

You're listening to episode 151 of the Devoured podcast. Welcome to Devoured, the podcast for women like you, who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time, from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols, and instead step into living your life on your terms while losing weight in the process, you're in the right place. Okay. Party people. Potentially, you are party pollen people. Potentially, you are puffy pollen party people. Or is that just me?

When I say puffy, I mean, puffy from seasonal allergies. That's what's been going on in my neck of the woods. And of course it's so great to have seasonal allergies because spring is here. Things are in bloom. The Birch tree that is outside on the Boulevard that I look at. Like I'm looking at it right now as I'm recording. Just in the last three days, all the teeny tiny buds on the tree have gone from just being tiny closed little buds into actual small green leaves. The tree looks like a tree again. Summer is here. Seasonal allergies are here. And that's where I'm at.

I hope whenever you're listening to this episode, that it is finding you well. And I thought today, it could be really interesting to talk about fluctuating weight. Now on someone's weight loss journey, the scale number is a metric. I've often referred to it as a very clunky metric. Because it tells us absolutely nothing about the ratio of our lean body mass to our fat mass. And if you're talking to anyone who's looking to lose weight, most of the time, like I'd say 98% of the time, there are rare circumstances where it is not part of the time, but most of the time people are desiring to lose solely body fat. They're really not looking to lose much lean body mass. So in these conversations when we're talking about the scale, I want everyone just to be reminded, we can know it, but there can be some stuff around it emotionally, to remember that the scale is simply a metric that is rather broad and clunky.

And so because of that, it cannot and it will not be the end all be all of what our journey, our whole bodied, whole hearted journeys of losing weight actually encompass and entail. And I would bet for any of you who are listening to this podcast, you all are really savvy. And as I've said before, I'm not here talking about why a salad is healthy or why an ultra processed food isn't so healthy. We can have these understanding. And it's much more about the nuance of, what do I want in my one radical life? How do I want to feel around any and all foods regardless of how they function on the inside, or maybe especially because of how they function on the inside of my body. Right.

So in these conversations, when we're talking about weight and a scale weight, I want to start it off by saying it is a clunky measure that only describes total mass, the gravity of you on earth. And if there are a lot of emotions around it, I want you to go back to the episode called loving yourself down the scale. And I'll post a link to that in the show notes. So you can listen to that one. And if you've listened to it before, you could listen to it again. Information still hold. But what is useful to understand and what you will glean from that episode as well is that any time we are deciding consciously and intentionally to use a scale weight as a metric of our progress, because we are choosing intentionally to lose weight and lose body fat. First off, we want to make sure that that weight is... We're also not turning a blind eye to other metrics that would create a more whole picture of what's occurring. And what I mean by that are the metrics of how are you feeling in your life?

How are your energy levels? What is your sleep like? Are you feeling like your life feels more enjoyable, even on hard days and less hard days? Right. Even when life is lifey, are these actions that you're taking, contributing and adding to your life? That's a metric of weight loss. We want to make sure that you're loving yourself down the scale. So the actions that you're taking to be losing weight are adding to your life and not taking away. Second, would also be how are your clothes fitting? Because you can be at exactly the same scale weight and have all the scale drama, but your body composition, the lean body mass to fat mass, water mass, water retention, bloating, distension, all of those factors also contribute to body composition. Whether that changes acutely, day to day. Right. Bloating, digestion, et cetera. Or

if it's more longterm as we're progressing with our weight loss, we are maintaining if not building muscle mass.

And so those changes are more long-term that can be reflected on how our clothes fit our body. The same size or not, or a different size as we're going down the scale. So what you might be finding is as you go along this process, that the scale is useful. But you start to realize that being wedded solely to that number doesn't feel so good because it doesn't tell you the whole picture. As I say this, I also want to add in that as part of the lean and liberated process, this is something you don't have to opt into, but I encourage women to, because it offers a lot of fodder to talk about and to get coaching on, is I encourage women to use a scale once a day. Hop on it, grab the number. Don't worry about that number. And just notice week to week, what are your weekly averages?

Because if you're looking to lose weight, a weekly average is going to give you actually much more information than a daily number. And that brings us weight fluctuations. If you have done that before, what you have probably found is that your weight fluctuates like no one's business. And that weight loss, or weight maintenance, or weight gain all include weight numbers, scale numbers in pounds or kilograms. Choose your battle, choose your adventure. The number is going to fluctuate.

And if we don't feel prepared for those weight fluctuations, what you're going to find is that you're actually going to often have a weight expectation on the fluctuations. And this is really common. We might decide, okay, for X, Y, and Z reasons, it's okay if I hop on the scale and maybe it's up a pound. But if it's up three pounds, I'm going to have a radically different feeling about that two pound difference, between one pound and three pounds. Same thing if we're losing weight. We start to notice, okay, this stuff has happened in reality. And yet, as I hop on the scale and I noticed, Oh, the scale has actually gone down. My reaction between how much I want it to go down, how much it has gone down, whether that is one day, whether that is an average of one week, or whether that's an average over a month, weight loss is not linear.

