



Cynthia Pasquella

3 Simple Secrets To Transform
Your Body and Life While Helping
Others Do The Same

THE COMPLETE
HOLISTIC

WEIGHT LOSS
COLLECTION
TRANSCRIPTS

CYNTHIA PASQUELLA

3 SIMPLE SECRETS TO TRANSFORM YOUR BODY AND LIFE AND HELP OTHERS DO THE SAME

Cynthia: Hey there.

Shelley: Hi. Cynthia, my first question for you is you have had an amazing transformation with weight loss. Please share more with us about your journey back to optimal health, your dream body and what helped you keep it off for good.

Cynthia: Sure. I would love to. I just first of all Shelley, I want to thank you for your beautiful effort in putting together this amazing event and bringing together such amazing just light workers and game changers to start this conversation that I believe has to be shared with people all over the globe. So I really want to honor you for doing the work that you do and I also really just want to thank you for the opportunity.

Shelley: Thank you!

Cynthia: Sure, sure. So I guess to start I'll tell you my dirty little secret about how I got started in this industry. My dirty little secret is that I never wanted to be in this industry. I never chose this career; I never thought twice about health or weight loss or transformation or healing. It was never even in the cards for me. You know, nutrition was nothing more than just kind of what I put in my mouth every day. I didn't know anything beyond that.

Shelley: Yeah.

Cynthia: Let me just preface this by sharing a little bit more about my background and my growing up days so that you'll sort of know how this all came together for me. So growing up I was very, very poor.

My family had essentially no funny. It's funny I hear people say sometimes well we were poor but we didn't know it because we had all this love. We were poor and we knew it. We didn't have running water in the house. We had an outhouse that we had to use for a bathroom. I remember this old wood stove that we would use to heat the house during the winter and to boil water.

We were really in a hard place. I remember even food not being available to us. There were many, many nights that I can remember going hungry or day that I would come home from school and there would just be no food to eat.



So I didn't know it at the time Shelley but this really sort of set the stage for my distorted relationship with food and my battle with many eating disorders that would come over the years. Because the other thing that would happen is when there was food around, you ate it because you didn't know when there would be food again. So it was sort of like this feast or famine sort of you know, condition or conditioning.

So as I grew up again I battled many eating disorders. I just had so many conflicts around food and nourishment and eating and went into of course a business that I probably shouldn't have which was modeling and entertainment, not the best place for someone to go that has an eating disorder. But what happened is I was living this really busy lifestyle like many of your listeners.

You know, I was going from morning to night. I never really took any time to heal and recover. There was something scheduled every single minute and I feel like as a society today we live this way. You know, we're just doing, doing, doing.

So it caught up with me really quickly because I would just eat things that were convenient and if I didn't have time I would just skip the meal and then binge on foods later. If later meant that that was a drive through because I had to get to my next thing then so be it.

So I ended up getting really, really sick. My bad habits caught up with me and I was about 25 pounds overweight. I had horrible cystic acne, psoriasis, eczema. My hair was breaking and falling out. I had cellulite in places that I didn't even you could get cellulite. I ate every morning from the time I woke up until the time I went to sleep at night with just these weird aches and pains. It was like I was getting the flu every single day.

I was exhausted. It didn't matter how many energy drinks I had or how much, how long I rested, I was completely exhausted. I couldn't think straight. I ended up finding fibrocyst in both of my breasts. It was just I was in a really bad place. I got so sick that I wasn't able to work and so I thought okay I have to get it together. I have to, you know, get my life, get my health back.

So I set out on this journey of finding people who could help me and I went to nutritionists and doctors and healers and trainers. I did everything you could imagine. I mean I did the workout. I drank the shakes, I took the pills and nothing worked for me nothing.

I got to the point where I was super frustrated and clinically depressed because I wasn't making any money because I wasn't working so I was totally broke.



The money I did have I was spending on these things that weren't working and I was only getting worse. So I got to the point where I was so depressed that I was suicidal and I remember I was sitting on the floor of my little tiny apartment in Hollywood, California, this little studio apartment and it was the middle of the night and I was so exhausted and just aching and hurting and so unhealthy and again completely broke. No jobs in sights and I was just done Shelley. I just thought I cannot live this way. I thought I've given it a good go. I really have tried. I've given it a good shot and it's just not working out for me. I cannot live this way.

