



Dana James

The Art & Science of
Weight Management

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

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THE ART & SCIENCE OF WEIGHT MANAGEMENT

Shelley: My first question for you Dana is; in your view, why is a holistic approach to weight loss so important?

Dana: Weight loss can be really complex, because it involves so many aspects. It involves your diet, how you move, how you sleep, your biochemistry, your emotional health, your spiritual health, and if you just focus on one area, you may not get the results that you are looking for. One key component is to look up what fat is. Fat isn't just fat. It stores environmental and dietary toxins.

Things like coloring, additives, fumes from nail polish remover, from dry cleaning chemicals, from air pollution. Those toxins stock in your fat stores, and if that's the case, then you may need to go through a detoxification process before the body will release those toxin and fat. That fat there is to protect you from those toxins.

Then there's inflammation. Fat produces inflammation, and that inflammation is exacerbated by microbes, from yeast and parasites, so you need to work gut health. Then there could be food sensitivity, and that's going to inhibit your metabolism, then it could be heavy metals. There's all of that physical piece to it that may need to be addressed. This is also an emotional piece to it. I really believe that fat stores emotional toxins. I would really love to share a story with you about this with one of my clients.

Shelley: Yes. Please do.

Dana: It was when I first started practicing. I was probably a year into my practice, and my training was very much in functional medicine and nutrition, so it was very rich in biochemistry. I wasn't thinking so much about the emotional side of things and I had a client physician come and see me to assist with weight loss. We worked on the physical side of things.

We worked on restoring her adrenal function, her thyroids, gut. We're talking great diet, movement, sleep, all of that, and she lost weight, but then she stopped, and she was stagnant. I had almost ran out of tools in my toolbox. I'm like, wow. The only thing I've got really left is to go to a low caloric diet to shift this weight, which would have been uncomfortable, really uncomfortable for her.



She had about 10 pounds to lose. The majority of that. Then the next time I saw her, she came in and she'd lost 5 pounds. She said, "I had this dream, and in the dream I said to myself, "its okay, you can take the fat suit off now." She was in express camp, the patient. What she realized is that she correlated being lean with being really fit. When she broke that and could see that was what was potentially inhibiting her, the weight came off. The next 5 pounds took another two weeks to come off, and then she reached her ideal weight.

That was the first time that I was like, "Wow, emotions don't just influence what we actually eat; they have the potential to really keep fat stuff there. I've seen this time and time and time and time again. Very positive that whole emotional toxin. It's like you get a feeling back in your muscles. They are holding tension. I think just that alone says we need to look just beyond the calorie counting philosophy that's been out there for so many years.

It's detrimental in many ways to weight loss because it can distort our perception of how we think about food. I have clients of mine that are like, "You know, I want an app so I can record my food," and I'm like, "No app, no app. The app is going to make you count calories. I don't want you to look at it like that. I want you to think about real food. What are you really eating?"

Shelley: Yes, and make that connection. What is food? Where is it coming from? How has it been prepared?

Dana: All of that's key, really, really key.

Shelley: You are already going into that explanation of how calorie counting doesn't work, and you also make an important distinction about how body burning fat and calorie counting isn't a solution. It's an old methodology for dieting. Could you elaborate more? I know so many people going in that direction when it comes to their weight loss.

Dana: The way your body burns fat is through hormones, and hormones are influenced by the food you put into your mouth. You can tell your body to burn fat or you can tell your body to store fat, and that will depend on the food you put in and the combinations. The key fat burning hormone or the key fat accumulation hormone is insulin.

Insulin is triggered every time we eat carbohydrate. If you are starting your day with a bagel for breakfast, or cereal for breakfast then you are telling your body to store fat. When insulin elevated it is physically impossible for the body to burn fat. It just can't. A bagel for breakfast will probably block the fat burning process by about 5 hours. Half a cup of cereal will probably block the fat burning process by about 2 hours.



