

You're listening to episode 161 at the Devoured Podcast. Welcome to Devoured, the podcasts 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.

Oh my God, party people. It is so humid in Minnesota. How do you do it? Hi, my name is Lucia Hawley and I am a former Minnesotan and I hereby affectionately give up my Minnesota title. I will keep the accent. I'll keep the conversation about the weather, but I will gladly, gladly give up the thick blood that gets us through the winter. And I will give up the desire to ever set foot outside in the summer when it is humid. What's up party people? I am Lucia Hawley of course. And welcome to the show. I am currently in Minneapolis, Minnesota visiting my family for a little bit of time. It has been so lovely and so wonderful. And also we RV'd out here, which was a super cool trip. And we saw the largest Buffalo, AKA bison sculpture in the world. So that was pretty cool on the road trip out here.

But you all, we got into Minneapolis the same time that there's been this heat wave. And let me tell you the humidity and heat is such a different combination. It hits, does it slap? I don't know, factor cap, what TikTok words. Huh. But it is so funny being here with its humidity compared to Oregon, which is so lush for so many months of the year, until you hit the summer. And in Oregon things completely dry out. There's no humidity. And I suppose I am a creature of less humidity because I find that this glisten, this glow that we have here because of the humidity has got to be really good for our skin. But you all, I'm sticky. I'm so tired of being sticky.

Hi, this is a really, really exciting episode because I just want to like, sometimes I have these little quickie episodes here and there, but this week, maybe this will be a quickie to. This week I just want to give it to you for real around metabolism. I've completely chatted about metabolism before. And I just need to tell you all that if you are stuck in chronic dieting cycle, you are throttling your metabolism. You are shooting yourself in the foot. And I just need to be straight up and honest about that because what is the point of beating around the bush anymore? Like for real. Maybe it's because I'm sticky. Maybe it's because I'm just hot and there's so much humidity everywhere. But what is the point? If you are feeling like you're having a hard time losing weight, I really need you to ask yourself the question, am I actually eating enough food? Am I eating enough food for my best version of my best life? If the answer is no, then you have your work cut out for you.

Now listen, at the same time that you can be asking, am I eating enough food? We could also be eating too much food at night, which is often the case, too much food on the weekends, and too much of an imbalance of macronutrients. We are not forgetting here on the podcast, in Lean and Liberated. In my program when I'm with clients, we are not forgetting of the realities of our bodies. So what is the reality of the standard American diet? We're eating too many processed carbohydrates in combination with too many processed fats. And for the most part, really a huge inadequacy of protein. Listen to that again if you need to hear that again.

Macronutrients matter, calories matter. But I hope if you're newer here, I hope you go back to them other episodes. Like this is a banger of episode to be starting with. But also we can't forget those truths of nutrition. And then also we can't forget the truths of the emotions around how we feel about macronutrients, around how we feel about calories, around how we feel about our bodies, ourself, right? How we feel when we're sitting, when we're standing, when we're sleeping, when we're talking with people, when we're doing our work. When we're thinking about the future, when we're thinking about the past, when we're trying to avoid the present moment.

If your throttling your metabolism. My question to you is how is that serving you? And now this is not like, how is it serving you in terms of like a sarcastic way. Truly, how is it serving you when you throttle your metabolism? And by throttle metabolism, what I mean is under eating to such a degree that your body is no longer responsive to less under eating, meaning you're eating chronically too few calories and you can no longer easily or readily, reduce your calories even more because your body is already down regulated its metabolic output. Meaning it's getting so little food that it's saying, okay, I'm going to have fewer housekeeping activities. Okay. I'm going to give you big cravings for more food because I need it. Okay. I'm going to have you fidget less. Okay. I'm going to have you want to sit around more.

A throttled metabolism can be understood by symptoms alone, by signs alone. And this is a missing piece in diet culture. It tells you, oh, just eat less until you get to that weight that you want get to. And we know that that doesn't work because yes, calories in calories out count, but they count on the foundation of a stable hormonal platform. And if our hormones are out of whack because of emotional stress, spiritual stress, right? Like existential crises, guess what? Those affect your weight. You can't tell me they don't. Go have an existential crisis and notice what happens with your weight. Okay.

