

*Stephanie  
Dodier*

**The Beyond The Food Show  
PODCAST TRANSCRIPT**



*the*  
BEYOND THE FOOD  
*Show*

WITH STEPHANIE DODIER

# Podcast Transcript

## 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.

## Podcast Transcript

Stephanie: Welcome to Episode 42. In today's episode, it is our monthly edition of She Share Her Story. And this one is a special one because it is from a colleague of mine and it's a very vulnerable testimonial.

Today we welcome Aglaée Jacob, a registered dietician that overcame her emotional eating and binge eating also. Twenty years of secrecy where she kept that from herself at first and from the world because of the shame surrounding her profession as a registered dietician and struggling with her relationship to food. And she is very open, very vulnerable and courageous in sharing her story from the beginning to where she is now in overcoming this. So I highly suggest you stick through this episode if you need inspiration or if emotional eating is a struggle for you.

Now before we get to this, as you probably know we've launched the Keto Connector just a week ago and I've been filtering a lot of questions about the Keto Connector and a lot of enthusiasm that I want to share with you today. The Keto Connector is a book but it's also a complete 30-day program that will allow you to crush your cravings and reach total health. Yes, you can lose up to 15 pounds in that 30 days but the most important piece is you're going to gain your health back.

The Keto Connector program is based on the Dodier Protocol – yes, me – the protocol that I use with my patients in clinics and also when I work with people online that allows to get the result that people come to me for. It's a six-step very comprehensive program and that's what's inside the Keto Connector. We touch about food, we touch about portions, we talk about the choice of food, but that's only a very small portion of what's inside the program. We get to the root cause of the emotional eating or overeating because we talk about the connection between your mind and your body.

Now one of the things that I do in this program, I have to find a way of helping people assess the before and after without using the scale as the focus. And I wanted people to actually get in touch with their overall symptoms and how their body felt. So part of the program is we do an assessment before and after that is a point system on a score of 100, and we have people, like Norma Grace, which I'm going to share with you today, that went from 94 to 24. That means that she reduced her symptoms by more than 60% in 30 days. So I'm going to read a quick testimonial from Norma Grace and you can see the intensity of this program.

## Podcast Transcript

“The first score was 94 and mostly due to allergies, menstrual program, being tired all the time. After 30 days, the new score is 25. Whatever I still have is almost just occasionally with no serious side effect. My relationship to food has been the biggest change during those 30 days. I will continue the program and hope that the support of the community will be with me throughout my entire life journey. I will not change this journey and not change the place where I am, and from the bottom of my heart, I am so thankful for this program and the community. It saved my life.”

This is what the Keto Connector program can do for you. And the reason that I’ve put this together for only \$27 is to make this tool, this power, available to all of you. So I highly encourage for you to go check it out, [www.stephaniedodier.com/ketoconnector](http://www.stephaniedodier.com/ketoconnector), and it’s also going to be in the show notes.

Now before we go to the interview, I want to highlight the sponsors of today’s show, FBomb, where fat is a smart fuel. Kara and Ross, the owners of this amazing company that produces portable snack food with the highest quality in mind like those little pouches of fat – because yes, fat can be a snack for you. And they produce the most amazing nut butter, coconut oil and olive oil, all in those safe little packets that you can take with you on the road. So if you don’t know FBomb yet, go check them out at [www.dropanfbomb.com](http://www.dropanfbomb.com). And if you use the coupon code *beyondthefood*, you will get 10% off your first order.

So are you ready to do this, to hear the story of Aglaée and how she overcame her emotional and binge eating? Stay tuned.

Our guest today is a non-diet dietician and a heart and soul nutritionist, but it didn’t start off that way. After working for over ten years as a registered dietician, first as a diabetes educator and then as a digestive health expert and author, she was finally ready to reveal her terrible secret, a secret that she was so ashamed of that she hid it even from herself for years. She suffered from a disorder eating for about two decades which even reached to the point of an eating disorder called binge eating for many of those years. She’s now passionate about helping other women heal their relationship with food and their body with her unique Radicata SEED Protocol to help them break free from their 15-degree life and finally embrace a full 360-degree life. So welcome to the show, Aglaée Jacob.

