

You're listening to episode 180 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, party people, welcome, welcome to the show. I hope your October has been going swimmingly. Mine has. As I was sitting down to record this, I was like, "What can I share with my friends here?" Because I don't know if you know this, but I consider you all friends. I was like, "What could I share that would be interesting?"

And that's not coming from a place of low self-esteem, but as the weeks go by, I'm just like, repetition is the spice of life. Not too much new has really been going on here. I'm about to go on a little weekend trip in Oregon. I think most of you know that, in Portland. And so my boyfriend and I are going up to Washington for the weekend. So in a couple of hours, I'll be packing up for that.

And we have a plan to make a Mexican-inspired lasagna, kind of like layer bake. I suppose, maybe more casserole than lasagna, but taking inspiration there, and I'm very excited about it. We went grocery shopping for the ingredients last night to kind of fill in the holes of ... We had maybe half of the ingredients here at home, but we needed some fresh stuff. And Tim made a tomatillo salsa last night for it, which is going to be super yummy. So it feels really nice knowing that we're going to drive up to Washington and then basically have a casserole halfway Denver, ourselves, pop it into the oven at this cute little Airbnb that we rented and yeah, it's going to be awesome.

And I realize as I'm sitting here, something that I've been doing differently over on yield Instagram, which is so interesting because I made the choice and it wasn't hard and fast, but as I've grown Lean and Liberated, I moved from feeling like my Instagram profile was about food to being about the thoughts around food. And for any of you who are in Lean and Liberated and/or you've like have been following kind of what we do with food stuff, it's really simple. The Lean and Liberated kind of basic template that you can start with, right? That is simply to allow people to have a honing in place with how to generally build their plates in a way that is supportive for blood sugar levels, that ensures that adequate nutrients are coming in, and that makes making the daily plan super simple and streamlined.

And so for a fresher, for any of you who don't know that template, it's simply a palm-full of protein, two handfuls of colorful vegetables, a cupped palm-full of something starchy, whether that's a grain or a starchy vegetable or a fruit, and then about a thumb-full of fats. And the reason I mention unprocessed food is because, in general, that is always what's going to be most supportive for blood sugar levels. It's always going to be what's most nutrient-rich. So that's the starting out template that women in Lean and Liberated you utilize. And then from there, as they're consistent with that plan, then they can start to see, "Oh, how do I use this information to support me to turn the volume up on my best life?"

So of course people can tweak and edit as needed once they start to understand what serves them best, right? Once they come home to you, "Oh, when I'm eating primarily unprocessed foods, then I can deeply understand my hunger signals, what they feel like, when I feel best eating to what level of hunger and same as satisfaction." So all that plan is really doing is it's allowing us to create space to understand how our foods affect us.

Anyway, so I eat in this way. I use the Lean and Liberated template, and I think about my foods ahead of time, and then I pretty much stick to the ideas that I want for my food the next day. This is how Lean and Liberated came to be. I was like, "Oh, I think about foods in these ways. It makes it pretty darn simple and streamlined for me. This is something I could be teaching other folks because this is what helped me lose that weight about 15 years ago, and just allow things to be really simple and streamlined."

So what I've been doing in this last week is that I started to ask folks, I was like, "Do you want to see some of the plates that I make for myself?" Because usually what I do on Instagram is I just write about the things that we think, those emotions that are connected. All the subjects we talked about here on the podcast, so frequently there are parallels, if not some overlap with what I talk about on Instagram or Facebook or good old TikTok. So I've had such a really, just a fun reception to some of the meals I've been sharing, and I can tell that it's been really engaging for all of you and those who are on Instagram. So that's just something new this week that I wanted to share.

Yesterday, I finished off my lunch with this bowl of blueberries. They were frozen, I put them in the microwave just to take the chill off, but then I totally was doing something else and they got really warm, and I was like, "Ah, warm blueberries, what do I do?" So I put a little scoop of ricotta on the blueberries with some vanilla and lemon juice and lemon zest and snapped a photo of that. And I cannot tell you how many people messaged me and they're like, "I'm getting these ingredients. This looks so good. It's so yummy." And so yeah, it just feels nice to be able to talk about food in that way again. I hadn't realized how much I had really stepped away from sharing just what I eat, but I can tell that it feels like a fun conversation to be having. So more food conversations will be happening on Instagram, and I can't wait to hear more about what you all are trying.

