

Balance365 Episode 193 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees, along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

ANNIE

When we poll our audience and ask what they have the most trouble controlling themselves around, it's almost always unanimously carbs, pasta, bread, ice cream, chocolate, chips, there seems to be a common preoccupation with these foods and an inability to stop ourselves from eating them once we start. What's with that? On today's podcast, we unpack those reasons and give you some helpful tips for how to get started in finding more freedom and control when you're reaching for carbs. And if you haven't heard, we are a few weeks away from our super popular workshop, "Cut the Crap: How to Simplify Weight Loss and Get Out of Your Own Way." We will be going live with you all to deliver a little real talk, a little tough love. But best of all help you clear out all the clutter you have about weight loss, nutrition, exercise, and simplify. You can find the link to register for this workshop at balance365life.com/free-workshop. We cannot wait to see you there. Enjoy.

ANNIE

Popular topic today.

JEN

One of my favorites.

ANNIE

I know. You have a long history with carbs.

JEN

I do. It was like a bad boyfriend. [Laughs]

ANNIE

I was gonna - well, but now you're good. Now you're on good terms.

JEN

Yeah, we worked things out. [Laughs] We both grew. [Laughs]

ANNIE

I was thinking a little like "Notebook" ish. Like there's love/hate, the tension.

JEN

Oh, that's romantic. I like it.

ANNIE

Yeah, like, you and carbs in the rain. That rain scene. Like, "Tell me what you want!" [Laughs]

JEN

Yeah. [Laughs]

ANNIE

"I don't know what I want!"

BOTH

[Laugh]

JEN

"I want you. I don't want you. I want you. I don't want you." Yeah.

ANNIE

I can see the meme now. I'm sure our graphic design social media team will stir something up with it. Let's, I mean, speaking of your relationship with carbs. Why don't you tell us about your carb story? Your experience?

JEN

Sure. So the reason I am sharing the story is because I think a lot of people have a very similar story with carbs. And I think sharing my process, journey...What was happening for me in there, it can be very enlightening for those who have had similar disordered kind of histories with carbohydrates. So I used to, for those who don't know, I used to cycle between keto and low carb for close to a decade, right? So I always had a thing about carbs, but sometimes I would be essentially on a no carb, zero carb stint. And then I would you know, have some carbs, but always low carbs. And I want to say that my family of origin did not have a disordered relationship with carbs. So it's not like this came from my mom or stepmom, or anything. This really was learned from, you guessed it, diet culture.

ANNIE

Shocker.

JEN

Shocker. Yeah. So I had many beliefs about carbohydrates that I learned from diet culture. One, they're bad, two, they're toxic. Three, they cause cancer. Four, they're unnatural. So I used to think our bodies don't really need carbs, right? Very popular phrase in the keto circles. They

make me feel gross and bloated. That was another strong belief I had about carbs. They make me gain weight, and I can't control myself around them. So that was the whole belief system I had going on about carbohydrates. So no kidding I had a horrible relationship with them.

ANNIE

Which, I want to jump in and say I did have some of those beliefs and I did have the experience of, I can't control myself around the chip basket, the bread basket, the candy dish, whatever. But I did not have a low carb history.

JEN

Right. [Laughs]

ANNIE

I still had some of that carb baggage.

JEN

Right. So you can still have those beliefs about carbs while not ever experiencing a low carb or no carb diet. So yeah. But because I had no basic understanding of nutritional science, physiology, or psychology, many of those things I believed I could find evidence for. Right? Because I would see what was happening in my life and I had no other way to explain it except to fall back on those beliefs that I had been taught. But spoiler alert, when you want something to be true, you'll find evidence to support it. So I wanted that to be true. Because like a typical dieter, I wanted there to be kind of one thing. I wanted there to be a secret. I wanted to...Yeah.

ANNIE

Well, it validated your beliefs. I mean, and that's actually, it's called the confirmation bias, isn't it? Like -

JEN

I think so. Yeah.

