, because they need the energy to get through the discomfort of it**, because they're so drained from these other patterns. Again, it's this whole system that we – I keep using that metaphor, of plants, like what is the soil that we're in that will make healthy habits bloom, rather than thinking that our habits in and of themselves are about the food or whatnot.

Let's switch gears to food. **What surprised you about what works for you and how did you – what was key for you for figuring that out?**

[0:20:33.0] NC: I think the experimentation was key to figuring out what worked for me with food. However, I think it changes. It really does. It changes seasonally, it changes all the time. I remember, I was telling you recently that the type of food I'm eating, like what I'm eating, and we realize it's actually seasonal. It's not. It's not like, "Oh, I really want – I'm trying to think of something winter. I really want Brussels sprouts." That's a winter vegetable. I mean, technically my body really doesn't want it right now. If I wanted it, I'd have it, but I'm realizing that what I want is actually tied more to the seasons and more to what naturally is growing and occurring.

Before all that, I mean, I just had no idea that that would even become a thing, because I was so stressed when I first started talking to you, like **why it's such a battle to figure out what I'm going to eat for dinner and how it's going to make me feel**, and is it enough this and is it enough fat, and is it enough something else? I can tell you now that my body used to take two weeks to bounce back, or to even show me that something was wrong. I would joke, I'm sure many people have had this experience where you can eat bad for a week or two, you know on vacation and whenever, and then you don't feel it until it's all over and you're like, "Oh, wow. That was a lot. That was a long couple weeks, or whatever it is."

I can tell within hours now if I haven't had enough fat, or if I haven't had enough protein, or if I've had too much sugar. I can just tell my body knows and it gives me the signals that I need to get back to a place that feels good for it. That's **what really shocked me is that I didn't think that it would be so instantaneous eventually**, and that I can have pizza and still live my life and I'm stroking before this that I do have Tate's cookies sitting next to me, and then I do enjoy them. I know that I can bounce back depending on what it is, and that my body is really resilient now and it wasn't before. That was something really cool. **Fat. I mean, fat is so good for you.**

[0:22:25.1] AS: I know. Just in Truce with Food last week, everyone was like, "Oh, my God. This is the only time someone has encouraged me to eat fat." They're like "It's a miracle worker." I'm like, "Right?" I'm like, "Everybody eat more fat. If you take anything from this."

[0:22:40.8] NC: Fat for breakfast. I struggle without a little, but then I realized what I can do to get more fat in and it is, it's a game-changer and I also figured some people have to eat more than – more times per day, but I found that if I have to eat more than three times per day then something's not right, and I feel I'm so happy about that, because I'm busy and I don't want to stop doing all the fun, or cool, or crazy things I'm doing to eat.

Eating is great. I don't know if I'm a foodie, but I'm friends with foodies, so I enjoy spending that time eating with others and having that time to catch up and things of that nature. That's not gone for me, but it's no longer a source of anxiety, or questioning around what are we going to eat, when are we going to eat, how, what, all those questions are gone. I can find something anywhere to eat, even when I'm held up in conference rooms at work. I think that that's really important to me too, as long as I get enough fat.

[0:23:36.7] AS: Yeah. Well and I love that. What you're describing is the paradox as your body becomes more resilient and you can tell immediately if you're off, you don't want to do it as much, because you're feeling so much better. Again, **most people are like, "Oh, no. But I'll always just want this stuff."** I'm like, "No, over time you just – you start feeling so great that you realize eating out of alignment brings you down and it slows you down in a way as well." I'm glad that you brought that up.

The idea of portions popped up to me when you were talking about the Tate's, because to me it's not about the Tate's. It's like, "Am I then feeling bad about it and eating the whole bag?" How has understanding [inaudible 0:24:14.6] health and again removing these patterns that were draining you and stressing you. **We've never talked about portions, we've never done cubes or hands or whatever. How do you feel about portions now?**

[0:24:27.1] NC: Yeah. That is so important to me, because I feel portions, everyone wants to make you feel like you've got to wherever you are in life because you overindulge, you overrate, and you didn't think about portions, or that you didn't care enough to think that you were eating healthy. Well that's not true, because I was living and dying by a food scale, by measuring cups, by points, by macros. **I was so obsessed with it that I was like an accountant, but with food.**

It was like, I am not an accountant of food. I don't even think about it. I mean, I know what's reasonable if there's not enough food, and I also don't feel bad about leaving food on my plate anymore and I've realized that recently I've become like something I would normally eat and be completely like, "Okay, I ate this and satisfied. I'm full." I'm actually fuller sooner, so that's really cool. I'm like, "Oh, good," but I've never thought about it in counting and or half of your plate should be this and 3/4 of your plate should be that.

