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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.

Terri [00:01:19] Welcome back, everybody, to another episode of The Fasting Method podcast. This is Dr. Terri Lance, and I am joined today by Dr. Nadia Pateguana. Nadia, how are you today?

Nadia [00:01:31] I'm doing well, Terri. Good to see you. It's been a long time, I feel.

Terri [00:01:35] It has been a very long time since we've done an episode together. It's great to get to see you and have some discussion time with you. I thought maybe you could introduce our topic today since you kind of encouraged it based on some recent interactions that you've had.

Nadia [00:01:53] Well, actually, I really do have an idea of what I would like us to talk about today. And before I introduce that idea, it's funny that I had a coaching client today, ask me, she said, "Nadia, do you know why I started coaching with you and joined the Community?" She said, "The first time I came across yours and Terri's first part, the episode on TRE: Part One," (time-restricted eating, part one). She said she was so captivated by it, she really enjoyed our interaction so much that she went back and listened to that one episode three times. And then after she heard part two, she felt like she was ready to get started on her coaching journey. So that was really cool.

[00:02:32] And then today as well, I was speaking to-- it's actually a couple that I work with and they were sharing with me some thoughts and then that triggered a question for me and I thought, "I need to ask Terri this," because these are the kind of things that I like to talk to you about and learn from you. And so the one thing that the couple was saying is that they grew up with these parents who were very-- what's the word I'm looking for? Their parenting approach was that they would tell their kids, "You can do everything," and, "You have to do everything," and, "You can do anything," and, "Anything you set your mind to, you can do," and, "Anything that we tell you you can do, you can do." And then the husband was saying, you know, that he'd been talking to the wife quite a bit about this and that he had recently realized that it isn't so much, for him, that you can do everything and anything that you set your mind to and anything that your parents tell you, but if you find something that you really want to do and you're very passionate about, that you can definitely do that and do it better.

[00:03:34] So then it raised a few questions that I wanted to talk to you about because this comes across-- you know, we come across this concern all the time, and I know I have this even in my own life. And I know you've addressed this probably, but why is it that within our Community and ourselves, myself included, and I know you've shared your experience with me many times, but why is it that especially when we're very, very sick, right, like when we have these serious chronic illnesses and then we come across The Fasting Method, you know, and this amazing community and these amazing resources that over the years have been put there for people to use, either through coaching or through your own self-coaching, why is it that even when you have all these tools and you have the know how and you know that you supposedly want to get better and have to get better for the sake of your future, to even have a future, why is it that there's this great disparity between wanting to do something but feeling this overwhelming sense of, "I can't do it. Why can't I do it?" You know, "Why can't I eat better? Why can't I fast?" You know, "It's not that I physically can't fast. You know, if I really want to do something and I know that I should do something, why is it that I feel like I can't do it?" And I realize I'm throwing a big one at you here, Terri, but I'm listening.

Terri [00:04:52] No, this is a great, great topic, Nadia. And there are parts of it that you and I have talked about before and they are parts of it that I talk about frequently in our Community, but it feels like one of those topics most of us can't hear often enough to really become immune to the issue.

[00:05:12] I'm going to draw back to another Community member. (See, all the Community members and clients - how much you give us things to talk about.) He often talks about (in my meetings in the Community) that he believes there's such a thing as a combination that's needed to do those difficult things that you want to do. There has to be the desire. So that, you highlighted. It's something I want. It's something that's important to me. But in order to make that happen, there also has to be a belief and confidence. And I think where so many of our people in our Community and ourselves struggle with is the desire may be there, but the belief that the goal is actually possible, or the confidence that we can do it are often lacking. And so the desire is not enough. It's kind of like when people talk about marriage - love is not enough. There's so much more to marriage. There's so much more than just, "But I love him," or, "I love them," or, you know. There's more to it. And so I think where people struggle often is that something in one of these other categories or both is off. And therefore we learn to accept the results, even though they don't match our desire.

