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— Dodier

BEYOND THE FOOD SHOW EP #1  
INTRODUCTION TO THE BEYOND  
THE FOOD SHOW

## Disclaimer

*The podcast is an educational service that provides general health information. The materials in The Beyond The Show are provided "as is" and without warranties of any kind either express or implied.*

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*Always work with a qualified medical professional before making changes to your diet, prescription medication, supplement, lifestyle or exercise activities.*

Welcome into The Beyond the Food Show and this is episode no. 1, I am honored that you have chosen to spend time with me today. This is the very first session of the Beyond the food show and I have been waiting to do this show for a very long time and the day is finally here. This is beyond exciting for me, it's like a dream come true and you'll understand more as this episode unfold. But today is going to be a little bit different than the ongoing show, the structure of the show will be different, first we will introduce the show, then how this name came about, how this podcast came about, what you can expect. We're going to talk about the show formalities and the technical details and most important, we're gonna spend time talking about the benefit for you and I to listen and do this show. So let's get going.

I am going to introduce myself first, because some of you may have picked up this podcast and like "who is this chick?". Well, I am Stephanie Dodier, and I am a French woman, yep that's where the accent come from, I am 41 years old, I'm a sister, I'm a daughter, I'm an aunt and I'm a freedom lover. Professionally, I am also a clinical nutritionist, and I've graduated from the Institute of Holistic Nutrition in Canada. I also have a degree in Health Science and I spent 15 years working in the corporate world particularly in the retail industry and I have traveled the beautiful country of Canada from one end to the other, moving nine times going all the way from Vancouver to Prince Rupert to Montreal. I am now location independent and I love traveling.

I have transformed my life over the last six years and this is how and where this show came about. But before we get into the details, I wanna talk about the name of the show and what this title The Beyond the Food show came about. Well, I have a community online and I did put out a poll and a survey out asking my community over the last number of months what could be the name of this platform that I would be using in the future to reach more people and to talk to you and I picked this name, The Beyond the Food Show. Actually it was one of the last choice in the survey from my community, but also it came from a conversation that I had with one of my friends and a veteran podcaster and he was asking me, challenging me, what do you want this podcast to be, I'm like, I want people to understand, there's something beyond the food and he stopped me right there and he said "this is the name of your podcast, the beyond the food" and this is how this podcast came about because I believe and I practice and I live my life understanding that nutrition is very important but there is more to health and happiness than just food.

As a matter of fact, the World Health Organization, actually defines health in the following: complete state of physical, mental and social well-being, not merely the absence of infirmity and the World Health Organization is a pretty powerful group, and they've understood that there is more than just food in a complete state of health. In my experience and in my practice with my patient and my own life, what I have come to realize is that our symptoms are simply body messages, they are message from our body, a mean of communication between our body and ourselves to get it back in balance. Food is one of the elements that can bring us back in balance but movement, mind, your thoughts, your environment, your level of happiness, your stress, all of that comes into play when it comes to health. Health is happiness and that's what I wanna share with you and that's how the title of the show came about.

Yes, nutrition is fundamental but there is so much more than food and that's the reason why I created this show, to reach a larger number of listener, particularly women that I want you to understand what I wish I knew a long time ago. But understand this, I have no regrets, I know that my life would have been different if I had known that there is a connection between the mind and the body and that health is more than just food, however, it didn't and it brought me here today talking to you.

So, for you to truly understand why this show came about, I need to step back a little bit and share with you my personal story and take you through my own journey so you can understand and potentially feel like I'm there with you. I grew up in a French country, in Quebec which is a province of Canada and I went to college, graduated from Health Science, and somehow, somehow, the universe brought me to the retail industry and I made my career out of it and by the time I was 34 years old, I was at the top of my career as an executive vice president of one of the top retail companies in Canada and from the outside look, people thought that I made it, and I had the cars and the money and all of that but inside of me was a completely different story. At the age of 34 1/2, I had a series of panic attack that prevented me to do my work, as an example, one day I was coming on stage to do a speech as part of my job and I was struck by panic attack which I thought was a heart attack and I got rushed to the hospital and was told that my heart was in a perfect condition but I had a panic attack and I refused to believe it. Ended up at my doctor, was prescribed medication for depression and anxiety but all along this, nobody told me that my current state of health, my unhappiness could actually be the reason why I had panic attack.

