

*Stephanie  
Dodier*

**The Beyond The Food Show  
PODCAST TRANSCRIPT**



*the*  
**BEYOND THE FOOD**  
*Show*

**WITH STEPHANIE DODIER**

# Podcast Transcript

## **DISCLAIMER**

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**Stephanie:** Welcome to Episode 45. In today's episode, we are going to dig down in the ketogenic diet. However, we're going to turn it upside down. We're not going to talk about the food and the macros and all of that. We're going to talk about how to approach this low carb way of eating to heal your body and to look at this, what can be very restrictive lifestyle, the ketogenic, in a more flexible way, in a clean and whole food base, the Leanne Vogel way.

You may have heard of Healthful Pursuit and Leanne is the brilliant mind behind Healthful Pursuit, and she is releasing a book that's going to turn the world of ketogenic people and lifestyle upside down. So if you've been struggling with using this low carb approach, this show is for you. If you have no idea what we're talking about, it's even better. The journey of Leanne and her health benefit that she has known in her own body and the people that she leads in her community have been amazing. If you're struggling with hormone issues of any type, you may want to consider listening very carefully to Leanne's teaching today.

I want to take a minute to thank a lady who left a beautiful review on iTunes for us and I want to share it with you. It's only a few lines but it's going to show you how I interview people and the kind of feedback that I get. As you know, feedback for me is like fuel because right now I'm all alone in my studio with nobody, looking at a wall. The only way I can hear back from you is through their reviews in iTunes, so it'd be really appreciated by myself and the other listeners if you could leave me a review and let me know what you think of the show and what you would suggest for other episodes. It would be really appreciated. There you go. Here's the review from Megan.

"I was excited to hear Stephanie and Tara talking about sup and flow. I recently took up sup and discovered the feeling of flow. It was a great interview and felt like two friends catching up for coffee. I wish I could have joined you." Me too. "Now I know the feeling of flow and I'm inspired to achieve this more regularly in my daily life. I'm a sixth grade teacher and will be looking to set tasks for my students that allow them to experience flow in the classroom. The episode was so good that I listened to it twice. I look forward to your next episode. Megan."

Thank you Megan. That's exactly what I'm going for, a discussion between two friends and then you're coming out of this with something new that can spark your health pursuit beyond food. If you're interested in leaving a review, just head over to [stephaniedodier.com/review](http://stephaniedodier.com/review).

Now we've got the interview with Leanne coming up but I want to tell you this, if you head over to my Instagram account as of the release date, April 9<sup>th</sup>, you can take part in a contest. Leanne has graciously given us a copy of The Keto Diet, the massive book, and also a copy of her digital program Fat Fueled, which she refers to many times in the interview. You can go win, we're going to have two winners. It's

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on my Instagram account, @stephaniedodier, and the contest will last for three days and will end Wednesday at midnight. If you're listening on to this on time, you still have a chance. Go over to my Instagram, look up for the post and you can win a copy of her book or a copy of the digital program.

So are you ready to do this? Let's go for it.

Okay. She is the founder of Healthful Pursuit, best-selling author of 11 health programs, host of the The Keto Diet Podcast and author of an upcoming paperback book The Keto Diet and the creator of Fat Fueled Living, a holistic paleo-friendly approach to a ketogenic high fat diet. She has been in the field of nutrition since receiving her holistic nutrition certification in 2017. Welcome to the show, Leanne.

**Leanne:** Thanks for having me. Thank you. That was a beautiful introduction. I studied nutrition in 2007 so it's been 10 years. Ten years this year.

**Stephanie:** Congratulations.

**Leanne:** Thank you.

**Stephanie:** I'm so honored to have you on the show. I've been following Leanne for many years. Actually, you are my first ketogenic book that I ever bought.

**Leanne:** Cool.

**Stephanie:** So I did your first program that came out, I don't know, three or four years ago – I don't know when it was. And then I met Leanne in Paleo f(x) last May. We even went for dinner together at a meet up. It felt like she's my big sister.

**Leanne:** I love it. We had such a great time with all food. And yeah, that was a great little dinner. I really enjoyed that a lot.

**Stephanie:** And now I have her on the show for a very particular reason. In two days Leanne is releasing an amazing book that I had the opportunity to review, The Keto Diet book, which is the Bible of the ketogenic diet. I was literally blown away when I was looking at it on a plane. I was like, "Oh my god."

**Leanne:** I wrote that.

**Stephanie:** I know.

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**Leanne:** It's crazy, I know. I have it right beside me and I just keep looking at it. I don't think it's totally hit me that it's going to be in bookstores and random people are going to pick it up that I haven't met in real life. Right now it's just a book on my table so it's going to be interesting.

**Stephanie:** Do you mind showing it to the YouTube people how big it is? I'm trying to describe it.

**Leanne:** Oh, totally. Here's the book.

**Stephanie:** It's like 500 pages.

**Leanne:** That's the cover and this is thickness – here is my thumb and here is the book.

**Stephanie:** Crazy.

**Leanne:** It's hefty, so when you're making recipes you can do like a good workout. Some movement in.

**Stephanie:** For people to put this in perspective, if you're a paleo person, if you've read practical paleo, it's practical paleo but for the keto and even bigger. It's literally bigger.

