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Podcast Episode # 19

The Beyond The Food Show

UnDiet 2017 Series (#5 out 5) - UnDiETING Game Plan 2017



the

BEYOND THE FOOD

Show

WITH STEPHANIE DODIER

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Stephanie: Welcome to episode 19. This is episode 5 of a five-part-series titled UnDiet 2017.

I'm inviting you to a new way of looking at weight loss, ditching the diet, and, starting 2017 in a completely different way. If you are ready for a new of dealing with your food, and try something completely different, this series is for you.

Here's how we've done so far the UnDiet 2017 series.

Episode 15, we addressed the main problem and started a revolution in your own life - your relationship to food. So you must go back to episode number 15 to start right and get all the information so all the other episode will make sense for you.

Episode 16, we stop dieting and start living. We look at why dieting is counterintuitive and the way to look at your food choices go forward.

Episode 17, we ditch your old craving, and get friendly with your new craving so you can finally understand what your cravings are all about.

Episode 18, we had a visit from Dr. Katie Henry, and she took us through a completely different way of looking at goal setting. Goals with feelings. You got to go back to episode 18 to start 2017 in a right way.

And, today, last episode, we have our game plan together. What do we actually need to do to un-diet 2017? My question to before we go further for those who listened to episode 18 is how was the new perspective on goals that Dr. Katie Henry taught us? Does it make sense to you? Did you went and grab your book? I want to hear all about it in the review section of iTunes. I want to get your feedback.

Feedback for me is like fuel. You're fueling my engine so I can give you more in the future. And today, I want to share a review with you from Danielle that she left on iTunes. And Danielle said, "I found Stephanie through watching her video on Diet Doctor. I love her holistic take on life and better health. There are plenty of Keto and low-carb podcasts are out there that address what we put in our mouth, but I'm really enjoying her look at it in a different perspective. Keep up the great work, Stephanie. We are out there and listening to you." Well, thank you, Danielle. That is a massive amount of fuel for me. So, thank you.

If you haven't left your review, and you want to do like Danielle, head over

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to iTunes and also look in the show note today and there'll be a short tutorial on how to do this if it's your first time. And, you will be entered in a contest up to January 15, 2017. You can win two \$50-gift card for Primal Life Organic Natural Skincare, [0:04:23] was guest on our past podcast. And, all the skincare that I use is from Primal Life Organic. So, two \$50-gift card and an exclusive one hour power session with me, where we get to spend that time together talking about you, your plan, and, your health.

So, are you ready for all the juicy details on how to un-diet 2017? If you're still with me, let's do this.

If you've been living from diet to diet for the past 10, 20, 30, or even 40 years, and the concept of un-dieting 2017 is resonating with you, you're right. Transformation is possible. You are not stuck where you are right now. You're not stuck with your old habits, your old way, your old belief for the rest of your life. You can change. You can transform. Don't let anyone convince you that you cannot do this. There's nothing that cannot be done about your situation, your health, or, your weight. That's BS. I'm not going to use the other word, but, if people are trying to tell you that there's nothing that can be done, that is pure BS.

For those of you who know my own personal journey, maybe you don't have to do like me. Maybe you don't have to wait like me to be hit by a ton of brick or by a baseball bat in the back of your head knocking you down to the ground. Make the decision to transform right now.

My personal journey, and you can go to my website and I'll link to it in the show note, my personal journey took me to the hospital, took me to a series of panic attack that literally shut me down. My body was such in despair from being overweight, from a variety of different condition that I wasn't listening to all the symptoms and all the messages my body was sending to me that it actually shut me down. You do not have to wait for this. You can make today, this week, this month, the time where you're going to transform.

Now how can one person transform? Well, it's much simpler than what you are led to believe. Simply by making the decision today to transform, and that the suffering you've been living through, whatever be it because of your weight, because of your health is enough that you want to feel better today. Make that decision today. This transformation will only happen when you look at all the facet of your life. And emphasize the word "all" because too many times we only look at one part. And for most of us, we focus on food, by controlling, how much we eat, by controlling which type of food we eat, by controlling everything around our food, we think that this is going to be enough for us to achieve our health goal, our weight goal.