If you think about at day that's heavy with carbohydrate, which is how many of us eat. Cereal for breakfast. There's a block on fat burning because your body is stimulating insulin to get the glucose into the cells, then you had a sandwich for lunch. You've got more carbs coming in; the insulin isn't stimulating, you are blocking the fat burning process for maybe another 3 to 4 hours. Then you might snack on some pretzels.

A couple of hours you've blocked the fat burning process again, and then dinner comes around and you are out at the restaurant, and you have the bread and some dessert. You block the fat burning process throughout the entire day.

You've told your body to not burn and actually, to take the food that you eating and put it into your fat storage. It's just very different from the calorie counting because you can eat a thousand calories all from carbs, and it's going to be awful.

You may not lose weight. Conversely, there are fat burning hormones. There are things like growth hormones, which is stimulated when you exercise There's testosterone and your sex hormones. There's glucagon which is triggered when you eat protein, and there's a couple other ones. They are all pretty minor compared to the insulin. Your aim when you eat food is to choose up those fat burning hormones and to take down the insulin response.

Shelley: Wow. And you do that.

Dana: Yes. You do that with the quality and the composition of your meals. How you want to eat. Every person that talks about diet these days will agree on this. There seems to be a lot of misinformation out there. If you pull it out, we all agree on a couple of things, and that is, you want your diet to be principally plant based. That means vegetables, but at the base of every meal, certainly lunch and dairy, you want at least half a plate of vegetable; that's where your carbs are coming in. Then you want about a quarter of a plate of protein. That's it.

It doesn't matter whether ...It could be animal based. You just ideally want it from organic sources. Free range or organic eggs, or it could be vegan sources of protein, from the vegan protein category. Chia seeds or hemp seed.

That's what possibly what you want to be eating. It's a small amount of protein and vegetables. That is going to stimulate fat loss, it's going to stimulate the detoxification process, and it's going to help restore your adrenal function and your thyroid function.

You want a little bit of fat like avocado, olives, olive oil, walnuts, seeds, and potentially a small amount of complex carbohydrates like chick peas, lentils, sweet potato, squash, and those things.



Those carbohydrates will really be dependent upon how much exercise you do, the state of your health. Principally its protein and vegetable based, and sugar is low, grains are low. I am not an advocate of gluten, so I do encourage people to go on a gluten-free diet, because so many people have a gluten sensitivity. It doesn't mean substituting the gluten products like bread, pasta, and cookie with gluten free products; that I don't want people to do. I want people to replace the gluten/carbs with vegetables.

Shelley: When you think about it, it's logical, but we haven't been taught this, and so to hear someone help us navigate, just even how you're starting your day, is powerful. Let's say you get on that page to turn up the fat burning hormones, one of the fascinating things you've talked about is food sensitivities blocking the fat. That's how gluten can fall into ...

Could you explain how it works, how we could discover these food sensitivities, and go deeper with us on that?

Dana: Sure. I run food sensitivity test in my practice, and that's one way of doing it. It's a very expensive option. It's about \$400 plus for the test. When I was running the test last year, 95% of the people I was running it over came out with a gluten sensitivity. This year it seemed less what it was. Mind you, I am running it through a client base, where I think there's some type of sensitivity.

Do I think 95% of the population have a gluten sensitivity, no, but there's a large concurrent of people out there. The more and more you expose yourself to gluten, the more likely you are to develop a sensitivity to gluten. It's not just gluten; it could be something else. It's just that we eat gluten based food on a very regular basis.

Gluten is also a very, very abrasive molecule, so it causes damage the intestinal tract, and when that happens, we end up with something called leaky gut, and leaky gut then allows gluten and other foods to get into the blood stream.

The body correctly interprets that's it foreign, it thinks it's the bacteria or a virus, and so then it starts to produce inflammation antibodies and stuff to attack the gluten, to clear it out. That inflammation, depending how frequently you eat that gluten, can cause cravings, neurological issues, bloating, fatigue and cravings. The cheap way to determine if you have sensitivity is to look at what food you crave.

