

Lucia Hawley:

You are listening to episode 107 of The Devoured Podcast. 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 master's 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 the podcast for you.

Lucia Hawley:

You'll learn how to make the radical changes that you only dreamed of 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

Lucia Hawley:

Well, well, well, welcome to another episode of The Devoured Podcast. I am so very happy you are here. I am now recording these episodes on Friday mid-mornings. And I had been recording them on Mondays. And I got to say, I really like this new routine. Just inviting you into my little process. It feels really fun to have the whole work week to be thinking about the subject. Back in like January, I had planned out about four months worth of podcast episodes. And then once quarantine hit, I decided, which basically coincided with having recorded and released all those planned episodes, I decided that I had kind of had the flow under my belt.

Lucia Hawley:

And I could with the flow of what I found my clients, my community, those who listen to The Devoured Podcast, who are on the newsletter, who hang out with me over on Instagram, in the Facebook group, all the good things, the women of Lean and Liberated. I realized like I think I can trust my downloads by the end of the week and really offer subjects that I think would be helpful. It's just been such a fun flow for me, so I wanted to share that because I think that makes a difference. And I know that a handful of you at the very least who listen to this show are also business owners yourselves.

Lucia Hawley:

So I think it's important to share that, guess what? Your flow can change and that's normal. It's to be expected when it comes to your work priorities and your work duties. And I think if we resist... So I have been recording episodes on Mondays, and then that was slipping to Tuesdays because Mondays got really busy with these other things. And I was feeling like I was in the between of like, oh my gosh, my episodes are not what I want them to be, because I just kind of hit record and go and then get them to be edited, and then they get posted, and that's like good enough.

Lucia Hawley:

I was getting to a cycle of good enough versus feeling like, I could create the space for myself to take not even that much more time. Okay? I like how I record these episodes, but to have the thought that would give me the feeling that I wanted to come into recording each episode with. Switching from recording on Mondays/Tuesdays to Fridays really has offered me just a breath of fresh air.

Lucia Hawley:

I encourage that for anyone who has been feeling challenged or feeling like there's a little bit of trickiness in your schedule, work over beyond, entrepreneur over beyond, I want to offer that with so many of these subjects that we do talk about on this podcast, I am there, like right there, with you. There's nothing special going on here. And it just takes a little dose, a little exposure therapy to the idea of what could happen if you trust yourself. And that doesn't mean that we don't trust ourselves in other buckets of our lives, other silos, other areas and arenas.

Lucia Hawley:

But it might mean that we could bring some focus and bring some attention to any of the thoughts that might not be serving us, that we could do the work lovingly of creating conscious thought around some of those thoughts, because a lot of the thoughts that don't serve us are subconscious by the by. Bringing those from subconscious thought into conscious thought, being with them, processing them, figuring out what the new thought or thoughts could be that would support us in having the feelings and taking the actions and getting the results that we actually want.

Lucia Hawley:

Fancy that, right? That's been part of my process with the podcast, and it's just a sunny beautiful Friday. I'm excited to work for a few more hours, hop on a discovery call with a new client who's interested in Lean and Liberal, and then enjoy the weekend with my boo. And I'll add one more thing at the check in. I've been taking Instagram off my phones over the weekend. Instagram was such a lifeline when there was so much happening in Minneapolis with friends and loved ones back at the end of May.

Lucia Hawley:

I very much love and appreciate Instagram, and I also created a pretty big habit of checking it really, really consistently, even during times off. It's been, again, another breath of fresh air to take that platform off of the phone for the weekend. Do you know you can do that? I've told a few people. They're like, "You delete the app off your phone?" Yeah. Yo. I straight up delete the app off my phone, and I can redownload it come Monday morning. It's been really wonderful. Today's episode, speaking of, this episode is a little bit different.

Lucia Hawley:

I try not to talk about myself too much aside from those two big episodes I did do about my story recently, episode 100 and then I think 104, 103. Lucia's story part one and part two. That's where I really wanted to download a lot of my story. But I have to tell you, as I just said, where I'm in the muck with you, I'm in the victories with you, I'm in the sorrows or the furrows, I'm there with you, I want to talk about coffee, café, a cup of joe, more than sludge. I have to talk about coffee because I... And this not a new subject for me.

Lucia Hawley:

I have such a relationship with coffee, and I will proclaim that many of you do too. And I think a lot of us have a relationship that is we have some subconscious thoughts around that we don't even know we're thinking about our dearly beloved coffee, some of us totally do, and some of us have this kind of love-hate relationship with coffee. I think we got to talk about it. What we're going to be doing, I'm going to tell you a bit about my experience, and then I wanted to pull up.