[00:06:38] So let's say, for example, last winter I was learning to ski and I watched lots of people ski. I watched four-year-olds skiing. I watched 75-year-olds skiing. I watched people smaller than me. I watched people bigger than me ski. And if you look at the basics of it, of course I should be able to ski. But what it really comes down to is, what am I doing in my mind while I'm coming down that hill? Am I telling myself, "Oh, I don't think I'm going to make this next turn. Uh oh, I don't think my feet can move like that. Oh, no, I don't think I can hold myself up." It doesn't matter how much I want to ski, if I have limiting beliefs or a lack of confidence (I am 54 years old learning how to ski. I have 54 years of saying, "I'm not a skier. I don't know how to ski. I can't ski."), those messages get in the way while I'm on the top of the hill, if I let them. So instead, I have to keep breaking it down - "I can't wait to get to the bottom of the hill." "Oh, the instructor just told me to turn my feet like this. Let me turn my feet like that." But I've got to get out of my own way. Like I said, I think for most of us, that's the confidence and the belief.

[00:08:05] Let's say, for example, someone in our Community grew up in a family where everyone is obese. It seems like it must be genetic because everyone in this family is

obese. And then they come to us and they say, "I really love this fasting stuff that you guys talk about. I really think this may work for me. But you know what? Everyone in my family is obese." So they may have a belief that they can't change how their body releases fat or doesn't because their belief system is getting in the way. They might fast for a couple of weeks and get very excited, but then feel shut down because, "My family, we just carry excess fat. There's nothing we can do about that."

[00:08:53] So I think this is the gist of this topic, and I wish it were more concrete and simple-solution focused, but it's not.

Nadia [00:09:03] Okay, I have a few questions.

Terri [00:09:05] Yeah.

Nadia [00:09:06] Because I did your masterclass. And you know, I've talked about that a lot. My husband and I listen to it together and we-- it was-- I think, for me, it was mind-blowing and it was life-changing because there's a few things that I learned there about myself, even outside of health and diet and fasting. You talked about fixed mindset and growth mindset. Is this something that's tied to these limiting beliefs? Because, for example, you know, this idea that I'm a very strong person, because I am [laughs], I'm a very direct person, because I am, but I was very fixed on certain things about my personality, myself. And because I was so fixed on it, I could never evolve, I could never change. And now when I think about things or when I'm struggling with things, I constantly-- and I repeat-- I'm a big fan of repetition, as you know. I repeat this even within our groups. When I hear somebody talk and I hear those limiting beliefs, I automatically attach it to this notion of a fixed mindset, and I invite them to watch your courses and to do your masterclass. Because this notion that you can change your mindset, first of all, but that you can go from having a very fixed mindset to a growth mindset, that you can change. And you mentioned people that, for example, grew up in a in a family where everyone is obese, where you automatically say, "Well, it's genetic. They're all like this, there's no way out, there's nothing I can do." But there's also-- and I work with a lot of people, one of them I did a podcast with, that it was the opposite. Everyone in her family was athletic and lean, and she was the only person that was obese. And so her fixed mindset was that it was all because of how she was and who she was and that she would never be able to change that. And further, to add to that-- and a lot of the people listening here today and the people in our Community have shared with us that because they had tried so many things in the past that failed, this too was going to fail, or this notion that no matter what they did, they couldn't change, especially if they had guilt.

[00:11:13] I have something else to say, sorry, but it's all the things that I want to hear from you and I want you to help me with and the people listening. I'm hoping that, you know, if I find this so interesting, other people will, too. But I often as a coach, right-- I have a lot of lists and strategies, right? I'm one of these like, you know, quick fixes and practical things, like plating and my five pillars. I love to list things, right? I don't know how my five pillars came about, but they did. And I've got this 'Three Steps to Success'. Number one, deciding or committing to something. Number two, preparing or organizing to do it, like creating a plan. And number three, just do it. But I'm feeling like you're telling me I've got to have five steps to success in there, because besides deciding and committing, you have to believe, you have to learn how to be confident, and then prepare, and then execute. Am I saying anything that makes sense there or asking any questions that you can answer?