Like I said, we're making that Mexican-inspired lasagna tonight and made some stuffed little like sugar pumpkins a couple of nights ago, and those felt really cute. And they baked well, and it was super just nourishing and grounding food. And I just love food, and this gets to be part of the process, right? I will use some of the same terms pretty frequently, but just remember all of this process of coming home to yourself, of nourishing yourself, of understanding your relationship to your emotions, your feelings, to other people, to diet culture, to sugar, to flour, to more processed foods, to more unprocessed foods, to hunger, satisfaction, all of this, it's all about turning the volume up on you. That's it. That's the whole point here, is to allow you to flourish. It's so cool.

So along those lines, today what we're talking about on the podcast is an idea that a friend of mine was like, we were on a walk probably about a month or so ago, and at the end of the walk, she was like, "Lucia, I have a subject for you to talk about on the podcast," and I was like, "Give me." I am always here for what you all would like to hear about, or just be able to be thinking about this week. And she brought up the subject of fitness trackers, right? So like a Fitbit or an Apple Watch, or ... There are so many different types these days, like the Oura Rings. I'm sure there's so many more that I don't know about, but watches, bands, rings any of those smart devices that do things like tracking your heart rate or your sleep or your steps or your types of activity.

I was watching a funny TikTok last night actually with Tim where this couple, it was a woman and I think her partner, her boyfriend was pretending to be her Apple Watch, and it was just so funny because she was sitting on the couch and the Apple Watch was like, "I think it's time to get up now. Go move around," and she was basically like, "Screw you." And the Apple Watch just looked at her, and you could hear her heartbeat kind of going faster in the video. And then the boyfriend/Apple Watch is like, "I think you should take a couple of deep breaths now," and she's like, "Get out." It was funny.

So anyway, with fitness trackers, I think the relationship with tracking these metrics of health can be useful. And also, we can fall into a territory where it becomes and can reinforce mean thoughts, unkind thoughts about ourselves, beliefs about ourselves, right? So if you are someone who's tracking ... Even beyond like the fitness tracking, of course we can't neglect to talk about tracking our food, our food intake, right? If you think about using points or calories or macronutrients, any of the ways that we can be tracking, the tracking is not good or bad, but it's a tool. And so you can think about, if we have grown up in a culture where we learn that tools and information can be used against ourselves, like they're used to turn the volume down on us, this is a really important part of the process for a lot of women.

Because clearly, I think social media is a great example of this, there are people who can do things like track macros and it's incredibly helpful. There are people who tracking their calories has completely changed their lives for the better. Using points, using programs that have you count other things and the containers, all that stuff, and the 10,000 steps a day, whatever, so just know on this show, we're not biased about what people do, it's way more about what is the energy of where it's coming from? What is the why behind what people do?

And sometimes what we notice is that starting out tracking, whether it's fitness or nutrition, can start out from a really wonderful place, right? From a place of curiosity. It can be supportive. I don't use my Fitbit, I haven't in the last year or so, but I remember I bought my Fitbit in the fall of 2017. It was a very stressful fall for me. I was making a lot of changes in my life and I was feeling a lot of just changes in my social life, honestly, and that was really hard. I was making really clear decisions for myself and other people were mad or had a lot of opinions about that.

And so even though I was holding a lot of space for myself, I was noticing I wasn't sleeping well. And I'm someone who I like my sleep, I love to go to bed when I start to feel ready for bed, but I like to get my sleep and I can be a light sleeper, like falling asleep can take me a minute, that's not really too big of a deal, but once I'm asleep, I tend to stay asleep. So I consider myself a pretty good sleeper historically. And so what was changing during that season of my life is that I was starting to feel like I wasn't sleeping well, it wasn't restful, I was feeling very fitful, and I was like, "What is it?" But I was sleepy, so I was like, "Is that actually true? Am I just feeling tired during the day because I'm overwhelmed? Is my emotional overwhelm during the day affecting my sleep? What's going on?"

So I remember I was like, "All right, I'm going to buy myself a early Christmas present, get a Fitbit and use it not even just for the steps." I was like, "That'll be fine and cool," but I used it to track my sleep, and there's a perfect example. I was using the Fitbit from a place of curiosity as a tool and it was super useful because my sleep was fitful. It felt really reassuring to be like, "Oh yeah, these emotional things," because that was really the biggest changes.

I was still living in the same place, still doing the same movement stuff, nutrition stuff, all those things, so really what had changed were some of these different communities that I was in, different relationships that I had ended and was starting. And with all of that, makes it sound very vague, but it was just kind of like moving from one phase of my life to the next. And using that Fitbit tracker and really seeing tangibly, "Yeah, you can trust that things with your sleep were feeling off, here's some data about it," it was really cool to start to see in that season some of the little tweaks I made that then helped my sleep feel like it was my sleep again, versus I was like, "Who's sleep is this? This is not my norm."

