

BHC Coaching Demo #2

- Stacey: Hello, this is Stacey Morgenstern here with my demo client Vanessa, welcome Vanessa!
- Vanessa: Hi Stacey, thank you, happy to be here.
- Stacey: Yes, I'm glad to have you here too, I don't believe that we've ever worked together before.
- Vanessa: No, this is the first time. Yes.
- Stacey: So, this is kind of interesting, because we'll be, jumping into one of the sessions of the 90 Day Program and I don't know anything about you yet, so that's going to be fascinating to see if picking up somewhere in the middle and trusting that whatever happens is perfect.
- Vanessa: Yes, okay, sounds good.
- Stacey: So Vanessa, you did share with me an intake form, and some things you're dealing with right now, digestive issues, low energy, sugar cravings after meals, so will you just tell me a little bit about that so I have a little more sense of where we're starting from?
- Vanessa: Yes, sure. I just—I'm a health coach, I know how I'm supposed to be eating, and for the most part I think I do pretty well, but looking back I don't know if I had enough of the protein/carbs/fats, and that was causing me to have low energy. And some days I don't know, I wasn't eating like I should, and I kind of lost my zest. I don't really understand why, it must have been something emotional or something else going on in my life, but I just felt like, I wasn't eating properly and then I had crazy cravings for sweet things that weren't nourishing, and it just is a bunch of confusion when I know what I should be doing and I try to help my clients do better. So I've fallen off track, and I feel like I haven't been helping myself or my clients.
- Stacey: So just classic, right, like, we know what we should be doing and not doing it.
- Vanessa: Yes .
- Stacey: So, can you just give me a little window. Do you have these periods where you feel like you're in alignment, eating things that feel really good for your body, and then something takes you off? Is it stress or something specific that stimulates that change?
- Vanessa: Yes, I think it was stress. And I like to sort of think that I can handle

everything and if something goes my way I just deal with it. But maybe it was reflecting in my diet and in my body was just like, not really absorbing the foods properly and causing me to crave things.

So I had just moved apartments, and I'm living with a new roommate and getting used to that was that was an adjustment. So I also have broken up with my boyfriend too—but, you know breaking up, we've still remained friends so I don't feel this, I don't think I'm stressed by that because we still are friends, but maybe it was a combination of those things that took me off track.

Stacey: Yes, life change, big life change it seems like.

Vanessa: Yes, yes.

Stacey: That makes a lot of sense. What would you say your stress level is on a scale from 1-10?

Vanessa: Well, now I think I'm about a 5 out of 10, I'm not that stressed, I don't think so. Yes.

Stacey: Okay good. Okay so a couple of things I noticed, again, this is just a little background, we're doing a shortcut of getting to know you quickly, so then we're going to focus on Session 2 of the 90 Day Program, and see if we can talk about energy and what happens when you're eating to cause all these sugar cravings and all that kind of stuff.

So, just to give me a couple more minutes of background, I saw your breakfast, the steel cut oatmeal, and sometimes scrambled eggs with spinach, and you've got lunch, and dinner. So tell me about this dinner thing—it says you haven't really been eating dinner, is that still true?

Vanessa: Let me think, did I have dinner yesterday? Okay so yesterday, oh, actually I did have dinner yesterday that was like, chicken and vegetables. But before I think because I was so busy that I wouldn't really fit in a meal, I'd have a snack, and then I just didn't have time to prepare a meal for dinner, and maybe my lunch was filling enough, so I'd just have a snack. So I wasn't making time to eat dinner, and I didn't have like, crazy I wasn't, it wasn't crazy hunger pangs, so I just skipped it. But yesterday I did have dinner.

Stacey: Okay.

Vanessa: Yes, so it's like on and off.

Stacey: Yes, yes, and I'm seeing right, it looks like in your current diet in terms of, you mentioned fats/proteins/carbs and having the right balance with every meal, and would you say that those three are equal or does one dominate one more than the other? How do you balance out your fats/proteins/carbs now?

