



Lesson 14:

Wrapping Up to Move Forward

Hey everybody. Welcome to day 14, our last day of the healthy mindset masterclass. You've come a long way in these two weeks. And I know we've covered a lot of ground. And some of you might still be watching early videos and working through some early steps. Remember, you still have access to this. If you are not already a member in our community, you have access for two more weeks after this. And if you are a member or decide to become a member, you will continue to have access to this masterclass material. Along the way, I've been thinking about some things that I didn't find a place to put them in the video. And I've been thinking about things that you all have been writing in the forum. Many people are still, maybe, frustrated with themselves or struggling with the idea that they have knowledge, but they're struggling with implementing it.

If I had a secret way to help everyone do that, I would become a very wealthy person. But the reality is, we're human beings. We have competing needs. We have competing wants. And even though now at this stage in our lives, we have great goals and things we want to achieve and great knowledge and resources to do that, we also have a lifetime of habits and ways of thinking about ourselves and navigating the world that kind of butt up against these goals and the things that it takes to achieve these goals. Now, I'm not saying that because I think our goals are unattainable. I'm saying it because I know that it's more complicated than just saying, just do it. I think Nike has a great motivation strategy there, but I know that doing a change in lifestyle, incorporating fasting and eating healthier foods and changing things in ways that you used to think, it's not as simple as, just do it.

If you are someone who is changing the way you eat food, meaning which foods you eat, the timing of eating and the reason behind why you're eating, this is a very big shift in your life. And if you think about some other habit changes that you or other people you know, go through, let's use an example of quitting smoking. Someone who decides to quit smoking probably has a lot of reasons they can identify of why it would be good for them to quit smoking. They can think about better lung capacity. They can think about not having tobacco stains on their teeth and their fingers. They can think about not having cigarette smoke on their clothes and having to find places where they can smoke. All of these reasons are positive reasons. So it would make sense that it should be really easy to just stop doing it, right?

But we all know that's not the case. If you have quit smoking, you know this, and if you've watched someone struggle with this, you know that it's not as simple as just turning that light switch of no longer smoking. So what I encourage you to think about is what are the

reasons that it isn't quite as appealing? What are the things that you're having to change in your thinking? What are the things you're having to let go of, maybe even grieve? So for example, someone who smokes and decides they're going to give that habit up, they might have to explore, what will it mean to be a non-smoker? What will life look when I'm not using cigarettes? What will I do with that time? What will I do at the end of my meal when I'm used to having a cigarette? What will I do when I get anxious or stressed out about something and don't have a cigarette to turn to, to help me with that?

And then even to think about, what are the reasons I've held onto this habit? I feel comforted when I smoke, I have friends who smoke, so it's a bonding thing. I can smoke with them. It's something that I own and no one else can tell me not to do it. All kinds of reasons why our brain may be holding onto the habit. So as you think about changing your relationship with food, which foods you eat, how often you eat, why you eat, I encourage you to really think about this on this bigger scale. Why is it that I want to change this habit, these habits, this relationship with food, this timing of eating? Not only why do I want to, what are the positive things that I think this will bring me? What are the reasons why part of me is holding back, is resisting that, because if we can start to identify these things, we can figure out how to combat them, diminish them, grieve them and move forward in our goal.

So let's say, for example, you decide, you want to stop eating sugar and you have a hundred reasons why stopping eating sugar is going to be good for you. Very clear. But let's think a little bit about what does quitting sugar mean for you that isn't so pleasant? What are the things that you imagine being more challenging? What are the kind of sticky spots in your life where you're using sugar now that you are not sure how you'll handle, if you're not using that substance. Now, I don't encourage you to think about this because I want to highlight reasons why you should not stop eating sugar. I want you to know what you're up against. Part of your brain has learned that it can't do this without sugar. And it's going to try to influence you at all kinds of steps along the way, every corner it's going to be waiting.

If you can kind of go back again to the quitting smoking, imagine the first day when someone says, okay, that's it, there's no more cigarettes. It's painful. It is so uncomfortable to lose that strategy, that mechanism that you've been using all of these years and the physiological part that your body is missing, those chemicals and the breathing that happens while we're smoking and the habit of tapping the cigarette and holding it a certain way, all of that is gone. And so it's painful. It's uncomfortable. Day 12, a little less so. But still very present. In the beginning, that's all someone can think about. They're focusing on cigarettes the whole time. They're focusing on what it's like to not have cigarettes, when could they possibly get a cigarette? And then over time, it decreases and decreases if they continue with that process, until 60 days later, six months later, six years later, it's not that the thought never crosses their mind, but they have a very different response to it.

