

You are listening to episode 176 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. Okay. Party people welcome to the show. Are you ready? Are you ready, ready? You ready to talk about overeating? I'm so excited for this episode and I will tell you why. Because all too often in our culture, we have a story about the term and the experience of overeating. Overeating is the same as over-consumption, like plug and play those either term. We have a story, a collective story about overeating. And I will say that the collective story is rather negative.

When I say the term overeating, over-consumption immediately, is there a feeling that arises in you? Take a moment. For a lot of people there is. And for a lot of people, that feeling is negative. There are a lot of shoulds or all or nothing thinking that comes from and comes along with hearing the word or thinking or experiencing periods of over-consumption. So I want to break it down to be super simple this week, about how you can end the cycle of overeating. Because if no one's told you this before, that is 100% within your wheelhouse. And now let me offer another thought before we dive in. If you hear, oh, I can stop overeating and your brain immediately goes into, but what if I'm not eating enough? That my friend is a very common brain pattern called all or nothing thinking.

Still nothing has gone wrong even if your brain falls into a brain pattern of all or nothing thinking. That's one of the most common patterns that most people who have been chronically dieting tend to fall into. And listen, all or nothing thinking at one point served you. Like really, it made sense of the things that probably felt like they didn't make sense at the time. So we can love a propensity to try to categorize things as all or nothing, black or white, this or that, either or, and you have full ability to have that thought arise unintentionally, which is what a habitual thought is. It just popped into our head as like the default. You have every ability to allow that to pop up and have nothing go wrong and then choose an intentional thought that really, really serves you. How about that? Right.

When you're coming to this work of no longer needing diets to lose weight and really just being with the truths of your body and the truth of what serves you, what you're going to be finding is that the process is actually very simple. Because all overeating is, is this. Overeating is simply eating beyond the amount of food needed. That's it. And so for those of you who desire to lose weight, what that means is that overeating is eating the amount of food that signals to your body, that your body doesn't need to burn body fat for energy, because it's getting either enough energy from its food, or it's getting a surplus of energy from its food, because then it's also storing additional energy on your body as additional body fat. Okay.

So when you're overeating, nothing has gone wrong. There might be a concept in your brain, a thought in your brain that over-consumption is bad, right? That's why in Lean and Liberated, I have modules on the diet cycle and diet culture thinking. Because if you've just grown up in a world where you've been taught over-consumption, overeating is a bad thing and that the good thing is to take the action that get you a different result. Well, no wonder you might have experienced confusion around the fact that you want to lose weight for certain reasons, but now you feel like you shouldn't want to lose weight for other certain reasons from culture. If you've ever have experienced desiring to lose weight as something that is confusing or overwhelming, have you ever allowed yourself just to honor that when you have a desire, you can proceed with it.

Desires are very different than urges. Okay. So a desire is something that can stick with you in the long-term. A desire usually boils down to something that's in alignment with your values, but for someone desiring to lose weight, if you start to dig into, well, why do you want to lose weight? Right. When it's

internally driven and the weight loss is for the person by the person, they want to lose weight because it'll add to the quality of their life. This is really different than having the urge to lose weight and kind of white knuckling under short-term actions to lose weight quickly and rapidly because those urges tend to be much more surface level and they tend to no longer be intrinsically motivated. They tend to be extrinsically motivated, meaning it's because of other people that someone wants to lose weight for themselves, because of other people's judgments, because of how they think it will affect their relationships.

Because of just any of the reasons that someone is feeling like they can't just claim and hold on to from a very sovereign and autonomous place. Okay. And those are big words, but all I mean by this is if you're externally motivated to lose weight, it will continue to feel like something that is, you can't have ownership over because it's outside of you. Versus when you're internally motivated, it's going to be something that you take ownership over. And now if that's a new concept for you, welcome, welcome, welcome to the show because that's what we do here. Really, my number one goal is to have just so many women recognize that they can have what they want. No problem.

They're going to have emotions, no problem. You can have emotions and move towards the thing that you want, not an issue at all. You can really step out of the shoulds. You can step out of the hatred for diet culture. You can step out of all the things with a lot of love and compassion, right? When you learn how to lose weight, without it being emotionally draining or energetically draining, that means that you can serve so much of your own energy to put towards the thing that you actually want your energy to go towards. Okay. So if overeating is simply eating beyond the amount of food needed, then there are just a couple of things that create that action of over-consumption. Emotional stressors can be a big reason why we overeat and physiological stressors can be another big reason why we emotionally eat or why we overeat.