Food should be neutral in the body. If you are that person that says, "Oh my gosh, I had a bite of that cheese or that diet coke. I have to have that diet coke," or "How can I not have pasta?" Highly likely that there is going to be, in that case a dairy sensitivity, some type of sugar substitute sensitivity, and a gluten sensitivity.



I used to have a gluten sensitivity and a dairy sensitivity and reversed both of those. I took about 3 years for me to do that. Taking it out and using supplement to help heal my gut. The one thing that is my nemesis is oats. I noticed this about 10 years ago and I still in the UK and then I'd go to classes, nutrition school, take these oat crackers and I would eat the entire box.

I joked that I would have an oat sensitivity. Who has an oat sensitivity? The thing that I wanted the most. If I had granola in the house, I would go through the entire packet within 3 days. I wanted oatmeal for breakfast. It was really good, I want it right now, and nothing was better than oatmeal cookies. I see how that food was just not neutral, I really wanted it. When I ran the food test that I run at my practice now, and for your listeners, it's call ALCAT, A-L-C-A-T, I had an oat sensitivity. I've been off oats 7 years. Maybe 6 months ago, I was in a house with it's gluten-free granola.

Was a gluten-free granola. This overwhelming urge for sugar. I want something sweet. I was like, "This is such a foreign response for me," and something that I had experienced many, many times before, when I was eating these because it was really fun. Then I was like, "Oh my goodness. I bet that gluten-free granola had oats in it." did that have oats in it? He said, "Yeah, they're gluten free." I'm like, "Oh no!" The next day I stopped it by and the craving went away. That's how powerful it can be.

Shelley: Such a simple understanding of the craving. It's a beautiful story of this, because you have such an understanding of your body. You don't crave sugar so you knew. I also think about 1 of our other experts talking about every time she had gluten, she would turn into this different person afterwards. What an amazing, easy way to start countering what's going in my body based on these cravings, and what sensitivities and then ...

Dana: Yes, absolutely.

Shelley: ... if you're motivated, go get a test done; then you'll be confirmed, and then you're able to work with that. It's a really amazing explanation. Thank you. You, as an expert in functional medicine and in the field of holistic weight loss, you talk about blood work as well. Clarify what are we doing when we do blood work? What do we ask for, to get a clear picture?

Dana: There are six things I really want to take a look at, they're on a standard CBC and chemistry panel that you can get, and these tests have run for years. I'm looking at from a wellness perspective, not a disease perspective, so I have slightly different cutoffs compared to what you allopathic physician might have. It's vitamin B. Almost everyone I know has their vitamin B levels run. Vitamin B, it think the cut off is 30, but I really want to see it at 50 or higher.



The reason for that is vitamin B enables the thyroid hormone to communicate more effectively. If your vitamin B levels are low, it's ultimately going to slow the metabolism. That's 1. Very easy to have run. Then fasting glucose on a panel. The fasting glucose cut off is 99. At a 100, you're in the pre-diabetic state. By the time you get there, if you're over 80, there's a lot of damage that's being done, and your body is so, so sensitive to carbohydrates that what's going to happen is when you eat those carbs, it's going to shoot it off to your fat stores as opposed to converting it to energy.

What we find, that when we're carrying extra weight, not only is our body storing the fat, but I think that's because it's not going down the right pathway. If you think of food as a little switch, you can either go down the energy pathway or go down the fat pathway. When you started to damage your insulin receptor cells by eating a lot of carbs, it's going to tell the body to go down to the fat storage pathway as opposed to the energy pathway.

You're looking at it differently. If you had blood work and you had your fasting glucose, and you are over 80, you really want to cut down on those carbohydrates. You want your carbs to be coming principally from vegetables. Then the thyroid panel. Most standard testing that's done, they look at something called TSH first, your hormone as a brain hormone.