That's what we're working on about the foods and the timing of food now. The first week, if you decide to eliminate sugar the first week, the first few days, it will feel really uncomfortable. Your brain and your body will be seeking out that thing that they've been using all of this time. Of course, that will be uncomfortable. That's not a reason to stop doing it. You can do, as I said before, you can do difficult things and it gets easier over time. 60 days later, you're not having that same response. But I think we really need to give ourselves some time to look at what's holding me back? It's not because you're weak. It's not because you are flawed or broken in some way that you're struggling with this. You are asking your mind and body to give up a habit that it's done for a very long time, for a lot of reasons, and that is going to take work.

So, if you think I don't understand, I see other people fasting and I'm struggling with it, please know that that doesn't mean something bad about you or something wrong. It means that you're working on undoing old learned thoughts, old learned behaviors, and having to replace them with different thoughts and different behaviors. It is a process and it's not an easy process. The knowledge is pretty easy once you get that knowledge. The implementing the knowledge is not easy. And so I want to be really clear as we wrap up this masterclass, that struggling right now is normal. And you may hit periods of time where the struggle increases a little bit for you as you let go of some more things or navigate your journey at a different level.

Even the idea of losing weight, although that's something people really want or reversing diabetes, oftentimes there's some fear of, if I let go of this, who will I be then? I don't know myself at that weight. I don't know how to navigate my life in those clothes or that size or that mobility. I don't have that mindset yet. So of course it will feel uncomfortable a along the way in this process.

If you think about it this way, we've all created the version of ourselves that we are right now. And as I introduced earlier in the masterclass, changing habits is really about making your habits congruent with your identity. But if my current identity is someone who is overweight and can't lose weight and uses food as comfort, that's the version of myself that I'm very attached to. And part of this process is decreasing that attachment to that identity and instead creating the version of yourself that is your true self. Who were you when you were six, before you became addicted to a certain substance? Who were you when you were three before certain habits started? Who do you want to be?

I know these are big questions and big things to work on, but I think it's important to really think about, who are you and how do you want to express that and navigate that in your life now? And in doing that, I think it's often about letting go of some of the ways we have identified ourselves. So for example, one of my big self-sabotage things that I'm working on is procrastination. I've identified with this as far back as I can remember, at least since age 10, when I can really think of some concrete examples. I've known myself all of this time, at least 42 years, as a procrastinator. It's a habit that has served me in life.

Unfortunately, it also brings me a lot of tension and a lot of stress. But I have found a way to think about it as it's a necessary thing, that it's the way I get things done. So that's a big shift to be making at this stage, but it's an important one. So I have to start thinking about myself maybe differently and think, I used to be someone who procrastinated on things, I used to be a procrastinator, rather than continuing to see myself in that version of me. In making changes and going through all of this journey. I hope one of the things you picked up from this masterclass is the idea of self-compassion. I think it's one of the key components for all of us.

You can't heal a body that you hate. You can't do good self-care for a person that you are resenting and chastising all of the time. So if you really want to make these changes last and make them positive, self-care changes work for you, you have to start seeing yourself as worthy of that. You have to have compassion for yourself and see that I'm struggling. It's okay to be struggling. What skills do I need? What resources do I need? And let's go move forward. But if what you're saying to yourself is, this is another example of how stupid I am, how lazy I am, how I can't succeed, there will be no way for you really, to reach your goals and do good self-care. So self-compassion is super important here.

Something that I often talk about in the community, if you've been in the community for a while, you've probably heard me say this a lot of times, but I think the thought is helpful for people. When I walk through a grocery store, generally I shop around the outer edge because of the types of food I eat. Most of the food that's up and down the aisles really doesn't fit for me. But I remember early on when I first changed this, I would walk down the aisles and I would look at all of that food and I would have all of these negative, uncomfortable feelings because that food no longer was in my plan. And I felt like it was being taken away from me. I felt I was missing out on something. And what I learned over time is that I could walk down the aisle and look at that food and say, that's not my food.

I didn't have to have an emotional response to it then. That's not my food. Some of you have been getting good at practicing this skill, identifying that's not my food. Just like if you went to a party and someone was using a drug that you don't use, you could say, hmm, that's not what I do. That's not my drug. And you just wouldn't do it. I know that that's more complicated with food because we do have to eat. So for example, if you give up smoking cigarettes, you never have to put a cigarette to your mouth ever. So it's one less complication in letting that go. But we do have to eat and so having to get used to, I do eat, I need to eat, eating is a way of taking good care of myself, that's not my food, whatever that food is for you.