**I'm winging it.** I guess some people call that **intuitive eating**, but I just eat what I know is going to make me feel good. If that's two peppers and a cup of broccoli and eight ounces of meat, I have no idea, because I don't measure it anymore in that sense. I just know how much to eat and I never thought I'm like, if I was me a year ago listening to me right now, I would cringe and be like, "Shut up. You're lying"

[0:25:46.3] AS: Yeah, we have healthy skeptics. That's good, that's good.

[0:25:48.8] NC: Yeah. I'm so skeptical, because I'm thinking, "Do I measure? I don't know." I know when there's not enough food, that's for sure.

[0:25:56.0] AS: Well, I'm glad you brought up things about, because I feel that's **one of the big nutrition myths**. Some people tell you, you should snack all day, other people no. The truth is you want to work up to three meals a day, so that your body gets a break and your blood sugar is resilient. Now some people need to have snacks, while their body's healing, but we don't need to be – I think it's so freeing to know that you don't have to snack all day.

[0:26:18.8] NC: Yeah. I don't have 800 Tupperware containers in my bag ready to go for the moment that I need cheese, or – I do snack every now and again, especially if I'm super active, or if there's a busy day. That's just, I feel like, "Oh, my God. I could eat a snack. I could use something for now between this meal and that meal" and I'll do it, but it doesn't feel like if I leave the house without 18 almonds, I'm going to die.

[0:26:44.4] AS: Well, and that brings up another thing I'd love to ask you before we get to the whole weight loss thing, we wanted to break down before we started talking. You use the word "wing it" a lot now, and I love that, because when we first started working together, you were more of a planner and more had things scheduled. **This pattern you're describing about being an intuitive eater syncing up with the seasons**, you're also doing that with your life now in terms of self-trust with exercise

and discovering what really makes you happy now that because, before we got on, you said you have so much more space in your brain.

**Can you talk a little bit about the ripple effect of when you start to trust yourself and you really unravel your story, how you can be so much more intuitive with life, I guess and be able to wing it and how freeing is that?**

[0:27:29.3] NC: Yeah, so that word intuitive, I feel I'm intuitive in different ways. I think that maybe there's a hummingbird on my plant behind me, and I turn around it's there. That could just be magic. I could maybe have really great hearing, but those two things are not true.

[0:27:44.9] AS: Do hummingbirds even make noise?

[0:27:47.0] NC: Barely. They make very little noise. They do make noise occasionally, but not enough that you would hear them and turn around and look. That to me is, it's part intuition, but having that amount of free space in my brain has become so freeing to me, because I always felt like I had so much going on and like someone describing my brain, it's balls bouncing around. That I've got so many different balls moving in my head, that how do I even think? I still am like a multitasker and blah, blah, blah. If anything, I've gotten better at it, because I've been so much less weighing me down in my mind about eating and food and perception around food. It's incredible.

**I found that my creative process is better.** For those who maybe listening think, "Oh, creative process," like "Oh, what creative process?" I don't know, what's yours? Mine is so different and I was joking with Ali that I can't go and tell people, "Go look at flowers when you're out on a run, because that will change your life." Honestly, that's what works for me and I found that these different maybe non-traditional ways of looking at everything have given me so much more intuition about my body about how I feel,



and it's important for me to embrace them even if they're not really by the book, or what society wants you to think is the thing and I really didn't believe you.

When someone asked me over a year, a year and change ago, what would you do if you do anything relating to my job? What would you if you could do anything? Imagine the grass is greener, what is it? I said something that was just a tick above of like what I currently had. I was like, you know. They're like, "No, no really. If there are no limits." I really couldn't even think that far beyond. Now if you ask me, I could talk for hours about anything, not just my job, but my garden, my refrigerator, who knows? It could be a lot. It's freed up so much for me, and it's been so cool to see the difference in my brain from a year ago to now.

[0:29:39.5] AS: I love that, because part of this is just and when we talk about being creative, I mean, thinking creatively too with ideas and all that stuff. Yeah, I love it. It's so unique to each person. That's part of the fun. I mean, it's not fun when you're in it. I mean, it's not always bad or always good, but it's challenging to – I took turn the bus around, because I always say normal is not working so well, right?

