

WHEN: Discover How Timing Your Meals Can Increase Weight Loss and Energy While Reducing Stress and Balancing Blood Sugar

Carey: Hello everyone, and welcome back to the Become a Health Coach Certification Training, Week 6! We are in Video 2 of the Week 6 training, and we're going to be talking about the Six W Questions, "When?" When is the question! When to eat?

And we want to look at today, discovering how timing your meals can increase weight loss and energy while reducing stress and balancing blood sugar. We're also looking at how to get more done in less time so you have time to take care of yourself.

First of all, let's look at meal timing. What is it? Well, meal timing is kind of a pedantic way, it's sort of a boring way to refer to something that is much more primal. Much deeper in the fabric of what it means to be a human, a human animal, and that is the flow and pulse, and meter of the rhythms of nature. All of nature moves in rhythms, that's no surprise to you. There are cycles and patterns that repeat every day. Every day the sun rises, it gets higher in the sky, and then it begins to set, and then thankfully the next morning, the same thing happens.

There is a cycle, a rhythm, a routine, to Mother Nature. And we want to suggest that to have the most digestive power and the strongest metabolism, then we humans must connect our mealtimes to the cycles, rhythms, and routines of nature. In fact, this is what people did for years, and years, and years, and years until probably about 100 years ago. As animals in nature, the more we're connected to nature's inherent tempo, the more you're supporting and growing your metabolic power, which is definitely what all of us want to do.

Let's take a look at the rhythms of the body throughout the day and see how they are infinitely tied through the rhythms of nature. In the morning, the sun rises, and body temperature begins to rise. The metabolism, like the day, is waking up. And, this is why every health expert in the world is going to recommend eating breakfast, because your metabolism is waking up, and when you eat breakfast, you're stoking your metabolic fire by adding food and nutrients to your gut. The gut processes the food, the metabolism roars, and the energy created fuels you throughout your morning.

Now, without breakfast, or without fuel in your furnace, your metabolism thinks, "Oh, alright, I guess you don't need me." And it slows down, which is the opposite of what we want it to do. Now at noon, the body temperature from morning until noon, it has a slow and steady rise until it reaches its peak at noon, and that's really coordinated pretty perfectly with when the sun has hit its highest peak

in the sky. And that's why it's often said that our digestive power is hottest at lunch time. Sort of mirrors the hottest time of the sun.

And, traditional medicines like Ayurveda, believe that lunch should be the biggest meal of the day for that reason.

Now, between 2 pm and 5 pm, blood flow and oxygen is rerouted to the digestive system after lunch so you can digest and process your food. And body temperature dips, and that causes a little afternoon sleepiness. This is why many people in Latin American and European countries take a siesta during this time.

And it's actually shown in studies that rest periods of 20-30 minutes during this time of the day increase cognitive function, physical performance, mood and energy. And according to an article on Today.com, companies across the country are kind of getting wise to this, and they're increasingly investing in nap rooms to help employees be more productive at work. How cool is that?

Now, between 4 and 6 pm, the body temperature rises slightly again, and most people will feel a little second wind, and this is a good time to eat a small supper as a higher body temperature helps digestion. Now, at 9 pm and after, the body temperature is taking another downward turn, and it's preparing the body for sleep. Eating a big meal at this time is not really advised because it will raise body temperature, and it will interfere with high- quality sleep.

After 10 pm, the body is really working to detoxify all of your systems. If you eat after 10 pm, the food may cause toxins to accumulate in the system, and as a result, the next day you can wake up tired and needing coffee. Now that you have a basic understanding of the cadence of how body temperature, metabolism and nature work together throughout a given day, let's look at some examples of how some cultures do or do not honor this natural rhythm.

In the United States people rarely eat a good breakfast, they rush through lunch, only to be starving in the afternoon, and usually eat our biggest meal for dinner. Now, in other cultures, like the Latin American and European cultures, lunch is the biggest meal of the day, people siesta, and then they have a small supper. In European and Latin American Culture, the natural pulse of the body is honored, and it's a key part of day to day life.

