

## Podcast 6: How to Stay Motivated to Stay SANE

The time is now to architect a life of excellence. What will we do, what will we become? We decide today! This is LearnDoBecome Radio! Let's move onward and upward together.

APRIL: Hi, I'm April Perry here with my daughter, Alia.

ALIA: Hi, everybody!

APRIL: We're doing a follow up podcast about, "How we stay SANE and how we stay motivated being sane when most people around us are eating junk food or maybe we're used to eating junk food." So we're going to talk a little about that today. Yes, okay, so...Should we give a little bit of background in case someone is brand new to this podcast or brand new to SANE or doesn't know what SANE is? So why don't you just tell your story briefly, about what we did about a year and a half ago?

ALIA: Yes, see we've been Sane for about a year and a half, it's just super exciting and we both struggled with our weight for a long time. You've started with your weight since you were a teenager, or even younger than that, right?

APRIL: Nine.

ALIA: Nine? And then I started gaining weight when I was in 3<sup>rd</sup> grade. And it was just frustrating because no matter what we tried, no matter what diet she's reading about a book in and or..

APRIL: What DVD we were trying..

ALIA: What exercise DVD, or what new TV shows out, whatever the new instant weight loss magic secret was, we would kind of try them and it would be frustrated because we would never see any results. So we finally read Jonathan Bailor's book, "The Calorie Myth" and it was just so fantastic because we both got so healthy and we could eat so much food and we were never starving, never had a calorie count ever again and it's just so exciting to see great results from just eating more and more food.

APRIL: And you lost about 25 pounds.

ALIA: Yeah.

APRIL: We don't do weight.

ALIA: No.

APRIL: We don't weigh ourselves but about 25 pounds and about 9 or 10 inches off your waist. Went from a size 10 to a size 0 as a 14, now 15 year old, almost a 16 year old.

ALIA: Yeah.

APRIL: And you've been able to keep the weight off now for over a year.

ALIA: A year and a half and I can eat whatever I want! And it's just great because my friends are around me.

APRIL: That are SANE.

ALIA: Yes.

APRIL: Sorry, thinking about that today.

ALIA: Yes, sorry. But my friends around me are just like, "whoa, all it is calorie counting. If you eat less food then you know, you'll just like lose weight." I'm like, "Oh guys, you can be eating so much food" and I just want to get this out there because it's just so exciting for us.

APRIL: Yeah. So to find out about SANE, (we'll have links on this show notes page and you can visit [LearnDoBecome.com/sane](https://LearnDoBecome.com/sane) where you can learn more about Alia's story and we can give you links and things like that). But for today's podcast, we want to answer the question that so many people asks us and we get emails, messages, questions, you know like in the hallway at school or as were out running errands, people will say things like, "So how do you keep motivated?" or "how do you stay SANE"?, and "how do you not eat junk food around the holidays?" and "how do you continue to be healthy?" And, I mean, you've seen this happening all the time; do you want to talk a little bit about situations that you're often in, different social situations?

ALIA: Yeah. I mean at school there's hardly any healthy options, there are vending machines, there are school lunches, some people are like, "Oh, why don't you eat at school lunches or why don't you go get some snack from the vending machines?" And I kind of have to explain (I don't want to be mean to them and be like "Oh, your food is really unhealthy") but what I'm trying to say is like, "Oh you know, I'm just trying to eat the best kinds of foods. Also at parties or different, you know, just like eating at family gatherings, it's just kind of hard to like find the right SANE foods.

APRIL: Even at any event or any place you go, finding healthy food is at not usually a default option. Okay, and so maybe that's the first question to ask you is, "Do you feel like tempted to eat the stuff at the vending machine?" It's an honest question, it its yes, if the answer is yes, that's fine. But do you feel like when you see someone eating gummy worms or you see someone eating, you know, chips or whatever, are you thinking, "Oh, I wish I could have that."