Aglaée: Hi. Thank you. Thank you for having me here.

## Podcast Transcript

Stephanie: You're very welcome. So you guys are going to be in for a treat today because you've got two French-Canadian people talking to each other.

Aglaée: In English, of course, but with our cute accent.

Stephanie: Exactly. You're going to have accent galore for the next 40 minutes so bear with us and we're going to try to make fun of this all along.

Aglaée: Sure.

Stephanie: So this interview has been a long time coming. When I first came out with the podcast way back in September or October when I was doing research, I was asking Aglaée to be on the show. And I was chasing her but she wasn't ready. I guess there were things that needed to be processed in her life but I didn't understand why. But she wasn't ready to be on the show and now I know why, and that's the whole reason why she's here today.

And I'm very excited for you, ladies, to hear the message that Aglaée has to share. It's going to be a moment of vulnerability, but we grow from being vulnerable and Aglaée is going to be vulnerable with us. She's going to share some things that are very personal to her and how she grew from that and how she was able to now help other people with that.

So that was your intro Aglaée.

Aglaée: That's a pretty good intro. I hope I can meet the expectations now.

Stephanie: Cool. So can you share with the listeners who is Aglaée? Let's start with that.

Aglaée: Yeah. Who am I? Well, I'm just a regular woman. I don't even know where to begin, but I grew up in Quebec and from a very young age in my mid-teens I decided I wanted to study nutrition. And it was just always a passion and an interest that turned into an obsession, too, at some point. So I went into diabetic school, studied nutrition and became a registered dietician. I'm just giving you the big lines, the big overview of this story now on the professional side.

So I became a registered dietician. And as you said in the bio, I worked more as a conventional dietician for the first half of my career, following the conventional diabetes guideline and Canada Food Guide. That's what I was taught and as a registered dietician, I think that we're taught that – that's my experience anyway, that we are the authority

## Podcast Transcript

on nutrition, that we know everything about nutrition. And so I was really close minded and I thought that I knew everything that there was to know.

And then I started having my own health issues, mostly digestive issues after going backpacking to South America for a few months. I had a parasite and completely messed up my gut and digestion. And the conventional, medical system was not able to help me so that's where I decided to do my own research and take things in my own hands and slowly but surely healed myself.

And then I also had some hormonal issues like PCOS and a bunch of other stuff, so that threw me on the alternative side of medicine and nutrition, although I would say I don't like the word alternative because it's – I don't know. So I explored that other side and found there was so much evidence on that side, so much more that I wasn't taught in school for a long time. I felt betrayed by my education and had to grieve the fact that I could never rely on standard guidelines anymore, that I would always have to do my own research to be really in integrity with myself and really believe that I was doing the right thing.

So that was quite a process but it led in the right direction to heal myself physically. And then there was still the mental and emotional piece to heal, and that took a little bit longer to come together. But now maybe that's something we can talk more about today. I'll let you ask questions so I know where to go.

Stephanie: So that's where Aglaée came from. So a lot of expertise, a lot of knowledge in nutrition. I mean, four years of – you have a master, don't you?

Aglaée: Yes, a bachelor and a master.

Stephanie: Six years of university about food. I mean, you knew everything that could be known about food but you still couldn't find the tools to heal yourself.

Aglaée: Exactly.

Stephanie: Which you did, and you wrote two books. For those who don't know, she's an author of two books, which is all about digestive health, because that was your journey right?

Aglaée: Yes.

## Podcast Transcript

Stephanie: And now today, you went quiet, I observed, almost in the last year. I'm assuming that's the period where that emotional piece went on, am I correct?

Aglaée: Yes, so quite a lot happened. I mean, in healing the disordered eating and eating disorder, that's something – I mean, it's actually very recent that I really acknowledged that I was at the point of having an eating disorder. I mean, I'm past that now, but now that I look back, I see it clearly.

