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Megan [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.

[00:00:42] The use of any other products or services purchased by you as a result of this podcast does not create a healthcare provider-patient relationship between you and any of the experts affiliated with this podcast. Any information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. All right. And now we'll get started with today's episode.

Nadia [00:01:19] Hi everyone, and welcome to another episode of The Fasting Method podcast. I am here today with yet another amazing transformation. My client, Karen, has so generously and graciously agreed to join me here today, and [laughs] even though I've had to reschedule her-- I had some internet issues. So today we're praying to the internet gods that all of you are going to get to hear this story, this amazing story, this amazing transformation from this amazing person, without too many glitches. So we're praying here.

[00:01:54] Without further ado, I would love to introduce you all to my client, Karen. Her and I have just actually finished not too long ago. A few weeks ago, we finished our coaching program together and I can't quite remember Karen, maybe you can, during the last session, which is really always a really important session, we review goals achieved, we review, you know, future goals, what's working, what's not working, and things like that. At some point during that last conversation, even though we've had quite a few since then-- but anyway, during that conversation, I can't quite remember if I'm the one that asked Karen to be here or if she suggested it. I have a feeling that I asked her. The last few transformations I've had on, Karen, have been people that have come to me and said, "Can I speak on your podcast?" But I'm pretty sure that I asked you. But anyway, please introduce yourself, Karen, properly. I've got a few questions here for you that I know our listeners would love to hear about your particular journey.

Karen [00:02:51] Thank you so much for this invitation. I'm honored. My name is Karen Ector. Hello everyone out there in podcast world. Nadia, I think it was kind of a mutual conversation because I said, "Gee, you know, I'd like to share some of this with my community." And you said, "Yeah, you know, this is-- sometimes we do podcasts or different things or sometimes there's opportunities to share." So I think it just kind of came up naturally in our conversation, but I'm sure it was me egging you on to do it. [laughter]

Nadia [00:03:20] This time I think it was me but, okay, I'll give it to you. I do think that you did mention that you wanted, you know, now that you found this for yourself, that you wanted to be able to share and help others, which I think is awesome because the reality is that that's what makes the world go round and these communities go round. It's the people that achieve their goals or are in the process of achieving their goals, and then wanting to pass it forward. And it's quite interesting because a few weeks ago Coach Terri

and I recorded a podcast about why do some people manage to do this and others feel like that their desire to do it is just not enough? I don't know if you've had a chance to hear that podcast. It just came out not too long ago and the title of it was Why Sometimes Desire is Not Enough. Like, why is it that sometimes people really want to do this, but they can't manage to do it? And so in that conversation, Terri and I mentioned a few things that I think are the things that I saw in you, Karen, that I would like to bring out and sort of share with people. But anyways, tell us a little bit more about yourself first and then we'll talk about your journey here.

Karen [00:04:25] Oh well, what to tell about myself. I'm, you know-- I have grown children and I'm in my 60s and, I don't know, I'm just at this part of life where I wanted to accomplish some of the things I've been-- I put on hold because mom, family, job. And that's a good segue into what you're saying. I don't think I could have-- there's just a time where you really say, "I really have to do this." And I'm sure it could happen for a number of reasons. For me, it was kind of a health journey that just really scared the bejesus out of me and I said, "Okay, time to start procrastinating," because you're almost fighting for your life sometimes, you know, when you're here. This is really about, you know, really fighting to save your life with how you are. And this was a lifesaver for me.

Nadia [00:05:14] Wow, That's pretty emotional. Let's start there, okay. In our program, we often ask people, "What is your why?" And Coach Terri talks about this. I'm going to mention Coach Terri quite a bit because we have obviously discovered that mindset, behavior, emotional changes - all of these components are really a big part of this journey. And so if we're just going to focus on the practical side of things, we just might not get there, right? So my focus and my strength has always been, you know, the science of it and the practical tips and tools. You know, I've got this huge toolbox full of things that I've shared with you and I share with my clients. But I think that a big piece of my coaching journey has been learning from Coach Terri, so I'm going to mention her quite a bit. The Community won't be surprised to hear that.

[00:06:02] And so one big thing in our Community is that we always ask people, "What is your why?" What is-- you know, you have to be-- you have to have this great big motivating force behind what you're doing. And it's always very different for each person. And sometimes people struggle with having why or finding a why. And sometimes it can be a short term why. I work with a lot of people that are like, you know, "My son is getting married in three months." That's a huge why for people. And I think it's great. I think it's a great-- you know and your why can be-- it can change, right? But you do have to have a strong why. You have to have a goal. You have to have something that you're looking forward to. You need that reward sort of thing (Coach Terri talked about this quite a bit), and sometimes if it's too far away, if it seems like it's too unattainable, that might be challenging. So you kind of have to celebrate your victories along the way.

[00:06:49] So first of all, before I go off on a tangent, tell us your why. What was the thing that made you say, "I need to do this," "I want to do this," "I'm going to do this."?