- Vanessa: Well I think I eat a lot of vegetables but I'm not getting in as much protein as I should. So, then also with the fats, that would come in my snacks from like, nuts and stuff, but not with every meal.
- Stacey: Yep. Great. Okay, from a very practical standpoint, you're a healthy eater, it feels like pretty much most of the time you've got a few things in here like, a coffee cake from Starbucks, but really, it's relatively not a big deal. You're eating overall really, really well. And I think your own intuition was exactly right. What I'm seeing here in terms of low energy and sugar cravings is the, probably not enough protein, and the protein could be a larger portion of your meal, and that will help balance your blood sugar so you're not as erratic, up and down, and feeling like you have to reach for snacks and it's just erratic, it feels erratic. Does that make sense?
- Vanessa: Yes, it does make sense.
- Stacey: I think you already know that anyway, but just sometimes we need an outside voice, just confirmation, like, yes. So and, of what—it's a little counterintuitive sometimes like when I, when my blood sugar is going a little crazy I need to amp up my protein for a sort of therapeutic period to do a reset. So instead of having two eggs with spinach, I actually have three. And do that for a couple of days until you just get your blood sugar stable and those cravings regulate.
- Vanessa: That makes sense, it's funny because I've just never done that. I've gotten into the habit of just having two.
- Stacey: Yes that's also, like, three eggs just seems like somebody who eats too much. But if we're eating two eggs and spinach, but then on top of that we're you know, half an hour, hour later we're going to Starbucks to get the coffee cake, we haven't satisfied the appetite mechanism that's driving us towards still more sugar.
- Vanessa: Mmm-hmm.
- Stacey: There is something that hasn't completed, like, indicated that the meal is complete.
- Vanessa: Yes, that makes sense.
- Stacey: Such is a very practical standpoint. Now I want to come back to our session, and I'm curious if you'd share something that is going well.
- Vanessa: So what's going well, since I wrote that health history questionnaire for you, I was like, "Well Vanessa, doesn't it just make sense to kind of do a detox of sugar?" And I just completed a 7 day without sugar. And I woke up last week Monday and was like "just do it. Do it today, start today?" So, I didn't really plan it, but it went well. I did get sugar from fruits such as apples and pears, and oranges, but I wasn't carving like, cake, or I didn't have any alcohol, and that felt really good because I felt

like I was recommitting to being my healthiest self. And as a result I feel like I do have more energy and that I kind of am on path. When my diet and my health is on path I feel like, “okay my business is going to do well as well.” When my diet is off track, and I’m not feeling like myself, it feels like everything falls apart.

Stacey: I know that feeling, yes. Everything goes well when we’re in alignment, our energy is feeling clear.

Vanessa: Yes, so that’s one thing that’s going really well. And also my, it’s funny—I feel like my living situation has improved with my roommate, even though she’s a little messy, messier than I am and doesn’t always clean up after herself, I’ve just figured out a different way with dealing with that so it doesn’t stress me out as much either. However, I still get a little annoyed when I’m like, “Okay you have a choice, you can yell and tell her about herself, or you can just put it away from her and not make it a huge deal, just remind her gently for the next time.

Stacey: Mmm...beautiful. Well those are great things that are happening, and I just wanted to come back to the 7-day detox. How did you deal with cravings if at all, if they came up over those 7 days? Did you find yourself preoccupied with sugar, or alcohol, or any of those things, and how did you deal with it?

Vanessa: No, I wasn’t really preoccupied with it, I just knew that I had to eat a lot of vegetables and fruits. When, if I did get a craving, and most of the time I get cravings for sweet stuff after a meal, I would make sure I had an apple on hand or an orange. And once I was prepared I was able—it just like, I wasn’t thinking about it as much, whereas the week before I was craving this delicious birthday cake every moment of every day. But it’s so weird, it’s so weird that I wasn’t a slave to the sugar like I was just a couple of days ago. I don’t know if I was just trying to get my life tiger—but after filling out that questionnaire for you, I think that kind of sparked something within me saying, “Just get started!” you know?

Stacey: Mmm... well I love this, it seems like a good thing to note is the making a decision, like knowing what you need to do for yourself and setting yourself up to do it. I also hear you setting yourself up for success by being prepared. Like, when you did—if you did have a sugar craving or something, that you had something there to satisfy your sweet tooth.

Vanessa: Yes.

Stacey: So let’s just anchor those in as your own wisdom for how to be successful for that, just so that we can continue building in on that as the foundation. And that way, what I notice happens is that where there used to be freefall—see if you find this true—but where you used to have a greater freefall with sugar or binging, or going down that rabbit hole, it used to be like a freefall thing, like, once you started you’re like, “Screw it, I’ll do better tomorrow.”