ANNIE

When you have beliefs or an experience, you tend to find evidence that proves that to be true.

JEN

Yeah, I also think, you know, I tend to be a more anxious person. And now I can freely say that, where back then anxiety wasn't really talked about. And so now I can see how, being someone who struggles with, you know, low level anxiety, probably, you know, even most of my childhood and into being an adult and having no strategies to cope with that, and not even a word to describe what that feeling even was. There's a lot of desire to control things at different times. So now I can look back with hindsight. And now I can look back with knowing what the concept of anxiety is, and see that a lot of my 20s when I was anxious, I was looking to control things in my life as well. And so that would come out very, very often with my nutrition and my weight, as

you know, the thing I could control that would fix everything and make me feel better. But it came out in other areas too. Like my grades at school. My boyfriends. [Laughs]

ANNIE

That's for another episode. [Laughs]

JEN

Yeah, that's for another episode. So here's the cycle I would repeat over and over and over again. I would lower my carbs, or I would cut carbs out completely, including fruits and vegetables. And I would start seeing the weight loss results I was looking for, you know, pretty much immediately. Then as the days passed, I would become increasingly preoccupied with thinking about and craving carbohydrate rich foods. And I'm not talking beans, lentils -

ANNIE

[Laughs]

JEN

- quinoa.

ANNIE

Sweet potatoes. [Laughs]

JEN

Yes, I'm talking ice cream, I'm talking chocolate bars, chips, all of that. And eventually I could you know, depending on where I was at in my life, my age, my tolerance to restriction, I could sometimes sustain that for weeks. But sometimes it was just the week right? You know, by Wednesday or Thursday I was ready to go, but ultimately, it always led back to me overeating or binge eating on carbs. And then I would regain weight that I had lost. And that reaffirmed to me that carbs were bad and that carbs really were the answer, the secret answer for weight loss, right? But now I know my body and brain were doing exactly what they evolved to do and there was just normal physiological processes happening in my body with these carbohydrates but I had no knowledge of that right? So now I do and if I had had that knowledge my whole life, not my whole life, my whole 20s could have been different. So this is my gift to you today to explain this to you.

ANNIE

This is Jen writing the love letters that you never got. [Laughs]

JEN

This is the love letter I needed at 17, 18, 19 years old. So that I wouldn't develop a very disordered relationship with carbohydrates.

ANNIE

That was my continuing nod to the Notebook theme that we have going on -

JEN

Yes. [Laughs]

ANNIE

- that we unknowingly started here. So she wrote all these love letters, whether you want to open them or not. [Laughs]

JEN

Right, right, right. So first, you need an understanding that there is a difference between fat loss and weight loss. Okay? And understanding carbohydrates and water weight was a game changer. So weight loss is a decrease in overall body weight, right? Like everything on our body makes up our weight. So, muscle, fat, bones, right? And bone density, water in your body, your hair makes up your weight, right? And your weight can change as a result of water fluctuations or dehydration, going to the bathroom, losing muscle, losing bone density, and losing fat. But literally anything coming off or out of your body is going to change. Your weight is going to change what the scale says. Fat loss is more specific, it is just talking about a decrease in body fat. And that can't be so easily measured, right? When we're looking at our weight, we can hop on a scale and hop off, right? But actually figuring out what your fat mass is, what your body fat percentage is, is no easy feat, right? There's no...Even the scales that you can buy that claim to break down what your fat mass is, what your muscle mass is, they've been tested and have been shown to be, you know, extremely unreliable.

ANNIE

Yep.

JEN

So anyways, fat loss happens as a result of a calorie deficit. So over time, eating less energy than the energy you use in a day, or like, liposuction or other surgical means go in there and actually remove the fat, and you can lose weight and not be losing fat. Right? So you can go to the bathroom, cut your hair, your water levels can fluctuate, you can see a decrease on the scale, but literally nothing has changed about the amount of fat in your body. Or you can lose fat and not be losing weight. So you can step on the scale and be the same way, you have lost fat but your weight is staying the same. So a lot of people will find, you know, like increasing your muscle mass increases your weight, right? But you can increase your muscle mass and decrease your fat mass, be the same weight.

