

# Balance365 Episode 246 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

Hey, everyone. We are back this week with another Q&A episode. This week, we're tackling two of your questions: How do I stop bingeing on bad foods after quitting dieting? And how can I avoid self-sabotage after stepping on the scale and seeing that my weight is down? We hope you enjoy our question-and-answer episodes as much as we do. And don't forget, we go live every week, and our free Facebook group Weight Loss Without Restriction. Join us there so you can submit your own questions and have us answer them live. And do not forget about our free, upcoming workshop: Cut the Crap: How to Simplify Weight Loss and Get Out of Your Own Way. This is our most popular workshop by far, where we cut to the chase and we deliver a little real talk, a little tough love, and best of all, help you clear out all of the clutter you have about weight loss, nutrition, exercise, and simplify your process. Do not miss it. Register at [balance365.com/freeworkshop/](https://balance365.com/freeworkshop/). We can't wait to see you there.

ANNIE

Good morning. Happy Thursday.

JEN CAMPBELL

You know what I just realized? Because now I can see myself? Now that we're live. I forgot to put mascara on this morning.

ANNIE

Oh. [Laughs] Don't you hate that?

JEN

[Laughs]

ANNIE

Like something was off here.

JEN

I know. I was like, "What's happening there with her... No eyelashes!"

ANNIE

They're there. They're just a little blonde. Right?

JEN

I do have actually very thick eyelashes. They're just like white blonde.

ANNIE

You have, you have gorgeous eyelashes. We do a Q&A in our group every Thursday here. You, our members of this group, always have kick-ass questions. And this week is no different. This question that we were talking about before we went live keeps coming up over and over and over again. And we're gonna keep answering it until -

JEN

It's really important.

ANNIE

It is really important. This is actually really at the heart of what we do is, weight loss without restriction, hence the name of the group. But Christina asks, "I'm trying to get away from dieting. I quit Weight Watchers, then calorie counting. I feel like I'm eating all sorts of terrible things. Because I can. Where if I don't, then it's restricting. I don't know how to get out of this cycle." This is super common, that when women come off of dieting, they feel like, "Okay, my, I've done all the things now, I've gotten it out of my system or whatever," you know. However, you want to put it. But then to come back to making any change, any sort of shift in behavior suddenly feels reminiscent of dieting or restriction.

JEN

So the first thing I want to point out about her comment is that she says terrible foods. And if you want to move forward in your life making change without being restrictive or diety about it, you have to stop moralizing food, period. There are no terrible foods, it is just food.

ANNIE

That's a great point. We have, our culture, in general, is inundated with guilt-free, clean foods, good foods, bad foods, you know, it's in our marketing.

JEN

These ones are zero points. Yeah, yeah. Point number one is that it's just food. And you're probably eating a lot of food that you haven't allowed yourself in a very long time. And we have this analogy that we like to use. And it's that, if you are under the water, for a significant amount of time, when you came up for air, you would be gasping for breath. That would be a very normal, natural human response to going without oxygen. Well, when we go without food for a long time, when we're very restrictive, either with calories overall, with a certain food group, you will feel like you are gasping for air when you quit dieting. And it's a very normal and natural response to restriction. It's the other side of it.

ANNIE

Yeah, but what a lot of women tell themselves when they're in that gasping for air, eating all the foods, is they're out of control. They're lacking discipline. They're lacking motivation. They're lacking willpower. They're, they're somehow a faulty human, and what Jen and I are saying is, "No, that's normal. This is exactly what we would expect."

JEN

Yeah, I went through about four months of eating ice cream pretty regularly because ice cream had really been my big food that I felt I couldn't control. I couldn't keep it in the house, I would binge on it. My appetite for ice cream was insatiable as a dieter, I could not be satisfied with small amounts. I thought people were lying when they, when they said that they could get a small ice cream and move on. I was like, "No large. XL. Yes, extra large." So, the other thing is, we can physically stop dieting, like just physically, just the physical act of stop dieting, delete all our apps, whatever. But we can still be mentally dieting. So we can still be talking to ourselves the same way we talk to ourselves as dieters, and we can be holding on to those same beliefs that dieters have, that drive all their chaotic behaviors. And so letting go of dieting, what that means truly is, yeah, stop dieting, but also you gotta drop all that baggage that came with it -

ANNIE

In your head.

JEN

In your head. And if you're in our program, or if you want to join our program, that'd be a very good idea. [Laughs] The very first chapter, our first lesson of Balance365 is called Diet Deprogramming. And most people are shocked when they read through that section.