Terri [00:12:11] Absolutely. I love that - you have to believe and you have to build the confidence. And one way we build confidence is we give credit for the small steps. Every person that writes about creating new habits and creating strong habits, they talk about celebrating the steps. If I only celebrate when I lose 50 pounds, that's a long way into the future. I need to celebrate every time I make a decision that is in favor of my health, in favor of my goal. Now, that doesn't mean I go get a hot fudge sundae to celebrate, of course, but that means I maybe give myself a star on a chart. Maybe it means-- for me, it was putting a magnet on the fridge. Or maybe I just kind of do a mental high-five with myself and say, "That was a great decision. Good job." That's part of how we build that confidence.

[00:13:09] So if you change that into those five pieces, we have to work on the belief system, and that goes back, as you mentioned, to the growth mindset. Because if I listen to a podcast that you did with someone, or if I listen to someone in the Community who's lost 120 pounds, that has to tell me it **is** possible. But if I have a fixed mindset, I'm going to hear it like this - "Wow, look what that person could do. Oh, it's too bad I can't do that." I'm going to see that that doesn't apply to me. But if I have a growth mindset instead, I'm going to say, "Huh! How did that person make that happen. What of that can I do? What do I need to do to make that happen?" And instead of saying, "I can't do it," maybe to acknowledge the truth, "I haven't done it **yet**." But that leaves room open that it will happen and can happen. So then I work on building the confidence. Every time I make a step toward that, if I reinforce it, it makes it more and more possible. If I have 120 pounds I want to lose, with every pound of that weight loss, I'm going to celebrate and reinforce. Every time I don't get up in the middle of the night and eat something that's not on my food plan or in my meal timing, I reinforce that. That's how we change these behaviors. Desire alone will not do it.

Nadia [00:14:46] Okay. I really like this because, again, I like lists, right? I like to organize things in my head. And then I share this, right? I often say that I see myself as a vector. I learn from somewhere, and then I like to share it with our Community or with my clients. So desire, right, making that decision (I also learned this from you, by the way), wanting to do something and saying, "I'm going to do something," is very different than saying, "I'm going to try." I've often heard you say that-- a long time ago actually was when-- and so hence why my first step to success was 'Make a Decision'. And when I hear people say, "Okay, Nadia, I'm going to try," I actually stop them and I say, "Okay, just to let you know, you know, self-talk is extremely important. The power of words." And almost every time, if we think about it in our experience, every time we say, "I'm going to try to do something," it usually means we're not quite ready yet, we haven't yet made a decision. So the decision is important, yes, but that alone cannot do it. So deciding means, "I'm going to do this," as opposed to, "I'm going to try to do it." And then it's the belief system, the limiting beliefs, and being in a very fixed mindset, and learning to change that into a growth mindset. So instead of saying, you know, "That person can do it, but I could never do it," instead saying, "Okay, **how** am I going to do it?" Right?

[00:16:08] And then the confidence required. Again, the idea that we **can** build our confidence and we do that by celebrating what we often talk about in our Community and how we start most of our meetings, let's, you know, celebrate our NSVs (non-scale victories), or even scale victories, but not the 50 pounds, but rather celebrating the small victories along the way. And I also learned this from you, which is that dopamine release that we get every time that we celebrate ourselves. Unfortunately, most of us were not taught to celebrate ourselves because that was seen as bragging or something negative when in fact-- but we now-- I'm a parent, right? I have two kids and our-- you know, those

of you that have done a bit of research into positive parenting or anything else know that most of us now really try to reinforce positive affirmations in our kids. And so to build your confidence, you need to learn, even if it's really hard, which it is for most of us, to celebrate yourself in those small victories, right? And then move on to the steps of, okay, now that I've got all those three necessary steps to success, then you can go and make a plan and, finally, just do it, right? Execute it.

