

*Stephanie  
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**The Beyond The Food Show  
PODCAST TRANSCRIPT**



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.

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**Stephanie:** This is Episode 50 of The Beyond the Food Show and today we are going to talk about an exciting new project, The Crave Cure Series and also celebrate our 50<sup>th</sup> episode. My name is Stephanie Dodier and I'm a clinical nutritionist. At 35 I was trapped with severe anxiety, panic attacks and obesity and my health collapsed. I needed a solution and the journey began. Each episode of The Beyond the Food Show, we bring you an expert or a message to help you achieve your health goal, unlock your confidence and have a better life.

Welcome to Episode 50 of The Beyond the Food Show and this episode is brought to you forward by stephaniedodier.com. Today's episode is a solo episode. It's just me, your host, and the first thing I want to do is celebrate the 50<sup>th</sup> episode of The Beyond the Food Show. What a ride. I never thought we would be here today. The show has absolutely taken off. I was just looking at the stats before coming on live and we had more downloads in the month of April than we had since the beginning of the show in December because it has been 50 episodes, two a week consistently for the last three months now.

I thank you for your support from the bottom of my heart for all the amazing reviews that I've watched and read on iTunes because, as you know, reviews are the fuel for podcasts or even a video blogger on YouTube because we don't get to interact with you live, we just interact with a microphone and a camera so reviews are like fuel to our engine. What you have communicated with me has been absolutely amazing. The guests and the experience on the guests and the feedback of all of you getting in contact with our guests on the show have been amazing. Thank you from the bottom of my heart, who have supported this journey, this venture in The Beyond the Food Show. I'm so happy to be here with the 50<sup>th</sup> episode.

If you want to leave us a review and you haven't done so, simply head over to [www.stephaniedodier.com/review](http://www.stephaniedodier.com/review). That's going to take you right to the iTunes review section.

So 50<sup>th</sup> episode, a lot of fun behind us, a lot of amazing discovery and amazing messages from some of our book authors or doctors or experts, and now it's time to look forward in front of us, what is in front of us for the next probably 50 episodes of The Beyond the Food Show. There are three core values that I want to be sure are inside of the show and that are something that we live by. Number one is flexibility. I want to give myself permission and I want to give you the permission to ebb and flow. Not just with the podcast but with your life in general, being more intuitive, listening more – and I talk about this all the time, your body messages, your food craving – go away from restriction, from control, because both in the context of the show and in the context of how we interact with our relationship to food, control and restriction only lead to a feeling of deprivation. It's the same thing with me as the host for the show. I need to be able to ebb and flow just like I do with my relationship to food so flexibility is a cornerstone of what's in front of us for the podcast.

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I've got some surprise for you so stick with me.

Number two is teaching and learning. I've come to realize that over the last probably five years of my journey but more intensely in the last three months, I'm much more confident in my role of being a teacher, of being someone that brings you knowledge and brings you a possibility of growth – growth to be a better person – and that's what I want the show to be about. You learning and understanding and discovering new aspects your health beyond the food that you would have never thought of before.

The third value that I want the show to be focusing on for the next 50, 100, and 150 episodes is the holistic view on health, being open to possibility and looking at it from the perspective that you have never thought of. I want all of us to go beyond the food, beyond counting calories and macro. Instead, believe that our health is a wholesome view at our life, not just the food. I want you to be open and I want the show to give you that courage to be open to a different point of view and get out of that feeling stuck in one way because trust me, if it doesn't work the way you've been trying for maybe five, six, seven, 100 times, it's not because you're going to try harder that it's going to work. You have to look at something completely different.

Those are the three values – flexibility, teaching, and holistic view. Based on that, I'm going to bring you more interviews and more teachings from world-renowned experts and authors that you've not heard before. Not because you haven't heard of them – not necessarily – but because you have never looked at their teaching from this point of view, the point of view of the beyond the food. I'm going to ask them questions that are totally different from any other YouTube channel or podcast that you have maybe seen them on and how their teachings interact with both our physical and our emotional being and how interacting with their teachings, their knowledge from that perspective can reduce our craving, improve our desire and get us to achieve our health goal. From that perspective, that's what's coming up for you in the next 50 episode.

As I said earlier, I've got something very special for you, which is our first series of episodes focused on one particular topic. It's called The Beyond the Food Series and the very first one is going to start in the next show, Episode 51 and it's going to be The Crave Cure – Uncover the Secret Causes of Your Food Craving. You know how passionate I am about food craving, right? I wanted to pull together a bunch of, again, different experts, different authors, Ph.D., psychologists, and interact with them strictly from a point of view of food craving where we are going to discover how their own teachings will help us with our food craving.