Even you and I are both not normal people, but you start to – when you do the self-discovery process, you realize like, "Oh, I've been buying into a lot of shit." Not just taking birth control and going on steroids, which again, you probably needed, but they probably didn't need to give you – I mean, they know that they popped up, right?

[0:30:18.6] NC: Yeah, we definitely do.

[0:30:20.5] AS: That for my version it was Accutane like, "Why the hell did I do that?" It starts with health, but because we're really changing your entire mindset not just a couple beliefs, you can't look at – if you think you're not normal before this, forget it.

[0:30:35.7] NC: Yeah. No, you really – you start to look at things so differently. I remember seeing something on the group where someone said, “Oh, I’m looking for natural cleaners,” and at that point, I was unpacking so much stuff, I felt like a hoarder or some, you know, like in my mind I was like, “Oh, my gosh. How does she even think about natural cleaners?” That’s great in an ideal world. Now I find myself looking into my water quality, and things like that. Or just is this is – is the airflow optimal for the way I’m feeling. I mean, dumb stuff in your mind, but you’re now think, relate and could totally relate.

I mean, the little things that you now can think about, because you figured out so many other important parts of basic living, like what are you eating and how does that make you feel and just no longer have to worry about all of that on such a granular basis. **It's life-changing in the weirdest way, because I'm now paying attention to so much stuff, but I have the time and energy to do it.**

[0:31:34.7] AS: Well Dr. Naomi Wolf said dieting is the most powerful political sedative, because basically dieting and being thin isn't about attractiveness. It's about consuming your life and orienting the meaning of your life towards weight loss. Rather than saying like, “Hey, what do I want to think about?” It's like, “Well, I feel I've checked the box if I've gotten to the gym, if I've packed, if I've cooked all day, right?” All of our meaning is being funneled into this crappy, like not the whole truth equation, I guess.

[0:32:05.2] NC: Yeah. When I lose X pounds, I'll be insert anything here and planning a wedding and figuring all this out is the most frustrating thing, because people automatically assume that you're doing everything because of something and you're not just living your life and happen to lose weight as a side effect, because you put in a lot of really hard emotional work and not just because you're getting married. If you're doing it just because you're getting married like, Hey, that's fine. That's your truth. Live it. I'm not mad about it.

My truth is I'm just doing this so I can live even better as far as you go on. I had a friend tell me that it takes – talking about playing guitar. “Oh, you want to play guitar. It's going to take a whole year of really hard practice. Each set of that time is going to be really different for different reasons.” Feel like, Yeah, getting to this point took me a little bit over a year, and it doesn't feel like it took a year. It feels it was zoomed fast forwarded really fast and then I just magically ended up here, but you can retrospectively look back and go, “Oh, okay. I did a lot of hard work up to this point.”

[0:33:09.9] AS: That's what I always tell people, especially in Truce with Food like, pay attention to what's no longer there, because we're removing resistance and simplifying. You're removing what weighs you down. You're like, “Whoa.” Let's talk about that, because I want to – **I don't know if we can clarify the weight loss thing, because I do say sometimes it can be a side effect.** Some people they are so exhausted when they come to me, they don't care. Some people are still holding on to that, and I know it's super controversial. People are anti-diet culture and I'm like, “Well, what are we for?” Right? Because you have to have a vision of what you're for really, because if you're just anti something, you can't, I don't know, it doesn't –

[0:33:45.0] NC: There's a lot of people that are anti things right now. Yeah, yeah. I'm like, “What are you for? What is it that you're for?” I mean, I'm for flowers. Okay, that's one thing I'm for. If you don't have anything that you're for, what you're against everything is questionable. Yeah, diet culture is like a really crazy thing in society and I feel like, “Well, I haven't tried every diet.” Actually this is – you'll find this interesting. I was in the dressing room the other day trying on a dress and I was with my future mother-in-law, and a woman was so excited because she had just lost weight and she had now fit into a smaller size pants.

Okay and I'm in the plus-size department, of Nordstrom. Okay, so I'm not – and then whatever the normal section is, I don't care. It was where I found my dress. This woman now I was like, “Oh, congrats. That's great. You look wonderful.” Being nice,

because she was announcing it to everyone in the dressing room. She comes to my room before I shut the door and she goes, "When you're ready to lose weight, I have a program for you." I'm so okay with everything like a year ago, that would have killed me. I would have cried on the spot. I would be like, "Get out of here. Who are you? Who sent you?"