ALIA: No. I think its all matter of like how much you want, how much you want the result that SANE can offer you. And just how much like you've just been waiting for the thing that will help you to lose weight. Just to be healthy. And I think for me, I wanted to be SANE so bad and I just want to be healthy so bad cause I gained weight for five years and that nothing was working so just.. for me, it was just, I really want these results so not eating chips or not eating the junk food or not eating like the Halloween candy doesn't bother me because I just, I know what's going to happen to me if I eat it again.

APRIL: Well so let's talk about what does happen. Because we've mentioned, people will say, "What do you have like a free day?" You know if a lot of people go on a diet...

ALIA: If you want to go on a diet and say, "hey, it's the weekend, let's go have a great cheat day weekend."

APRIL: Yeah, you know, eat healthy all week, have one day a week where you can just eat anything you want because the logic is (and I understand people's logic) if you limit yourself and if you always tell yourself, "I can't have cookies, I can't have cake, I can't have that" then you're just going to want it more and you won't be able to stick to a diet, like you need to be able to have a balance. But that's not really not what you or I do.

ALIA: Unless you really want to eat all that stuff. Like if you wanted to eat ten servings of vegetables first and then you really have room for cake...

APRIL: Well what happens, you've noticed, when you do kind of spend the day eating stuff that you used to eat?

ALIA: I just, I mean right now, I feel sick and it's really... It's like I'm allergic to the food that I used to eat. But I just feel so sick and kind of just like feel so gross and I don't know...

APRIL: You noticed an immediate difference?

ALIA: Yeah.

APRIL: So when you see a piece of cake, or you see kind of the junk food or all this stuff we used to eat, you don't think, "Oh, I love that, I love the feeling I have when I eat it. I can't wait to have it." You think, "Wow, I know it will make me feel sick and I know it won't give me the result I want."

ALIA: Uhuhm.

APRIL: Which is pretty powerful.

ALIA: Yeah

APRIL: But so then what are you replacing it with? Because I think the reason why this logic usually doesn't work for most people or why people are frustrated like their limited is because the rest of the week they're counting calories or they're just eating like vegetables or you know little tiny meals that are hungry, they feel like they've been using their willpower not to eat but you don't feel that way?

ALIA: No. I mean we've baked breads and we've found some SANE chocolate chip cookies and they are fantastic.

APRIL: But they're coconut flour...

ALIA: Yeah. And were like eating chocolate cookies for breakfast and its great! And I'm like, "hey guys, look at me, I'm really healthy eating cookies for breakfast" and I mean maybe they're not as great tasting as the store bought ones but they taste.. I think they taste pretty good. For me I just don't have a big problem with having to give up the actual sugar and other kinds of foods.

APRIL: So I love what you're saying. You're saying that you're not going hungry and you're finding things to eat that you enjoy and you make sure that you're eating so you're full all the time of foods that you like. Now we are trying to branch out and get new recipes.

ALIA: Yeah. We do make the same thing almost every week.

APRIL: You're like, "Oh, where's the joy?" Because that's a question for someone who just trying to go SANE might say, "All the joy is gone from eating." What would you say to that?

ALIA: I would say, maybe in a way you're kind of right, like you might miss all the old foods you used to eat because they do bring you joy because we had that before. Like we could make homemade bread all the time and that just made us happy. We'd cook as a family and then eat it all together. But I think now it's a different kind of joy because we know we're being healthy and I mean we could just find foods we actually like as a family. So were not just giving up. We could find like

substitutions, you just don't need to give up everything. And occasionally we could have a tiny bit of something in our dinners like... How do you explain that? Like there's something in our dinners that is not completely SANE but is not insane but is kind of like in the middle. So like...

APRIL: I don't know I'm trying to think what you're talking about. Like what kind of things? Like a little bit of rice or something like that?

ALIA: Yeah. We'll have like modular meals. So if we really wanted something then it's kind of like we can incorporate it into ours, but for the most part we just don't.

APRIL: Like if I wanted dinner roll every once in a while or we want something that's just different, I mean sometimes we'll put mini chocolate chips in a trail mix or something like that... maybe not 100 percent SANE but that's really helpful. And I think that it's really helpful too just to be able to talk about from a kid's perspective because I think if someone is not struggling with their weight, it's harder for them to be committed. I mean you have three siblings, who are not struggling with their weight.