Lucia Hawley:

I posted a poll on Instagram and I asked people, what would you like to hear about coffee, stress, hormones, weight loss, et cetera, because I think it's high time that we carve out some more space to be talking about our relationship and our reliance with stimulants. Now, as I talk about my experience, I want you to remember that everyone is individual, so I'm looking at this with a certain lens. But that being said, I do think, because of how communities work and function, I do think that probably a handful of you are aware of your thyroids, or you have thyroid considerations.

Lucia Hawley:

Maybe a handful of you have Hashimoto's or you've had thyroid cancer. You've had had your thyroids removed. You've had or you currently are taking different medications for your thyroid, or you've been told that there's nothing that can help support your thyroid. Maybe you've been told that your weight loss or your weight gain, more specifically, is correlated with your thyroid and there's nothing that you can do to support your thyroid health from a diet and lifestyle perspective. And I was just chatting with someone in the DMs, and if you're listening, you know who you are.

Lucia Hawley:

I was chatting with someone who said that their doctor, this person has Hashimoto's, and they said that their doctor who's ordering the lab work for the Hashimoto's, which is great because there can be conversation there too, their doctor said that there's nothing to be done from a diet and lifestyle perspective in terms of the progression of Hashimoto's. And Hashimoto's for anyone who doesn't know is an autoimmune condition of the thyroid. Those people who have Hashimoto's, and I'm one of them, can experience a range of different effects from that autoimmune attack on the thyroid.

Lucia Hawley:

Now, here's the thing, what I want to say before I get into coffee, which we'll come back to coffee in a second, what I want to say, because I was just... I get in my health and alternative wellness bubbles where for so many of us we believe because we've lived it, or we have seen the lab work, or we just understand with our client, with our loved ones, that the way to support your thyroid is through diet and lifestyle.

Lucia Hawley:

To just hear that it was reinforced, that there's medical practitioners, and I love them for how they can support people, but I think this is an area where there is definitely room for more growth, to hear that there are still medical practitioners to this day who say that there is no evidence that diet and lifestyle affects the health and expression of your thyroid or a disease, an autoimmune expression of that thyroid is so highly disappointing, because there are studies there.

Lucia Hawley:

You do see clients who make dietary changes, who make lifestyles changes, who's levels of antibodies dramatically reduced. And when you have Hashimoto's, you have that autoimmune attack. There are antibody levels that you could be looking at so you can see point blank, is there a higher level of attack on my thyroid or a lower level of attack on my thyroid? And I personally have experienced that. Before I knew that I had Hashimoto's, once I got tested then, my antibody levels were much higher. There was a higher expression. There's a higher level.

Lucia Hawley:

There's higher and faster on ramping on that attack on my thyroid. And when I made different dietary choices, like cutting out gluten, like emphasizing more whole foods, fewer processed foods, becoming aware of regulating my blood sugar levels, looking at even those very basic yet incredibly powerful foundational aspects of how to support thyroid health, my antibody levels dropped. I do find it confounding when doctors will just say, "Oh, diet and lifestyle doesn't matter." Because unfortunately, to me that acts as a nocebo effect.

Lucia Hawley:

Meaning that instead of assuming the best or potentially modeling to your patients or clients that they are in charge of their health to a certain extent, we all have to grapple with our own realities. It's unfortunate because the other side of that is a nocebo effect, where if you are negatively telling your clients, there's not much you can do, guess what? They're probably going to continue or begin to feel helpless around their diet and lifestyle choices. They might not even feel like they have an openness to explore.

Lucia Hawley:

As someone who works in health and wellness, I find that just so incredibly disappointing, so I had to bring that one up. Let me tell you about my relationship with coffee. I was a non-coffee drinker for the first 20, 21, 22 years of my life. The first 20 years of my life. I even worked in a coffee shop, shout out to Dunn Brothers in Minneapolis, in the Uptown. I even worked in a coffee shop and did not drink coffee. Maybe I'd have a little sip of caffeinated stuff. I'd have some decaf here and there. I play around with the different drinks, but I did not identify as a coffee drinker.

Lucia Hawley:

And it wasn't until the next year when I had about age 21-22 that I started to drink coffee. And from age 21 to 22 to now age, oh my gosh, I'm 31, I feel so crazy still, that for the last decade my identity slowly shifted into being a coffee drinker. Now, not a coffee drinker who could drink three triple shots of espresso, because I also identify as someone who is anxious, a little more sensitive. I know what's going on in my body 24/7. So coffee affects me pretty readily. I'm sensitive to it, but I started to not only identify the coffee drinker, but because of my own Hashimoto's...