In my opinion, anything over 2 there's an issue, and that's a thyroid you want to be looking at. Most physicians here in New York would agree with that and they will work at that level. That's primary hypothyroidism. To me, there's a more interesting piece to that, TPO, that's thyroid peroxidases antibodies. This is when the body has started to attack the thyroid, and you have about 10. I've seen it in a few that were over just a 1,000 actually; an autoimmune response happening.

What you want to do is you want to take out things that are going to inflame the body. You know what does that? It's gluten. If anybody that's listening to this call has Hashimoto's, then absolutely take gluten out. There's no question on this. It doesn't matter whether you have a gluten sensitivity or not. Gluten just triggers inflammation within the body, so take that out.

The other 2 are free T4 and free T3, and these are the thyroid hormones, and the free T3 is the active thyroid hormone and that's what boots the metabolism. If this is low but everything else is normal, then this explains why it can be really challenging for you to lose weight, because metabolism is being down regulated. You want to work on boosting that up. I had low T3 levels, and my mother suffers from Hashimoto's. When I saw my low T3 levels, I'm like, "Oh my goodness. I really want to reverse this," because I just didn't want to be dealing with a thyroid disorder throughout my life. What happens is that, typically before you end up with an impact on your thyroid, your adrenals have been a little overworked to deal with stress.



I said, "Oh my goodness. I need to run an adrenal panel to see what's going on with my cortisol levels, and my adrenaline, and uric, and all," and then would levels were low. I worked on my adrenals, and by working on my adrenal function, I was able to reverse my subclinical thyroid issues.

There's a couple of things that happen with the T4 and T3. Inflammation will interfere with the conversion of T4 to T3; T3 is the active hormone. Elevated cortisol levels will do the same thing. Stress is cortisol being produced, and it's failing to slow the active hormones from being produced. Selenium is another one.

Selenium is a nutrient that comes from Brazil nuts. If I see this, I'm putting people on Brazil nuts for snacks. It's much more subtle, and I like working with this because they can get results. They go, "Wow. Finally. Now I understand. I knew I had a thyroid issue. I just knew it." You just got to look to a deeper level.

Shelley: I'm just going to throw this question in here. What if someone's on a prescription drug for their thyroid?

Dana: That's fine. They may need to be on that, but you can still work on repairing the thyroid. Just because you're on a drug, doesn't mean that it's healing your thyroid. My ultimate aim with everybody is to heal the thyroid, get it to work appropriately so that you can either come off that medication or you can at least reduce the dosage of that. I wouldn't encourage people to go off it, though. You need to heal it first before you can even play with that.

Shelley: That's a good step. I think a lot of people just don't know that next step with their thyroid. There's an important difference that you discuss in your work. It's between environmental control and behavioral control. If you could share a little more about this. It's a really important distinction, is what I gather.

Dana: It really is. I love this one. I'll see if I can give an example. I'm so good when I'm at home. I've shopped for the week, I've planned my meals, I've prepped, I've taken food to work. I'm fantastic. Then the weight comes off, but as soon as I travel or I don't prepare my meals, and go shopping, I'm totally screwed. Like, what's going on? I can't stick to this. This is your environment; it's setting your environment up so it's going to work for you.

You do those things, so you shop, and you fill the pantry, you can do that in your meals, you take something with you. That's controlling your environment. That's a key part of being successful with your weight loss program. The behavioral piece will over ride that. You want to be able to use your discretion and say yes or no, no matter what is going on, no matter how chaotic it is.



You're traveling and your plane gets delayed. My plane just got delayed so I'm going to go and have that burger over there. You go, okay, my plane got delayed, and what I'll do is I will find an omelet to have, or I may sit down and have a vegetable soup. That's about controlling the behavior. Or, it's when you go out with friends. It's not just, ah, stop it. I'm out with my friends and I can't think about it.

It's I can chose appropriately. Then you can have a green salad for an appetizer, then I'll have fish with vegetables as my main, and I'll make a choice. Do I want to have a little bit a dessert tonight and engage with my friends, or do I not want to have that and disengage my friends. It's just different between environmental control and behavioral control. They're both important, but we often use our environment as an excuse.