So tracking can be useful 100%, and in Lean and Liberated, we use a plan, so you could totally consider that, and it is tracking. We're collecting data. I have women use the scale, and that's tracking too, right? If you're gathering a number. But I want to differentiate a little bit too the difference between tracking and planning. So there is going to be a difference between planning ahead of time, which is what we do in the Lean and Liberated Journal. Women are deciding the night before or the morning of, "Okay, what are my meals for the day, right? What am I eating? What am I done eating?" And then also I have women, if they're going to be using the scale, I tell them to weigh themselves once a day and then take a weekly average. So they're collecting, they're deciding ahead of time to collect seven data points a week and then get the average of that and get one number based on seven numbers to actually decide, is this scale moving or not?

Because we know that the scale is kind of a broad general tool when it comes to weight. As we know, weight is both lean body mass and fat mass and water mass and poop and pee. It can be effective, it's

not linear. It's not just, am I losing body fat or not, right? It's muscle mass, it's all the things. So that's an aside, but just to let you all know that there's going to be nuance even in these conversations.

So when I'm talking about tracking and where tracking can get a little bit skewed, the awesome subject that my friend was like, "Ooh, this could be really interesting for the podcast," the kind of tracking that I want to share with all of you this week, just so you can start to see, "Ooh, is that part of how I'm feeling like I'm trying to take care of myself, and is that really supportive for me?" That type of tracking is a type of tracking where no matter what I do, it's both not good enough, there could always be more. So immediately, it's coming from a place of lack and scarcity, and the feeling also then rides over into, if I don't track, then does this fitness or nutrition, plug and play, whichever one is supportive for you in this conversation, does this fitness even count?

Because my friend, like I said earlier, we had gone on a walk together and she didn't have her fitness tracker, and I don't remember which type she uses. We got to the end of our walk and she was like, "Oh my God, I realized that my brain, as I noticed that I'm not wearing my fitness tracker," she was like, "my brain went to the place of did this walk even count?" And she's so self-aware, she caught herself and her brain, the old habitual brain being like, "Something bad has gone wrong. I'm tracking from a place of scarcity," and she was able to bring it back into the present moment to be like, "No, of course the walk counts. I just did it. Even if the fitness tracker didn't do it and I don't tangibly see it, I know that I went for the walk and that's something that I like, and I know it feels good for me," et cetera.

So when we're talking about these subjects of tracking, remember, tracking can be different than planning. By planning consistently, you will have information that is then trackable, and that is what is useful for women that I'm working with. And that's why also you learn how to make a plan for yourself, which is making a decision for yourself, and then you learn how to follow through on your decisions, and you learn how to make decisions that are nice. A lot of women in Lean and Liberated, this is really common. I expect it, this is why we use a journal. When they start out with the journal, it's like, "Even if I'm not counting calorie, totally calorie-portioned meals, can I make for myself?" And then over time they realize, "Well yeah, that way of approaching how I'm feeding myself, of course, I burn out on it. It's exhausting. It's restrictive. It's coming from a place of scarcity," and they don't want to do it. "And then I stop and eat all these fun foods that I thought I wasn't restricting, but I actually totally was."

So that's totally why we use the journal, is to bring those types of thoughts and feelings up to the surface so we can see, "Hey, what are we even playing with here? Let's equal the playing field." The journal, not about perfection, it's about deciding ahead of time how you're going to feed yourself in a way that moves you towards your goals, that it's loving, that takes care of you. That again, turns the volume up on you. So there can be a difference between being consistent with making decisions and following through, being in integrity with yourself of saying, "I make this plan and then I follow through with it, because I pay attention to the things I love, and that includes myself." And then having that information and data to then be able to look back on so that if needed, we can then start to see, "Okay, look."

I think that's actually a really fascinating when women track their scale weight, and we really use a scale as exactly a tool to bring up the thoughts and feelings that we tell ourselves, "Oh, I can hop on this scale," and then we see like, "Well, wait, I like to hop on that scale when it's going down, but if it does something that's unexpected, my day is ruined." Well, that's just a thought that's been sitting, waiting to be explored, so we really use this scale as a tool and method to bring up and out the thoughts, beliefs and feelings that we maybe feel like we aren't in charge of, but we're totally in charge of, we're just in relationship with them. So we are able to build that relationship in that way.

