

Lucia Hawley:

Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host, Lucia Hawley, and I'm a certified nutritional therapy practitioner with my master's in social work, clinical mental health. I've lost 80 pounds, and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet, trying to get there. If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is a podcast for you. You'll learn how to make the radical changes that you've only dreamed of 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

Lucia Hawley:

Lisa, I'm just super jazzed to have you on. I feel like we're going to have a really, really fun conversation. So I would love for you to tell us a little bit about how you came into nutrition, and of course, we'll dive into your book. So I have a little sneak peek of your journey into health and wellness and nutrition. But for those listening that, can we hear a little bit about what that was like?

Lisa Kilgour:

Sure. Because it's definitely not a straight line. Well, in a holistic nutritionist, I wasn't what you'd expect of a holistic nutritionist. I didn't grow up on a farm. I didn't love veggies as a kid. Actually, broccoli tasted like dirt to me until I was in my 20s. I came into nutrition first to heal me. I desperately, desperately needed help, and I didn't know where to turn. At the time, I was in university, and I was so foggy. I forget what day of the week it was, regularly. I have no idea where I was on the subway and have to think through what day of the week it is. Where am I going? Am I going to the right place? It was awful.

Lisa Kilgour:

I also had nerve damage down both my arms, tendonitis in both my thumbs and asthma that my asthma specialist couldn't figure out how to control. But I was a performance music student, and I played the flute. So this became incredibly problematic, and I went to doctor after doctor and specialist after specialist, and everybody told me I was fine, and I really wasn't fine. Even in my foggy state, I knew I wasn't fine, and after I finished university, I got a job, and I really lucked out on getting this job, and it was working for a whole food supplement company. It was kind of my first introduction to the world of health and nutrition.

Lisa Kilgour:

Over the course of a few weeks, I worked up the courage to try this really weird supplement that they sold, and it was kind of this changing moment in my life, where after a couple of weeks of taking it, my mind turned back on and the fogginess left, and I started feeling better. My job was to learn about nutrition, and I could think and remember again, and it was just so amazing. Over the course of five or six years, I did a huge change in my diet, and I learned more and more about nutrition. I then realized this is what I want to do, and so I went back to school for nutrition, and then 13 years ago, I packed up my cats in my car and drove across the country and started this new life on the West Coast, and I get to do this all day long, and it's amazing.

Lisa Kilgour:

So while it wasn't a direct route to holistic nutrition, I have a better understanding of where my clients are coming from because yeah, I used to eat sugar all the time, and I used to eat junk food all the time, and I know what it's like to feel terrible, and I know what it's like to create change and how that alone can be hard. So I found that the easiest way is actually always the best way as well, and so it's developed to this method of undieting over the years.

Lucia Hawley:

Oh my gosh, I love that, that right there. I said this to someone else recently. I'm like, "Oh my God, today is full of mic drop." But that is such a mic drop right there in a simple way. It's probably the best way. That is just a very refreshing take when it comes to health and wellness. I think in your story, I love, and I wrote this down. The idea that any entry into health and wellness is a good entry, right, that your initial entry into health and nutrition was via that greens powder and that job that you had, the position. I think that's amazing.

Lisa Kilgour:

Yeah. And that we need to embrace where we are because you don't have to have a perfect diet to suddenly feel better. It can be these small little changes. I watched myself stare at this monumental dietary change that I needed to do and thinking like, "I'm never going to do this." But then I did it slowly with these tiny little steps, and I watched so many people who don't want to start unless they can start perfectly, and I'm here to tell you, you don't have to start perfectly. You just need to start. It could be changing your peanut butter from a sweetened peanut butter to a natural one. Just do that. That's only six months. That's all I did, and it worked like a charm. I've never gone back. But I gave myself the time and the space to get used to it, and it worked.

Lucia Hawley:

Yeah. It's such a sustainable way because, also, I feel like in our current culture and with social media, I think there can be this undercurrent of pressure to say like, "Oh, if you're interested in health and wellness, if you've gone from kind of preconception into conception," then you've got to do it all in one fell swoop, or you've got what, a quarter or two weeks, or you have this health challenge you're going to sign up for, and it's going to change your life. So I love this approach that you have with undieting, which I'm going to ask you to define in a moment, where it's really saying like, let's slow the role, not because a role is bad. But because we can really support ourselves in the long term if we just slow down and can metabolize this information as a human, instead of putting the pressure on to do it in any other way.

Lisa Kilgour:

Absolutely. I've watched so many people who go on very restrictive diets. That can be due to a healing journey, like they're trying to fix something, and this isn't the way that they've been told to do it or their natural path or health practitioner has said, "Okay. You need to go on a prescribed diet plan." I have noticed that while you can feel better in those times, and it's wonderful, but the longer you stay on this restrictive diet, the longer you fall off afterwards, and the deprivation can lead to bingeing. It's just a human nature thing. But we can feel so guilty about it when we're in it. I've noticed the more willpower you have to stick with something, the longer it takes to kind of get back to even your old normal. So what I like to do is create change without any willpower, make it so easy that it's not work, and therefore it sticks around, and you can create exactly the same kind of change, but it just takes longer.

