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Podcast Episode # 15

The Beyond The Food Show

UnDiet 2017 Series (#1 of 5) – Ditch the diet, lose weight and be happy!



the
BEYOND THE FOOD
Show

WITH STEPHANIE DODIER

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

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Stephanie: Welcome to episode 15.

Today is episode 1 of a series of four called the UnDiet 2017 Special. I'm inviting you to a new way of looking at weight-loss, ditching the diet mentality, and start 2017 in a completely different way.

If you're ready for new perspective on food and trying something completely new that will simply revolutionize your relationship to food, stick with me for the next four episode.

This is how it's going to go down. Today, episode 15, we're going to address the main problem and start your own revolution.

Episode 16, next episode, we're going to stop dieting and start living.

Episode 17, we're going to ditch your whole craving.

Episode 18 is a special one. I have a guest. Her name is [Katie Perry 0:01:55], and she is going to teach us how to set our goal for 2017 in a completely new and super powerful way.

And, the last episode is going to be the actual game plan, on dieting game plan for 2017.

So, warning before we get started. If you are currently happy consistently dieting, going up and down, you're content to feel frustrated about your result and you're totally okay with feeling deprived, loving counting calories, then, this next four episodes are not for you. Might as well just stop right now and move along. There will be no dieting tips, no macronutrient, no calorie-counting crap, no goals for you to lose weight before Valentine. So you're warned.

Now, there's a ton of you I know that will agree with me. Based on the review I'm seeing on the podcast, I know you're there. I know you're with me. And for that, I want to share with you how happy and simply overwhelmed I am with all the reviews and the feedback you've been sending me. I've been receiving a ton of email and reviews and thank you. That's all I can say is thank you, thank you, thank you. I feel so blessed.

Now, remember, if you haven't yet joined the contest, do so now. The link will be in the show notes and you can win one of two \$50-Primal

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Life Organic Natural Skincare Gift Card. Or the grand prize is my Power Hour Program where you get to spend an hour with me and we can work one-on-one together.

So, if you like this show, you like my work, a little bit of payback for a review would be simply wonderful. So, are you ready? Let's un-diet 2017 together.

Today, we are going to address the main problem. By addressing the main problem, we are going to start a revolution, and it's going to be an individual revolution. It's going to be very simple. If you're going to do what I'm sharing with you today and in the next four episodes, I promise you you're going to have your own A-ha moment, your own revolution in your mind, in your body, and, in your life.

What is our number one problem? Our relationship to food. Millions of people, and most particularly, women no longer see food as nourishment. Rather, we see food as a source of conflict, as a source of potential weight loss, and it becomes an eating disorder, and it becomes an addiction, and it's a source of body image issue. And most important, there is a never-ending search for the best diet. You are not alone. I was there. And 75% of North American women are in this exact situation and it doesn't have to be.

Now, to explain that, let me take you back and let me make you think about what are babies like this? I want you to go back in your memory if you have children and how your baby had a relationship with food. We, as human, are born to have a relationship of nourishment, both physically and spiritually with food. What do we do when we're baby? We cry because that's the only thing how to do. And automatically we get fed or we get love. We either get taken in by our parents. We get a bottle of milk, a breast. We get fed both spiritually or physically. We don't know anything else that food is our lifeline.

And then we grow up as a toddler, as a young kid, and we have a natural human relationship with food. It's a spontaneous relationship. We're hungry, we seek food. We don't have no concept of fear, concept of macronutrient, what is good, what is bad. We just have a feeling of hunger and we know to respond to that with putting food in our mouth. We listen to our body and we do that, for most of us, till our teens.

And then we go through this transition period where the bliss of childhood goes away and we start learning the concept of fear, the concept of judgment, the concept of ideal body, how we should look. And even more prevalent today with social media, we have this picture in our head of what

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we should look. And that is our main obsession. Our relationship with food then becomes mathematical. We count calories. We use food as even numbing because we feel so distressed by how our life is and how we feel inside. It's so overwhelming we go back to this relationship of feeling better with food. But we do it too often and too much in-depth. And that gets us into a place where we have a distorted relationship with food. We lose this intended nourishment relationship of both our physical and our spiritual body that it was intended for.

