



Holli Thompson

Lose Weight and Look Younger
The Secrets to Ageless Beauty

THE COMPLETE
HOLISTIC

WEIGHT LOSS
COLLECTION
TRANSCRIPTS

HOLLI THOMPSON

LOSE WEIGHT AND LOOK YOUNGER; THE SECRETS TO AGE-LESS BEAUTY

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

Holli: A holistic lifestyle really, when we talk about that term, it really means everything in your life, right? It means that ... it means mind, body, spirit. It means that we are all one and that there is not just one little thing that you're going to do for your health or for your weight loss. It means that whatever you do affects everything else and that in order to really lose weight at a ... in a fundamental way that's going to keep the weight off often means that you need to look at everything that's happening in your life and everything that may be happening in your body.

By your body, it might mean your brain. It might mean your mental state, your mental health, things that are holding you back emotionally or it might mean some issues that are going on with your body where ... that you haven't addressed yet.

It's not really easy to lose weight if you're trying to lose weight with the wrong foods for example. For example, if I'm working with someone and they're struggling to lose weight and they're counting ... to try to count calories let's say, or they've tried to count calories before coming to me and they're eating foods that their body ... that it's creating inflammation in their body, they're not going to lose weight no matter how little they eat.

By the same token if someone ... if I'm working with someone who is miserably unhappy and they're going through a divorce or had a huge breakup with their boyfriend a few months ago and they are suffering, they aren't going to ... it's going to be really difficult for them to lose weight because the mind and our hormones and our cortisol levels and so many different things play a part in that process. That's what we mean when we talk about holistic weight loss. We mean that it really isn't as simple as calories in, calories out.

Shelley: Yeah, yeah. Oh, it's beautiful distinctions too because yeah, when we look at everything, relationships, everything, we start to see a bigger picture and yeah, we can make changes in all our relations so holistic's so beautiful. You call yourself a nutritional stylist. What is a nutritional stylist and what inspired you to specialize in this unique area of expertise?

Holli: Nutritional stylist, it is something that ... it's a term that I made up to be honest because it was a ... for me, it's a little nod to my background in fashion. You may know I was ... I had a career in Manhattan and in Paris where I was ... my last position was a Vice President for Chanel.



This whole idea of being a stylist was always something I did intuitively with myself, with my life, with my home, my clothes, everything, all my girlfriends and my family. When I realized that nutrition was my calling and that this was my path, I thought it was ... it just came ... it actually came to me one morning so it really did when I thought, "What am I going ... what do I want to call this business and what am I ... what's the name? What's the name?"

Literally, one morning I woke up and it just was in my head, nutritional style and your nutritional stylist. I just loved that and that is ... that was it. It was that simple. What it means is that in the same way that someone might help you style your life, may style your home, help bring out the true you and what you truly love and what inspires you when it comes to your living space or what brings out ... what's going to bring out your personality and your drive and your innate beauty from within when it comes to your clothing, that's what I try to do with people when it comes to their food.

Nutrition literally means the food that you take in. That is the definition. I work with primarily women, some men, but primarily women on the actual food that they bring into their bodies and what is ideal for them. I help them to figure that out much like a clothes or home stylist would.

Shelley: I love the metaphor approaching your work. You'll know that in the end you're going to have that unique self come through. I've heard you talk about why your best friend's diet is not the right diet for you. This is an important insight because we're all influenced by our friends and family. Please explain for our listeners what you mean by this.

Holli: It drives me crazy when I work with ... it happens a lot in my group program. When I work with large groups of women and will be really clear about, this is what we're doing. Here's ... these are the parameters of what we are feeding ourselves and point, and "Please, this is not the time to bring in any other new supplements or anything else, really just focus on what we're doing here in this program and these specific foods."

Inevitably, I will have women that pipe up and say, "Well, you know what, I've decided to also add in these ... all of these cleansing herbs that my best friend just used last month." She thought that they will reckon ... she thought that were really fantastic and she had great success with them.