At that point, I was a hundred pounds overweight, I was diagnosed with pre-diabetes, I had high cholesterol level, I was inflamed, I had a skin condition, I was anxious, I had panic attack, I was a mess. I was a mess inside and my head was a mess on the outside and I wasn't happy. I didn't smile, I had mood swings, I was sad and I started a journey to heal myself and base on my current level of knowledge at that time, I thought it was about my weight, it was about food and once I had lost the weight and I had control on my nutrition, I was gonna be good and healthy which I did. In a course of a year, I changed my diet, I started to exercise and I lost a hundred pounds. But, one day after achieving my "goal weight", I was sitting in my corner office and I had a striking haha moment, for those that are part of my community, you know what I mean, I had this huge haha moment and I still remember and can visually see it it's like it knock me in the back of the head, saying you're not happy, is that what you wanna do for the rest of your life?, is that how you wanna feel for the rest of your life? and then from that moment forward, life unfolded for me, a series of encounter, and a series of books and situations that taught me that there was more than food. That just controlling my nutrition and my exercise was not going to be enough because there's so much more to the human being than that and I launched into a journey of discovering the mind-body connection and I did some mental therapies and I did some mind-body healing and I learned to meditate and I did some reiki and I did some mindfulness and read some books. The first book that I read and it's gonna be in the show note is The Anatomy of the Spirit from Doctor Caroline Myss and it rocked, absolutely rocked my world. It was a book that really both from a scientific aspect and from a mind-body connection truly explained the connection and every time I would read a page, "Oh my God, this is me" and "Oh my God, this is why I feel like this" "Oh my God, this is why I am not happy", it's because, I haven't worked out that part of my life.

So as I was discovering that, I couldn't bear doing my job, I couldn't bear being in the retail industry anymore and being this executive and being in this environment and I left my job, I took a chance, left my work and decided to go back to school and I took about 3 months off from the time I left my job to the time I went back to school and I traveled. I rented my dream car, a Mustang convertible and I traveled to California, the whole coast went from one end of the country, Canada to the other end of the trail, the Southern Rockies from the inside and then I went back to school and was probably one of the hardest things I've done. Losing a hundred pounds was nothing compared to going back to school and I finally graduated from Holistic Nutrition which is an alternative school in Canada that teach holistic health and I continued my education, went on a workshop and retreat in classes and I started to help women. I started to help them heal themselves and I did it from a place where I was taught, which is about nutrition and movement but I quickly realized that what was going on in my own life, the whole connection between the mind and the body and the impact of your thoughts and your environment had also an impact on all of those women and I gradually changed the way that I practice with women to teach them the same thing as me. To teach them that health is happiness and happiness is the connection between your mind and your body alongside with the food and the exercise and that our body, your body as a woman talks to you via body messages and if you don't take the time to listen to them then you will constantly chase after your health and never achieving it.

So, my own transformation led me to be here today that's why I said earlier, I don't regret anything that has happened in my life because I wouldn't be here. I wouldn't be here talking to you on this podcast, I wouldn't have the opportunity to help inspire and transform women's life, I would be in a completely different place. But, the reason why I am doing this podcast is a bit selfish because it's about me living my purpose, the benefit for me to do this podcast is that I get to live my purpose, is that I get to be at my ultimate state of happiness by sharing, by taking the gift that

God or the universe, whomever you believe in has given me which is this ability to inspire other people and use that tool to inspire you, to share with you the information that could help you transform your own life.