Today, I was like, "Oh, thanks so much. I appreciate that." I was like, "I'm just living life, living the dream." She goes, "Well, I'm on Medifast and let me tell you, it's changed my life." I was like, "Oh, I'm really happy that works for you." I was like, "But I really like to eat real food," and part of me then said, "Okay, now stop now," because you can't convince everybody. I think that's awesome that's working for you, and thanks again. Then she told me not to get a pedicure. Really, I feel like she was her own bundle of ideas.

[0:35:16.2] AS: I remember this was a couple years ago and I was living in New York and I went up to visit my sister. She had happened to be in New York and I was doing jump roping where she was staying. I mean, this is so random, but this woman came in and she said to me, she's like, "You know, if you do integrals, it really helps you with weight loss." I had the same exact reaction that you did. I was like, "Oh, that's so cute. She thinks I'm trying to lose weight."

I was like, the old me would have been like, "I'm fat. Clearly she thinks I'm fat and said I'm like –" she's clearly probably interested in weight loss, and so she's – it was so much more about her, and I did the work to be resilient, and not to trust my own path. Because I think too when you're on a path that's working because you are, it's easier also to say, "Oh, you do your thing, I'll do my thing."

Let's talk about that, because you have lost – you told me before the episode – 20 pounds, almost 21, and the weight did not – We don't focus on weight loss in our work together, and it didn't happen right away. How did you – what is your idea now? If

we're clarifying the issue, going in and it's clearly not about counting points and portions and all that stuff, what is your – we were like, “We need to talk about this, so we can really flush it out,” because it's not that you weren't like, okay you still wanted to lose weight, but it didn't become the driving goal. I'm curious what you would say, like if you – **what are you doing so that you are losing weight, but it's a side effect and how did you put aside needing to lose weight right away?** Because you didn't know you were going to get to this point. I'm very clear, this is not a weight-loss program. Two-part question.

[0:36:52.6] NC: Yeah, definitely. When we first started working together I was like, “Yes, I do want to lose weight,” and I didn't expect you to be like, “Here's what we're going to eat, here's how much of it you're going to eat and this is what's going to happen miracle,” because that wasn't what I was expecting, because obviously I read your website. I wasn't expecting that. **I really wanted to get to a root cause.** I found that as we started talking, so I first did with you, I did that quick session. Well, it wasn't that quick, but we did a session, because I was like, Well, let me just make sure this is what – that we could work together. That I didn't hate your ideas like that.

[0:37:23.7] AS: Then we got along, because my work is awesome, but you have to get along with – if you're listening there, anyone you work with, you have to feel comfortable enough with them. There should always be some screening protocol. Nicole and I did the Truth Serum session, that's what she's talking about. I just want to put that out there for people listening, like **half the battle is feeling comfortable that you can trust the other person.**

[0:37:43.2] NC: Exactly. I mean, figuring that out and you were very honest that like, listen this may become a side effect, it may not. I mean, your body genuinely wants to balance itself out. It wants to find its happy medium wherever it is in balance. If you're on a lot of medication, or if you have a lot of health concerns your balance may be different than somebody else's and so your body needs to figure that out, and that's

what you're going to figure out once you start unpacking all these emotions and understanding your story.

I was aware at the beginning at the outset that I wasn't going to necessarily get the answers and then all of a sudden lose weight, but in my mind I was like, I will, because I will, because I'm an overachiever. I just figured that would be instantaneous, instant gratification because I must have figured out something to have found you. Therefore, this will happen a lot faster. Well, **I don't think that I realized at the time that I wasn't losing weight.** It wasn't like a priority.

Once we really started working together, it was like, "Okay, whatever." This is so much more important than me finding movement on a scale. I realized that I'm figuring out so many things about myself that are going to help me live a better life mentally, physically, everything just holistic from tip to toe, or whatever they say in one of those things. **I feel like that was really important for me to realize that weight loss actually wasn't my priority, even though on the outset I thought it was.**

I went a long time. I mean, I don't think I started losing weight until about eight or nine months in working. Now also I should say throwing that wrench of stopping the birth control pill after 10 years. My body probably would have figured something out and started evening out at that point, but losing weight really is a side effect and it's become something I realized that was happening. Even after the point that we hit or want – like less than one year mark when I figured I'd be eating this perfect way and I would be so "good girl" mentality about it all. I wasn't. I was still sometimes feeling the bad girl, but I was smart enough to know that it wasn't good or bad.

