

The Fasting Method - Episode #138: When Those Close To You Don't Eat Like You

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

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

Terri [00:01:19] Welcome back to another episode of The Fasting Method podcast. This is Dr. Terri Lance and I have a very special guest with me today, Bethany Macari, who is one of our coaches at TFM. So I'm hoping during our talk today you also will get to know her as a coach. How are you doing, Bethany?

Bethany [00:01:37] I'm doing great, Terri. How are you?

Terri [00:01:39] I'm good. I think we've gotten some viruses behind us now, [laughter] and we're pushing through, moving into that time of year where, I guess not surprisingly, this is probably always the case for some of us, but there are some specific food things coming up on the horizon for some of us. I want to have you introduce the topic, really, because you came up with this idea to do this episode. So, do you want to introduce what it is that we're wanting to share today with our listeners?

Bethany [00:02:10] Absolutely. So, in my experience, as well as many coaches' experience, certainly within The Fasting Method, what comes up is that it can be difficult to eat differently than your significant other, and it can be very challenging, for a number of reasons, to navigate pursuing a lifestyle or a way of eating, including fasting, when your significant other is not doing that, does not need to do that, or does not see the value in what you are trying to do. And so, with Valentine's Day coming up, we thought it might be a good time to talk about couples and their behaviors together. So that's what we'll be discussing today.

Terri [00:03:01] Very good. So I'm curious, in your experience as a coach and, you know, talking with so many people in our Community and in other arenas where you work on these things, what's your general tactic on, "How do we navigate this difference?" because, you know, it's a little bit idyllic to think that our significant other is just going to do things just the way we do things. What's your approach to the idea that, "What do I do when they eat differently than I do?"

Bethany [00:03:32] Absolutely. So you hit the nail on the head. It is idyllic to think that, you know, my partner, my significant other, my spouse is going to want to behave, or exercise,

or eat, or whatever it is in the same way I do, and yet, when it comes to food, that is a very common implicit expectation that we have of our partners. And so the first thing I try to do with people is just to normalize that and let people know how common it is for two people who are in a couple to like different foods, to prefer to eat in a different way, and to need to eat in different ways. And so from there, once you normalize it, it begins to feel a little less scary, I think, for both people, and you can start to move forward. So that's the first thing - just understanding that it's common and it's normal.

[00:04:34] The second thing is to acknowledge out loud with your partner what you're doing because, like I said, implicit expectations that you're going to do the same thing, they will be revealed by the differing behaviors. And instead of having that be an awkward moment, you know, having a frank conversation about what you're going to be doing, maybe what you're going to be changing about the way you're eating, or that you're going to begin a fasting protocol, just being very open with your partner about what you'll be doing and why, and why you think that will be a good thing for you is very critical. I find that some people, because they don't want to maybe be a burden to their partner, or they want to just make things easy, or for whatever reason, some people do hide from their partner what they're doing. I even had a client who did not want to weigh herself in the morning. She was married. They had a digital scale in the bathroom and the scale had memory. And she said, "I don't want my husband to see what I weighed-in at this morning." So I do encourage people to, to try to be open with their partners and what their intentions are.

[00:06:02] And then we can get more into some tactical things that I recommend for couples, including like specific meal planning, things like that, and eating out, but those are the the broad-stroke things that I think need to be covered when one part of a couple is pursuing a different way of eating or habit change, and the other is not.

Terri [00:06:25] I think those are really important, Bethany, and I'm glad you shared that. The idea first, as you said, just normalizing it. Think of all of the differences we have with partners. You know, we may not think spiritually in exactly the same way, or we may not have the exact same child-rearing beliefs, and we're going to have kids together and stuff. So we have to keep navigating these differences and, realistically, food is just one of those. And sometimes people think, "Oh, I don't know that I can be with someone who doesn't eat this way." I'm probably living proof that it is possible, and it does have some challenges to it, but it definitely makes a big difference, as you said, to be really open about it. Help that person understand, as you said, why this is valuable to you, why this is important, what you're really working on. Because many of us are working on feeling more comfortable in our body, having a healthier body, having better health markers, and better longevity. And what partner wouldn't want that for us?

Bethany [00:07:31] Right.