**Leanne:** I'll have to put it beside that book when I get it.

**Stephanie:** Thank you.

**Leanne:** Yeah, totally. Thank you. That's such an honor. Dianne is such an amazing, beautiful person so for somebody to say that about something that I put out there is just like crazy town to me, so thank you.

**Stephanie:** And I'm even more excited because the way you've put out the information, you are going to turn this keto world upside down. And it's a very holistic approach which resonates with me tremendously. But you are going to put this very restrictive concept of ketogenic and then turn it upside down to make it applicable to most people if not everyone.

**Leanne:** It's so true. That's something that I really struggled with when I started the ketogenic diet. I came at it from wanting to lose weight, wanting to balance my hormones – really, really wanting to lose weight – and I pushed myself really hard. I didn't eat enough, I forced myself to fast even when I was having sleepless nights and my hair was falling out – just way too much hair was falling out – and I wasn't feeling good. I just kept pushing myself. I was getting dizzy a lot. And because I was following what I should be doing on keto. And it was unfortunate because I was losing weight and I was looking great and I was getting great compliments but I didn't feel good on the inside.

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My Fat Fueled approach is something that I talk so heavily about in The Keto Diet is developing a keto that feels good for you so you not only look good but you can also sleep and keep your hair. Imagine that. And that's not to say that the standard ketogenic diet doesn't work for people. I've met people that have been on the standard approach for years and they're totally crushing it. I am not one of those people. And in speaking with a lot of women especially, there are a lot of people out there that they try the keto diet and they just don't feel good. And so I came up with a protocol that makes a lot of people be able to do the keto diet and be able to have those results but not feel so restricted and just like another diet of yo-yo dieting and restricting yourself and then bingeing and that whole cycle that goes on.

**Stephanie:** That's what makes it so phenomenal for all my listeners because that's where most people here are coming from. I think if you are currently using the ketogenic principle and maybe not feeling the best, you definitely have to go get Leanne's book. And if you have not yet explored ketogenic, that's the place to begin. This is how strongly I feel about your book.

But before we get into the details, what I really want to know is how did you come to write this book? What's the story behind Leanne the author?

**Leanne:** Oh man, Leanne the author. I guess I can start when I studied nutrition. I was coming from a place of having an eating disorder. I had active bulimia at that time. I had overcome anorexia a couple of years previous to that. I had gone through treatment and it didn't work. I ended up moving out and finding myself and kind of developing that.

I went to nutrition school so that I could start to learn what food actually did to my body. That was sort of my attempt to try to overcome this bulimic thing and try to understand health and wellness outside of this bingeing and purging cycle.

I studied nutrition just for me. And by the time I finished school, I was like, "I know too much not to share this with people." At the time, 10 years ago, nutrition was not where it is now. Holistic nutritionists were not a thing. It's definitely come a really long way since then.

I went off birth control while I was studying nutrition because I realized it just wasn't serving my body and I didn't get my period back. Doctors said, "Oh, give it a couple of months." Well, months turned into years, which turned into five years and I still hadn't gotten my period. And throughout all of this, I was vegan. I switched over to Paleo. That didn't help.

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I was getting married soon so I went on hormone replacement therapy. I gained weight so fast. And this was right around the time where I was getting fitted for my dress and they kept having to take it out. And then I had to get a different size. It was so stressful.

We ended up getting married. All was good there. But I was gaining weight like it's not – I've had to gain natural weight gain outside of hormone replacement therapy and it's just like all over the body, it just naturally falls in these natural places, but on hormone replacement therapy it was like pockets of body fat in weird places where pants weren't fitting. It was just horrible. I felt totally out of control.

I was getting an artificial period. I think I got me four of them. But my body wasn't creating the menstrual cycle and I wasn't ovulating. I went frustrated to a naturopath and she said, "Why don't you try a low carb diet?" And I was like – that's pretty bad for you and I don't want to live on Atkins bars. I'm not doing that. So I ended up finding one of my friends who use the #keto that same day. I fell down the rabbit hole of keto, bought Jimmy Moore's book and decided, "Okay, I'm going to do this keto thing for one month and see how I do. And I actually felt really good. For the first 30 days I was on fire. I had so much energy and I was eating fat, I was feeling great. I was losing weight for the first time in a long time. My brain was lit up. I have ADHD and that was starting to just go away, like my brain was just functioning. But then months turned into two months, I had lost over 20 pounds, I was getting comments all over like "Oh my gosh, you look so great."

But Kevin and I were developing the backyard and I was feeling dizzy all the time. I couldn't take the wheelbarrow from the back of the yard to the front of the yard without having to sit down because I thought I was going to pass out. And just pins and needles, a lot. Lots of pins and needles no matter how many electrolytes I took. I would just stand for too long and my foot would fall asleep like circulation was messed up. I tried saltwater, electrolytes – everything you can think of and nothing worked.