I remember ten years ago, I was working as a conventional registered dietician and I thought, "There's something wrong with me. I'm just crazy about food. Why am I bingeing all the time? Why am I not able to control myself? Why am I eating like out of control, mindlessly everything that's in the cupboards every night?" So I looked things up and I saw the symptoms of binge eating disorder and I was meeting all of the criteria. And I just pushed that aside. It was like too shameful.

I mean, for a registered dietician to have an eating disorder – which I didn't know at the time but it's actually pretty common because people attracted to that profession usually might have some form of disorder eating already, if not an eating disorder, but it was so shameful. And especially that the eating disorder that I had was I thought the most shameful one. I thought like, if at least it was anorexia, at least they're thin, right? But I was the binge eating disorder, like the one that to me felt like the lazy kind. Even like the definition of it, it says like it's like bulimia but without the purging. So to me it just felt so shameful, like just feeling like you eat like a pig but you don't have the decency to do anything about it. That's really how my brain worked and I just wanted to hide it and put it under a rock and not look at it. And that's what I did for many years.

Fortunately, I reached out for help at a certain point. But it was not even about food, it was more about trying to juggle the different aspects of my life. So I just found some help from a therapist and trying to – it was more about body image and like the pressure of life really, trying to juggle a career and being a wife and everything. But that just started moving the pieces and helping me see more clearly, and just feeling that I could be understood by someone else. And even though I was not talking about my eating behavior yet, just unpacking a little bit of that dark stuff that was inside of me that was so shameful but not as shameful as the eating disorder, that was how it all started. So I don't even remember the question.

Stephanie: That's okay. So how did the binge disorder show up in your life? Like when did it start?

## Podcast Transcript

Aglaée: I do think that the most prevalent cause and how do eating disorder starts is usually with dieting, with some form of restriction. And that's how it started. When I was in high school, I had a traumatic event – for me, anyway. So before going from elementary to high school, I was rejected by all of my friends and had to start high school on my own. That was really damaging for my self-esteem, self-worth and all of that. And especially that it was because I was not wearing the right clothes and so it was about my appearance, I wasn't cool enough. But at that point, I thought I was flawed, there was something inherently wrong with me. I was not even overweight, but I made it about my weight because it would be easier if it was something I could control, right?

So that's when I started barely eating any breakfast and any lunch and then trying to lose some weight. But then when I would get home from work, I would have a bit of time when my parents wouldn't be home and then I would just eat everything – everything – everything that I could find. My mom never said anything but for sure she probably found that she had to buy a lot of those bags of chocolate chips or those crackers and all of these snacky foods.

So that's how it started and it started slowly. And the more I felt out of control, the more I was trying to restrict the next day or be "good", and so it was like a snowball effect and got worse and worse and worse.

Stephanie: And that was the pattern with your food relationship for the last – I think you said in your bio, for the last 20 years.

Aglaée: Yes, exactly. It started in my early teens slowly and then, as I said, it got worse. Now I'm in my mid 30's so the process to heal that started around five years ago, but it's really in the last one or two years that I just feel like I can see the puzzle coming together and I finally reached that point where I feel so much peace and freedom around food, which I never thought would be possible. Like sometimes I find bags of things in my cupboards that I forget about, and that's completely unbelievable to me because I would always know what is where and it would not last very long, so that's quite a change.

Stephanie: So I want to step back a little bit because you started in your teens using food as a way of controlling your life and making you feel better. How did the Paleo part of your life, that very restrictive part of your life played into your disorder?

## Podcast Transcript

Aglaée: When I found Paleo. that was a little bit before I thought of reaching out for help. But at that point, I found low carb and then I found Paleo, and every time I thought, “Oh, finally, an answer to my problem.” And of course it helped with my physical health, but having the extra restriction, I was still bingeing. I was bingeing on Paleo food but I was still bingeing. I know a lot of people would say “Go Paleo and the cravings will go away,” but that wasn’t the case for me and I know that it’s not the case for many people either.

Stephanie: It’s not the case for me either and I have been very transparent about that. Emotional eating doesn’t go away because you go on a Paleo or Keto or low fat diet.

