

You're listening to episode 158 of the Devoured Podcast. Welcome to Devoured, the podcast for women like you, who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time, from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols, and instead step into living your life on your terms while losing weight in the process, you're in the right place. Party people, hello. Welcome to the show. So pleased, so honored, so happy you are here. I hope your days have been going so well. On today's episode, I asked for y'all to vote on a poll in my Instagram stories, all about the subject that you wanted to hear this week. And I gave you a couple of different options and the option, it actually surprised me, which one you wanted to hear more about until I was like, well, yeah, duh, it's been a while since we've covered this, you wanted to hear what the heck is up with flour and sugar when we are looking to lose weight.

And of course, when I talk about losing weight, I mean, talking about losing body fat. When we're looking to shift our body composition. So, this episode could be an hour long, if you'd like to hear all the ins and outs about how flour and sugar work in our bodies physiologically. Flour and sugar has an effect on our blood sugar regulation, it has an effect on how we absorb and use minerals, it has an effect on our mental health, our wellbeing. But if you were to consolidate and condense down all the bits and pieces about flour and sugar from a physiological standpoint, here is what I would like you to know. Flour and sugar are pro-inflammatory. It is more difficult to lose weight easily without having to over exert your brain while you're losing the weight.

When we're opting to put our bodies into a pro inflammatory state, flour, sugar, and highly refined vegetable oils are the three most pro-inflammatory food substances out there. Now, then, in *The Lean and Liberated*, what I teach women is the spectrum of foods. There are no good foods and bad foods, there are foods that act differently in our bodies. Flour, sugar, and the refined oils, since I mentioned them, are all high energy foods, meaning they give us calories and calories are just a measurement and a unit of energy, nothing wrong with them. They're high energy foods that our body has to work very hard to process because they are low in nutrients. They have not much nutritional value aside from the fact that they're a big hit of calories.

And this is why, from a public health perspective, I would like to say, there's absolutely nothing wrong with flour and sugar, because there are still way too many people out there who do not have access to enough total calories. We need to make sure that if there are products that are more processed, but they are shelf stable, they're readily accessible, and they can be given to people who are not able to live their lives effectively because they are truly underfed. Of course, the best thing would be to give them totally nutrient dense food options. But I can never say that flour and sugar are bad because they are calories that are edible.

However, when you are looking to lose weight and you have the privilege of having an abundance of food and food choices, and you have the privilege and the honor that you perhaps have created for yourself of understanding and educating yourself around food quality. In addition, just to the food quantity, this is when we can have a conversation. What's up with flour and sugar when you're losing weight? When you are thoughtful about it and you combine all the factors, what you'll find is that weight loss will be much easier when you reduce and or drastically eliminate flour and sugar. Now, do not go run out the door and feel bad about the flour and sugar that you're eating. Here's why. What I teach in *Lean and Liberated* is what you'll find helpful here, and this is what I do.

You make your 24 hour plan, and you include the foods that you have indexed in your mind because you are a smart bomb ass woman who is in charge of her life, who is making decisions, and then following through with them in herself integrity. You make those decisions, knowing all that you know about food and nutrition. You are not kidding yourself, that having huge bowls of cereal for every meal of your day

is going to feel good because it just can't, because you do the work of understanding what your values are. And most of the time, everyone in there has a value of feeling good, of having their health feel abundant. Well, if we're primarily consuming or feeling the urge to consume foods that are highly nutrient devoid and are pro-inflammatory, they're more difficult on our bodies, that stops being the decision that makes sense.

So, simply by bringing loving awareness and bringing all the information that you already know about food and nutrition. To journal, what you'll find is that your nutrition choices that include flour and sugar and the refined oils too, are downgraded because eating a muffin, let's say, that is just a whammy of flour and sugar, there's nothing around that except good things. But you have to attenuate to that by choosing to show up to that muffin intentionally. And that is what is up with flour and sugar. You can, of course, eat flour and sugar while you're losing weight. You can of course lose weight, only eating flour and sugar based products. In fact, there is a dude out there, more than a dude, I want to say he has his PhD. He's a teacher, some wonderful echelon bear, I will find him and link him in the show notes, who has proven that if you just eat within the caloric range that promotes fat loss, body weight loss, you can of course achieve that while eating low nutrition foods.

So, you can lose weight while eating Twinkies, Little Debbies, flour, and sugar, paleo baked goods, all of those are flour and sugar too. The difference that I want to make sure that all of you understand this week is that we have to take the emotions out of flour and sugar, not to say, "Oh, I can never enjoy it. That's how I take my emotions out." That's a statement that's riddled with emotion. We got to talk about that, if that's how you're feeling. No, the beautiful thing becomes when we feel so empowered that of course we will eat the muffin or two or three, and we will simply understand, I know my body, I know my choices well enough, but I know how this is going to affect me. And if I don't, I can either choose to wait to try this food experiment of intentionally eating one or two or three muffins, or I can do it now and give myself the space and opportunity to see what happens.

