

Episode: Weight Loss Is Just The Beginning with Erin S.



Full Transcript

HEALTHY EATING FOR BUSY WOMEN PODCAST
WITH KAT RENTAS

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Hello, my friends. I am so happy. You are here with me today. Because this is going to be a very special episode. I'm going to share with you an interview I had with my amazing lovely client Erin. And in this conversation, we talked all about her struggles with food, what that looked like for her.

What was possible when she committed to becoming a naturally healthy eater. So she just finished up her six months in my coaching program own your eating habits. And I'm so grateful to her for coming on this podcast because I can talk to you all, all day long about your eating struggles. And I can give you.

All of this insight as the coach and creator of these practices, but it's going to be that much more valuable to hear from someone who's in the client perspective, who has recently been possibly exactly where you're sitting now. With your current struggles and as you will listen to her, I really encourage you to consider what's possible with this work.

I think it's so relatable and valid that as women we're left feeling very discouraged and disappointed when it comes to changing our eating habits, because we've tried so many unfulfilling approaches with. diets and maybe weight loss programs that never worked out long-term. So this is something Erin and I talk about, and I'm excited to share this conversation with you as well, because it's more unfiltered than you may be used to.

It's not as structured. And in case your, in the car with your little ones, I think I might drop a swear. Or two. So just keep that in mind, I'm known to curse a bit more in the coach client relationship. I talk a bit more freely, so I hope you love this episode. Erin is wonderful.

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You all will love learning from her and listening to her.

She is a mom. She is a school teacher and she such an example of what's possible with this work. So let's get into the episode.

All right. So if you could tell everyone a little bit about yourself and what led you to this program. Yeah. Um, so I am a 42 year-old, um, science teacher and I have tried, I feel like every diet out there. And not just diets, but also every exercise program. And I was just super fed up because nothing worked and really the main reason I wanted to join your program over anything else was just to be able to lose the weight.

That was like my main reason for joining the program. It's still so crazy for me to hear that. That's your, that was your reason for joining now because of so much that has happened. So it was just the weight loss was the primary goal. Yes. And it's funny because I remember listening to the podcast in the beginning and I would talk to my sisters about it.

And, you know, I knew there was like this other aspect to your program, the whole mindset, but I honestly, I really might, I was driven to join by the fact that I was so desperate to lose the. Yes. The other stuff I didn't even care about. I'm like, okay, whatever. But like, I really just want to lose the weight.

Yeah. I'm like, you can learn to feed your body in an amazing way. And you're like, yeah, that's nice. But just where's my weight loss.

Yeah. So why and your minds now, obviously losing weight can be fantastic,

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But what is, what is your opinion on willpower now, when you think about that word, having been through this experience?

I never, I don't. I try not to use that word anymore. It's like one of those bad words, it's not going to serve me in any way. It actually brings up more anxiety. Like if I think that I have to have that willpower, I can feel it almost in my body. Like, Ooh, there's, there's a, it's trying to tell me something like this isn't the right emotion or the right feeling that I need in order to get to the results that are.

Right. It's like, and this still comes up. I have a human brain, it comes up in my brain as well. And I know it's just representative of a conditioned mindset that believed that willpower was ever even necessary, just because we've been trying so many approaches with food that we're really unpleasant that we frankly didn't even want to be doing.

So what. You know, feel like we need, when we're trying to do something, we don't want to do grit, discipline, willpower, and for you, especially which we'll get into, we'll get back to what we were talking about, but you really created a method of eating that you wanted to be doing. And that's really what can create an experience where willpower isn't necessary.

Yes, totally. Yeah. Yeah. Just to touch on that, that word. It's just, we have so much attachment to it. Yeah. So there's a lot of the diets that I've done in the past or the exercise programs. A lot of them just focused on, you know, how can you have the willpower to keep plowing through this diet plan or exercise program?

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And it never works. I think I'm at the stage now, or when I hear those things, I'm like, why would we ever want to harness willpower? That feels like crap. It doesn't feel good, but you never realized it until, I mean, I never realized it until now. And none of us did. That's why it's so interesting, but who needs it?

We're done with it. All right. We're going to move on, but.

Ultimately going back, you had this heightened sense of frustration as so many of us do. So what ultimately made you sign up? Because for many women who joined my program, they have the same experience. They have the frustration, they have the doubt and it's all. Valid. It all makes sense, but then somewhere they have to harness something that allows them to make peace with this emotion and to frankly, take a chance on something that is entirely different from what they've tried.