The things that we think, the emotion that we feel influence our actions. And the more aware we become of our thoughts, and our feelings, and our beliefs and where we feel them in our bodies, where we store them, how they interplay with the actions we're taking in our lives, the more aware we're going to be of how we would like to shift things if we would so like to offer ourselves a shift. And so when I say and use the term, don't shoot yourself in the foot with a throttled metabolism. What I mean by that and what I mean by saying, how does that actually serve you? Is what if a throttle metabolism has been serving you because it's been keeping you from living your best life. What if it's that very comfortable, I don't want to say excuse, but what if it that's very comfortable reason for not going out and trying new things?

What if that's not a bad thing? What if that's just a beautiful truth that we can sit with if it resonates? So what. What if we just need to grieve that fact. Right. What if we've put so much pressure on ourselves from diet culture and beyond about how we should be, what we should be doing, what we should have. And what if that entire time we've been interacting with our lives and our bodies in a way that reinforced that by keeping us at a distance from the things that we think we can't have, but that we should have. Does that make sense? What if by throttling our metabolism, by down-regulating it and then wondering, and getting in a tizzy. Why can't weight loss work? I barely eat anything. I can't eat any less. That's your answer. You can't eat any less. You're right. I teach fasting in Lean and Liberated, but we don't fast our lives away. We leverage fasting. We have fasting as a tool to help us understand, dammit, I'm hungry. I'm going to eat. Dammit, I'm stuffed. I am done eating.

It helps us to delineate our lives that we live with food and without food. And that can happen with a eight hour fast. That can happen with a 12 hour fast or longer. We don't have to do long fast to reap the benefits of emotionally, what comes up for us when we turn the volume down on the eating just long enough to get a lay of the land. I'm feeling very passionate about this because, Oh my gosh. Oh my gosh. It is something that like, I know quite a few of you have thyroid considerations, whether it's Hashimoto's, or you've had a thyroidectomy, or you have hypothyroidism, you have some form of something going on with your thyroid that often, or more times than not, it's presenting us like hypo thyroid, like underactive thyroid. So if you feel like you have some of those signs that I just described a couple of minutes ago of a throttled under downregulated metabolism, the fix is more food.

The fix is more food and the fix is more food. The fix is not likely a keto diet, nor is it a high-carb vegan diet, nor is it anything with labels. It's not about cutting out all processed foods forever. It's not about vowing to only eat unprocessed foods until the cows come home. It's about you allowing yourself the possibility of having more. And that right there, you allowing yourself the possibility of having more

could be the very thing that your brain, your subconscious, your beliefs, but up against. And they're like can't, no way. That is the least safe thing for me to have more. Conceptually, it can be like well, yeah more, more money. That sounds great. More friends. Sure. What a party.

But logically and emotionally, we can have two different stories going on. So logically we can understand more could be great. Oh yeah, more food would give me more energy. Then I could have workouts that feel really fun. And I feel rested and recovered. That would mean that maybe I would choose more movement just for fun, because I actually allow myself for the movement to be fun instead of it always being drudgery, because I'm always under nourished and fatigued. But I'm pushing through because I have to do the workout, et cetera. If it feels like having more is the least safe thing in your life from that deep seated belief, like if you feel challenged by me saying, you can have more. If you're like screw you or if you're hopping off the podcast right now, I invite you to wonder why is that? What do you believe about having more?

And if you believe yeah, but Lucia, if I have more, that means I'm going to gain more weight because that means I'm going to go off the rails. If I really truly believe I can have more, won't that mean that I'm going to eat everything in the cupboards? Or if you mean that can have more and I can go buy foods that I don't allow in the house. And then those are going to be in my cupboards. And then I'm going to go eat more. I want you to wonder, what do I really believe about having more? What do I believe about myself having more? I'm going to have 30 seconds of silence on this podcast right now so that you can spend time without having to fiddle with like a play button and a pause button, without having to go get a journal or pull up something on your phone. I just want you to think the thought and have the question, what do I believe about myself having more? Ready. Set. Here's the 30 seconds.