I continued down that path for another four months, completely ignoring my body but loving the way that I felt, falling asleep starving because I wanted to lose five more pounds. It was very clear to me after those six months that I was pushing myself back in those eating disorder tendencies of forcing myself not to eat and almost playing a little game with myself of how long I could go with intermittent fasting. My husband and I were in Mexico and I was losing hair like crazy. It was all over the pillows, all over the floor. I had to vacuum the condo every day because it was so bad that it was sticking to our feet. It was just horrible. And I have really thick hair. It's big.

I was watching Kevin eat an Oreo of all things and I just broke down. I was watching him eat the Oreo and I'm like, "I can't eat Oreos and I'm restricting myself," and it all came cascading down in that moment of watching him eat an Oreo. I was like, "There has to be a better way because my brain feels

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so good and there are parts of my body that feel really great and there are things that I haven't experienced in a really long time." I was actually starting to want to have sex with my husband. When you have low hormones like to the point where I was – I was diagnosed with menopause when I was 24. There was nothing going on. So to finally start to feel some of those feelings, it was really exciting and I wanted to keep going.

That's when I said, "I'm going to research a bunch. I'm going to figure out what's going on." And I determined that there were three things, really, that I was doing "wrong" for my body. The first one was that I wasn't eating enough. And like, duh, I should have been able to figure that one out without having to research things. And the second one is that intermittent fasting for me was no good. My body fat percentage was too low, I was forcing myself, it became this sick game that I was doing with myself, and it was really limiting my ability to eat enough. And the third one was that I was not having enough carbs. Period.

Then I developed carb ups for myself, which is more of a cyclical ketogenic practice. And at this time, I had been fat fueled for about six months so my body was really good at burning fat. Then I just started with carb ups, I started eating enough and I stopped intermittent fasting for almost a year before I even entertained the F word again. I steered completely clear of it. That's how I developed the Fat Fueled Protocol and then I came out in – I think it was 2015, with Fat Fueled, which is my digital program. And then Victory Belt approached me and said that they really wanted me to write a book. And I said yes, thinking it would be an easy thing. And it's not easy to write a book so that consumed my life for a year. The most unhealthy thing I've ever done but also the most rewarding, hopefully. That's kind of how I ended up here. Long story sort of made shorter.

**Stephanie:** You know what, it's everybody's story. And I always ask and start the podcast with people's story because that's where you have the deepest learning, especially for people like you that are open to share transparently their story, which is very rare. And I want to go back to your story because you're coming from a place where many women are, which is eating disorder. And tangled with that is the whole body relationship and body acceptance and self-love, and there's a whole bunch of emotional element behind that. But what we know from eating disorders, there's the emotion tagged along with food. There's a representation of emotion with food. How did your protocol in that journey towards the Fat Fueled help you the detangle that relationship and help you with the eating disorder?

**Leanne:** It took a long time. I was recovered from bulimia before I endeavored in keto, and I think that that definitely helped. But it was interesting, I still had a fear of fat. When I started with keto, I was still pretty afraid of fat. I had been eating paleo and I would have a tablespoon of coconut oil, but that was like my maximum, which is so funny because I eat so much fat.

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I think with keto, it really helped me get over that last hurdle of "Fat is okay. Fat is good." But then I went to the opposite of "Carbohydrates are horrible and you can't eat them."

**Stephanie:** Bingo.

**Leanne:** Then when I started developing the carb ups – I'm more of not a scientific person, I wouldn't say that, but I need to read stuff from others and experiences from others and I get inspiration for what other people have gone through in order to be okay with something usually. At least that was the way I used to do it. Now I'm like, "If it feels good on my body, I'm going to do it." But that was one of the things of like, "I want to read what carbohydrates do in the body and how it works." And that's how I was okay with fat. Like "What does saturated fat do in the body? What does cholesterol do in the body? How does that work?" And that has always helped me get around those things. And so keto was really a way for me to finally be okay with fat. And then Fat Fueled was for me to kind of like backtrack and be like, "Okay. So fat is okay, carbohydrates are okay. It's just maybe I had the amounts a little bit wonky."

So once I made that switch to having enough carbohydrates, enough food and not fasting, I got my period back in nine months and doctors are like, "That's not possible. You had menopause. How?" So then I can just give them my book and be like, "Here."

So yeah, I think the Fat Fueled Protocol, although some people would say like, "But you're on a diet, so how can you a body positivity, self-care person while also following a diet?" And the ketogenic diet feels really good in my body and anyone who sees me eating or sees me preparing food can tell that I'm not coming at it from a restrictive place. It's more just – last night, for example – a perfect example. I really wanted chocolate last night and I'm super sensitive to the theobromine in chocolate and I will not sleep. That is a real thing. But I really wanted a chocolate and I just made a decision. I'm like, "Do you want the chocolate or do you want sleep?" And I chose the chocolate so then I didn't sleep. That's just a decision.

I think that's how we need to approach anything to do with our food. Just because I'm on a ketogenic diet, it doesn't mean that I eat perfect 24/7. That is setting myself up for failure. That's like saying that I'm going to shave my armpits every day. It's just not going to happen. There will be weeks where I just won't and that's okay.