At the same time, [inaudible 00:06:03] this woman that had gotten really sick and so she had come to me saying, "You know, I'm getting real sick. I don't feel well." I said, "Well, what are you doing?" Because I knew there was nothing in the program that we were doing that could make her sick. I was like, "What's going on? I mean, do you have a bug?" We're talking and I said, "Is there anything else? Have you added anything else in?" Then out it came, she started to take these herbs that her best friend had taken.



Meanwhile, they worked for her best friend. They didn't work for her. It happens all the time where I hear women say, "You know what, that sounds great but my best friend just did this thing a couple of months ago and boy, oh boy, she feels fantastic," or I might suggest something to them and they'll say, "Well, no because I heard from my other friend that this other thing worked for them." It's like sort of you just want to get to the point where you say, "Stop. Just stop. Just stop listening to what your friends are doing. Stop listening to every other day a new trend or a new food." It's not going to work that way. It's sort of like a finger in the dike approach.

It really is. It's people sort of ... there's so much media and so much nutrition advice out there right now that the mistake comes when you grab one little thing and you think, "Okay, this is going to be it for me. If I have chia every day until I explode, I'm going to have gorgeous skin." It's like, "No, it doesn't work that way."

That's really we're talking about when I say, "It's not what your best friend's doing. It's not what your husband's doing." Your husband, your boyfriend might be thriving on his omnivore diet. You may feel really heavy and all clogged up from it. That is just the way it works so what I do is I empower women to discover what works for them.

Shelley: Yeah, it's so true. I mean I've even had clients when I was working in this integrated healing center. A client walked in and she handed me one of my other client's menu plan and she said, "I've been following this and I wanted to know what might work for me." It was actually quite ... she's being very honest. It hadn't worked for her so she was coming to me and saying, "Can you do this for me?" Yeah, it gets very unique and specific with each person, their history, their relationships, their blood types, their ... what emotionally is going on. It's just so deep and ...

Holli: It is and it changes. It changes. It changes with the season. It changes with your stress level. I mean it has ... my personal nutritional style has evolved so many times over the past year where it's been really fascinating to me because I went through a few periods of stress and moving and little life changes that affect us. They made me crave certain foods in my normal repertoire. It's really interesting and that happens to all of us. It happens to all of us. I try to ... I think I'm a food sleuth. I really am. I can look at people's ... I can listen to people and look and analyze their diet.

Things jump out at me. It's like an x-ray vision. Things just jump out at me where I will just get these hits and say, "You know what, this ... how is that doing for you? How long have you been ... and I'd love for you to try taking that out and try these other things right now and let's see how you feel."

It's often ... I find often, Shelley, it's the small things that people are doing but they're doing them every day often ... they're often the key that unlocks their nutrition, finding that nutritional style that's going to suit you well.



Shelley: That's so beautiful. It leads to another amazing thing you teach about how we can discover our own unique nutritional style, create effortless weight loss and a weight loss that lasts because that's important. What are some other ways that we can start learning about our own nutritional style, these small keys that you're mentioning here?

Holli: Okay. One of the things that I really tune into when I work with a client is what they're drawn towards and what they love. Often our bodies have their own innate wisdom. I often hear people tell me in so many ways what they shouldn't be having or what they should be having more of. They know they're saying it but they're not really getting the message that they're voicing to me.

For example, just yesterday ... I write for a blog of mine on ... it's called, Is Coffee Your Crack? I wrote about my own journey with coffee. Brewed coffee truly is my crack and how I know I can't drink it. I learned it many years ago.

Somehow this past year with the different stresses that I was under, it crept back into my life. I knew. I mean I just ... and I thought it was okay. I thought I could handle it. "Gee, just a cup." I knew when certain ... I started noticing certain things. One was that, first of all, it gave me anxiety. I'm always a fantastic sleeper. I wasn't ... it started to affect my sleep and everybody knows that about coffee but not a lot of people are willing to make that connection. There's not a lot of people ... even some of the smartest women I know are not willing to make that or to own that. That the reason you're having trouble sleeping is that you're drinking coffee.