Terri [00:07:31] And you really highlighted something in there, too, that sometimes what is necessary for us to achieve those things isn't necessary for them. I just think of how many times I hear someone say, "Well, you know, I'm struggling. I keep gaining weight and, you know, my partner can eat whatever they want and they just seem to lose weight easily." You know, so there are these significant differences, often, and just being really open, sharing why this is important, sharing your values around it. And the other part that I would add to that is not making your partner responsible for your success. I've heard some people do that, you know, "I asked my husband, 'Don't let me eat that.'" Well, your husband shouldn't have to police you. If you want his support, please don't make him like the bad guy or the heavy that has to tell you not to do something, but to really kind of sort

through, how can they support you, how will you best feel supported? And help them understand that, don't make them guess. And this is true about lots of things in relationships, but don't leave them guessing how you would feel best in your approach to this. Let them know what things they can do that help. Let them know what things get in the way for you or make it more difficult for you. So it's not just one open conversation, it's going to be multiple conversations as things evolve.

Bethany [00:08:56] Absolutely. What you just touched on, Terri, reminds me that when I hear that a client really thrives when they have an accountability buddy, or a partner who keeps them-- not a sig-- romantic partner, but someone who keeps them accountable, I always remind them that people who are too close to you, maybe paradoxically, are not good accountability partners for you. And the reason is that we know they're going to love us no matter what we do. And so not only can them reminding us, "Hey, you said you weren't going to be doing that," "Hey, do you remember, you said you were going to change this habit?" that can cause tension and frustration and really confuse, you know, your purpose. But also, you know that if you don't do the behavior, they're going to love you anyway. So that's not true accountability. So one thing that's fantastic that I'm seeing more and more in The Fasting Method Community is people are finding accountability buddies in Community group meetings or on the forums. I had a Community group meeting this week on eating strategies, and one woman said that she met an accountability buddy at The Fasting Method, online, and, because they realized they were in the same state, at the beginning of the year, they met in person and they had their own little wellness retreat. And they met and set intentions for what they were going to do for the year and set out a plan for how they were going to keep one another accountable. Now, not everyone is going to be able to meet in person, nor do we, you know, necessarily suggest that, but it's just a fantastic thing that I'm seeing come up more and more in the Community, is people really forming those bonds with someone who has a similar purpose to them, who's not already so close to them that they are willing to let them down and know that they're loved anyway. So that's what came up for me when you were talking about not making your significant other responsible for holding you accountable to what you said you would do.

Terri [00:11:23] Yeah. And to your example of the increased number of people you're hearing talk about finding someone that they can lean on as an accountability buddy, I always try to encourage people also to recognize that someone doesn't have to be doing the exact same thing you're doing to be supportive. I needed accountability buddies when I was trying to finish my dissertation. Obviously, we weren't all doing the same thing and we weren't all in the same place, but it was really helpful for me to have people that I could say, "Here's my goal for this week," and then the next week when we met, they could check in, "How'd you do on this goal? This is what you said you wanted to do." And I find that, even in our Community, sometimes people think they have to be doing the same fasts at the same time as their accountability partner, and that's what makes it successful. Now, that may be true for some people sometimes, but I might be doing 18-hour fasts this week, and if you're my accountability partner, you might be doing 42s. The goal is we know what each other is working on, and we check in and we support each other. We don't have to be doing identical. So, again, going back to the family member, the spouse, the partner - they don't have to eat the exact same way that you do or eat at the same frequency, and they can still be helpful and supportive. And you can feel supported even though someone's not paralleling your every move or mirroring your eating.

Bethany [00:12:54] That theme of understanding your individual purpose and what you need in order to achieve your goals is definitely presenting itself as a theme here, and I

just want to share with the listeners that Coach Terri used to be my coach. So I came to The Fasting Method as a client and a member. And one thing that I learned from you, Terri, is the mindset shift (and this is something that I've heard you talk about in your Community groups, as well, at The Fasting Method) - changing the question you're asking, reframing it from, "Can I have these foods?" or, "Which foods are allowed versus prohibited?" and changing that to, "What is supportive to me?" And I really think that's important when we're talking about a couple eating differently because I've heard several people express resentment or feeling like they were missing out because their significant other, as you mentioned, quote unquote, 'could eat whatever they want', seemingly without consequence, which we know isn't really true, but, seemingly without con-- you know, ostensibly, without consequence. And if you are someone who has type two diabetes, or has an autoimmune condition, has chronic fatigue, etc., and you're someone for whom weight maintenance is challenging, it can be really easy to kind of slip into a sense of helplessness and a sense of, kind of, "Why me and not them?" And instead reframing that to really be curious about, "What works for me?" and, "What's supportive to me?" And it's not going to be what's supportive to your partner. Even if you have two very healthy individuals, you're going to need different things, you're going to have different goals, and food is going to play a part in that. So I found that reframe very helpful when I learned it from you. The, "Can I have this?" or, "What's permitted versus prohibited?" to, "What is supportive to me?"