Karen [00:07:00] The first-- well, I think I [unintelligible] was the bathing-suit syndrome, that's what I always say. You know, I wanted to get back there. And so that was-- that's how it started. But the ultimate why became, "My health is at risk here." I was going along, thinking, "Okay. You know, I'm a little overweight. I don't like what I'm seeing," but then the health markers came in. My mom died really young, younger than I am (she was 60), and I just remember seeing all these medications on her table and trying to talk her out of-- or talk her into trying something else. And that was-- I wasn't successful. And so when I-- you

know, just to make a long story short, it was a doctor who said, you know, "You need to take this, your blood pressure's high. Maybe there's some kidney issues," and it just kept going. And I said, "Well, what can I do to change all that before you write that prescription?" "Well, you've got to lose some weight." And so I thought, "Well, then why aren't we talking about losing weight and why are we talking about these pills?" So that became a big motivator for me. I don't know, maybe because she was such a-- the way she presented herself, like, "Well, you're not going to do that," you know? [laughs] And I thought, "Well, I really could do that." I think maybe most of us out there have diet-- we've dieted before. We've gotten on that horse once or twice. We've made that commitment, while we fell off for different reasons. And then I started thinking, you know, "This I can do. This is natural. This approach will work for me and I'm going to go full force." I set a date, which happened to be Lent because it was coming up, and I made a few commitments and I said, "That's it." And of course, it wasn't just as easy as that, but that's what made me press the go button. And I'm still I'm still on the go button. [laughs]

Nadia [00:08:40] This is great because it's almost like you've set us up for sort of the coach that I want to become, the coach-- to kind of create that program that's going to work for everyone, even the people that don't come already prepared like you came, right? You came with all of these tools. You sort of had a why, right?

Karen [00:09:00] Yes.

Nadia [00:09:01] And you made a commitment. You know I like lists. Everybody knows I like lists and I like to put everything in order. And you said something that's quite, I think, powerful, which is some people do really well when they're faced with a challenge. And so I think that maybe your physician said something like, you know, "Oh, you should take these pills." And you said, "Well, why not lose weight?" And she said, "Well, because you're never going to be able to do that." And women...

Karen [00:09:25] That's exactly what she said.

Nadia [00:09:26] Women do not like to be told that they cannot do things.

Karen [00:09:30] Really?! [laughter] It was very matter of fact. Well, that's a lifestyle change and-- and actually, she gave me three months and I came back and I lost 5 pounds and she said, "Oh, that was such a great effort. Here's the pills." And I said, "Dammit. I've got to really put my mind to this." And I knew about our fasting approach and it had been rotating in my mind and I thought, "Well, this is a Charlie Parker, 'Now's the time.'" [laughs] Right? "Now's the time."

Nadia [00:10:02] Okay, that is hilarious because I think that this is sometimes what we need. And I-- you know, I joke, I'm being sort of sexist here, very generalizing, that women don't like being told that they can't do things. I think that's a general thing about strong people. I think that people don't like to be told that they can't do things. And so that happened the one time, then you came back and lost the 5 pounds and she sort of laughed at you, and nobody likes that for sure. And you said, "Oh yeah, let me show you." And so you mentioned something about you already knew of The Fasting Method. So how did you come across The Fasting Method?

Karen [00:10:37] You know, I was thinking about that, like, "How did I...?" It's been a long journey. I think, ah, gosh, I mean, I've been doing this-- I've been involved for a long time. But I'm going to say this about, maybe, I don't know, seven or eight years ago, I had

somehow discovered Megan and I subscribed to-- at the time she was doing an audio course and I would listen to it. I would drive and I would listen to her in the car. And then periodically I would put it back on when I was close to doing it. But that fasting thing always-- I was into keto and it all started with low carb. I know everyone's had these journeys, you know. And it worked, you know, it really did. And then slowly I just gained the weight back and I thought, "No, I didn't do carb creep. I mean, what happened?" And now I know I was eating too much protein, and that's what what really made me tune into her because she really nailed *that* is what made me gain this weight back, you know. But it took me a long time to get back on the horse.

[00:11:36] I just slowly just gained a little bit more over the years, and I looked in the mirror-- matter of fact, I used to avoid the mirror, or windows, or any type of reflective material because I [laughs] just really didn't want to see what was on the other side, you know. But that was really the beginning, you know, the-- oh, maybe the beginning was just, you know, my mom just, you know, she actually went and had a stroke. She had a diabetic stroke, and she had a handful of grapes in her hand. And the sugar from the grapes-- I mean, her sugar was really-- and we-- that was it, we never saw her again. So I just remember these things in my mind and I thought, "This has to be the right lifestyle for me because I have a propensity for that kind of-- if it happened to her, it could probably happen to me. So I said, "I really have to be proactive." You're dealt cards. These are the cards I have. And diabetes and high insulin are in those cards. So am I going to work with it or am I going to work against it? I can't change the cards, but I can change how I play them. So that's what I'm going to do.

Nadia [00:12:38] Well, first of all, I'm so sorry about that. It's always so painful to have to sort of relive or retell these stories, but this is part of our history, right? It's part of our story, it's part of our book. And the reality is-- you've said so many things that have triggered so many thoughts in my head here. And one thing I have to-- I want to say and remind ourselves and the people listening, our friends listening, is that-- I think it's Coach Larry that says this all the time. You know, genetics loads the gun, but lifestyle pulls the trigger. I think you are a prime example of that, Karen. What you're telling us is-- and I am one of those people, too, right? When I share my story, I always say, "I have this genetic predisposition for this and that and that. And for that reason, I must change my lifestyle." It's more of a reason for me too because I have this predisposition to these metabolic conditions, this insulin resistance. That's the reason why I must. And I think that imagery is really important for me. And I think that image that you just described of your mom holding those grapes, I think that's-- you know, that image is pretty powerful, right? And I think that that sticks with you probably. So that's a big part of your why, for sure.