So what did that look like for you in terms of what ultimately got you to sign up for the program? I, I actually think that when I joined, I had the feeling that. Deep inside. I was like, well, I'm going to try this, but I know it's not going to work because nothing else has ever worked. So going into it. I know, I felt that ultimately, you know, within maybe a few months, it just wasn't going to work and I was going to stop the program.

In fact, I think I might've even emailed you. Like, is there a, like some sort of a refund, like within a certain time, you know, it hasn't worked or something and you're like, no, you kind of have to just be all in. Not the only one. We all do this. So many people listening are going to feel validated right now, because this is all of us.

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We're like, but you know, I want to make this change, but can I get a refund and back out whenever I want? And the reason why, you know, this, the reason why the answer is no, is that the investment we make into this process is the act of telling that brain know in such a big pivotal way. This is. The beginning of the transformation is being able to take thoughts.

Like, you know, I know I'm going to fail this. Isn't going to work for me and being willing to be with that really difficult human experience and still making a decision to advocate for our health, for our happiness, for our wellness. And that requires. So much courage. I have such high respect for every woman who joins this program.

And really that's why this program is an investment of time is an investment of money just because I think that's the power of it. And you can tell me having been more recently there, but it's just a promise to who you're committing to be. Throughout this process. And I think, you know, I mean, I guess that was part of it too, because it's the six months that was kind of scary to, to commit to six months.

Yeah. The other scary thing was it was going to be a face-to-face like the zoom calls. Like what if I say the wrong thing? What if I don't know the right questions? What if I. You know, I just had all these anxiety about the face-to-face event was kind of a little bit intimidating. Um, but I think it was honestly just taking that one more leap of faith and just going through the process and being invested and yeah.

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comfortable real quick. It was like, after the first like 10 minutes, I was like, okay, it's just that step. Like just, just trying it. And something I hear from a lot of women too, is I think what makes this program special? You know, not putting, putting this on me.

It's not to do with me personally, but I've been there. Like I've been exactly where all of you are sitting and so it can create this sense of connection and comfortability where I've been in the shame I've been in. For lack of better word, the shit pile, like I've been in the disappointment. And so I know logically as a coach, all of your feelings and emotions and experiences are valid, but I also know exactly what it's like to be there with this stout.

And I think that that can create a sense of connection. Perhaps isn't quite possible in other avenues and other methods. And you can tell me your thoughts about this. Absolutely. One of my favorite things, um, you know, we're coming to you with this pretty personal story and these. Lots of emotions and thoughts, like personal emotions, personal thoughts, and putting it out all onto the table.

And it was amazing to have somebody there just to listen fully. And I felt very safe with anything that I brought to you. Um, never, I never felt judged. And so I think that was really important for me to be able to progress through the program, to have somebody to talk to. And that was never like, you were never faced with anything that I said it was like, you already knew where to take that, like where to take it to the next level.

Yeah. And I think that. So many women in this program have the same

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experience. And this sounds really strange, but I think I just, I said this to you before we started recording, I would love to get you all in a room. Maybe one day I'll make it happen and you could all just see. How similar we all are. How all of our thoughts, all of our emotions, that aren't so pretty, right?

We're not these messed up unicorns that have it bad. Like we're not broken. We don't need to be fixed. Like this is normal and this is valid. And this is to be expected with our history, with what we've tried. And when I say nothing has gone wrong in our brains, what I mean is that none of this. Isn't solvable, it's all solvable.

And I love that. You mentioned that because yes, 100% everyone's brain in this process. There's unique things that get us here, but we really are also similar in terms of the emotions that we come in with. Okay. In terms of your favorite part about the program, we're talking all about it, but what was your favorite part about it coming in?

Um, oh my gosh. I have to say one of my favorite parts and I think I just mentioned it, but I've never had, I mean, I have best friends. My husband, he's one of my best friends, um, family members, but I've never had somebody just listen as in-depth. As you have and provided a safe place to talk about maybe difficult things that I've struggled with for a really long time.

And I've never felt comfortable bringing up to somebody else. Um, each week it was this amazing thing that I got to participate in. And that was definitely one of my favorite things. Yeah. I love that. You said that too, because. I'm just going to let everyone who's listening know, like you all come to me saying that

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you are going to find an accountability buddy, or you're going to put this on your friends or your husband and they love you.

They do, but they will not call you out on your brain's bullshit. Yes, it will not do it. That was definitely my favorite part. Every week I would come and I was like, oh my God, she's magic. She can just look at what I've said. And you do these amazing things with that information. And it just led to this deeper level of understanding.