ANNIE

And in some cases look completely different.

JEN

And look completely different. Yeah, exactly.

ANNIE

I have done both. I have done both of those situations. I have lost weight per the scale. And I've also stayed the same on the scale and lost body fat.

JEN

Yeah, and you can be on a you know, a healthy, you know, fat loss journey. And your weight is going to be up some days, but you're still decreasing your body fat percentage, but your water weight might be up that day, etc.

ANNIE

Yeah.

JEN

Yeah. So detaching fat loss and weight loss was like understanding that they are not even close to being the same thing was a game changer for me, honestly.

ANNIE

Because what, would it have been safe to say at that time, you were doing that with the intention of pursuing fat loss? Not just scale weight?

JEN

Yeah, I mean, yeah, I just I didn't think about it, right? I had what we call, like, scale self esteem. Like, you know, it's crazy to think about now. Like it's really wild for me to look back and think how obsessed I was with my scale weight. And what did that even mean? Like, I didn't even have an understanding, but I was just so hyper focused on that number being lower and lower and lower every day. that I just, yeah, it's really nuts to kind of think that that's where I once was.

ANNIE

Yeah.

JEN

And it would affect you know, if it was up, it would affect my whole day. It was everything. And if it was down, I could be happy. I could enjoy myself. I could enjoy my body. I could feel proud of myself.

ANNIE

Mm hmm.

JEN

Yeah. Have you ever been there?

ANNIE

Oh, yeah.

JEN

[Laughs]

ANNIE

For sure. For sure. Thankfully not anymore because I realized like that's a crap ton of power and influence to give to this little like battery operated machine.

JEN

Yes, especially with knowing the fluctuations that happen for me now every day from morning till night, the water fluctuations, the monthly fluctuations I experienced, right? So just getting that in my head was like, okay, but then second to that is understanding carbs and water weight, right? And so it's actually very easy to lose weight. It's not as easy to lose fat. There's a bigger behavior change, consistency, and time investment involved in fat loss. And almost every diet takes advantage of this fact and takes advantage of people's, I guess ignorance, like really not knowing the difference between weight loss and fat loss or their hyper focus on weight loss. And so it's basically called, I'd call it the water weight trick, right? And in order to manipulate your water weight, you can, you manipulate your carbohydrate intake and your scale could drop 10 pounds in a week just from manipulating, you know, your water weight. And I didn't know that back then. And so when I would be on those cycles, as I just described going low carb and seeing the scale drop, you know, dramatically in just a few days. And then I would be bingeing on carbs over the weekend, and I would see that scale go back up dramatically. I just, I didn't, you know, I just did not realize that it was just water fluctuating in my body. I had never, most weeks I had never lost any fat, right? And I wasn't gaining the fat back either. I was just with this carbohydrate, I guess, decrease and then increase it was just flushing water out, water coming back in, right?

ANNIE

Absolutely. Yeah.

JEN

So here's what was actually happening. And I've simplified this to hopefully make it understandable. Our bodies break down carbs. When we eat carbs, they're broken down to glucose. And glucose is our body's primary energy source. And the glucose we don't use for energy can be stored in our muscles and liver as glycogen. And the reason that gets stored is that glycogen can quickly be used for energy when we need it, right? But every gram of glycogen that is stored, is stored with I think it's three to four grams of water.

ANNIE

Yep, that sounds about right.

JEN

Right. So you store three times as much water as you do glycogen in your muscles and liver. So when you go low carb or stop eating carbs altogether, you've cut off your body's primary energy source. So that means that your body will do what it's supposed to do, and it will tap into that

stored energy, the glycogen in your muscles and in your liver. So as you start utilizing that store glycogen, you will start seeing very fast weight loss. Right? But you're not -

ANNIE

Weight loss.