[00:13:44] So we've talked about the why. Somehow, you came across our program and I'm so glad that you did. You, like many of us, myself included, started in the low-carb community, keto community. And like me, I felt that worked really well, as well, for me but, you know, there was a missing piece. And you know, for me, it's this big thing about TRE. Most people that come to us come from the low-carb/keto community and their question is always, "Why isn't this working?" And it does work, right? Low carb-- I call it therapeutic eating. It does work, but you have to know *how* to eat as well. So I'm really glad that you found this. I know you put two and two together.

[00:14:23] So why coaching? I don't know if I've ever-- well, I'm sure I asked you that in our very first intake session because that's a question that we ask, right? We say-- these questions during the intake session. "Why coaching?" Right? "Why do you feel like you need a coach?" "Why do you feel like you can't do this on your own?" "What's your healthy

sense of urgency? Like, why now?" And so you've told us quite a bit about that. We know 'why now?'. Your mother, unfortunately, passed away even younger than you are. And here you are, young and thriving, which, if people could see you-- we'll talk a little bit more about that and your bathing suit-- what did you call it? Bathing-suit syndrome?

Karen [00:14:58] Yes. [laughter]

Nadia [00:15:01] What is bathing-suit syndrome? Like, wanting to be in a bathing suit but feeling like you can't?

Karen [00:15:06] You know, it's just every summer-- you know, I live in the northeastern US and, you know, we get the seasons, and every summer, you know, you want to get in it, but when you get in it, you know, you want to put that cover-up on it, right, on top of it. And it's like, "Darn, if I could just proudly walk on the beach." And I mean, I'm really not into revealing every single piece of my body on the beach, I just-- [laughter] I want to at least look at myself and say, "Okay, you know, you're okay in that suit," versus, "Why is that woman in that suit?" You know, that-- you know-- [laughs]

Nadia [00:15:38] You know our Community is very body-inclusive and there is zero body-shaming here. And so it isn't about that, but I do talk quite a bit-- in my women's health groups, I do talk quite a bit about clothing and how clothing has this tremendous impact on ourselves, our self esteem. And I think it's not just-- I was talking about how it's not just people who identify as women, it's people in general. You know, when a guy puts on something and he feels good, his confidence also changes. And I think that's a thing, right? It's pretty powerful. And so I just wanted you to know that I totally get that. And a lot of the people that I work with, you know, this comes up all the time. And for a long time, what people end up doing when they're not feeling good about themselves, regardless of the weight or what the scale says, is they want to hide, right? They want to hide. They want to hide themselves. You didn't want to look in the mirror. People want to hide and that's just not a great way to live.

[00:16:31] So this brings up a few other things. So you found us and then I was saying, "Okay, why coaching?" So tell us that because you're pretty strong and you seem like you could-- you would have done this on your own. But why did you choose to do coaching?

Karen [00:16:43] I tried and I did. I did the low-carb piece, as you said, and I lost weight and it was great. And then I slowly gained it back. And I knew there was a missing piece. I'm not a medical practitioner. I mean, I read quite a bit and I think most low-carb folks are above average when it comes to trying to decipher medical information (we were pretty nerdy to get into this), so I don't know everything. And I said, "This time I'm going to get a coach," and I'm so happy I found you. And I'm going to tell you why. And I strongly say this to everyone out there, because there is a part where, "How do I maintain this?" I know what I know, but it's what I don't know that can sabotage me. I mean, and it's with anything in planning, you can only plan what you can think of, but it's what you *can't* think of that is-- "Darn, you know what, I didn't think of that." I knew enough to know that there were some pieces that I could not-- I just didn't know. And immediately when we started talking and you said, "TRE." I was one of those folks that thought, "Okay, when you're off your fasting, you can eat all day, and you can eat what you want," and I was like, "Whoa, wait a minute. You mean I can-- you know, you gave me the hours, the times, the plating. Then it made perf-- and then you really nailed it. You sai, "This is a diet of insulin. This is about your insulin rising and falling." Whoa! That was the part that I didn't know. And that would have sabotaged me, right? I mean, that would come up again - okay, you're here, but now

why can't I maintain it? What's going on? Why is it coming back? So here we go again, we're back in that yo-yo piece. And I thought, "I know I'm going to be calling on you again. I'm going to come back." I already know. I have it in my mind - I'm going to get back and have coaching sessions again. I mean, it's not something you want to do every single day, you know, you want to be able to maintain this on your own. But I think with any course or any program you follow in life, you have a mentor. You have people that guide your career. There's people that should guide your health and you need to be in touch with that. And if you're serious about it, you're going to do what I do. You're going to save your pennies. And instead of, you know, buying that suit, you're going to buy the coaching session because that saves you. That's a life saver. That's a life saver. So I'm really glad I found you.

Nadia [00:19:07] I really love that. You know, one thing that I've been really working on as a coach is to remind people that we're here, right? This is, again, Coach Terri. We're here to do hard things, but you **can** do hard things. You do them all the time. And it's so much easier to do this together. So whether it's through a coach...