And I loved it. I'm so glad. And really the purpose of coaching is to be able to be able to look in a mirror once a week and be able to see exactly what's going on in your mind exactly how you're making food decisions. So it doesn't feel so outside of us because the loss of control piece with food is one of the most painful things to be in.

I think even just in the beginning of the program, as soon as we start coaching, it alleviates so much of that immediately because all of a sudden you have a mirror and really the lack of having that mirror all is where so much of us. And now all of a sudden every week, you know exactly what's going on, you know, exactly the next step to take and that can provide immediate results and an immediate sense of yeah.

Yeah. And I'm looking to some meal plan. It's like, I got this. Yeah. Right. Oh 100% and this process as well for anyone listening, you also learn how to use the tools to look inside your own brain and see what's going on. And so essentially hold up that mirror for yourself in the future. So we can always have that awareness.

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I was also going to ask, I reworded it. I was going to say, what was your least favorite part? But I reworded that I instead want to ask, what was the biggest area of growth for you or where was the biggest area of resistance for you that you experienced? Um, I think one of the hardest parts I would say, and it sounds silly is thinking that.

Um, I thought there would be more to it. Like I thought I would have to do more. So I guess when I started seeing results and not just, well, I guess, you know, my main reason was for the weight loss. So once the scale started going down, I definitely had some doubt as to why it was happening. Like certainly with.

That I was eating special that week or wasn't eating, but it couldn't be the actual mind work that I was doing with you. Like it had to be, I had to contribute that to something else. So I think it took a really like, at least a couple of weeks, maybe a couple months before I started to really trust that the reason the weight was coming off was because just how I had changed the way I was thinking.

This is the first off a couple of things with this one. This is what every woman goes through in this process. And it is, it is the best problem to have really is when we think about the magnitude of the fact that the problem is letting it be. Easy, and this is the way I word it because it's so true. We come in knowing we want it to be easy from this logical place.

Right. But we're coming in with the belief system that thought it should require willpower or discipline or grit. To be successful. And so all of a sudden we're

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thrown into this process with a very simple, accessible tools. There's no fluff, no, and we can get results. And then all of a sudden, the brain freaks out because it's like, there's no way.

There's absolutely no way. I believe that this is how this happened. And this is normal. This is just representative of not yet having the capacity or the evidence. For this approach, which that happens over time, but I see it as the best problem to have, but it still is something to be worked through. And the good thing about coaching is we have a container where we can coach you through this resistance.

We can coach you through this stout. So we're not self-sabotaging. You can fill me in more about that. How really compared to the problems we used to have, this can be one of the best quote unquote problems to oh, by far. Yes. And I'm still like, I mean, the scale continues to move in a downward direction and I've said it before.

Like I know that's not even like the best part. Of all the things that I've gained from this program, but it is kind of amazing. And when people ask, you know, I was talking to my sisters and it's just, well, what are you doing? Are you having to count things? Do you have to weigh things? And it's none of that.

And it's actually kind of boring. Like there's no fancy meal planned. Um, no crazy. You know, you're not weighing things out. It's just this amazing. Yeah. It's amazing. I just like your sister's probably think I brainwashed you to say

well, because when we're on the outside, we don't believe this. We do not

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believe that the weight loss for example, is like the least of it. Like we for sure are so attached to it that we think that that is what we want. No matter the case, no matter what we have to do. And so I think for. Everyone listening, you know, it's normal.

If that seems like a little bit unbelievable that that could be the least of your results, that that could just be a juicy side benefit compared to everything else that occurs. We can stop for a minute here. So if you can just share what your exact results were from a weight loss perspective, and then share a little bit about what other benefits have shown up for you.

Yes. Yeah. Well, my goal going in, right, I was solely focused on the weight loss and I've lost a little over 10 pounds. Um, I fit into the size pants that I originally thought was going to be the magical number. Um, but then even more than that, like the things that I feel are more, um, they mean more to me now are just trusting myself around food.

I don't have to stress about some weight loss diet, the newest fad, some crazy exercise program. I eat foods that I find pleasure in again. So I'm not only looking for foods like the low fat or no bread. I eat all of it. I eat all the things and it's amazing that always blows people's minds. And I, I get, yeah, I get it.

When you tell someone. You know, you can eat whatever you want and get the results you want. They're like, prove it. Show me how well you believe that they're like the, you must be doing something like, you know, weighing, not eating carbs or sugar. Like, no, I eat everything. Yeah. I'm just listening. Exactly.