Terri [00:15:06] Absolutely. And then kind of piggybacking on that, helping the partner to know how they can be supportive in that. You know, maybe it means that, as you're meal planning-- and I know this is something that you're going to be doing soon in The Fasting Method Community is you're hosting a webinar on meal planning. So this might be really well-timed to kind of get in there and learn some more about meal planning. But if you're meal planning with someone, how do we take into account what we each need to make our meals work? Now, it doesn't mean we can only eat food that works for both of us. It might mean there's one portion of the meal that works for each of us, or both of us, and then each of us has a different side that we eat with it. So maybe we just make the one main part of the meal and then two different sides - one that you're going to eat and one that I'm going to eat, and so everyone's needs are met. It doesn't mean we always have to have all of the same food, or that we can't share any food. And, Bethany, in thinking about this, the way you've kind of highlighted it so far as we've been talking, it's just made me think, too, for some of us it's just the act of sharing food, sitting down with someone, engaging while we're eating, or engaging while we're cooking, so does it really matter if it's completely different food? It's the goal of spending quality time versus no, you know, you have to eat the same thing I eat or you can't eat what I don't eat.

Bethany [00:16:40] Yeah. You know, meal prep is something that I've become really excited and passionate about because I used to live in Brooklyn, New York, and my apartment was roughly the size of a shoe box, and it was really challenging to make food at home, and so I ordered out a lot. And I do attribute some of my weight gain and deterioration in health to that habit. And when I began to cook more at home, things became a lot easier to manage in terms of my blood sugar, and my weight, and my chronic fatigue, chronic pain, etc., so I'm very passionate about that. I will be posting a webinar on Friday, February 16th for Fasting Method Community members and I'll be, you know, giving a presentation and then inviting people to ask questions. Live Q&A is really fun, and it's a chance for you to get in there and ask questions about challenges that you're having with meal prep.

[00:17:47] You mentioned eating different foods together at the same time. My partner and I are a pretty good example of this. So, my partner is currently trying to put on mass and get into a new weight class for some martial arts, and I am not trying to do that. I am trying to maintain, and I actually have a competition coming up where I need to drop a little bit of weight. And we had a meal-prep date this week. And the one thing that I would really recommend for folks, if they eat differently from their partner (and this is just a very tactical, concrete example), is, like you mentioned, Terri, to have different, distinct items. It's going to be really hard if you eat differently than your partner to have a one-pan or a one-pot meal that satisfies both of your nutritional needs. So, for example, something that's like a one-pan or one-dish meal would be something like lasagna, or a stew, or something like that. And from there it's just really hard to pick out-- you know, for each of you to pick out what you need. So I would recommend separating things out or making the stew, or the one-pan, or the one-pot meal with only things that overlap for both of you. And then, you know, if your partner, for example, needs to have additional carbohydrates, for some reason, they can have that served over what they need, and you can have it with a side of sautéed greens, just for example. So the more you can really get clear on what you need and what they need, then you can start to identify what you both like and see where the crossover is, and start to prep from there.