JEN

Weight. [Laughs] Not fat. Weight. And you're not losing fat, right? Your muscles and liver are just becoming glycogen depleted. And so all that water is coming out as well.

ANNIE

Mm hmm. Fascinating.

JEN

So then you, say you fall off the low carb bandwagon -

ANNIE

As one usually does. [Laughs]

JEN

Yeah. And say you're like me, and you start bingeing those carb heavy foods by Friday, the opposite starts happening, right? You go from having a glycogen depleted body to overloading your body with carbohydrates. And now you're retaining water. So those muscles, liver might be filling back up. And the other thing I do want to say is that you also may start storing it as fat, right? Because if you are really going hard on the carbs, then yes, if you're eating in a caloric surplus, then you're also going to be storing fat. But your scale is now up 10 pounds, you've now regained the weight that you lost, might even be a couple pounds up, and shock and horror, carbs must be the devil, but they aren't. Your body is doing what it's supposed to do. Right? Only now you think your low carb diet is some savior of your weight. Right? Yes. And rinse and repeat. Right? I was psychologically addicted, quote unquote, addicted to that cycle for 10 years. Right? Like I knew when I was triggered by body image issues, you know, what the high number on the scale that I didn't like, I knew that I could cut out carbs and see quick results. I knew I could. And so you know, that cycle just continued.

ANNIE

Having this information available to me in the last, I don't know, 5, 10 years, it's like, now when people tell me they're, you know, they're having success on low carb, I'm just kind of smiling on like, "Cool. I'll see you in a few months." [Laughs]

JEN

Yeah. And especially when it's you know, if they're one week, two weeks in, and they're it's just like, "Hm."

ANNIE

Mm hmm.

JEN

"Hm. Enjoy."

ANNIE

Yeah. [Laughs] We'll see you soon. [Laughs]

JEN

Yeah. So this is primarily why I couldn't control myself around carbs, right? I developed that cycle. So it was kind of an abandoned restrict cycle. And all my beliefs about carbs were kind of being reaffirmed by that cycle. And so the solution, what I would like to present, some solutions to everybody here to start considering because to be honest, there's people listening to this podcast who probably do feel like they can't control themselves around carbs, but are maybe more like you, they actually weren't cutting carbs like I was. So they actually do have a very maybe normal and reasonable carb intake throughout the week and days, but they're still bingeing on them, right? So we'll cover that here in the solutions. So number one is that I'd like to see people shift from benching and restricting carbs to just trying to incorporate carbs at a moderate level that's right for their body and nutrition goals. And this requires what I would say is number one, a mindset shift about carbohydrates. So I think it's important to just learn about carbs, right? From a science based, nutrition science based perspective. So there is nothing wrong with carbohydrates. Carbohydrates are healthy. Carbohydrates are nutritious, right? Women in particular thrive with the right amount of carbohydrates in their diet. They're essential for energy, gut health, hormone regulation, which could be regulated to like our menstrual health. Digestion, they deliver vitamins, minerals, phytonutrients to our bodies. There is nothing quote unquote bad about carbohydrates.

ANNIE

You forgot the biggest benefit of carps.

JEN

Ooh. Which is?

ANNIE

They're delicious.

JEN

[Laughs] They're delicious. Yes.

ANNIE

Like, they're just, most of them are really yummy.

JEN

Mm hmm. Yes, yeah. And then figuring out what the right amount is for you is another step you can take. And for me, as somebody who, you know, cut carbs, and then binged carbs, figuring out the right amount was tricky, because I had a very skewed perspective of even what is a serving of carbohydrates? So someone would have said, "We'll just start having a serving of carbohydrates with each meal," I would say, like, what is that, right? Like for me, it might be...A tablespoon of rice felt like a lot of carbohydrates for me, right? I had a very skewed perception of how much carbohydrates and just side note, if you've ever done keto, as I have, you probably have a very skewed perception of what a serving of fat is as well, because you're used to eating like a lot of high fat foods. So carbohydrates, you know, just roughly, also letting us stay with estimates here. If you think of a balanced plate, which we share in our program, and we actually even have a free guide on what is a balanced plate, we can link that in the show notes. If you think of a circular plate divided in half, and one half fruits and vegetables, one half of your plate fruits and vegetables, a quarter of your plate protein and the protein rich foods and then the other quarter carbohydrate rich foods, like more starchy, right? Fruits and vegetables are carbohydrates. But then understanding the difference between like starchy carbohydrates and fruit and vegetable fibers, right?