I think then that leads to another question for some of us, will it ever be my food or is it ever my food? Is it my food on holidays, but not the day after? If that's not my food, why am I making it for other people? Why am I baking items to give to people when they're celebrating or when they're struggling, maybe someone's gotten sick or someone's having a

funeral, why would I make them food that I know is unhealthy for me? Also, that means I have the ingredients and I have that food in my home, I have to be dealing with it. If that's not my food, how can I distance myself from it more? If it's not my food, why do I have it in my house? Now, I know this is much more complicated when you live with other people who still embrace that as their food.

But I think this is something to keep working on navigating with the people in your life. If you have kids, especially younger kids, if I think that this food is unhealthy for me, and I know that it's causing my insulin to be up a lot of the time and is kind of the root cause of a lot of chronic health concerns that I'm now either already battling or hoping to stave off, why am I serving it to them? Why am I making it for them? This brings up a lot of challenging questions. And I know we don't get to navigate this on our own if we have other people in our lives who live in our home. But I think this is an important question for all of us to keep exploring. Having a kind of balanced view of you and your relationship with food, most of us don't have a really positive view of that.

We talk about ourselves as being addicted to food. We talk about ourselves as being untrustworthy with food. We talk about ourselves as being unable to control ourselves with food. And I hear people come into the community and clients that I work with and they're struggling because one part of their identity is, I'm a foodie. I really like food. And I think this is an important distinction for all of us to have to settle for ourselves. Is there a difference between eating food that is enjoyable and palatable versus entertaining myself with food that tastes good and is palatable?

And if you kind of think of a balancing scale, I would say we have kind of a continuum. And on one end of the continuum is where we're identifying with that highly rewarding food. We might be using words like I'm a foodie or something, I'm an emotional eater, but that end of the continuum, if it's too heavy on that end, we're eating things that are very problematic for our health and then make our cravings and our desire for more food and our hunger, much more difficult to manage. So that's on the kind of permissive end of the continuum and seeing ourselves as someone who lives at that end of the continuum, you can see pretty quickly why we're struggling.

The other end of the continuum, I would say, is being overly restrictive with food, almost stripping yourself of any enjoyment of food. And I talked earlier this week about food rules based on book, *Never Binge Again*. I've sometimes talked with clients who have decided that they have 47 food rules, and they basically have taken out every possibility of enjoying their food. And I think this is going too far on the other end and our brain and our body is going to struggle with that. And most likely will retaliate in some ways.

So figuring out where are we on this continuum in a more balanced view, that we have parameters and limits about food without being too restrictive, but also without being too permissive, you can be a foodie and enjoy food that supports your health. I believe we

should enjoy eating. I believe food should taste good. Food that tastes good will help us to survive and it reinforces us seeking that food. Food that tastes overly good or is highly processed and overly palatable, leads to a lot of problems, it interferes with our signaling, as I've talked about. And then we aren't in a healthy place with it. Flip side, food that is bland, that has nothing appealing about it, we've all done that before. And we last for a couple of days, maybe we last a couple of months, until we can't stand it anymore and we swing that pendulum to the other end.

So again, I'm just encouraging to balance out your view of food and your relationship to it. I want to be someone who enjoys food that is healthy for my body, rather than, I can't control myself with food, food is something that I lean on for all of my emotional support. When you hear yourself saying that, it's a really imbalanced relationship. And so again, something I encourage you to keep working on. And probably all of us hear ourselves somewhere in there. That is problematic. Even if you decide not to stay in this community, but you follow us on the Facebook group, you follow people who follow us on the Facebook group, or maybe you just continue to use the skills that you've learned here, maybe you read some more books and things, what I want to encourage is for you always to think about the idea that we are a science experiment with an N, number of participants, an N of one.

So, when you hear strategy in here or anywhere else, not to kind of narrowly focus on it as, okay, that's what I have to do, versus, hmm, let me see how that strategy works for me. So I think we need to be wise consumers, to test out strategies and see how they work for us. Megan often talks about an eating window. So for example, you start your meal at 5:30, you eat your food and a half hour after you finish, you check back in with yourself if you've had enough before you complete the meal. So it's checking out some hunger signaling, did I get enough food? Am I satiated? Then if you're not, you eat some more food. Then you check back in a half hour later. So ultimately, this can take up to 90 minutes. And for some of us, that will be a lifesaving skill. It will be so useful.