Terri [00:19:44] I love it. Exactly. I have been learning that fast and furiously in these past few months, but it's really wise. You know, the other thing I'm thinking, as we're talking about this, is this did come up around Valentine's Day, and, you know, I know for some people, it is a time when, you know, if you are in the restaurant industry, you know that this is a very busy week of business. A lot of people go out to eat around this Hallmark holiday, but, you know, a lot of us have this around any other things - our birthdays, anniversaries, other celebrations, graduations, things. So I often think about questions that come up around holidays. "What are we going to do?" "What restaurant will we go to because we eat differently?" "How will we order our food?" I think you have some tactical things to talk about there, too. The first thing I thought about, as far as this being close to Valentine's Day, is a not-so-uncommon thing that I've heard some folks in our Community and some of my coaching clients [say], and that is, when it comes to a holiday or a special occasion that their partner or loved one might want to spoil them with, you know, a problematic food, a dessert item, or some type of sweet type thing that they're really working on *not* having often in their diet, or eliminating completely-- It creates a little bit of tension when that person is acting from a place of love and wanting to give you this thing or make this thing for you, but it doesn't really work for you. And to me, this goes back to your original point that you made about that being open and having an open conversation. And I really encourage people, if this has happened at past holidays or things, or if you're at all nervous that it's going to happen at Valentine's Day, just to be really clear with your partner. And I talked last year around this time about the love languages, but let them know, "If you want to show me how much you love me, here are some great ways to do this." "I would love it if you gave me a massage or you gave me a gift certificate to get a massage." "I would love it if you, you know, went to the opera with me," or whatever it is, "but when you get me these foods that I used to eat, and you know that I love them, that I'm no longer eating them, that that doesn't express love in the way that I can feel loved." And some of us actually feel like we're kind of being sabotaged when they do that. And, oftentimes, I don't think it's intentional. They know this is something you enjoy and they want you to have it, so they get you your favorite dessert. But you're working on reversing your type two diabetes and you know that that is really going to complicate the picture for you. Let them know. Be proactive. You know, "Rather than that box of chocolates that you've gotten me every year, this year I would just like a card and let's go for a walk or

something," something to take the focus away from them expressing love using a food that actually is harmful to you.

Bethany [00:23:12] Definitely. I think, you know, the other thing about food is that, as a gift, it's relatively cheap and it's really easy to get. So I think that one very concrete thing that people can do is make a list of treats. A treat is not necessarily food. They can say like, you know, "Maybe you could watch the kids for an hour while I go to this used bookstore that I love," or, "Maybe you could bring me a..." You know, some people love puzzles or a coloring book, whatever it is, there are so many things that if we just stop and think and get creative, that we can provide that don't, unintentionally, derail our partners.

[00:24:09] The other thing that you mentioned about eating out, Terri, is that it can really be a bit of a minefield for couples who eat differently, only because there are so many options at restaurants where you can make different decisions. So there's the alcohol, there's when the bread, if the bread is served, when that's brought to the table. Then there's appetizers and mains and then dessert. And so there's a lot of decisions that need to be made and need to be negotiated. And what I want to invite people to consider is that I think that sharing food is a little bit overrated. So let me explain that. I mean, we say, you know, 'sharing is caring' and it can feel very sweet and kind of romantic to share a dish with someone and, you know, experience eating it at the same time. And if you decide that that's what you want to do, on a special occasion, then do that. You know, be conscious about it, know what you're doing, know the impact that it might have on you. But in the same vein, decide when you do not want to do that, and decide when you are going to order separately, and explain to your partner why that's important to you. I hear time and time again from clients and members in our Community that when they go out to eat, especially with their significant other or in a group that often they don't get enough to eat because they're focused on sharing and they're actually trying to stay on their plan. And so one problem can be that you eat foods that you do not want to eat and overindulge. Another issue can be that you don't get enough to eat because you've agreed to share, and the food that's been ordered is really not something that you consider your food. So this all comes down to boundaries and saying, "This is what I would like." And if you need to discuss it with your partner ahead of time, if you need to look at the menu ahead of time and decide what you're going to order, you can still share the experience of being together and being in the same place and eating together, even if you're not sharing the same food.

Terri [00:26:44] Absolutely. So important. I hadn't even thought about that angle of sometimes it means not getting enough food because, you know, if-- let's say, for example, I eat, in a meal, primarily, a good portion of protein, some vegetables and healthy fats, you know, maybe something with some fiber or something. If I'm going to split that protein part of the meal, I might not get enough protein to actually satisfy my needs. But I'm so wrapped up in, "Oh, it's so sweet that we're sharing a meal," or, "I'm saving so much money because we're sharing a meal," but is that short-changing your plan? Is that short-changing your nutrition? I hadn't even thought about that. That's really a great kinda thing to think about.

Bethany [00:27:31] Yeah, it's something that we discuss quite a bit. So for those who don't know, when you're a member of The Fasting Method, you can come to Community group meetings, and they range in topics. We have Community group meetings on diabetes, you host one, Terri, about healthy emotions and mindset. I run two Community group meetings. The first is weight loss and the other is eating strategies. And what we focus on in eating strategies, more often than not (I feel like I say this weekly), is you need to eat. If you're going to be fasting therapeutically, you need to eat in a way that is fueling your fasting

lifestyle. And so, you know, it might sound like, well, if you're trying to lose weight, what's the harm in eating a little less and not getting enough to eat? Well, it can be harmful if it puts your next fast, or your week of fasts, at risk because you're not properly fueled. So it is something.. It is something that we take seriously and try to, you know, think about eating to fuel your next fast.