In the United States, our culture separates us from nature. We kind of have to power through the rest of the day only to collapse in a binge in the late afternoon or evening, or at night drinking alcohol to counteract all the caffeine that got us through our to-do list during the day!

As a masterful health coach, your task is to help your clients and of course, yourself, connect back into the natural rhythms of the human animal. And, when you do this for your client, she will thank you for so

many reasons—here is the truth about the body and its connection to a natural rhythm or routine. The truth is that the mind loves freedom, but the body loves stability.

Eating regular, consistent meals at regular time levels can reduce total cholesterol, resistance to insulin, thus reducing the overall risk of developing heart disease. It causes less total food intake compared to those who eat irregularly. It keeps your blood sugar levels stable! You know how important that is, that is the number one needle mover for all of us, yes you already know why that is, and, additionally, regular meals will prevent strong feelings of hunger. Which, of course will result in overeating the next time you eat, which is usually when you're ravenous. Like, "Oh, a chocolate bar, a latte, and a muffin sounds really good right now!" You're starving—of course, your body wants energy and it wants it fast.

Okay, so I want to share a whole host of meal timing tips, they're going to help you help your client discover how many meals or snacks are right for you. As with everything in nutrition, there is lots of debate about—do you have three meals? Do you have three meals and two snacks? Are snacks horrible for you? And you know, everybody has a different opinion, and the truth is, it really just matters what's right for your body and for your lifestyle.

That being said, how many meals and how many snacks? That's going to be a process of discovery you go through with your client. That being said, there are some guidelines that will be helpful for everyone. Because again, for every client, you're going to see a different need in terms of how many meals and how many snacks.

The meal timing tips, and there in a handout underneath this video, if you'd like to follow along—they include some guidelines and more tools for your toolkits that are helpful for most people. Now, there are a lot of tips on this handout, that doesn't mean that you're going to use every single one with every single client. You're probably going to just pick and choose on this handout when there is something appropriate for your client to try.

Remember, your client doesn't need more information, your client needs curated information, information that is relative to his particular situation.

I actually would not necessarily suggest giving this entire handout to your client. You have it in a Word Document, you can if you want to, but the challenge on that is that there is a whole lot of tips on here and that could be potentially overwhelming for the client. I think it might be more interesting for you to pick one, or two, or three out of here that you are using with your client, or are suggesting that your client tries, and that may be more helpful for the client.

Okay, now that you have some context on the meal timing tips handout, let's look over those tips. You may have heard this phrase, "Eat like a queen at breakfast, a king at lunch and a pauper at dinner." And for many, many years that's what people did. They were following this sort of natural order of the day.

The US nowadays, we turn that around, we eat like a pauper for breakfast and a pauper for lunch, and it's not working out so much for lots of us. This is a really fun, if your client is trying to decide "Well, how much do I eat then?" this might be a way to help her experiment with her meal sizes. Then, it's also highly recommended by most nutrition experts to eat within an hour of waking up to get your metabolism going.

We talked earlier about how in the morning the sun is rising and so is your body temperature, and that your body needs fuel to get moving, and generally eating within an hour is helpful. Now, you're going to have some clients who just insist, and it's probably true—that they just hate breakfast, and they don't like to eat in the morning, they can't stand it. And in that case, you know, you want to work with your client, and you don't want to force them to eat breakfast— however, a couple of things you want to watch out for then is checking out how late at night they're eating. And if they're eating really late in to the night, chances are they're not going to be hungry in the morning.

One thing you'd work with them on is to have them not eat past say, seven or eight at night mostly, so they can develop an appetite in the morning. If you're doing that and they're still not hungry in the morning, then the thing that I would encourage you to do is making sure that they're not drinking coffee and having nothing else. Because then they're really—as you can imagine, setting up a problem with their blood sugar levels, they're going to set themselves up for a crash in a couple of hours if the only thing that they're putting into their metabolic fire is straight caffeine.