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Or for some, it's exercise. They think that by over exercising they're going to lose the calories and they're going to be able to achieve their health goal. Don't take me wrong. Food or exercise are tremendous importance to your health and to your ability to transform no matter what your desired transformation looks like. But that's not the number one aspect of a transformation. That's not the number one aspect of un-dieting your New Year 2017. What is that number one element that you must address in order to achieve your health goal, your weight goal or simply to un-diet your year?

It's your mindset. Our mindset is key for us to be able to make the decision in the long term to sustain our new life. Now how do we transform, change, alter our mindset?

The number one step you need to do is commit to yourself. Commit to transforming your life by caring for yourself. You must make yourself your priority. If you don't, who will? If this is kind of difficult for you to even listen to that making yourself a priority, ask yourself. Who right now in your life, today, is making you their number one priority? Is there someone in your life right now that takes care of you, of all your needs and put you in front of their own needs? Likely, there's nobody because we want ourselves to be our own priority. That's what the human being own nature is. And it's particularly difficult for mothers. So if you are a mom and I'm saying to you, "You must put yourself as a priority," you're like, "Well, I have kids. I have a husband and they are my priority." Well, let me say this to you, "If you don't take care of yourself first, you will not be able to take care of your family."

So really look at this by giving yourself your own priority in your life, you will be able to better care for others. But not only that. If you're a mom, by not caring for your own self, and make yourself a priority, that's what you are teaching your children. And that will be with them for the rest of their life. They will not see the importance of caring for themselves in the future.

So maybe this lack of desire to care for yourself first actually comes from you seeing your own mom not caring for herself. And you're just repeating the pattern. So today, may be the time where you need to reverse that in your own family. Think about this perspective for a few moment and allow yourself to just imagine the possibility of you putting yourself as your number one priority in life. That was the number one step of changing your mindset. And changing your mindset the relationship to how you care about yourself.

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The step number two in changing your mindset is committing to continuous self-improvement. Gandhi said one day, "Live as if you were to die tomorrow. Learn as if you were to live forever." Look at your own life as your path of learning. Think about learning as a joyful event and a process in your life. We're not seeking the end result. We're seeking learning and making ourselves a better person in the process. Remain a curious person. Remain open to new concept. Remain open to new possibility. Put that in relationship to step number one.

If for you right now the thought of putting yourself first is inconceivable. Go to step number two. And allow yourself to think that putting yourself as a priority is a possibility and go through the exercise of attempting to do that and learn along the way how it feels what you need to do to do that. But don't remain close-minded to this possibility.

So, I repeat number one, commit to yourself first. Step number two to a new mindset commit to continuous self-improvement, seeing the journey as a learning improvement.

Last step is view challenges as opportunity to learn about yourself because, let's face it, there will be roadblock in your journey. In the course of 2017 as you try to un-diet your year, there will be situation that will challenge you.

You can look at those situation into two ways. Too difficult for you to get over-worked and quit. That's one way.

The second way is look at those challenges as an opportunity for you to learn about yourself on how you react to those challenges and to look at this as a learning opportunity. Think about those challenges as a quote that I've heard in the past, I think it's from a Buddhist book that I've read, "Everything happens for a reason." Everything that happens into our life has a reason for it to teach us something.

So I want you to change your perspective on challenges, on opportunity trouble as an opportunity to learn about yourself, to learn about different event and situation in your life. So you can make better choice and move on. Not get hung up on that one challenge and that one mistake on that one setback. But continue with that commitment of caring for yourself, changing your mindset, making yourself a better person, and seeing your challenging as an opportunity to learn.

So, those are the three step that you need to take into changing your mindset so you can un-diet your year. That's the one area where you need to look at.

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Now we're going to move into Area Number 2 and get in more the commonly talked about area for us to live a better life. Area number two is what I call stress management. Optimally, stress reduction.

Stress is a reality in a life of a human being. Stress is a reality in 2017 in which we have too much stress in our life. Now, understand that stress is healthy. Stress is a requirement to live the human life. We've always had stress as human in our life, no matter how far you look back. The challenge is in today's world the quantity and the frequency of the stress in our life and our ability to handle it.

By far, in today's society, it is where we are faced with the most frequent stressor and the highest level of stress we've ever faced as a human. And our body and the state of health into which we are today, we're probably at our weakest. We do not have the strength in our body to handle that quantity and frequency of stress.