The more I thought about it and the more sort of in despair I felt, getting angry. I remember just this vivid anger sort of creeping up inside and I was just like you know, I've been through this crazy life filled with like poverty and drug abuse and sexual abuse and domestic abuse you name it I've been there and now this. Like why me, why me, I kept asking why me.

The tears were flowing and I was just -- literally hit rock bottom. The more I kept saying why me and reflecting on everything I had been through the answer became just vividly clear. I realized that night that this was my journey and that I was meant to go through these things so that I could find a way to overcome them and then help others who were in the position that I was in. I realized in looking for all the answers was going outside myself.

You know, going to the experts, going to the pills, the products, and what I really needed to do was to turn inward because that's where all of the answers were. This was supposed to be you know, my biggest journey yet, my biggest transformation yet even though I was a survivor and I knew how to you know, come through things.

This was the defining moment and so that essentially is how this career chose me. Because that night I remember I made a pact with the universe and I was like you know, if you could help me figure this out, if you could help me heal my body and my health and I'm down for this but if you can help me figure this out I will dedicate the rest of my life to doing this work and making sure that no other person has to experience what I went through.

So throughout this process and I can tell you more about sort of the journey as we go. I feel like I'm talking a very long time -- I hopped online that night. I started looking at different schools and sort of vocation programs.

I went back to school. I studied, I worked with many doctors and many healers just really people on the cutting edge of holistic health and nutrition and wellness. Started my own practice and I was starting to fit into place all the things that I had learned, all the clinical training, all the science training and long story short and we can dive into this a little bit later but I ended up healing my own body.



The weight fell off, my hair grew back, my energy was through the roof. My hormones were finally balanced and ever since that night, this is the work that I've done and continued to do up until this day. So I'm just again, that's the reason that I'm really honored to be speaking with you today just so we can continue to get this message out there.

Shelley: Wow. Thank you for sharing that incredible story. It's so real. I can feel how raw those places were for you and I recognize parts of it in myself. It must have been intervention of some kind. Your deeper self just said no more and I just honor that in you too what spoke to you and now that can come through to our listeners. I'm just so grateful that you can share.

The next question I wanted to ask you because you have this very diverse background in health, in your view why is the holistic approach to weight loss so important?

Cynthia: Sure. Well I think a holistic approach is the only approach quite frankly. And this again came from my personal experience. It's funny it's like everything that I teach sort of came out of or was born out of me going through this transformation and also working with clients and their transformation. What happened Shelley, is when I got this very clinical science education, I went out to apply that. I applied it to my own body. I knew all about hormone balancing. I knew all about food intolerances. I knew all about food allergies. I knew about digestive issues and cleansing and detoxing, how to do it the right way.

I started using all of that and my body started getting better right. I started using that with my clients. They started seeing improvements. Things were going good, not great but good. So I kept noticing that I would have clients who would come in I would be able to assess what was going on with their body, with their health and I would say here's sort of a checklist if you will of things that need to be done.

Here's a great diet plan. Here are some supplements maybe you should consider. Here are some lifestyle things. I could give them that information but I started noticing that it wasn't about having the right information because people had the tools but they wouldn't always implement them.

You know, when you look at our society today, why are there over a hundred new diet books published every year but we're more overweight than ever. Why do we know what to do but we're still not doing it?

That's the question that came up for me. So I went back to school again. I started studying more and diving into psychological triggers and mental conditionings that we all have.



That's the psychology part of what I do. I practice something called transformational nutrition where I combine three cornerstones, which are science, psychology and spirituality. So when I started bringing in these mental triggers and these conditioning issues those we all have and have had since we were young I started getting even more results. I was able to start getting to the root cause of why people knew what to do but they still wouldn't do it even if their life and health depends on it. There are many cases that did and do but they still wouldn't do it.

So when I started fitting those things into place and looking at emotional eating and guilt and shame we saw huge breakthroughs in people. But still Shelley it wasn't 100% and through myself, you know, I used myself as a guinea pig as well.

But it still wasn't exactly what I wanted and I feel like people would still get transformations and they could have bigger breakthroughs but I wanted people not just to lose weight and fit into that little black dress. I wanted people to realize their power and step into their greatness in a big way because I really believed that as a society we are sitting on the sidelines of our own lives. I think we're going through the motions and I think there's a reason for that.

When I started looking back, I noticed that you know, we are born into this world and we are these perfect connected beings of life. You know, we're not human doings at that point, we're human beings.

But what happens is we get told things like you're being too loud, you're being too this, you're being too that. Don't be this way, don't say this, so and so doesn't do that, kook at how well they're behaving. This continues up through being a young adult, growing into our high school years, our adulthood.