But with the scale, would it feel interesting is that by being able to plan to use a scale and then having those numbers that end up getting tracked, we do tracking there, what's so cool is that you can start to

distance yourself from personalizing that scale number. That every choice of every food you ever make is always going to be on this really intense precipice of falling off. It's a really interesting place where you feel like we're on a wagon or off a wagon. No, I have women who track their scale weight and they notice, "Oh, the scale weight might be going up the days leading up to when I'm bleeding on my cycle, when I'm menstruating." But also, I have women who notice that their scale weight bumps up when they're ovulating, right?

Who would think of that off of the bat? How much is that part of our normal conversation? It's really not. And so how many people spend months and months and months, if they're people who ovulate, feeling like, "Ooh, my weight has gone up"? But if they hadn't noticed that that's simply a trend, that of course our bodies are hormonally-driven, and of course, maybe a hormone means that there's a bump in water weight or something else during the specific time of the month, by being able to track data, we can accrue that information and use it for us.

And this is another linchpin of this episode that if you don't hear anything else, hear this, when we have information, it is up to us to understand if we use that information and we weaponize it against ourselves, or if we use that information as a tool to support ourselves. And so when I start to talk about these subjects, sometimes people are like, "Wait a second. Okay, I have been weaponizing the scale information against myself, I've been weaponizing unprocessed foods and all my thoughts and processed foods actually against myself, I should be doing it better. Why am I not? Why am I so mean to myself?"

And so what I also want to offer to you, if you don't hear anything else from this episode, what I want to offer to you is that nothing's gone wrong. If you are in a pattern of weaponizing information about yourself, it's not about stopping the pattern, it's about observing it and becoming aware of it. And even if it sounds so odd, creating love for why that pattern has come to, because we don't work illogically. Even when our emotions feel really big or they surprise us, we don't have illogical emotions, they have their own body logic, because that's where emotions are, they're in our bodies. Our emotions have their own body logic that is separate than the type of logic that we so often go to because of our culture, which is more of the analytical logical logic. Logical logic.

It's like that left brain versus the right brain. So the left brain of analysis and logic and facts, it's logical of course, okay? But just because our emotions might not always align with what makes sense on paper doesn't mean that they're bad or wrong. So hear that, it's not bad or wrong if you've been tracking certain numbers and then your brain or your beliefs or your heart tell you, "Use these numbers against yourself, feel worse about yourself. Look at them from a place of scarcity, look at them from a place of not enoughness and then double down on yourself or use negative motivation to make things "better" or to make a difference."

So this whole episode with tracking is really just to say, the trackers can be useful, right? And we don't want to become dependent on them, and if we do, that's simply another pattern to become aware of. All we really want to be doing is exactly what I just said, becoming aware, cultivating the awareness. Because when we allow ourselves to become aware, what we're doing and we're signaling to ourselves is that, A, there's time and space to notice without having to take action. That in and of itself is very anti-hustle. And hustle-culture, listen, there's a time and a place for hustle, duh, but chronic hustling to me is really just another form of chronic stress. And chronic stress, especially the stressors coming from our society these days usually are coming from power and control culture. Power and control culture, an arm of patriarchy, so hustling it a little patriarchal because it's usually just not honoring our full selves.

And they're going to be periods where we can hustle and then flow, and hustle and flow, just like we can be stressed and then relaxed, stress and relaxed. There's a ying and a yang to it, and it's really about that balance. And so notice this week, first off, are you using a tracking system? Okay? How do you feel

about that tracking system? Notice what thoughts come up when you have the thought, "I'm tracking perfectly," and then notice what thoughts come up when you have the thought, "I'm tracking imperfectly." What changes between those two? And really take a minute and write them down, and remember that your thoughts create your feelings. So if you're not sure what the thought is for either of those, can you identify the feeling and then work back to the thought that's creating that feeling? Or if you only know the thoughts, will you take a minute to think the thought and notice the feeling that comes from it? What feeling that thought generates, okay?

Because any of the work that we do here, it cannot be emotional bypassing when we're coming from that place of curiosity and honesty. I think of like a little kid kind of like moving the dirt aside, and they know that there's a little treasure buried under this little pot of dirt. The process is really saying, "Am I allowing myself to do this uncovering?" Moving the dirt aside, the dirt's fine, the dirt is going to be there. Of course, there's a treasure in the ground, no problem. We don't need to focus on how much dirt there is or why it's there or its color, we can really just say, "Oh, as I sift through these different thoughts, of course, I'm going to come to a feeling," and that's really what we're doing here. That's what we do at Lean and Liberated.