Terri [00:28:41] Absolutely. As you were talking earlier, Bethany, I was thinking of another challenge for many folks who live with someone who doesn't eat the same way or doesn't do fasting the same way they do, and that is having foods in the home that are problematic for them. And I have a couple of thoughts about this, and I'm guessing you have some as well. One of the examples is one that I learned from several years ago from one of my friends, Kim Howerton, who is a keto coach. She focuses, primarily, on helping people learn how to do a ketogenic diet in a way that works for them. She eats ketogenically and her partner does not, and she had to kind of navigate this with him and eventually came up with this system on some problematic foods. So, for example, it was hard for her to say, "You just can't have any of that stuff in the house." And so she would say, "Listen, this category of food is challenging for me, but, if you bring in these flavors, I'm not going to mind so much. I can navigate those. Would you do me a favor and not bring these flavors?" So she didn't, you know, kind of tell him, "You can't have this stuff in the house," but, "Would you be willing to have it in the house in a way that makes it more something that I can navigate?" That's the first thing I always think about when people are navigating, you know, sharing space and sharing a kitchen with others who eat differently.

[00:30:21] And the other one that I think of-- and again, this is a little bit easier in this example because we weren't family. I had a friend that I lived with for a while and she ate differently than I did. And so what we did is I had my cabinets with food, she had her cabinets. I didn't open her cabinets. And there was one that I know was her baking cabinet. I knew, skull and crossbones on that cabinet, I did not want to go in there, but we also had a refrigerator that, you know, kind of opened with two doors. So all of her stuff was on one half of the refrigerator and all of my stuff was on this half of the refrigerator. So I never even really had to look at her food. I could just open my door. Now, again, if you're talking about your partner or spouse or your kids, it might be a little more challenging, but you could work out a system where there is, you know, maybe one shelf in the refrigerator where you access all of the things that you need. And then you learn not to access the food that's on the other shelves, but they need space for their food as well. Or if it's some other problematic foods, is there a particular cabinet in your pantry or in your kitchen where that food-- where that goes and you just know-- I kind of pretend it doesn't exist. Like, I had to pretend my roommate's baking cabinet didn't exist so that I didn't get tempted to dig into it late at night and start making something. So, again, the topic now being about, "But there's food in the house that doesn't fit what I eat. How do I navigate that?" I'm curious to hear some of your thoughts on that.

Bethany [00:32:01] Well, I love what you said about managing what's in sight. A lot of times what triggers people is seeing it, and this is specifically true with packaged food. You know, those packages of food - it is not a coincidence, it is not by chance that there's a certain font or a certain color, or that the packages make a certain sound. And many of us, myself included, are conditioned to want to go back to that package. And so managing your environment is always something that I'm encouraging my clients to do because it allows you to operate a little more on autopilot. Once you have a system in place and your environment is managed, you're less likely to suffer from decision fatigue - "Am I going to eat this or am I not?" It's out of sight. So there's a bit of out of sight, out of mind.

[00:33:02] The other thing that came up for me, as you were talking about that, Terri, and about asking your partner, you know, potentially not to have certain foods in the house, is a story I heard a long time ago about Megan and Dr. Fung. So I think it was when Megan was a teenager and she was fasting. And I believe-- and I hope I'm not getting this wrong. I believe that she had missed some of her fasts or that she was having trouble with consistency. And Jason Fung said, "You know, Megan, you need to show up to your fasts. You are fasting therapeutically and you need to show up for your fasts as a cancer patient would show up for chemotherapy." And similarly, I've seen this time and time again - when there's a child in the house who has an allergy to a food, it is really easy for the family to agree, "We're not going to have that food in the house. Okay, so-and-so is allergic to peanuts. We're not going to keep peanut butter in the house. It is not worth it."