Lisa Kilgour:

If you do need to do any of kind of those prescribed diets, having an end date can help you through it by saying, "Okay. I'm doing this for two weeks. I'm not doing this for six months. This isn't forever. This is for two weeks." You can get some learning out of it. But there is problems when we try to do something restrictive for a long period of time, and it's human nature to have trouble with it if not you.

Lucia Hawley:

Yeah. It's not to the fault of the person or the individual, which I also think is common in and with the dieting industry, right, is that we start to think like, "Oh man, if I can't..." And I'm using air quotes, "If I can't eat the good foods, I must not be good." Right? If I feel like I get burnt out or have to default to these "more bad foods" or processed foods, I think we internalize a lot of these messages that our world at large, around dieting world, loves to promote. So it's such a revolution way to say like, "Nope. I see that. I hear that, and I get to come back into what's really going to work for me."

Lisa Kilgour:

Yes. I want to give a hallelujah to that. It's just such an important thing that the dieting culture has told us, that it's our weakness, which is why we can't stay on their diet, when really, their diet was never something that any human could stay on. Whether you can stay on it for a month or seven or eight years, there's going to be a time where your body's like, "Come on. This is just not working for us. Can we do something else?" That's all it is, is your body saying, "Hey, we need to do something else." But the guilt we feel, it's awful, and the dieting culture and the dieting industry really supports the skilled as a means to get you back on in quotations, whatever they're wanting you to do.

Lisa Kilgour:

It's just like, come on. Our body is our best friend. Our body is our best ally, and it just wants balance. So when it's trying to pull us away from these restrictive diets, it's doing it for balance, even if it doesn't feel that way at the moment. When we embrace what our body is trying to tell us and learn the language of it, we can just say no to all those diets, because we can feel good eating the way that our body wants. It's so much nicer, and it works so much better.

Lucia Hawley:

So okay. Can you offer us like your definition of the term undieting? Because your book is called *Undieting: Freedom from the Bewildering World of Fad Diets*. So I'd love to hear you tell us a little bit about that term.

Lisa Kilgour:

My definition of undieting is turning our view away from what people are telling us and what our even rational mind is trying to tell us and tune back into what our body is trying to tell us. So by undieting, you're embracing your body's wants and your needs and learning its language. What we have to do then is to give our rational brain, this brain that likes a plan and likes to be in charge a different job, because it doesn't do a very good job of figuring out our food. But if we let our brain then learn and be curious about what our body is saying, then it's just a kinder and gentler way, and our body will always win, and that is embraced and undieting.

Lucia Hawley:

Yeah. Yeah. When our bodies win, it doesn't have to be this negative, which I've never tried-

Lisa Kilgour:

No.

Lucia Hawley:

... to fully demonized like, "We can learn things right. We can learn things from diet culture." It kind of blows. It really sucks. But okay. What's the silver lining? We can learn things from it. But I think that's such an important part is that we can really start to understand, any signal our body is sending us can be sacred. It doesn't have to be bad, or it doesn't have to be untrustworthy and that it gets to come back to us to start to build that bridge and say like, "Oh, not only can I maybe kind of start to listen to my body. But I can at least approach it at maybe at first with neutrality and then start to love those messages across the board of what the body might be sending." Right. Physiologically, emotionally, et cetera.

Lisa Kilgour:

Absolutely. I got goosebumps with that. The idea that the body is sacred, that's really it, and it's just there to help us be as vibrant and amazing as we possibly can, and by embracing it, we can learn so much. Yeah. Oh, I love that. Yes. I loved what you just said.

Lucia Hawley:

So I really appreciate it. Part of your story that you mentioned briefly is that just this concept, and this is something that I wrote down is that it can be speaking towards that pressure to change everything or just change on a dime all of your health practices or start to develop health practices. If you maybe haven't had that conception before in the past. You said something that I think was really striking is that it can be hard to try anything new when you're bone-tired. I know that that was kind of part of your story is that it took being in that different environment and having that exposure over a day with the new job and the green supplement that maybe without that experience, it would have been hard to have that decision-making power, right?

Lucia Hawley:

There was a decision fatigue in a body that was experiencing a lot of fatigue. So I'd love to hear a bit about your process with your clients, and clearly, well, I'm going to make an assumption. You tell me if this is right or wrong, but when your clients are coming to you, they probably already have some understanding of wanting and desiring to shift to their health and wellness practices. But tell us, what is it like to start to do the slow roll, like onboarding of different health changes that are small sustainable? Do you notice any themes, or is it completely individual, or are there some common changes that people onboard with that slow process?

Lisa Kilgour:

Oh, it's such a fun process. So a lot of the people, well, you are right. Your assumption was right, that when they seek out a holistic nutritionist, they usually have some idea of what healthy eating is, but it's generally not working for them. So most of my clients come with what would be defined as a "healthy diet", using that in quotation marks, because really, it's a subjective term. While I love, love working with people right from the get-go, that percentage of people who come to me with a diet like mine needs to be is fairly low compared to people who know how to make vegetables and are eating them regularly, and they're just not sure why it's not working. So a lot of the people that I've been working

with, especially in the last few years, are people who have done diet, after diet, after diet, after diet, and we are literally undieting their life.