Aglaée: Or sugar free or detox.

Stephanie: Because it’s emotion wanting attention from you. It’s your mind, your spirit, your soul wanting you to pay attention to something else in your life. And for us – me, you and our listeners – it comes out through food. Other people, it may come out through drugs or gambling or sex addiction, whatever. It just happens for us it shows into this food relationship and changing your diet. And I’m happy to hear you say that did not make it go away, and it won’t. As a matter of fact, it may make it even worse.

Aglaée: Yeah. Because then, especially in the Paleo community, I would say that you hear that message too often. You see before and after pictures or like, “Now I don’t have any cravings anymore” and “It’s impossible to overeat when you eat Paleo because those food are still satiating” or whatever, so you feel even worse because “Oh, it’s just me. There’s something wrong with me even more.”

Stephanie: So there’s nothing wrong with you, listeners, if this is happening to you. If you went on the Paleo or the Keto or low carb and still you’re experiencing craving, you’re hearing it from both of us, it’s normal and it’s okay because you haven’t addressed the root cause of it.

Aglaée: Yeah. Food is a symptom, really. Like the overeating or the binge eating is a symptom. That’s not the problem. It goes way deeper.

Stephanie: So when you have those episodes of binge eating, like how did it feel and how did it live through your life?

Aglaée: Well, the thing about binge eating is that it’s really hidden and secret. And there comes a point where it’s such a part of your life that you – it’s so hard to explain but you look

## Podcast Transcript

forward to it in some ways because like, let's say I had a hard day at work and I was already planning in my head like, "Okay, so I'm going to get home, I'm going to do this, get that food, go there so I'm alone and be able to eat and finally feel better." And there's all that anticipation. And it's kind of a drug just to think about it and then do it. And then of course after you eat so much, you feel bad both physically and emotionally and mentally because you feel "Oh my god, I've done it again. This was the last time. Tomorrow I'll be good," or "Next Monday I'll start another" – I would say that I never really concerned myself going on diet, it was always clean eating or a Paleo lifestyle. But it's still about restriction and about using outside rules to determine what you should or shouldn't eat and how much and when and all of these things.

So yeah, those episodes of binge eating, they were pretty much that central point of my life. It was ruling my days. I was only thinking about food. And of course when I would be in the presence of other people, I would eat "perfectly" and look all good, and it was so hard. Like even if I would go with friends to a restaurant, I would eat so good and try to restrict myself. And then even if I wasn't hungry when I would go home, I would just want to binge because I felt like I was restricting myself.

In some ways I think I was trying to hide and not express myself fully. And I think that the way we eat can sometimes be a reflection of so many things in our life, but a part of it for me was to try to fully express and just be wild and not have – I don't know, it's hard to explain, but not feel like I'm restricted or have those barriers or masks in front of me that prevent me from being who I am, which I've had a lot of issues doing in my whole life.

Stephanie: So it's beautiful because you're so open about it but you are expressing it in a way where people can relate to. And I'm sure many people listening right now have been there. I know I've been there, right? Eating and binging on food, you feel bad physically and emotionally and then you beat yourself for the next 12 to 24 to 36 hours of how bad of a person you were. And here's the truth, that just makes it worse for the next binge.

Aglaée: Yes, it's such a vicious cycle.

Stephanie: It's a very vicious circle. And as Aglaée has said, binge eating is not binging on junk food, you can have a very clean diet and still binge. You can binge on Paleo cookies or low

## Podcast Transcript

carb whatever and you're still binging because you're not eating to satiety, you're eating to numb your emotions.

Aglaée: I could tell you, some of the things I binged on were very "healthy". Like with my digestive issues, I had to be on a very restrictive elimination diet and I binged on two pounds of pureed carrots with ghee in it, or sometimes my diet was so restricted that I would binge on ghee by the spoon, that was one of the few foods I could eat, and so you can binge on anything. And it's just biology, it's just your body trying to survive the restriction even though it might not always be the physical restriction but it could also be a mental restriction of constantly thinking about "Okay, that's the last time. Tomorrow, next Monday, this is going to be out, I won't do this anymore." So just those thoughts of restrictions are enough to put fuel on the fire.