Shelley: That is so key. There is a difference that has to be implemented in your own goal setting. I think 1 of the more empowering notions you teach is that we know what to eat, yet we don't do it. Please explain what's going on here, why this happens, and we can do.

Dana: Yes. I get this all time. My practice is in New York, so I have New Yorker's going, I'm educated and I know exactly what to do, but I just don't do it. That's because emotions can completely hijack our intellect. We may know exactly what to do, but our emotions can completely override what we know is right. If we've had an incredibly stressful day, and we're reacting to that stressful day, we know it's not right to go and drink 3 glasses of wine and eat a burger and fries, but we might just do that because we choosing that to release out stress from the day.

One thing that is really key there is that to break the association between the food and your emotions, and to learn to respond as opposed to react. Sometimes these emotions are really obvious. The example that I gave you is obvious. You've had a stressful day and that's what you do. It can be much more subtle than that. Sometimes you feel like you just don't know why you're doing it. Why am I baking the cookies and eating the entire contents of the cookies? There's no trigger that happened. I use that one as an example because that was me. I've gone through a lot of things.

Shelley: The best healers often are the ones who ...†they have healed themselves. Please share.

Dana: Just because we know it, we can be empathetic, we've gone through it, and we've experienced it. It's when we can't see the correlation that you get into a deeper level there, where you got to be willing to go deep. This is when I'm talking about those emotional toxins. You got to be willing to go deep there to allow those things to come to the surface so you can actually look at them and process them.



One thing I see very regularly is shame being a really deep, buried feeling or emotion; that it manifests itself in so many different ways. One of my like clients just from the last few days, she's an ex-addict and has been sober for probably 15 years, but she just admitted that she was incredibly shameful of that.

She felt like she didn't want her daughter's friend's mothers to know that, and then because of that she was just getting to be eating in binges. Rather than looking at it, and going, actually I'm going to be proud that I've broken that. I can show that I'm a really strong woman. She was eating to suffocate that feeling. I have another client from a workshop this week, and we were speaking about things. She was talking about her mother who weighed 300 pounds and had passed away. She was saying, "You know, we never spoke about it in the family. It was like it was elephant in the room."

I said, "Well, how did you feel about it?" She said, "We felt really sad, and I felt embarrassed." Embarrassment is a light term for shame. I said, "Is there a feeling of a bit of shame there?" She's was like, "Oh my God, yes." What happened to her, she kept oscillating between 140 and 150 pounds.

When she hit a 150 pounds, she was on panic mode of "Oh my goodness. I can't be like my mother. I better get the weight down," and so she cut calories or do whatever it was to get it down to 140. As you get to 140, and she wouldn't lose. This is something we were just spoke about this week.

I asked her if this could potentially be part of the reason why she's not allowing herself to get below that 140. That she needs to see that she was looking at this in a very shameful way, and to let that go. Just let that go. It's okay that you have that feeling, you just let it go now, let it disintegrate. That emotion is just a hidden, huge driver behind our behaviors.

Shelley: I understand it as shadow work, when we go into what it is that has been kept in the shadows of our lives. When you just start to face your shadow and look at it, it's so liberating. To see that it can play out in our deepest desire to lose weight, that something like that just keeps surfacing and you're not knowing how to go there. Working with someone like yourself, you can actually start to reflect, and to face these negative emotions, and how they can sabotage us.

Dana: Yeah. What's a really important point for people to know is that sometimes you get scared that if you bring these emotions to the surface, how are you going to deal with them, and you can. We can talk about that. When these emotions are released, there's a huge feeling of freedom and liberation, and that's part of the reason why the fat falls off.



Also, say, your face looks different. I just went through a releasing exercise with myself; we're on the final pieces. It's never really a final piece, but it was a really big piece to me, and I let it go. My face looks different.