I would recommend instead if they would go to hot water and lemon, that would be awesome, if they won't, have them switch to green tea so they have a little less caffeine, and maybe have them just play with like, the teeniest two bites of something that has protein in it.

And you just kind of work with your client, meet them where they are, and again, you're not forcing them to do anything they want to do, you just want to help them in different areas or different ways that might affect their hunger levels in the morning.

Let's move to the next tip, with your clients—this is something you already learned in Week 4, when we talked about how to eat, just a reminder, that you want to have their clients check into their hunger scale and practice eating when they are only 80% full. This is important because if your clients are eating until they are 80% full, then the body

has time to process the meal, they're going to genuinely feel hungry for their next meal.

You want to ask your clients to notice when do they get hungry again after they've only eaten until they're 80% full—is it two hours, is it three hours—is it four hours? Where—if they're only eating until they are 80% full, and if they have a good macronutrient balance at their meal, how many hours does it take before they get hungry again? This is going to be really, really, really useful to understand how many meals and snacks they'll need.

Plus, you will want to ask them when they do get hungry again, where on the hunger scale are they? Are they at -20%, are they at -40%, are they at -60%-- are they ravenous or is it just time for a snack? They're trying to figure out based on the hunger scale what is appropriate to eat next?

This is a great process to help your clients discover how many meals and snacks are right for them, because, it's sort of a little trick—you're helping them listen to their body in a really intense way, but you're basing it on this scale. And this scale sort of makes it seem like there is an outside authority as it were which can relax clients in a lot of ways, but the authority is really their body—they're just connecting their feelings to the numbers on the scale, the hunger scale, not the weight scale.

Alright, awesome, that's a really fantastic and useful tip for your clients. Chances are good that mealtimes will probably be about four to five hours apart for most people. Again, it's going to depend. And the more active someone is, the more frequently they may need to eat.

You also want to focus on with your client magic plate meals, so meals that have protein, that have fat, that have fiber, so that when you have the right macronutrient balance, if your client is going on a blood sugar rollercoaster with every meal, they're going to need to eat more often, just because their blood sugar is crazy and they're going to be starving.

But if they have a stabilizing magic plate meal, then they're going to be able to last longer between meals and snacks. We don't want them necessarily to go more than four or five hours, that's too much, but you don't want someone, it would be curious, it would be interesting like, if someone was ravenously hungry every two hours, and they're not pregnant, and they're not a teenager, it's like, okay—what might be going on with what you're eating at each meal? What is the balance of macronutrients? And if your client does need to eat snacks, just making sure that they include protein, fat and fiber.

And of course you can share the magic snacks with them for ideas. If your client is, this is just sort of another way to say to eat like a king at lunch, and a pauper at dinner, it just depends on the client's lifestyle and their needs.

You know some will say that this is a weight loss trick, some will say this helps with digestion, but you can suggest that your client's largest meal is lunch, and recommend that they try a smaller dinner. Now dinner was—it's like a supplemental meal as you know, from what we just learned in ye olden times. So it could be that if your client eats a smaller supper or dinner, and they eat earlier in the evening, that will help weight loss efforts.

If you think about it, if your client is looking for help with detoxification, one of the simplest ways to aid detoxification, is to sort of have a longer fast between dinner at night and breakfast the next morning. So if you eat dinner at six, and then you don't eat again until breakfast in the morning, that is giving your body a whole lot of time to detoxify.

A lot of clients will get totally worked up like, "I need to do a detox! I need to do a cleanse!" Well, sure, and here is one simple way to do that. You don't necessarily have to go all out and go crazy, and some client's schedules don't allow for some kind of really serious detox or cleanse—or, it may be that your client doesn't react well to detoxes or cleanses, I actually personally have a really hard time doing them because my body doesn't detoxify all that efficiently. I end up feeling horrible, so I have to do very gentle kind of cleansing kind of things. And having that longer break between dinner and breakfast is a really nice easy way to do it. Plus, if you're meal is smaller at dinner, then that's even more beneficial.