You can go back even in history and in time. Go back to maybe 4,000 to 5,000 years ago in the Asian culture with the [Taoists 0:07:23] culture where food and physical exercise was used as a mean of maximizing your body, your life so you can reach a level of happiness.

You can even look at yogis. The Indian culture into which, again, food was used as a medicine, as a mean of reaching that next level of awareness and that bliss that this culture was looking for.

Food has always been a source of nourishment, both physical and spiritual. We've lived for millions of years without the concept of calories. Why is it that in the last 100 years, we as humans figured that we were smarter than nature and that we needed to count our calories so we can stay lean? How is it that we simply reduce nourishment to a mathematical equation?

Calories were invented in the 19th Century as a means of calculating the energy needed to move a mass. Calorie was never invented to dictate the way we should eat. We have this knowledge inside of us, deep down and, trust me, it is inside of each one of you, no matter how currently your relationship is with food, you have this awareness, this knowledge deep down inside of you of what you should eat and how much you should eat. It is innate in all human beings. And I would extend that to say it is in all beings on this planet.

Look at nature, look animals. They do not understand, they do not know the concept of calorie and they've been in a complete evolution like us for the last hundreds of thousands of millions of years, depending where your beliefs are. And still to this day, do you see an obese animal in nature? You see obese animal that live with human in zoo. But in the sacred environment of nature, the concept of obesity doesn't exist because the animal eat their natural food and they follow their instinct, their intuition, their internal awareness of how much they need to eat.

Why would we be any different human being? And especially why would

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that difference have only been ignited in the last 150 years? Maybe 100 years? Simply reducing food to a number is stupid. The whole concept of eating less moving more, which is what we've been a victim for particularly in the last 50 to 60 years, is not only stupid, but dangerous.

There is no logical rhyme or reason for us to think that 1,200 calories of chips or sugar is the same as 1,200 calories of vegetables. Think about it for a minute. If you are currently in that calorie-counting mathematical relationship with food, stop yourself and think about this for a minute. How can it be the same effect on your body when you eat 1,200 calories of fruits, vegetables, proteins and healthy fat as 1,200 calories of junk food, chips, sugar? It doesn't make sense.

But we have been brainwashed for the last 150 years, 100 years, that it is the same. And that's where our relationship gets distorted. In the show notes, I am going to link to a book that will give you the science behind this whole calorie myth. It's a book from a gentleman named Gary Taubes. It is an MD and the book title is *Why We Get Fat Good Calorie, Bad Calorie*. If you are there currently in that whole calorie mathematical relationship with food, I urge you to get this book and to read it. If you need the science to convince you that what I'm saying is the truth and that is what's preventing you from changing your relationship to food, you've got to read this book.

If you are already with me but you still have some habitual pattern with regards to calorie, then, stick with the series of episodes that *Ditch Your Diet for 2017* and I will take you through step-by-step on how we can do this together.

What I want you to do instead of counting calorie, go forward in 2017, I want you to count ingredients. This whole nutritional label on food that we purchase in the store, instead of looking at calories, the fats in calories, of carbohydrate and sugar, I want you to avoid that. And I want you to look at ingredients.

I want you, for 2017, to focus on eating what I call real food. Food that was placed on this planet for you and I and all the animals on this planet to eat. Food that was created by whomever you believe to be the god or the spiritual or the universe, whatever your beliefs are, whomever that thing or that person is, put or created for us and put on this planet for us to eat, I want you to focus on that for 2017. I want you to eat real food.

And that is where the counting the ingredient comes in instead of counting calories, by looking at the ingredient on nutritional label on a package of

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food, you will have a deep awareness of the food you are eating and what you are putting in your body as a mean of nourishing your body. So it's going to change this relationship that you have with food from mathematical to nourishment. What am I selecting? What am I putting in my body today to nourish my body? Now, let's be clear. That's real food. That's what I call real food.

Now there's the whole concept of good food and bad food. And that's where the water can get muddy because not only some people are paranoid or obsessed with calorie, some other people are paranoid and obsessed with good food and bad food. And good food and bad food can be as damaging as calorie-counting, but from a psychological perspective.