Yay! What, I look young now. They'll finally see that because that weight isn't there, that weight of hiding it isn't there. I didn't seem to realize that I was hiding it, but it was there. Ultimately, when you [inaudible 00:30:35] shame on the call, and physically there's going to be a memory that comes to someone's mind, not first memory. That's it; that's the first area that you want to work on, to releasing that, and letting that go.

Shelley: It is. It's like an onion, like when you peel back one, you start to see, and then by the time to get to the core of it, the lightness of being that you start to feel so much greater than what it was like to have all that, those layers on you. It's incentive in itself to take those steps. I wanted to ask you, a lot of people numb themselves with food. What happens if you don't use food? What can we do with our emotions instead?

Dana: Great question. If you are not numbing yourself with food, those emotions are going to come to the surface. They are going to float out there. They don't dissolve and not going to be there. They will be there and the reason for that is your body wants you to deal with them. They want you to release them.

To your point, after you release these emotions, it's not negative either. At that phase, it's joy, bliss, peace, and love. You want to see them and watch how to process them. The third thing you want to do is, the most basic thing, is because sometime this work can be a little heavy, and that can take months, months, and months, and years to process all of this stuff.

That doesn't mean that you're going to change. The third thing you want to do is create a different habit. If you are an evening eater and you're sitting down to popcorn at 10:00 am, or half of packet of cookies or something like that, you want to commit to breaking that habit, and saying to yourself, "Okay," and replace this habit with something else.

I'm going to do something different, and that's exactly what you do. You do something different, focus on doing the same habit for 21 days. It might be that you want to take a bath and luxuriate in that. You might read some spiritual books, you might do some journaling. Journaling is a great way to actually process those emotions to start to allow them to come out. You want to do that with the intent of releasing and letting them go from your mind. You might want to engage with friends, go through your wardrobe, do something that makes you feel good. If you're feeling like you need to be talked up, and using food to fulfill you, then do something that makes you feel really good. Tell me it's going to make you feel happy.



At present, I think taking a bath with a wonderful oil in it is just so special, and it's your time to yourself for 20 minutes where you can just lie there, luxuriate, be idle, and just be in that space.

Shelley: I'm thinking about my own personal experience. I can remember after having my child, then finding myself at a certain time putting him to bed, and then being able to have some time for myself. I'd go and make a snack. I remember committing, saying, "You know, this isn't going to help my running in the morning, or it's not going to help me if I have goals early in the day, then I go in and do this." I picked up the guitar, because it's something in my life I was always in. Sure enough, it that's something that replaced that emotional whatever I was needing to ... †that activity that I needed for time for myself, and to feel good, and to grow in another way, not in the physical way.

Make a list of what you enjoy, what brings you to life, what is alive in you, and what you can do to nurture that in those times. You talked about shame. I also know you talk about the role of emotional triggers, positive and negative, and how they affect your personal transformation. Could you share more about emotions?

Dana: I know I spoke a lot about how negative emotions some times. The positive will also drive us as well. Try to do something. You're just starting a weight-loss program, committing to a weight-loss program and you really want to understand why you're doing this. If it's because your doctor said you need to loose weight because you're obese, it's causing your blood pressure to go up, or you cholesterol level to go up, and that's the only reason you feel like you're doing it, that's not very motivating. That's not going to inspire you to stop eating the burger when you feel stressed.

If you can get really clear on the positive emotion behind why you're doing this, then that's going to drive you, that's going to enable you to say no to these things that you might want in the moment. This is something that I do with my clients. Not at the first session or the second session, and it's visualizing and bringing on feelings. You create 1 image of your dream body/ dream. You want to make it really powerful and rich, with textures and colors, and sound, and feelings so that you can bring this on when you're in a challenging situation.

It might be something like this, "I'm at 120 pounds, I'm in this beautiful olive green caftan. I'm on vacation with my husband. I feel amazing. I can feel the sun on my body; I can smell the suntan lotion. I'm just exuding this confidence and energy. I'm filled with so much joy in my life. My husband looks at me and has a big smile. I feel empowered, and I'm strong because I'm here.



