

Ep.33 Mental Wellness & Weight Loss

MJ Murray Vachon LCSW: 0:27

Welcome to the podcast today, podcast number eight is entitled, How Are Your NESTS? NESTS is the acronym I use for self-care. When it comes to mental wellness, we do ourself a favor if we pay attention to our NESTS: Nutrition, Exercise, Sleep, Technology, and Stress Management. Today's guest is someone I met while I was exercising. I love to swim, and one day my swimming buddy, Lynn and I started talking to the swimmer in the lane next to ours. He had just finished swimming for an hour and he told us that he had not only started swimming, but he had lost a significant amount of weight. At the same time, Lynn and I said to this complete stranger, you need to be on the podcast. And here he is in the studio with me today. We are going to learn how this man made some of the hardest changes any of us can make: successful weight loss and committing to regular exercise. I want to begin by thanking you for your willingness to share your story and your insights with our listeners today.

Guest: 1:26

Thank you for having me here. And I guess you want to know a little bit about myself?

MJ Murray Vachon LCSW: 1:31

Yeah. So just start with a general introduction.

Guest: 1:33

I'm 67 years old. I was living in Minnesota for the last 30 years. I moved back to Indiana because of my mother who is in her nineties and is not doing well. Before I left Minnesota, I decided that I needed to do something with my health. I realized one night I was just too heavy. I weighed over 320 pounds. I couldn't get off the floor with the dog and I had to do something. I decided it was time to change my life.

MJ Murray Vachon LCSW: 2:09

Wow. It was really this moment in time. How old were you when this happened?

Guest: 2:15

It was only a year and a half ago.

MJ Murray Vachon LCSW: 2:16

You were like 65 or 66?

Guest: 2:18

Yes.

MJ Murray Vachon LCSW: 2:19

Wow. This is very inspiring because we really do believe that the older we get the less chance we have to do significant changes, not only in our life but with ourself.

Guest: 2:32

It's was just the reality that if I want to have a social life, if I wanted to feel better about myself, all of it played a role and to sit at home with a dog and eat, my kids will love me, but what else do I have? I decided to make a change. I made a phone call to the university and talked to the weight loss clinic, talked to a nutritionist and went from there.

MJ Murray Vachon LCSW: 3:04

Okay, so I'm gonna follow that line of thought in a second, but first I wanna ask you, you're on the floor with your dog, you have a hard time getting up and you said, I gotta do something. Had you ever had that thought before?

Guest: 3:18

No.

MJ Murray Vachon LCSW: 3:19

So you didn't wake up, for 10 or 20 years thinking, I wish I weighed less. I wish I felt better.

Guest: 3:26

Not really. I just enjoyed cooking. Food was a comfort. I can cook anything I want. I love cooking. I like making cheesecakes. I like making chocolate moose. I love making food for my kids cuz I can cook Gourmet foods. I have tons of cookbooks.

MJ Murray Vachon LCSW: 3:50

It's it wasn't just a comfort, it was also a hobby and a skillset.

Guest: 3:54

Yes. I entertained myself with it. So it was a pleasure to be able to do that. It was fun. Besides I enjoyed eating it.

MJ Murray Vachon LCSW: 4:04

It wasn't just a pleasure, it was also something you gave to others. That you probably got a decent amount of affirmation for.

Guest: 4:11

Yes, I did.

MJ Murray Vachon LCSW: 4:12

Yeah. And you did this for how many years of your life?

Guest: 4:15

My whole life.

MJ Murray Vachon LCSW: 4:16

Your whole life? Yeah. You're not just talking about, oh, I think I want to lose some weight. You're really talking about part of my entire life that has been something I've been very good at. Something that's given me pleasure, something I give to other people that might also have to change.

Guest: 4:32

I never thought of that till this moment.

MJ Murray Vachon LCSW: 4:35

Oh interesting.

Guest: 4:36

I never thought that I stopped doing it all the time.

MJ Murray Vachon LCSW: 4:39

Okay. And have you stopped or do you still cook?

Guest: 4:41

I still cook, not like I did. I think the hardest part of this whole thing is I've given up bread. I don't eat bread. I love bread. I like making bread, and I don't do that anymore.

MJ Murray Vachon LCSW: 4:54

I want to come back to that because that is a really essential part of how our mind works when it comes to weight loss and that is the idea that we have to give up things that we

really love. I want you to go back to that moment. You get up the next day, you call the university and you make an appointment with the weight loss clinic.