So the combination, if you step back and you look at what creates overeating, over-consumption, it's really just stress. And now I love to give the example of going on a vacation. I know I've given this example before, but how many people have gone on vacations and you've like really given yourself a break from the fretting and the food overhauls, and you're just present. You're in the moment. You're actually relaxing. Your work email is off. You didn't bring your computer. You know that your coworkers are taking care of things for you. You have your VA handling stuff while you're gone. You're having amazing experiences in a new place. And you're just actually eating plenty of food. You're actually enjoying yourself. And having days that you look back on that you're proud of. And when you come home, you've lost five pounds.

That's not an anomaly my friends. When you lose weight on vacation, because your stress has lowered, there's no magic that has happened beyond your body, actually coming into its own hunger and satisfaction cues. Because the vast majority of us, like 99% of us, when we were born, we were born with really wonderful hunger and satisfaction cues. And they're still available to you today. Knowing when you're hungry and ready for food and then knowing when you're satisfied and ready to be done with food and move on from food are two of the most important tools that you can cultivate when you're looking to lose weight. Because those same tools are what's required to maintain weight and to gain weight. You just don't even know yet that you actually are already in communication with your hunger and your satisfaction. So when you lose weight without diets, all you're doing is that you're amping up the volume of really saying to what degree am I willing to experience any emotions that come up, not only around becoming hungry, but also becoming satisfied.

And I think that is a part that a lot of diets don't really talk about. Everyone just assumes that people like to feel satisfied or that they feel overly stuffed. But really satisfaction, if you haven't been shown that it's safe for you to be present with your satisfaction, right, to decide to take ownership over what it is,

what satisfaction feels like. Right. If you've been taught or culture has happened in such a way that blowing past satisfaction to being overly stuffed is the norm. You just get to honor that it might only take a little bit of effort and practice to really come home and come back to your natural satisfaction cues. Same goes for hunger cues, your natural hunger cues.

So if you want to end overeating, what we really need to be looking at is how are you feeling emotionally and physically, like I said, a couple of minutes ago. I teach you this in Lean and Liberated. I'm not going to lie. Because that's how we generate the results of losing weight. I talk about the same thing here on the podcast that we do in the program. So I teach you how to identify the hunger level that serves you to lose weight as well as the satisfaction level. And those hunger and satisfaction levels can change just depending on what you want, how you want to feel during your day. How do you want to feel at lunchtime? How do you want to feel at dinner? 100% within your control, right, within your ownership. Super easy.

Now, the other part of overeating, when we look at physical stressors, I've done episodes before on sleep, I've done episodes on blood sugar regulation. We can have physiological nuances to how we're feeling. Okay. Right. We can just have like working out. Those are all stressors. But in addition, when we're looking at food and we're keeping things really simple, some of the biggest stressors are going to be refined oils, refined sugars, and refined flours.

So physiologically when we're in a place where we don't feel ownership over the foods we're eating, very often what that looks like day to day, week to week is that we actually just over consume foods that stress our bodies out. And you could imagine that it's going to be much harder to read your hunger cues and harder to read your satisfaction cues when your body is busy managing itself because of foods that are stressing it out. So this is also why there's no need to demonize any foods. All that really happens when you start to do this work, is you start to really identify, whoa, wait a second. Some foods really serve me like holistically, my body, and my brain, and my soul. Some foods serve me for more of a short-term pleasure standpoint, right? Those foods that I love, the foods that are nostalgic. Maybe they don't serve my body as much, but they serve a part of me and I honor that.

And then there can also be foods that really don't tend to serve your brain, or your body, or your soul. And so coming into awareness without expectation is such a big part of the weight loss process. Because when we're feeling like we have a say and you feel ownership over the foods that you're feeding yourself, right? Like no one else is feeding you. That's you. Even if other people are preparing foods, it's still you. You're the one who feeds yourself. When you come home and it feels safe to take ownership over that, the food stuff becomes real simple because it becomes such a no brainer that most of the time, the foods you eat are the foods that serve you. And once in a while, there's going to be an opportunity that you will create to eat those foods that are nostalgic, or that are just more fun, or that serve a piece of you.

And then you'll start to see that, that connection or that grip, that those foods that truly don't serve you might've had on you, that was simply because they kept your body in confusion. But do you see the difference there? When you take ownership over the foods that really serve you, that confusion can just melt away because it's no longer needed or necessary. So all over eating is, is simply eating beyond the amount of food that's needed, like I said before. So when you define what your goal is, how you want to be feeling, you're going to really explicitly know which foods then serve you as you are in that space. Because you'll understand that of course, you can choose things that are stressful, right? We have to have stress in our life. It's actually functionally adaptive that you experienced stress, whether it's physical or emotional.