Here is another tip—ask your client again to do a 20-minute meal. We talked about this in Week 4, How to Eat—this is something that you're going to have to remind your client of several times. It's something that is so profoundly effective, and so challenging to do and stick to for everybody. So one thing that you may ask your client to do, is to actually put their mealtime in the calendar every day. Just have them do it for seven days, they don't have to do it forever, but just have them try it for several days.

My health coach made me do this—and this is just last year! I was like, "No! I'm too busy, I'm too busy!" I mean, I certainly know better, but just because we know something doesn't mean we do it—so, she had me put in a half hour every day for breakfast, a half hour every day for lunch and a half hour every day for dinner. I live and die by my calendar, so it was transformative for me. Okay, great, that was another fantastic tip.

Ask your client to keep mealtimes consistent. This is another really helpful piece, when your client is adding mealtimes to the calendar. Now, it just, again, this is going to depend on the client because everyone has different schedules, some people are in an office, some people work from home, some people are caring for kids—it just totally depends. But, you want to work toward helping people keep mealtimes as consistent as possible during the workweek.

On the weekends, eh—it may not be that consistent, but that’s okay because if your client is doing something like, 80% of the time, that’s a great habit!

Taking 20% to not do it is fine. But during the workweek, having consistent mealtimes is going to be really, really useful for your client, and really helpful for his body—or her body.

An example would be that maybe breakfast every day is at 9:00, lunch is at 12:30, dinner is at 6:00. Maybe your client needs to throw a snack in there in the afternoon—you can play with it with them. Now, that’s just an example, you don’t have to use those mealtimes, but its one timeframe to do it. You can also ask your client to eat most dinners before 7:00-7:30 in a given week, and again, this is not always possible.

I mean, people come home from work late, or they’re putting kids to bed, so if they can’t do it before 7:00 or 7:30, well you just want to say, “Well, make sure that you’re just not eating, you’re giving yourself two hours after eating to go to bed. So if you’re going to bed at 10:00, then you’re trying not to eat past 8:00. And if you do, you’re just trying to eat really, really light, because your body needs to wind down for sleep and detoxification.”

Okay, more tips. This is an interesting one for meal timing, is asking your client to observe the effect of caffeine on blood sugar. We talked about this just a little bit, and this is why this is important, caffeine masks our natural rhythm because it provides kind of, fake energy. Which, is really useful sometimes, but in the discovery process of trying to figure out how many meals and snacks are right for me, it can be, it can kind of mess up that process because you have all this fake energy and you’re on a blood-sugar rollercoaster with caffeine. Letting go of or decreasing caffeine can help you reclaim your most powerful metabolism.

Now, here is a trick I learned in my health coaching practice. I had—I remember one client came to me and she said, “I’m so excited to work with you, but I’m just telling you right now, don’t ever ask me to give up coffee, because I’m not going to.” And I was like, “Okay, no problem.” And then six weeks later she came to me and when we were talking about what was going well, she said, “You know what’s interesting? I stopped drinking coffee.” I was like, “Oh wow, that’s cool!” I didn’t make a big deal of it, I was just like, “Okay.”

When you don’t push your client and impose upon them something that you want them to do, it gives the client the space and time to let it be their idea. To let it be something that naturally occurs from them, comes from them, and that they’re internally motivated to do. That’s really important because at the end of the day, nobody likes to be told what to do. And if you’re told what to do enough, eventually you’re going to rebel and say, “Hey, screw you. I’m going to do what I want!” Right? And you don’t want to instill that rebelliousness in your clients,

you want to give them the space and the time to let them come to their own conclusions.

When people come to you, they're going to be scared and nervous about what you're going to ask them to let go of. I always put them, you'll see too when we train you in the Done for You program, you will, you will also put them at ease at the beginning because it's not about—we don't focus on what you can't have, we focus on what you can have. And that goes back to one of the ways to balance blood sugar, which is eating more, not less. And of course, eating more good foods, and high nutrient dense foods, and high quality foods. You want to focus on your client with what can they eat and what are you adding in. And the other stuff starts to naturally fall away.