Guest: 5:14

It was during Covid, so everything was on Zoom. You didn't get to go in to see anyone in person, but you got to talk to them by computer. I have low platelets. I was seen at the university for that. I didn't qualify for any type of surgeries to lose weight. They said you're not gonna qualify for any of those because you could, if that's what you really want to, but it's not gonna be what we would recommend. Okay. Because it's not healthy for you. You could die from the surgery. You could bleed right to death. And so that wouldn't be beneficial to you. The only way you're gonna lose weight is by exercising.

MJ Murray Vachon LCSW: 5:59

Exercising and changing your diet or just exercising..

Guest: 6:03

Changing your diet, exercising and we might have a medication that might help. But we aren't sure if it would help or not help, cuz some people it helps, some people it didn't. They gave me some medicine that wasn't designed for weight loss, but it had a side effect to help you not eat. I did take it and it did help.

MJ Murray Vachon LCSW: 6:26

In that initial consult with them, as you're discussing, what are possibilities? How much weight did you lose in total?

Guest: 6:34

Over 120 pounds.

MJ Murray Vachon LCSW: 6:36

Okay. A lot of times people opt for surgery. You're having this consult, you're learning. Do you remember what you were feeling inside?

Guest: 6:43

I really didn't feel. I just knew I wanted to lose the weight. That was it. That was the only goal I had, was to lose weight. Nothing more. I just wanted to lose weight. I didn't have any other goal than that.

MJ Murray Vachon LCSW: 6:58

What did that goal f feel like? Did it feel hopeful? Did it feel, oh my gosh, this feels like I want to do this, but I can't imagine I can do this.

Guest: 7:09

No I felt that if this is what I really wanted to do, I was going to get there somehow or some way. My son came over every other week from school and took all the potato chips and junk out of the house and said, gee, I need this for school. And, made a joke out of it. And every time I bought junk at the grocery store, he would take it with him. Okay. And then I realized, oh, I'm really wasting money buying this junk because he's gonna come and take it. So then I stopped buying certain things because he would just take it and make fun of me. Then I realized, oh, I better stop buying that, because it was just normal for me to pick candy bars and this stuff off the shelves. I realized with him making comments, he wasn't being mean. He was trying to tell me, stop buying this stuff.

MJ Murray Vachon LCSW: 8:07

Is this, while you're losing weight, he was saying this.

Guest: 8:10

Yeah.

MJ Murray Vachon LCSW: 8:10

I wanna punctuate two things that you said that I think are really helpful. One is you really wanted to do this?

Guest: 8:18

I did.

MJ Murray Vachon LCSW: 8:19

It was more of a on off switch for you than a dimmer meaning when I said, was there any part of you that was like, I don't know, I'm afraid, I think I'll fail. You said No, I wanted to do it.

Guest: 8:33

I wanted to do it. I walked every day. When I got to South Bend, I decided I needed something to do and then I joined Beacon Health Club. Then I decided I liked swimming

as a kid. I swam on a swim team. I went to swim and I couldn't even swim down one length of the pool.

MJ Murray Vachon LCSW: 8:56

Wow. Again, you're saying, really helpful things. One is you have to access in your mind, your deep desire to do this. That has to be front and center.

Guest: 9:10

Yes.

MJ Murray Vachon LCSW: 9:10

Then you have to realize it's a process. You cannot lose 120 pounds using only one process.

Guest: 9:18

No.

MJ Murray Vachon LCSW: 9:20

And then you begin to learn in this process. How mindless you are when it comes to what you buy, what you eat, right? Yeah. Like you're losing weight, but you're still buying chips and candy. And your son is like an ambassador, little helper on this journey. Did you get mad at him when he took away the chips?

Guest: 9:38

No.

MJ Murray Vachon LCSW: 9:39

Good for you. And then you could see, because losing weight is actually more mental then we often think it is, people think it's about exercise, it actually starts with the mind.

Guest: 9:51

I've always found in communications with my son, he was a national debater. When we would talk a lot of times on subjects like racial subjects and stuff like that, he would always point out when he wanted to make his point with me as how sarcastic or how ridiculous I could be on a point of view to show the opposite side. Sometimes he would do the same thing. You really don't need these chips cuz if you eat these chips, the outcome would be this. And then you see, you know it's not what you want.