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Just listening to the body and to the brain. And really this is where I think everyone needs to keep in mind. So many women that the control piece with food can do so so much. Once we feel like we can make intentional eating decisions that feel deliberate because then all there is, is what you want. And so many of us before we get here, we don't even consider what we want with food at Burr.

We don't even know who we are as an eater. We're just so focused on what I should be eating, how I should be weighing. This is the same with weight loss. I have clients thinking I should lose weight and then eating becomes easy. They accept their body and they feel good and they realize I don't want to lose weight.

I think what this process, why it's really special and effective is because it clears up what you want. And then from there, there's just the decisions that you want to make with food and with your body. Yeah. Yes. And once you get there, it's not stressful. There's no, it's like that magical sense of calm that I think we're all looking for when we're making our food decisions.

Yeah, totally. Where really we're not thinking about it all that often constant chatter. Right. So how has this affected other areas of your life that are unrelated to food or unrelated to body? I think it's definitely, well, no, I don't think it has. I'm more aware of how my thoughts. Are in charge of creating my feelings and that has changed everything, my work.

So I work with middle school kids all day long. My relationship, even with my friends and family, just being more aware of things that I say or things that they

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say, um, it's just affected in a positive way, all aspects of my life. Yeah. I think that, you know, food and body is the. When we learn to manage our minds and focus on what we want, it really is the start and it trickles into other areas so, so much.

And I want to touch on the fact that you are a middle school teacher, because there are so many women. Who listened to this podcast that think eating healthy sounds nice. Eating healthy naturally. Sounds nice, but it's going to require more time. It's going to require more effort and, you know, willpower and all of these things.

And they think that they're a special case. So you are a middle school teacher. So if you could share a bit about that mindset as someone who has more recently been there. Yeah. And I think that was obviously one of my. I guess the stressors on trying to make sure that I wanted to join. And I think even as I was going through the program, so obviously we're our time is we don't have a lot of extra time or we don't think we have a lot of extra time, but the stuff that you're teaching us how to do it doesn't require like any extra time, really?

Like once you start getting into it, I felt like, you know, something. I would listen to the lesson and, um, maybe do a little bit of journaling in the morning, but that was it. I wasn't like investing hours upon hours each night, even like 30 minutes, you know, every day. So it doesn't take a lot of extra time.

You just have to make that initial investment, that initial jump to join. I think that is so. Important that really the most energy and really time we spend thinking

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about it is that initial investment. It's like, that's kind of the big push of energy that we need in order to begin letting this all be easy.

The investment requires courage. It is hard. It is hard to do something, you know, with all of the evidence we have that it's not going to work. But then after that there's things we coach on there's things that come up, but it really is a privilege as a coach to watch it be downhill from there for all of you, it's like that initial investment was the final plea with food to kind of have this truce with it.

And then after that it's just downhill and it gets to just be easier. Yeah. It was just learning to be aware. Right. So a lot of the initial work is just being more aware. And then after that, I mean, I don't do anything special right now that it requires any extra time. So yeah, so interesting to so many people.

And actually I had this question I wanted to touch on with you. So many women get nervous that I don't give them a meal plan, and this is really valid with where they're at, but you're right. Having done share your thoughts on that and what your perspective is. It's so funny, because I remember in the beginning you were talking about the different, um, lessons that we would have.

And one of them, I thought, okay, that's where she's going to give us the meal plan. Right. So I was like waiting for this one, and then there was no meal plan. I'm like, oh, okay. Um, but yeah, it stressed me out in the beginning. But it's without, if you were providing us a meal plan, you're doing the work, not us.

So I'm not figuring out how to do it on my own. Without the meal plan, I can

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figure out, I can figure out I know what I want to eat and what I can eat. Um, I don't need somebody else to show me that or to tell me what to eat. Um, Yeah, and I always joke around, but I'm also serious when I say if I gave, I mean, I can't even imagine this.

If I gave you a meal plan and said, these are the foods. One I'd be terrible at my job. That's a feat the purpose of this entire thing, because the point of this is for all of you to understand that no one else knows better than your body. Nobody else can make these food decisions for you and you are your own best expert when it comes to creating Oop plans or eating decisions.

That you can actually follow through with, because you want to not because you feel like you have to. Yes. And that was going back to one of your other questions. Favorite part? That is one of my favorite parts. There is no meal plan. And so I don't have to stress about following some meal plan. And now I know I have that ability to just, I know what my body needs.