Stephanie: To trigger more. So what was that, I call in the show, the aha moment where the light bulb goes off like, "Oh my god, I've got a problem." What was that for you?

Aglaée: I think there were just so many. I'm trying to put my fingers on one but I don't know if I have – I think it was just such a journey and I think that there were just many light bulbs along the way. Like I'm not someone to ask for help very much, so when I first reached out to a therapist even though it was not to talk about my eating so much, it was just like, "Oh, can someone listen to what I have to say without laughing at me or telling me, 'You just shouldn't do that' or saying those awful things that we think other people would say about what we have to share." So that was the first big one.

And then I had to go through many more cycles. There were times when I would get better about my relationship with food and then I would notice that I would be more respectful and kind to my body and then I would notice "Oh, I think I am losing weight," and then I would go back on the scale and, "Oh my god, I lost weight." And then, "Maybe if I just cut that a little bit more and I'll lose more weight," and then it would just restart the vicious cycle for a little bit more. And so there was a big roller coaster.

Stephanie: So I guess the lesson here for people listening is, it's not a one moment that going to change your life but it's a series of actions and you're going to go down again before you go back up. And you're going to go down and back up, but I guess what I've observed in working with people and through my own journey is the moment you go down gets shorter and shorter.

## Podcast Transcript

Aglaée: Yes.

Stephanie: And you spend more time up but you're still going to go down and that's okay. But you're down maybe one day instead of a week. Is that what you observed in your journey as well?

Aglaée: Yes, totally. Those times of feeling like under the water or it was just getting – the intensity and the frequency were just decreasing with time. And sometimes for a lot of us, women, struggling with our relationship with food, we are very smart, we know a lot, we have a lot of knowledge, we're good with numbers, we can be very left brain, so sometimes you want to count the number of days you've been binge-free or you want to put a number on it, like it's all or nothing a lot of the time, so that can raise it back. So we have to be careful about that and be able to see the whole picture. As you said, it's not about being black or white, there's degree and different nuisances of gray and seeing the whole picture like how far you've come. And of course you might still feel like you have a long way to go, but it's part of the journey. And we're never there anyway, it's always a journey.

Stephanie: And it's a journey.

Aglaée: Yes.

Stephanie: See, that's the thing I always talk about, healing journey, because it's not a healing moment or one thing you're going to do, it's a number of actions and time together, it's a journey.

Aglaée: Yes.

Stephanie: So let's get in to what you did to help yourself to move yourself from that food obsession relationship to – I don't want to say healthy relationship, normal, but a more balanced relationship to food, I guess.

Aglaée: Yes. Well, it was many different things. But if I were to sum up the most important pieces of this, it was to reach out for help and unpack some of those dark stuff or that shame. I think that's just really good to get that out. Especially people with binge eating or emotional eating, it's always about numbing and self-medicating with food, so I think that just becoming more aware of these emotions and being able to share that with someone is just so tremendously helpful for me.

## Podcast Transcript

Then it's about trying to be as non-judgmental as possible. And it's hard to do because we've been conditioned and trained and we have that inner mean girl or that inner critic, however you want to call it, that's constantly there. But I found that at first I would just try to be non-judgmental about my binge, not try to – "Okay, I ate. I know it's probably because of this and that," but try not to judge it and just let it be. And I think that was really helpful.

Even though the behavior is still there, if your attitude towards that is different, that's one of the first important steps to allow it to change. So that was big, getting rid of the scale, which I did a few times. Sometimes the temptation would creep up and I would get back to it, but that scale is evil. It's really evil. It really plays with our mind, and for me, I feel way better without ever knowing what my weight is every time I tried it. And then I would go for a few months without the scale and then I would start healing and eating more "normally" and feeling like my body would be responding in a certain way, and I would want to measure the progress and that would always set me back. So I know it's a big part for me and for many other women.