We will have different biological, functional needs. So, some of us do seem to tend to tolerate carbohydrates that are a little more processed, more easily than others. I'm not one of those people. I don't tend to do well with carbohydrates, unless they are in their more natural form. They're mixed with water content like a fresh vegetable, even a fresh starchy vegetable, like a potato, and they naturally have their fiber. They have the other parts of them that blunt the blood sugar response that we can have. I'll also link in the show notes my episode all about blood sugar regulation, because it'll make this conversation make even more sense if you have not heard about blood sugar regulation yet at this point.

So, please, if you are looking to lose weight, do not shoot yourself in the foot by trying to eat low calorie, low nutrient, and highly inflammatory foods and wonder why you feel like bullshit. My question to you is, why not invite in for yourself the different and expanded viewpoint of offering yourself from abundance plenty of nutrients, and offering to yourself plenty of flour and sugar when it makes sense for you and your goals? What you will find is that this then shifts the conversation from all or nothing, "Oh, my God, never eat flour and sugar," to like, "Oh, my gosh, I feel like I'm overeating eating it, but I restrict it, and then I don't know what's happening." We have to dial down the volume on that conversation. Those thoughts do not serve us.

The thought that can serve you are thoughts like, "When would I intentionally really enjoy having a food that is maybe more processed, but I feel because I'm so in integrity with the choices I am making, it's still going to serve me. Let me plan that in for myself." When we approach food in this way, we take the drama out of it, while still allowing the full emotions of it, that is when weight loss continues to be very powerful. So, too long, don't read, flour and sugar are stressful on our bodies. We can of course lose weight while we're stressing our bodies out. We see that happen all the time. If we would like lifelong

weight loss, usually what that means is that we lose weight in a way that is in accordance with our values.

Most of us, most of the time, have a value of enjoying how we feel for the majority of the time. Most of us tend to find that the reality of our lives then is that we tend to dial down, engaging and eating flour and sugar and refined oils to be more sparsely done. But that doesn't mean it doesn't happen. And the times that we derive the most pleasure from that flour and sugar is when it's intentional. So, why not practice being intentional of flour and sugar, versus what many of us practice, which is sitting in confusion? We practice saying, I don't know and then we drop the subject and move on and we buffer and we numb ourselves, and then we wonder why we have the same problem the next day. Do you see here, what this beautiful question gets to bring up for us?

It gets to bring us to the gray area of this liberatory process. One nutrition person will tell you never eat flour and sugar, another will say, of course you can lose the weight only eating flour and sugar. Those both can be truths and we can cultivate our own truth by recognizing that there is gray area in all of this. How I handle carbohydrates is different than someone else. How I feel emphasizing protein is different than someone else. The amount of fiber that I enjoy eating is different than someone else. Instead of finding that to be deflating or defeating, we get to flip the script and say, "Wow, isn't that so cool." So, I actually have every opportunity to ask myself if I'm losing weight and I'd like to lose it in a way that is even easier, even more streamlined, how can I turn the volume up on that?

What does that then show me about how I'm integrating flour and sugar into my life right now? What are the thoughts that I'm thinking? What are the things that I'm believing about my relationship with food that is reinforcing a feeling of stuckness or is reinforcing a feeling of liberation? Because all of this conversation, the end goal is to have your life be designed by you, given the realities and the truths of being in a bag of humanness, which is your body understanding your own truths. Tuning into those, grieving them, celebrating them, being different, and allowing yourself to proceed forward because of it, not in spite of it. Not being blocked by it, but rather sinking in to even more youness.

You might have an autoimmune condition. You might have a different story. You might just be really unique and different. I want you to honor that this week and really start to dig in, how am I creating my proof of my own liberation? How am I moving out of self-preservation into self-expression? How am I giving myself the opportunity to make this simple? When we practice those thoughts and show the other thoughts, "Oh, my God, flour and sugar, this and that," just know, flour and sugar are stressful on our bodies. It can be as simple as that. And they're stressful because they're pro-inflammatory, for all the reasons I just shared. When we approach food in this way, you will find over and over that it is radically simple. Radical simpleness is not radical ease. The ease is the part that we work on. The ease is why we do the fat work.

The ease is why we do the belief work. And when we have that powerful combination come together, we are unstoppable because we are tuned into our bodies in their majesticness. And that, my friends, is a huge foundational part of actually living sovereignly in your liberation. So, I hope this episode was so damn helpful. Go ahead and take a screenshot of the episode in Apple Podcasts or wherever you're listening to it, tag me, post it on Instagram. I hope you all have such a wonderful week and I'll see you on the next episode. Did you know you can find more support from me on my website? Go to Lucia Hawley, L-U-C-I-A H-A-W-L-E-Y.com to connect.