ANNIE

Yeah, and I want to just offer part of my personal experience, moving from a size 24 to a size 12 ish. Really required me at one point, I didn't know that this is what I was doing, but looking back at it, I clearly can see it. Now to let go of dieting because I was just exhausted, I had tried everything. I wasn't succeeding at any of it. I didn't feel like it was sustainable. I couldn't honestly do it for longer than two or three days without failing or messing it up. And so eventually, I just started focusing on my health and what behaviors support my health and that was some really foundational behaviors that we cover in Balance365 coaching, like sleep, movement, fruits and veggies, lean protein. And eventually what happened was, I lost the weight. When I shifted my, shifted my focus from a weight-centric focus to a health-centric focus. It became a byproduct of my habits, it wasn't the focus of my habits. And that really helps me to get out of the diet mentality, the restriction mentality.

JEN

I'd also like to offer, because I know there's a lot of anxiety around letting go of dieting, I would like to share that one of the turning points for me was that I was, felt like I was in hell, you know, I had so many failed dieting attempts, my, I was spiraling out of control. Very chaotic eating

habits, very, very mean to myself. And I just couldn't do it anymore. Like Annie, I was exhausted. And when it comes to anxiety, there's a strategy that you can use for anything. It's that to follow the chain of events of what would, what is your worst fear. And my worst fear was that if I wasn't super restrictive, my weight would spiral out of control. And one day I realized I would rather have my weight spiral out of control than live like that the rest of my life. I couldn't do it. Living in a larger body has been so moralized in our culture. And that's actually the belief that people are hanging on to, and it's actually that belief that keeps them stuck in that spiral and that cycle. And so I also lost weight as I talked about, I didn't lose as much weight as Annie, but I also am not as lean as I was when I was a restrictive dieter and that's really another important thing to share is that you need to reframe your weight loss journey from, "I want to lose all the weight, I want to become as lean as possible, I want to be X tiny percent body fat" to, "I want to find a bodyweight that's healthy, comfortable, and sustainable for me." Right? Like living a life I enjoy with habits I can accept in my life, right? That makes me feel like I'm a good role model for my kids or you know, whoever. And so, for me, the weight that I landed out was 30 pounds down from my heaviest but 20 pounds up from my leanest.

ANNIE  
Yeah.

JEN  
But it's like, I would not trade that 20 pounds for what I used to do to achieve it. No way.

ANNIE  
No. The other thing I want to add before we move on to our second question is to really give, be patient with yourself in this process. Give yourself some grace and compassion. Shifting from these behaviors and these thoughts is not something you're going to conquer in a day, not even a week. You know, this is a process you've probably had a lot of practice thinking dieting thoughts, thinking, and behaving like a dieter, and it's going to take just as much, if not more, practice to unpack it, rework it, and develop some new skills.

JEN  
Yeah, Annie and I talk a lot about this, too. It's like a persona, like, like the majority of women in our culture have developed the persona of a dieter.

ANNIE  
The identity, yeah.

JEN  
The identity of a dieter, and I started dieting at 17. I work, we work with women in Balance365, who, we just interviewed somebody last week. One of our members remembers she started restricting when she was five years old. She remembers hiding food from her parents. And so, you have to really understand that you're unpacking, like, from when you started dieting, hating your body, feeling you were wrong, and needed to control your body weight in order to receive love, and connection in this world. That's the moment you started developing this identity. And a

lot of your world started revolving around it. And you know, that's, that's a lot to unpack. Diet deprogramming is awesome. But a lot of people would really benefit from therapy as well.

ANNIE

Yes. Okay. Next question, a little bit, maybe not quite as heavy. [Laughs]

JEN

Okay.

ANNIE

And intense.

JEN

Woo, sweating. [Laughs]

ANNIE

I know, I know, again, those types of questions are at the heart of what we do. So you know, we could spend all day talking about it, you know?

JEN

We could, and keep asking them, like, it's important. And keep asking them, keep questioning yourself and your own beliefs. And keep having these conversations with your friends.

ANNIE

Yeah, yep. And don't let the time that it takes or the work that it takes deter you from doing it. Because it's worth, it's worth it. Jen and I are kind of, what we would say? On the other side of it now, and we can't even imagine dieting now. Okay, but moving on that. Erin asks, "How do I stop the habit of stepping on the scale going, 'Yeah, I've lost weight. Now I can eat more treats.' Or am I the only one?" I would say, Erin, you're not the only one. First of all.

JEN

[Laughs]

ANNIE

This is something we've heard before. We've heard it from, even Balance365 members who are finally losing weight for the first time, in a manner that feels sustainable. And they're like, "What, like, what do I do now? Like?" And two things came to mind when I read this question. First of all, I want to just like, a little disclaimer, to make sure that Erin checks in with Erin about the practices she's using to achieve that weight loss. Is this sustainable? Is this moderate? Can you keep this up for the long term? If you're like, white-knuckling it, no matter whatever advice Jen and I offer, it's ultimately going to be an uphill battle for you. So this really only applies if it's a sustainable, reasonable approach to weight loss, which of course, we endorse here. But the second question that came to mind was, is it possible that you're using food as a reward here? Is this what we would qualify under the umbrella of self-sabotage? To use food as a reward?