[00:34:10] And so you really need to identify for yourself-- there's a spectrum, of course, but identify those really dangerous, trigger foods for you. And it is worthwhile to consider talking to your partner about how much that could derail you, and how long it could take you to get back on track if you're derailed. So similarly to showing up to your fast, if you're fasting therapeutically, you need to show up for your fast as if it's a doctor's appointment, as if it's a medical treatment. Similarly, if a certain food does not work for you, consider it a form of-- you know, you can liken it to being allergic to it - you know, it's a danger to you. So that's what came up as you were describing managing your kitchen environment.

Terri [00:34:59] You know, as we've been talking, Bethany, one of the things that we've both highlighted, some, is some of the opportunities that happen within The Fasting Method Community. And I want to encourage any listeners who may not have ever come into the Community, the first month is half price. Come on in. Check it out. Come to some of these meetings that you've mentioned. You know, you could make a full-time job of attending these meetings; there's like 25 to 30 a week, so lots of opportunity for support and gaining information. There's a forum which is only members, so it's a little more-- it's a little smaller than the Facebook group and it's-- you know, there's more interaction within that. Also, all of our webinars, past webinars. So if someone misses your webinar when it happens, they can go back and watch it as a Community member. So there are so many benefits of-- so many resources to access in being a member of the Community, so I wanted to highlight that.

[00:35:59] And, also, as we were talking today, I was thinking about an upcoming masterclass that we have with Coach Nadia, and it's about TRE, time-restricted eating. And this is another way that you may differ from other people in your life. They may be snackers, they may eat seven times a day, and you're working on eating two times a day or three times a day. So it's another place where there are some differences to be navigated. And I just encourage people, both with what we talked about today and with the time-restricted eating example, as you said, to really figure out what your needs are, to work with your partner on, "How are we going to do this?" So, for example, if at night you both watch TV starting at 8 o'clock and that's prime snacking time for your partner, how are you going to navigate that? Do they need to go in another room and snack? Do you need to go into a different room while they snack? Or are there snacks that feel safer to you and you're not tempted by them? So again, time-restricted eating can be another difference in us and our partners or our family members. So if you're interested in learning more specifics about time-restricted eating, there is a masterclass coming up in a few weeks, so you'll want to hop on to the website and sign up for that.

[00:37:22] Oh, and I also wanted to just highlight, since you joined as a coach, Bethany, I've seen you seem very busy and you have lots of people that you're working with in the

Community and everything. So I'm curious, do you currently have any spots available for people who might be interested in getting to work with you?

Bethany [00:37:40] Yes, I do currently have openings and I will be taking on more coaching clients. What I do at The Fasting Method is I facilitate small-group coaching sessions, and I have had a wonderful experience facilitating these group sessions. It's such an amazing conversation every time because people who otherwise might not think they have anything in common end up really bonding over what they're working on. And like you said, Terri, they might not even be working on the same thing. And there's plenty of room, even within small-group coaching. We make sure to provide individualized attention and to set you up with concrete goals for your upcoming week or several weeks. So, yes, I do have some openings in my small-group coaching sessions, and I would love to meet some new Community members as well.

Terri [00:38:35] Great. And if you're interested in signing up with Bethany, or another coach, the first step would just be to go to the website and there is a spot for coaching. You'll click on it. We have videos available in case you aren't familiar with the coaches. And then the first step you'll do is to do a 15-minute intake assessment, where you get to meet with the coach and see if it's a good fit before making that big decision. So I'm excited that you have some openings right now, and, obviously, some of you are really picking up on the fact that there's a lot of momentum going on right now in The Fasting Method. So get on board, come on in.

[00:39:11] And also for listening today to this podcast, if you like what you hear, please let us know. We don't know what people want to hear next, so give us a review. Let us know how this is going for you. Let us know what you like about it so that we can do more of what you like. If you're a new listener, go ahead and subscribe. That way it'll come to you every week and you'll have access to every episode ready to listen. And also, if you're listening to this and you think, "Oh, so-and-so really needs to hear this," and they're not connected to this, go ahead and share it with them. That really helps spread this information to people who don't already have access. So those are ways that you can help other people and also to help us to, you know, meet your needs more in these episodes.

[00:39:59] Well, Bethany, thank you so much for being here with me today. It's exciting to get to talk with you. You mentioned when you were a client of mine. It's so cool to get to talk to you now as my colleague. So I'm very excited to have you here.

Bethany [00:40:13] Thank you so much, Terri.

Terri [00:40:15] Take good care, everybody, and we will be back next week with another episode.