

Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host, Lucia Hawley, and I'm a Certified Nutritional Therapy Practitioner with my Master's in Social Work, Clinical Mental Health. I've lost 80 pounds and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet, trying to get there. If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is the podcast for you. You'll learn how to make the radical changes you only dreamed of, 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

What could be really helpful this week is coming back to the idea of not only coming back to basics, and I'll go through what some of the basics are, and the lean and liberated method, the stuff we talk about here. But also the idea of coming back to your basics. And this is the thing that... I don't want to preface it with saying like, this can feel like, it's like pulling teeth, but one of the things that I think that can differentiate doing this type of work, than feeling like it can be easy to default into that dieting cycle, is that the dieting cycle... And if you ever need a refresher, we have a whole module on it, on that whole cycle, what those roots of diet culture are. But I think something that can differentiate a process, so it's a bit more emotional than the dieting cycle, is that inherently in an emotional cycle, and this is not part of the back to basics, but I just want to mention this. When we're separating ourselves from that dieting cycle, it's going to take mental work.

And so this is where I think sometimes it can be easy to say like, Well, wait a second. I've got a full plate. I don't want to do one more bit of mental work, which is, in the short term, totally self-preservation. If you have a lot to do, it makes sense that your brain is going to say, Don't do one more thing. But I just want us to flip the script this week as I start to talk about a little bit of what I have written down or I'm coming back to basics. It's really getting curious. Okay, if I'm going to come back to my basics, what happens if I allow myself to give myself the shift of the reframe, that it might feel more difficult in the short-term to identify what I need, intrinsically versus extrinsically. And that's a big difference between diet and culture and being self-led with your own habits and choices. Diet and culture will say, Look out here, we've got all the answers.

A lot of what we do here is saying, "Oh my God, we have the answers within ourselves." It's not, "Whoa bananas." It's actually just meeting our own needs with where we're at. So really getting curious, okay, if I'm going to come back to basics and I'm going to come back to my own basics, will allow myself that in the short term, that might feel hella uncomfortable, but can I allow myself just enough time to be able to move through that discomfort of it being new or different into the territory of it being a very rich and authentic way of moving through life? And of course that's like big ripple effect when we're talking about weight loss here, but how we do one thing. And if you've been on these calls recently, you've probably heard me say this, how we do one thing is how we do so many things.

So how we can be approaching weight loss or feeling like we get started, and then we stop and then what's happening, OMG. Oh, it feels really good and then something else over here... All this stuff. This is such a beautiful time. I think there's actually a big silver lining here. If any of you, and you can put in the chat, if you're like, "Yeah, I'm feeling stressed out right now." If any of you are feeling stressed out, can we flip the script? Not to be like, Well, I got to persevere and just be the person who burns the candle at both ends. But can we really identify, Man, if I am feeling so stressed out right now, what would I like to do in order to be more of myself throughout this stress? Because life is 50/50, right?

So we're going to have days where things are really beautiful or trucking along, and then we're going to have the hard days. So no matter what, I think when we come back to this idea of coming back to basics, it's those basics that can serve us through the days where we're like, Hell yeah, things are rocking and rolling, and also through the days where we're like, Whoa, I did not anticipate that. I did not expect that,

whether that was more personal or more of the world at large. And I haven't even gotten to the basics, but because I think that this is such... I just have been amped up today before this call, I think it's so important because if there's anything that 2020 has shown us, it... oh, oh, hopefully my connection stays stable. Let me know if there's ever any issue, just tell me in the chat.

If there's anything that 2020 is showing us is that there is always going to be a whole lot of stuff that is not within our control. And so if we'd like to, we could continue to spin out about that or we could use that as a sign, an assigned post to say, All right, that is not within my control, but what is and how would I like to navigate with what is within my control? I think there are always these powerful ways that we can have these reframes that help us come back to ourselves. Okay. So here's some of the basics when it comes to what we do in this lean and liberated method program, etc. I just want to read off a couple, okay, just as a reminder.

Number one, we engage in belief work, right, which is what all of that preamble just was. And it's not to be like, wow, the world is butterflies and lollipops and things are so nice and wonderful. You can engage in belief work and also be, wow, this is a hard time to be in. And I think that's the beauty of the belief work, right? We're starting to recognize that our thoughts are our realities and we do that within the scope of weight loss. "Oh man. Okay, I'm choosing to hop on the scale." My thoughts are telling me a whole lot of things about what that number means, right? Or when we're looking at building a plate or when we're looking at making our 24 hour plan, right? We do that work and then we notice, well, what thoughts arise when I make these choices? Or when I feel like I'm not making a choice, or when I feel like I'm up against something hard within myself. This is all beautiful opportunity to be really noticing, What am I thinking.