And then you like, did the thing, and now you deserve the reward of food? Right? That's, which is super common. What do you think, Jen?

JEN

Yeah, I think you asked a really great question there. Because, you know, this, I just having thoughts of my dieting days, where if I could get down to a certain weight by Friday, then I could have X foods on Friday night, and it was a reward. And so I think it's really important to check in on like, what methods are you using? Are you being super restrictive and wanting to reward yourself with foods that you're not allowing yourself? That's a really important way to differentiate in this question. And you know, women asked me and Annie questions all the time. And, you know, if there are clients in our coaching group, we can kind of sort that out where they're coming from, but when it's front-facing public in this group, we don't know what their history is. And so one thing is you can't give restrictive dieters the same advice that you give to people who are on healthy, sustainable weight loss journeys. You can't because restrictive dieters will take anything you say to the extreme.

ANNIE

They're gonna run with it.

JEN

They're gonna run with it, and they end - because dieters, people with the dieter identity don't have critical thinking skills.

ANNIE

Yeah, I noticed in this question she specifically said, "Now I can eat more treats. And I would say, you know, okay, on the note of restriction, are you allowing yourself treats throughout your week? Are you holding space? Are they a part of your plan, your in - your food intake, right? Or is this like something that Jen said, you're saving until you get to that weight?"

JEN

I would also like to share that I lost 30 pounds eating ice cream regularly. Like, it just, I was not doing that anymore, right? And that's why I was happy to let my weight settle where it was going to settle. Because I prioritize how I wanted to be living my life. I wasn't prioritizing my weight and making all my decisions around how is this food going to affect my weight. What am I going to eat tomorrow if I eat this tonight? What about this? What about that? I started living my life the way I wanted to live it and I knew my weight would be a byproduct of that. And the other thing I wanted to say, we're getting to time here, is, you're on a weight loss journey. And that's so great, right? That's the women we work with. Fantastic. But the thing we all have to remember is that weight is just a byproduct of the habits, your genetics. First of all, let's get real about that. But then the habits that you have in your life. And so what if we took the focus off the weight, like as you, you know, you step on the scale, you see you've lost weight, and you want to reward yourself? What if you now - would you still do the things that you're doing? If it wouldn't lead to weight loss? That's how you really know if you're living your life the way you want to live it and if your plan is sustainable. Well, that's what I think.

ANNIE

And yeah, and is your behavior change really about weight loss? Or is it about health? And if you throw it all out, because you're not losing weight, was it ever really about health? You know?

JEN

Yeah.

ANNIE

And that - just one more question, if I could pose to Erin just to ponder again, this is why coaching is so valuable, because we can work this out like person specific. But I also want to, I'd also be curious about what Erin's doing, if she steps on the scale, and she's gained weight. Because the flip side of the coin, if she's using food as a reward, is she then restrict and reward if the scale isn't saying -

JEN

Is she using it as a punishment to -

ANNIE

Yeah, and like neither one of those, I think are probably, I'm guessing, since she asked this question, where Erin probably ultimately wants to live her life. I'm guessing Erin wants to step on the scale, step off and then go about her day. And feel very neutral about it.

JEN

Yeah, the other thing is, maybe she is on a healthy sustainable weight loss journey. And maybe these are just old dieting thoughts coming up. Right? So and it's like, "Whoa, where did that come from?" And those, we just, you have to understand that we have 60,000 thoughts a day. And not all thoughts are helpful to us. Right? And so you know, sometimes I have bad body image thoughts still right there. They don't. Like, they're not there. They used to be there when I was a dieter, they were just there all the time. They're not there all the time. I believe my body is good. But once in a while out of left field, I have a bad body image thought, I have a judgment about my body. And I'm like, "Whoa, where did that come from?" And what we teach in coaching is that you have to become kind of an observer of your life; you don't, we can have thoughts and not act on them. So you can have a thought that you need to go reward yourself with food after you've lost a bit of weight. And go, "Wow, where did that come from? There's that old diet, those old dieting thoughts are coming to me. That's very normal for a woman with my experience to be having to be dealing with dieting thoughts even after I've quit dieting. Okay, well, I'm not gonna act on that. I'm just gonna keep moving forward with what I had planned."

ANNIE

Yeah, that's like, "Okay, I see you. I hear you."

JEN

I see you there old dieting thought. You're not gonna get me. Not today, dieting thoughts. Not today.

ANNIE

And you can move right along because I've got other plans. Yeah. I love it. Okay, my friends. We are. We are at our time limit. Again, we could do this all day. Thank you so much for your questions. I love it. So good. Jen, thank you for your time this morning. Always great to chat with you -

JEN

Yeah.

ANNIE

- and we'll chat soon. Okay? Bye bye.

ANNIE

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](https://balance365.co) to join coaching.