Lucia Hawley:

Remember, by the way, foot note, Hashimoto's is an autoimmune expression or an autoimmune disease on your thyroid. Your thyroid is the master energy regulator of your body. Okay? So remember, when we're talking about thyroid, yes, there can be a lot of different expressions of symptoms or feeling like your thyroid feels off. But at the very least, if your thyroid is slow or sluggish, just imagine that all your little life features, how alive you feel, they just tune down a bit. And sometimes with Hashimoto's, it can tune up.

Lucia Hawley:

You feel an over expression of having that energy regulator be upregulated and that can be uncomfortable, right? Having heart palpitations, feeling more anxious, feeling like there's a lot of energy inside of you that you just can't get out, that it doesn't quite match the environment or your needs in the moment. But for a lot of people who managed having Hashimoto's or managed what's going on with their thyroid, a lot of women, especially in the United States of America, because I think we are not in a thyroid friendly country by the by.

Lucia Hawley:

A lot of people experience feelings of low thyroid, sluggish thyroid, cold hands, cold feet, hair that's falling out, the lateral third of your eyebrow, that hair can fall out, feeling like skin is dry, feeling like you get puffy, feeling very tired, feeling it's hard to gain muscle, and feeling like it's very easy to gain weight. And that's just foundational different aspects of having Hashimoto's. Over the last decade, as someone who does have Hashimoto's, I think what happened for me is that I started to reinforce the idea that I could not trust my own energy because my master energy regulator, my thyroid, had an autoimmune attack on it.

Lucia Hawley:

And even with managing it and even with having pretty decent thyroid antibody levels because of my diet and lifestyle choices, I still felt like it was not enough. So I want you to hear me right now. I had an underlying identity of not being enough. And over the last couple of years as I brought my nutrition work into being in my own business, as I set off to really expand my reach of my business... You all, I have really big plans for this business, if you didn't know, okay?

Lucia Hawley:

In grappling, just in this last year, with really switching away from one-on-one sessions with clients and into developing Lean and Liberated and what came before it and the whole process of that and developing into the business blueprint, stepping into business coaching, et cetera, what I found subconsciously through all of that was that I felt like I had to, I absolutely had to, lean on caffeine in some way, shape or form. Even when I would go to wellness practitioners, which is this amazing acupuncturist and naturopathic doctor last year, he's both...

Lucia Hawley:

I would maybe like to see him again, he was great. I went to him last year and he was like, "Listen, your labs are looking really great, but your stressed out like a mofo." He didn't say that. He's really tender and sweet, but that's what I heard him say. He said, "You're stressed out like a mofo. Cut out the coffee. Switch to matcha. Do something if you need to bring yourself down from caffeine, but give yourself a leg up and try that." And I did it until things got stressful last summer, and then I leaned right back on coffee. I would get into this thought cycle around coffee.

Lucia Hawley:

And you all, I knew this in the moment, I've gone on and off coffee multiple times throughout my life. I used to say it would happen quarterly, and I really used to believe that it was because of my liver and my ability to detox coffee and caffeine. And let me now add in here that I believe for myself... And remember, I'm not a medical practitioner, I'm not telling you what to do. Just sharing as a human, a human who has a body that does body stuff. I believe that I have a sensitivity to the actual coffee itself in addition to being sensitive to caffeine.

Lucia Hawley:

So I'm also talking about two different things here. But clearly, there's caffeine in the coffee beans. Because of some different reasons, I believe that I am sensitive to fermented foods, which include coffee beans and black tea, kombucha, some of the different types of food, and chocolate. Both coffee and chocolate as well have stimulants in them. So being low thyroid, I felt like it was helpful just to get

through. And that during some shiny time in the future when all the factors came together perfectly, then I would take out my coffee consumption.

Lucia Hawley:

But my thought was in the moment I need this. I need this so I can go sit my butt down and do my work. I need this because my driving force for my work is to be in service for other women to get them to stop spiraling out about their bodies, lose the weight if they would so like to, or lose the conversation around their weight so they can go feel free and liberated. I need to sacrifice myself in this kind of small but kind of big way by consuming caffeine in order to get where I need to go.

Lucia Hawley:

And it wasn't until the last few weeks where I really realized because of the compound effect of chronic stress and acute stress that's occurring in this pandemic because all the factors that are associated. And I live in Portland, Oregon. There's a lot happening in our city. It needs to be happening, but the feds, they're kind of getting out now, but they really need to get out of here. Just so many factors. Such a fast exploration of all the different information that's coming out almost 24/7. I found myself being in the space where I was leaning on coffee.

Lucia Hawley:

And as soon as I would drink it, I would feel puffy and bloated and overwhelmed. My face would get red. I won't be able to focus, and I was using it, here's the key, I was using coffee as a distraction. Because when I was feeling so sick and so overwhelmed by my reaction to the coffee, even though it kind of gave me that emotional fortitude to get through my work, to get through the day, to read the headlines, what I found was that we both "get me through those experiences," but most of the time it was a major distraction.