Lisa Kilgour:

It is a very slow process, and my job is putting on brakes because they want to move ahead really fast, and that is because this is what they've been taught of... They have motivation. So let's just dive in. Let's do all of it. I'm like, "No, no, no, no, no. We need to just do breakfast. We need to just do one thing and nail this so it works and you feel good because your energy and your willpower run out at some point." So we need to see this for what it is, which is a muscle and that we have a finite amount of willpower we can use, and we don't know when your willpower will run out. So let's not use any unless we have to, and let's do this really, really slowly.

Lisa Kilgour:

Even though it's slow, it's still faster than me. It took me like six years. It takes a lot of my clients, two to four months to make big, big changes that they feel is really, really slow, but it's working for them because I'm putting the brakes on them, and I know I'm doing the right job when after two or three appointments, they're like, that first appointment, when you told me that I was only supposed to do that, that was brilliant. Because when I have a good breakfast or when I have an afternoon snack, man, the whole day works. I'm like, "I know. That's why we started there."

Lisa Kilgour:

It's really fun, because a lot of what I do isn't balancing nutrition, per se. Sometimes I see a nutrient deficiency here or there, but a lot of the times, it's that what they're eating isn't quite working for them. Either right now, carbohydrates are just out of fashion, where we're told that they cause weight gain, which is completely untrue. Sugar can, refined carbohydrates. But starchy carbs, sweet potatoes, and potatoes can for some constitutions give balance, create some balance.

Lisa Kilgour:

So when I have somebody who's on a high protein, low carb diet, and they're desperately craving cookies all the time, and they're coming to me asking me, "How do I stop eating cookies? This is the right diet, right? I just need to eat cookies." I'm like, "No, no, no. You need some potatoes." That will help calm down those cravings. This is what your body is saying. So a lot of what I'm doing is helping them learn the language of their body by doing some experiments, by doing some trials, and over time, they get to learn themselves, and they can transform in that way of, instead of trying to bend their body into what should work, they embrace what does work by embracing their body cues.

Lucia Hawley:

Yeah. You're a body translator.

Lisa Kilgour:

I guess it's kind of my favorite thing.

Lucia Hawley:

Yeah. Well, and I love the concept of cravings too, because that can be such even an emotionally charged word and term like, "Oh, my cravings are..." Yeah. I tend to crave really salty foods, really fatty

foods, really sugary foods. I must be so bad that I can't resist the two o'clock, three o'clock cookie break or snack break or chocolate break. So I absolutely adore, and of course, it's in your book as well, your ability to break down specifically kind of general types of cravings for specific foods, which I think is so important and really comes back to that ability to translate and say, the craving is not holistically bad. Right? Which is kind what dieting world says, like you should never have a craving, be a robot, eat more protein and don't distract yourself.

Lisa Kilgour:

Exactly.

Lucia Hawley:

But you get to say like, "Well, let's embrace, again, coming back to this idea that we're always in relation with our bodies." So instead of saying, "Let's drill the craving out with the cookies," we get to say, "Well, what would be that really nourishing option?"

Lisa Kilgour:

Absolutely. What I've found over... So I've been practicing nutrition for 13 years, and I've worked with thousands of people at this point. I've learned that my favorite question and an initial appointment is, what do you crave? Good and bad, they tell me everything. Because I work with a lot of perfectionist, and they just want to tell me the good food they crave, I want to know the bad food too, and bad isn't totally in quotation marks because there's no bad food. What comes out is frequently, there'll be a lot of guilt around it.

Lisa Kilgour:

So a pattern I hear a lot... Well, the two most common cravings I hear is chocolate, which is frequently magnesium, and then I also hear evening cravings or fast food cravings. Those two are very emotionally charged and very guilt ridden, and they usually come with this feeling of, I can't or I've been bad, or I'm too weak. What almost every time, and honestly, I use the word almost because while I haven't seen somebody fall out of this category, I just assume, as humans, we're not all the same. But this is so common that I have yet to see a single person fall out of this thing, which is when you have either evening cravings or big junk food cravings at certain times of the day, more times than not, they're because you didn't eat enough through the day, not because there's something wrong with you.

Lisa Kilgour:

It's very easy to not eat enough breakfast, and it's really easy to limit your lunch, and that's what we're told on diets is to reduce, reduce, reduce, and there's this moment, either mid afternoon or in the evenings when you sit on the couch, and you take a deep breath, and you finally relax your body. Your body now comes in and says, "Okay, the cortisol is gone. Now, it's time. I'm hungry." You may have just eaten dinner, and you don't feel hungry, but your body's like, "You have not fed me nearly enough. Let me remind you about the potato chips or the ice cream or what have you."

Lisa Kilgour:

This is also common mid-afternoon. So I hear a lot from people who will drive into run errands or coming home from work just pull into a fast food joint, and they're eating a hamburger that doesn't even taste very good, and it feels so bad about themselves. Honestly, every single time, it's because they

skipped lunch. But they hadn't connected it. They feel that it's their weakness when really, it is simply that the body was hungry, and it needed some food, and this was available. If we can be curious about our cravings, instead of guilty about our cravings, we can learn what is actually happening, and therefore be able to find balance so it's no longer playing out. It's so much easier than it needs to be.

Lucia Hawley:

It's not your weakness. It's your physiology. Your body's talking to you.