For me it's been really freeing to just be like, "I'm keto. It feels really good in my body. I love fat.". And if there is a day where I eat too many carbohydrates, so what? Like really. Maybe it's my age. I've had to grow up fairly quickly. I mean, I'm turning 31 next month but I just feel like the last year I'm just like – life is way too short to care so much about how our bodies look and what's accepted. And I've had so many losses in my life of people leaving way too early and passing on and it's just – this body is my temple and I'm really sorry that I hurt it for all those years. And if I can make good choices when I feel

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like making good choices for my body, awesome. And when I make a choice that makes me stay up all night, that's okay, too, because I really wanted the chocolate. So that's kind of what the Fat Fueled area has helped me do, is be okay with all of that.

**Stephanie:** I think it's beautiful because for somebody that has been personally following you for three years, I could see the evolution just in the way you post.

**Leanne:** Oh cool.

**Stephanie:** I could see the evolution of your – call it spiritual, emotional journey through your posts. And I was commenting, when we were talking earlier about – like you started to share a picture just recently about you 10 years ago.

**Leanne:** And that was so cool that I could do that.

**Stephanie:** Yeah. And it's funny because I was working with some of my former clients and inviting them to my podcast to share their story and they're like, "Oh, I can't do this. I'm camera shy. I don't want people to know." I'm like, "Sharing your story is the last step of healing."

**Leanne:** So true. I remember being so scared that people would judge me. Being a nutritionist and putting myself out there like, "Oh well, this girl had an eating disorder. What does she know?" And I've actually had that experience of people like, "Oh my gosh, you are so knowledgeable. How did you get into nutrition?" I'm like, "Well, I had an eating disorder." And they do discount me. And that's okay because I know that I was meant to go through that experience for a reason. And ever since I was on the other side of it, I knew that I went through that so that I could share my experience with others and that I could be equipped. I wouldn't know the things that I know had I not gone through that. I would not be doing this work, I would not care so much about my body. So I'm really, really thankful and I feel like I owe it to women and even men that may be in the place that I was 10 years ago, even 15 years ago – I mean, 20 years ago – to kind of stop them or just have them look at things a different way. And that's kind of the path that I've taken. And it's not for everybody because putting yourself out there, you're going to get stuff that maybe you don't want back. But you're also going to get a lot of awesome stuff too.

**Stephanie:** I'd go for the awesome stuff.

**Leanne:** And you're going to continue to have a lot of awesome stuff as well.

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**Stephanie:** But when you share your story like you're doing right now, just the fact that telling your story you are inspiring hundreds and thousands of people that are currently in that place of either struggling with hormonal issues or eating disorders, there's actually a path possible for them to heal.

**Leanne:** Yes. Never believe that you can't heal. Anyone who says that you can't heal is silly and you don't need to listen to them. I had at least nine specialists say I would never ever get a natural period ever.

**Stephanie:** Wow. How much of your hormonal issue do you think was due to the eating disorder and the trauma you put your body through?

**Leanne:** Probably a lot of it. Probably a huge amount of it. I think I always thought that my body – one of my first memories of my body was when I was really good at sticking my stomach out really big and I was really good at wrizzling my stomach. I found my stomach to be so fascinating. But when I think back, my stomach was never a small stomach. When I was a kid it was like – I was taller and bigger and I was always the tallest girl in school. I was just a big girl. And so with the eating disorder and stuff, you just lose track of who you were and what your body is naturally supposed to look like. And I think for so long I tried to be too low of a weight for my body.

Doctors would say, "You're a great weight. You're fabulous You don't have anorexia or bulimia because you're a good weight." That stuff drove me nuts. "You can't have an eating disorder. Your weight is fine." But I had to gain – the weight that I lost with keto, the hormone weight gain that I lost with keto, I gained back quite a bit of that amount. But because it was a natural – it wasn't an artificial hormone imbalance weight, it just kind of looks the way my body looked before I got sick and before all this stuff happened. And that's when I got my period back.

I think there was a bunch of things that led to that. I think cholesterol was a huge thing for me. My cholesterol was really low and cholesterol is needed for hormones. Period. You can't have it – you can't have hormones without cholesterol. It's super important, and I didn't know that. I learned that in school but didn't actually know that actually happened.

**Stephanie:** And you suffered from hormonal imbalance because of the fear of fat you had.

**Leanne:** Yes. Totally. From not carrying enough fat on my body, from not eating enough and from not having fat in my diet. My cholesterol was low and HDL was good and the doctors were like, "Yeah, this is great." But now my cholesterol is much higher and I'm getting my period and I have a perfect progesterone and estrogen, and my cortisol is finally balancing out. It really just took me eating enough and eating fat to get that back.

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And also switching the carbohydrates around. I'm pretty sensitive to carbs, and to know that about myself is pretty powerful. When I have, say an apple, to just feel it coursing through my body, I could just feel it hitting my blood. And just like, boom! To have that feeling is just – I find it to be a super power. I feel food in my body and I feel the choices that I make, and that's so cool to just have that feeling. So yeah, it's awesome

**Stephanie:** It's very powerful what you just said because that's the whole connection between your mind and your body. And to have an eating disorder for so many years, you automatically disconnected yourself from feeling your body.