And for others of us, it will be a way for that lower brain, that animal brain, that pig, whatever term you use for it, that part of our brain will jump on that opportunity and its answer will always be, no, I'm not done. No, I still want more food. I'm not satiated yet. And for some of us, giving ourselves another opportunity to add more food means, let's go rummage through the kitchen and find what's more palatable than what I just ate. Seeking that dopamine response, that entertaining part of the meal versus have I had enough food? And some of us don't have real accurate hunger signaling or satiety signaling. And so if we don't, that question is always going to lead us down a bad path until we get that hunger signaling regulated again.

I use this example, not because I think this is one that makes or breaks everyone. I use the example because it's so clear to me that what can be a very empowering tool for some of us, will be a very permissive, problematic tool for others. And it requires us to be very honest

with ourselves. And what I often hear in the community or in the Facebook group is, I know, but Jason Fung said this, or Megan Ramos said this. Yes, some people can use that training wheel and do really well. Others of us use that same training wheel and it derails us. We have to learn the difference.

One example of the training wheel of bone broth. It's a great training wheel for many people. It helps them extend their fasting time. It helps them get their electrolytes. It's a fabulous tool. For me, however, when I have broth, it signals to me, it's time to eat and my fasting is done. I'm ready to eat. I can't get that out of my mind. So that's not a great training wheel for me, even though it's a great training wheel for other people. So learning to practice the strategies and find what works best for you, not making it so rule bound that if you heard coach Lisa say in the video, this is what you should do, that you have to do it that way. You might need to tweak it a little bit, or that strategy might just not fit for you in the same way and you need a different strategy for that same need or that same skill.

We can find tips and strategies and rules from people and if we try to apply all of them, we're going to find some that work and some that don't. Again, where I think some of us struggle is we then take it to mean something must be wrong with me. I heard so and so say that this is okay to do. Why am I not losing weight when I do that? We have to keep being flexible enough to figure out, what does our body do? Not only what does our body do physiologically as far as slowing down on weight loss, but also what happens to us craving wise, hunger wise, psychologically.

If I eat something that's low carb but sweetened, when it comes time from my next meal, I'm not going to want a healthy serving of protein and some healthy vegetables and healthy fat, I'm going to want another sweet thing. Whether or not I can tell how that's affecting my insulin, the fact that I am now struggling to eat well for the rest of the day or the next day tells me that decision is probably not a good one for me to make.

So having to be a little bit of an experiment and be testing out some of the strategies that you're learning. And I know this takes time. A lot of us struggle at this point with trusting ourselves because we've kind of gotten to some rough places in our lives based on the information we had and based on the habits and the responses that we've had to the food options that have been available for us. I hope that going through this masterclass, doing a lot of the reflecting that you've been doing, I've heard a lot of you talk about journaling and really digging into even the paradigm and the mindset stuff. If we continue to work on that, I think we will continue to figure out, these strategies work for me, these strategies don't. This strategy used to work for me. It's not working the same now, I need to tweak it and be open to that idea.

What you figure out that works for you this week, it may not work the same for you three months from now. And that's okay. That's natural change that we go through. And so not allowing ourselves to get too rigidly tied to one answer as being the thing for us, but

instead to know that one of the things I hope that you're recognizing with The Fasting Method, you're getting a whole toolbox of mindset, behaviors, data, information, protocols, menus, recipes, you have a whole set of tools that you can figure out how to use together. Optimize your journey. I wanted to thank all of you for being here. It's meant a lot to me. I know a lot of the information that I've covered has not been easy. And I've heard from some of you that you've gone back through and watched some of the videos more than once.

I hope that you'll allow yourself to keep doing that. I don't think most of these topics are ones that we go through, change it and never need to reflect on again. I think it's something that we have to kind of continually dig into. There are no guarantees that each step of this process will be simple. A lot of them will require a lot of self-reflection, a lot of challenging yourself, challenging your old beliefs and willingness to risk and try on new things that at first are not comfortable. And you will be tempted to jump back to what was comfortable. But I'm so glad that you were here. I hope that you continue on your journey. I'd love to continue to see you in the community. It's been great seeing some of you in the weekly meetings. And I hope that you just continue to experience success in this journey. Take good care, everybody. Bye bye.