Lucia Hawley:

Because if you're feeling spun out, if you're feeling overwhelmed, if you're feeling anxious, it's going to be really, really hard to focus on the deeper things that are occurring, to focus on your deeper feelings or your deeper thoughts because you're numbing yourself out and you're buffering on all of those experiences. What I realized, and I knew this before, right? We're all smart here. I knew this stuff, but I didn't want to go there with it. But what I realized is that I was using coffee in a way that I think a lot of people use food and beverages and coffee too.

Lucia Hawley:

Let's be real. We can use these different foods or beverages to numb out, to buffer our emotional experiences. And I realized that that wasn't a game I wanted to play anymore because that game felt so played. You all, my blood sugar levels for sure matched my caffeine intake. When my blood sugar levels rise, if I'm drinking caffeine along with that, it just means that the rises are higher and that the falls are lower. It made a more extreme version of my day. And I realized that because of that, I was chasing this daily experience that I was actually continuing to choose.

Lucia Hawley:

And it sounds so simple when I say it out loud, but it was this sick, sick cycle that I was in. And I wasn't even drinking that much coffee. Let's be real, because I'm one sensitive chicken. I'm just one sensitive little thing. With that, I made a decision last week to be done with coffee because it was not serving in

almost any of the ways that I truly value for myself as a leader, as a business owner, as a human, as someone who's concerned about her health, as someone who's experiencing chronic stress right now.

Lucia Hawley:

All the different silos where I could say yay or nay, does coffee work for me or does it not? It didn't. It didn't work in any of those silos. I did the one thing that I would never reinforce for my clients, and I went cold turkey. And let me tell you, the coffee detox was real. It was so real, and I'm pretty much on the other side of it. And what I'd like to say now, the coffee detox included headaches. It included feeling kind of flu-like, which when you're worried about corona, you're like OMG, what is happening here? But being on the other side of coming off of the coffee...

Lucia Hawley:

And let me also add in, I've worked with clients to have them come off of coffee and the best way to do it, if you're curious about it, is to take a month, get your caffeinated coffee, get your decaf coffee. What you're going to do is week one, you're going to drink your caffeinated coffee. And then week two, you're going to split it 50-50 with your decaf. Week three, you're going to split it one part caffeinated to three parts decaf. And then week four, you're on decaf.

Lucia Hawley:

And then from there, if you would like to, because this is within your realm of choice, you either continue to drink the decaf or you move yourself off of less and less decaf. And you either water, electrolyte rich water. You maybe choose other beverages. Maybe you choose an herbal tea or decaffeinated tea. Maybe you just don't worry about it. But you provide yourself options from there. That's what I had recommend for anyone, because I did put out an Instagram poll and I'm going to address your questions. I got some really awesome ones.

Lucia Hawley:

I wanted to put it out there that you should not do what I did, but I did it because I'm a silly monkey and that's what I decided to do because I wanted to rip the bandaid off. Here's the thing that I also want to add in, in March, I decided to come off chocolate, because I was having a very similar experience. And these two foods, I'm talking about them, it feels kind of vulnerable to talk about them, these two, well, food and beverage, coffee and chocolate, are the two foods that I felt like were... I had this relationship with them where they were my vice and I was choosing them.

Lucia Hawley:

Why are human beings so "good" with all my other food, but other things just... I kind of felt like on the grand scheme of things I don't... I haven't had a drink in months. I don't drink. I am pretty low dairy, because that feels good. I don't drink because drinking feels really bad in my stomach. I don't eat gluten. I don't eat MSG. I don't drink wine. I get migraines. I'm so aware of my body. Most of those things don't feel like a big deal, but the times before, and this is key. The times before that I tried to cut out, and that term is key too, I tried to cut out coffee, I tried cut out chocolate, it felt restrictive.

Lucia Hawley:

And because I believe in consuming foods from a place of liberation, I knew I just didn't have my thoughts around what was happening. They weren't quite up to speed or up to par. Back in March though, I came to a place where I realized my relationship with chocolate and the combination of the

theobromine, which is a stimulant, and the sugar that's in chocolate, even dark chocolate or especially dark chocolate because it has an even higher theobromine, felt like at that time like almost literally a toxic combination for me. Because of the Hashimoto's, I believe that thyroid detoxes more slowly.

Lucia Hawley:

My bile production is a little sluggish. Because of that, what I was noticing is if I reduced or omitted chocolate and coffee, but at that point chocolate, from my diet, my monthly cycles were so much more pleasant. And I've done a lot of work with my monthly cycles where I know that when I'm feeling more experiences of PMS, I feel like my cycle is heavier, et cetera, that's an indication of too much estrogen in my body. Not because I'm overproducing estrogen, but because I'm under detoxifying old used estrogen metabolites. So why not do myself a favor and help reduce that burden on my liver?