Karen [00:19:26] And the Community, yes.

Nadia [00:19:28] The Community, right? I think that the really important thing here for me (and Terri and I talked about this in our last-- the last podcast that I mentioned) is that things work better when you do them in a step-by-step manner. People just kind of jump all over the place when it comes to diet and health and, you know, even fasting. And I think that our goal here is to explain to people, first of all, that this is a therapeutic approach to healing, okay? The lifestyle and the longevity and the maintenance - that's something that you and I have worked on and is part of the steps, right, eventually. How do you maintain? But there's an initial journey, for most people that come in here, which is the reversal of a serious medical concern. So that's-- you know, it's giving this the importance that it deserves, right? It's showing up. I've been saying this a lot. You guys know I'm a big fan of repetition. I'm going to keep saying this. This is a big goal of mine, is to remind people - we are here to do serious things. We're here to do hard things. We've got to show up for our therapy. It's going to be intense. It needs to be consistent. And this is one piece, step, that we sometimes miss.

[00:20:36] You know, I still get a lot of messages. People will often say to me, even in the forum in our Community. Yesterday I answered a message about, you know, something like this, "Oh, I really want to do this. I can do this and I can fast and I choose to eat better, but I also want to live life," as in, like, "I don't wanna-- you know, when people ask me to go out, I don't want to have to say no." And it's like, okay, I get it, right. Like Karen, you wanted to live life, right? You want to have a life. You have a spouse, right? You have a husband who-- you guys travel a lot. I won't divu-- You know, you can share as much as you want, but I know that, you know, your husband, because of his work, you guys do a lot of these fun things together - you travel, you go on cruises, you do all of these things - and so you want to live life.

[00:21:14] The reality is, if you choose to invest all this time and money into, whether it's a coaching program or doing this yourself-- because, as you said, knowledge is power. You don't know what you don't know, right? But if you learn-- and that's what we're working on in the masterclasses, by the way, which are a lot more affordable, I know. I love the masterclasses, but the idea is to create this step-by-step, therapeutic plan so that people can do this, whether it's through coaching-- you know, it is what it is. Some people like the one-on-one. They like coming to somebody, they like the accountability. You can get the

accountability from the Community as well. You know, there's many ways to get accountability, but you have to put this together in a step-by-step manner. You cannot skip steps. Therefore, this is a therapeutic approach.

[00:21:59] You know, you wouldn't be getting your haircut [laughs] in somebody's backyard. Well, actually, I cut my kid's hair for the longest time, so, you know, but I mean, like, you know, eventually you want a professional to do it, right?

Karen [00:22:14] Exactly.

Nadia [00:22:14] You want to go to the right people. I hear people tell me all the time, "Oh, you know, so-and-so tells me that fasting is bad for me," or, "My doctor said-- and I say, "Well, but is that person a fasting expert? Has that person had fasting experience? Or are they just reading things, you know, from-- go to the people that know what they're doing, you know? That's why you're here, Karen, right? You're here to inspire people, to motivate people. I knew that people needed to hear your story. We work mostly with women, still, even though there's loads of men in our Community. But women often carry this like, "Oh, you can't lose weight after a certain age," or, "After menopause it's harder." And then all of these things. Yes, you have grown children, which made this time, I guess, quote-unquote, 'easier' for you, possibly. But for example, you're post-menopausal, so some people would think that that would be impossible.

Karen [00:23:04] Yes.

Nadia [00:23:04] And you're still working? I know that for a fact, working hard. So it's not like it's this idea that, "I don't have time for this." I mean, it's just a lot of pieces that-- I don't want to say 'excuses', right? But it's-- we need to find the answers, the solutions, the how, as Terri says. So here's what Terri's list-- and I want to ask you about this for you, okay? Because my question is, why do some people manage to do it and others feel like they can't do it? So Terri and I, in the podcast, talked about this. First, we agreed that it was the desire - making that commitment, saying, "I want to do this," right, and not, "I'm going to try to do it," or-- it's saying, "I want to do this," okay? Being convinced. And sometimes it just isn't, as you said at the beginning, it just isn't the right time for whatever reason.

[00:23:50] So in our intake session, besides asking you, "Why coaching with me?" I ask, "What's your-- Why now?" right? "Why now? Are you ready?" You need to be ready. Terri calls that the pre-- I forget what the exact word that she used is, but there's a period of time where you're just-- before you get to the decision, you go through this pre-period of-- of everything, of just figuring this out. Take your time guys but really do...

Karen [00:24:19] Contemplate.

Nadia [00:24:20] Yeah, pre-contemplating - that's exactly it. So, deciding. We know you decided. The other thing that I didn't know because my three steps to success were really simple, it was decide, create a plan, and then just do it. That was my three-- I probably said that to you at the beginning. Now it's a much bigger list, right? Now it's, okay, deciding - we need to get to that, right? Second (Terri explained to us), is our belief system. We need to believe in this. We need to believe that that this is going to happen. We need to work on our limiting beliefs. There's a lot of limiting beliefs. For example, your doctor saying to you, "Oh, forget it, you're not going to lose weight."

Karen [00:24:57] Yes.