We start hearing things and being told things like you know, you have to do get in school, be the good girl, be the good guy, get the good grades, you know, always like look out for others, don't be selfish. Give to people, share things. You know, make sure you get good grades so that you could get into a good college so that if you can get into a good college you can meet the right man of your dreams and have a 2.5 kids and get the great career and be a rock star in a boardroom and a porn star in the bedroom and look like a Barbie doll while you're doing it. You know, it's like this crazy conditioning that comes.

So what's happening is we lose sight of who we are. We forget, we forget how awesome we are because we're trying to be something else. We're so far removed from who we are authentically and we're hungry. You know, there's a spiritual hunger that exists in all of us that's not being fulfilled because we are so far separated from who we are authentically. We don't do the things that make us happy.



We don't follow the path that we're meant to be on. You know, we all had this beautiful journey and purpose and most of have no idea what that is. So that's where the spirituality factor, the third cornerstone comes in is how do we really start to reconnect and excavate our authentic self that's been buried under so many years of this conditioning.

So you know, and you ask like how important is holistic health in transformation and weight loss it's the only way because otherwise all we're doing is following another diet and we'll do that for a while until we get tired of it and get tired of somebody else controlling what we're eating or can't and can't have and we're off the wagon. It's not until we dig deeper and start to heal the root cause of why we overeat that we're really going to see permanent change.

Shelley: That's so insightful and it leads me to my next question and I just want to make comment about what you're saying in the current model how we perceive healing as a majority in the northern and western culture. I see this massive empty spot where people aren't getting to the spiritual aspects and therefore they're not making those changes that their life is depending on them that change.

It's one of the fascinating things you talk about is how the role of psychology and spirituality play in total transformation. How you can use them to empower yourself in all aspects of your life. Please share with us how this really happened.

Cynthia: Well it's a great question. I think it's important for people to know is that it's not something that happens overnight. It's a process. It's definitely something that happens over time. I think that when we decide to change like we live in a society of instant gratification right? I love people going out and getting what they want. But it's not really practical when we're talking about things that we have buried and hid in big, big ways for many, many years now.

This process of healing because I don't think it's about loss. I know we're talking about weight loss and this is a weight loss summit but I think it's about gaining and I think it's about gaining back your sense of self and this knowledge of who we are authentically.

Because I'm a firm believer and I want to give you a couple of tools, but before I do that I just wanted to share this idea that you know, we hear all the time, I know you've heard this Shelley people say well you are what you eat. I don't believe that's true. I really believe that you eat what you are.

Here's what I mean by that. If you are going through life sitting on the sidelines saying things like man I wish I would do that, I wish I could do this.



Man, look at her life that's awesome but that's not me. I have kids, I have to work, I don't have the money, I don't have this. There's not that and we have let go essentially of all of the things that we wanted to do or be or have and now we're going to sort of going through the motions of our own lives.

We're unhappy. We feel disappointed. We only get value and praise by doing things for other people as opposed to it coming from us. What I mean by that is you know, we've worked so hard to be the good mom and taking care of our friends when they're sick and going out of our way to do things for them but we never do those things for us right. But that's where we get our value from.

We get our value when people say god, how nice of you Shelley, that you still like took time to come over and straighten up my house and bring me some soup when you knew I was sick. Man, like you're awesome.

That feels great and we get those warm fuzzy feelings and you think man I mean something, I'm important, I matter, I'm seen, I'm heard. Then that goes away right because we're not giving that to ourselves.

So when we live in these places and we feel this heavy burden and we're not truly happy and we're not living life full out then you eat what you are meaning you'll eat foods that are conducive to how you feel and think about yourself.

If you think that I'm this overweight, out of shape, completely worthless person like I'm just going through the motions and my life has no meaning, I don't matter then you're going to eat McDonald's drive-thru for lunch you know.

But if you're coming from this place where you recognize your beauty and you recognize your brilliance and you think I remember I know I'm here for something big, I know I'm going to do really big things. I know that I'm meant for greatness and I'm not going to settle for anything less. I am valuable. I could take you know, Sally some soup because she's sick but you know, what I haven't had ten minutes to myself in the last week, I'm going to take that 30 minutes or that hour and just take a hot bath and really connect to me again.

If you do those things and you think that way you don't eat fast food. You don't pollute your body with things that will destroy you because you know that your body is a temple and it deserves better than that. So that's why I always say you eat what you are.