What else? We talk a lot about being holistic and looking at the whole body, the different body systems, but I think that what is missing from a lot of people's holistic plan is the mind, the heart and the soul, too. So that's where I found I had a lot of work to do because I was really big on the physical and the body and trying to understand biology and physiology and biochemistry and seeing food, and I was not looking at other ways to nourish my mind, my heart and my spirit. So that was huge, too.

Stephanie: So this whole body-mind connection and nourishing your soul, give us a few things that you've introduced or changed in your life that helped you nourish your soul or your spirit.

Aglaée: I think that the biggest one was taking time for self-care because before I would be someone that's go, go, go. I have a long to-do list and maybe if I get through all of that then maybe I can sit and rest, but it would never happen or very rarely. So I would always put myself last and I think that that would often lead me to feeling depleted and drained like I'm giving to everyone around me but not having anything left for myself. So really creating that space in my schedule – it doesn't have to be long but how I started with, it was easier to do it once a week, so on Sunday morning I would take time to go to yoga by myself, which is hard to do as the mom of a little one, or go for a walk

## Podcast Transcript

outside. So it started very gradually with one time a week and now it's something – I have “me” time every day, sometimes only 10 to 15 minutes but usually at least an hour or two after my son goes to sleep, and that's huge. That's huge. And during that time I do things that truly feed my heart and mind and soul.

Stephanie: And it's what I want to emphasize to people, it's important to feed your physiological body with the right food.

Aglaée: Yeah, a really good point.

Stephanie: And then your spiritual body, the one that people tend to forget, needs to be also nourished – nourished with time, with activities, with passion, with purpose. And unfortunately, today's society does not talk about that. So what Aglaée just talked about is – nobody talks about this. And I don't know if it's true, but for women, that seems even more prevalent in my observation. Is that your case?

Aglaée: Oh yeah. I think the way I was raised and many other women were raised, we see like a good woman is self-sacrificing, puts everyone first, takes care of everyone around her and forgets about herself. And we're trained in this society it's all about accomplishment and achievements and things that you do, but we don't really value just being or existing or resting and relaxing as much, that's for sure.

Stephanie: Yeah. I'm not a mom so I can't speak to that, but I always say to people, “You're not just a mom, you're a woman. And your needs come from yourself, not just from your child. Your child is very important and you need to fulfill the needs, but there's also needs that you have.” Is that what you found in your own recovery?

Aglaée: Yes. We can get lost with those identities. Even before becoming a mom, my identity was being a registered dietician and to me that meant trying to have the perfect weight and eating perfectly. And then when I became a mom, for about the first year, I forgot completely about self-care because that was like my everything, so that's not healthy, too. So you have to find a good balance and people to embrace and nourish all these parts of yourself because it's so easy to just – I mean, it's such a big life change so I understand and I felt it myself, it just becomes your whole life, but then you really have to make time and space for those other sides of you because we're still much more than that.

## Podcast Transcript

Stephanie: And in my experience with my own self and my patients, the people that I work with, is that lack of nourishment from your heart, from your soul, is what cause the cravings.

Aglaée: Yes. And it's just that emptiness, that void that you're trying to fill in some way.

Stephanie: And you're going to food, whatever be it, healthy food or not healthy food, as a means of nourishing in the hope that by eating that food you will fulfill this desire that you can't figure out what it is. And then after that binge, after eating that food, within 15, 20 minutes, you don't feel any better, you feel worse.

Aglaée: Yeah. You know there's something missing but you don't have any other tools. And for many people, we learn to use food from a very young age. And at that time, it's just like a survival thing because we're not quite ready to face the different stresses of life. It's actually a pretty smart way that we have to acknowledge our younger self from finding a way to get through those times but usually when we were in our 20's, 30's, 40's, 50's or after we're through that, we want something more out of life. We need to find other strategies and it's hard to do it on our own because that's not something we're taught in school or by our parents or by people around us.

Stephanie: And I want to add to this, we both have the same cultural background, we're French-Canadian, European background, and then love is demonstrated through food.

Aglaée: Sure.