Terri [00:17:28] Absolutely. You touched on something else that I think is really significant in there, and I just want to make sure some people might need this as a kind of touch point. If you go back into kind of understanding some theories in psychology and sociology, there are people who write about how we change - what's the process, what are the steps involved in changing? And there are people who came up with a theory of change. And for many of us, if we actually go through this change model, the first step is pre-contemplation You're not doing anything toward it yet. You're thinking about it and you're contemplating it. You're getting ready to even think about the change. And for many of us learning to fast, for many others, learning to eat differently, and for a lot of people in our Community, doing both, that takes a lot of change. That's significant. You might be breaking from cultural teachings or familial teachings or just what's normal in your environment now. So pre-contemplation, contemplation. And then finally the change starts to happen, but we usually have to go through a period of time almost sticking our little toe in there to see if we're going to do this big thing or not.

[00:18:59] So it doesn't surprise me when someone says, "You know, I really want to do this fasting but, dang, getting to 42 hours, that's really big." Yeah, we don't start there. We dabble with it a little bit. We start working on a few hours. We build up that confidence. Then we can get up to 12 or 16 or 18 hours. I watched a social media post one time; someone was learning about fasting. He was a young guy and he says, "Okay, I'm just going to not eat for five days," And then he recorded his journey. And it was kind of torture that he was doing to himself because he hadn't built in any of these other stages. He hadn't let himself really get used to the idea and teach his brain and his body.

[00:19:45] So I think that's an important piece of this as well - knowing you're going through a change process, and it's not quite as simple as, "I want it, I decide it and I do it." We may spend some time looking at it saying, "Jeez! What all do I need to know about this? How can I do this? What are the steps involved?" before we make that commitment.

[00:20:11] And you're right, I'm a big believer in, even in the smallest of things, rather than saying, "Oh, I'm going to *try* to drink this glass of water today," "I'm going to commit to drinking this. I will drink this by noon." How we state it makes a big difference in our brain.

Nadia [00:20:29] You just reminded me of something else. Again, I'm all about strategies, right, because I find that people feel more empowered when you give them practical tools. And I love to talk to you about this because you give us the why. Like, why is this important to have these tools, or how to do it, and how to not just physically do it, but how do I get my brain involved here, too, right? Like, the mindset together with the 'just doing it'? Because my tendency is to be like, "Just do it!" [laughs] And I've learned along the way, after many, many years (20 years, this will be my 20th year doing doing this), that that does not work. Because I think for the first ten years, 15 years, I was like, "I told them to do it. Why can't they just do it?" [laughter] Especially before I even realized myself that I had insulin resistance and that I had issues. You know, not having grown up with weight issues and not having the some of those traumas, I couldn't really understand.

[00:21:24] And a whole other topic-- I'm not going to go off tangent as usual, but a whole other topic which is emotional eating. I talked to you briefly about this. I didn't really believe that I had emotional-eating tendencies, but it turns out that I, in fact, do. I often say this to my clients in my masterclass and to my coaching clients in our meetings - I'm a big believer in steps, taking it step by step. And I find that people can set them-- not to say that they will always fail, but can set themselves up for failure, which then feels a certain way. And it affects your confidence, which is one of these steps, right, which is they skip steps. And I find, and I use the example which some of you may agree with or not agree, but I use the example that I don't really think that it's a great idea when kids skip grades because something always gets left behind. I'm a big believer in, even if you are one of those people that's accelerated, you know, when I teach people in my program, when I teach people the steps, you know, initially, at least for the first whole session, talk about building that strong foundation. And that doesn't involve long fasting at all. It involves creating meals, which is something that you and I talked about in our TRE podcast - this idea that we're not talking about eating windows, but rather meals.

[00:22:39] So changing the mindset, changing the wording, but also taking things step-by-step, you know, before we get into five-day fasts, 42-hour fasts, which just seems crazy. I was talking to somebody about that last week because she wanted (personal friend) to talk to me about fasting, which I always cringe a little bit when personal friends ask me about fasting because you know, they're coming completely unprepared. Her question was like, "A whole day without eating?" And she just like, went-- like, her eyes almost popped out of her head and it's like-- I'm like, jeez, this person has never heard a podcast, has never-- you know, you can't get there until we start talking about the basics. And the basics-- even if you're somebody like my husband's first fast-- I talk about this all the time. His very first fast, he'd never skipped a meal in his life, and his very first fast was a 12-day fast. So it's not that people can't do it, right? I know. I've heard that. I had the one guy show up at our clinic in Toronto and he's like, "Hey, I'm on the 36th day of a fast. Now what?" And unfortunately, this guy crashed and burned, unfortunately, because there were some consequences, and then he never fasted again, right? You get not only fasting burn out, but a whole bunch of other things that can happen along the way.