When we start looking at food, and we start putting a label on it, we judge the food as being good or bad, that has a consequence on our perception of our relationship with food on how we nourish our body. Now when we label a certain category of food as bad. Now I'm not talking about processed food. I'm not talking about industrialized food. That is not food. Food is what's been placed on this planet for us to eat so what flew, what grew, what swam or what ran is real food.

Now within that spectrum of real food, if you categorize a certain category of food as bad, here's what's going to happen. Your brain will automatically feel deprived because it wants the bad stuff. That is a human reaction. We want the bad stuff, the stuff that we deem that we can't have, that we put a limit on. Automatically a part of our brain will start obsessing, thinking about that food. We will go in that state of deprivation because we want that food.

And then when we finally get it, guess what happened? And I'm sure many of you have been there. We binge. We eat it. And most dangerous, we judge ourselves. We judge ourselves for having consumed the bad food.

So, let me give you an example. During my weight-loss period, for me, my fetish food was chips. I used to eat a ton of chips. And during my weight-loss at the beginning, I obsessed with the fact that I couldn't have chips until one day, my coach told me, "Okay. Stop complaining about it. Go buy a bag of chip tonight, after our meeting and eat it all." And I looked at him and I couldn't understand why he was telling me this. Basically, he was telling me to stop obsessing about that food and that's what I did. I went out, ate the bag of chip and I also then felt liberated because I could if I wanted to have the chips. And as soon as I allowed myself to have the chips, if I felt like it, I no longer obsessed about it. I no longer thought about this consistently.

When we are disconnected from food as nourishment in the spiritual connection, we don't feel the effect of food. And that's another big component as to

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where the relationship of food needs to be reconnected and changed. We, when seeing it as a mathematical equation as a good or bad, we no longer take the time to connect to the effect that certain food have on our body. And that's where for certain people, certain category of food does not have a good effect on their individual body. But because we are not connected to food as nourishment, we don't get that. We don't take the time to appreciate that. We don't feel the negative side effect of certain food on our body because we're too caught up in the mathematical relationship that we have or the good or bad, and the deprivation and the binging cycle that we've put ourselves on by labeling food.

By placing back the relationship to food as nourishment and as free, we will start feeling more the effect that food have on our body. And that's the key. The food is not the problem. It's the effect that it has on our body.

Now I know that's a lot. That is step number one of Undieting 2017 to revolutionize your individual relationship to food. Be willing to first, let go of calorie-counting of macronutrients of good and bad relationship to real food.

Ditch the left-brain mathematical good and bad scientific relationship to food, and, instead, I'm inviting you to see food in 2017 as nourishment. See food as a possibility for you to care for yourself because of the choice you do. Be willing to see food as a way of showing yourself love, to care for your body, and your soul.

In every choices you make, you choose life, you choose happiness, you choose health. Stop counting calories, and instead, count ingredient. Ditch the calorie on the nutritional label and instead focus on ingredient and quality to nourish, heal, your body, and your soul.

Start today by eating real food only and that, my friend, will make you lose weight right away. Food that's been placed on this planet for us to live are our life or some call it our human experience.

Changing our relationship to food from negative to positive is the key to unlocking our happiness. And when we're happy, we are healthy.

I'm going to leave you with one question until the next episode. And it's a question for some of you who made journal, I want you to journal on it. You can think about it. You can meditate on it.

The question goes as follows: If you were reborn tomorrow, what advice would you give yourself about the relationship to food and nourishment that

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you want to have? How could this advice that you would give yourself be used today?

There you have it. Step number one of UnDieting 2017 and addressing the main problem and start simple revolution in your own life. All the links of everything we talked about will be in the show note which can be found at stephaniedodier.com/015. That's where you can also pick up the transcript and the link to join my community and the Keto Connector program which is my unique program that will allow you to move forward from worrying about food and move on to healing your body.

Next episode we're talking about how to stop dieting and start living.

I want to take a moment to thank our sponsor for today's show, zivaMIND with Emily Fletcher. zivaMIND is the world's first online meditation training. You can learn how to uplevel your performance in your life with meditation in only eight days. Meditation can change your life, it sure changed mine. And it will be a game-changer for 2017 for you.