So I think that's really important to know and I know I'm getting a little bit off track here but I think that that's an important place to start is really owning that greatness.



A way that we can all start to do that and this is one of the tools I wanted to give you when you say spiritually.... I think one of the biggest things we can do as people is share our story, our story of struggle, of pain, of overcoming, things that we've gone through.

Because here's what happens and for me you know, it was really sweet of you to say gosh what a great story really, really kind of you but I didn't always share this story. I was really ashamed and I thought gosh if people really find out who I am and where I came from I won't be invited to the fun parties you know. People won't relate. They're not going to like me. They're going to think I'm not worthy. So I didn't share that for a very, very long time. I think that in doing so, and I'll share with you really quickly I went to a conference one time and I was speaking on stage and a woman asked me about weight loss and another speaker said what could you possibly know about struggling with weight. Look at you, you're thin like you have it all together, how could you possibly relate.

I think that people look at our leaders when it comes to weight loss and health and think how could they relate, what do you know about me, what do you know about being me? We have nothing in common.

You know, all they see like these skinny bodies and these people who seemingly have it all together but no one is sharing the fact that they don't have it all together. That they sometimes still struggle. That they weren't always like this. Because I think if we can all be more open and stop pretending that we don't have these pasts, that we don't have these struggles, then we could all sort of come together and be like wow you do that too.

Because one of the reasons we're so resistant to change and to dig in and change on a deeper level is because we think there's something wrong with us. We think we're the only ones that do these things.

We think we're weird or we're total freaks and no one is going to get it and so we don't share that. So like we're flawed in some way. But if we would open up and you start to share our stories and you share that and somebody goes me too, oh my gosh let me tell you when that happened to me Shelley, you feel more accepted.

So I think that's one of the more important tools spiritually we can do is to really just start sharing and opening up and connecting as human beings and not human doings or humans accomplishing because that's what we tend to do.

Shelley: And that transparency there's an authenticity that people just feel and they want to be closer to that--authenticity. That's I think the very base of spirituality is just being authentic and I love how you're able to convey this so thank you.



Another important key discussed in weight loss is that literally it will up level all areas of your life and it could be started today and it's 100% free to do yet a majority of people don't do it. So please share more about this key discovered and why it's overlooked?

Cynthia: It's actually great timing that you asked this because it really stems from what you just said about the authentic self which by the way is really the root of transformational nutrition and the root of permanent change I believe-- is really stepping back into your authentic self and honoring that in a big way. But the one thing that we can do what I've noticed is that people tend to get together and commiserate if you will at sort of the lowest common denominator.

What I would notice if I was starting groups who were on this weight loss journey or on this transformational path that if there was someone around you that maybe wasn't on the same path, you sort of fell off the wagon and lowered yourself if you will back to that place where you didn't want to be that you're trying to get away from. It goes a huge way in permit change and total transformation is to surround yourself with people that you want to be like.

I think Jim Rohn had this great quote. He said you're an average of the five people you're around the most. So I invite people to look around them, who are you surrounded by? Are you surrounded people who are honoring themselves and eating healthy foods and taking time to do what's great for them to do and nourishing their souls and feeding their spirits.

Or are you surrounding yourself with people that are just sort of complaining on a day to day basis, that eat unhealthy foods, that have these fast paced lives that are going through the motion because we know the energy is contagious right. So whoever you surround yourself with, that's going to be who you replicate or who you intimate if you will.

So it's a great idea to start looking at other people that you can choose to spend your time with. I'm not saying, you know, just go out and divorce all of your friends and family and be like you're doing something different. You know?

It's not necessarily that. It can be a gradual process but it's really important that if we want to be a certain way or act a certain way that we start surrounding ourselves with people who are already doing that.

Shelley: Completely and that's part of what this summit is attempting is creating that community. Where even if physically you're not in contact you can reach out. You can connect with your other people that are also joining through the groups and it's part of our modern culture that we can work together and support each other even greater with social media and so many things. There's no reason we can't get the support.



I know even one of our testimonials last time was didn't think I had the support in my own community and now I do. So thank you for doing this. It hit home too what you're saying here, we need the support to do it and surrounding ourselves with people that are doing the goals and achieving goals that we would like to become and be ourselves.

You've created an institute for teaching others about your approach to holistic health and it's called The Institute of Transformational Nutrition. You discovered and now teach a couple of ways that you help others transform their lives in a big way while creating a career and a life that they love. What are these ways?