[00:23:52] But if you can do this in a step-by-step pattern, you are stronger. It's like when Megan talks about building your fasting muscle. It's like going to the gym. You start with 10 pounds, and then move on to 20, and 30, and so on. It's the same thing with fasting.

Terri [00:24:06] I think that's a really important thing for many people to consider. Oftentimes, once people get excited, they find us, they find out about fasting, they want to rush; they want to hurry and get to that really powerful place in the journey. And it doesn't work if you don't build the steps. And it will work for many people short term but then, like you said, there are consequences - there's, you know, backsliding - and that can be so kind of-- feel defeating and feel demoralizing.

[00:24:39] The other thing I was thinking about, about this topic, I'm pretty sure I shared this in an earlier episode with you, but talking about motivation and finding our why and if you think about doing uncomfortable things. So again, if your parents taught you, or if you grew up thinking or being told anything you want you can achieve, that's like saying, "Can I become an astronaut?" That's what I wanted to be when I was a junior in high school. "Yes, I can." Am I ready to do the things required to become an astronaut? I don't think I was. It doesn't mean I *can't* do it but it is going to mean sacrifices, challenging myself. Now, I think a big piece of this for all of us (and this gets complicated, though) is how much do we value that thing that we're desiring?

[00:25:32] So, many people in our Community may say, "I really want to lose weight. I've been carrying about 70 to 80 pounds of excess weight for the past 20 years, and I really want to get rid of it." Why do they then struggle to do these things that are challenging to do because they know they want to lose 70 or 80 pounds? And I believe for many of us it's because they've wanted that for a long time, but there was always something that came out as more important. "Oh, my grandkids are here. And you know what? We really like to make chocolate chip cookies together." And then there are two dozen chocolate chip cookies left when they leave. "I can't help it." You know, there's almost always something that just kind of wins out over that desired goal. And so I think this is where most of us have to put some energy into creating a goal that is so valuable to us. And it may not just be one piece of the goal, like, "I want to lose 75 pounds," but it may be, "I want to increase my stamina and mobility so that I can play with my grandkids when they come, not just eat chocolate chip cookies with them." "I want to be off all medication. I never want to go into the doctor's office and have them say, 'Well, let's add another medication.'"

[00:26:52] We have to make what we're willing to work toward so valuable to us that those inconveniences and challenges shrink. So this is the example that I gave before, and I'll do a more condensed version of it, but if I told someone that if they walked for 30 minutes a day every day, they would feel better, come 30-days later, they're going to tell me they did it maybe nine times. And when I ask why, they're going to have a whole bunch of reasons why they couldn't do it - "I had to take my grandkids here," "My favorite TV show was on at dinner time, so I couldn't do it then." This happens and this happens and there's like ten reasons why they couldn't do it every single day. But if I said to them, "Hey, if you will walk for 30 minutes every day for 30 days, I'm going to give you a million dollars." Most people are going to come back in 30 days and have done every single day for 30 minutes, maybe even a few extra just to keep a secure score there. Why is that? Because that outcome was so valuable to them that none of those other reasons mattered. They would shift those things. They would go to bed earlier and get up early to walk. They would find someone else who could pick up their kid from school or dance class because they had to get their walk in. But most of us experience, those things are real. You know, having to pick up your kid, that's real. And it suddenly becomes more important than that thing you said you wanted to do. And so I just think we have to keep working on making the reasons we're doing this so important to us that there's no way that those other things can hold us back completely.

Nadia [00:28:47] You've triggered a lot of thoughts for me here. One, I wonder if you've ever-- I don't think I've ever heard you talk about this-- if any of your clients, or in the meetings, the Community members ever talk about FOMO, fear of missing out. Is that something that-- just as an aside there.