Lisa Kilgour:

Exactly. Exactly. Chronic dieters tend to have this especially strongly, especially those evening cravings, where there'll be totally fine and then be eating a bag of marshmallows or entire bag of cookies, and it's the body finding balance. It's because the other days, the days that you get through just fine are enough out of balance? The body has to fix it every once in a while. If we can fix the inside and find balance on the inside of the every day of your diet, then those cravings go away because the body is no longer starving.

Lucia Hawley:

I think this information is so fascinating once you start to learn it, right? You're the person who's eating the bag of marshmallows or the pint of ice cream at the end of the day. Once you start to understand this information, then I think it just adds this level of logic to something that can feel either so shameful or so emotional. Right? I can't not eat it. It adds this level of just rationality to those cravings. Just say, again, I'm going to keep drilling this subject because I think it's just so important in this conversation of saying like, "Man, actually that bag of marshmallows." Even if I didn't feel so great after it, because it was a hit of refined sugar and whatever else we know about how the body functions, how wonderful, potentially, which maybe that's going to trigger some people to hear that.

Lucia Hawley:

But how wonderful that my body gave me that, and it offered me that information, and now I can metabolize those different experiences I had as you're starting to learn more about how our physiologies function. I just think that's so beautiful.

Lisa Kilgour:

Absolutely. When we can replace guilt with curiosity, we can get up so much more information. So one of the things that I highly recommend when you feel a craving is to follow it, instead of denying. So say all you can think about is a piece of chocolate cake. When that craving is still a little quiet, I'm not obnoxiously loud. That's the time to go get a piece of chocolate cake. But I want you to do it very specifically. I want you to go get exactly the kind of cake you love. I want you to sit at the table. I want you to take a deep breath and relax and then take a bite and let it melt on your tongue and enjoy it, really, really, really enjoy it, because when we can tell our body, "Yeah, I hear you. You wanted this. I don't know why, but you really wanted it," then the cravings start to get quieter, and you can be open to the information about it.

Lisa Kilgour:

So one of them is you can stop eating the cake when you're actually satisfied instead of the guilty kind of eating, where you could eat the whole cake and still want more. When we can be present to it, you

might only eat the piece. You might only eat half the piece. I love chocolate cake. So when I crave that, it's usually I'll be out for dinner, and I'll share it with whoever I'm eating dinner with. Because that's all I want. I want three bites, and three bites are just glorious. But I don't feel well when I have the whole thing. When we can be present with our cravings, you can be aware of that end because... It's easier to say it's to end when you know you can have more tomorrow if you really want it.

Lisa Kilgour:

I had a conversation about a week or two ago with a woman who loves chocolate. So we got into like, where are those chocolate cravings coming from? There's magnesium deficiencies can drive chocolate cravings because cocoa and dark chocolate is really high in magnesium. But sometimes it's also just enjoyable. I say this to so many different people. It's have chocolate in your house and have a square. I've actually added dessert to breakfast on a regular basis because I have sugar cravings, and I find that if I give my body that taste of sweet earlier in the day, it reduces them for the rest of the day, because I'm not depriving myself, and healthier versions taste better. So I'll make a batch of black bean brownies and the recipes on my website if you're thinking I want black bean brownies. They're the best thing I've ever had. They're beans and cocoa. They're so good for you, and I'll have half or one brownie with breakfast and then not think about them again for the rest of the day.

Lucia Hawley:

Oh my gosh. Yes.

Lisa Kilgour:

But other people, the non-sugar-craving people out there, their stomach is churning at the idea of even a black bean brownie for breakfast. But you sugar cravers, there's a handful of you out there thinking like, "Oh my God. Breakfast dessert would be amazing." Because ironically, I rarely want dinner dessert. If I have a square of chocolate after breakfast or a bit of that black bean brownie, I feel so good. That's just because I've been open to what my body wants to say, and I haven't put rules on there, saying, you can't have dessert for breakfast. That's wrong. No. It's totally fine. It's food. Just eat it.

Lucia Hawley:

No. I love that so much. I think that's such a beautiful and radical way for us to remember, because I even find with clients and just in the nutrition world in general, there can start to be... I think sometimes when we have a paradigm shift, right, if we've kind of grown up in, and we're doused in like the world of dieting, which is just the norm in our culture, right? The normal thing is the dieting to whatever degree. It can be so interesting as you're starting to cultivate this new series of habits that we can be in that cultivation, and yet if we have times of stress or we feel for whatever reason, there's some sort of a tie back into those old habits, I think it can be really interesting what happens when we're noticing like, "Oh, wait a second, I'm starting to make a diet out of my undieting?"

Lucia Hawley:

So I think it's that radical view to be like, "Wait a second. The food rules, they might be the three meals a day." I might never have thought, right? Or it might be like dessert "should" only be after dinner or only be like, "If I'm going to have a chocolate snack, it should be with the trail mix and not just a piece of chocolate by itself." So I love that. It's that unraveling and saying like, "If we just tune out the noise for a stretch of time, what do I as an individual actually want? What actually fosters that feeling and that prolonged experience of peace. Because then if we like have more joyful people, that's always my thing,

all of this comes back to feeling at peace in our bodies, feeling grounded, right, feeling that natural energy. What can't we do when we get to that point? Why wouldn't we want to say like, "Yeah. Damn straight, I'm going to have my like chocolate for breakfast. Hallelujah. How awesome.