As you know, if you've been a listener of this show before or you've interacted with me on social media or on my website, you know that I strongly believe that our food cravings are just a message from our

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body. It is a message to guide us towards better decisions, different decisions, new and open ways of looking at our health beyond the food. Now recognizing that for us to reduce our food craving and help us achieve our health goal, food does take an absolute importance. But that's the easy part. That's what is easy. And I know for some of you, you maybe know that's super complicated. Well, maybe it's because we're making it so complicated and it doesn't have to be.

Everywhere I teach it, whether it is my group program, my one on one or online, yes, food is important. You've got a whole bunch of free guidance of that on my website. Now I want to bring you the other aspect of food craving, the emotional aspect and what science is telling us about the connection between emotion and our craving. How is our brain wired and why do we have cravings? What can we learn from them?

I want to talk about addiction with another specialist. I want to talk about the impact of our female hormones on our cravings because there is. I want to take all those different aspects – ten different aspects of craving – bring you the best experts and discuss it in deep dive into the world of craving. And yes, we're I talked about the physical and the science aspect but we're also going to talk about our emotions and the impact of those on our cravings.

It's not going to be woo-woo. For those that are afraid of that, no, it's not going to be woo-woo. It's going to be actual facts and science, where our emotions interact with our craving.

I did some research before starting this project and I couldn't find anything else like it in the world. I wanted to actually model my series or my summit or my conference, however you want to call it, against what somebody else had success with. I wasn't able to find anything. This is a world premiere of an online conference on craving and emotional eating. We've got an amazing list of guests that you can actually go and check out in the show notes at [stephaniedodier.com/050](http://stephaniedodier.com/050) for Episode 50. I've put an extract there of the schedule.

Just to give you some insight of what we're going to have, the next episode is actually with somebody that I recently met, Drew Manning. Some of you may know, he's from the website called Fit2Fat2Fit. He is somebody that went through an absolutely unique experience with food craving. He's an athlete. He's a personal trainer who actually put himself through weight gain – forced weight gain – by giving up all healthy eating habits, giving up exercise and just eating the standard American diet for six months, gained a whole bunch of weight and then put himself through the weight loss journey from his client perspective. Oh my god, what a powerful interview on how his perspective on emotional eating and craving has changed and he is sharing that with us. That's the first interview with the first episode of the series and that's the next episode.

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Then we have Samantha Skelly, From Hungry to Happiness, who is going to talk to us about emotion and craving. Dr. Karen Dustin is going to talk to us about women hormones and craving. I have the world expert on overeating, absolutely renowned in the world of eating disorder, Dr. Carolyn Ross, who is going to talk to us about the difference between simple overeating and actually the eating disorder called binge eating. Dr. Sam Shay, who is a specialist of addiction, sugar addiction in particular, is going to come and teach us about that. Functional medicine practitioner, Evan Brown, is going to talk to us about the impact of stress on our craving.

Susan Pierce Thompson, Ph.D. and also newly New York Times bestseller number one with Bright Line Eating, is coming to talk to us about how our brain is actually wired to eat and trying to fight back is a lost battle. Dr. Will Cole is going to talk to us about the gut and the microbiome and the impact on our craving. Then I have a friend of mine coming, Dr. Adam Nally, who is a podcaster as well with another one of my friends, Jimmy Moore, and he's going to talk to us about low carb-high fat lifestyle as a way of reducing your craving and why it is so powerful and we're going to deep dive into the science of that.

Dr. Keesha Ewers is going to talk to us about nutritional deficiency because that is a real cause of food craving and there's a lot of science to back that up so we're going to dive into it. And last but not least is Dr. McCreery who's going to come to talk to us about our hidden desires and the impact on our hunger from a psychological perspective. She runs a website, Too Much on Her Plate, which is absolutely amazing.

That is our lineup of guests where we're going to deep dive. But most important, and this is where it comes in as a gift to you, solution. Each one of those experts is actually going to share with us three easy-to-implement solutions where you can actually make changes into your life to impact that particular aspect of your craving. Be sure to be subscribed to the podcast to get those all the month of May, all episodes delivered directly to your device, iPhone, iPad or your Android phone, so you can have access right away to those very powerful interviews.

Now the next piece – I said I had a gift for you. Beyond those ten amazing interviews from The Crave Cure Series, I am going to release as of today a new book. It's a free guide called The Crave Cure – Discover the Secret Causes of Your Food Craving, the read-along guide to this ten series. That guide is absolutely free. I'm putting it out there because I honestly feel that this information should have been taught to us probably in our early teenage years. Right after our school system has taught us how to eat – whatever point of view you have on that – after we've been taught how to eat, the next piece should have been our relationship to food. Most particularly for women because we are emotional beings, learning that piece would have prevented us so much – I don't want to use the word misery but so much sadness, so much interior conflict in our self, low self-esteem and body image, because we do not know

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how to interact with food and what it should actually be and how to get there. That's what The Crave Cure Guide is all about. You can go right now either in the show notes – if you're watching from the website, you can scroll down, click the link, and you can download it. If you're listening to this or you're watching it via YouTube, you can go to [stephaniedodier.com/cravecure](http://stephaniedodier.com/cravecure), click the button, enter your name, your e-mail, and we're going to send you the PDF copy of The Crave Cure Guide.