MJ Murray Vachon LCSW: 10:31

That's why losing weight has to have a really strong mental component.

Guest: 10:36

Yes.

MJ Murray Vachon LCSW: 10:37

Because our relationship with food often doesn't give us what we really desire long run. It can give us pleasure and comfort in the short run. But if we want to have a body that works for us, then sometimes the short run is saying no to chips. So we can get our long run goal. Part of what I hear you saying is, as this process unfolded, your mind came along and made shifts.

Guest: 11:02

Right?

MJ Murray Vachon LCSW: 11:03

So it became more of a partner with your goal. You had the people at the U that probably helped you, but your son also helped you.

Guest: 11:09

Yes.

MJ Murray Vachon LCSW: 11:10

I guess I would recommend that if you have a kid who's a debater, ask him to help you with your weight loss. Because he would point out, this is inconsistent. Then you began to think, oh my gosh, I'm spending money on things that go against this goal of my weight loss.

Guest: 11:23

And the nutritionist is, she was really good She said to me all the diets out there are just ridiculous. That was her first words to me. She said, it's not that any diet will work as long as the quantity that you eat, just not as much as you've been eating.

MJ Murray Vachon LCSW: 11:40

Yes.

Guest: 11:40

You really don't need to eat as much. You can eat whatever you want, but I would recommend to stop eating anything white. If you could stop eating everything white on your plate, you will lose weight. Stop eating white bread. Stop eating white rice. Stop eating potatoes. The thing that helped the most, I could honestly say, was in the evening, she said to take a protein, drink the liquid protein drinks, mix them with ice and some fresh fruit, blend them in a blender and eat them with a spoon. She said, it'll take you an hour to eat that drink with a spoon, and by the time you're done, you'll be full. Stop the carrots and the celery, which everyone tells you to eat. All that does is stretch out your stomach. Mm. And then you don't really lose any weight. You just make your stomach bigger. That actually made a real difference.

MJ Murray Vachon LCSW: 12:33

Wow. And again, that's the process, right? You start not really having any clue how to do this. It's very similar to cooking, right? Yeah. That if somebody wants to learn how to be a really excellent cook, they may not know how to do it, but if they hang in with the process, they'll end up where you were an excellent cook that, could serve food that people look forward to and really enjoy. Weight loss is the same thing. It's a process and if people enter it with curiosity and openness, then they end up learning tricks along the way that help them meet their goal.

Guest: 13:07

The other thing I learned on this venture of mine was after swimming, I'd have a cup of coffee and then I was going out to eat after because it was lunchtime. One of the trainers at the club told me, why don't you try eating a handful of almonds instead? And that would fill you up and be less calories. That made me lose more weight and I wasn't hungry. So there was another, there's my lunch. And that was healthier than stopping and getting something to eat on the way.

MJ Murray Vachon LCSW: 13:42

Yes. I always say when it comes to weight loss you will always find people to collude with you, right? If you want to eat whatever you want, you're going to find people who are happy to be in that boat with you, right? But if you want to eat in a way that's healthy, if you want to lose weight, you will find people who will give you tricks and tips along the way. Are you naturally an open person since I just really met you literally 30 minutes ago? Except for our moment in the pool. Are you naturally pretty open to other people giving you ideas?

Guest: 14:14

I think so.

MJ Murray Vachon LCSW: 14:15

Do you think that helped you in this?

Guest: 14:17

I think so. I think I'm willing to listen to most people. I think I was willing to hear what people had to say and I was willing to see where this adventure would go. I went from a 56 inch waist to a 34 inch waist or a 36 inch waist, depending on, the pair of pants

MJ Murray Vachon LCSW: 14:38

at age 67 67. That's that's crazy. When you said that in the pool, because I've swam next to you, you're a very good swimmer and you swim a long time, correct?

Guest: 14:49

Yeah, last week I swam 102 laps, was the most I've ever swam.

MJ Murray Vachon LCSW: 14:56

Wow. That's incredible. That's really,

Guest: 14:58

I stayed hour and 12 minutes.

MJ Murray Vachon LCSW: 15:01

Wow. When you started, how many laps could you swim?

Guest: 15:05

I couldn't even make it down the pool.

MJ Murray Vachon LCSW: 15:07

Wow. You said that for you it's really been an integration of exercise and changing what you ate. How did you start exercising?

Guest: 15:17

Walking. That's when I started, just walking around the block and that was that was difficult.