I wouldn't label it like that, but I was definitely not in my mind in alignment with what the principles of what I knew I needed were. That was shocking to me too. When I thought I just – things have a funny way of uncovering themselves when you put in the hard work, and it's just – things just start to click. I was no longer – I always say I was

afraid that the other, she was going to drop what was next, and part of what we discovered when working together was that I was always afraid of disappointing someone, or having something happen, giving you that gut sinking feeling.

Now bad things happen. My gut doesn't sink, like I just deal and move on. I feel the weight loss is like that. I'm like, Oh, I think I lost some weight. Oh, my God. Do I get on the scale and check or show? Just not, because then I'll get weird about it. I felt I was in such a good place with everything that I was like, Oh, hell. Let me get on the scale and figure it out. Let me see if I did lose weight. I did. Then I check every couple weeks, just to see, make sure first off I'm not somehow dropping too much weight, because that could be bad too. Keeping track of your health in that sense, making sure it's actually because of the things you're doing, not something you need to look into.

That's where I landed and I happened to lose 20 pounds, and I joked before we started, like I didn't really feel I worked that hard for it and so I felt bad about it. Then I was like, No, I worked really hard last year and up to this point with my thought process and everything to get to this point, and I feel that's so cool, because it's not something you can – I don't usually think of things as like a delayed side effect point that's nice. I mean, even now I just – I know what I need to eat to feel good and to be my best every day, and that's what I'm doing. I'm not eating – I mean, some days I eat more, some days I eat less.

That's really depending on how my body feels and I used those cues and my body is like, "Okay, do I feel like a headache coming on?" Which I really get headaches, I used to suffer from really bad migraines. Every two weeks, I would get a really bad migraine. Always on the weekend, because what happened all week, you start off strong and you start to fade and then then all of a sudden, your body is pissed off on the weekend. I feel these things were really all indicative of a longer journey that I put in the time, and it really is a side effect. I don't know if that's answering a two-parter though. I'm sorry.

[0:42:01.2] AS: No, no. It totally is, because next week's episode, which is *Why Am I Eating This Now*, I have two clients come on to share their experience of why they were eating this now. One of them was saying how she gave someone else my name and told her some of the stuff that they did in the program. The woman was like, "Oh, my God. That sounds like too much work." My response was like, "You either put the work in upfront, or it's a lot of work for food to consume your life too." I think we've normalized that. When it's all of a sudden not there, or not there as much and it decreases gradually, **I just don't know if there's any way of getting around doing the emotional work, if you really want to have the freedom and results.** You talked about your migraines are gone, you have better focus, do you want to talk a little bit about that as well?

[0:42:44.0] NC: Yeah. I mean, I definitely had focus issues where I couldn't quiet my brain, I couldn't turn my brain to a relaxation stage. Some people, even just talking to my friends they're like, "Do you ever stop? Does your mind just always go a thousand miles an hour?" Yes. I think it does, but I'm able to turn that off sometimes now and I find that it is related to food. When people say, "Oh, I have that 2:00 feeling or that 2:30 feeling," like now I haven't given up coffee. In fact, I drink coffee every morning. I just make sure I drink it at the right time, because that's important to me and the way my body absorbs the coffee and what I'm – it's very pure coffee. I mean, it's pure coffee.

I feel, like I am that person who's had 10 cups of coffee no matter what time. Sometimes that can be jarring to others, but my focus isn't always laser. I can focus a lot, or I can focus on a lot. That has been something I've struggled with and I've accommodated others my whole life trying to tamper that down. I find that the way that I can do that is if I'm eating correctly, and at the right times what my body needs. Because if not, I find that if I have too much sugar, or not enough sugar, definitely not enough fat, that that can all go awry.



I find that especially at lunchtime, we talked about this and I was like, "I could not possibly make lunchtime my biggest meal of the day." That is so insane to me. Now it is. It's my biggest meal of the day. It really helps me, because getting to lunchtime is easy. It's a part to me getting from lunch time to bed that used to be hard, and that's where I find now that it's not even an afterthought at this point. The afternoon is not a problem, because of the way I can focus because I'm eating correctly. Now I mean, yeah, I still, as you can all probably tell from this recording that I am like, my mind goes everywhere, squirrel, whatever. I'm not even looking out a window on purpose, so that I can really focus on.