- Vanessa: Mmm-hmm.
- Stacey: Vs. “Okay I need a little something to satisfy my sweet tooth, but we don’t derail all the way.” Does that make sense?
- Vanessa: Yes.
- Stacey: It’s like we have a little bit, and then it’s like, “Okay I needed that sweet flavor, and I needed that bit of sweetness. So that’s it’s an amazing practice to notice where we used to freefall and then how we just fall a little bit and not make ourselves wrong with it.
- Vanessa: Mmm-hmm.
- Stacey: So nicely done.
- Vanessa: Thank you.
- Stacey: Yes, you’re welcome. We talked a little bit about some challenges already around the blood sugar balancing and the protein. Are there any other challenges you’re facing this week as you come off of this 7-day detox?
- Vanessa: So I would like to reduce the amount of grains I have, and I don’t eat too many, but I just have been I’ve been –like I have a cousin, she just became, she was (UNINTELLIGABLE), so I thought, oh, I’ll try to pretend, well, I’ll try to go gluten free and try to avoid grains so I can feel what it is to be going through what you’re going through. However, I’ve had some grains—so, I’d like to just see how I feel without grains a little bit, but it seems like it comes with a lot of meals. That I, if I’m ordering out or something. And it would be like a sprouted bun, but it’s still a grain. But it’s not a big problem, it’s just something that I want to see how I can do without for a period of time.
- Stacey: Yes. And what’s the outcome you hope to achieve with that?
- Vanessa: When I’m working with other people and I tell them to give up grains, so I know how it felt. And so I have some practical examples that I can share with them.
- Stacey: Yes. Great. So you’re—great I love it and other people are going to have that too like, you have this in every meal and it fills everything in. So what does grains represent in the meal? Like if you don’t have it what feels missing or not quite contented?
- Vanessa: Sometimes I just... With a lot of rice, mainly rice, we’d have pasta sometimes but just rice was big. My mom is Puerto Rican so every meal had rice. Even now she loves making—like, whenever she makes rice or somebody makes Spanish rice, I just can’t resist it. Even if it’s with enriched white rice, I know it’s bad and it converts to sugar, but I just-it a cultural thing that is kind of tough to get rid of.

- Stacey: Mmm...
- Vanessa: So that's what comes up for me.
- Stacey: Well, it's a very important piece, because right, there is something comforting about that having that, it's part of what you grew up on, and what your mom makes, right?
- Vanessa: Yes.
- Stacey: Okay, so it's cool to notice what does rice or grains represent in the meal. What happens if you have only a small portion and chew it a whole lot so the sweetness is released? What if on the plate, if we were already talking about increasing the protein aspect, so grains still have a representation on the plate, but a smaller one in proportion to the protein?
- Vanessa: I wouldn't feel terrible about that... I just wouldn't be able to empathize with my cousin, the one who is going through, dealing with Celiac Disease, however, on a personal level I wouldn't feel like I was depriving myself of it completely. So, that would be a good way to manage that, to have a smaller portion of the grains, and more protein.
- Stacey: So, does it affect you negatively? Is it just purely for the research of the wanting to understand how your clients feel when you're health coaching or do grains actually effect you negatively?
- Vanessa: Grains—they don't affect me negatively, but I just know that for weight loss, I'm just trying to lose like 5 pounds, 8 pounds actually you've got to get rid of the grains. And that's what I tell a lot of my clients as well is to go grain free, at least for two weeks. So it doesn't affect me negatively, it just, I've read grain-brain, and he talks about how terrible gluten is and all that stuff.
- Stacey: Yes. And we don't have to be glutinous grains just bear with me for a moment, because this is great. That would be an interesting experiment to know that it doesn't have to be forever and all of time, to put a timeframe around it, and that you're increasing the protein so some of what was yes, there is going to be the connecting with your mom, you can do that in a different non-edible way. Feeling connected to your roots, to your family. And that if you're increasing your protein, does the meal then—can it feel complete without the grains? That would be a good research frame. And as we're moving into today's session about energy, this is one thing where we can play with.
- Vanessa: Okay. You're asking me if it feels complete by doing that.
- Stacey: No, that will be one of your action steps as we play with energy and what contributes to you not only feeling energized after a meal, but also feeling the appetite mechanism complete. So not just chasing sugar.

Vanessa: Okay.

