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Podcast Episode # 16

## The Beyond The Food Show

UnDiet 2017 Series ( #2 of 5 ) - Stop Dieting Start Living



the

BEYOND THE FOOD

Show

WITH STEPHANIE DODIER

## 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.

The podcast content is not a substitute for direct, personal, professional medical care and diagnosis. None of the diet plans or exercises (including products and services) mentioned at The Beyond The Food Show should be performed or otherwise used without clearance from your physician or health care provider. The information contained within is not intended to provide specific physical or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard.

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 16.

Today is episode number 2 of a five-part series called UnDiet 2017. I'm inviting you to a new way of looking at weight-loss, ditching the diet, and start 2017 in a completely different way. If you're ready for a new way of dealing with your food, and try something new, this five-part series is for you. Here's how it's going to work.

Today, we're talking about how to stop dieting and start living. The last episode, episode 15, we addressed the main problem and invited you to start a revolution in your life. Changing the relationship that you have with food. So, I invite you to go back to episode 15 if you've not yet listened to make sure that you get the message before we go to Step number 2 today.

Episode 17, the next episode, we're going to talk about ditching our old craving.

Episode 18's going to be about goal-setting with feelings with a special guest, Katie Perry.

And, episode 19's going to be the Undieting Game Plan for 2017.

For those that are listening at this episode after listening to episode 15, I have a question for you. How was the exercise I gave you? How was the answer to that very powerful question? Did it put in perspective your need to revolutionize your relationship to food?

I invited you last episode to share your thoughts on that question in the review of iTunes. And again today, I'm inviting you when I give you your final exercise today to do the same thing to share your thoughts, maybe the answer to your question in the review section.

So, if you are on track in today's episode number 2 of that five-part series, you are going to love this episode. Start dieting and start living. And I would love and really, really appreciate if you could, at the end of the show, leave a review in iTunes to let me know how was the show for you and how did it impact you? Because at the end of the day, that's why I do the podcast. To share my thoughts, but also, to impact your life.

Now, if you do leave a review, be aware that we're running a contest right now from December 15 to January 15, 2017, and for every review you leave, you get entered into a contest to win a gift card from

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Primal Life Organic Natural Skin Care. There is two \$50-gift card to be won.

And also, the exclusive coaching program called My Power Hour from me. We're going to spend an entire hour together, answer all your question. We're going to do health analysis. And all of that is part of me wanting to hear from you, the listener of the show, to see if the podcast is good for you and how I can make it even better.

So, go in to iTunes and leave a review. You can also go to [stephaniedodier.com/review](http://stephaniedodier.com/review) and that will take you to the review place.

So, are you ready? Let's stop dieting and start living, and Undiet 2017.

Dieting is assuming that we are not good enough now. That we're only going to be good enough in the future. Dieting mean that we do not value ourselves today. It means that we're not living in the present. Because who we are today as we are, as the number on the scale, as the mirror image that we are reflected to is not thin enough, is not lean enough. Our belly is not flat enough. We are not lovable. We are not beautiful enough. Because we cannot go to a party because we're too fat. We cannot wear this bathing suit because we're too fat. And instead, we're going to be wearing a t-shirt on top of our bathing suit.

Does that sound familiar to any of you? Because that was my life. From the age of 10 to about four years ago, I was in a constant state of dieting, of thinking about my weight. The only time I wasn't was when I was in a relationship with a partner that was reassuring me that I was lovable. But simply who I was by myself wasn't lovable enough. So I dieted.

When we diet, we always think about the future, about what our life is going to be when we achieve our goal, and why we were so stupid in the past because we ate too much, because we made bad choices. But bottom line it says that today, we are not good enough; that we need to change ourselves to be accepted in the future. It means that we don't accept ourselves today.

Here's the thing. Life is about the present moment. The only true moment that exists is today. It's what we call the now. When we are dieting, we're living in a state of future or past. Beating ourselves about what we did in the past and looking forward to what we believe to be our happiness in the future, missing out on everything that happens today. It means that we're unhappy because we cannot be happy and not live in the present. No matter who we are and what you're saying, if you think you are happy today

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when dieting, you really have not yet been happy. Because you or your level of happiness will be that much more better and greater when you live in the moment which mean you have to accept yourself today.

That doesn't mean you don't want to change something about yourself and about your health. But it mean that you accept yourself for who you are today. Not living in the moment but rather living in the past and the future, when we diet, we're not happy with ourselves. If we're not happy, guess what happen? It straight up increase our craving. And that's what we're going to talk about in our next episode. So I'm not going to dive into the world of craving today.