And from there, that's why I'm always encouraging that journaling. When we're in that place of recognizing, What am I even thinking, that's when we can start to separate our thoughts from those circumstances. Because circumstances that we might be within and I use a scale, clearly you all know you don't have to be using the scale in this program, but if you do choose to, there's a certain framework around that. So we can really start to say, it's so much less about the number and what's happening on a scale. And there's so much more about what we're thinking because the scale itself is neutral. It's a circumstance. It reads something about your gravity in your body and that's about it. But we like to have a lot of thoughts around that.

So anytime we're making different choices, what we're really doing is that we're inviting the opportunity to identify, What are my thoughts on my circumstances? How do I feel about those thoughts, right? What are those thoughts reinforcing in my life and how would I like to do a pattern interrupt in essence? It's a lot of what we're doing here. But we're making that pattern interrupt from a place of love, which can feel real hard sometimes. Okay. So that's the belief work that we do in this program overall. It's why the journaling is very helpful because we can start to identify what are my micro thoughts. Not even maybe some of the thoughts I'm really conscious of, but also what are some thoughts that are leading to certain feelings, certain actions I'm taking from those feelings and the results I'm getting from those actions that are reinforcing the thoughts? What are my subconscious thoughts? Or maybe just less than conscious thoughts. That's a lot of what that journaling is doing as well, that we're starting to notice and pull themes from our actions. Okay.

That brings me to the 24 hour plan. I just talked about that. So when we're making our food choices, what are the things that we can be doing in order to choose foods? Now we want to be eating, which is very different than the diet and culture, right? What do I want to be eating and can I plan to do that the day before? Because I know myself. I pretty much know my appetite. I know what's going on. Or the morning of, and can I double check that when I make that food plan, that it's actually, if I were to rank it on a scale of zero to 10, it's actually an eight or a higher. And if it isn't, if it's a seven or a lower, we have

to do that work of really addressing well. How can I keep this basic? Meaning, what would I like to add in? Usually it's adding something in. Because often from that dieting cycle what's happening is that we want to make the food plan. We want to make it look really beautiful, right? Like, Oh, it's really perfect.

And what we can start to find over time is that we get to create our own flexibility, our own inherent flexibility. Okay. So that's the belief work, that's the 24 hour plan. The fasting we use as a tool, we both use it as a tool to start to understand our hunger signals. Often many people can not feel quite in tune with what hunger is, how hunger can be different than starvation. How there is a whole spectrum to what we're feeling physically, the difference between stomach hunger and [inaudible 00:10:06] hunger. So we use that fasting in order to start to create a relationship, both with our bodies and with our hunger cues. And then when we're consuming our foods with our satisfaction cues, right?

So those are a few of our basic tools. So I'm just listing these off because it can be really easy right now to be like, yeah, [inaudible 00:10:26] and get like 15 steps ahead or make the big plan that's going to save us through the holidays. There's a lot of loving intention where that comes from. But if we want to come back, we have some really basic tools that we can be driving from. Okay. In terms of the other basics, I have two more and then we'll open it up to seeing some wins. I'm seeing some nice typing here. Okay.

So next one was choices, nutrition choices, right? We're talking about, well, okay, we're eating the foods that we want to be eating. We're also having some foundational learning around, well, how does digestion work? What's going on with my blood sugar levels? How would I like to be making food choices that support me emotionally, physiologically, and spiritually? So not only talking about what my stomach is hungry for and my mouth is hungry for, but those other food choices that help me feel like more of myself by the end of the day. Right. And on top of that, also defaulting to, if this is new information as well. Because a lot of you have a ton of nutrition information, right?

So the last basic step that I wanted to mention is leaning on that Build a plate module. If that's something that you're like, well, how do I create sustainable food choices without overthinking it, there's that super simple technique to be understanding, well, how would I like to compose a plate. That in general is supportive for blood sugar regulation and in general is supportive for digestion and digestive function. So that's the back to basics. It's all I wanted to talk about today because, y'all, it's going to be a weird season.

It's already been a weird year. We can bank on that weirdness and say like, Okay, great. That's going to be going on there and I'm going to be feeling effects from it. And as well, I get to carry on, not from a place of being static or in a place of reaction, but just understanding that life is going to be lifey. So why not create less friction there and why not say, What can I do with ease? How can I start to break down anywhere where I feel like I'm adding a lot of steps? What can I do to come back? Okay. So let's look at these wins.

Okay everyone, that's all for this week. Thank you for listening to this full podcast episode. If you want more of this information every day, instead of just one podcast episode each week, consider coming over to Instagram to hang out with me. I'm LuciaHawley\_ over there. That's L-U-C-I-A-H-A-W-L-E-Y\_. One more thing before this episode ends, please consider leaving a review of Devoured on iTunes so we can keep spreading the word. And together we can offer this free education, empowerment, and liberatory nutrition principles that will change more lives. If you're someone who likes to empower other people, then please consider sharing this podcast with friends and family. And by leaving your review, it makes a world of difference.