Stacey: Which, grains represent sugars in the body, right? Converting sugars. So there is a “got to get the sugar or the meal is not complete!” So we’re looking for ways for the meal to feel complete. Because when that happens, the brain actually turns off the appetite mechanism. It says, “This meal is complete, so we don’t have to stimulate the saliva that has your mouth water, or just the sweet taste buds going, ‘The meal isn’t complete unless we have that grain!’”

Vanessa: Mmm-hmm.

Stacey: So we’re just looking for ways of what actually turns off that appetite mechanism and says, “You know what? The eating activity is complete, even if we haven’t had the grains, I feel nourished and satisfied with what has been here.” And in the beginning, there is going to be that the body actually feels really satisfied with you increasing your protein a bit, but the body will feel satisfied, but the brain will say, “Wait! Something is missing here!” and that’s the part that’s habitual because you’ve just done it your whole life. So at first, that part might feel like a struggle. Notice that the mind is preoccupied with grains, just so used to having it. And so we’re going to need to retrain the brain without grain... would be the mantra.

Vanessa: Yes.

Stacey: Retrain the brain without grain!

Vanessa: Yes. Right.

Stacey: So the two pieces to take away from that or back to again, are increasing the protein amount, probably more than what you’re used to or have been conditioned to think is healthy, or the “right amount” a portion amount—we’re actually going to increase that. And secondly is maybe a 2 week, a 7 day to a 2-week research frame of retraining the brain without grain. So, it’s a therapeutic period, and you can remind your body that yes, it’s a part of your habit to include grain, and that in 2 weeks if you found that you feel better with grain, we’ll include it back in. so it’s not a forever, we can relax the body by letting the body know that this is not a change we’re doing forever, we’re just experimenting to see if there is a better methodology.

Vanessa: Okay yes. That sounds doable.

Stacey: Great. So we started a tiny bit to talk about high energy foods, and I want to dive deeper into that. So are you ready for something just new? Switch tracks a little bit?

Vanessa: Yes, I’m in.

- Stacey: Great. So I want to talk about high energy foods, these are foods that give you energy vs. take away. And this is such an important topic, especially when you have sugar cravings, or feel up and down with your digestive issues, the better, clean energy that we have circulating through our system, the better we're able to act, and make choices, make decisions and take better care of ourselves. Makes sense, right?
- Vanessa: Yes.
- Stacey: And when we feel tired, or lack energy, what happens? What happens to our choice making?
- Vanessa: Yes, it just goes down the drain.
- Stacey: Yes. And we start to choose things that are really just convenient but not necessarily the best for us.
- Vanessa: Right.
- Stacey: So if I were to ask you, Vanessa, which foods rob you of energy, of foods that you may enjoy eating, but make you feel sluggish? What would those be?
- Vanessa: So if I'm being like, really bad, and it's a convenient food as well, just fruit snacks. If I fall off track and I have that, like the gummies, that throws me off track and it drains me of energy. That's one. I would say that pizza is my weakness, I'm not sure if, I have too much pizza it probably throws me off track and robs me of energy, but I think if I have one slice I'm okay. Yes. I think, I can't think of anything else right now.
- Stacey: Okay, so we've got the Welch's Gummies, and the pizza if you end up eating more than one slice. And do you tend to eat just one slice or do you tend to eat more?
- Vanessa: It depends— I would say half the time I can, I might have a second slice. Yes.
- Stacey: Okay. Are you in a period right now where if you ate pizza this week, or if you have eaten pizza this last week was it one or more?
- Vanessa: I haven't had it in the last week, which is a big surprise. Yes. But I do live in New York, and there is pizza everywhere. Somehow I just did not fall into that temptation because I knew I wanted to fill myself with more vegetables this week and not yes—so the next couple weeks, I don't know. But no, I haven't had pizza recently.
- Stacey: Okay that's perfect, but there is a likelihood that you will sometimes in your future life eat pizza again?
- Vanessa: Yes. Probably three weeks. Yes.