**Leanne:** And you don't want to feel food. Are you kidding me?

**Stephanie:** It's a bad thing. Food is a bad thing, right? So to the process that you've done in the last number of years, you've reconnected with your body to the point where now you can feel the sensation of what food does to your body. That's pretty amazing.

**Leanne:** Yeah. And it's such a blessing. I find it so cool that I have this vehicle and we all have these vehicles that take us all these places to experience all these things that we couldn't do if we didn't have this body. And who cares if it's 10 pounds "overweight"? What is that even? What is overweight?

It's been such a journey and even a year ago I don't think I would have said those things. I still would have felt like a big body is an unhealthy body, and I don't see that at all. What health means to me now is the behaviors around it. I would say that writing the book was one of the most unhealthy things because I wasn't doing healthy behaviors. I was eating at my desk and I was sitting for long periods of time and I wasn't taking breaks. Healthy behaviors to me is sleeping until I wake up and having a bath at night and preparing something delicious for myself before I start working or cuddling with the dogs. Just these healthy behaviors that take care of not only going to the gym but for me it's my mind and taking care of my mind and my emotional well-being like giving really long awkward hugs. I'm really good at it. Just hold on to them so much to the point where they're almost about to pull away and then let go, because it just feels good, that touch.

I've spent way, way, way too much time caring about what other people think of my body. And that limits our ability to put our work out in the world. There have been fears of me standing on stage talking about a diet book and then people are like, "Well, what does she know?" because she doesn't have six pack abs.

**Stephanie:** I'm totally there with you.

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**Leanne:** But there are people like us that are sick and tired of counting macros and calories and jumping on the scale five times a day and letting MyFitnessPal dictate their happiness. I wanted to come out with a book that understands the value of a ketogenic diet – and I love it – and the benefit of eating fat but to not get into the super nitty-gritty because we don't need to be. I think if you have cancer, 100% you probably need to look at your macros. If it's a serious thing, you need to get in there and figure it out. But if you want to just light up your brain, feel good, help with a bunch of different health imbalances, get your hormones back on line – you can do it but you don't need to go crazy over every single thing. And know that it can be personalized, too.

One keto is not for everyone. You have to play around with it. So I've put together five different profiles to help people figure out – at least start to figure out maybe what their profile would look like and how to feed themselves if they don't know how to listen to their body yet, because that's a big feat.

**Stephanie:** I could call it keto-flexible diet because it's counter opposite of what's out there currently with ketogenic diet that's very strict, where you begin teaching them that there is variation. And from there maybe they'll do their own variation in the future.

**Leanne:** Yeah. And then tell me about it because I would love to know what you're doing. I love hearing how people – that's how I came up with the protein ups, the whole Fat Fueled profile pumps keto was because people were telling me, "Instead of doing carb ups I've been doing protein instead and it's working really well." And I'm like, "I didn't even think of doing that."

**Stephanie:** So talk about carb ups for people who – "What the heck is carb up?"

**Leanne:** Okay. Remember when I was watching Kevin eat an Oreo and I was like, "My life is over"? I started eating more carbs and I chose to have carbs in the evening because we all know when we eat carbs in the morning, we just feel like eating more carbs for snack and lunch and snack and dinner and before bed. So it just sparks that carb hunger. And actually our bodies burn a little bit more carbohydrates when they're sleeping in that REM state, so I found that was pretty interesting too. And it also helps reset our leptin and ghrelin, which is our hunger and satiation hormone.

So I decided to have carbs in the evening. And when I was first getting started, I was having carbs every evening. I would have a small little sweet potato, just a little thing in dinner, and maybe like a handful of berries on my salad or I would switch it up and have like maybe a bunch of berries with an apple in my salad or whatnot, and just kind of switching out some of the fat for some carbs. And then once I got my period back, I started pulling away some of the carbohydrates and went to like three times a week I was having carbohydrates in the evening. And then as I started ovulating and things were happening, I pulled away a little bit more carbohydrates to the point that now I have carb ups like maybe once a week.

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What a carb up means is just you're having more carbs in the evening when you feel like carbs. And if you don't know what feeling like carbs feels like, if you've been eating ketogenic for a while, have carbs tonight and then see how you feel tomorrow. You're going to feel great. And then you'll know what that feels like. And when you feel like feeling that again, well then have carbs again.

I remember specifically what I had for my first carb up and it had been six-and-a-half months.

**Stephanie:** Go for it. What was it?

**Leanne:** Okay. I bought gluten-free cupcake mix. You know where this is going. And then I made just two cupcakes and I put the rest of the mix away. And I made them so beautiful. I made the frosting and everything and I just sat there and cut up the cupcake into little pieces and just ate them. And the next morning, I woke up and I kid you not, I had so much energy. It was the first time where I just, "Yes. This was totally the right decision." And then I was like, "Okay. Well, sugar, yeah, that didn't make me feel so good." So over time as I – you know when you give yourself permission to do something you think is "bad", you go the opposite direction and you eat all the things that you know don't make you feel good.

