

Lucia Hawley:

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Lucia Hawley:

Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host, Lucia Hawley. And I'm a certified nutritional therapy practitioner with my masters in social work, clinical mental health. I've lost 80 pounds and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet, trying to get there. If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is a podcast for you. You'll learn how to make the radical changes you only dreamed of, 100% possible for you today. I'm so happy you're here.

Lucia Hawley:

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Lucia Hawley:

Okay party people. Okay party poopers. Am I right? Maybe I need to do an episode on pooping because back in the heyday, I still talk about poop now, but I used to talk about poop so much more. I really miss it with clients. We would really dive into the nitty gritty; all about poop. Anyway, party pupils, thank you for being here. This is an episode that's a bit off the cuff. It is a sunny Friday and I have a whole list, okay. Let me be real. I have a whole list of subjects for the podcast, but this one has just been sitting heavy on my heart, in my mind. And so I thought I would share a quickie episode, because I've had quite a few longer episodes recently and I got to get you the good stuff. There's good stuff in the long ones, but let's mix it up a little bit here.

Lucia Hawley:

So today, like you saw on the title of this episode, How Do You Lose Weight While You Eat Sugar? Okay. So this episode may or may not be your free pass to eating sugar. And if it feels like a free pass to eating sugar, I want you to get really curious about why you feel like you need permission from someone, whether you know me or not personally, or we've worked together in some capacity, or you're a random stranger, but you like to listen to the show. And thank you, each and every one of you who's on here doing just so. If you feel like you need permission to eat sugar, I really want you to get curious about why that might be. I'll do a episode on permission when it comes to our foods later in the future.

Lucia Hawley:

But if you're someone who is feeling like you know that sugar doesn't make you feel the greatest and you know you have felt better when you've reduced sugar before, and yet you hear the message from me or from other people that you can lose weight while eating the foods you want, you might be in a space where you say, "Well, what gives? How can each one of those statements and experiences be true? How can I hold these multiple truths all at the same time? Because either they haven't worked for me before, or I can not imagine how it could work." So I want to give you the down and dirty, the quick diddy of how to eat sugar and lose weight.

Lucia Hawley:

The number one way I want you to lose weight while eating sugar is number one, it's always going to come back to making a plan. And I feel really, really strongly about this. As I grow lean and liberated with the very first cohort that was in Lean and Liberated, we didn't use the journal. I had a daily journaling series of prompts, but it was a, "Please do this," and sort of, "This is part of your journey." And as I've grown the course, what I really realized pretty quickly is that, people aren't really drawn to journaling until you have them consistently show up to it. And then they can start to see, "OMG not only was my active journaling making a difference in my weight loss journey, but it's actually reinforcing that weight loss is not just a physical experience, it's an emotional experience with a physical outcome."

Lucia Hawley:

And so the journaling, if we don't journal, or if we shy away from journaling, or if we feel like, well, just hack it and do this stuff, do the fasting, do whatever else we learn in Lean and Liberated, or you learn in different weight loss or wellness programs, I really want you to get curious about why that is that you're choosing to hack instead of follow the plan. And so here's a plan on how you can eat sugar and lose weight. Ready for it? Okay.

Lucia Hawley:

You make a 24 hour plan, and you're making this plan either the night before the day that you're planning your food for or in the morning of the day that you're planning your food for. So if you were planning your food for a Thursday, you'd either be making this plan on a Wednesday evening or that Thursday morning before you got into your day. Okay? What this plan consists of, is you deciding what you're going to eat for your meals. And if you are someone who snacks, what you're going to eat for your snacks. And if you are someone who drinks beverages, other than water, what you're going to be drinking, okay?

Lucia Hawley:

That's the direction. I know when some people hear this, they're like, "Yeah, but am I supposed to be tracking amounts? Is this for a total caloric value? How about my macros?" And over in Lean and Liberated, I do have different modules and different instructions for people who have had different levels of nutrition education over their lives. So I bring people up to speed around macronutrients, micronutrients, how to build a plate, why we do want to have education and understanding, because knowledge is power. Why we want to have education and knowing and understanding around our food choices. But we also have to understand that we have full autonomy to eat M&Ms, and eat mozzarella, and to eat beef, and eat noodles, and to eat zucchini, et cetera, et cetera, et cetera.

Lucia Hawley:

So when we begin to build our emotional resiliency to fully embody the fact that we can eat whichever foods we want, we couple this with making a plan that isn't the plan of just winging it. And this is what most of us do. When you have a diet, yes, a lot of diets can have meal plans where they're telling you exactly what to eat, which is a subject for a whole other episode. But a lot of diets just give you the frameworks of the good foods and the bad foods. And your job is to eat the good food, right? Or your job is to eat the total calories or to eat the total macros, and that's the plan.