- Stacey: Okay so can you think of a time where you have eaten pizza and didn't feel so great about it?
- Vanessa: I can't think of a time—I'm sorry.
- Stacey: That's okay, that's a perfect answer. You did say that pizza and the fruit snacks gummies, we can do the gummies too—and that these are foods that make you feel sluggish or rob you of energy. So can you think of a time when that has happened?
- Vanessa: At work, or if something didn't go right, if I had a pitch and it didn't go the way I wanted it to, yes, probably a day like that.
- Stacey: Okay great. Thank you. And if we could imagine an emotion associated with that in terms of a pitch didn't go right, or something didn't go right, what's the emotion associated with that?
- Vanessa: Disappointment. Yes, just disappointment and unhappy, didn't go the way I wanted it to go.
- Stacey: Yes. Beautiful. So, the gummies, or maybe the pizza occasionally can be an answer, the cry of disappointment of wanting to feel good again and bring us back into balance.
- Vanessa: Right.
- Stacey: And when you eat it do you still feel disappointed, or do you feel happy, or do you feel sad, or guilty, or—what happens after you eat it?
- Vanessa: Okay so during it feels great, and then after I ask myself like, "Why did you do that? You're kind of sabotaging yourself, you're falling off track, and you're not following your goals. You have certain goals, but why did you do this?" It kind of goes against my goals pretty much.
- Stacey: Yes, a bit of accusation in there?
- Vanessa: Yes. I feel guilty, I feel guilty afterwards.
- Stacey: Yes, okay.
- Vanessa: And not in alignment.
- Stacey: Right. Yes, yes, so there is a way of it goes from disappointment to guilty, like, accusation.
- Vanessa: Mmm-hmm.
- Stacey: And when you're in disappointment looking for a solution to disappointment, what would you like to feel? I imagine if you're standing in disappointment you're not going, "Oh, I'd really love to be in guilt."

Vanessa: Sorry, can you say that again?

Stacey: Yes, absolutely. So there is kind of a—when we're feeling a negative emotion that we don't want to be feeling, right, like disappointment, I imagine you're not striving for disappointment.

Vanessa: Right. Yes.

Stacey: Like you don't wake up this morning and go, "You know what? Today I'd really like to feel disappointed!"

Vanessa: Never. No, yes.

Stacey: Yes, so when we're in disappointment, and we're looking for a solution, what are we hoping we're going to get from that solution? What emotion would we go to from disappointment that would actually be us lifting up? Like, "That feels better than disappointment!" What feels better than disappointment?

Vanessa: I'd want to feel like, satisfied, accomplished, and happier. Yes.

Stacey: Okay. Great. Thank you. But instead what we're getting is the disappointment to the, "Why did you do that?" And "You know better!" And there is some kind of shame and guilt.

Vanessa: Yes.

Stacey: Okay. So that sounds still a little bit out of alignment where we're trying to get, yes?

Vanessa: Mmm-hmm.

Stacey: Okay, thank you. Great. So what I'm hearing is that you want to feel satisfied, accomplished, and happier.

Vanessa: Yes.

Stacey: Okay. So, pausing that list of foods that kind of rob our energy and take us down, let's look at the other side—which foods give you energy, Vanessa?

Vanessa: So if I have a salad with sweet potatoes, and a lot of like, rooted vegetables, and like, that makes me feel good. Salmon also makes me feel good—so salmon, rooted vegetables all mixed with my salad, I think I'm sick and tired of quinoa, so I'm not going to say that. I was eating too much of that. But yes, I love like, butternut squash, and sweet potato mixed with kale, and spinach, and maybe like, lemon dressing. That gives me energy. I feel light, if eel like, ready to go and take on the day. And with salmon—yes.

- Stacey: Can you say more about the “ready to go” feeling?
- Vanessa: Just ready, I feel energized, I feel like, “Okay I want to continue to serve my purpose, and reach my goals, and just do what I came here to do and make a difference.” So it’s, instead of just maybe twiddling my thumbs or not taking action...
- Stacey: Yes, outstanding. This is so beautiful, just pointing out that interesting, okay so you say what takes away your energy like, with the emotion that comes up is if something didn’t go right and disappointment, and then answer it with some food, takes away some more energy, and go from as energy goes down we go from disappointment, to guilt, shame, and not quite on purpose, and what I’m hearing is so things didn’t go right, and instead of disappointment, what we want is resiliency.
- Vanessa: Mmm, yes.
- Stacey: To hook up in the brain that “When things didn’t go right, what I’m going to swap—trade in disappointment for resiliency.” And the foods that do that, this is like, right and ready to go, I’m substituting the ready to go for reliance, because that’s what you just said, like, you remember what you’re here to do, to be in service, and you’re, you selected root vegetables, which are very grounding, and salmon so you’ve got that protein, and squash, you’ve got that sweet—and the lemon dressing, which is fat burning. So you have actually created even as you’re describing that a wonderful balance of nice protein, and veggies and carbs—because root veggies are still carbs, which make you feel light and ready to go. So just cool, that what I’m hearing from you is a bringing you back into alignment that these are foods that bring you back.
- Vanessa: Yes. Yay, this is exciting, this is fun.
- Stacey: Does that feel clarifying? Kind of cool? Because what we’re saying is that next time, just even this awareness is linking—a part of what see with people is with health coaching clients, they know so much what to do, they actually are so intelligent. They just haven’t connected the dots. So what I’d want to offer you here is that your body is so intelligent, and is telling you exactly what it needs. It’s just that we’re falling into the quicksand of the disappointment cycle which leads us into the, you know, the gummies, the pizza, because those of course boost our serotonin momentarily and make us feel good again. But we could link up the awareness that we could do that, or I also have the option for these resiliency foods is what I’m going to call them.
- Vanessa: Yes. That is a powerful reframe.
- Stacey: And then from there we can make an empowered choice.
- Vanessa: Yes, I like that, I like that reframe, and ya, it is all about making empowered choices.