Terri [00:29:04] So let me make sure I understand, Nadia, are you talking about FOMO... that if I fast during this meal, I'm going to miss out on something - that FOMO?

Nadia [00:29:14] Yeah, it's this whole notion of, for example, people don't want to fast on the weekend because right now in our Community, loads of people are doing the rolling 42s, especially in the month of September, our Community was doing this group challenge with Megan - alternate-day fasting. So a lot of people, especially people that have the fasting muscle, are doing rolling 42s and they're loving it. Coach Andrea talks about the 'nail and hammer' analogy. People are finding that even if it's challenging to start, it becomes easier and easier and it turns out to be the easiest plan for for some people to follow, right? But when people first hear about this, the first thing that they think is a rolling

42 means that you're fasting every other day, including some weekends, it's your fasting on Friday, and then you eat on Sunday, and some weekends you're fasting on Sunday, vice versa, so whatever the other one is. And so the first thought many, many times people say, "Well, it's either the fear of missing out," like, "I'm missing out on an event," or with their kids, you know, because automatically we think that if we're fasting, then we must be missing out on life and things.

Terri [00:30:19] I know this is a fallback response for me, but to me that's a mindset thing. It's about what we're describing as rewarding. If what's rewarding of Sunday dinner with family is spending time with family, how can you spend time with your family on Sunday without it being attached to a meal? What if you did that meal on Saturday, which was your eating day this weekend? How can you shift things around? Rather than seeing it in black and white - either I get to do all the things everyone else is doing or I'm restricted from doing all the things. That's a very black and white way of seeing it. Your Sunday meal time might need to happen on a Saturday sometimes, or that special family time, or that time with your spouse or something. "That's three days and, some weeks, four nights that I don't eat with my spouse." Well, could you go for a walk with your spouse instead? Could you play backgammon with your spouse? Could you, I don't know, play a game, do something together, versus the mindset getting in the way that, "I'm going to lose out on things." "I'm going to miss things." "I'm going to miss getting to certain foods."

[00:31:34] I try and remind myself at this stage, there's no eating of a certain food that I haven't done often enough that I won't survive if I never do again. Really! Like, I've had plenty of opportunities to eat all kinds of foods and certainly all kinds of problematic foods. I'm not missing out on something.

[00:31:53] I actually encourage people and I know this is a-- mentally a difficult shift, but I might shift to, "What am I missing out on if I don't do this?" I'll give you some examples and I'm sure you have a whole list that you would add to this. "I'm missing out on going to the lake with my kids because I'm too embarrassed to put on a bathing suit." "I'm missing out on being in the wedding photos because I didn't lose the weight I wanted to lose so I stood in the back where no one could see me." What are the other things that you're going to miss out on if you *don't* do this work that's so valuable to you? It's shifting in priorities, I think.

Nadia [00:32:34] Yeah. And it's reminding ourselves that those few seconds of, potentially, pleasure that you might have from eating that one particular food (for many of us) results in many hours, days, weeks, months, years of discomfort and pain, right? So, you know, people, for example, that have inflammation, arthritis, or, you know, something else that is very physically visible, right, that you feel it all the time, and then they eat something processed or higher in this or higher in that, and they eat it because of maybe FOMO or whatever else, you know, all the other reasons why we do the things that we do, and maybe, maybe they have a few seconds of pleasure-- although I find more and more that when going for these ultra-processed foods, I'm often going, "Where's the pleasure?" You know, like-- that I was looking for or expecting? Because often in your mind, you're expecting it to be a lot more pleasurable than it turns out to be. And then they have (shortly after) a lot of pain and discomfort. And they know this from many, many years of doing it.

[00:33:32] I remembered the other thing that I was thinking when you spoke was-- because you and I do executive coaching, right, so we're often dealing with people that have-- if they're making the commitment, the-- putting the effort in and making the financial commitment to do executive coaching, they often have pretty serious-- you know, they've

come to the point where they've made the decision and they have some pretty serious concerns that they need to address, heal, reverse, and so we call what we do with many of our clients 'therapeutic fasting', right? Megan has described this very well in many different resources. Therapeutic fasting does (eventually, as you build up to it) include these longer fasts, like the rolling 42s or the two 48s - fasts that aren't-- you know, they're not new to many people in our Community, but we view these as therapeutic, and we also view them as something that we are going to commit to doing for a short period of time. We want to do it and get it done. We want to show up and actually do it.