[0:44:44.5] AS: Well, that answer I think helps us even clarify the weight loss, because it's so hard to explain, because in essence, what we're doing is changing the meaning of things. You can still care about weight loss, but it's not the thing anymore and what you're describing is all of a sudden if you can tie food into these more immediate benefits, like being able to focus. Who doesn't love not having migraines and having more energy and feeling things more and work getting better, because you're more intuitive and life being easier. The pressure for this end goal starts to – weight loss starts to subside, because you're like, "I'm getting something out of this process as I go." I think, I feel I needed better. It's –

[0:45:26.0] NC: Well, I just felt bad about it when I had started losing weight and I remember when I was thinking like, "Hey, I still really do care about weight loss." I was like, "But I feel bad, because everything we've uncovered about my body and my life and just my thought process and everything, are just so important and this doesn't seem so important in the scheme of things, but I felt bad about it." It's almost like you have really, really foggy glasses, and you have no idea that they're foggy. Until it starts to clear up. Then you're like, "Oh, wait a minute. The way I saw everything before was really hazy. It was totally not clear at all."

Even, I'm on full clarity into everything, but now I feel like, "Wow, I was walking around with my eyes partially closed for 22 hours a day." Now I feel like I can see things so much clearer, and almost is this jarring, because you realize that other people don't see that the same way. That's when you get those people like that woman in the dressing room. She's like, "Hey, I've got a program for you." Oh, God. Okay, good for you. I'm really glad you got something, but it doesn't throw off your whole day or your whole meaning of what you're doing, because it's so much bigger than just the scale.

Even though I am just as excited as anybody else to have lost 20 pounds. I was like, I'll take it, but I'm not – it's not obsessive in my mind anymore. Well when I hit 22 pounds, what's going to happen? It'll happen when it happens, if it happens.

[0:46:46.8] AS: Well that reminds me too what you were talking about, because I hear this from a lot of people being worried about the other shoe dropping. I remember us working together and I remember your dog got really sick and you were away for work. When we were talking about like, I'm afraid of the other shoe is dropping, I'm like, it has dropped. Things were going okay and then you, because you've become more resilient. By going into the past, I've been ignoring it. I mean, we revisit the past for a lesson, but because you became more resilient in the present and really started doing the uncomfortable things like not accommodating and stuff, you developed this resilience.

It's like the woman in the dressing room, the scale, whether you go up or down, those micro things you were talking about that used to bother you, they just bounce off of you, because you're like, "First of all, trust myself that I'll figure this out, because I've figured this far." What I figured out in the last year was nothing short of a miracle when you really start to look at the matrix called our healthcare system, and diet culture on top of that. To me it's amazing. I think everyone's doing amazing considering how that normal is.

[0:47:50.9] NC: Yeah. It's the scariest thing to look at not only the healthcare system, but our overall system in general and just the huge disparity, the dichotomy of everything. It's so illuminating, but what you said about my dog getting sick like that was such a huge moment for me, because I said I just I'm freaking out. This is the other shoe, it's dropping. Like you said, it's already dropped and you're still here, you're still okay, everything's good. I was like, "Oh, you're right."

Came to the state, like my dog is still struggling with health issues, and that to me would be the biggest thing, because my dogs are so important to me, that would end everything else. I called, well the dog is sick, so I can eat whatever. I want I don't have to move and exercise. I can give up on all these other things in my life, because that's going to consume me. Because I have so much more free space in my brain that's not being consumed by what I'm eating and how I'm feeling, I'm able to take care of my dog better, I'm able to do all these things, because I'm not so rocked by this trauma where it's any trauma before like, someone canceling last-minute plans. I don't see that as huge trauma, but can make you really question a lot of things.

Just the little things that happened to you, you react so much better to them now. It's hard to react that way, especially when it comes to food. Like, "Oh, I've had such a busy day. I'm so tired, so I'm just going to eat and serve X. Whatever it is." Yeah, I had a week like that last week, where I came home and I was just like, "I'm just so tired. I'm going to eat whatever." The next morning I was like, "Well, that was stupid." It was like, "Hey, lesson learned." I will be a little smarter next time when I come home at whatever time and I just want to eat whatever. It happens and it's not like I figured it out completely. I still am conscious of my questionable decision.