ANNIE

Yep.

JEN

Which, we actually cover this in detail in our sugar podcast. Which we will also link in the show notes if you really want to understand carbohydrates and the difference between different types of foods. Or you can use a hand guide, which we also talk about in our program. So a cupped hand of a carbohydrate rich food, maybe pasta, or rice would be a serving of carbohydrates. And so, and that's not to say that always has to be your serving. But it's a good starting point, right? For putting together a balanced meal. If you have higher energy needs, like you're more athletic, you move more, you'd be on the higher end of a cupped hand, if you are more on the sedentary side of the scale than it would be lower. And actually I'd go as far to say that people who are sedentary, like low carb might be okay. Right? Might be healthy for somebody who, depending on how much you're getting, for somebody who is sedentary, they just don't need as much energy, right? They don't need as much glucose, right? They're not moving as much.

ANNIE

Yes.

JEN

You following? It's still all making sense.

ANNIE

It's making sense for me. Absolutely. I'm thinking about my cupped hand though and what a perspective that is.

JEN

Yeah, and so the thing is, though, is that Annie is quite active, she strength trains regularly, she's moving her body, she's just, she's one of those people that just, she moves. That's what she does. And I am less active than Annie, so I work out and you know, I walk but I'm probably more your average person or any person movement is and the amount of training she does is likely above average for your average person. So Annie's...I might do a cupped hand and Annie might do a handful might be more appropriate for her, especially on her training days.

ANNIE

Yeah. And that's what we mean by the right amount for you. Right? These are guidelines.

JEN

Yeah, they're guidelines, not rules. And then the next thing I want to talk about is examining your relationship with certain carbohydrate rich foods. Right? So if you think of that balanced plate again, and you think half the plate with fruits and veggies, with fruits and vegetables, and a quarter of the plate with the starchier carbohydrates, we actually have three quarters of our plate are carbohydrate rich foods, right? And for some people listening, that's scary. That's very scary. And that's when I would have you examine your relationship with carb foods. So you probably just have internalized a lot of those beliefs I did about carbs, like they're bad. They cause cancer. They're toxic. All of that. I went through a stint where I cut out gluten, like gluten was bad -

ANNIE

Me, too.

JEN

- and toxic. Oh, you did?

ANNIE

Yes.

JEN

Yeah.

ANNIE

Again, it lasted a day, when I realized, finding at the time, gluten free pizza was very difficult. [Laughs]

JEN

Yes. [Laughs] But to the second point, how we touched on earlier where Annie's never really been low carb, but has still struggled with her relationship with carbs. And that is to look at that and say, "I do get enough carbs but I'm still bingeing on carbs on the weekends or whatever." And likely that's less of like, less about the beans and the quinoa, the rice, and more about the chips and the chocolate and the ice cream, the more calorie dense things. So there's kind of breaking that up to say, you can still understand and start incorporating healthy amounts

of starchy carbohydrates in your day to day nutrition and still be bingeing on the weekends. Well, that's a different conversation. And that's examining your relationship with those foods in particular, and how you interact with those very specific foods.

ANNIE

Yes.

JEN

Right? So, and this can come in stages, because it might be that okay, step one, if you're coming from keto, step one might be kind of healing your relationship with just fruits and vegetables. Right? Because the starches and the chips, like that is just too much.