ALIA: Oh not at all. They could eat the entire pantry and still be starving.

APRIL: Yeah. So for them, making SANE choices does feel kind of painful, sometimes I think.

ALIA: Yeah. They don't really see the results like in front of them. They're like, "what would this do for me?"

APRIL: Yeah. So I think in that case where were just trying to make sure we have healthy foods out, we cook a lot more together as a family. You're a really good example of your older sibling because you'll make awesome, you know, mostly SANE banana bread or you'll you know, help us make this awesome chicken curry recipe that everybody likes or things like. So you've really contributed to help our family by cooking and preparing things and finding new recipes for everybody to try. But it is hard and I just think we need to acknowledge this because I'm getting emails all the time from people saying, "Well my husband doesn't want to go SANE or my kids are just going to be so upset if I take away all the foods that they love." And so I mean in our family, I feel like Alia and I are the ones who are most in love with SANE.

ALIA: Yeah.

APRIL: So she and I are kind of SANE partners where were pretty much I mean, 99 percent SANE, right?

ALIA: Yeah. I think it is helpful to have someone go SANE with you because I've had friends who are going SANE on their own and I mean, yeah, they are able to eat SANE but it's just not the same if you have someone supporting you and right there next to you.

APRIL: Right. Okay, so I'm hoping that just as we kind of wrap up this podcast, let's just keep this one as a short one. As we're talking about someone who's either about to go SANE and feeling kind of concerned (maybe we'll talk about that first) or someone who has started going SANE and they feel like they need to have a break from it- let's just talk about that. So let's say someone is listening in and they are thinking, "Okay, I've been researching SANE and I read *The Calorie Myth*, I've seen your story. I want to do this but I'm nervous that I'm not going to be able to stick with it." What would you say?

ALIA: I just think the vegetables...ten servings of vegetables every day is a great place to start. Because when I first went SANE, I didn't know much about it until probably I like a month after we were trying it. I was just doing what my mom was doing because this was during the summer and I was just copying whatever she ate. But I think the biggest thing like shocked my body was like, "hey, you're actually eating vegetables for the first time in like a year." So I just think, starting with that and if you feel like you can keep going from there, then it's great! We didn't get rid of all the breads in our house or everything all at once. We just started to eat a lot more vegetables and buying a lot more vegetables and we slowly got rid of eating all the breads, and the rice, and starches.

APRIL: We started finding replacements. So I like what you're saying. You're saying..

ALIA: Don't feel like you do SANE all at once.

APRIL: Yeah.

ALIA: A hundred percent.

APRIL: Today I'm only SANE and then from then I'm not. It's a learning process. Learning which kinds of vegetables do I like? I mean you've been making soup; you made a great vegetable soup this week. You would blend green smoothies. I mean, she started learning how because she didn't like eating raw vegetables.

ALIA: Yeah. And I'm still learning how to like some vegetables. I mean vegetables aren't my favorite thing in the entire world but it's a process.

APRIL: You'll go get a can of green beans, open it, put it in a sealed container to take to school...

ALIA: I mean I look like the weird kid going to school eating vegetables all the time but you know.

APRIL: But it's worth it, as you're eating it, you're thinking, "This is what I need in order to make my body feel healthy."

ALIA: Yup.

APRIL: And so you do it because you have a deep "why," right? A deep reason. Okay. So, I like that idea. So if you're just thinking about going SANE, don't worry.

ALIA: Yeah, just start soft.

APRIL: Start small and then little by little, you'll start learning more and feeling more comfortable. Okay, and what about the person who started going SANE and they just feel like, "Ah... I can't do this!" Because I went through that. I don't know if you really went through that?

ALIA: No.

APRIL: When I first started I was the only one in the family doing it. And then Alia started quickly thereafter.

ALIA: That's probably why, because you were the only one.