Great, not a problem. Right. Very often I tell my clients, life is lifey. Life is 50, 50, right? There's so many things we don't control. That we're not in charge of in our lives. So when we really start to understand

the emotional aspect, right? Even our relationship to something like blood sugar fluctuations, our relationship to experiencing stress, our relationship to getting enough sleep. These are all subjects that start to come up for individuals, right? Because everyone has a different story. Everyone has different needs, but we're not usually as complicated as we make ourselves out to be. What usually feels complicated are the emotions that we're not really allowing ourselves to feel.

That's why in Lean and Liberated I teach you all how to feel your feelings. And I've talked about that plenty on the podcast here, too, right? It's no secret that what the diets are missing is the feelings piece. That's really it. Because I bet plenty of you have actually tried some diets, like whole food, wholesome foods, diets that for a while, actually felt really good, like physiologically, it took care of some of those physiological stressors. But imagine if you haven't learned how to manage and support any emotional stressors, of course, that diet is going to start to feel weird and diety at some point, because it's just, it didn't fully meet your needs and you might not have even recognized what your full needs were. That's not the job of that diet. It's too bad that our culture kind of tells us the diets will fix things because when you come to this space, right, your kind of on the other side of the diets. You see, oh, the diet wasn't intended to fix anything.

I probably learned some stuff. Right. How many of us have gone on diets where it's like, whoa, I learned that this food feels good for me. That food doesn't really feel so good for me. Sometimes I eat this food and it's okay. If I eat too much of it, I kind of get bloated. I don't feel so good. All this stuff. You can learn plenty from a diet, but it's all about the lenses through which we're looking at our life, right, at the relationship to the diet, the relationship to the food on our plates, our relationship to our desire and ability to experience and be willing to experience any emotion any time. Because I promise when you're open to just feeling your feelings, the weight falls off, the confusion goes away. And those feelings really in their intensity, they only last a couple of minutes and then they lose their grip because you started to see, oh yeah, I can feel restless. Nothing's gone wrong. I don't need anything to fix it.

Oh yeah. I can feel tired. Right. I can feel overwhelmed. I can feel depleted. I can feel exuberant. I can feel amazed. And I can just be in those feelings. It is one of the most humanizing things, starting to feel your feelings. So if your someone who has ever felt confused or overwhelmed with food before, if you're a woman who's looking to lose weight. I encourage you. And you're listening to this episode as it's airing, or within a couple of days of its release date, I encourage you to reach out to me and ask to get started in Lean and Liberated. I am for the rest of 2021, I am only enrolling clients through October and only through like up until the 21st of October, the first three weeks of October. I have just about 10 spots left in my coaching practice. It's literally just me and we coach.

We have six one-on-one sessions and then there's lifetime access to the group coaching, email coaching module that teach you everything, workbook work sheets, the bonuses, that's all lifetime access. But when you're getting ready to get started to come into Lean and Liberated, I'm just telling you now here, because I'm not into false scarcity. I'm just truly being honest. I run this program by myself and I do it for a reason. And because of that, I only have about those 10 spots left as of the recording of this episode. And so if you'd like one of those spots, if you're ready to lose a half pound to two pounds per week before, and then through the holidays. Think about it. You could lose like 25 plus pounds before Christmas. If you'd like. That is 100% within your wheelhouse. And through Christmas and through New Years. If you want food to stop being the thing of overeating is something that is like really bringing up a lot of emotions or a lot of emotional charge around the act of overeating and how you can or can't do it or what's going on there.

I really, really welcome you just to reach out to me, shoot me a note on Facebook. Send me a note on Instagram. Either of those is really great. It's super simple to do either. And just let me know that you're ready for a conversation. Because here's the thing. If after we've had a conversation, right, it's just like a

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couple messages back and forth after that, if I think it's a great fit, I'm going to invite you in and you're good to go and you can start immediately. And if I don't think it's a good fit for a handful of different reasons. I'm also going to tell you that and I'll give you a referral. I'll give you an opportunity to move towards something that could really serve you in this moment if it's not for you.

Most of the time, the people who reach out, they're ready to go. They know what's up. You know what's up, you tell me what's up. It makes sense. And then we get you in and overeating neutralizes itself. The emotional stressors, the physical stressors, you regulate with them. You come into your ownership over your life. It's a really cool process. So if you're feeling called to work together, I really encourage you to reach out now so we can get this process going for you. I hope you have a great week and I will catch you on next week's episode. Bye. 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.