Nadia [00:24:58] That's a big limiting belief that we need to overcome, right? There's so many. Sometimes it's, "Well, within my family, everybody-- Terri used this example. "Within my family, everybody's overweight. Therefore it's my genetics."

Karen [00:25:08] Here we go. That's right.

Nadia [00:25:10] Again, genetics loads the gun, but lifestyle pulls the trigger. You get to decide what your expression of those genetics is, right? That's different.

Karen [00:25:18] That's right.

Nadia [00:25:18] And so the belief system is huge. And so Terri talks about how this is the part where we need to work on and this is what we can do together, or you can do on your own with the right resources, is how do you work on, "Okay, *how* am I going to do this?" Not, "I can't do this," or, "Nobody can do this," or, "Post-menopausal women can't lose weight." "*How* am I going to do this? What is the right how, right?" This is very important. Working on your limiting beliefs, working on a fixed mindset, getting to a growth mindset, knowing that you can change, that you can evolve. Terri shared a lot of resources on this.

[00:25:53] So I wanted to hear a bit from you about this. What did you do, or what was some of your, maybe, limiting beliefs, and how did you overcome this? Because we're trying to find the secret here, we're trying to get your secret for everybody else, right? Like, we know you made the decis..

Karen [00:26:07] This is our thesis.

Nadia [00:26:08] Yeah, it is. We know you made a decision, but what was-- like, how did you overcome those limiting beliefs and saying to yourself, "How can I do this?" How did you get there?

Karen [00:26:19] I'm going to say two things. You said something that the doctor-- you know, Doctors- they're very intimidating. So to all our folks out there, when you have a physician tell you, "Take this pill," or, "Do this," or, "You have this," "You have this condition, you are now a-- blah, blah, blah, and you're thinking to yourself, "No, I'm going to do something else." You know, pat yourself on the back because it takes a lot of courage, because these are the folks that spend their lifetime learning about whatever they're supposed to know and they're the experts. And you feel this big, a little tiny imp, and they just tell you what to do. So like, you know, I mean, I remember crying in the car because, I mean, I was just so broken after that. And I thought, "Oh man, my doctor just dest-- she just broke-- she just hurt my heart." So I mean, maybe in her defense, she's trying to save my life. So she was really telling me, "This is what you need to do." And so for me, it's like, "I can't. I can't do that. I have to do--" it just-- it was really difficult. So I think to all of our folks out there, that's a real reality and, you know, be proud thinking that you're going to try, or at least give yourself a chance to try something else.

[00:27:32] But the how... It was-- I remember going back to school at 50-something and I had, you know, two kids, a husband, two jobs (and still do), but I try to think, "Well, when can I put this in? Where? There's got to be a hole somewhere." You know, so you wind up-- I would get up this time in the morning, it's 6-something, and I would study before they got up so that I could get them to school [laughs]. And I would take my books with me wherever I went because, no matter where you are on your job, there's always a lapse.

And then I'd whip it out and I'd study and I put-- so I think you have to really decide and look at your schedule because no is really not an option at that point. When you make that decision, it's not going to be no, it's going to be, "How am I going to make this happen? What am I going to do to make this happen?" And we know lots of women, but we're pretty tough and we can make all kinds of things happen. You know, I mean, how many times have you juggled three kids in a car with school bus [laughs], soccer, you name it. I mean, husband, cook, you know.

[00:28:35] And I cook and I fast while I'm cooking because he's not fasting. I mean, he does a little bit. He tends to look at me and go, "Well, here, let me try that," but that doesn't-- I can't tell you how many meals I've had to cook and say, "There you go," and then I sit down with a cup of tea or-- and I'm thinking in my head, "I know I have to do this, so how am I going to do it?" And I don't want to break our family apart. You know, you pick and choose your battles. You know, food is a big thing for my-- he's 6'5" and he eats like-- I tell him he's like breastfeeding - he eats every two hours. And I was getting bigger and bigger and bigger and bigger, so I was like, "How am I going to do this?" It's unique. Everyone's-- and that's something that you guys said to-- you know, this is your journey. You can create this schedule or design this to fit your lifestyle, and it's really going to look different for everyone. Well, what kind of diet does that? To the young woman, or a friend that said, "You know, I want to have fun," I go out with my girlfriends. I went to Saint Martin with four high school girlfriends, at 65, that we went-- we went bonkers! We had fun. But there were times I was drinking sparkling water and I had just as much fun. I figured out when I could drink and when I couldn't, or when I could-- you know, and I just kept that. But it was okay because I knew, at some point, I was going to do that, but I had it on my schedule. And as long as I kept my schedule, I said, "Well, I'm all right. I'm okay." But, you know, it doesn't stop anything. Fun is fun. I'm there. I'm going to show up. I'm still going. I'll let you know how I make out but I don't think that that's everything, that food-- you know, I mean, it dictates, but we can control it. That's what I like about this type of-- this regimen. I mean, it's mine. It's mine and I can look at it each week and say, "Okay, this is something I need to do this week so I'm going to flip this here and there and stay with it."

[00:30:29] There's few things in life you can control like that, but this is one thing you can control. That's why you can do this. It's how you do it. I really mean that, sincerely.