Okay, back to caffeine's effect on blood sugar—if your client is someone who has mood swings and energy dips, and if you have those, then exploring your relationship with caffeine can really be a key to resolving those issues.

When you're talking about looking at caffeine with a client, it does not mean never having caffeine again. It doesn't mean that at all! It just means experimenting with the amount you drink until you discover your true energy. In other words, how do you feel without fake energy? Like, what is your true—if I'm drinking caffeine every single day, most of the day, I actually don't really know how much energy I have. I don't really know how I feel without that substance.

The idea is trying to figure out well, what is your baseline without it? And then having a situation where you can choose when and if you drink caffeine, instead of needing to drink it compulsively or habitually. Right? So when it becomes a choice it's like, "Ah, I'd like to have a coffee today, great." Vs. "I've got to have a coffee today!" Right?

To help your client decrease or eliminate caffeine, there are two sources for you in our Week 3 training; there is the "How to Coffee Guide" and the "How to Tea Guide" and both of those will help you work with your client around decreasing or releasing caffeine. Or, if you're clients like, "I'm not decreasing or releasing caffeine!" Great. No problem, those materials will also help your client get the highest-quality version of the caffeine they're drinking.

Okay let's continue on with more meal timing tips. If your client is eating slowly, she's eating until she's only 80% full, she is doing 20 minute meals, she's eating good, you know, food, but she's still feeling digestive upset, like she's bloated after meals, or feels heavy after meals, or has stomach aches after meals, you can suggest that they try digestive enzymes or hydrochloric acid with pepsin. There are instructions on the meal timing tips handout, very specific instructions on how do you take those supplements. But for a lot of clients, even when they're if they're eating slowly, only eating until they're 80% full, that's going to solve a lot of digestive problems for a lot of people.

Still, you'll have a couple people who are like, "Eh, I still feel awful after I eat." You start with enzymes and then move to hydrochloric acid, and that can really help kind of, change the game for some clients, and they're going to feel really good after they eat. These are all tips that you can have in your Masterful Health Coach Toolkit to help your client discover his or her ideal meal timing, and how many meals and snacks per day are best for his body.

Right now, I'd actually like you to choose one of the tips that you'd like to focus on in the coming week for yourself, you can pause the video if you like, got it? Good. And you can actually use this tip in the Skills Lab this week when you're the client.

You want to make sure that you have it written in a place where you can focus on it and you can remember it. You know which meal timing tip you're going to work on. Cool, awesome job.

Now, meal timing tips are the practical or outer game of helping your clients and yourself create consistent mealtimes. I want to go into the emotional or inner game of this, because it's a little more complex, we're going to take a little time on this which might make this video a little bit longer than usual, but I think that you're really going to find it valuable and useful. Because this is sort of where the rubber meets the road with a lot of clients. The practical tips are going to help them, but if you're not able to address this emotional or inner game, then, your client is not necessarily going to see a long term result.

This is important for you as a health coach to know. When you ask your client to commit to regular, consistent mealtimes, what is it that you're really asking her to do? Like, on a meta-level, what you're really asking her to do is to commit to nourishing herself every single day, multiple times a day. That's a big ask! You're asking your client to have an experience of life that is calm, stable and regular, instead of having an experience of life that's anxiety ridden, erratic, and stressful.

As simple as some of these practical tips are, what's underneath them, and the request you're making of your client underneath is a huge change for some people. Going from an experience of life that's anxiety ridden, erratic and stressful, to something that's calm, stable and regular, you think, "Well sure, don't they want that?" Well, one part of them does, and a part of them does not. Your critter brain is used to anxiety, and used to stress, and without it, the critter brain is not sure it can survive.

A lot of calmness, and stability, and regularity is actually really scary for some people. So this is where some clients will run into trouble—they'll implement some of the practical tips, they'll see, "Oh my gosh, this is working." And then they'll freak out.