This is not a quick fix. If you're listening to this and say, "I want the magic pill, I want the one way that I can crush those cravings and never have to deal with them again," this is not the book for you. Don't go and download it because that's not what it is. This is an approach to understanding your cravings so you can learn from them and then implement action into your life that will give you total health so you can achieve your health goal. If it is weight loss, you will only achieve weight loss once you're healthy. This is a guide that will get you there by teaching you how to listen to your food cravings.

There's a lot. We have The Crave Cure Series, which is the interview with the expert on the podcast starting the next episode. I want you to go and download right now The Crave Cure Guide and I want you to start reading it before we release the first episode so you kind of have an idea of where we're going with this. But the last piece – now I'm giving you all this stuff but I want you to do actually two things with this for me. I'm asking you for two things. You're going to see that's pretty easy. Number one, I want you to subscribe to the podcast so you can get the series delivered to you to your device, to your YouTube channel. If you're listening to this, subscribe into iTunes, on the YouTube channel as I said, subscribe to the RSS feed. Whatever you're getting this information from, subscribe so I can deliver to you starting in three days for the next ten episodes so you don't miss out anything because they all connect together.

Two, go get your Crave Cure Guide, totally free. Download it and start reading it. As you listen to the episode, you can then start selecting the different actions you need to bring into your life to reduce your craving.

The last piece – actually three asks. Now that I'm thinking of it, it's not only two, it's three. The third one is the most important. I want you to share this with three other women in your life. As I said earlier, it is my mission to share this information with the world. I want millions of women – if I can, every single women on this planet – to know what I'm about to teach you. For that, I need your help. I need you to engage with three other women in your life that you know or that you feel need this information but have not yet got this information. I want you to think about your mother, your daughter, your girlfriend, your cousin, your coworker, and think of three women that can take this journey with you for the next month and invite them to join you.

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I don't want you to impose this information on them. I just want you to be the channel into which they can hear it and decide if it's for them or not. If they're ready for it or not – if they're ready to stop complaining about food, complaining about their craving or complaining about their weight and actually take action, that will deliver them results. There is a very easy way for you to do this without creating negative feelings – and that's the important piece. Especially with women, sometimes we can be slightly difficult. I've put a tagline in the show notes, a way of inviting other people, and I want to read it to you because I think if you approach three other women in your life to take this journey with you, with that line you will have success, you will have people wanting to join you.

Very simply, you will share this episode. If you're listening from your phone, you can hit the share button. If you're listening from the website, click the share button again. If you're listening to YouTube, again click the share button and send a quick e-mail to your three friends. You can say something like this, "I'm going to take part in this online conference, Crave Cure, and I'd like you to join me. I'd like you to take this journey with me. Stephanie is providing the free episode in the book and I want to share this with you. Check it out and let me know what you think. With love, your name." As simple as that.

I want you to share this. Invite them to take the journey with you. Think of it as a book club, for those who've been part of a book club, where once every couple of weeks or every month you sit together and discuss a topic. That's what I want you to do with The Crave Cure. I want you to listen, educate yourself and then share with your friend and help each other through this journey of listening to your craving, of listening to your body to make you a better person. I'll be the teacher, you'll be the student and you'll have your own little group, little posse of women, that will take this journey together.

That was so a lot, right? Repeat. We've got The Crave Cure Series on the podcast or via YouTube. We have The Crave Cure Guide that you're going to go and download. Then you have to share this with three other women so you can take the journey in the month of May together.

I hope you enjoyed this episode. If you did, I want you to go and leave a review right now, either, again, on YouTube – I want you to put comments below the video. If you're listening on iTunes, I want you to leave a review, go to [stephaniedodier.com/review](http://stephaniedodier.com/review) and tell me how I can help you. Tell me if you have a particular expert that you would like to see in upcoming shows – maybe not part of The Crave Cure but upcoming show. It will be my pleasure to investigate if I can get them on the show. If you have any solution that worked for you that you would like to share, I want to hear from you. Go leave me a comment somewhere on the show.

For people who do go to iTunes and leave a review, that will help boost the show to highest ranking. Again, you're helping me get the message to the world. I really appreciate your help.



**TBTFS050-**

**The Crave Cure Series-**

**Discover the Secret Causes of Your Food Cravings**

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Again, the show notes can be found at [stephaniedodier.com/050](http://stephaniedodier.com/050) and that's where you get the link for everything we talked about today. You have it. I hope you've enjoyed it. I will see you on Episode 51 where I have Drew Manning as my guest from Fit2Fat2Fit. He's going to be an absolute open book of sharing his journey of gaining 75 pounds and losing 75 pounds and discovering this whole world of food craving.