Lucia Hawley:

I flip this with my clients. And what we do, is that we begin a [inaudible 00:07:38] routine that they build for themselves based off of the modules in the class, and that changes over time as needed for them

individually, and then they get these journals. And the journal has some mindset stuff in it, of course, it has to; weight loss is emotional. But the power is in the 24 hour plan, because when you start to make your food choices for yourself, from your frontal lobe, from your prefrontal cortex. From that area that is in your best interest, when it comes to losing weight, the foods you're going to pick, and then your desire and ability and self-awareness to stick with your plan through that day, is where the magic happens.

Lucia Hawley:

Yes, the magic happens when we dip into ketosis on a daily basis by using fasting in whatever capacity we want to be using it, okay? But also, we can't ignore foods. We have to understand what's happening with our food choices and our ability to follow through with ourselves. Because when we make a choice, okay, I want you to hear this one. When we make a choice and that choice is coming from our highest good, right? The part of our brain that is us taking care of ourselves, it's not rushed. It's not overwhelmed. It's not in a tizzy. When we decide to take care of ourselves and we're feeding ourselves the foods that we both like, and we know will move us towards our goals, because we all know how to lose weight.

Lucia Hawley:

We love to spin out when we don't, but when we're spinning out about how we don't lose weight, it's because we're bopping back and forth between being aware with our foods and being unaware with our foods. And it's that cycle coupled with the dieting cycle, that leads us to feel like we cannot trust ourselves. So one of the first steps to losing weight is to say, "Oh, I'm in charge of trusting myself." And part of that trust is a very humble process of making a plan and sticking with it.

Lucia Hawley:

Now, some people make the plan and then they're like, "But my plan is a quarter cup of oatmeal in the morning and then a little skimpy salad, and then maybe something early before my fasting window starts in the evening." And they look all sad and they feel deprived and they feel restricted. And if that's you, and that's where your brain is going with the plan, I don't think you've ever made a plan for yourself that you've liked. Because what we do, is that we have you practice a simple step of making a plan for your meals, for your beverages, for your snacks, for your desserts. And then we have you audit yourself. "Do you like this plan? How would you rate this on a scale of 0 to 10?"

Lucia Hawley:

And once you audit yourself, if you being present with your plan, if you decide, "Oh, this isn't like," if it's an eight or a higher, you stick with it. But if it's a eight or a lower, it's on you to go back and fix it. This is how you start to develop that trust with yourself. It's simple, it's humble. It's the real work. And it's how we build the bridge to being present with all of our food choices.

Lucia Hawley:

And so, this brings me to the point of this episode, how to lose weight while eating sugar. Well, if you want sugar, you plan it in. And I'm not saying you plan in one bite of a cookie and cross your fingers and hope for the best, and you're coming from a place of eating maybe half of the batch of cookies and a good portion of the cookie dough while you're making them. No, that would not work on your satisfaction scale when you're looking at your food plan and you're deciding, "How likely am I to stick to this? How much do I enjoy this plan? That would drop you to a two. That plan's bullshit. Don't do it.

Lucia Hawley:

But if you make a food plan, okay, and you're coming from the place of eating half a dozen cookies and the cookie dough, and I speak from experience. If you're coming from that place, what might be on your food plan is making the choice to eat the cookies intentionally. And so you decide, "Oh, that's not about eating one bite of a cookie tomorrow. It's about eating the amount of cookies that I would be proud of myself to eat." That will look really different for everyone. Maybe tomorrow is four cookies, right? Maybe it's that way every single time you eat cookies for a month. Who cares? That's great. If you make the plan and you follow through it, inevitably, you will come to a plan that is supporting you through your weight loss. Because when you are present with each cookie that you're eating, you are going to become satisfied.

Lucia Hawley:

And plug and play there, any food, right? These can be savory foods. They can be sweet foods. But I find that when people hear you can eat whatever you want and lose weight, what they're moving through, are some old emotions based in old stories are on the can'ts. "I can't have cookies because my thyroid this, my hormone's that. Well, I'm the chubby kid of the family. So I can't eat this. But when I do, I know I'm being nice to myself, but then I feel overwhelmed or I had a really hard time. Yeah, we're all in the pandemic, but this week hit me really hard, so I'm just going to have this and that."

Lucia Hawley:

We put a lot of stories around our food choices. I want us to flip the script by saying, "I make my food choices from a place where I'm taking care of myself. And I take care of myself from my frontal lobe," right? The most masterful decisions are made with our frontal lobe. That's what makes us so damn special.