Stephanie: For you, listeners, it may be different with your culture, but us, food is the center of love. And so I know, for me, I remember vividly having an image of my dad buying those big T-bone steaks in the early '80s because he had done something good at work. And I can't remember what it was but he bought those big T-bone steaks and he taught me through this behavior that when you do something good, you go buy yourself good food.

Aglaée: As a reward.

Stephanie: It's a reward. And I remember, I was probably seven or eight years old, and that moment is so vividly imprinted in my brain. So what was my first reaction when I do something good?

Aglaée: You want to eat something.

## Podcast Transcript

Stephanie: Yeah. I want something good, like good quality food because that's an imprint, that's the teaching that I had. And I'm sure it's the same thing for you.

Aglaée: Yes. We have so many of those associations. And sometimes they're so engrained that we don't see them or we don't know where they stem from, but I think that's a really great example of how sneaky those things can be.

Stephanie: So you've helped yourself, you've healed yourself from your relationship and binge eating and now you help other people do the same.

Aglaée: Yeah. And that's part of when you contacted me, when you started the podcast, I think you said –

Stephanie: September or October.

Aglaée: September or something. At that time, I knew this is what I wanted to create, like a program and things like that to help other women do the same, but I was still having a lot of a self-doubt, "Who am I to do that? Am I sure that I'm healed?" I didn't know. I was still in that place of not really knowing how that would look like. So I think I just needed to have more time and thinking and that was just part of the process. And more recently, I just made it public that I had binge eating disorder and I really had an eating disorder, so I think that was the final step in my process. It's all coming together so nicely.

And it's interesting because when you hear other people tell their story, it looks so easy. Yes, it's a journey, but you see it with a beautiful box with a bow on it and it looks all nice and clean. But the process is quite messy and there're a lot of things that needs to happen and you don't always know why. But it brought me here.

So at the beginning of the year I finally felt like "Okay, this is what I want to do," and I tried to structure a program, which is basically what I followed except that when I did it, it was not as nicely structured. So now I have a four-month program that I offer one on one to clients or as part of a group. I think both options are good. One on one, you get more support, and in a group, you get the group dynamic that can be just helpful to not feel alone and all of that. But yeah, it is just so rewarding.

When I changed my career from a conventional dietician to more of a real food/Paleo dietician, I felt like "Oh, this is it. This feels better." But I don't know, after a few years I

## Podcast Transcript

felt like there was still something missing and I think that it was just mostly looking at the body and still not knowing how to address those other parts of ourselves that still need to be nourished. And now I think that I wish I have the magic formula but it just feels like when I'm working with women, I feel so connected to the person I'm talking with and their wholeness instead of just looking at the physical body. It just feels so real, so true, so healing for both of us, so I love it.

Stephanie: And that's how the SEED Protocol came out, correct? So what does SEED stands for?

Aglaée: Yeah. So SEED, it came from – I had a dream. It's about a little seed, so I like to call it the story of the little seed. So I see many of us struggling with disordered eating or eating disorder as a little seed and we're stuck in that husk and in the dark and we were just trying to figure it out and going to the gym or trying those diets and just being stuck in that box. But the SEED Protocol is about really nourishing. The sun – the warm rays of the sun are like the love you add to that seed. The water – instead of having that dark polluted water, you change it. It's your mind, so the thoughts you have, you have more compassionate and loving thoughts and non-judgmental thoughts, so that's nourishing the seed too. So you grow the roots, you make sure that you're well-nourished and supported. And then the seed can grow and be our own flower and we can be all different kinds of flowers, different colors, different sizes, and no flower is better than another and no flower is trying to be like another flower. It's just how to really become the best expression of yourself.

Stephanie: That's beautiful.

Aglaée: But it also stands for supported, self-exploration of your eating behaviors and disordered body image. That came afterwards. I wanted to make it work altogether but there are many different angles to go through.

Stephanie: So here's one question that I always get when people want to move through their eating disorder or their food relationship. Some people out there, coaches, teach people that you have to remove all restrictions and you have to eat whatever is on your mind, that it is Doritos and candy and pizza and you just got to let it come through. And many people are in fear of that because they don't want to not eat "healthy", whatever that means for everybody. So what's your point of view on that whole – like what food should we eat or how is your protocol built on that perspective?