**Stephanie:** Yes.

**Leanne:** So once I got the hang of restriction and not and doing things that make my body feel good, all those things, I started working toward more paleo-friendly carbs and resistant starches and playing around with that, to the point where now it's like, "Oh, I feel like carbs. I'll have an apple and a salad."

Some people, though, they can't do carbohydrates. Maybe they have like really bad insulin resistance and carbs do not feel good in their body and they don't feel good after a carb up. Some people do protein up so they just have more protein in the evening. And the only thing with carb ups or protein ups people usually are concerned with is, "Why would I eat keto and then eat carbs?" because then I won't be keto anymore.

**Stephanie:** I was going to say it. The fanatic will say, "Well, I'll get off of ketosis. My ketone will drop." Tell us about that.

**Leanne:** Okay. If you are fat-adapted, just like how some people are carbohydrate-adapted, in fat adaption you're really good at burning fat and your body has built up the enzymatic processes in order to burn fat. When it eats fat, it's like, "Yum-yum, fuel. Let's do this."

When you eat carbohydrates in a fat-fueled state, your body eats up the carbohydrates – cause it'll do that first before it goes to the fat. It'll do the carbs and it'll just go back to eating the fat. You don't have

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to go through that same process of becoming fat-adapted every time because your body has all those processes already built up and it wants fat. So it'll do the carbohydrates, it'll go right back to the fat.

If you find your perfect carbohydrate number, which I talk about in my program Fat Fueled – I always have to think like, "What do the pages look like? Which book was that?" Yeah, Fat Fueled, which is a digital program. You can find the carbohydrate number that's good for you. I find the maximum I can do if I am doing one carb up a week is one-and-a-half sweet potatoes. That's about the maximum. And then after that it might take me a day or two to get back with good ketone numbers.

But what should happen, if you get the right carbs in your body, you're back into ketosis the next morning. There's no delay. You're just back to the way you work because your body ate up the carbs and now it's back to burning fat. But it can use those carbs in so many different ways. And especially for women, for myself, that was pivotal in figuring out my hormone stuff, which is crazy, because when I was vegan I was eating a lot of carbs. So it wasn't the carbs. I wasn't eating a lot of fat, so the fat definitely played a role but I think it was just the timing of food. Also, the love I have now for my body played a huge role and the respect and just not sweating the small stuff. And like, "Oops, I had two sweet potatoes. It took me two days to get back into ketosis." Well, not even ketosis. It's just like to get high numbers I think we care too much about like, "Oh, my ketones are 1."

**Stephanie:** Yes, amen. It's just a number.

**Leanne:** Just like the scale. I don't measure my ketones anymore. I have nightmares of people on the book tour being like, "Blow into this, let's see your ketones." I ain't about that life.

Numbers are great for maps and knowing how far you are away from destinations. But I don't weigh myself. I refuse to weigh myself. I refuse to check my ketones.

If you've been eating ketogenic for a while, you know. You know what your numbers feel like. You don't need to keep testing. You really don't.

**Stephanie:** And by testing, getting on the scale, you're getting away from connecting to your body. Every time you do that, you use an outside tool to know how your body feels. You're getting further and further from being yourself in one way.

**Leanne:** Yeah. It's interesting. When I get ready – our bathroom doesn't have a clock and I get ready a lot in the bathroom. You have like a meeting or whatever, and I look at the clock before I go upstairs. And I've always said like, "I want a clock in the bathroom so I know what time it is." But then we got a clock in the bathroom and all I do is stress about the time like, "Oh my god, I'm not ready, I'm not

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ready." But before we had the clock, I was never late. I always just got ready and then I came downstairs and it was good. But now that we have a clock in there, I'm just panicking all the time. So I took out the clock today because I'm like, "Why would I continue to measure the time if I've never actually been late for anything? It all worked out and I know how long it takes me to get ready. Why would I measure that? It's fine. Stop counting the minutes."

It's the same thing. It's like freaking out about something that really doesn't matter because it'll just be okay. It'll be okay. I swear to you it'll be okay.

**Stephanie:** And it's even more important for women because we are emotional beings and we are different from men from that perspective in all those measuring elements to our paranoia about food or carbohydrates will make our situation even worse. We'll have more cravings, we'll have a more distorted relationship.

**Leanne:** Yeah. Like how often have you looked at your phone when you're counting your calories and then like, "I only have 100 calories left for the day. How am I going to have dinner?" Or the opposite of that is like, "I'm not hungry. I have 100 calories left but if I don't eat something I might be hungry tomorrow and then I won't be able to eat the 100 calories that I missed today, so I better eat something." That was my life for years. Too many years, way too many times wasted.

Now I guess I've filled up my life with more work, which I'm not sure is totally healthy, but at least it's not hating on myself. I just have more time to do things that I love than to worry and calculate. I wouldn't even know what to do with a calorie calculation app if I were to put it on my phone. I don't have time to put in what I ate. That takes like an hour a day.