Cynthia: Sure. Well I found that when it comes to transformation and permanent change because that's what we want right? We're all looking for that permanent change. That doesn't happen overnight but over time but also doesn't end us up looking for the latest diet book or that sort of thing again. We really experience radical change.

So I found that there's really two ways to go about it. One way is to go through your own transformation, your own journey because I think when you do that then you start to see on a deeper level what it means to really do things like embrace fear right and get comfortable being uncomfortable. I think when we can all have these journeys and I know like looking at the other experts and guest speakers that you have for this event like they have such beautiful stories and such amazing transformation. I think that there's just a bit of enlightenment that happens and a bit of wisdom that comes through when you're going through it yourself.

Then the other thing is to find people who are doing what you're doing and then do that. You know, it's not rocket science. We don't have to reinvent the wheel. What we really are offering with the Institute of Transformational Nutrition for example it's a place for people to come together who want to learn how to bridge these three cornerstones, who want to learn how to help people, who want to join us in creating this revolution starting this bigger conversation that you're helping to start as well Shelley in one place, you know.

So I think the first step obviously is going through it yourself and having that personal journey and then from there gathering and getting the tools so that you can help others who are on their path and going through their own transformation.

What I saw as I went through my own journey and education and started practicing is that nobody was really bringing these things together in a way that people could use them and understand them. I would see programs that would say well you need a spiritual element. You know, you need to go meditate. Great.



I love meditation but I just think it's deeper, you know, and the psychological things I wasn't seeing anywhere except in therapy and through the use of psychologists so I thought we have to bridge this gap. Like we have to bring these things together.

So we've spent the last three years now pulling together the curriculum and we have amazing students now who are going through the program and embracing this in their own way and teaching their clients and that sort of thing. So it's really, really beautiful process but those are really the two steps.

Shelley: Well one thing I noticed, I'll just speak from my own experience and connecting with you and I know this is probably infused in your program is in that authenticity that you are sharing and your encouragement of sharing our stories, this entire interview up to now even I can see myself wanting to open more and share more. But I'm also where this is a conversation that I want to get your message out. It's interesting because I keep on opening all the --you know, I want to --

Cynthia: Good.

Shelley: --share this with Cynthia and so I can feel that this is the quality of what you're bringing into your work. You might see me in one of your programs sharing my story with you.

Cynthia: Yes.

Shelley: You know?

Cynthia: Oh it would be funny that you say that because when we were designing this program, I designed it with a very specific purpose in mind. Like I want to educate people so they can go out and you know, make a great living and help lots of people and help us start this revolution like exactly what you're doing. But I also want people to experience their own transformation in ways that maybe they haven't before.

You know, every one that's gone through this program it's so beautiful to see Shelley they always write in and say like I'm getting how to do this for my clients but I'm also like really opening up and I'm transforming and I'm having this radical shift within myself and my own health is on track. I finally see where all these habits came from and I know how now to work through them.

So it really is beautiful. It's so cool to students and hear people like you who say I want to share, I want to open up. I want to get this out. Because that's exactly what happens in our program.



Shelley: Yeah. Yeah I can feel the energy of it and you know, I think this is cutting edge and I want to get your perspective on the future of nutrition for weight loss and what you envision the future to look like.

Cynthia: Gosh, it's a big old question. You know, we know where we are now right? We know that every single year there's more and more people overweight. 30% of American they're considered obese for the first time ever and when I think about where we are now it fires me up in a big, big way.

Because I have a three-year-old daughter and I look at her and her friends and this next generation and I'm driven in such a big way to make it better, to make it easier, to help them understand, to have them far outlive us and then some. So as crazy as it sounds, you know, we look around as in there's all this doom and gloom and heavy statistics but I'm hopeful, I really am and I know that through the work that we are doing at The Institute of Transformational Nutrition and the work that people like all of the other guests on your summit are doing with the work that you're doing Shelley, I'm really optimistic.

And I really feel like we're at a point now and I see it, I see this all the time where people are looking for something more. Yeah they'll buy the books and they'll do the diets but I'm seeing this huge shift and this has been over the past couple of years maybe three to four years but only in the last couple of years like really picking up speed where people want to go deeper and they want something bigger.

They want something different. You know, they want this cutting edge information. They want to know how their psychological fears are keeping them from holding on to weight. They want to know that connection and then they want to do the work. It's like we've had this in the past lose 5 pounds by Friday, you know, with this --awesome diet pill or -- We've gone through that. I mean we've seen the celebrities do it. We've done the master cleanse like we've done all of these fast fix things but we're getting in a big way that they're not working.

