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[00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer.

[00:00:13] This podcast is for educational purposes only and it is not a substitute for professional care by a doctor or other qualified medical professional. You should always speak with your physician or other healthcare professionals before doing any fasting, changing your diet in any way, taking or adjusting any medications or supplements, or adopting any treatment plan for a health problem.

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[00:01:13] All right. And now we'll get started with today's episode.

[00:01:19] Hello, everybody. Welcome back to another episode of The Fasting Method podcast and this is a Bitesize episode with Dr. Terri Lance. I wanted to talk today about something that we've been talking about as a coaching team and something that I think is relevant to every listener and anyone who's in the Community or one of our clients. It's something that many of you are probably already working on, maybe have come to some solutions for, and some of you are just getting started with this. So I wanted to talk about the idea of how you navigate social events based on how you eat.

[00:02:06] Hopefully, you all know from the Community or from the podcast that we don't prescribe a specific style of eating that everyone has to do. We certainly have some recommendations about foods that are going to activate less insulin, are going to be less inflammatory, and generally just work better for people. But to be really clear, we don't tell you you have to eat a certain way. But many people, when they work with us or come to the Community or listen to the podcast, they're making some adjustments. Part of that, obviously, is fasting. And for many people, part of that is changing how they eat, maybe certain foods that they eat less of, certain foods that they avoid altogether that are problematic for them, and things like that.

[00:03:00] So we get so many questions and topics that come up around how to handle this in social situations. For example, a family gathering, a friend gathering, a work luncheon, or a happy hour, or something like that. One of the things that I want to encourage everyone listening to think about, whether it's a fasting day and so you're not going to eat at this event or if it's a day that you are going to eat-- but let's say, for example, you're eating fat-fasting foods, or maybe you're someone who eats very low-carb and that's different than other people. Whatever the difference is that makes you aware, one of the things I want to encourage you to consider is that there are probably areas in your life that you have a belief about, you have a chosen way to handle it, and other people in your life might prefer that you would handle it in a different way.

[00:04:05] So, for example, any of you who have had a baby, raised a child, you probably had so many pieces of advice given to you about what you should do, how to raise kids, how to get your four-month-old to sleep through the night, how to get your toddler potty trained - all of these things. And they're all opinions. And my guess is most of you have

had to say to people, "Oh, thanks for that suggestion. We're happy doing it this way." Or you smile and nod and act like you're enjoying the feedback and you go ahead and do it your own way.

[00:04:43] Similarly, many of you might have had this experience around some other lifestyle issues. So, for example, your spiritual life - if you practice a religion or have some spiritual beliefs that lead to certain practices. My guess is you've had some other people who have strong recommendations, things that they think you should do, churches they think you should attend. And my guess is, depending on who this person is to you, you might thank them for that suggestion, you might smile and let them know that you're going to keep doing what you do.

[00:05:20] Another example might be how you spend your money - whether you put it in investment accounts or whether you tuck that cash under your mattress. You probably have your preferred way to approach your finances, and other people, if given the opportunity, might be happy to tell you how they think you should handle your money.

[00:05:43] The reason I chose these is because I think these are pretty common things that people have opinions about and want to tell you their opinion, but oftentimes we have learned how to get by without taking those suggestions to heart and we still do what we believe and we do the thing that is right for us in our life. So I want to encourage you to think about that when it comes to how you eat and how frequently you eat. Those are personal decisions and they're really not anyone else's business. Now I get it, some of these people are very close to you (they're spouses, partners, siblings, you know, loved ones) and they might have questions. Some of them might even be concerned if they don't really understand what you're doing. But to give them a say in what you eat and when you eat and how often you eat really isn't necessary. And so I want to encourage you to think about having those boundaries for yourself. And, you know, depending on the person, some people you may be able to very graciously say, "Thank you. I appreciate that you have concerns and that you have ideas to share." And other people, you may say, "I just want to be really clear. I'm not open to discussing this as something that I'm going to let anyone else weigh in on." And some people, you may even have to be more firm.

[00:07:11] As we leave here today, I'm going to share one of my strategies for these social environments. If you run into someone who is kind of relentless, and I would say a 'food pusher', maybe they say, "Oh, I made this wonderful dessert and I really want you to have it." And you might say, "Oh, you know, I am not going to have any dessert tonight, but thank you, it looks so good." And they don't take no for an answer. And so they push again and they say, "Oh, but I made it. I was really hoping that you would enjoy it. It's really healthy. I think you'll really like it." And once again, you say, "Oh, actually, you know, I've been really watching how much sugar I eat and I don't really want to eat any now." And they push again. My suggestion on things like this is, if you feel okay to do this and I understand if you don't (I am smiling as I say this), when someone pushes something like that on me, I might say something that just stops the conversation like, "Oh, thank you so much. That dessert looks delicious and I wish I could enjoy it with you. However, what I have been finding lately is that when I eat something like this, I get kind of explosive diarrhea and it's just really not worth it to me." Guaranteed, that'll shut the conversation down.

[00:08:40] Now, I hope that this is taken in the intent that I have in sharing it. I'm not actually encouraging any of you to be rude or combative or anything, but, I get it, sometimes we just need to think we have a way that we can really stop this food-pushing.

But also remember that many people don't understand the fasting and they're concerned if you're not eating, they think you're not having fun, they think you're miserable. And so you get to set that tone. If you seem like you're having a good time, if you are drinking sparkling water instead of having snacks and beverages, they're not going to mind because you're happy, you're cooperative, everything's going well. But if you're pouting or if you're, you know, talking about woe is me, I can't eat today, sure, they're going to probably become food-pushers in those examples.

[00:09:42] So I think today I just kind of highlighted a couple of different approaches. One, a little bit of a shocker, which many of us probably wouldn't use, but some of you may. The other just being setting a firm boundary, letting them know that how you eat and how often you eat is not something you're really going to open up for discussion or debate. And then, as I said, you set the tone. If you seem pleased with how you're handling it, if you seem happy, if you seem like it's not a painful thing for you to be skipping a certain food or to be skipping eating altogether, I think that really goes a long way with how other people handle your new approach to eating and fasting.

[00:10:26] So happy fasting, everybody. And I'll be back with another Bitesize episode. Take good care. Bye.