I wanna help you, motivate you to keep going by our weekly interaction, by coming in to your mailbox or to your i phone on a weekly basis. I want to keep you connected with me and I can help you further and let's face it, it's gonna force me to be more consistent about challenging myself and consistently learning from the people I will get on this show to help you as well. So, there's a lot of benefit for me to do the show but there's a lot of benefit for you to listen as well. If you are at that place, where you're like, there has to be something else, like I've been counting my calories and I've been working out and I can't lose the weight, I've used all those supplements and my condition doesn't go away it's just getting worse and I went to see the best doctors and I went and seek the best treatment and I'm still not feeling better. I'm still having to take this medication and I'm still not able to do what I want in life, this show will help you and this is who I want to help. I want to help you understand your mind-body connection and I wanna do that on a regular basis by coming to this medium of the voice and potentially video in the future but for now the voice and help you and keep you on track and give you a place where you can ask questions as well.

So, that's in a short period of time, why and how this show came about and what I wanna deliver to you on a weekly basis. So, the structure of the show, so it's going to be between 30 and 45 minutes and I'm gonna keep it condensed, because you have a life to live and you're busy and you need some condensed information, an 15:46 "exhorable" information, so I'm gonna bring guests, people that are going to bring you something and action point that you can do in your life to move forward. Maybe sometimes it will just be me, but the real thing is it's going to be raw and uncut.



*It's not gonna be edited, so right now I'm just going on straight on one track and it's gonna be like this for the whole show. I want you to see me, not the clean and polished version without any mistake and error, so very little editing going on here.*

*Alongside with the podcast, you will have show notes, show notes will have the transcript of the show. We will also have all the links and the freebies and everything we talked about will be inside of the show note and you can pick up the show note on my website every week when the podcast is released at [stephaniedodier.com/001](http://stephaniedodier.com/001) or 002 for episode 2, 003 for the third episode, trying to make this as simple as possible on my website. Now, the show will have this format, this 30 to 45-minute session delivered on Sunday that will most of the time will have a guest or just me speaking but there will also be shorter version on Thursday which will also include Q&A. So question from my community and you will have the link for you to be able to ask those question. I'll pick one or two questions a week that I will answer on the show and that's gonna be a shorter episode delivered to you on Thursday.*

*So, I hope this format will help you and I'm giving myself freedom to change and evolve as we go to a different structure if the need be based on your feedback and what can help you the best. If you wanna learn more about me, I mentioned earlier, I have a website, so [stephaniedodier.com](http://stephaniedodier.com), on that you will find a hundred and plus blog, a whole bunch of recipes as well that I have created, exclusive recipe, a bunch of videos and vlogs and also program that I have to help you. I have a number of different option for you to start your journey, we can work one on one together, I have a program called The Absolute Alignment and that's a 12-week program. I have also a shorter program called The Power Hour which is only one hour to work with me. The link to all of that will be in the show note and I also have my basic program called The Keto Connector, the Keto Connector is what I believe to be the most effective nutritional plan for women 40 and above that needs to regulate their weight, regulate their hormone and feel better but it also take you through a journey of connecting your mind and your body while*

*you're adopting this new nutritional lifestyle that has been proven to give you the most benefit and advantage to change your health. So, I would recommend that you check it out, it's called The Keto Connector, it's 10 dollars for the program or 27 dollars for the book and also the video series that goes along with the program. I have a number of books on my website as well and pre recorded 1 hour seminars on different topic that you can learn from.*

*I also have, I mentioned earlier I have a community, I have a free and private community online through Facebook where you need to request access and it's strictly woman and I'm there at least once a day interacting with people, answering question and there's a whole bunch of true person there, a woman that has been with me for a long time that help other women in the community. I do a ton of Facebook live, I participate in Instagram story as well, so I'm a bit everywhere on social media, so once you find me and you hook me up everywhere I'll be with you almost every single day. So this is how you can find out more about me and reach me and keep me more in your life. So that was the introduction, I hope I answered most of your question as I mentioned earlier, you can refer to [stephaniedodier.com/001](http://stephaniedodier.com/001) for the show note and all the links and until the next time which will be show no. 2, which will be the Q&A. I will see you, have a great day guys, bye.*