But I need you to be aware that cravings are not the enemy. They are a message from your body, from your mind, from your soul, from your spirit, whatever your beliefs are, that something is wrong. And when we diet, which means we live in the future, in hope of the future, and in the past because we constantly beat ourselves because of the choice we are, we're not happy. And that, my friends, will trigger cravings, and a huge amount of them, and very severe one because of the lack of love that we have towards ourselves, [0:08:53] acceptance, lack of happiness because we're in that state of dieting, of non-acceptance of ourselves.

And chances are, if you are a woman my age, maybe 40-plus, it is not your first diet. You have been through this before. You know what it is. And because you've been through this a few times, chances are it's not working very well for you because you're back at it again, right?

So, maybe it is time for you, like I did, to look at this dieting from a different lens, from a different perspective and try something new. And this is what this Undiet 2017 Initiative is all about. It's about inviting you to look at the way you relate to food and dieting, because let's face it, if for most of us that comes together, in a different lens.

I want you to stop dieting. But instead, I want you to start changing your life, changing your lifestyle. I want you to be happy today. I don't want your level of happiness to be dependent on losing weight in the future. I want you to stop beating yourself for what has happened in the past. I want you to live in the now in today, and that cannot be achieved if you have a dieting mindset.

Diet means external. Diet means temporary. Diet mean external changes and temporary changes for a period. I'm going to go on a diet right after Christmas and I'm going to lose X amount of weight before March 1. So I'm going to adopt this temporary lifestyle, I'm going to

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change the way I eat. I'm going to exercise like a mad person because I want to lose 20 pounds because I don't like who I am today. If that sounds familiar, trust me, you are not alone. Dieting means that you will only permit yourself to be happy March 1. That your happiness level is relevant to the size of pants you wear. And I want to invite you to stop this and stop this forever. It has not worked in the past. It will not work this time either. And if it does, the moment your diet end, that you go back to your "regular life", guess what's going to happen? Been there, done that myself, the weight is going to come back. Because the changes you've put into your life were temporary. You have not addressed the root cause. You've not addressed the reason why you were gaining weight. You only put it a Band-Aid on it by dieting.

What I invite you to do is to change your life, change and adopt a new lifestyle. A lifestyle change means internal changes and permanent changes. I invite you to adopt a new lifestyle. I invite you to make internal changes in your mind, inside of your body that will be permanent, therefore, the weight you lose because you will lose weight, too, will not only be for a period of six months or a year, it will be for the rest of your life. And it, this lifestyle change, will allow you to be happy now.

Now to adopt a new lifestyle and stop dieting, it means figuring out why you gained weight in the first place. And addressing the root of your weight-gain. Not putting a bandage on it by eating only 1,100 calories and working out six days a week to, yes, lose weight, but the reason why you've gained in the first place is never address, and, hence, why a year later you will regain the weight.

So adopting a new lifestyle means figuring out why we've gained weight in the first place. I want you to think of weight gain as a symptom because it is what weight gain is. Weight gain is the same as a rash on your skin, fever, even the color of your urine, for that matter. Weight gain is a symptom of an underlying issue that's going on in your body. And that can be a [hormonal?] [0:14:13] issue. It could be a blood sugar dysregulation issue. It could be a nutritional deficiency. It could be an emotional issue. And until one of those causes or many of those causes in some person are resolved, you will not lose weight permanently. Because all you're doing is literally putting a Band-Aid with the latest, greatest diet and over-exercising lifestyle you're putting yourself into, instead of addressing the reason why you're gaining weight in the first place.

So, the next episode, episode 17, I think, will take us through the whole craving aspect of it. So, if you're watching this and binge, go to this episode.

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Now, also in the show note, I will link back to one of my seminar that is called Mind, Body Weight-loss. And I want you if you don't know yet how to look at the reason why you gained weight, I strongly urge you to go and take that seminar. So 1 hour and 15 minutes and it will give you the reason why you gained weight. Will present to you all those situation. Because it is a clinical issue. It is something that we address in clinic and I want you to think of - wait, I'm going to give you another analogy for some of you that may help you understand.

Think of your car. If there is a lightbulb that start flashing in your dashboard, think of that as your weight gain. You're gaining weight. The lightbulb is flashing in your dashboard. When you go to the car mechanic, what will he or she do? Will they just take out the lightbulb and give you back your car saying, "Oh, the light is no longer there." Or, will they put the car, plug it in on the computer, and try to determine the reason why the lightbulb goes on?

You know what the answer is because if you just take out the lightbulb, what happen? An hour later, a week later, the car will break down. Dieting is like taking out the lightbulb off the dashboard. That's what it is.