MJ Murray Vachon LCSW: 15:23

I would assume your lifestyle had become fairly sedentary.

Guest: 15:27

My exercise program before I started was mowing the yard all I did was mow the yard once a week.

MJ Murray Vachon LCSW: 15:33

Prior to that, did you like exercise? Ugh, I hate exercise!

Guest: 15:38

I never even thought about it. Before that I would say I was involved with my kids. I was a scout master, so I exercised then. After I gave up that position, I didn't exercise. I didn't have anything to exercise for, and I just sat around.

MJ Murray Vachon LCSW: 15:58

How did you get yourself to go out? What motivated you?

Guest: 16:02

I just decided that if I sat at home, I wasn't gonna lose weight. It was like I realized that you have to exercise to lose weight. It's a combination. You have to move to lose weight. That's what it comes down to.

MJ Murray Vachon LCSW: 16:17

What role did the timing of the pandemic have in this?

Guest: 16:20

I gain weight over the pandemic cuz I did nothing. And I think I was isolated too, which increased depression. And I realized, I wasn't happy and I decided I wanted to change.

MJ Murray Vachon LCSW: 16:37

Wow. I really hope people hear that because we all want to change what we don't like about ourself, but what you've done that's so extraordinary is you actually put an I in change. Like you can only change it yourself.

Guest: 16:59

You have to make the decision to change yourself.

MJ Murray Vachon LCSW: 17:03

I think the statistics are that most people gain a minimum of 10 pounds a decade. You can be, at an average weight when you're 30 and five decades later, you can easily be 50 pounds over. One of the things I heard you learn is that portion control was something you really had to work on. How much do I eat? Because we live in a culture that distorts normal proportions, correct?

Guest: 17:29

Yes.

MJ Murray Vachon LCSW: 17:30

You don't ever go to a restaurant and get a portion that really is right sized. What was that like to go from supersize portions to right size portions?

Guest: 17:41

I guess I never thought about that. I usually have leftovers now. When I go out to dinner. I'll split a dessert now. You notice that and you're right about that. There are changes that you don't realize that you do now. I guess you bring that to a point. In changing your lifestyle, you do make those decisions, but some of those things become automatic after change the way that you do things. If you get used to doing things one way, you can get used to doing them another way.

MJ Murray Vachon LCSW: 18:19

Yes. We do that all the time when it comes to things other than weight and exercise. Probably everybody has a smart. Right. And 20 years ago, none of us had smartphones.

Guest: 18:31

It's like swiping up. They say it's difficult to learn. I didn't think it was difficult. So you get used to doing it? I have a friend that says he's can't swim because it's boring and I swim every day. I never found it boring. I find it personally peaceful to swim in the pool. You have all your own thoughts? And there's nothing around you. It's just blue water. I find it extremely peaceful and you can think about whatever you want for hour and there's no phones, there's no nothing. It's just peaceful.

MJ Murray Vachon LCSW: 19:04

You're singing my song. That's exactly, and I often have people say, it's so repetitive, and I'm like, yeah, that's what's so great about it.

Guest: 19:10

Somebody said, you should work out on the other side. And that's not peaceful for me to go on work on those machines and I have to force myself to go to the other side to do the aerobic side. I try to do that twice a week and I'm not very good at it. And that's cuz I just hate Even with music in my ears. I hate it. But the pool swimming, I enjoy it cuz it's peaceful, right? And the other side is not.

MJ Murray Vachon LCSW: 19:39

So if you hate it, how do you get yourself to do something you hate?

Guest: 19:42

Because I know it's healthy for you. The doctors keep telling me to do it. My regular doctor tells me, the other doctor in town tells me, my sister, who's a doctor, tells me I'm supposed to do that. So I figure they all keep telling me to go do those machines and so I figure well, if I do at least once or twice a month, at least I'm doing them. Yeah. And so that's my rationalization that I did it to see, but I don't really enjoy it.

MJ Murray Vachon LCSW: 20:12

Would you say you've gone from a mindset that didn't really think too much about health to a mindset that now thinks more about health?

Guest: 20:20

I think so. I think and I figure it's better for my heart and. I think that my kids are getting older and I think they're gonna get married and hope I'll be around to see their kids.

MJ Murray Vachon LCSW: 20:33

That's a big motivator. When you think about, now I have a mindset that includes health and wellness. When you look back maybe 15 or 20 years ago, how do you understand that somehow wasn't part of how you thought?