So what we're seeing now is this huge shift toward people coming to us and saying I want to do the work. I really want to dig in. I want to go deeper. Because it's no longer just about the weight loss or just about fitting into the low black dress but it's about the fact that they want to step out in their lives.

That they're tired of sitting on the sidelines, that they want to do awesome things. That they're tired of being unhappy and they're really ready to make a change. Now what they're looking for is people who can empower them with the tools.



So that's what I think you know, you're someone who's doing such a great job at is empowering people and giving them tools. You know, I often say to people it's not about having willpower. It's about finding your power. I'm very optimistic that through this work that I'm seeing being done that we're finally going to be able to do that.

Shelley: Thank you Cynthia. I can completely get behind that vision and one of your gifts to our listeners is you're offering for free a special video series where you share three simple secrets that you use to help transform your life. I just want to ask you a little more about that if you could share about it and if one of our listeners signed up and start applying these three secrets in their life, what would their lives look like?

Cynthia: Sure. That's a great question and yes this video series I often heard, I remember when I was little I would always love to read. I don't know if you're a big reader or not Shelley but I loved to read because it sort of took me away from where I was and it showed what was possible with my own head space or get out of my own surroundings. I remember just that information empowered me in such a big way.

So I'm with you all about learning new things and becoming empowered by that and seeing my journey speed up tenfold. I did the same thing. I did in the beginning I'll admit. I thought now I got this, I can figure this out because that's who I was. You know, I had this mentality like I'm a survivor, I've got this. Life was much harder for me then. It wasn't until I started looking at people who had done it and had done it in a big way. I just thought I want to do what they do, you know?

Shelley: Yes.

Cynthia: They figured it all out. I think I'll just do what they tell me to do. So that's what we wanted to do with this video series is put together techniques and simple shifts, simple tools that people can start implementing today so that they get those radical shifts, things that they can start seeing is having the body that they've wanted not through extreme dieting but through self-love and acceptance and embracing fears that they've had that have held them back. They can start to experience relationships that they see other people having and they've always wanted but they haven't quite manage to figure out how to step into that.

They can stop worrying about how to pay their bills. You know, we talk about that and how money is energy and give you direct, very clear paths on how you can receive and get the abundance that you're meant to have in such a big, big way, have a career that lights your fire and all of these other things while still having an opportunity to spend time with your family and loved ones and nourish yourself and feed yourself in the ways that matter most. I would argue that spiritual hunger is even more important at times than physical hunger in a big way.



So that's what you'll learn in these videos. In each video I share another little secret that really is what helped me get from that corner, dark corner in my little studio apartment in Hollywood California to on stage with Dr. Phil speaking about transformation and weight loss and permanent change. So that's what we share.

I would love to invite your listeners to take us up on this free offer to go in and sit with me and be with me through these three videos, through these beautiful series and really honor yourself by spending the time and cutting in the work and getting out of your comfort zone. Because if you do, you can see profound effects in even less than 30 days.

Shelley: That's the beauty I think of being able – even through video, you know, when I watched your videos I felt a transmission you know, and speaking with you I'm obviously feeling that transmission even deeper because I'm feeling this wanting to open and to grow from what you're sharing.

Your videos have that transmission too. I want to ask you some practical questions. What would you recommend as a certain food or ingredient to avoid when wanting to lose weight and what would it be and why?

Cynthia: Great question. So yeah let's get practical. So two things that I would recommend. One is to eliminate soy from your diet that would definitely be a food or an ingredient that I would avoid for many different reasons. We know that over 90% of people have an intolerance to soy, which can cause weight to stick around different issues, skin issues, mood swings, fatigue, fuzzy headedness all of those types of things.

You know, soy is also a goitrogen, which blocks the iodine uptake, which is obviously not a great thing if you're looking to lose weight and again make you hold on to weight longer. As long as you know, the majority of soy processed this way which obviously wreaks havoc on all of those things that we just talked about, the hormones, the digestion, the weight that type of thing. So avoiding soy is super important and this is let me just clarify really quickly, this is processed soy.

Naturally fermented soy products like Nado or tempeh I think in small amounts are fine for people. I think it would be important for people to see how they personally respond to them to make sure they're not having an adverse effect but processed whey way for sure I always recommend people avoid as well as dairy.

You know, we know that dairy – most of us are lactose intolerant; the majority of people have an intolerance to dairy whether or not they know it. It's highly inflammatory to the body and can also cause issues with your hormones.