So, in the seminar, in the next few episode, what I'm inviting you to do is think about your weight gain as a mean of your body talking to you and you decoding the message from your body and adopting a new lifestyle so we can treat the issue, not put a Band-Aid on it.

By understanding why you gained weight, you will have a better understanding of yourself. And likely, for many women, because I know that's most of you here, our weight gain is strongly intertwined into emotional issue. That we try to avoid by dieting.

And that is probably the biggest roadblock that is in front of us. However, when we start digging in and understanding ourselves by understanding why we gained weight, those emotional block will come up and will be able to face them with new tool because we will feel happier, we will feel better about ourselves because we've stopped living in the future or the past or dieting. We've allowed ourselves to feel better today and be better equipped to deal with those emotional event or issue that are intertwined with our weight.

So, I want you to stop dieting today, and start living. I'm inviting you to adopt a new lifestyle in 2017. Not go onto another diet. I want you to spend the time understanding why you gained weight. And if you need some help, I've got plenty of resources for that.

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But at least, raise your hand if you need some help. I'll be there to help you and give you the resources but I need you to want to look at the reason why you gained weight.

And then the universe will put in front of you all the resources you need to help you understand why you're gaining weight. And once you understand why you're gaining weight, then, I want you to put your energy into solving the root cause of your weight gain. Moving from dieting to actually adopting a nutritional lifestyle that will help you resolve the reason why you're gaining weight. Do you see the difference?

Dieting temporarily external, temporary lifestyle. Internal, permanent, root-cause driven. I want you to find happiness today. Because life happens in the moment, it happens today. And I want you to stop looking forward to the day where you're going to lose 20 pounds and instead live in the moment today. Enjoy your life, your family, your environment, your kids, your niece, your nephew today. And allow yourself to live your life today by stop dieting and adopting a lifestyle that makes permanent changes.

In the next episode, we'll take you through that in the end episode which is the big game plan. I will give you step-by-step to help you adopt a new lifestyle.

So the exercise for today. It's going to be something that you need to do in front of a mirror. So, if you're listening to this podcast right now, I want you to go to your bathroom or wherever you have a mirror in your house, and I want you to look at yourself in the mirror. It's better if it's full-length mirror. Look at yourself, the whole image of yourself, and then, look at yourself in your eyes. Once you've had a good picture of your whole body, find your eyes, look at yourself directly in the eyes. And repeat those words, "I love and accept myself unconditionally just as I am today." I will repeat again. "I love and accept myself unconditionally just as I am today." And take a note of how you feel.

I have seen in my practice a wide range of reaction to this exercise. When I used to have my clinic, I had a mirror. A little foldable mirror that I used to give to my patient for them to see those exact word. And I had people who weren't able to look at themselves. I had people would start crying, people would start giggling. That is a great observation. So I want you to do this exercise not only one time. I want you to do this for five minutes every day. And the more difficult this exercise is for you, the more you need to do it. And it's very important that you look at yourself straight in the eyes.

Let me know in the review how you felt and how this exercise is helping you



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stop dieting and start living.

There you have it. How to stop dieting and start living. Be sure to let me know what you think by leaving a review in iTunes and entering the contest. Detail can be found at [stephaniedodier.com/review](http://stephaniedodier.com/review).

And come back for episode 17 because we're going to talk about the next step - How to Ditch Your Old Craving and Start Loving Your New Craving. Yeah, I'm not going crazy - How to Love Your New Craving.

The links and everything we talked about today will be found in the show note at [stephaniedodier.com/016](http://stephaniedodier.com/016). That's where you can also pick up the transcript and the link to join my community and also the Keto Connector Program, which is my unique program that will allow you to move forward from worrying about food and moving onto healing your body, and, your mind.

I want to take a moment to thank our sponsor for today's show which is GAIA. GAIA is an online space of transformation where you can find movies, documentary, interview and most interestingly, an online movement studio with more than 7,000 video. It is a yoga studio, a Pilates studio, a fitness studio, Tai Chi, Meditation - all of that can be found on GAIA. And the cool thing it's on your computer, on your iPad, on your laptop. You can do your exercise from home. You can do your meditation from home. The cool thing is it's only \$0.99 for the first month, so the trial month is \$0.99. And thereafter, if you choose to stay on, it's \$7.95 per month to access more than 300,000 minutes of programming and ad-free.

I am a user GAIA. I have been for the last year. I love it because I can take it with me anywhere that I go. And I can do my yoga and my meditation in the comfort of my home. So take a moment, go check out the link in the show note and give it a try for \$0.99, really you cannot lose anything.