Lisa Kilgour:

Absolutely. I got goosebumps with that too. I totally like, "Oh my gosh. That was so well put." I think that some of your listeners might be worried, because I hear this a lot. Well, Lisa, if I embraced all of my cravings, I just eat cookies and chocolate and potato chips all the time, and I have to say, "No, you won't." Because when you stop denying your cravings and you embrace your cravings and you do it with curiosity and with presence, you'll also notice that you don't need as much to feel satisfied and that whole foods like whole foods like fruits and vegetables and nuts, seeds, and beans, and all of those "healthy whole foods", our bodies are more drawn to them than they are to potato chips and cookies.

Lisa Kilgour:

When you stay present, you'll notice, "Oh, you know what? I feel better when I have an apple in the afternoon than then when I have a piece of chocolate." But I can have either. I have this little rule I have in the afternoon because I feel better if I have an Apple, but what I want is a cookie that I just have to eat an Apple first, and if I want a cookie after that, I'll just go and have the cookie. Nine times out of 10, I forget about the cookie. But I've noticed that when I'm an adult, I can just bypass this rule and go for the cookie, my energy isn't as great in the afternoon, and I'm much more sluggish. If I have the apple, I feel better.

Lisa Kilgour:

So that reminds me in that moment, "Oh, let's have the apple because I feel better that way." There's so much power in just that balance and curiosity that we will draw ourselves to healthier foods." One of the ways that I recommend even increasing the healthy foods in your diet is instead of denying yourself of things and removing things and leaving big gaps and holes, focus on adding. One of the few healthy eating challenges I do is add one new fruit or vegetable to your diet every day for a week and just see how you feel and let it squish out other stuff. That's how I discovered the afternoon apple. It was less like, "Well, I wanted to eat another piece of fruit today." Why don't I have it now? I'm like, "Whoa, I feel so much better."

Lucia Hawley:

I think that's such a cool exploration to really feel like, "Oh, what do I value?" Right? In that example, what you value is feeling better during those afternoon hours for kind of the-

Lisa Kilgour:

Absolutely.

Lucia Hawley:

... nine out of 10 times, and then if there's that 10th time that you want to bypass the apple, it's with that much more consciousness of saying like, "Yeah. You know what? I want the cookie. No apple. Thank you so much." The exchange might be feeling a little more sluggish and feeling some of that unbalanced blood sugar levels, but that's the trade off I want, that one time out of 10 versus the 10 times out of 10.

Lisa Kilgour:

Absolutely. Because I stay curious with it, this first, was it choice? So there wasn't guilt here. It was like, "No, I want the cookie. I'm a grownup. I get to have a cookie if I want a cookie." But then because I stay curious about how I feel, it's just information. It's just, "Oh, this makes me a lot more sluggish, and I'm losing a whole half an hour of my work day." Because I don't want to think anymore. Oh, the lesson learned tomorrow, I'm going to go back to the apple because I liked, and I liked how it tasted even at this time of the day, and it's just there's power in curiosity, and there's power in not depriving yourself. I can eat chocolate cake every single day. Because of that, I don't.

Lucia Hawley:

Yeah. [crosstalk 00:31:59]-

Lisa Kilgour:

Does that make sense?

Lucia Hawley:

Oh my gosh, it makes so much sense. Totally. Because it really shifts that perspective and the mindset from that scarcity into abundance. So if something is always there and readily available to us, I think it totally ties back into what you were saying earlier of saying like, if it's not about less and less and less and less, I don't have to worry about those things that I've had to worry about potentially before because they weren't allowed, or I could only have so much of X, Y, and Z, or I had to make the healthy version and not just have whatever I actually want to have. I think that's just, again, the term that I keep coming to. It was very grounding. It was very free.

Lisa Kilgour:

Absolutely. The truth is that by categorizing food as good or bad doesn't make those good foods easier to eat. It makes the bad foods more powerful. That's why in my world, there are no good or bad foods. I can eat whatever I want. But I know what I feel best eating. So I tend to do that the most. A lot of our dieting culture teaches us a fashionable way of eating. I've been in the industry for over 20 years at this point, and I've noticed how quickly, or the fashion change is fairly slowly, so you don't necessarily notice it's fashionable. But if we go back into the '80s when fat was bad and carbs were good, people were losing weight and tons of carbs and no fat. But the refined sugars were causing diabetes and obesity problems. So then 20 years in and around the 2000, so it was like, "Oh wait, we were wrong."

Lisa Kilgour:

Atkins comes in right at that time, high fat or high protein, medium fat, that's fine, and no carbs, and we've been doing that for 20 years. Well, that's about to change again. My suspicion is it's going to be, protein is bad, carbs are okay, and fats king, because that's the pattern we're on. It might seem crazy that fat or that protein could ever be wrong. But it was wrong in the early 1900s. So the very first macronutrients style diet campaign. Actually, it was the second one. The first one was bad carbs. The second one was bad protein, and that was Kellogg and a guy named Graham. They decided that all of our social problems and our dietary problems, they actually thought that we are badly behaved as well because of all of our protein intake, and they brought out cereals and Graham brought out his flour mixture to combat our high protein intake. So it's all fashion. It will all change and just ignore it all. All macronutrients are good. We just need to find the balance our body likes.