In our culture, we really talk so much about what we're thinking, and it's a little bit less of the norm to talk about how we're actually feeling, regardless of who we are. A lot of the women ... Okay, I will say all the women in Lean and Liberated honestly would ... Well, okay, I can't say all, but the majority of women from my standpoint would identify or have identified as empathic people. And many of them are ... Other people who are drawn to this type of work are people who take care of other people, whether professionally or personally, or both. Social workers, psychologists, doctors, therapists, those in the school system, teachers, just so many, right? And parents and those taking care of their younger generation and their older generation, those in that sandwich time of their lives, all the things.

So it can be really interesting that the people who are most attuned to other people's emotions sometimes can have the most challenging time coming home to the emotions that they are feeling. So know that when I ask you like, "What are you feeling on this show?" I 100% expect that it might be really hard and feel totally weird to figure out what that feeling is. And there's no rush, and that's why I ask, is because when we stop assuming and we start to slow things down from that, we slow the hustle down, well, of course, it's going to feel a little funny to not be hustling if we're totally used to hustling all the time. We just got to expect that, and we get to allow that to be an okay process. We don't have to judge it. That slowing down might feel weird. That's okay. It really is. That's the bomb.

So with tracking, notice where your brain goes. Those two questions I asked a couple of minutes ago are the two powerful ones. What does my brain think when I'm tracking perfectly? What does my brain think when it believes I'm tracking imperfectly? Identifying those thoughts and feelings are going to be so useful, so you can start to see, oh, in what ways am I supporting myself with the information from the trackers or the not information, right? Like when my friend was saying, "Oh my God, the fitness tracker, I didn't have it on. It didn't track this walk. I feel like that the walk didn't even count," and she was a little tongue in cheek, because clearly she knows that the walk did count, but that her brain went to the place of, "When the walk isn't tracked, I must not be doing enough."

Notice how there's that subtle shift of saying, "Oh yeah, I go for a walk, and if it's tracked, great, if not, also great," to, "Ooh, things count for me or against me." Those are coming from very different energies. So the more you're able to cultivate just the awareness of the energy, the more you'll be able to see, aha, I can use this information for me. This is how we start to have this, generate and cultivate this practice of loving awareness, which is how we can lose weight. Tracking can be useful, but what tracking will reveal to us is so much more useful when we take ourselves out of the black and white data bits into

the living, breathing human who can generate and is generative of data. That's where we can become fascinated and can support ourselves in any direction we like, right?

Because isn't that the point of like using ... Let's use the standard fitness tracking of 10,000 steps a day. I think that's a really standard step count that a lot of people strive for or have heard about. So, of course, you can use a fitness tracker to help you start to see, "Oh wow. Yeah, there are days where I do hit that." It can be surprising and feel really positive. There can be days where we use the fitness tracker and we're like, "Oh my God." You go down the rabbit hole of what it means if you've only gotten 2,000 steps that day or less, or what have you, right? It's really just a fascinating practice when we decide to become aware of the whys behind, why are we tracking? What is the end game? Does tracking add to my life or does it detract?

And for some people, what that means is that they stop tracking. But my whole point here is saying, let's get to a space where we can track or we cannot track, and both choices feel pretty neutral. And that's exactly what we do with the scale. I could care less really what people are weighing because we know that it's just kind of a broad, general tracker. It's not the most astute, and that's fine, but we practice the scale because of all the stories and reasons that we have about the scale. So I'd much prefer that someone use a tracking tool as a way to uncover their whys and their beliefs. And that's what happens.

It's so fun. It's so, so fun to support someone from going from, "I avoid the scale because it makes me feel bad," to, "Oh, the scale never made me feel bad, it's just data. I made myself bad, and now I feel in charge of being able to hop on or off the scale and understand any of the information that is going to spurt out to me, I get to choose to not weaponize it against myself and to simply take it in as information. And I can do that from a loving place."

So that's my too long don't read on fitness tracker. Did you think I was going to tell you to hit 10,000 steps or to walk a certain amount of miles or eat a certain amount of protein? Man, protein macros, that could be its own podcast episode in and of itself. But get really curious this week. Are you tracking in certain ways? Are you using that for yourself or against yourself? Why? And if it's against yourself, can you create a little loving? And if loving doesn't feel close to you, can you create curiosity? Can you create awe? Can you create appreciation? All of those are ways that we can come home and start to practice taking care of ourselves from that deeply-rooted, deeply-nourishing place.

So I hope this episode found you well this week, and I hope you all enjoy your weekends. I'm, like I said before, super excited to go on a little trip and see a different part of the good old PNW. And I'll catch you all on next week's episode. Thanks so much. Bye. Did you know you can find more support from me on my website? Go to luciahawley.com to connect.