## Podcast Transcript

Aglaée: Yes. I think that with my protocol we actually don't talk about food until the third month. So we really focus the first month on the mental piece and looking at our thoughts and what can lead to those different food decisions. And then the second month, we look at our heart and emotions and how to develop other strategies to better cope with our emotions. It's only in the third month that we look at food and how to eat in a way that we respect our body.

Of course you have to give yourself permission and remove that sense of restriction, but you don't have – like for myself, I know gluten is a no, no, so I never – and I know that not because someone else told me but because I know how my own body works. So that's why I want to first work on the connection with the mind, then with the heart and then to help other people better reconnect with their body so they can feel like the way they're eating is the way that respects their body. That's the ultimate goal.

Stephanie: I had a doctor on the show recently and she called that body wisdom. So actually feeling what your body feels when you put certain food in it and it's that sensation respectful to yourself.

Aglaée: Yeah. It sounds impossible for many women to even imagine, but even though no matter how many years you've gone without that connection, because many of us disconnect from our body, it's just too much, or by dieting and trying to ignore our hunger, then binge eating or emotional eating, then we override our fullness signals. So those are all the ways that we get disconnected from our body. But no matter how many years you've been disconnected from your body, that trust can be regained and you can learn to listen again. It's like an old friend. Your body is never going to go away but if you haven't called in a long time, that friend might be a little bit reticent to share information, but you just have to just rebuild that trust and it will come back.

Stephanie: That's amazing. So you do have something to get people started on that process, am I correct?

Aglaée: Yes I have a free training. It's called The Whole Batch Syndrome training. So for people who might feel like they always want to eat the whole batch, whatever the thing is, whether – for me, if I would bake a batch of muffins, then they would be all gone pretty much within a couple of hours. Or it could be cookies or if you buy things in a bag, if you feel like you always – the bag, whatever the bag size is, that's one serving and you have to eat it all. If you feel out of control with food, that's a good training for you.

## Podcast Transcript

That includes five short ten-minute lessons of me, like a little video talking about a specific topic and then giving a very simple exercise. I have a hundred and something students that have taken it already and I've had really good feedback. And I had a survey so they can rate their relationship with food before and after and just that little training already makes a big difference. So awareness and just bringing more compassion is what really can trigger the change.

Stephanie: I think it's amazing. So I would invite – it's going to be in the show note, the link to that Whole Batch Syndrome training. So if you have any doubt in your mind or this little fiber of intuition inside of you telling you that you may have a distorted relationship to food, go and check out the training. Listen – if you feel like doing the exercise, do them, but at least listen to what the information is out there so you can understand yourself better. I guess that's the message.

Aglaée: And it's all free so you don't have anything to lose except the ten minutes if you just watch one video.

Stephanie: Thank you very much for that. And I want to recognize your vulnerability for sharing this information because I know how challenging it is as a nutrition professional to be coming out with that, so it's very courageous.

Aglaée: Thank you.

Stephanie: Thank you very much for sharing that. And I know that you will impact a lot of people with the course you've created because you've been there.

Aglaée: Yeah. I thank you for that.

Stephanie: You'll be able to help a lot of people. So thank you very much for being on the show and sharing all this time with us.

Aglaée: My pleasure. Thank you for inviting me and waiting for me to be ready.

Stephanie: Thank you, Aglaée.

Aglaée: Thanks!

Stephanie: There you have it. What a powerful and courageous testimonial from Aglaée in the podcast today. Thank you so much.



The Beyond The Food Show – 042  
Recovering From an Eating Disorder, Aglaée Jacob, R.D.,  
SHARES HER STORY in a Deeply Inspirational Testimonial

## Podcast Transcript

Now everything we talked about, including the free resource and course that Aglaée can offer you to help you start your journey in emotional eating, will be available in the show notes at [www.stephaniedodier.com/042](http://www.stephaniedodier.com/042). And that's where you can also pick up the transcript, the link to join my private community and also check out the Keto Connector program that we just launched.