I have this energy, my skin glows,” and maybe there’s kids there and you can say, “I can play with my kids. My mood is balanced.” That’s why you’re doing it. It’s not just a superficial reason for doing it.

Sometimes people are like, well, I feel like I didn’t want to lose weight. I was like, “You have the emotion. Think of that. This ideal life for you and see it. Really see it and feel it.” If you see it and feel it, guess what, it’s yours. It is absolutely yours because that’s you. My clients, they go out and buy those things. If you want to buy an olive green dress, then ... †Bikinis come out all the time, so I have my clients buy bikinis. Sometimes people are really blocked that can’t even seem themselves. That’s okay, that’s absolutely okay, but they just want to focal that and know that they’re blocking something emotion that’s stopping them from getting to that image.

Also, it’s a big deal that they can’t get there and they don’t know how to do it, or it’s just so far away to them. I encourage them, just get into it, get into that feeling; feeling really happy, and your body cause that’s a driver. The true driver is the emotion and the feeling. That’s the positive emotion. I knew that. I have my clients read it every morning for the first 7 days. Before they look at their phone, they read that beautiful dream body/image. When you wake up, the brain is operating at a lower level, and it’s going to take that in. It’s just a matter of time, that’s all.

Shelley: You’re tapping into, with your client, this infinite potential that we have. There’s a lot of traditions and lots of ways we can just get into those positive emotions and the life we that we want to live.

Dana: The difference between what’s real and what’s fabricated. It doesn’t know the difference. When you see that, it thinks that it’s going through that. Create something that’s not. By the same token, if you think this will be negative, it thinks that you going through that at that point in time. It’s so powerful, and really use it use to your advantage.

When things come up that feel like they’re self-sabotaging, don’t be fearful of them, recognize them. Like a gown. Take the time to look at them. You might not be able to look at them at that point in time, but spend some time just delving into them a little bit further because unless you do, they’re just always going to be there, and they’re going to come to the surface.

I can’t express enough to people just how freeing it is to have the balance in your mind. Not to be disturbed by these thoughts that just keep coming up, or to be worrying about food, and is the food going to make me fat, or why can’t I have this, and why is this person having this, and why can’t I have that. That’s just not there anymore. Just let it go.



That's another thing. I just want people to [inaudible 00:40:34] that slim body is going to lose the weight. Just give it the tools to be able to do so. Eat real food, and start being aware of your emotions. Stop using food to drug and numb yourself. Break the association there, and delve deeper on an emotional and spiritual level.

Shelley: I feel your work is very leading edge in the holistic health realms. I want to get your perspective on the next generation of nutrition for weight loss. How you envision the future to look like.

Dana: All about balance, really. I feel like we've gone to quick-fix solutions, and it's more food, and then it's paleo, then it's [fasting 00:41:21] diet, juices. Haven't we done all those? Now it's like let's just incorporate the vegetables with those. Let's have balance. I really feel like that's the next wave. Plus, the spiritual and emotional integration with the food.

Shelley: Thank you. How to Break the Sugar Addiction. This is a call that you do, and it includes a 7-day food plan. Could you share more with our listeners? If they got started today what would their lives look like seven days from now?

Dana: It's a foundation, so it's a recorded call that was done, and how to break really a habit, like a sugar addiction, or a carbohydrate addition. It talks about the physical reasons that may be the case, and really delves into the conditioned responses.

How do you break a habit? That's really what the call is about. It's much deeper than you and I have spoken about, but it's a similar theme. It's a very clean diet. It would be perfect anybody on this call because it really is a weight-loss plan, and it helps to stimulate, detoxification.

It will help to improve your adrenals, and your thyroid, which is key for fat loss. This plan I've used in other group programs and people have lost eight pounds in a week. It's gluten free and it's dairy free. It's the first of how you want to be eating for weight loss and optimal health.