[0:49:40.9] AS: With that just describing is when you're playing the long game, you do not worry about one night, or even one day, or what, because you're like this – I'm in this to win it for the long run. All I'm doing is learning more about my patterns if you have the right skills or tools. **I think too it's also important for people to realize is how**

**important resilience is, not just in that moment**, but when we these – like what you were describing with your dog is you're no longer thinking you had to accommodate the dog only, right? You're like, Where is the win-win? How do I take care of him and take care of myself and keep my life functioning?" Because to take care of the dog, you got to keep your job, all these things.

[0:50:16.5] NC: Yeah. I felt a monster for 10 minutes. I was like, "Oh, my gosh." I said, every time I happen to have to go away for work for a day or two, something bad happens. It's not like that, it just so happened to be in that moment that I felt like, "Well, that's it. I'm just going to have to tell everyone at work that I'm no longer travelling for more than a day trip."

That's not really ideal and that's not really what I want to do anyway. That was just me accommodating what I thought my life want to adhere to take care of my dog and everything else. I was like, "Well, wait a second. You said that you really listen." The dog was probably sick. Nothing that happened to my dog was a result of me not being there, or because of poor care from anybody else. It was an action, it's an autoimmune disease, and that's what happens. I think that's the same way people say, "Well had I not been overweight, XYZ wouldn't have happened. Or if I was thin, I would have XYZ, I'd have happiness, or I would have found peace in my life or something."

It's like looking at it on such a large scale. When I'm skinny, this will happen, down to the final thing of like, "If I was home with my dog on Thursday afternoon, she may not have felt as bad." No, it probably isn't correlated. The resiliency is really down to that level. It really took me a while to figure that out.

[0:51:40.1] AS: Well, and I'm glad that you made that parallel, because it's true. **When we're in our story, everything is about us and how we're wrong, right? It sets up those accommodator, avoider, competitor problems.** When you start to realize,

Whoa, I live in an ecosystem and there's things beyond me that are influencing whether or not I'm losing weight or not, or whether or not my dog is sick or not, it just gives you so much more emotional agility. Dr. Susan David calls it emotional agility, I like that and resilience. I mean, and then also the skill set to figure out how to manage, because you do want to move forward in a productive way. I'm so glad you brought that up.

Awesome. Thank you so much, Nicole. Before we head out, **what's your wellness edge then? Because I always talk about it being a spiral staircase. We solved some questions and then the answers give us new questions, it's a cycle. What are you working on now?**

[0:52:32.6] NC: I'm just working on figuring out what makes me the happiest. I mean, because I find that I'm really happy generally in my space and in my garden and how can I take the way that I interact with people and the way that I interact with flowers and plants and things like that and combine them, maybe in something non-traditional, maybe just finding that work-life integration that we always talk about, because I love my career, I love my garden. They're not related currently. Yeah, that's my wellness edge.

**To me, it's about feeling passion and being around other people that feel passion.**

**Doesn't have to be mine. I just want to be around passionate people.** I've been pushing others in my life to find what they're passionate about. Even if it's totally unrelated to mine, I just like to know. I'm like, "Hey, what makes you passionate? What, what really gets you excited?" I don't know that everyone would see that as related to wellness, but I do. I think it's so important to feel deeply and to go through this crazy world and make sure that others are also feeling something too, and whether it's political, personal, environmental, anything, I just – I want other people to find their passion and their spark that really makes them feel as happy as I do, when I find a great flower.

[0:53:51.6] AS: Yeah. I love that. Yeah, **there's a lot of research showing how important meaning is to our biometrics.** People, they did one study, like people who are just focused on those hedonistic pleasures, which are good but not sufficient. Just like buying stuff and eating and all that stuff, they actually with a lack of meaning showed the same amount of stress as people who'd been under trauma. Meaning is so important to us and it's a big part of wellness. I'm glad you brought that out, because to me that sounds your "weight loss plan," right? If I keep being curious and pushing my own edge, which right now is that and your whole team is probably going to get flower arrangements, I'm just getting right.

[0:54:33.4] NC: Yeah. Like when I buy the farm next week. No, I'm just kidding.

[0:54:37.7] AS: I think it's so funny too, because you really do start to simplify and feel like a hippie, because you are a hardcore businesswoman, right? You were a leader. For you to be like, "My flowers," I just love it, because you're starting to integrate both sides, and we'll see how that influences your leadership and everything.

[0:54:55.7] NC: Yeah, when I'm squatting in the garden, picking weeds and also trimming flowers and ablaze, my neighbors are like, "What is she doing?" Like what is life integration?