Guest: 20:48

No, I don't think you really think about it. I think health is or wellness is a combination of what you do for your own health, mental health, and I think spiritual is part of it. I think family is another part. If you have a social person in your life that you can communicate with, a wife, a girlfriend, someone you care about, I think it's another part of it. I think that's all part of mental health.

MJ Murray Vachon LCSW: 21:17

Yes. When you think about this journey of weight loss and exercise, what's it done for your mental health? Your mental wellness?

Guest: 21:28

I think it's made me feel a lot better about myself. I think, especially when I go into a. or where I can go shopping. I can buy a pair of clothes anywhere I want. Now I don't have to go to the Fat man store. I only had one place to shop before and now I can go anywhere in the country and buy a pair of clothes. That's a good feeling. And and I like that feeling and it makes a person feel acceptable. You don't stand out. I don't want to look any different than anyone else. I'd rather look in the background, not be someone who's big and huge. I'd rather just be not seen.

MJ Murray Vachon LCSW: 22:13

Do you think you thought of that 10 years ago?

Guest: 22:16

No. Yeah.

MJ Murray Vachon LCSW: 22:18

Do you think there's a connection between not allowing yourself to think that and your weight, continually creeping up? There was a compartmentalization, for lack of a better word, that somehow got broken through that night when you're on the floor with the dog and you're like, I'm gonna change this.

Guest: 22:38

I think that night with the dog, I realized that this is ridiculous. How can I let myself get to this point where I can't get up with this dog? The dog was sick and now I'm sick. Yeah. This is crazy. Yeah. How can I be like this?

MJ Murray Vachon LCSW: 22:58

Right? That's one of the mysterious things about our minds, right? Our minds can hide from us parts of ourself that are hard to hold, but you were courageous that night and you held it. What I think is incredible because there's gonna be people listening to this that have had 400 of those nights. But on that night, you really valued yourself. You listened to yourself and you didn't let, this is crazy. Go into a shame storm. You became active, you made a plan. You called the weight loss clinic. Yeah.

Guest: 23:35

And I tried those meals, you order online and. as well. I tried everything and they didn't really work. Yeah, they were pretty bad tasting. But I made the decision that I was gonna stick to it. I guess that's what you have to do. You have to stick to it. And I saw the results I weighed myself every day. I got on that scale and people said, don't do that. And I said, I'm going to weigh myself every day. And I weigh myself every day because I still have six pounds to lose and I still haven't lost it. Eventually I hope to lose that six pounds. I have a goal.

MJ Murray Vachon LCSW: 24:16

It's interesting cuz you went from not paying attention to it to saying, I can pay attention to it daily. You referred to this with the nutritionist, there's a million ways to lose weight, but they only have one thing in common. And that is you stick with whatever way you choose. And I've worked with six people who've lost more than 150 to 200 pounds, and they have done different things within that whole significant amount of weight loss. They would change because they needed to change. But what they never changed was, I'm not going back. This is my goal and I can update how I reach my goal, but I'm not changing my goal.

Guest: 24:59

Interesting. Someone said it's six pounds. You could lose that. I said, yeah, I could change and just eat salads and I know I could get there if I want to, but that's not my idea of getting there. I just wanna see when I get there and I'm not gonna kill myself. Maybe when summer comes I'll add my walks back in the evenings. But we'll see where it goes.

MJ Murray Vachon LCSW: 25:21

So you lost a lot of weight, but you also lost the food that was comforting and soothing in the cooking and the way that you had done it. What's that loss like for you now of this very pleasurable skillset?

Guest: 25:34

I find other times to do it. I'll find a weekend and say with a friend, you want to cook dinner together? Or I'll ask my mom, do you want something special? When my sisters come into town to visit, I'll cook. And then I'll make a deal out of it. And that takes the place of it.

MJ Murray Vachon LCSW: 25:56

So it's still in your life?

Guest: 25:58

It's still in my life. It's just not all the time. You think about it in a different fashion. And it's still fun.

MJ Murray Vachon LCSW: 26:05

Yeah. It's still fun, but maybe it's in your life in a more proportional way. Yeah. That works for your other important goals in your life. If someone said to you, Hey, I really wanna lose weight. What two things would you encourage me to do?