Nadia [00:30:38] Okay. I promise you guys that Karen and I did not rehearse this. [laughter] I did not-- because Terri and I just recorded this podcast not too long ago. It just came out. You and I wouldn't have even had an opportunity to talk about this. But when I was planning sort of the things I wanted to talk to you about today, I thought, "I have to ask Karen (just based on what I had gathered from you) that these are the things that you figured out along the way and that I want people to have the opportunity to be here and realize that they, too, can figure this out." And so when I was talking to Terri and listening to the podcast yesterday, again, when I was talking to her about, okay, the decision and then the belief system, and the how, I thought of you. You know, how did you make this work and what can you share with people so that they too can realize, yes, it's hard (we're here to do hard things), but you, too, can do this, right?

[00:31:31] And again, I want to reiterate, repetition, guys. We are talking about a therapeutic journey. We're talking about going to therapy for 3 to 6 months, showing up for your health and for yourself for 3 to 6 months with therapeutic fasting and therapeutic eating. We're not talking about the lifestyle, the long-term thing. We will work on that. You know, you will work on that once you figure out TRE and plating and all these other things, right? We are talking about what you need to do during a very important time of your life,

which is this healing phase of your journey, which is-- this is what's going to give you the health to enjoy the rest of your life.

[00:32:09] Okay, the third thing that Terri brought up, and I'm wondering your thoughts on this-- so first was decide, right, making a commitment. The second was your belief system - how am I going to do this? Believing. And then the third was your confidence. She said that this is a big part, and I hadn't even thought about that. In order for people to be able to do this, right, to show up to their healing and to consistently keep doing it, and to keep showing up, they must have the confidence that they can do this. And so this is what she shared with us. She said that one of the things that helps and that all the books that talk about change and being able to actually achieve change and growth and evolution and all these things that people want, they mention celebrating every step of the way. Not waiting to celebrate the 50 pounds, the 100 pounds - that just seems too far away and too unattainable. It's this ability to learn how to celebrate yourself and how to celebrate each step. And that builds your confidence to take that extra step and to just keep going and, eventually, to get to where you want. And I think that's a big piece that I didn't realize. And people like you that have gone through it may have realized, maybe not, but I'd love to hear your thoughts on this third piece, which is how did you find the confidence, build the confidence to keep going and to get to where you got?

Karen [00:33:37] She's amazing. That-- I've never-- wow! I'd never even considered that, you know, all these things but you're right, it's-- wow, that's-- now you're making me think. So a couple of things. I think educating yourself, reading. I think our Community, like I said, we we're a bit, for lack of a better word, we're a little bit nerdier, we like to go a little deeper than average. And I think, you know, reading and educating yourself helps you a bit with your confidence because, you know, you're always-- you're kind of like fighting. You're not in a battle but it is a battle, right, you go into work and, you know, I'm watching people graze all day. And I heard someone say, "Oh, if you're hungry, you should eat," you know, and I'm thinking to myself, "But you're not really hungry, you're just in habit of eating." But how did I know that? Okay, I'm reading. I'm reading and there's a link to something else, so, you know, I think putting that in your head, feeding yourself-- They say education is king. Because then you can have conversations with yourself and make yourself understand, and that makes you a little bit more confident about not going to eat that and I know why because I know this is going to make my insulin go-- blah blah blah. And so you have these things and you can almost rattle it off because-- you know, so that helps.

[00:34:45] I think we're in a whole new world of-- I mean, when I started this, we didn't have all these kind of electronic scales. And I remember years ago, I think it was Jimmy Moore, and he said, "Well, if you get these big DEXA scans," which were totally beyond my reach because that would have paid my rent for a month, you know, and I know, "Wow, I wish I could-- I wish I had the money to do these things." And you needed money to do these things. Now we have electronics and things that are at your disposal. I mean, I use a Fitindex scale that measures your body composition and weight and things, and I'm sure it's not as accurate as maybe the doctor, but I was reading and it said-- but it's consistent. So that consistency helps with that achievable goal. So you can measure those little milestones. And I mean, it would say, you know, you lost -4 points of fat. Yes! You know, yay! And I would think, "Yay!" You know, so there's-- I wanted my body to eat the fat that was on it, you know, and I said, "I don't want to lose weight. I just want to train my body to use the excess energy that I had." I want it to go in my hips. I'm trying to tell-- trying to talk to my body, "Go in the hips. Take some of that." You know, I could feed a city right now, you know? And my dad used to say, "She's not missing any meals."

[00:36:00] So those things, those little milestones, they do, they add up. I didn't gain weight overnight and I'm just not going to lose it overnight. So I just-- I gotta be a little patient with myself. Maybe it's not on the scale, but my pants are a little looser. You know, there's other ways to measure it. I think the idea is to be positive, just not look at the half empty, look at it half full. "Oh, I only lost 5 pounds." Oh, I lost 5 pounds." You know [laughs], that can be-- you know, and your body has to do its thing. I just think if you just stay-- I know and I know we can do it. You know, you can do it. You can stay with it because your life depends on it now. I mean, at 65, my life, the rest of my life depends on what I do right now. This is way past the bathing suit phase. Now it's, "Can I get out of a car?" You know, and I mean, "Can I still walk?" I want to make sure that this second journey is quality. And I think we all know folks that are alive but are not living, or their quality of life is not there. And, you know, that's a real-- that is such a disservice. You know, we're given these beautiful fountains, these instruments, you know, that-- we're given this beautiful thing. We have it, let's use it to the best we can. That's all. We're not going to be here forever, let's use it to the best we can, you know. So it's a different journey now. I hope that anyone that's my age or more, that they can see that this is not the end. This is a new start. 60 is the new 50. Shoot!