Along the same lines, I would recommend alcohol and I know this never gets me invited to parties Shelley. Like I never when the cool kids -- You know, alcohol it turns to sugar in the body superfast. It's highly inflammatory. It wreaks havoc on our hormones as well as our waist line. So those would be the top three probably that I would recommend, recommend avoiding that is.

Shelley: Yes, avoiding and one thing soy is in everything. You really have to look at the ingredients. You know, --

Cynthia: It really is. It's reading those labels you know, it's like I feel like they sneak it in everything. You know, I'll tell you too a lot of people are trying to go gluten-free which is great and I love that. But unfortunately in a lot of these cookies and breads and even flours they sneak in soy flour and I'm like what no, this isn't going to help you. [Laughs] So you're right. It's everywhere. It's really important to read those labels.

Shelley: Yeah. You think you're getting ahead and wow it's like what. Okay so.

Cynthia: I know it's so true.

Shelley: Wow. In terms of foods to add though to our diet or supplement, what would you recommend for losing weight?

Cynthia: Gosh, two different things I'll share. One of them is really simple and one of them might be a little out there but more plants first of all, more plants. I eat a plant based diet. I don't think that everyone has to but what I see having just a huge impact on people who are looking to lose weight and slim down and see results you know, without having to wait six months to see results and also to avoid plateaus is just really increasing the amount of plant that they have in their diet.

About a year ago, I wrote a book called the Hungry Hottie Cookbook and I wrote that book because I feel like we always know that we need to eat more plants but we just don't know how to make them taste good. You know? It's like I get that broccoli is good for me but it just doesn't taste as good as a cheeseburger, you know. So I thought how can we make those plants taste good without overcooking and over processing them.

So we have things like chicken wings that are made from cauliflower and ice cream that are made from plants.

Shelley: Wow.



Cynthia: Like it's really delicious foods that people love to eat every day like fries and burgers and pizzas and those types of things. But they're all plants, really fill you up. They have a ton of fiber in them. They have a ton of phytonutrients that you're getting healthy and really nourishing the body so you can let go of weight, which is important, but plants are huge.

A specific food that I would recommend that I don't know if a lot of people are into is hemp. I love hemp. I love hemp protein powder, I love hemp oil. It's a complete protein. It has all of the amino acids. It is super rich in essential fatty acids to help us release fat, clear up skin, moisturize from the inside out so that we look awesome and beautiful while we're losing weight. It also has the most perfect ratio of omega-6 or of omega-3 to omega-6 essential fatty acids. Typically we're really high in omega-6 and not so much in omega-3 and this has the most perfect ratio of any food that we know about. In fact, hemp is considered the world's most perfect food. If you ate nothing else but hemp, you would lead a super healthy, energized, slim life. So I love hemp and I would highly recommend that if people haven't tried it that they do because it's really an amazing, amazing food.

Shelley: I love hemp oil. Sometimes it is switched up but that one I love and your recipes. I know just you sent a couple to us. They look amazing for kids because that's one thing getting vegetables into my little boy really has to be tasty. And those look very tasty so. If you could recommend a physical exercise or activity for our listeners if they wanted to start today to lose weight, what would that be?

Cynthia: Great question. So the one that I would recommend because as much as I'm like we need to go inside, we need to explore the root causes, you know, and as much as I am totally into that work, I also know that we don't have a lot of time these days and we're always busy. So I do something personally and I recommended to tons of clients over the years. I've spoken about it in national media. It's called burst training.

You may have heard of this before but burst training is meant to have maximum results in minimal time. That's what we all want. Right?

Because we're all super busy these days. So here's how you do it. I'll tell you really quickly. You can choose an exercise, any exercise and problems going all out like going 110%.

Something like running stairs or running uphill or sprints or something that you can just do over and over. You want to do that exercise starting out at about 15 to 30 seconds whatever you can manage. You go as hard as you can go with the workout. Like run those stairs until you literally cannot take another step for the 15 to 30 seconds.



Now if you can go 16 seconds or 31 seconds you're not going hard enough. Okay? 30 seconds needs to be the maximum amount of time that you can do this. If you can do it longer, you're not going hard enough. Then what you do is you recover for 60 to 90 seconds. You want to breathe deep, completely rest and recover from that last burst.

Your reading should be back to normal before you return again and then you do it again and then you repeat that ten times okay. Your overall goal is to be able to burst train for up to 60 seconds, recover for two to three minutes and continue doing that for 20 minutes, never longer than 30 minutes. Within 20 minutes it doesn't seem like a good workout.