**Stephanie:** And it makes you obsess about it.

Let's go to that place of talking about dieting. We have a quote in your book where you say "It's freedom from diet." Your program is that place of freedom from diet. Talk to us a little bit about your point of view on dieting.

**Leanne:** I think it's interesting, I really feel like dieting is a mentality as well. Like I can eat paleo and it's okay, but if I count my carbs on paleo, it's not. I think anything that makes you feel less than is a dieting mentality. Any people that make you feel less than – I know I've unfollowed a lot of people on Instagram because they just don't make me feel good, so like, "Bye." But the freedom I think really needs to come from inside.

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I'm sure people could read my book and interpret it as a really restrictive diet if they looked at it. I don't enjoy the word diet because it has a lot of yucky stuff to it. But in a way it's sort of like the word fat. Like saying, "I have a fat body," people would be like, "No, no you don't. You're so pretty and perfect." There are groups of people that are trying to bring the fat word back.

I struggled with putting "diet" on the cover of my book. I'm like, "I don't know. It's twice. It's two times." But I really wanted to play with that and I really like doing things differently and playing with fire. And so I was like, "Okay, we're going to do this diet thing. It's twice on the book, on the cover, all over. I'm in." Because, really, it comes down to your eating, your personal eating style. I mean, I've done so many different diets, like bananas with milk on one day with the soup and the meat. I don't even know what it was. I was probably in grade seven. I think that was grade seven. Like all through grade seven it was like one day of banana milk and another day with ground beef and then one day of just water and repeat. And I did it for a whole year.

**Stephanie:** I did the cabbage soup so many times.

**Leanne:** Oh yeah, totally. What were we thinking, really?

But I think it just comes to a place of if what you're doing feels really good and you have time in the day to love on the people that you love and spend time with friends and not stress about eating out for dinner, I'm not going to judge how you eat or how you take care of your body. That's awesome. But if the diet that you're following is making you go insane and you're having to count everything and you're eating barely anything and you're never hungry, those are signs that you're disconnecting from your body. If you're being told to not listen to your body –

**Stephanie:** We have a problem.

**Leanne:** If you're not hungry enough to eat steamed fish, then you're not hungry at all. That was something I always told myself, "If you're not willing to eat off the floor of a dirty 7-Eleven, you're not hungry enough." That to me triggers me, and I'm done with that.

I think when it comes to diet it's really a space of mentality. If it doesn't make you feel good, it's probably not making your body good, too, because you also need to think of your mind, your well-being beyond what your body looks. Because when you get to be 70, 80, 90, that's the thing that matters.

**Stephanie:** And when you're on a diet - if you want to know if you're on a diet or not, it's when you feel restricted. If you feel that you're restricted, that you want to eat the Oreo but you can't, then that's

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likely a phenomenon of restriction. There're many people that go to that place and that's when binge eating happens. That's the typical woman on this podcast listening is yo-yo dieting.

**Leanne:** I'm a big fan of emotional eating. I love when I'm sad and I choose to eat food that makes me happier. And to know that that's okay – that's totally okay. But it's the consciousness of like, "I am sad. I could do things that make me happy like go for a walk or I could eat this." But just knowing – having that conversation with yourself is huge, but as somebody who binged and purged for years it's that – I mean, there was "I'm not good enough" but there was also just like "I can't have this. I can't have this. This is bad. This is bad. This is bad. I'm bad for eating this." And now it's just "I know that keto feels good to my body but if I go out with my girlfriends I'm not going to be the one to order a salad with extra dressing on the side. I'm going have the pizza but not have the wine. It'll be okay."

**Stephanie:** Yes.

**Leanne:** Like so what? Because the amount of – well, we all know. What happens to me is I go out with friends and everyone's ordering pizza and I order the salad with extra dressing so it's like keto. And then I'll get bacon so it's also keto, and avocado – also keto. And then I'll be watching all my friends eating the pizza wishing I would've gotten pizza. And what do I do when I come home?

**Stephanie:** Voila!

**Leanne:** I eat way more and stuff I didn't even want than if I would've just had two slices of pizza.

**Stephanie:** And get it done and over with, right?

**Leanne:** Yeah. Like just enjoy it. And if you feel like a salad later, have it. If you don't feel like the pizza, have the salad. And that's hard. Like I say, just do it. But it has taken me years to be okay with that. And not eating when I'm not hungry – like we went out actually for dinner last night with my sister and my mom and I just wasn't hungry and so I didn't order anything. And that could be a weird place to be in, too, of just like, "No, I'm not hungry." And we went out for dinner and you kind of feel like you're breaking the rules because you're out for dinner. But you can have nice conversations with people and connect with people outside of food too. It doesn't have to be that you need to have a plate in front of you to enjoy it. It's totally fine, and I lived through it.

**Stephanie:** There're other ways of demonstrating love than food. And for many of us that struggle with emotional eating – I know for me it started at the age of 10. And I was saying that to another guest earlier this week is my dad, at 10 years old, I remember clearly, brought home T-bone steaks. And he looked at the both of us, me and my brother, and says, "That's what you do when you make enough

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money and you can afford good food." And that got imprinted in here. So every time I did something good or I made a lot of money, what did I go for? Food. Because he came from a place of – not starvation but the '40s, so for him it was like a huge success to have food, but he taught me that connection to emotion and food.