Lucia Hawley:

Yeah. We get to come back to our own, and maybe it feels a little messy. But our own messy need of what really works for us, and I love that you bring up that example of the different macronutrients, because for sure, and I talk about this a lot with clients who feel a lot of pressured from either previous nutrition experiences or just fitness communities at large to say like, "Oh, fat and carbs, I have less of them, but you could never have enough protein." Right? Stuff yourself with protein, and then whatever you want to eat after that will be almost like fixed. So I think it's so, so smart to really say like, "No. Let's bring back some moderation into just our conception of the three macronutrients so we can really then play around." Like you say, curious about it.

Lisa Kilgour:

Yeah. Because everybody needs to be fed a little differently. I have a body that is very out of fashion in its way. It likes to eat. My body loves starchy carbs, like sweet potatoes and potatoes and it loves fat. So butter slathered, sweet potatoes roasted in the oven is the most heavenly healing food I could eat, and it's not fashionable at all, but I like to talk about it because then that way, I want to normalize even something as extreme as what feels good for me because when we can start understanding that it might not be this protein with every meal kind of idea that's been so ingrained for the last 20 years, that maybe there is another option. I hear from my clients all the time, when they're going through what they eat, they'll tell me, I don't eat bread.

Lisa Kilgour:

My question is always, why not? They're like, because it's bad, right? I'm like, "No. It's food." A good quality sourdough bread is healing food if you tolerate it and if it feels good. I watched them. Their face almost looked dumbstruck when I do that. I'm like, "You can survive on sourdough bread and water." That's how healing this kind of this food is. It's just out of fashion because grains are out of fashion, because there's a bunch of health experts, and I use that quotation marks as well, that are telling us this idea that they have, that first, that works for some people, but it isn't a universal human experience, and we don't all need to be on these restrictive diets, and for some, my body, I would be so unwell if I followed that advice.

Lucia Hawley:

Yes. That's what made me so... Well, I mean, I wasn't happy in the beginning of quarantine. But seeing so many people jump on the sourdough bread train, I was like, "Yes. So bring it. Are we making our bread?" This is a trend. Eat that stuff up.

Lisa Kilgour:

Totally. Yeah. I loved it.

Lucia Hawley:

Very nourishing.

Lisa Kilgour:

Yeah. I loved how we all collectively went into our kitchens and started baking. I was a part of that. I don't usually do a lot of baking, and I was baking two or three times a week and finding new recipes and trying new things. It was like we were collectively coming back to an old way of nourishing ourselves and

putting work into this because the truth is here in North America, we don't spend a lot of time cooking, and we don't spend a lot of time eating. We try to eat as fast as we can. In France, they don't actually spend much more time cooking, but they spend a lot more time eating. They are, when it comes to preventable diseases, doing a lot better than we do. If we started eating food we liked, because we don't do that very often here in North America, and then we enjoyed it and really put some joy and pleasure in our meals.

Lisa Kilgour:

Our bodies would find some balance. The best way to balance your portion sizes is to eat slower and with presence, and your body will figure it out. You don't need to measure anything. You just need to chew. Just chew your food really well.

Lucia Hawley:

It's always the least sexy advice. Right?

Lisa Kilgour:

I know.

Lucia Hawley:

How do I do portion control? Well, let's just have you chew your food. What?

Lisa Kilgour:

It is actually really hard to do. So I always warn people like, "This digestive habit thing, it's really hard, but it's the most powerful thing you can do for your overall digestion, your absorption, assimilation, your portions, your curiosity of learning what your body likes. It's so powerful." But I watched person after person kind of pushing back on it. One woman, I have a nutrition, had a membership site that we do really fun things, but mindful eating, and this presence and eating comes up all the time because it's the solution to so many things.

Lisa Kilgour:

One new member, she's working on it, and she wrote to me and just said, "But halfway through the meal, I stopped liking it, and I stopped enjoying it. But I'm not done yet. So I just keep eating. What should I do for about that half of the meal? I don't want to eat and stop eating?" That goes to this old childhood habit of finishing your plate, because that's how she pushed back, and she's like, "But I'm supposed to finish my plate." I'm like, "No. Why? you're an adult? Put it in the fridge [inaudible 00:39:51] later."

Lisa Kilgour:

But we need to question all of these things. We need to question these food rules that worked for our family when we were children to make sure you got the food you needed to eat in a day but doesn't work for you as an adult. By just questioning and being aware like, I loved her curiosity about it, of like, why don't I want to finish my meal? She didn't know why. She just knew she didn't want it. There's so much power in that curiosity that sometimes you don't know the answer, and that's okay. That's half my job is to help you figure that out. But it will come if all you do is say, "Oh body, I hear you. You don't

want to finish this meal. I don't know why yet, but I hear you." And just that little bit of... That quick moment of recognition makes a huge difference.

Lucia Hawley:

So along a similar vein, I thought something else that you've spoken about too that I find so awesome and so just, again, like another mic drop is the myth of high energy and this culture that we're in that really foster is just like, go, go, go, burn yourself out, and then do it again and be proud of it, but also never be in the present moment. So can you tell us a little bit about the myth of high energy and how that ties back into these food and nutrition habits and what you see there?