Lucia Hawley:

That's how I came to reducing chocolate and taking chocolate out of my life. It was out of my life for three full months. No big deal. Did not feel like an emotional anything until last month. And then I was ready to bring it back and experiment. And here is where my experiment led me. I feel bonkers when I have chocolate and when I have coffee. And I do not like the actions that I take, I do not like the thoughts that I have when I have throughout my day.

Lucia Hawley:

I really had to do the thought work and the identity work of saying, "I'm not the person who is choosing to restrict chocolate and coffee," and then being restricted because she can't have them, I don't want to be that person. I want to get curious about the thoughts and ways of being that I could acclimate and start to be in the arena with, where I could be the person who loves coffee, who loves chocolate, and who recognizes that 99% of the time they don't fit into her life.

Lucia Hawley:

And let me tell you, that tweak is incredibly freeing. Because now that I'm on the other side of that damn coffee detox, which was really hard, again, do the plan I outlined. Don't do cold turkey please. Now that I'm on the other side of that, this is the identity that feels so natural and it feels so easy.

Lucia Hawley:

But when you're stuck in loops of being, especially when they're reinforced by a stimulant, and so you feel a physical need to continue to reinforce it because it feels physically more comfortable even when you're anxious and you feel like a wreck, it feels more predictably, and you would rather have the comfort of that uncomfortable predictability, stopping that cycle I think is one of the most empowering choices that we could make.

Lucia Hawley:

Whether that's coffee or chocolate or a food or beverage or overconsumption or underconsumption, going to the gym, not going to the gym, moving your body, not moving your body, whatever it is, we can plug and play so many different factors into that cycle of continuing something that's very comfortably uncomfortable, very predicatively uncomfortable switching over into the new land.

Lucia Hawley:



If we can help ourselves by doing the thought work at first prior to it of saying, "Oh, I'm enough to handle that challenge. And not only am I enough, but I desire to handle that challenge because I desire to know what's on this other side, even if I don't know what's on that other side," I think that's really, really powerful, everyone. I'm sharing this with you to let you know that shit looks fucking hard, and it's been a conversation that is not new for me. This is like years. Okay? It's so many years.

Lucia Hawley:

But what feels new this time and maybe it's being in chronic stress and just not wanting to humor myself around that anymore, being like that's so old, Lucia, that you're feeling anxious because you drank coffee and now you need to go to take a nap, but you feel like you can't take a nap because you have this work stuff that you are passionately about doing, but now you have a headache and so it's hard to look at the screen, I got so sick of having that conversation with myself that I decided to do something about it. I wanted to share all that with you just in case it resonates.

Lucia Hawley:

Okay? Now I want to shift the episode a little bit. Let me add in a conversation around coffee and fasting and weight loss, and then I want to answer. There are about four-ish questions that came in from the Instagram question box that I put out. Let me just say that from a hormonal perspective, coffee being a stimulant is going to be... It doesn't give us energy. It just creates an experience where our bodies are going to be putting out additional stress hormones that feel like they give us more energy, but it's not an actual source of energy.

Lucia Hawley:

If you are someone who is low thyroid or you're just with a lot of stress right now, or you feel like you can't quite catch up with your days, or you're looking to lose weight, you have to, you 100% have to get your hormones in check. Now, if you do that from a place of restriction, like I just talked about for the last 20 minutes, that's going to feel like bullshit and you won't implement it into your life. That's why Lean and Liberated, for any of you who are listening, I'm not going to be playing around with you when it comes to your coffee consumption.

Lucia Hawley:

I would much rather have you stick with your 24/7 journaling, reflect once a week, and notice what's coming up for you as you continue to drink the coffee or secretly put the creamer in the coffee, but it's probably under 20 or 50 calories, so it's fine. It's keto, but you're not eating keto for the rest of the day. Is it actually fine playing that game? You all, you think I'm not aware of this stuff, but I am and I am from a very loving place. We have to have our own lived emotional experiences and then the support of a coach or someone who would like to have us manage our minds and look at our minds.

Lucia Hawley:

The reason that I think it's hard to lose weight in the long-term when we're drinking coffee is for any of those reasons that I just mentioned. But also because it can become a difficult hormonal experience for our bodies when we're in a place of losing weight, because it can provoke inflammation, it can increase the liver sluggishness or lack of detoxification for some people. Now for other people, they detox caffeine fine. It's just fine.