Now, there is a paradigm in Advanced TCM that goes like this, “Everyone is always winning the game they are playing.” Let’s go deeper into that, what does that mean? It means that people actually work perfectly to produce the results that they’re getting. For example, let’s say you have a client who eats regular meals—you give her a couple tips, she eats regular meals for a few days, she feels amazing, but then she gets distracted by her busy schedule, and her meals become erratic again.

Now, some people would say that she self-sabotaged. That things were going well, and she messed them up by getting distracted. Well, what you’ll learn in TCM and the more you continue to study the Transformational Coaching Method, is that there is no such thing as self-sabotage. There is no such thing, people work perfectly to produce the results they’re getting. They’re not self-sabotaging. They are winning the game that they’re playing, it’s not true that they’re self-sabotaging.

What’s happening is that the client is playing in this example, and winning the game of being distracted. If she’s having calm, stable, regular meals, and her life is calm and peaceful, is she winning the game of being distracted? No, she’s losing, so she has to stop and get distracted again. Fascinating. And that means that she’s valuing being distracted more than she’s valuing the stability and physical calm that comes with consistent meal timing. Ha.

Here is another example of a game your client may be playing and winning. The “I don’t deserve to eat” game. This is something that kind of goes on in the background for people, feeling like, “I don’t deserve to eat—I’m so bad, I’m so fat, and I’m so hideous, I don’t deserve to eat.” Now, if your client is playing this game, she’s going to have a really hard time having consistent, regular, delicious, nourishing meals. Because if she’s doing that, that means she’s losing the game of “I don’t deserve to eat”. Her experience is, “I do deserve to eat,” and therefore she is losing the game, and that’s not okay to the critter brain.

This client might accidentally erase meal times off her calendar, or have emergencies pop up during meal times, or just forget to get high quality food for herself, or start obsessively looking at skinnier women, and thinking that whatever diet they’re doing will work better than this dumb eating regularly thing. This client is not self-sabotaging; she is winning the game of “I don’t deserve to eat.” And that is the game that she’s playing. And in that game, mealtime has to be fraught with anxiety or she’s not winning.

What we take away from this is what someone is experiencing is what they want to be experiencing. That’s not always on a conscious level, I’m not saying that people consciously want to have a problem, this is usually happening on the critter brain subconscious level. But what someone is experiencing is what they want to be experiencing. For yourself, like for your own healing journey, you ask yourself, “What do I want to be experiencing? What game to I want to be playing when it

comes to my commitment to nourish myself every day, several times a day? Would I like to be experiencing the stable energy and pleasure of consistent meals, or the erratic manic-panic and anxiety of irregular meals?”

This is a deliberate choice, not an accident in your life or your client's life. And the same is true in your relationship to time.

Let's go deep into the concept of time. Because, many people want to know how to get more done in less time. This might be especially true for you in this training and this new career, perhaps a job, a family, other hobbies and passions, you'll likely want to get as much done in as little time as you can. To get more done in less time, we have to consider this paradigm shift, that just how we have a relationship to food, and our bodies, and money, which we'll talk a lot about in Pillar 3, we also have a relationship to time.

And in that relationship, like in all relationships we are winning the game that we're playing. Many people are playing the game of “I'm so busy!” And they're winning. I played this game myself for many years. Even if they manage to create free time for themselves, they'll fill it immediately so they can be busy again. They are more comfortable being busy than having free time.

Some people are playing the game of, “There's never enough time.” And then they create situations where they constantly feel behind. As soon as they do go ahead, something has to go accidentally wrong, so that they can get behind again. So when it comes to your calendar and how you schedule your time, again, you want to ask yourself, “What game am I playing, and is it the game I'd like to be playing?” What if, we want to suggest a what if, what if you could play the game of always having time for the most important things in your life, no matter how much is going on around you, especially as you're adding this training and a new career to your life? That might be pretty cool!