So, my question to you and my question to all my patients, the first time we meet is what are the stress management techniques you have in your life today? Is there anything in your life that you on purpose do to manage your stress? There is a ton of different way into which you can manage your stress. And I'm just going to outline a few here of my favorite.

Breathing techniques. So if you go to the show note right now, stephaniedodier.com/019, you will see a link in the show note section to download My Guide to Breathing Techniques. It is basically deep-breathing techniques that will allow you to shift your nervous system from [0:17:17] to rest and digest. So, do you have that in your life?

Or maybe simple walk in nature is another great step of managing your stress being outdoor in nature. Any type of body movement technique that developed your awareness of the connection between your mind and your body, things such as Tai Chi and yoga, restorative yoga like slow-paced types of body movement techniques that will allow you to connect your mind and your body will destress you tremendously.

Now, as I said earlier, stress management is step number one. But ultimately where we all need to move to is stress reduction in our life. Slowly and gradually we need to eliminate aspect of our life that produce stress. Areas such as food quality, lack of movement, the presence of too much electronics in our life, being consistently over-scheduled, putting others' needs in front of us, our perception of life. These are all areas of our life that contribute to our stress load.

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Over the course of the next year, you need to look at those various area and peel off gradually and slowly different element that stresses you so you cannot only manage your stress but actually start reducing it and maybe come to a place where the stress management aspect is no longer a big requirement because there's not as much stress coming to you. That aspect is the number two priority for you to un-diet your year, stress management optimally stress reduction.

The third aspect is the food. And I know for a lot of us who've been focused on dieting our whole life, you've been wondering when is she going to talk about food? It is not a priority. But here's a good news. It's simple. And that's partly why it's not a priority.

Contrary to what you've been used to, if you've been dieting for a long time, there will be no list of good and bad food, no counting, no measuring. All of that goes away.

Here's the only rule: Eat real food. If it flew, grew, swam, or ran, eat it. If none of those were part, then, question it. Simple. Eat real food. If it flew, grew, swam, or ran, eat it. If not, question it.

Read the label on every food that actually has a label. Try to eat as many food who doesn't have a label because those foods are nature's produce. They don't need a label. That is why because they're natural food.

Now for that have a labels because they're some kind of processing involved in the food. Instead of looking at calories and macros, what I want you to focus on for 2017 is the ingredient. Start turning your attention to the ingredient and read them all. If you don't know what the ingredient is, don't eat that food product. Eat food product that have less than five ingredient. And I'm challenging you right now to go to your food cupboard and look at food that have a label and start realizing what you're putting in your body.

Now, if this is a completely new [realm 0:21:05] of looking at food, have your back. In the show note, stephaniedodier.com/019, there will be a downloadable guide to real food. One page. Very simple and put piece of tape behind it, and stick it in your agenda, stick in your fridge, in your cupboard door. It's my ultimate guide to real food. Simple, right? Three meals a day made out of real food. No snacking. Ditch the snacking.

The human body is not made to eat every three or four hours. That is not the way the human body is made. Three meals a day max, no snacking. Figure out how much you need to eat at a meal to not needing to stack in between meal. Four to six cups of veggies a day. The food you need to eat the most - simple. Vegetables.

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Two liters of water a day, that's it. If you do that, you will be on the road to health. Health equal balance weight.

Part number four of Undieting 2017. Let your craving guide you through life. If you remember in the past episode when we talked about craving, I made an analogy that craving are your body messages. It's a way of communication between you and your body.

I want you to look at your craving as a radar. A radar for your emotional well-being, a radar for your physical health being, a radar for regulation of your blood sugar, a radar for which people in your life you should have a [0:22:41]. Which situation stresses you? Which you need to do less of? When you crave, it's a message from your body where you need to regulate that part of your life. Use my four-step process to reconnect with your craving. That will be again in the show note. It's a downloadable one page called The Four-step Process to Eliminate Emotional Eating."

Now, the most difficult part of this is actually to start quieting your life, and making the decision to take the time to listen to your craving. But trust me. There's so much you can learn from slowing down a craving happen connecting with yourself to hear the message, and then, taking action in your life on those trigger element that triggered those craving.

Whatever be it a person, a situation, a stress of food, you need to start in the course of the year slowly and gradually cleaning up those trigger and start eliminating them. So you will have less craving and you will be able to keep up with your real food lifestyle. Not a diet, a lifestyle.