Nadia [00:37:24] Oh, it certainly is. Look at you. I love it. [laughter] Okay, well, that was-- I feel like we could just stop here [laughs], except I have more questions. [laughs] Well, wouldn't it be great if we just stopped here? Like, wow, that was powerful, because this is it, right?

[00:37:39] So celebrating the small steps. I also have one of these skills that you were talking about. I have a Renpho scale. I often talk about this. It's now super cheap to get a Renpho. I, by the way, guys, make no money off of Renpho. I've had other scales. The reason why I ended up switching to a Renpho was because so many people in our Community were using it, I needed to speak the same language, right? When they were talking about the metabolic age that it said or they were talking about the visceral fat range, I needed to understand it. I ended up getting the Renpho and I really like it. It's funny because I'm not one of those people that's hooked on a scale because I didn't grow up with weight issues. So a scale really-- I even forget that it exists sometimes, except I use it as a tool to help me figure out certain things. I particularly like these body composition scales because I am not so stuck on weight, like you were talking about. I am focused on body composition. I like to know what my visceral fat is because I know that the-- and I do think these are very accurate, by the way, because I have had DEXA scans done, even though they were super expensive before. You know, Karen, you can now get a DEXA scan done for like 20 bucks at a university. I mean, they do become a lot more affordable unless you live in Portugal. You know I live in Portugal, right, Karen? When we first got here, my husband and I went searching for a DEXA scan (because I thought it was time for me to redo a DEXA scan) and found out that the only place that had a DEXA scan was at the Benfica Football Club. So the only people that got to get a DEXA scan done were the professional soccer players. So anyway, none of that going on in Portugal. I guess the nearest one to us was like in the UK or whatnot. But anyway, the Renpho really helped. It cost me 20 bucks or something like that.

Karen [00:39:19] Wow.

Nadia [00:39:20] Got it on Amazon the next day. You know, a lot of people in our Community talk about this. I'm sure there's better or worse, I don't know. It is quite accurate. We've had some lemons. Some people have complained about it being off from the DEXA scan, but most of the time people think it's pretty consistent. It gives me a really

good idea of my visceral fat (which is what I'm concerned about), the fat on my organs. So over the summer-- I'm going to be totally honest with you guys. Over the summer, I-- because of life, right. You even said this to me yesterday, "Life gets in the way." Yes, life gets in the way. You know, I was very aware of the choices I was making and the things that I was doing. I wasn't making up excuses but, came September and I thought-- September, for me is a very powerful month. It's a time of change. It's a time of, you know, change of season. I think you're physically and emotionally very ready to make changes. Kids go back to school, some people go back to work, you know, whatever. Routine - I love routine. And so I pulled out-- [laughs] I hadn't used the Renpho in quite a long time, but it was full of dust. And because it's these digital things now, electric, you know, all of these-- you actually have to plug it in to charge it like a phone. So it was out of battery. I couldn't use it. I was pretty frustrated. [laughs] I was pretty frustrated that the first day I couldn't use it and had to charge it, but anyway-- and so I actually-- I wish our friends listening could see this. I know that they can't, but you can, Karen. It's funny because-- you can see and so you won't let me lie, but this is my-- you see that? It's a nice-- I always say nobody's weight loss journey is linear, yet my Renpho is really liking me. You know, since I started over here in September, it's such a linear line down because, you know, I'm not perfect, but I've had the opportunity to sort of learn from all of you guys and my colleagues. We can put this in a step-by-step pattern any time, even if it's just post-summer-- whatever, that post-summer gain. You can put this together and sort of, you know, it's been-- my kid's had the stomach flu in the meantime. I think I told you that, right Karen, for like almost a week now and still, you know, I'm still on-- I haven't been sleeping all that great because she hasn't been great, but, you know, life is not easy. This is not easy. But for me right now, I'm looking at this phase as my therapeutic phase, you know? And so that might just be a short, one-month therapeutic phase, but I show up to my therapy. You know, I take it very, very seriously. I know there's other things in life. And I celebrate. So the reason why I even step on a scale is because I like to celebrate that. And it's already going down two points - my visceral fat...

Karen [00:41:56] Wow.

Nadia [00:41:56] Which is amazing because that's where I gain, right? I mean, you saw that. The drop is in grams, like it's tiny little drops along the way, right, but it's pretty linear, surprisingly, considering I'm a cyclical woman, right? It shouldn't be that linear. It probably will change at some phase of the month if people understand what I'm talking about. But these things help us to celebrate, right? They help us. I don't particularly think that everybody should get on the scale. I think a lot of people have a very unhealthy relationship with the scale, but there are many other ways for you to measure your progress and for you to celebrate your victories, right?

Karen [00:42:34] That's right.

Nadia [00:42:34] Measuring your waist circumference, I think is a big one.

Karen [00:42:38] It's huge.

Nadia [00:42:38] I think that's probably the only thing that people should do consistently. Even that changes and fluctuates, right, if you're more bloated, less bloated. And that's okay. So I do teach people sort of how to create a more consistent measuring plan.

