

You're listening to episode 173 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.

All right, my friends, my party people, my pimple poppers. Welcome to the show. So happy to have you here. What are you doing here? Fancy meeting you here. Listen, we got to talk about hunger and we got to talk about satisfaction. So in lean and liberated, first off, let me tell you that your body has been designed most exquisitely to offer you something called hunger, and to also offer you something called satisfaction. Your hunger is not just a physiological process, your hunger is also going to include your brain, your body hunger, you brain hunger. Your brain is in your body, and your brain can think a lot of thoughts and your body can experience a lot of feelings.

In addition, your body is also going to experience sensations. So when people, women, come to me and work with me, something that is very common is that half, not half, but like a portion of the people feel very uncomfortable experiencing hunger. There's a lot of feelings that are associated with that feeling of not having food in their stomach. And I resonate with that. I notice a theme that came to me a couple years ago that I started to notice it, was that when my body had less food in its stomach, there was more opportunity for things like indigestion, for a sour stomach, for acid indigestion to arise. And so, pretty unconsciously I would make sure, I wasn't craving throughout the day, but I would make sure that I wasn't experiencing true hunger. Okay?

So, a lot of people might be similar to me. Maybe they have an autoimmune condition. They have gut health support where they enjoy having more food in their stomach even though that actually contributes to the continued feelings of indigestion. Okay? That's a subject for a different podcast. But also a lot of people can have feelings around hunger where they do not like to feel hungry because it brings up feelings of anxiety, it brings up feelings, scarce or lack, like something is wrong. They feel empty and they're associating that with a bad feeling, something they don't desire. And on the flip side, there's a good portion of people also in lean and liberated and, of course, beyond, who feel like it's actually easier to feel hunger and to be tuned out of their bodies than it is to be tuned in and experiencing satisfaction or actually meeting their needs.

So whether you feel like you need to be stoking your satisfaction all the time, every day, all day, whether that's grazing or having really big meals that really stuff you and overly satisfy you, or you feel like you tend to power through your day with your go, go, go, you'd rather not feel satisfied because the feeling of hunger feels more heroic or it did at some point because of a story from diet culture, or you feel like if you feel hungry, then you are thinner. Or if there's food in your stomach then that makes you look fat, whatever the story is around hunger, it might look like it's two different things or three different things, but actually those different experiences and how you understand hunger come to the same root. And that same root is this. If that hunger is something that should or shouldn't be happening, that's it.

And that's a thought. And that thought might be rooted in a belief that's here to keep you safe. So, on this podcast and in lean and liberated, we honor those feelings and those thoughts, because nothing has gone wrong when you're thinking and you're getting a signal from your body to try to take care of you. That's literally all that's happening when we're taking actions that don't really serve us. Even if on paper we know that the action isn't truly serving us to our emotional experience, we're feeling like we're taking care of ourselves. Right? That glass of wine at the end of the day, oh, it offers us relief. Oh, at least we gave ourselves some relief before we have to go do our next day. Right? Oh, that two o'clock chocolate. Whew. I need a little pick-me-up. Right? Got to get through the next couple of hours and then have the rest of the evening where I have to take care of everyone.

Yeah, I know that chocolate might not be serving you right now, but at least I'm taking care of myself. Right? No one else is going to meet my needs. So I better meet mine. Or "Oh, I don't have time for breakfast. Lunch, can't even think about it today. Ooh, two o'clock got to go pick up the kids. Let me have a couple of snacks. Those snack aren't hitting. Wait a second. I'm starving." Fill in the blank. Okay. So, with hunger, and then on the flip side with satisfaction, eat until we're just barely satisfied or eating until we're very, very full, we feel uncomfortably full. Both of these situations set us up for a relationship with weight loss that is going to be doused and drenched in stress.

So, even before you're starting to lose weight or walking side by side at the very least with losing weight, is starting to acclimate to both the feelings of hunger that you desire to experience while you're losing weight, while also experiencing the feelings of satisfaction that you desire when you're losing weight. So that's why in lean and liberated, I offer you a scale in order to help you conceptualize, what is it that I am experiencing with my hunger? What is it that I am experiencing with my satisfaction, and how would I like to decide to be in charge? And then you get coaching on that. Because we can have lots of thoughts and feelings that come up around being in charge of our hunger and satisfaction, tons of them. That could be its own episode.