Lucia Hawley:

So Even if you're not in Lean and Liberated, even if you don't want to be, great. I give you a lot of tools and tips and tricks on this podcast because I just want y'all to be feeling better. And so if you've never tried to make a 24 hour plan, I encourage you to do so. It's literally, "What am I eating for my meals?" And then you write it out. If you need to get into portions or amounts and that's part of what you're working on, awesome, then you do that. If it's just about the food choices or the types, or that you're deciding, "I'm eating a homemade lunch tomorrow," or you're deciding, "I'm eating takeout for dinner on Friday during my Friday plan," it's all good, it's all accepted.

Lucia Hawley:

But what you'll find over time, is that as you build trust with that frontal lobe decision to show up to your food choices, intentionally, it's going to really show you what you're thinking about your food during the day. Because not only will you be sticking to your food choices or not; both of which are fascinating information. But if you find yourself having a lot of thoughts around food throughout the day, right? If you notice by sticking to your plan that you say, "Oh, I was grazing a lot unintentionally," or, "I wasn't aware that I was reaching for this food or that food," that then opens up the portal for us to say, "Oh, were you reaching for the protein bar at 2:00 PM every day? Was it because you got to a certain work task or you're stressed out, or the kids were overwhelming, or you had been sitting all day and you wanted a boost of energy. Were you anxious? And is your plan showing you both that that's an experience that you're trying to cope with, with food? And as well, how would you like to plan for tomorrow?"

Lucia Hawley:

Because here's the thing. When we stick with our plan each day that we've created ourselves, we're building autonomy and liberation, that we can make choices for ourselves and show up to ourselves that are in the best interest of ourselves. And we can inform our future selves, based on the information that we've learned, and here's the kicker, have experienced the day before.

Lucia Hawley:

Let's say you do a plan and it's really strict and you don't like it, or you eat way over it and you feel bloated and you feel gross, right? Or someone brings home takeout and it's not on the plan and you don't know what to do. And then you throw the plan in the dirt. And you're just like, "This sucks, this blows. I can't believe I have to be doing" ... If we start to have those thoughts, guess what? Those thoughts are not in consequential. Those are the thoughts that we coach on. Those are the thoughts that affect our weight gain, our weight loss and our weight maintenance. And dieting world doesn't really want to bring us there because guess what? We actually have to be human.

Lucia Hawley:

When we realized that we're having these thoughts, these emotional feelings that are based out of our thoughts and that we're actually taking action based on those feelings, we're very emotional creatures, and we do a lot of logical things, but we also are prompted into a lot of illogical actions and habits every day, based on our emotions.

Lucia Hawley:

So the whole point of the 24 hour plan isn't to negate the fact that you have emotions, and it isn't to negate the fact that emotional eating is kind of a neutral thing. It just is. We just have a lot of thoughts around it. We have a lot of shoulds around how we should and shouldn't eat. We start to mute that and turn the dial down on that by saying, "Well, let's have us build trust within ourselves."

Lucia Hawley:

Because I swear to you, you know how to lose weight and you already intrinsically know how to lose weight from a place that is not from shame, blame, and guilt. But the missing piece for most women is building that bridge of trust to say, "I'm going to make a plan, and a plan like I give a shit about myself, that I love myself, but I want to nourish myself and give myself these foods. And that if I'm going to eat sweet things," or really, I always use chips because those are a food that I've loved, historically. The sweets or the hyper palatable foods, the chips, the brownies, what have you, the pop, who cares? Whatever it is. If I'm going to be eating these foods, I'm going to plan them in, so I'm aware. And so I love up on my experience with them.

Lucia Hawley:

I would so much more prefer that you eat two cupcakes and you're fully aware with them throughout every single bite. You're really enjoying them. You're enjoying the experience of those. I would prefer that as your coach so much more than you deciding that you're bad because you want a cupcake. And then that taken you down the bunny trail of eating two of them in front of people, and then three of them in the kitchen later on. You know what I mean? That experience is really, really common. And you're not alone if you're feeling those feelings right now, because it's at the end of the day, how many

of us cope with stress. And we're still in a very stressful and chronically stressful experience, for the most of us. We're in some chronic stress [inaudible 00:19:13] right now.

Lucia Hawley:

So go ahead, try out the 24 hour plan. I think you'll really love it. And notice any and every thought that comes up and what your brain tells you about sticking to the plan, about making the plan, about following through with the plan, about what the plan means to you, about what the plan means about your life. Because what we plan for and what we follow through on, is what we get.

Lucia Hawley:

And so as you build that trust with yourself, as you begin to show up to your life; being present, aware, and respecting yourself, you will see that you can lose weight while eating sugar. And it's a beautiful thing. I'll see y'all in the next episode.

Lucia Hawley:

Okay everyone, that's all for this week. Thank you for listening to this full podcast episode. If you want more of this information every day, instead of just one podcast episode each week, consider coming over to Instagram to hang out with me. I am @LuciaHawley_ underscore over there. That's L-U-C-I-A, H-A-W-L-E-Y_.

Lucia Hawley:

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