[00:34:33] And so I often talk about-- this is-- what triggered this for me was when you were talking about how valuable is this, right? Like the million dollars for the 30 day walk. Not 30 day walk, but a walk a day for 30 days. It was very, very valuable. Well, we need to look at therapeutic fasting as being a very valuable method of healing, and we need to give therapeutic fasting the importance that it truly deserves, and realize that, for most of us, most of the conditions that we're talking about, there is no one pill that's going to reverse it, right? There is no one pill that's going to reverse PCOS in the young women that I work with. There isn't one pill that's going to reverse severely insulin-resistant diabetics. There isn't one pill that's going to effectively reverse obesity and all the complications involved in that, right? So it's the idea that therapeutic fasting is a very powerful, valuable therapy and we need to change our mindset to truly give it the importance that it deserves, just like we do when we talk about physical therapy. Like if you hurt your ankle, you will show up to physical therapy as many times as you need to. My husband hurt his Achilles tendon really badly, and so he has to show up to this very intense, uncomfortable at times, therapy that he has to do. And he had to do it for five weeks, right? When we talk about-- Megan talks about, you know, her grandmother and showing up for chemotherapy. She gave chemotherapy the importance that it truly-- that she needed to and it truly deserved, no matter what was going on in her life. So if you've chosen to do an alternate-day fasting schedule, right, the fear of missing out for many is there but also you're not giving therapeutic fasting really the importance that it truly deserves. Because not only is it-- should be. It should be, you know, at most, 3 to 6 months (for most of our clients) if you're doing it consistently and properly. But it's something that you, somehow, have to use all of these tools that you're sharing with us to get yourself to change your mindset and actually give it the importance that it deserves. Otherwise you just won't do it.

Terri [00:36:44] Absolutely. Absolutely. And I think a final point that I want to say about this, Nadia, is-- I talk a lot about making things, making changes, part of your identity. So, for example, somebody who says, "I am someone who does TRE and two meals a day on my eating days," if that becomes part of their identity, eating a third or fourth time just doesn't fit and they don't do it. So if my goal is to become an Olympic skier, I'm going to have to start thinking about myself as an Olympic skier. I'm going to have to picture myself standing on the medal stand earning my silver or gold medal. I'm going to have to start thinking about living the way a Olympic skier lives. Making this part-- so I can't just say, "Wow, I really want that goal." It's like out there somewhere in the ether versus, "That's who I'm becoming." So if I want to be thinner, I need to start thinking of myself in those ways. If I want to be healthier, I need to start thinking of myself as a person who makes healthy choices for my body. So making this part of your identity versus, "There's this thing I want and it's out here," and, "I can do anything I want, so I'll do it." No, make it part of your identity. Become the person who does that.

Nadia [00:38:17] Becoming an Olympic anything is very hard work, right? You don't just-- it's not like, "Oh, I was born with-- I know an Olympic swimmer. You know, yeah, you were

born with some, maybe, tendencies or skills, but you've got to work really hard. Like, these guys work hours and hours a day, every single day, months and months on end, years and years on end. And so it reminds me of another Terri saying, which is, 'We can do hard things'. So this whole podcast, I think, is all about how do we get ourselves to decide, believe, have the confidence to then prepare, plan, execute these hard things. That's what we're here to do. We're here to do hard things. All of us. I remind my coaching clients of that every single day. We are here to do hard things. You can do hard things. We all can do hard things. Luckily for us, it's a lot easier to do all these hard things together. And so for that, I'm very thankful to our Community.

Terri [00:39:14] Absolutely. Well, Nadia, I'm hoping that everyone enjoys this episode. If you do, please give us a review. Pass it along to someone else that you think would benefit from listening to it. And we'll be back with another episode next week.

Nadia [00:39:31] Happy fasting, everyone.