Lucia Hawley:

This does have to become an individual conversation, which is also why I don't want to make broad sweeping statements or gestures, especially to women who are in Lean and Liberated, to say like, "Oh, take out the coffee." But if you feel like you're hitting a stall in your weight loss, if you feel like you just get a little grabby around the coffee, or you feel like you've gotten to a place where you can't get through your day without coffee, that's when I invite the conversation into trying to get curious about our identities as someone who is choosing to lose weight.

Lucia Hawley:

What do we feel restricted around? What feels like deprivation? What feels like abundance? What feels like liberation? That's the place where we can authentically come into conversation with all of those subjects, instead of just being the cadet who says like, "Signing off. Yes. I'm done with coffee because the coach said to. And I got to this, I got to do that." You all, if you can't emotionally process your own choices and be in charge of your own body, it's not going to work.

Lucia Hawley:

Because at some point when things get stressful, when things get overwhelming, or you get away from being coached or whatever the situation changes, you're going to go right back to the predictable habits and patterns. Because that's what your body wants to feel save even if it's not quite safe enough for your truer desires or goals. And in this instance, that's weight loss. I want to quickly address, we had about four or five questions. Let me read off... Actually before I do that, you all, I swear, I planned this episode, I want to share with you...

Lucia Hawley:

I shared on Instagram about my journey this week with coffee, and a client of mine wrote an Instagram DM to me and she said it was okay if I shared it with everyone. Okay? Here's what she wrote. "Giving up the coffee was the single best decision I've made for my health. Since giving up coffee, my sleep has improved significantly, my energy is steady all day, my blood trigger is more regulated, and I'm not a major grump when I wake up. I regret resisting your gentle encouragement for two whole years before giving it up, and the tapered down approach you recommended made it so easy peasy.

Lucia Hawley:

No physical withdrawal symptoms at all. Bye, bye coffee for life." That's so powerful. I was just like clapping. I won't clap into the microphone. That wouldn't sound good on the recording, but I'm clapping for that client because that is the approach. When we're reducing something that perhaps is no longer serving us, we want to be thinking about what it offers us on the other side, sleep better, blood sugar management, and that what that means for our attention and where our attention goes throughout our day.

Lucia Hawley:

Yo, when your blood sugar feels regulated, you can go slay all the things that you say you want to do versus having to feel distracted or clearly needing to pay attention to your tiredness or the blood sugar levels, right? All that stuff that has to take center stage if they're just regulated, we're making the choice to no longer have them have to take center stage. That's a big hairy deal. Okay? Let me go over some questions now. Okay. First question on my Instagram was, one black coffee in the morning is my fave. How do I know if it's negatively impacting my body?

Lucia Hawley:

And clearly none of this medical advice, right? You heard that the disclaimer earlier on, but this is just a conversation for any of you who are curious about digging deeper, because clearly something came up for you when I mentioned coffee. To you I would say, I want you to track for a week how you feel. And now that you've listened to this episode, I've given you a whole litany and slew of the different places where drinking a stimulant can affect us. Again, for some people, no big deal. For other people, a huge deal. For me, huge deal. For that client, huge deal.

Lucia Hawley:

For a lot of us, huge deal. One black in the morning is my fave. How do I know if it's negatively impacting my body? Number one, I would say, if you can drop the black coffee, if you could go a few days without drinking it and you feel fine, it's probably not a big deal. But if you start to notice that it's this big source of comfort for you, it's this big overwhelming like, oh my god, don't take it away from me, you start to feel like there's more of a relationship there, that would be one arena that maybe the coffee is negatively impacting your body because there's a bit of a dependence on it.

Lucia Hawley:

Otherwise, I'd be looking at signs of blood sugar regulation. So how's your energy throughout the day? I would be looking at digestion. Do you poop right away after it? Do you feel like digestion is irritated at all? Of course, many people drink coffee in order to poop. So I'd actually say if you're coming off of the coffee, how is your digestion then, right? How are your bowel movements when you're not drinking coffee? That would be the deeper root level of what I want to be looking at. How do you feel emotionally? Do you feel stable throughout the day?

Lucia Hawley:

And then how is your sleep in the evening? How is it when you wake up? Are you groggy? Those are some of the biggies. Okay? Also, menstrual cycles. But again, I would really want to be looking at if people came off of coffee, what is their baseline then, because that's a truer expression of what's going on. If things feel more uncomfortable off of coffee than on coffee, that's when we have to dig deeper. The next question, a little bit more of a statement, there's always something in me that is saying to give up coffee, but I just haven't yet.

Lucia Hawley:

Yo, now that you've listened to the episode, me too. I would say when you're ready, and it can just be a subtle thing, it's nuanced, when I say when you're ready, you might be ready now and it might feel hell of uncomfortable, that doesn't negate that you're ready. When you're ready, I would say, why not do some free journaling, so do a brain dump, on the thing that's in you in the back of your head saying to give up coffee. Just free journal without assumption. Why is there a little voice that's saying that? How would I like to hold space for that voice?