The advantages of burst training which are you know, things like increasing fat burning and fitness levels compared to aerobic training. it can increase growth hormone, which helps to improve healing and increase energy. It can help increase levels of testosterone, which increases muscle tone and energy.

It decreases inflammation. What else? It improves insulin resistance and sugar metabolism which is great for so many of us and you have less impact on the adrenal gland so you don't have your adrenals getting completely exhausted and suffering from adrenal fatigue which we typically see in people who are working out for an hour or two hours and do that seven days a week, you know?

Our adrenals get exhausted and then we're doing more damage because our body is producing more cortisol, restoring more body fat, more belly fat. So that's what makes burst training so beautiful. You don't get that, you get all these benefits and you're doing it for a maximum of 20 minutes a day.

Shelley: Yeah and that's achievable 20 minutes.

Cynthia: Yeah, It goes by so quickly so thank you. Thank you for that.

Shelley: Would you share any other techniques or practices that could help further support the holistic weight loss process?

Cynthia: Yes, I can. I'll share this one with you, which is sort of totally the opposite of what I just share with burst training. That is really just to as Ram Dass would say be here now.

We get so caught up in going through the motions and doing and doing and doing that we forget to be. I'll tell you a really quick story. Several months ago, I was at a conference and I randomly in the bathroom because magic happens in the bathroom right?



I connected with a girlfriend who's this beautiful yogi that I hadn't seen in quite some time and I said wow you're here and she said yeah. I said well where are you now because she travels all over the world doing these beautiful yoga retreats and that sort of thing. I said where are you now and she said I'm here. I said you're in northern California? That's bizarre. Why are you here and she said no I'm here and I was like in LA, like California? I don't get it. Because I'm so wrapped up right and I'm going through the motions of this conference that all I'm in business mode. My masculine energy is in full force and she says no Cynthia, I'm here, right now I'm here with you. I was like oh.

Thank you. I needed that. I so needed that.

Shelley: Wow.

Cynthia: It was just this beautiful reminder that she was fully present. She was here with me. So I think that you know, as we talk about losing weight and improving our health and having these beautiful journeys of transformation, we can't hear the messages that are coming and let our bodies tell us what they need if we're never taking time to listen.

So whether you're sitting down to eat a beautiful meal or whether you're driving home from work, just being really present and really focused to allow yourself time and the space to hear those messages and to receive the things that you're supposed to receive and know what you're supposed to do. You know, in those moments of being quiet and being here now you can think wow, that food I ate that dairy that I ate at lunch really isn't agreeing with me. I'm feeling this now. I'm feeling the tummy issues. I'm seeing I'm a little more foggy headed but you're completely present.

When you sit down at a meal and you recognize the meal and you look at the food and you smell it and you have this moment where you're completely focused and you're thankful and grateful for the journey that this food has taken to get to your plate and for all the people that have had a hand in that. Studies show that you end up feeling more satisfied when you're eating mindfully, when you're present. So if there is any other technique or practice that it can encourage people to do, it would just be to be here now.

Shelley: Thank you. I love the story of how that came to you and that was contrasting so extreme for that moment for you. Truly been inspirational to speak with you and I want to thank you for taking the time to share your message with us and our listeners. I trust many of our listeners will benefit so much from your powerful approach that you've created and please let our listeners know how they can find out more about you and your work.



Cynthia: Sure. Absolutely. Well again just I really want to thank you for allowing me the opportunity and again honor you for the work that you're doing and for bringing us all together. This is so beautiful. I'm so thrilled to be a part of it.

Then for more information and more great stuff again that free video series I highly recommend you check it out. You can find that at transformationalnutrition.com

For more information and I have great resources and tools and guides you can download.

Shelley: Beautiful. Thank you and our listeners you can go to Cynthia's bio page and you can go directly to her website that she's just listed or her video series you can link right there too. So thank you again and I just look so forward to our paths crossing again and just keeping in contact with you.

Cynthia: Absolutely. I look forward to it as well and please let me know how I can continue to be of service to you.

Shelley: I'm excited, yeah to keep in touch and to continue this conversation together.

Cynthia: Yes! You know, you're part of this revolution that we're all in. Thank you.

Shelley: Thank you, Cynthia. Have a beautiful day.

Cynthia: Thank you, Shelley. You too. Bye for now!

Shelley: Bye.



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