[00:42:51] So coming up to my next question for you. So to finish off this list, right - deciding, believing, having the confidence, and then it's creating a plan, and then the last

one is executing that plan. So let's talk about these two, okay. So tell the people listening. So what was the plan? What did you do? You know Karen, we haven't talked about what you did or what you achieved. And we don't have to. We don't have to. But just to finish off, maybe you can tell people listening in, what did you, Karen, a post-menopausal, 60-something-year-old busy woman, what was your plan?

Karen [00:43:24] The plan was, after reading, I knew that, you know, eat four days, or fast three days, or fast four days and eat three days. So I looked at my schedule. My husband's a musician, so I knew, you know, a couple of nights a week or one night a week, you know, we might be moving around. So I tried to make my schedule where I could put that fasting within and then I could have some of the weekend, not the whole weekend, but a good portion of the weekend where I could do my TRE, and then Sunday night flipped right back into the fast-- and I used work. I mean, like I said, I'm still working, so I remember thinking, "If I'm busy at work, I'm going to just keep going," you know? And I remember Dr. Fung saying, you know, "Your hunger is like a wave," you know, "It goes up and it comes down and if you just ride it out, it's going to be okay." So all these things were in my head, you know, and I thought, "I should be really happy when I'm hungry because that means my body is like, 'What, you're not eating? Oh, well let me go downstairs and have storage and grab some stuff.'" So I'm like, "Yes, my body's burning that storage fat." So I would just psychologically try to turn that around and be like, "Yeah, you think you're hungry, but what's really--" And then I remember being pregnant (I'll just say this really fast) and I was sick most of the time, but the baby came out perfectly. And I had them at 40 and at 45, so I had my kids late. And I lost all kinds of things because I wasn't eating, but my body was eating and my body was protecting that baby. Your body is going to eat, so don't get it twisted. If your body is hungry, it's going to go to wherever it needs to go. It's going to survive. And it's not you starving yourself. You know, we're so not there yet. You know, I'm not underweight. And so these things were really part of the plan to think of, you know, I'm going to stay with this this schedule-- because I've been listening to you guys forever, you know, she's sometimes doing two back-to-back, you know, it really, really goes in, and I thought, "Oh, if I do Wednesday and Thursday, then I can maybe do my TRE on Friday. And if I'm going on a Saturday, I have that." So I really had to plan. It took time to plan it, but once I did, it worked. Everybody's mostly happy, but I'm the happiest because I don't feel as bad walking past the mirror, and my blood pressure really took a plummet, and all the other markers are there.

[00:45:38] I do have a physician that subscribes to low carb. He actually knows Doctor Fung and he's like-- he's never giving me a pill. "What are you eating?" [laughs] And when I go to him, he takes ten vials of blood. But he said something to me. He said-- I forget what marker, but he looked at me and he said, "There's no pill on the planet that could have changed this health marker right here." I forget which one it was. He said, "There is no pill." He said, "So I know you're not cheating because here it is." And I thought, "Wow, this stuff, this is real. This is it." So lifetime. Life changes - well, I'll change the fast. Vacation comes up, which they do - we change the fast - so we go into-- like you gave me a lot of information about what to eat or, you know, about a fat fast, how to maintain, which is virtually a fast but while you're eating. So if I go on a cruise, I'm going to be into the bacon line or I'm going around there where the skin is, you know [laughs], and this is fun stuff. You know, it's really good stuff.

[00:46:37] And you share it with people because they do ask you, "What did you do?" Okay, if you want to listen, I'll tell you. Maybe you change someone or you give them a little confidence, and that's what-- we're like little angels sometimes, right? You're the angel or sometimes there's an angel for you. But I think that's how we make it.

Nadia [00:46:55] Karen, you are amazing. That's pretty powerful what your doctor said to you. But this last piece that you just told everyone, I think we're going to end it there. Thank you so much for your time. Thank you for sharing your story. I feel like there's so much more I could ask you, but you have given us plenty, enough, and so much. Thank you for everything. It has been an immense pleasure. I think you know this, I've told you privately, but it has been an immense pleasure to work and learn from you.

Karen [00:47:24] Oh, learn from you. You're amazing. Coach Nadia is-- I don't know how to say this, but any time I refer-- anyone who says they're interested in fasting, I say, "You have to go to The Fasting Method. This is where you want to go. This is the right place to be." It's just-- this is it. I know it. And so thank you. And I'll be back because [laughs] I still need you. So please, you know, this is just the tip and I want this to be the way it is for the rest of my life. And so I will always have this communication. I'm not going to beat myself up here. No.

Nadia [00:48:02] And we need you in our Community. So please don't go anywhere, okay? We have plenty of people in our Community that have chosen to stick around during their maintenance longevity journey.

Karen [00:48:11] Yes, I'm going to do that.

Nadia [00:48:11] People need to learn from you. People need to be motivated, inspired by you. And you, yourself, you know, even for your own motivation to stick to plan, it's really important that you get the accountability and support that you need from that. And there's enough of a growing community to do that. So thank you again, Karen. Thank you, everyone, for listening.

Karen [00:48:30] Thank you, Coach Nadia.

Nadia [00:48:32] Have a great rest of the day. Have a great week, everyone, and happy fasting. We'll see you again next week. Bye.

Karen [00:48:39] Bye. Thank you, guys.