Lisa Kilgour:

Absolutely. If this is something that I've had to work through myself, you've probably noticed by the speed of my talking, I am a naturally high energy person. But I used to over caffeinate myself because I thought I had to be super woman high energy, and then I just turned into a hurricane that nobody wants to be around. But what I noticed, and I've burnt myself out many times. I've gone through adrenal fatigue more than once because of this like myth of high energy. But what really got to me was when I first started working as a nutritionist in the late aughts, I saw a lot of adrenal fatigue in women in their mid 50s. That makes sense. You're going through perimenopause, or you're on the end of perimenopause. You generally have elderly parents and teenage children.

Lisa Kilgour:

This is a really hard moment of life. So it's understandable that you're getting burnt out. So I loved supporting them through that. Then I started getting the 26-year-old burnout, and that was eyeopening because at 26, you've been kind of living as an adult for about eight years. That's not a lot of time to burn yourself out. But then I was watching the Red Bull consumption, and the healthiest eaters were coming to me drinking three or four Red Bull and working two or three jobs because unfortunately, that's the life of a 20-something right now.

Lisa Kilgour:

What I was getting from them over and over again is that I need to be at hundred percent all day long, and I need to be working 16 hours a day. There's no downtime. There's no rest. So it was around the same time that I was actually shoved into a meditation practice through one of my works. I'm so grateful for that show. It was a part of a contract, and suddenly, I had to meditate in this group twice a week, and it was a life-changing moment of for the first time, understanding how high, strong I was and that I could reset lower. So as in this moment that I was resetting my energy to a commerce state, I was watching these overstimulated 20 somethings and full-on burnout over and over and over again, and it made me realize that rest is one of the most powerful healing tools that we have, and that without rest, our bodies don't function properly.

Lisa Kilgour:

I'm also a musician, and I play in the local symphony in my area, and I noticed how important rest was in practicing that I couldn't say a piece needed six hours of practicing. I couldn't do that in one day. I had to do that over six days because of the sleep in between each hour of practice was as powerful as the hour that I put in. So I've decided consciously to talk about rest as much as possible. So I tell people, anybody who will listen about my lunchtime naps, something that I might have been almost a little shameful about like, "Oh, sometimes after lunch I take a nap. Oops." It's like, "No, no. I take a nap because I'm

tired at noon because I feel better when I do it." I have full weekends where I read trashy books and do nothing that's that's increasing my knowledge base.

Lisa Kilgour:

I spent most of COVID rereading Harry Potter. That was a conscious decision to say, "I want to be resting." We need to understand that our energy doesn't have to be at a 10 all the time, that if it gets too low, that's when we overstimulate too much, and we can't stimulate anymore, and we're set really low. So I worked with a lot of people in adrenal fatigue and adrenal burnout, getting them back into and to a more balanced state. But part of that is looking at your energy differently and saying, "You know what, I can't be super woman anymore. I need to find a different balance." When we can say resting is as important as accomplishing, I think as a culture will be so much more powerful."

Lucia Hawley:

Wow. Yes. That's so interesting because I used to work with a lot of CrossFit athletes of a broad spectrum, right? Beginner to intermediate, to those who are starting to compete regionally and really embrace an identity of becoming an athlete. It was so interesting working with a handful of them across that spectrum, and as they were shifting from beginner to intermediate, to potentially competing in competitions, et cetera, because some of them had a previous identity as an athlete and other sports and others didn't. I think what was so interesting is both what you're saying about general context of like, in our culture, it's go, go, go. It's burn your adrenals out and maybe deal with them later.

Lucia Hawley:

But it was also so interesting is that that was one of the hardest things to drill in with saying like, as your athleticism, right, as you work so damn hard, how beautiful is that. As you work so hard to expand your athletic capacity, the way that we do that in the long term is that we expand your ability to recover and rest. So excuse me, as that athleticism grows, so does that rest and recovery, and I think what was so pivotal too with recognizing like, oh, as any adult or any person coming of age, that's actually a tool that I think most of us have to learn or unlearn because of our current culture because it's just that norm that we're bathed in of doing it all, being maybe type A or perfectionistic and feeling like we can juggle and bounce all the plates that we really get to say like, "Okay. Cool. I see that that's happening. Like you said, I'm going to go take my lunchtime nap. Could that make me feel more like me? Thank you very much."

Lisa Kilgour:

Absolutely. I think because athletes, they have to be doing this rest, that if we could incorporate it, just like you said, if we could incorporate it into our days, we would be more balanced. But I also think I accomplished so much more with this basic philosophy of when I'm working, I'm really working, and when I'm not, I'm really not and that my perfect zone of working is like five, six hours a day. It's not eight. It's not 10. I'm self-employed. So the amount of effort I put in directly influences what my business does, and I used to put in 10 to 12 hours, but I got half of what I get done now in four to five hours, simply because I give myself that space to not be doing that high creative work. I can just sit down and read some trashy book. I love it.

Lucia Hawley:

I love that too. So-

Lisa Kilgour:

Or watch Gilmore girls. That's the other way I [inaudible 00:48:09].

Lucia Hawley:

Anything that brings us into that parasympathetic rest and digest mode, that healing moment, all for it, right? Because even that can become so individual, and it works for any of us. One day it might be Gilmore girls, or the other day, it might be a trashy novel. The next day, it might be going for a walk, and the day after that, it might be a combination of all three. It varies, just like our own proclivities.