Okay. That was 30 seconds. What did you notice? Sometimes when we're coming into communication with our deeper beliefs, I also want to offer to anyone who this resonates with, you might not have a thought around that belief. That belief might just be a feeling and that feeling could be anywhere in your body. It could be big. It could be buzzy. It could be small. It could be tight. It could be open. It could feel like you're falling through a manhole. It could feel freeing. There's no wrong way to experience a belief. It could be a video or an image that came to you in those 30 seconds. It could be colors. It could be a memory. It could almost feel a little bit like a dream, like you know what dreams kind of look when you're recalling a dream, it's kind of like you're recalling a movie that was played in a way. Our belief present in so many different ways. There's no way that you just got those 30 seconds if you did that wrong.

So it might not always be like, oh, my belief is insert X, Y, and Z. The belief might be presenting itself as a visual, or something in your visual field, or as a reference, or as a memory. I want you to honor with yourself, if you just did that practice, you just did it fully and wholly. And that was beautiful. I want you to thank yourself if you would so like, for allowing yourself the opportunity just to give that a go. Because here's the cool thing. There's nothing to do with that right now. If you did that and you had an experience or something pop up for you within the container of this podcast, it doesn't have to be this to-do list of like, oh, I discovered that belief. Or oh, I got to figure that belief out. Right? Because I discovered it. Now I need to investigate it further. I've got to get it taken care of. You don't have to. It can just be. That is literally the work.

The work is allowing ourselves to dip in and out of seeing these beliefs, the ones that are really telling us how to live through our lives, right? The belief is not a diet that looks good on paper that we do for a little bit and then we stop. That's not a belief. The beliefs are what make us do the diet for a little bit and then stop. And then leave us scratching our heads wondering, well, why did I stop? I stopped because of a deeper belief. The thing that your body is saying, this will keep me safe. So if you feel a confrontation with saying, I can have more, I want more, I deserve more, I can be more, allow that to be okay if there's

a confrontation there. There is no rush in any of this work. There is no rush in coming to a potentially throttled metabolism. It comes back to what it is that you desire in your one beautiful life.

If you desire to play with that throttle metabolism, awesome. That is so available to you. If you desire to continue to have a throttle metabolism, awesome. That is also very available to you. You see these are the things that I want all of us just to like, be with it and saying there's no good or bad. When we really feel safe in that, there is no good and bad. It just all is. When we start to develop that safety around that conceptually, it really is. Cheesy poofs are safe. Kale is safe. Breakfast is safe. Snacks are safe.

When we started to come in to safety around whatever crops up for us, right, that's when the radical work can be. When it becomes safe to grieve a childhood or to celebrate a childhood. When it becomes safe to be tired and to have energy. When it becomes safe to speak our minds and also to be quiet. When all of this becomes safe, I really think that is when our metabolisms are going to respond. Because they are already telling us a whole story. And we'll understand the punchline or the storyline of that story that they're telling us when we listen. And so if you're feeling like there's a barrier between you listening to your body and what it's really saying, did that shift with that practice just now? What was that like? Take a screenshot of this episode as you're playing it and take me over an Instagram. Let me know that you gave that practice a go. And tell me your thoughts. I'd love to be in connection with you. I'd love to know what came up for you.

This is a practice. This is the work, and this is okay. If this is work that is resonating with you, I want you to honor if you would like, that it's okay for your time, and your love, and your attention to be on this. Because there's no way to mess it up. That's a beautiful thing you all. All of this is a practice of self-love. There's no right and wrong in self love. How freeing is that? It's always an invitation. It is always safe to love yourself even if your body has deeply seated beliefs around it being safe or not safe. That's okay. It's safe for those beliefs to be believed. And if we would like to create shifts, we can start to investigate and bring curiosity, bring wonderment, bring awe into all of these conversations. So I hope this podcast has found you so well. Thank you for listening and I will catch you all on the next episode.

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