Fifth step in un-dieting 2017. Movement. You hear me, I didn't use the word 'exercise'. I used the word 'movement.' The human being is not made or created to exercise. The human being is creation of movement. Our body is made to move naturally. We were never made to run on the treadmill for 45 minutes. Let it be clear.

However, we were made for standing for long period of time for walking long distance to move from Point A to Point B, to hunt, to gather food. That's what the human being did for hundreds of thousands of years. We do not need to reinvent the word 'movement.' Simply move.

Walking is the base of it all. If you are in a situation right now where your body is not healthy enough to do even things such as swimming or doing things such as yoga, that's okay. Simply walk. Walk for start. With 15 minutes a day if that's all you can do. Elevate yourself in the course of weeks and months to maybe 30

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minutes a day. Combine your walking with your stress management technique and go walk in trails, go walk in nature. Allow yourself that time to move every single day.

[0:25:34] of a warning here. Whatever type of movement you choose should not trigger pain. The saying that you have been exposed to by the fitness industry that says the following, "No Pain, No Gain." I'm calling BS on that. Movement should not be painful. Pain create stress in your body. You do not need more stress than you have today.

So select a type of movement that will not induce pain. But that will induce instead pleasure, joy, contentment, relaxation. Focus on that type of movement.

So, that's it. Five step. Simple. No formula, no math calculation, no Excel spreadsheet, just simply living. Living your life with joy, with happiness, with health. Living your life with intention of taking care of yourself.

So your number one exercise today, at the end of each one of those episode, I've given you an exercise, right? The exercise today is going to go to your agenda. Whatever be it in paper. Whatever be it digital in your calendar and set aside 30 minutes every day for the whole year, every single day, the 365 days to come, and that 30 minutes is going to be called "Self Care". This is where you care for your own mindset, your own physical body through elements such as movement, stress management technique, cooking real food. Could be part of that journaling, breathing technique, whatever be it for you, there is that slot of time every single day where you care for yourself. And that is going to ensure that you are successful for 2017 because you are addressing your mindset first. And then, you're doing the other step.

So, step number two which was stress management optimally stress reduction.

Step number three which is food, simply eat real food.

Step number four, let your craving guide you through life.

And then, step number five, movement. Not exercise, movement.

So by [0:28:14] yourself that 30 minute each day, you will be able to accomplish those five step on a daily basis. Each one of us, each one of you listening right now, has the power within yourself to create the life you want, the life you dream about, the life you were born to live. Each one of us deserve to fulfill our full potential, manifest our true destiny. It is our birthright that's why we are here on

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this planet.

There you have it. UnDiet 2017. This is the last episode of a five-part series. If this is, the first episode of the series you're listening, you got to go back and listen to episode 15 through 18 first. And then listen to 19 and it's going to make a lot of sense.

If you have been here from the beginning, and you found this series to be useful, I would ask that you share your thought, your like and your dislike with me on iTunes via the review section. I really want to hear what you thought of this five-part series and if it was useful for you and maybe there's something else you would like to hear about. So, let me know via the review so we can have a communication and that can start creating the material that would help you further in your life.

Now while you're going through this transformation process, do not stay alone. Get the support you need by joining our private and free community. The link will be in the show note for you to join and you can come share with us your journey and get the support you need to be successful.

All the links of everything we talked about in today's show will be in the show note section at stephaniedodier.com/019. That's where you can also pick up the transcript for today's episode.

Now I want to take a moment to thank our sponsors for today's show, GAIA. GAIA is an online space of transformation. It is movie, documentary classes and review to help you change your mindset, but also an online movement studio. Yes, it is an online movement [0:30:55] where you can practice fitness, you can practice Tai Chi, you can practice Pilates and yoga, all in the comfort of your own home. And it is with the best teacher in the world. The trial for the first month is only \$0.99.

So, for \$0.99, you can have fitness classes with the best teacher in the world in the comfort of your home.

In the future, the subscription fee every month will only be \$7.99 to access more than 300,000 minute of programming ad-free. So take your movement with you. If you've been challenged to finding the time because you're too busy, this is it, this is how you will achieve your movement in the comfort of your home in gaining time on your schedule. So give it a try for \$0.99. You can't go wrong.