Lucia Hawley:

That's going to be very powerful. And then, and the person who wrote that is in Lean and Liberated, and then come to the private coaching or come to the group coaching and get some support on it. Okay? Because I can't tell you what your brain is going to tell you, but I can help you continue to make space for that container and make really thoughtful choices about what to think or how your thoughts are

making you feel from there. The next question, coffee will make me feel "ragy." Is that a symptom of stress? 100%.

Lucia Hawley:

If we're feeling like when we're drinking coffee we're more prone to feeling the frustration, feeling enraged, feeling overwhelmed, feeling angry, I would say what's occurring here is probably it's either too much coffee for you in this time of your life. And let's also remember that we're all still under chronic stress. And our adrenals, which are those adrenal glands that are in charge of our stress hormones, things like adrenaline, cortisol, et cetera, those adrenal glands are taking a hit when we're under chronic stress. They can't not.

Lucia Hawley:

They're managing our stress reaction. For a lot of people, I think what they found is they've had to either downregulate completely like me or simply downregulate to less or different coffee choices during this time, because it's just too much caffeine for their system's period and their adrenals are already a little bit tapped. To you who asked the question, coffee has been making me feel ragy, is that a symptom of stress, 100%. I think sometimes that rage can be a surface emotion, and there could be emotion that's deeper.

Lucia Hawley:

And if that were to be the case, I would say I would encourage you to journal on that. But if it's more closely correlated with drinking the coffee and then pretty soon after you're feeling you've got some rage going on, I would actually look at that from a functional physical standpoint first. I know I get really curious. Okay. If I started down ramp, downgrade how much of I'm having, and if it's available to you, any coffee, do I still feel rage? I would just say that that is a symptom of stress, and that we'd want you to be encouraging nourishing activities that are supportive of the adrenal glands.

Lucia Hawley:

So making sure you're getting in enough salt, right? Getting in electrolytes. Making sure you're getting curious about your sleep. Do you need naps right now? Yo, I think a lot of need more naps than we'd like to admit as adults. Sure, maybe in the long-term we don't want to nap, but we're just in stress. I can't stress that enough. It's okay that we're humans who are having a stressful experience right now. We can become more functional in order to confront that stress, right? Our job isn't just to say, "My job in life is to not experience stress."

Lucia Hawley:

No, but we can build up our resilience. It might be that what is a more resilient choice for a lot of you, for me, for some of us right now with these question askers, is to attune into more resilience by reducing the caffeine and the stimulant intake. Fourth question, what connections do you see to Hashimoto's patients and coffee/chocolate/stimulant consumption? My partner has Hashimoto's and she has not been warned/cautioned by her doc, but she's very curious. Yes. Everything that I just chat about in the episode apply to this question, so I won't go over what I've mentioned so far.

Lucia Hawley:

But I would also like to add in that for those who have Hashimoto's, a common diet and lifestyle change is to go gluten-free. And the reason we go gluten-free is to take out and reduce the expression of

autoimmunity, meaning that gluten, which is a protein, it's actually a collection of different proteins, we just call it one, gluten is a protein that looks very similar to our thyroid tissue.

Lucia Hawley:

So it makes sense that if you take out a food that we might not be digesting properly anyway, you take out a food that's containing a protein that looks similar to your thyroid tissue, you're going to be reducing the incidence of your body trying to mount an immune attack on that protein, which might be floating through your bloodstream, because if you're not digesting it well and it's going to you are gut, because you've got some leaky gut going on. For a lot of people, which is common for people with Hashimoto's, I have leaky gut. For Hashimoto's, taking out sources of gluten is a big deal.

Lucia Hawley:

Now, coffee is cross-reactive with gluten, meaning that coffee, and it's protein because things like coffee, we're not chugging it for protein. It still has proteins within it. Coffee is also a protein that can look similar to gluten. And our bodies if we are sensitive to something like gluten, if our bodies need that time to be healing and we're doing the hard work of taking out gluten, we're doing the hard work of reducing some of our dairy exposure, et cetera, some of those biggies for people with Hashimoto's, it's not supportive to then be chugging up a bunch of coffee.

Lucia Hawley:

Even if we can detox it okay, even if we feel like we managed okay from an emotional or energetic standpoint, I would say why not? Try reducing or eliminating the coffee exposure because it can be and is and is clinically shown it's a protein that looks similar to gluten and can courage an autoimmune attack on your thyroid. Reducing the gluten, reducing the coffee can be very supportive there. And then last question, which is a little bit different , but I did want to mention it here because it was in the DMs, the comment did correlate.