[0:55:06.4] AS: They call it earthing these days. Everything has to have a brand. Stepping on the earth is earthing now.

[0:55:13.3] NC: They also said, what would your be spoke brand be for me? I think I have no idea. No, that's not – I was like, "That is just so wild in my imagination right now that I'm just going to live my life, enjoy what I'm doing, and then if it becomes something more, it becomes something more." I can't believe how much I've let go of everything in the past year. I obsess over things in a good way, but I'm not so tied. I

have more dreams every day of what I want to do, or what I could do, or what's the possibility that it's just it's so freeing and it's fun. Even if none of those dreams ever come upon my brain again, I just feel so lucky to have had that spark happen and then move on to whatever is next. Think free.

[0:55:58.6] AS: Oh, my God. I love that. For people listening, who are struggling, or like the you of a year ago, what would you encourage them to ask, or what would you tell them as a signing off here, to clarify the issue? Can you say from your – this is a total leading question. Will you tell them it's not about willpower?

[0:56:17.1] NC: Oh, God. No, because I feel I drove – ask anyone in my life. I don't really quit jobs, because I really love my career, but since I was a child, I think I've quit so many things. **Willpower is not my middle name at all**, because if I don't like something, I'm not going to keep doing it, because why waste your precious time, or hard-earned money, or anything, whatever on something you don't like. If I don't like a book that I'm reading, I'm not going to finish it. If I don't like a food that I'm eating, I'm not going to finish it. I know that's really wasteful, but I don't really try things that I know that I won't want to eat. I'm just very selective.

**It's not about willpower at all.** When I question people to think about is when is the last time you felt really good? What did that feel like? What did that look like? What did that feel like, and how can you imagine what was going on in your life at that point? You've asked me that question and really it's not about willpower, because I don't think that that's necessary. I might have willpower to do certain things, but it's not related to this. I just feel you have to – if you're going to get in this car and take this ride at all, because you're going to be – some weeks you're like oh, this is like, "Oh, I've got this. I figured it out." Until two weeks later you're like, "Oh, my God. I'm nothing. I know nothing."

I would say look at a time in your life where you've had things figured out and don't think about what you had, or anything like that. Just think about you and what were you feeling, and then question if you want to feel that again. If you do, you have to think deeper than worldly possessions, what you're eating, all those things that's really important. I feel that without questioning that and really taking an introspective look at yourself, everything is related, everything is integrated in some way.

**Don't be afraid to ask questions and don't be afraid to *not* listen to what social media, the patriarchy, your doctor.** I mean, don't listen to whatever they say, because they don't – they're just about it, what is it that you say, they're just a bunch of traumatized children in suits. Honestly, we're all just figuring it out, so don't listen to any one advice over someone else. You might have the better answer inside. Don't just take anything at face value. I encourage anyone thinking about taking this journey, just do it. Think about what you want and where you felt the best. If you don't know, then figure it out. I think it's you're worth figuring it out and it's not about willpower, because God like I said. I got to kickboxing class, I like that. I was done. I'm not afraid to walk away from something I don't like, and this is me. I'm not walking away from myself, so this is the place to invest it.

[0:58:55.9] AS: Yeah, awesome. Thank you so much, Nicole for your time. Thanks for – I mean, this is why I love my job. This is what I get to talk about and work with on people, like their lives getting better and richer and more powerful. Thank you.

[0:59:07.1] NC: Thank you for not being like, "Here's my measuring cups. Yeah." That first.

[0:59:12.5] AS: I don't have my own, so I'd be really bad, like I would not be walking my dog.



[0:59:17.0] NC: Laughing with me in this past year and figuring it out as we go along, because I mean, without you, I don't think I could have taken a lot of those steps to really test these things out in real life.

[0:59:27.4] AS: Was my pleasure. I'm glad that the message resonated.

[0:59:29.3] NC: Thank you.

[END OF INTERVIEW]

[0:59:35.2] AS: Thank you, health rebels, for tuning in today. Have a reaction, question, or want the transcript from today's episode? Find me at [alishapiro.com](http://alishapiro.com). I'd love if you leave a review on Apple podcast and tell your friends and family about Insatiable. It helps us grow our community and share a new way of approaching health and our bodies. Thanks for engaging in a different kind of conversation, and remember always your body truths are unique, profound, real, and liberating.

[END]