ANNIE

[Laughs]

JEN

That's too much. Yeah. So phase one might be, okay, fruits and vegetables, I can do it. And you start incorporating those. And then stage two might be okay, the complex carbs, I'll do it. Okay, whole grain bread. You know, some pasta, rice, okay, okay. And then step three might be okay, now I need to start addressing my chips, my chocolate, my ice cream, my cake, that relationship, right? Like, let it kind of come in stages. And the truth is that, you know, a carb is a carb, but of course, how we package the carbohydrates can be different. And there are just some carbohydrates that are more palatable, shall we say, than others, like cake, like chips, like, you know, salty chips, very sweet chocolate, and it is probably a lot easier to stop eating rice than it is to stop eating a bag of chips.

ANNIE

Absolutely.

JEN

Yeah. And so then we have to kind of examine our relationship, and how we interact with those more palatable foods.

ANNIE

Yeah, I'll save my touch point for your next point, because I think I'm going to ruin it, but remind me to come back to that.

JEN

Okay. And then the next point I have here is to not to go further than examining your relationship with carbohydrate rich foods is to examine your relationship with yourself. And that is often the root of some of these preoccupations, right? So I was hyper focused when going back to how the difference between fat loss and weight loss and and going, "Hey, what the heck was with me? Why was I so obsessed with weight loss that I was just, you know, could ruin my whole day, if I hadn't lost a pound, or whatever, if I was up two pounds?" And that's because of the

internalized conditioning I had. Which is what I would call fat phobia, right? I had a, my phobia of fat was as strong as my phobia of mice, which I still have to this day, right? Like it was a phobia. And so even if I had had this information back then of fat versus weight, fat loss versus weight loss, I'm not sure if that would have mattered. At a certain time in my life, because I was just so obsessed with being smaller than even achieving that through dehydration or depletion might have been okay with me.

ANNIE

Yeah.

JEN

Yeah. So examining your relationship with yourself, with the messages you have around body fat or just fat bodies in general, you can do, if you want to dive into that, Google fat phobia and start reading about it. Right? Go ahead.

ANNIE

Well, I was gonna say I think my issue with why I couldn't control myself around carbs was not because I was restricting them but because I was emotional, using them to emotionally eat.

JEN

Yes. And that's definitely a relationship with self journey.

ANNIE

Yeah, I, they were often done in secret by myself, in like, emotionally driven cravings for very specific foods, candies, ice creams, whatever, chips was often the culprit. And getting to the heart of my emotional eating issues versus trying to limit my carbs was the solution.

JEN

Yeah, so stop making it a nutrition issue and understand it's a huge issue. It's an emotional health and wellness issue. Yeah, that can't be controlled with food.

ANNIE

No, no, that's like the surface surface level answer, right?

JEN

For sure. And a lot of us do have these kind of relationships with ourselves in these cycles that we get in where we're, you know, our mindset is very driven for perfectionism, right? Or all or nothing thinking. And that means that once we start eating those foods, we just go all in. Right?

ANNIE

Case of the "screw it"s.

JEN

Or the "start on Mondays." So you've got to start breaking those cycles, too, of why you do that, right? Like, what's under there? Like, what is this about?

ANNIE

Yeah, and again, that's a thought, that's a mindset, not carb issue.

JEN

Yes. That's not a carb issue. So there's kind of a physiological issue here with carbohydrates and a nutritional science understanding, like, bridging that gap on one hand, but then there's the relationship with self and often emotional eating issues on the other hand, yeah, and kind of figuring out, maybe you have both going on. Or maybe it's one or the other. Some people you know, we see both, we see some people identify an emotional eating issue, but once they dial in their nutrition a little bit, start eating more satiating foods, start incorporating carbohydrates more often, that emotional eating, or what they thought was an emotional eating situation, disappears. And I actually just had this happen with a member, she was feeling quite preoccupied and had high cravings for a very sweet drink in the afternoons. I think she was doing bubble tea was her thing. She was getting a bubble tea, and it was like a 450 calorie drink every afternoon. And she felt like she just had to have it. And once we took a more granular look at her nutrition, I was saying, "You know, you really are having, like, eating low carb up until that point, you're having a low carb breakfast and a low carb lunch. What if we tried carbs in both of those meals?" And surprise, surprise, her craving for that bubble tea went away completely.