And it can't be because our lives are not linear. We are not robots. And I actually hope that if anyone here has tracked calories before, that it's case in point that you can be doing something perfectly, you can be learning how to feed yourself, lovingly in like pretty much the most perfect way. And it will still not be linear. So we also have to start to shake off that expectation that doing something quote unquote, perfectly is going to quote unquote, make the scale fluctuate less. That really isn't true. When we can break free from that expectation, I think what you'll also find is that it's very permission giving to notice that if that was an expectation, like an associated expectation, the more I do X, Y, and Z, the less the scale should fluctuate. It's like an if then statement for any of my programming nerds. If we have that, if then statement in this context more likely than not, we have a very similar, if not the same, if then statement and expectations in other areas of our lives.

And that right there is the beauty hands down. That is the most life-giving part about choosing to lose weight in this way, is that we start to see the associations and those ripple effects of, oh, I've had a rather rigid if then statement around how my weight loss and this actual scale number should look as I'm going through this journey. Yes. I can have a container of wanting to start at a weight and end at a weight. But in that container, those rigid expectations either serve you or they don't. And if they don't serve you, it's not about doing something harder. It's about starting to flip the script. And really starting to get curious, oh, maybe part of this journey is discovering what my actual if then statement was.

And when we discover it there, this is the cool part, is that we then start to have a relationship with it, with our weight loss. And this gets kind of meta, but that's what we do here. If you can start to develop, and shift, and play with your relationship to your if then statement, whereas in the past, it might've been subconscious that there was that if then statement. Oh, weight loss needs to happen in X, Y, and Z fashion. And I need to do it in this way, done and done.

We start to tease that apart. What we find is that we have a relationship to how we want to lose weight, to how we are losing weight. And therefore we have a relationship to our, if then statement. And therefore, once we identify a pattern as I've shared recently, our brains are really efficient. So of course they're not going to run a bunch of different programs or a bunch of different patterns every single day. They're complex. So we have a lot of patterns. But it's not like we're going to just generate a new pattern all the time.

We just have a core set, like a handful or two. So it's very worthwhile. If we desire weight loss for our own reasons, it's internally motivated. We've done that work of discovering whose stories are whose. Which stories would I like to continue to claim as mine? Which ones am I open to releasing back into the ether, to the universe, to people, to the past, to the future? In this present moment, what are the stories that actually serve me? You'll find the, if then statements that are part of those stories that actually serve you. And you'll find that this conversation then becomes less meta and more real life. Because let's not forget and I know I hop on this podcast and I talk here and you're like, okay, Lucia, you're in my ear. But are you in my life? Because their life is a set of different actions.

If you think about a life well lived, and this must be a quote, I don't know who to attribute this to or where the quote... Where it's like, a life well lived is just a string of days well lived. Right. A life that you're proud of is just a string of days that you're proud of. So your only job is to be focusing on if I'd like to make myself proud today. You don't have to worry about making yourself proud tomorrow or a month from now. That's when things start to feel very overwhelming.

And that's what diets love to do. They like to have us focus on the future, often getting anxious about it. Or focus on the past and get sad about it or overwhelmed by it. Well, part of this whole experience, it's like a different way of living, is coming back into the present. It's coming back into the present moment when we step on the scale. And also when we step off. Coming back into the present moment, when we step into our closet. And also when we have all the feelings about ordering the new clothes for a new season. That is going to serve us so deeply.

And so I hopped on here being like, okay, let me break down all the different reasons why our weight can fluctuate. Right. Menstrual cycles, different seasons, even things like seasonal allergies. Right. Just like that feeling of puffiness, the things that we can associate surface level with feeling fat. All this stuff, just the stuff that can trigger us. Right. Body fat is neutral. Our emotions and our feelings make it not neutral.

If we have to go to the bathroom, if we're consuming foods that are difficult for our digestion, we're experiencing bloating, we're experiencing pain. What our physical activity looks like, whether we're post or pre a strength workout. What our hydration is like, if we're eating water, rich foods or more dry foods, all of these different things impact our weight fluctuations day to day. Drinking alcohol, drinking coffee, using diuretics. These are the inputs and the outputs that are tangible that, hopefully just hearing those was a nice reminder. It can be a 32nd part of this podcast. But after that, the reason that those tangibles get to stick or not is when we make the conscious choice to be present.

And when we develop those tools for ourselves of, how would I like to be present? Is there anything I'd like to do with the information that I gleaned from the present moment and how would I like to carry that forward in this life that I'm living and building that I'm proud of? You really don't have to worry about the future too much. Yeah, play on. Sure. Yeah. We learned from our past. Definitely. But whenever we're feeling confused about weight fluctuations, I just want you to come back into the present moment. If that's your homework for the week, that is so awesome.

Really identifying, oh, where is my brain going when I think about weight, when I think about how it fluctuates. When I think about how I think it should fluctuate? What is it that I'm experiencing in the

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present moment when I'm having those thoughts? How am I feeling? What is my body doing? Right. Are my muscles tense? Do I feel relaxed? Can I just be with that in this present moment? If that is the homework that you carry forward from this episode this week, that is incredibly powerful. So just know weight fluctuations are part of being a human. And if you're listening to this podcast, you're probably curious about cultivating a human experience that is very, very human. You're not so interested in being a robot. You're interested in living a whole life for you, for yourself. So I hope you play with that this week. And I'll see you on the next episode. Did you know, you can find more support for me on my website, go to Lucia Hawley, L-U-C-I-A-H-A-W-L-E-Y.com to connect.