Guest: 26:17

I would encourage them to find a activity that they could do on a regular basis and set a goal to do that. The other thing is if they're eating at night to use the protein drink, cuz that really made a difference to stop me from eating all the junk food at night. Really made a difference. That was the biggest change when she told me to take the protein and mix it with ice and eat it with a spoon with some fruit and she didn't care what type of fruit I put in it. Put in a small amount, she said. And frozen strawberries, frozen blueberries, bananas. She didn't care what just one type don't put a ton in. And made a real difference. And I would say those two things would be the biggest change.

MJ Murray Vachon LCSW: 27:07

How long did you work with the nutritionist?

Guest: 27:10

I saw her four or five times. She gave me different tips and she said it wasn't a necessity to follow every single thing. She just threw me out 50 million suggestions. I never went to smaller plates. I thought that was ridiculous. I'm not that stupid That's the way I think. I think the hardest part was switching from white bread to whole wheat. I never ate a piece of whole wheat bread in my entire life. And now I buy whole wheat bread. That was a big change. And once you make the change, Guess what? You don't even notice it, right? White bread to whole wheat, that's not gonna wreck your life.

MJ Murray Vachon LCSW: 27:51

But the change really starts between your ears. You acknowledge, I love white bread, but whole wheat bread's healthier and I want to be healthier.

Guest: 28:02

That's right. And if you go out to dinner, guess what? There's white bread on the table, you get to eat it that night.

MJ Murray Vachon LCSW: 28:08

I like how balanced you are. Some people and there's a million ways to lose weight, but they end up being rigid. And so one of the images I use for mental wellness is that we're in the river and we're peaceful and we're calm and alert. And on each bank, one is rigidity and one is chaos. When weight isn't in control, people often feel chaotic. They don't have a plan. But what you're talking about is a relationship to weight loss that feels so healthy to me because it isn't rigid of I can never have white bread or I'm not ever going to cook cheesecake. It's really being in the river where you're flexible, adaptive, and coherent doesn't make sense to eat the way I used to every day. But it also doesn't make sense to deprive myself of things that I really love to eat occasionally.

Guest: 29:04

That's what the nutritionist said to me. She said, you can eat whatever you want. It's the quantity. You can't eat the whole cake. You can have a small piece.

MJ Murray Vachon LCSW: 29:14

I'm really fascinated by your story and I'm fascinated because as I said at the beginning, we are told that we cannot lose weight as we get older. It's really interesting to me you actually made this tremendous life change that will probably add years and years to your life. And the quality of your life sounds much richer and your wardrobe.

Guest: 29:38

Thank you for having me, and I hope someone out there can be helped.

MJ Murray Vachon LCSW: 29:41

I am sure that they will be. Thanks.

29:44

Wow. Do I have some insights after that interesting conversation. Inner Challenge Insight, number one We are never too old to change. We are never too old to change. We are never too old to change. Unless we think we're too old to change. Insight number two: I think our guests today offers us some valuable tips about losing weight. Maybe it doesn't need to be a shame storm, a speed event or solo project. Maybe it's as simple as having one daily goal. I'm going to lose weight. Like the old days we went to get the mail. Nothing dramatic. Just a daily practice and on most days, nothing stopped

us. Insight number three: There is a mindlessness that comes with gaining weight. There is a mindfulness that emerges when losing weight. Isn't it a paradox that when our guest ate less, he became more full? Insight number four: I love that this man was so open and non-defensive when his son, a national debater, pointed out some of the contradictions in his weight loss journey. This is a very common occurrence for people on a weight loss journey, except the debater lives inside of them. What if you gave your national debater the same respect that this man gave his beloved son? Insight number five: There are a million ways to lose weight. What people have taught me is to go with what feels right. Don't eat white food. Have a protein drink at night. Trust your gut, to repair your gut. Insight number six: Hate to exercise? Hey, you don't have to become an Olympian. Put on your earbuds and start by walking a half a block .Add a few steps a day. As you build your endurance float back to what you love to do as a child. Maybe you'll join a pool. A dance class or ride a bike. Don't let hate stop you. Inside most of us is a child that wants to dance, swim, or bike. Insight number six: I like this nutritionist's attitude of let them eat cake. Just not the whole cake. Insight number seven.: After sleep, the number one mental wellness tool is food. We are surrounded by brain fogging foods. Want clarity of mind. Eat well. Thanks for listening. And if you want to lose weight, you could get a sick dog. Or just call a healthcare provider who specializes in weight loss. This is your Inner Challenge.