ANNIE

Love it.

JEN

Yeah. And last point in this podcast episode, to try and help you get more control around carbohydrates, is just the way you talk to yourself and position making adjustments to your carbohydrate intake. So instead of yes, no, good, bad. Try using the language more and less, right? Or making swaps. So instead of saying, you know, "Cake is bad, and I have to cut it out, and I can't have any more," try saying "No, I'm going to try incorporate more fruits and vegetables and complex carbohydrates. I can have cake. But just less cake."

ANNIE

Yes.

JEN

And you can also try some different swaps, right? So just swapping out more refined carbs for refined carbohydrate rich foods for more complex if that works for you, right? My husband, I just had this conversation around, we buy white wraps, actually, usually and we talked about if we should make the swap to whole grain wraps and if that makes a difference for us nutritionally. Would that be a benefit to us? Yeah.

ANNIE

What did you decide?

JEN

We decided no. [Laughs] We stayed with the white wrap.

ANNIE

Okay. All right. Getting wild over there.

JEN

Getting wild here. Kind of a dicey conversation for a few minutes there, him and I got a little tense.

ANNIE

Isn't it funny how personal food conversations can feel in your house sometimes?

JEN

Yeah, and you know, I'm a nutrition professional and even between me and Annie I'm definitely the one that's more intrinsically invested in nutrition. I absolutely think it's a healthy interest that I have now. And so I was really like, John, let's do, let's swap, let's do this. And he was like, "No, I don't like whole grain wraps. They fall apart. They don't work. They, like, nobody likes whole grain wraps. What are you even doing?"

ANNIE

[Laughs]

JEN

Yeah. [Laughs] So anyways, I conceded and said, "Okay, well, we're good. We'll do the white wraps."

ANNIE

Beautiful.

JEN

Yeah.

ANNIE

Sometimes you have to just discern your non negotiables. And that might have been -

JEN

Yeah, choose your battles, friends, choose your battles. Yeah, I'll spend my energy on the fruit, getting the fruit and vegetable consumption up here.

ANNIE

In relationships and with food, choose your battles. [Laughs]

JEN

Relationships [laughs] and food. Yeah. So a quick summary, why can't I control myself around carbs? First, we talked about just history with low carb dieting, and the bingeing and restricting and how that can create almost like a psychological type addiction to going low carb and coming back on high carb and watching the scale go up and down, up and down. We talked about the solutions for this being creating an understanding of water weight, and weight loss versus fat loss, and how carbohydrates impact the amount of water stored in your body. And then the other solutions we talked about is really kind of big picture solution is getting out of the binge and restrict cycle with carbohydrates, which requires learning about carbohydrates, and learning how nutritious they actually are. Having a mindset shift around carbohydrates, and learning what just an appropriate serving is of carbohydrates for you. And that might take some trial and error and trying some things out. And then as Annie pointed out, it's not just examining your relationship with carbohydrates and your beliefs about them. But examining your relationship with yourself and how you personally deal with uncomfortable emotions. And defining you know what the problem is here. Is it the carbs? Or is it actually that you don't know how to process emotions without eating?

ANNIE

I feel attacked.

BOTH

[Laugh]

JEN

And lastly, getting out of this binary, yes, no good, bad, and maybe looking instead at what you want to increase and why and what you may want to decrease and why.

ANNIE

I love it. Great suggestions, great information. I'm sure there's a lot of people here that are like, having some aha moments, maybe even sharing it with some friends who are feeling the same way. So thanks for sharing your experience, Jen.

JEN

Yeah, no problem.

ANNIE

Appreciate it.

JEN

No problem.

ANNIE

We'll talk soon friends.

JEN

Bye bye.

ANNIE (OUTRO)

Hey, everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching. Head on over to balance365.co to join coaching.