If we're going to play the game of always having time for the most important things in your life no matter how much is going on around you, the first step of that game is knowing what the most important things are, which of course makes sense.

Let's brainstorm. If you could only pick five things that are the most important things in your life, what would they be? Only five, that's it. Maybe some of you won't even need five, maybe you'd have one, or two, or three? I had—I couldn't narrow down past five. For me it would be, my physical, mental, and emotional health. Most important thing. Then it's my spiritual connection, to that which is greater than me. And then it's my relationships, all my important relationships in my life, and then my financial foundation— incredibly important to me. And then of course it's career and work, and how do I impact others and make a difference in the world. For you, what are your five?

There is a handout under this video where you can open it or print it, or you could just use a notepaper or whatever, to just brainstorm the top five priorities in your life. Feel free to pause the video and brainstorm the five things now. Got them? Good.

Now, that you know your top five priorities in life right now, and those priorities can shift, but right now, these are the top five priorities. The second step, and always having time for the most important things in your life, is to shift the game you're playing when it comes to your calendar. Instead of playing the game of honoring other people's priorities before your own, switch to playing the game of honoring your priorities first.

Here is another way to think about this, when you learn about the hunger scale, in the "How to Eat" lesson of Week 4, you started practicing honoring when your stomach says yes, and when your stomach says no. So when your stomach says yes, you honor that and eat. When your stomach says no, you honor that and complete the meal.

Now, what if you were to apply this concept to your calendar and how you schedule your time? The question to ask yourself is, "Am I honoring hunger and fullness when it comes to my calendar?" Where am I saying yes when my gut is saying no? Where am I saying no when my gut is saying yes? Chances are, we want to say yes when it comes to our top five priorities, so what gets in the way? How do we say no to ourselves and scheduling other people's priorities instead of our own?

Overscheduling ourselves is the same as overeating. Why don't you consider that? Overscheduling ourselves is the same as overeating. In both cases, we're not honoring the truth of our body, or our soul, or the truth of how much we can take in or digest at once. What if that were to change?

Now, when someone asks me, you know, "Carey, how do you make time for what you want in life?" My answer is that I don't make time, I make a decision, and that decision is to honor my priorities above all others. And that was hard for me to learn to do, because I thought that was selfish. I thought I was being a jerk. And you may worry that honoring your priorities first is a selfish thing to do. I mean, you know I was like, "Don't I have to be there for other people? Don't I have to be a good spouse, a good partner, a good—I'm not a parent (yet!), but a good daughter, brother, sister, friend, a colleague?" Like, aren't I being a good person when I put other people first? And what I learned, and what I suggest is that actually you're not being good when you put others first, especially when it's at your own expense.

And in fact, I'm going to suggest that we're actually doing the people we love a disservice because when we don't put our needs first, we're cheating the people we love out of the best version of ourselves. And all they get is a B or C level of who we are instead. And that stinks. And

that's good how? Because with the people we love, we want to bring our A game, we want to be a contribution to them. We want to be alive and engaged with them, but we can't do that when we're depleted, exhausted, or overworked or over committed, or scheduled.

In a way, being in a constant state of overworking and overcommitting is doing everything and anything to prove that you're a good person. Or playing the game of trying to earn love and approval. Or playing the game of trying to appear strong and in control and that we can "Do it all!" I've played these games myself and oh my gosh are they exhausting!

We get to ask ourselves, are these the games we want to be playing? Because one of the gifts of adding this beautiful career to our already full life is that it forces you to make clear decisions, and set clear boundaries of what kind of life you want to lead. Because, to be the best version of yourself, you cannot, you've seen this phrase, "pour water from an empty pitcher." You cannot put everyone else's oxygen mask on before yours. You cannot put yourself last on the to-do list while giving everything you've got to everyone else, that's called martyrdom.

When you do these things, your loved ones end up cheated. They don't get the best version of you, they get a worn down, depleted, walking dead version of you. And I know you want more for them than that. You just may not have considered that putting yourself first is the way to get it to them. You know, the truth is that there isn't time for everything. But there is time for the most important things.