Stacey: Yes.

Vanessa: Yes, I think I can do that. When I'm faced with that temptation just remember what you said about going to my resilient foods as supposed to going to the disappointed foods that drain me of energy. Like, why would I do that?

Stacey: Yes, but change—take out the “Why would I do that?” And go, “You know what? One experience, these are two different experiences, and neither of them is wrong,” but where we're going to get this best, the most empowered frame is to realize if we're choosing disappointment, we're choosing it mindfully and not doing it behind our own back.

Vanessa: Hmm...

Stacey: So there are two choices here, it's like, “Oh, things didn't go right today, they didn't go the way I wanted them to go. Now I notice disappointment is kicking in, because that is often what happens when it's like, it didn't go the way I wanted to go.” Disappointment is a natural response to that. “So, here I am disappointed, I don't want to feel disappointed, I would like to feel light, and ready to go, and grounded, and committed to my purpose to know from within where my center point is. I want to locate my alignment.”

Vanessa: Mmm-hmm.

Stacey: So here I have disappointment, and in the past, my answer to that has been Welch's Fruit Gummy Snacks, or pizza, that's one choice, and if I eat that what will happen is, I feel guilt. I enjoy it while I'm eating it, but I know I'll end in guilt. I don't really want to feel that way. Or, I have the salad with rooted vegetables, and salmon, and blah, blah, blah.” Right? So we have these two options now, the question of truth is, “How do I want to feel and which of these choices are most in alignment with how I'd like to feel right now?”

Vanessa: Mmm-hmm.

Stacey: And then we choose without judgement, not to make us wrong if we end up going toward the pizza. Maybe that day we actually needed the pizza, and to allow that to be okay. It's the judgement part that actually causes us health problems and digestive issues.

Vanessa: Oh, okay.

Stacey: Because in judgement is when we stimulate the stress response.

Vanessa: Right.

Stacey: So it's actually getting in agreement with the choice we make from a

mindful, empowered place. Yes, I choose the pizza now. Yes, I choose the salmon and squash.

Vanessa: Mmm-hmm.

Stacey: Does that make sense just from a difference—instead of ending up in the “Why did you eat that?” And “I should have done X, Y, Z.”

Vanessa: It’s about how when you judge yourself for doing those things it builds up the stress response in the body.

Stacey: Exactly. Exactly. And this is actually a huge part in the healing that most diet programs will focus on what not to eat, which can feel like deprivation, or they’ll focus on, “You’re bad if you eat those bad foods.” And we want to focus on a different strategy which is not focusing on what I don’t get to eat, or “I’m bad if I eat those foods” and somehow we’re negated. Like, “Those are negative foods, and I’m negative if I eat them.” Like, no, no, no, we got to wipe that. This is a really different approach; we’re focusing on what we get to eat instead of what we don’t. Like, “I get to fill myself with foods that have me feel light and ready to go.” Or, “I get to fill myself with foods that have me feel disappointed and guilty.”

Vanessa: Mmm-hmm.

Stacey: And this is how we start nurturing a healthy relationship to body and food, consensually. And over time, we train ourselves to feel pulled naturally towards those supportive habits vs. self-destructive ones.

Vanessa: Okay. Yes.

Stacey: Yep?

Vanessa: Yes, I’m smiling!