When you're able to recognize that you're in charge of your hunger and satisfaction, that you're in charge of feeding yourself, that you're in charge of meeting your own needs, and that by doing this in this autonomous container that you are then actually being a leader in your community, that you are actually a beautiful piece of the living fabric of the social network that you exist in, any of the things that might feel lonely or overwhelming, or like you have to do them all by yourself, all those stories start to melt away. It is the most fascinating thing, that by focusing on yourself and even on the feelings, where you feel like you feel isolated or lonely or like, why is it always me who has to do all the work? All that stuff. Why do I have to have a different body? Why aren't other people thinking about these subjects? Why do I have to be listening to this podcast? Like whatever?

What it is, is a beautiful invitation into such a deep synchronicity with your body that I personally don't know of anything much sweeter than that. So by allowing yourself to tune in and start to notice, "Oh, my hunger does exist on a scale. There are going to be times I feel more hungry. They are going to be times I feel less hungry, but the more I'm with hunger initially, the more I can understand what's going on." The very same thing with our satisfaction. The more I can understand, "Oh, I'm satisfied in this way. Oh, I'm very satisfied. Oh, [inaudible 00:08:27] might be shifting over into too much and I actually don't want that amount for these reasons." That is how you start to be in charge of deciding ahead of time how your body's going to feel.

I'll have conversations with people where they're like, "Well, I don't like eating all this food after dinner because then I feel sluggish. It's actually hard for me to sleep when I've had that much sugar right before bed. I'm drinking some alcohol. And in my best life I'm not doing stuff in this way. I'm not feeling great in my body." The way that we feel better in our bodies even to just take that stuff out, right? Because that's going to come from scarcity. We just try to change what we're doing. We have to actually have to change what we're thinking. We have to change it to the next available thought. Right? So even if on paper things look really good where you never have another glass of wine on a weeknight, in reality, what's going to be the next best step for you? It might actually be to feel your feelings and then to make a place consciously of choosing, would I like to have wine now for myself, or am I having wine to avoid certain feelings?

This is that type of informed consent. If you've listened to the podcast before, you've probably heard me use that term. This is how we change our food and nutrition choices from being uninformed and feeling scambly, and like we're not in charge, and that we have to what if ourselves all the time. When you don't feel in charge of yourself, you're going to be really scared, what if I have a craving? What if I eat

the ice cream? What if this happens? What if that happens? Versus being in charge and saying, "Well, of course, I might have a craving. I'm a human. Of course I can eat some ice cream. Do I actually want it? Of course, I'm stressed out. What do I need?"

So the hunger and satisfaction scales get to be these beautiful tools that you can use for yourself at any time, whether you're with food and eating food in that moment, or when you're away from food. This gets to inform not only your weight loss, but like your entire life. Right? Because how I'm teaching weight loss in lean and liberated is that like... In the modules, I have one slide on maintenance because it's a great question. Right? What happens when I've hit my goal weight, or the scale, or the clothes, or I'm just feeling the way I want to feel in my body. What do I do then? You don't really change things up all that much. All you really do is you eat a little bit more food because that's what would help you maintain a weight. But it's all the thoughts and feelings that lead up to that decision to eat a little bit more food.

And the way that you understand what that little bit is that works for you to maintain a weight is that you first plug and play, what is my hunger? How do I feel about that? What is my satisfaction? How do I feel about that? How do those both change throughout the day and what more supports me in my life? That's how you plug and play using your hunger and satisfaction to support you instead of using them against yourselves. So I hope you'll just play with that idea, this conception, this leak. I encourage you to reach out to me on Instagram or on Facebook in private message.

If you're ready to join lean and liberated, I would love to have you. We rock and roll with six one-on-one sessions, and then you move into the group coaching. There's email coaching. There's a private Facebook community. There is lots of support as well as the very simple, very streamlined, easy to digest and understand module series where I teach you everything you need to know about how to lose weight for the last time, from a place of love, while ditching diet culture in the process. If you're ready to be in charge of that process, I would love to have you. Bye. Did you know you can find more support from me and my website, go to luciahawley.com to connect.