Lucia Hawley:

Question is, immunity changing from immune support supplements. Does that happen? Yes. For those of us who do have autoimmune diseases or autoimmune considerations, it's a good time to be aware. I'm someone who loves to play with supplements, and I think a lot of us do here. It's a good time to be aware that supplements that support our immune systems can also... If our immune systems are a little bit on the side of being sensitive or a little bit prone to getting a little bit haywire, which is what autoimmunity is, I want you all to remember that immune supports can push us into a bit of that haywire state.

Lucia Hawley:

It can push us into throttling up our immune system, which can be okay, unless we have an active expression of that autoimmune disease or condition. In which case, I would say it would be much more to anyone's benefit to continue to emphasize diet and lifestyle choices perhaps without the targeted immune support. And what I mean by that is like let's say it's going to really depend on the specific type of immune supporting supplement.

Lucia Hawley:

I don't want to name those specifically here because I don't think that's actually my time or place, but I would say mushrooms, so things like ratio, turkey tail, et cetera, those are a large category of foods that

are then turned into supplements. And those can encourage immune function, but they can also push people into too much immune function, depending on that person's body. This is so fun, by the way. It's so much more clinical than I ever get on the show anymore.

Lucia Hawley:

But because of that, for some people, taking those mushroom supplements could be a nice way to kind of like perk up their immune system, give it what it needs. But if the immune system is already kind of perked up and it's like maybe a little bit extra perked up because of that autoimmune expression, that can move us into a place where we feel more autoimmune flares, regardless of the autoimmune condition.

Lucia Hawley:

When I say for people who have autoimmune conditions to maybe not overdo it on the supplement, but to make sure they're doing it in diet and lifestyle, think about any of the mushrooms that you could be eating just in your life, right? We don't have to throw the baby out with the bath water. It doesn't mean all mushrooms are bad. But having a concentrated source of mushrooms in a supplement is really different than getting some beautiful wild mushrooms from your well-respected and safe farmer or new coop or natural grocer and incorporating those into a meal here and there.

Lucia Hawley:

That's what I mean, or things like turmeric. Again, very supportive for inflammation. But if you feel like you have to be popping a bunch of turmeric pills, why not just get curious about where you could be encouraging cooking off some turmeric with black pepper into different dishes, whether savory or sweet? Could you gently encourage yourself to have some turmeric every three days, right? Here and there throughout your week. Those other types of principles that I would much rather encourage for a lot of people for the most part.

Lucia Hawley:

Overall, that would be so much more supportive if we had a culture of where we felt like we didn't have to hack our bodies as much. And instead, we felt like we could come into a place of, let me wrap it up in this way, being an identity as a person who's gently encouraging support from her body and for her body and with her body. That's going to bring us into a balance that I think is so damn empowering and helps us go out into the world, be the bad asses that we are, and create the changes that we want to see. Because remember, that's what all this boils down into, right?

Lucia Hawley:

We're not hacking our bodies, so we're not the best hacker, and we can go accolades like, okay, if you want to do that, sure. But when I talk with women, what we're actually looking for is to feel better. We're looking to feel better so we can feel empowered, so we have more self-worth, so we trust ourselves more, so we go do the things in the world that we want to see from the world. Because we want to change the world in whatever small or big way we want to do that, right? We want to be more present. That's a really, really powerful way to come at all of this conversation.

Lucia Hawley:

I hope that was helpful. We started with coffee. We moved to chocolate. I talked about my story. I answered some questions. It was a big robust episode. Usually my episodes I try to keep them about 20

minutes, but this one needed more time to breath. And I got tell you all, being on the other side of coming off the coffee, even doing the cold turkey like I did. And man, I didn't even talk about amino acid therapy. Of course, people could be using things like tyrosine, diphenylamine, all that stuff, to be supporting a quicker coming off of the coffee.

Lucia Hawley:

I'm not going to go there. Too clinical, whatever. Just know, if you want to make a change, if there's something in the back of your head, you can trust that. I just support you to do the thought work first so that it feels like a really intentional shift. So that we're not surprised if we start to feel some of those old voices from either the old identities or the old habit that is comfortably predictable, even if it's uncomfortably predictable. Why not do the work ahead of time?

Lucia Hawley:

So we feel really, really solid and really prepared for the choices and the effects of those choices as they unravel. Thank you all so much for being here and I'll see you all in the next episode. Bye.

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 info everyday instead of just one podcast episode each week, consider coming over to Instagram to hang out with me. I'm @luciahawley\_ over there. That's L-U-C-I-A-H-A-W-L-E-Y\_. And one more thing before this episode ends, please consider leaving a review of Devoured on iTunes so we can keep spreading the word. And together we can offer this free education, empowerment, and libratory nutrition pizza bowls that will change more lives.

Lucia Hawley:

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