APRIL: I was the only one and I would be trying to make two dinners- for me and a separate one for the family. And if I hadn't had a chance to go to the grocery store because the week got busy and I didn't have enough vegetables, I'm looking around the house trying to find vegetables and I'm trying not to eat insanely, but I was super stressed and Eric, your dad, my husband, oh he was saying that he didn't want to see me quit. I wanted to quit, a couple of times. I said, "Forget it, I just can't do it, this is too hard." And Eric said, "No, April this is the first thing I've seen you do that you can sustain." So I kept doing it.

But let's say, (so I would have some advice too) what would be your advice to someone who just started and they feel maybe kind of panicked or they feel like, "Ahh I just need chocolate or I just need cookies or I just need regular junk" what would you say?

ALIA: That's kind of a hard one. I mean for me, it's kind of hard for me to give like advice to this because I didn't struggle with that and I don't really know why.

APRIL: So you never felt like, "Oh I really need this."

ALIA: No. Because I was so done being overweight. I was just like, “Yeah, just forget it I’m giving up all the old foods.”

APRIL: Okay. And I think that that’s great! So maybe your advice then is to think about how much you want it- think about what you really want as your goals.

ALIA: Yeah.

APRIL: Because if there’s somebody who’s thinking, “But I really want junk food,” I guess this goes back to what we hear from Jonathan all the time which is that “If what you’re eating is helping you reach your goals, then great!” You don’t have to go SANE.

ALIA: Yes, if it’s working for you then awesome!

APRIL: Right! But if it’s not working for you, if you’re thinking, “I really do want to be in a better shape, I really do want to have more energy, I really do want look healthy and feel healthy,” then you just have to decide, do I want that more than I want this junk food or you know, these other foods.

ALIA: Yeah.

APRIL: And for you, you just, you were done. You said, “I am all in, I’m going SANE and then I’m going to do it”.

ALIA: Yeah.

APRIL: And you know I think it’s been really admirable because I’ve been watching you, you know over these past year and a half. We’ll be at an event and I see people hand you or offer you different foods or I see you sitting around, all your friends sitting together all eating something that you’re not eating and at the back of my mind, I’m thinking, “Ah, how’s she doing, does she feel deprived, does she feel weird?” You know, I’m kind of asking these questions as a mom. But I’ve been really impressed at how you’ve been, you’re not going back, you’re just, you made your decision!

ALIA: Nope. Yeah. I mean, I’m quite excited as I have a few friends going SANE with me. So we can be weird together even in social moments!

APRIL: Well it’s been neat to see their success too and their changes. We want to do a podcast soon with Leah, whose part of our SANE Families program. But just seeing the before and after pictures, and the testimonials coming in, from your peers or other children, that just means so much to both of us I know, to see that.

So I mean, thinking about if there are other children listening to this podcast right now, what would be your advice, if they're thinking, "Well, I want to have results like Alia." Because there's millions of children right now who are struggling with their weight just like you were. If they are listening right now, and they think, "I want results, but I really don't know if I can live without all this food," what would you say to them?

ALIA: I would just say, "Give SANE a shot for like two weeks, three weeks, even a month." And if you feel better, you can already see differences. I know as a kid you see differences so much faster than parents do because I saw like super really immediate results. My mom did get great results just a little bit down the road.

APRIL: It took a little longer. Yeah.

ALIA: But I think just because for children you're not yoyo dieting, you're not going up and down. You're just kind of going up I think it's a lot easier for you to just get healthy. So if you can just give SANE a chance for just a short amount of time and if you don't feel great after doing it then I mean, I guess you can go back. You might have some cheat days or whatever but I think that you will definitely see results just after going SANE for a short amount of time. So I think giving it a shot is the biggest thing you can do.

APRIL: Okay, great! Well thank you so much for your suggestions and thank you for your example and it's been so fun to get to work on this with Alia. You can come learn more about our SANE Families program and learn more about Alia's journey if you come to [LearnDoBecome.com/sane](https://LearnDoBecome.com/sane). Were so excited to have you with us here at LearnDoBecome and thank you for being a part of this fun adventure!