**Leanne:** Yeah. My dad – bless his heart – did the same thing with Jube Jubes. Anytime I miss my dad or I just need – especially when Kevin is gone or he's distracted with stuff and can't give me love, I'm like, "I need Jube Jubes, like right now." Like I just need – and really, it's just like – I just need to call my dad and he's always there. I'm just like, "Hey, I need you. I need you Jube Jubes. Tell me story. How's your life?" And then it's fine. And it's okay.

Sometimes I get the Jube Jubes. I'm like, "Shoot." But that's okay. It's ok. But you're right, there's so much – and unpacking that, to even know that that was the instance with your dad with the stakes, how long did that take you to figure out?

**Stephanie:** That was about six months ago. I'm figuring them out as I go. But that's the process, that's the journey of unpacking that.

**Leanne:** And being willing. As soon as you're willing and you're open, your brain starts coming up with all these memories and things.

**Stephanie:** And the crazy dreams.

**Leanne:** Yeah, totally. So it's a journey. It's not like one day you wake up and everything's figured out. I still don't have anything figured out, really.

**Stephanie:** And the book is that, it's your journey and your discovery through the keto lifestyle through your own healing of all the things that happened to you. And I think that's why I recommend the book to everyone because it is so well done from that perspective. And you're going to learn a lot of technical stuff but you're going to learn the other piece as well, the freedom.

**Leanne:** Yeah. Freedom. I'm a big fan of freedom. And you can take this book in so many different ways. I tried to include everyone in this and I understand that some people do need to look at their macros and stuff if they're doing this from a doctor's recommendation and so I did put that stuff in there. And I also talked – there's one chapter on how to figure out your macros, and the chapter right before it is like "macros are stupid". I do see both sides and I do appreciate that.

And I know that for some people that are just starting maybe they don't even know self-care or body acceptance is. It can be really hard to do all of the things at once. So what I tried to do with The Keto

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Diet was kind of see – try to meet you where you're at and also allow you to grow with the book. I'm primarily focused on food preparation techniques because a lot of my books don't focus on that.

And I'm always of the belief that I want to come up with things that are unique to each product. I don't want to rewrite the same book 400 times and have everyone buy it and then be disappointed because they had the same book before. I really tried to make sure that what's in The Keto Diet is not in Fat Fueled, which is not in The Keto Beginnings. If you love The Keto Diet, you'd probably also love all of my digital programs, and they're totally different. And they can grow with you, too.

It's just cool to see the evolution of my different products. This one, it's like if you don't know how to prepare keto food, you will know after reading this book.

**Stephanie:** There's not a lot about the keto you won't learn from reading this book.

We could talk for hours. It's been 50 minutes and typically my podcasts are 30, so that tells a lot. So where can we find you? Where can we find you beyond the book?

**Leanne:** You can go to [healthfulpursuit.com](http://healthfulpursuit.com). You can also find me by just Googling Leanne Vogel. That's V as in Victor, O-G-E-L. And yeah, the book is at [ketodietbook.com](http://ketodietbook.com). And then any social media, I think it's healthfulpursuit or be\_ healthful. Just look for Leanne Vogel, you'll find me. It's hard not to. I've got big glasses. My hair is always changing.

**Stephanie:** You've got a side that's shaved, right, these days or that's growing again?

**Leanne:** It used to be. Now it's long. I take collagen so it grows really, really fast.

**Stephanie:** I know. That's the problem with collagen

**Leanne:** It's so bad. I have to get a haircut every two weeks so this bob thing I'm working right now.

**Stephanie:** And you have a podcast.

**Leanne:** I do, right. I do have one of those. It's just when you have so much stuff you just forget who you are. My podcast is called The Keto Diet Podcast. And I also have a YouTube channel, Healthful Pursuit. So lots of stuff out there that I can't even remember I do, but all of it is really awesome so I hope you'll follow me.

**Stephanie:** Well, thank you very much for being with us and sharing and being so vulnerable. That is commendable. Thank you very much for that.

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**Leanne:** Thank you so much for having me. It's always a blast to hang out with you. Have a good day.

**Stephanie:** There you have it. What a beautiful story. And yes, it's longer than usual but I thought you would love it as much as I did. The length of everything we talked about will be in the show notes, which can be found at [stephaniedodier.com/045](http://stephaniedodier.com/045). That's where you can also pick up the transcript of the conversation between me and Leanne and also a link to join my community where you can ask your question directly to me every Saturday.

Don't forget to head over to my Instagram account where you can take part in the contest of The Keto Diet book and the Fat Fueled program which Leanne generously provided for us to do that contest. You can find me at [stephaniedodier.com](http://stephaniedodier.com).

Now show 46, the next show, another freaking amazing lady who is going to take us down the rabbit hole of craving in a similar way as me but in a much more feminine way and the difference between men and women. And that's Alex Jamieson, the host of Her Rules Radio. So I invite you to stay tuned and check out the release of the next podcast.