Now that you have your top five priorities brainstormed out and listed, challenge yourself from today on to say no to anything else. For some of you this will be easy and liberating. And for others of you this will feel almost impossible. This is very challenging for me to learn. If you find yourself feeling guilty, or bad, or wrong, about honoring your no when you want to say no. Just check in and see, are you worried about what others will think of you if you say no? And if you are worried, I want to ask you to consider, is it possible that the act of you saying no to something that doesn't serve you, could become an inspiration to the very people that you worry about disappointing or upsetting?

Perhaps the courage in your no inspires them to say no to what's not right for them. And in that case, you've been the instrument in bringing someone closer to their truth, which is what we're all here to do. We call it health coaching, but what we're doing is bringing people closer to their truth.

Now, will there be times in life where there are emergencies and you cannot put yourself first? Absolutely. One of my best friends from grade school, we've been best friends since third grade, she recently had her second son, he was oh gosh, I think he was six weeks early, and he was in the NICU, literally, he came two days before my wedding, so she was

in the NICU, with a C-section scar god bless her, like, dealing with her preemie baby, just losing her mind. I just laughed and said, “Of course you can’t be at my wedding, don’t worry.”

I ended up visiting her the morning of the wedding and I just joked and said, “Well, I just get to hold this over his head for the rest of his life.” I’ll just harass him forever about it! It was really funny. But, he was in the NICU, and her son was there for gosh, I guess four weeks, she was there every single day, I mean, did she take good care of herself during that time? Not really. I mean, she was, she hated walking out the door of that NICU and leaving him there. I don’t know if any of you have had that experience, I have never had that experience but for her, it was horrible. She said it was probably the worst experience of her life to have to leave him there.

She was not, you know, attending to her top priority, everything was focused on that one priority, and that was her son in the NICU. It’s not likely that every moment of your life, you’re always going to be able to make time for your top five priorities. These kinds of emergencies and things will come up, but the fact that they will occur proves that it’s so important to put yourself first on a consistent basis, because when the shiz does hit the fan, you have the fortitude, the strength and the resources to weather the storm.

If she didn’t take care of herself during her pregnancy and leading up to that time, she really could have fallen apart. It was actually a really rough road there for a while. But she had a lot of fortitude, a lot of strength and a lot of resources because she put herself first and took care of herself most of the time. When the emergency called she was ready.

To recap—wait a minute, we don’t want to recap yet! Hold on—there is a handout under this video called, “Honoring your Yes and No on your Calendar”, and it’s an exercise that I encourage you to do. All of you. And it’s a simple exercise where you review the next seven days on your calendar, you’ll make a list of the activities scheduled that support your top five priorities.

What are the things you have on your calendar that are a yes to the things that are the most important in your life? And then you’ll make a list of activities scheduled that just are not. They’re not supporting those top five priorities.

What I want you to do, is to choose at least one activity that does not support your top five priorities, it’s supposed to happen in the next seven days, I want you to cancel it within the next 24 hours. You’re going to choose at least one activity over the next week that does not support your top five priorities and you’re going to cancel it within the next 24 hours. On that handout there under the video, it says, “The activity I will cancel within the next 24 hours is...” and I want you to fill

that in! That's an important, important action step for everyone. Okay, awesome.

Let's recap, in this video, you discovered why connecting to the rhythm of your meals and the rhythm of nature will strengthen your digestion and metabolism—we've covered a lot in this video, boy, we've gone to a lot of places haven't we? We looked at tips to help you and your clients find the right meal timing and stick to it, we looked at the inner game of committing to regular meal times and how everyone is always winning the game that they're playing. And, we talked about how to honor your yes and your no when it comes to your calendar, so you always have time for the most important things in your life. What a juicy video!

I'm super excited, before you move onto the next one, leave a comment and let us know which meal timing tip are you going to focus on this week, and, which activity are you canceling in the next 24 hours? I can't wait to hear!