Lisa Kilgour:

Absolutely. One of the things that I find amazing is that when it comes to money, we are always considering saving, that as an adult, your is to live below your means, so you have money to put away for a rainy day. But then we spend our energy. We spend every dime every day, and we have none leftover. Then we expect us to have energy in 20 years, just like, if we want to retire, if we spend every dime we have every day, we have no money to retire, but we're doing that with our energy. Isn't our body's health more important than our money. Simply by giving yourself, what you said, that space for the parasympathetic nervous system, and our body can recover, and it's spending time in that savings account zone of recovering and building up again, and it's so important.

Lucia Hawley:

Oh, yes. It's like deciding that a shopping spree is a more... more intermittent shopping sprees with our energy.

Lisa Kilgour:

Yeah. It's totally okay to have a day or two where you're like, "Go, go, go," all day long." But it's not okay when that seven days a week, and it does seem like our culture right now sees that as being accomplished, and I would like to change that, that my Saturday afternoon is very accomplishing. My Saturday afternoon nap is the most accomplishing thing I do.

Lucia Hawley:

Okay. So here's a question. I have a few questions that I ask everyone who comes on here. So kind of dovetailing into that, what is your idea of health?

Lisa Kilgour:

My idea of health. Oh, I love that. You know when you eat something you really love and your whole body lights up? My idea of health is to know what lights you up and to embrace it every day. So you have these moments that you just like, "Wow, I love doing that and light you up. I love eating that." It lights you up and that we feel good, and that brings also joy to our life. When we all are kind of embracing that joyful, happy, pleasurable place, imagine what our life would be. Imagine what a conversation with somebody would be like if you both feel joy and pleasure regularly. Yeah. That's helped me.

Lucia Hawley:

Yeah. I think that's so pivotal too. In these times with 2020 and just all the different lessons we're learning and experiences we're having, that ability to really innately foster joy, it's just so profound [inaudible 00:51:13].

Lisa Kilgour:

We need it right now.

Lucia Hawley:

We do.

Lisa Kilgour:

This is the year we need joy.

Lucia Hawley:

If there's any other year, this is a year. So okay. So my second question then is, what is your idea of happiness?

Lisa Kilgour:

Oh, my idea of happiness. For me, it's really simple. It's being in nature or being your water even better, being around my animals and just having a quiet moment. Being present is happiness. Yeah. I don't need much. I'm pretty simple. But it's just like, when I'm somewhere pretty and when I'm around things I love, like my partner or my animals, that's an easy route to happiness to me.

Lucia Hawley:

Yes. I love that. Then okay. So last question. What is your favorite word?

Lisa Kilgour:

Oh, I don't know. [crosstalk 00:52:07]-

Lucia Hawley:

It's always one of the trickiest question.

Lisa Kilgour:

Oh, I love it, though. Words I use often is powerful and joyous and pleasurable. So I guess I like those words. But I think if I had a word that was what I strive for everyday it would be freedom. A lot of my decisions are made around freedom. So I guess that might be my favorite word. Yeah.

Lucia Hawley:

It's something you really value.

Lisa Kilgour:

Yeah.

Lucia Hawley:

Wow. I mean, all of that is very powerful and very free. [crosstalk 00:52:39].

Lisa Kilgour:

Yeah.

Lucia Hawley:

Okay. So everything that we just talked about in this last hour is housed within your most lovely book, Undieting. So of course I have everything linked up in the show notes for everyone, but can you just tell us where we can find you online?

Lisa Kilgour:

Absolutely. So you can find the book at all online sellers. But if you would like, I have some bonuses that come when you order the book. So if you go to undieting.ca, all one word, undieting.ca. You can get both links to where you can buy it. But also, the place to get all of the bonuses and one of the bonuses is a digital course called undieting your real life, where I take you through the steps of making this as actionable as possible. It was a really fun course to put together. So that you get access to right away. You also get sent the chapter on cravings right away. So people ordered it online, and you're waiting a week for your book. You can dive into the cravings right away.

Lucia Hawley:

Yes. Then you can learn about the difference between the dark chocolate and the milk chocolate and the potato chips, all that goodness.

Lisa Kilgour:

[crosstalk 00:53:51]. Yeah.

Lucia Hawley:

Well, Lisa, thank you so much for coming on this conversation. I feel like we could have spoken for easily another hour. Just your energy and your words and your book, they really do. They align very much with everything that I know you value based on our conversation. So they're powerful. They are free, and I'm just excited for everyone to read your book and feel like they can undiet really freely.

Lisa Kilgour:

I've loved this conversation, Lucia. We're a match made in heaven, I think in our philosophy, and I love your podcast. I hope everybody here listens to every single episode because of this philosophy that you expose is really where food freedom comes from, and it's the real way help. It's a big deal, and you've given me goosebumps, what, three times in this conversation. It's amazing. You're incredible.

Lucia Hawley:

Well, thank you. Okay, everyone. That's all for this week. Thank you for listening to this full podcast episode. If you want more of this information every day instead of just one podcast episode each week, consider coming over to Instagram, to hang out with me. I'm [luciahawley_](https://www.instagram.com/luciahawley_) over there. That's L-U-C-I-A H-A-W-L-E-Y underscore. One more thing before the episode ends. Please consider leaving a review of Devoured on iTunes so we can keep spreading the word, and together, we can offer this free education, empowerment and liberatory nutrition principles that will change more lives. If you're someone who

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