If I don't think that they like it, they can just repeat the plan, and repeat it the next week. It allows people to see the concept behind those. Vegetables is very client based, with a little bit of protein and the fat that we spoke about earlier on, so it takes that. Physical peace and makes into a practical plan.

Shelley: Beautiful. I think it sounds like a really empowered form of educating oneself about the unhealthy habits, the addictions. I know it can change someone's life. Just so people can start today, after listening to your call, if you could recommend a certain food or ingredient to avoid when wanting to lose weight. What would that be and why?



Dana: That would be wheat. Please avoid all wheat. That contains gluten, it's the most appetite stimulating food you can put into your body.

Shelley: We've covered that in this conversation. If you could recommend a certain food or ingredient to add to someone's diet, or a supplement, to lose weight, what would that be and why?

Dana: It would be plant-based food. I'm going to encourage people to try kale, if they haven't tried kale before. You can make an amazing kale side. You chop up the kale. It's a very robust and hardy vegetable.

Then you take avocado, and you put the avocado in your hands, and you massage the avocado into the leaves, so it starts to marinate in the juices of the avocado, of the creaminess of the avocado. You put a little bit on it, squeeze the lemon juice. Let it sit for about five minutes. It's really, really wonderful. Then you can throw some tomatoes into it, and cook up some eggs if you want to, and you got a meal there.

Kale is an incredibly nutrient dense vegetable. It's very, very hardy, and you can have it raw or you can cook it as well. It helps convert detoxification as well, so it might help clear out some of those seven toxins and seven fats.

Shelley: Thank you. If you could recommend a physical exercise or activity to help our listeners lose weight, what would that be?

Dana: It's going to depend on your stress level. If you are a person that speaks a hundred-million miles an hour, and is very stress and anxious, then you might want to do some type of high-intensity interval training to help burn up the extra adrenaline, extra body fat as well. You don't need to do that for long, maybe 20 minutes. It's how ever you feel like you just can't get up in the morning and you drag yourself through the day, you probably want to do yoga. The reason for that is that is going to weigh you out even more. The yoga is very healing to your adrenals, so go with that. Even if the yoga isn't cardio-based, it will enable you to lose body fat, because your fat tries to restore some of those fat burning hormones that we spoke about earlier on in the call.

Shelley: Thank you.

Dana: The first example that I gave as well, is the person was really stressing and anxious, they would benefit from yoga as well. They could choose either one of those exercises.



Shelley: I like that full spectrum. Looking at what your stress level is. It's really good gage. Any other practices or technique you'd advise to further support someone's holistic weight-loss process.

Dana: Trust that the weight is going to come off. What you want in life is to really celebrate it. To overindulge in life, not food. Enjoy it. Find those things that make you feel happy and start doing those things. Really, that's what life's about.

Shelley: Trust in the happiness. Thank you.

Dana: In the happiness.

Shelley: This just has been an amazing interview, Dana. I thank you for taking the time to share your message with us. I trust many listeners will benefit. You have such a powerful approach and deep understanding of all of the angles of weight loss and health. Please let our listeners know how they can find out more about you and your work.

Dana: My website is www.foodcoachnyc.com, and I have a Sunday night e-mail that I send out. Just one or two little tips to give out. It might be a recipe, or something to think about. It's a great way for us to connect. You can sign up for that on my website and I also write a lot. I write on my own blog, which is on my website. I write for a website called Mindbodygreen.com, and there's a lot of information there. I would love people to connect with me. On my website, there's my e-mail address. Give us a call. Again, I'd love to know. They can really stay in contact.

Shelley: Thank you. People can access your gift through our website here.

Dana: Thank you so much for inviting me on the call.

Shelley: So wonderful. Thanks again.

Dana: I'm glad we got to speak.

Shelley: Me, too. What an honor. Thank you.

Dana: Okay, Shelley. Bye.

Shelley: Bye.



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