Stacey: Oh good, I’m happy to hear that. So as we were talking, are there any foods that come to mind that drain your energy, or give you energy that we would feel here? And there may not be any others that come up, but let’s make sure we were thorough.

Vanessa: Too much ice cream. Yes.

Stacey: Uh huh... and how do you know what is “enough” ice cream?

Vanessa: I don’t know! I really don’t know, I buy the small tubs and that can last a day or two days on a stressful day. So I don’t really have control of the portions, or I choose not to control myself.

Stacey: Okay. So that will be one where we’ll pause for our next session—

assuming that we're going onto Session 3 where we can start to notice what is enough and what is too much. Does that sound like that would be useful?

Vanessa: Yes.

Stacey: Great.

Vanessa: Yes.

Stacey: So let's talk about a few action steps, and then we can see if there is anything else we wanted to add at this time. The first one was about protein, increasing protein to a portion size that might be bigger than what we're conditioned to believe is the "right amount", but we're deliberately increasing that to see if it helps with some of the blood sugar.

Vanessa: Okay.

Stacey: And then the second is the research frame of resiliency foods—your resiliency go to. Noticing which foods take away energy and which foods give you energy. And this is, when you eat a food to notice how you feel right after, and how do you feel two hours later?

Vanessa: Okay.

Stacey: Does that make sense?

Vanessa: Yes.

Stacey: Okay. What do you want to do about the grains?

Vanessa: Um—

Stacey: In terms of retraining your brain without grain...

Vanessa: I'd like to see if I can try for one week of eliminating grains completely. But, just for my own social experiment so I can empathize with people. However, going forward I like your idea of just—because it is a cultural thing, just having a smaller portion of rice, and chewing it a lot, and maybe encouraging my mom and myself to cook that stuff with—well, I never cook it, my mom does, but encouraging her to use a healthier grain, preferably without gluten, because I think it would be good for her health as well.

Stacey: Mmm-hmm.

Vanessa: So yes—because it doesn't, because grains don't really affect me, when I have them going forward, I'll just have smaller amounts.

- Stacey: Great. Nice noticing that it doesn't affect you and it is a part of your comfort, and identity, and what you grew up on, and that your mom loves to make, and so I love you are keeping that in mind, and making that distinction of, "I want to know what it's like to not eat grains, and noticing that for myself, that's not actually a huge focus point of where I get my own energetic lift."
- Vanessa: Yes. Thank you.
- Stacey: So a one-week experiment, yes, yes, thank you. And I love the idea of introducing some healthier grains to your mom—get that benefit trickling out to other people you love. And I love that you brought back up chewing. So do you know how many times an average person chews?
- Vanessa: I can't remember, no...
- Stacey: What's your guess?
- Vanessa: The average person chews foods probably like, five bites?
- Stacey: Yes, actually three. Three to five. They swirl food in their mouth, even something chunky like rice, and then they swallow. So this will be a fun action step to add. Maybe do it with your mom as well, have a chewing contest and see who can chew the longest. And see if you can get towards like 15-25 chews.
- Vanessa: Okay.
- Stacey: And you'll notice that as it's in your mouth it gets sweeter and sweeter. I'd also be curious to see if that helps cool down your sugar cravings. Because again, it's that stimulating, that sweetness, that sweet flavor.
- Vanessa: Okay. I didn't know that, I will try that. Yes.
- Stacey: Yes, more of the natural starches are released in the mouth, and so it actually—it's kind of when you cook something down it gets sweet, if you've ever cooked fruit or something, it gets sweet because some of the natural starches are released and that's exactly what you're doing in the mouth. You are basically cooking the food in your mouth.
- Vanessa: Okay yes, I'll try that.
- Stacey: Great. So what was one thing that was useful for you, and an "Aha!" or insight you'd like to take with you from the session?
- Vanessa: The thing about making an empowered choice. That that was useful. And I can use that beyond the plate and what I'm eating, just in everyday life to do that. I like that. And I also like how you kept reassuring me that, "okay, you don't have to take it away forever, just



experimenting.” That helped. And I think I’d like to use that with other people as well, because it’s just, it’s a softer approach.

Stacey: Mmm that’s great. Thank you. Well fantastic session, I really appreciate the opportunity to work with you today.

Vanessa: Thank you, I really, really appreciate this Stacey, thank you I feel wonderful, and you gave me so many great ideas. So I’m excited.

Stacey: Thank you!