I know what my body wants. Yes. I think that that's kind of the theme of this program. If I had to nail it on one thing, it's, self-trust it really is just this self self-trust that you have all of the answers you need, and that you'll continue to know how to find those answers, even when it feels like we don't quite know what they are in that moment.

So good. So how separate question, how has this approach allowed you to. Enjoy foods you love a bit more. It has made all the difference because before I would eat foods that I might find pleasurable, but I would have that guilty feeling. After I ate a particular meal, maybe something high in carbs, or maybe

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something with a creamy sauce.

And now I just know that's part something that my body needs. Something that is part of being a human is finding pleasure in food. I could scream that from the damn rooftops. I didn't know.

No one pleasure is an inherent need with food, right? Like foods were meant to be pleasurable. And really, we just have to know, we have that permission and we can have control and experience pleasure with foods. Yeah, that's attainable and sustainable really was really finding that I could eat foods that I found pleasurable and just listening to, um, the satisfaction and the hunger cues.

And I feel like that's when all of a sudden things clicked, the scales started dropping. Yeah. That's when the magic happened. Yeah. So why do you think. This approach is different and will last you long term. And when I say last, that really isn't accurate because this isn't a finish line approach, right?

Like there's no end. So, but what makes this approach different in terms of. Where you'll never need to do anything different as opposed to other quick, quick fixed methods that we've tried, because I'm the one in the driver's seat. Nobody is like giving me that information. And it's such a good feeling.

It's like liberating because when you say that, I do feel that I have these skills for life. I feel very comfortable now that we've come to the six months, I'm excited. I'm not nervous about the future. I know I'm human. I'm sure things will go up and down, but I have the tools to solve for that. Should it arise or when it

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comes out?

Yeah. And it's, I think it's also just this on the learning of the narrative that perfection was ever necessary. Once we realized that we don't have to be perfect and get the results we want. It changes so much, the stakes are so much lower and it's so much easier to have calm, neutral energy with food versus this heightened state where we feel like perfection is necessary.

Yeah. Yeah. So good. So part of it is like that self-trust too right. Like knowing that I have the self-trust yeah, totally. So, as I mentioned, there's a lot of women who identify as very busy, who listened to this podcast, hence the name of the podcast. So, yes. What would you say to women who are afraid that they are too busy or that they don't have the time or energy to make this work?

I know you mentioned that it doesn't require a lot of extra time, but what can you say to them as someone who's had this sphere? I think you just have to take that leap of faith and know that you're going to be able to find time that the benefits are so worth it. It's going to last you a lifetime. You can find the time to make this happen.

I love that. Yeah. Sometimes it's just having that willingness to trust that if we want this result, then we will make the time, even though the amount of time required may not be that much as we find out when this process, but it is hard. And I totally understand. And I was coming in place. It's like to S to find that 45 minutes once a week.

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I mean, you know, I was talking to you like in the car, at school all over the place, but it's so worth it. And your ability to make it work in the program is going to set you up to know that you can make it work after the program. Right. It all adds to that. Self-trust at your building, whether that's in the car or whether that's at the school or whether that's anywhere else, you can make it work.

And just to having, knowing that you're worth it, that just that 45 minutes and by year, I mean like the listeners, right? Like, yeah, they just that 45 minutes, one day a week. Yeah, you are worth it. My friends, you heard it here first. Very truly though. We need to remind ourselves a bit that we can't fill the cups of others until we fill our own cup.

It is just impossible. And this is such an amazing way to do that. To practice a kinder approach. To food in your body? Yes. Yeah. 100%. That's based on what you want, not what you should be doing. So you were so, so helpful. The last thing I want to ask you. Is that to the women listening who are really, really struggling, they're struggling with food, they're struggling with their body.

Are there any last words you want to say to her as someone who has been there and as someone who's on the other side and has created that, I think that's the big thing. And you said it, we, I know that you have, and obviously I have, we've been there, I've tried every single diet out there and nothing worked and they all left me feeling.

Like crap. And so just giving yourself this one more opportunity to make a change, um, is going to be like the best thing you've ever done for yourself.

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And we all deserve it. Everybody should get access to this. Uh, everybody, we all deserve it really. We deserve for it to be easy and. Thank you so much for being here.

We're such an example of this work and you are an example of the fact that we can make it work. We can be imperfect humans. You can start this process with doubt, with whatever emotions you have in your body, and you can be successful with this work. You do not have to be a perfect human to drastically change.

The way you eat. Yeah. Amazing. All right. Thank you so much for being on the podcast. All right, everyone. Thank you for joining us on the podcast today, and I'll talk to you next week.