They just ... they don't want to get that. They love their coffee too much and so that came ... the other thing that became clear to me was that ... is that coffee ... in many people, coffee almost has a similar reaction to a gluten intolerance. It can actually create inflammation and it can cause you to hold on too weight. I was feeling I was trying to lose a couple pounds. It was the summer and I was running. I was eating really well and I had a few pounds that I wanted to lose and I could not for the life of me. Finally, I had a tune in and realized, "You know what, it's the coffee. It is the coffee for me."

Anyway, this blog ... I can't tell you how many people wrote into me from my blog telling me their stories.

It was fascinating to me because that story forced them all to look really deeply at their life and these little things that were going on in their life as a result of the coffee. Some people had already made the leap to give it up.

Some people realized and said they were totally fine with just one cup a day but it's that ... it's being able to tune in and own that whatever you take into your body, whatever goes in your mouth and you swallow and digest, and run through this magnificent body of yours, has an effect.



It's either going to be ... it's very seldom neutral. It's either going to be for your good and its going to create healthy living, vibrant, wonderful, new young cells or it's going to create inflammation and aging, therefore aging and early warning signs like arthritis and headaches and sinus and asthma and achy joints, and lethargy and on and on.

That inflammation will then, down the road in 10 to 20 years, lead to other things. That's really how I knew it that it's all connected and whatever comes in ... and you know at a certain level how it's affecting you. If you think it's not, then I try to empower people to really own that connection.

Shelley: Well, that's big, being honest with yourself and if you're holding them accountable or to empowering them to look at that and to own it ...

Holli: Yeah and to see it, to see it for what it is.

Shelley: Yeah.

Holli: I mean I'll have women come to me and say, "It's always the last 10 pounds." I get a lot of that, whether the last 10 pounds, "I can't take it off." Well, they have a few things in their life that are known to be inflammatory and they know it. They come to me saying, "Oh, but I love that, have to have it every day at 5:00." It's like, "Okay, that's cool but then please then adjust your expectations of what you want because you're not going to lose the 15 pounds, 10 or 15 pounds, doing what you're doing if you continue to do that." A lot of it is that. It's ... a lot of it is empowering women to get real about it and also being that food sleuth and pointing out the different things that are creating that in their body.

Everybody's different. For some women, it's one food. For some women it's coffee. For other women, it's ten other different things. It's interesting.

Shelley: That is so key and yeah, just today, you can start by being honest every moment what you're putting into your body or even putting on your body or yeah. It's so again, holistic, so that's a really good tip for anyone listening just to start looking at what you're drawn towards and does it serve your health.

Holli: Yeah, yeah, tuning in and getting real about it. I'm not saying you can't ever have whatever it is, I mean a treat or ... but if it's something that you're doing everyday that you intuitively you know, "I know this isn't good for me but I'm doing it anyway," that path actually will progress. It most likely will not stay neutral. It will have effects and the effects will multiply as you age, in my experience. I mean that is certainly what I've seen happen.

Shelley: You've written a book and the book's called Optimism.

Holli: Yes.



Shelley: In your understanding, what role does this kind of attitude, optimistic attitude, play in our journey towards weight loss and optimal health?

Holli: Well, I want to clarify. I wrote a chapter in the book, Optimism. It is an anthology and it's a wonderful anthology. Actually, all of the proceeds went to charity when we were all asked to do it and that's why you have a lot of big names in there. You have people like Meryl Streep and they all have ... and many others, Dr. Andrew Weil and they all have chapters in this book. I wrote a chapter and was asked to be in this book. I really love it because I think that without optimism and without hope and without knowing that everything can be wonderful and beautiful and that everything will be fine, without that, what do we have?

I think that an optimistic outlook and knowing that things can be solved, knowing that you can lose weight, knowing that you can feel amazing, knowing that you can have high energy, just having that daily belief system and having that daily gratitude for whatever little steps you make towards your goal, it creates that kind of optimism and it feeds into itself. It multiplies onto itself and it helps create more of the same.

Part of this is sort of that ... it's almost like you're manifesting it in a way but I think it's really important to have that beam that's drawing you out and drawing you forward and to have that vision of who you want to be.

If it is weight loss, who are you and what do you look like when you're at your weight loss goal, 10 or 20 or 40 pounds or more? What does that look like? What does that life feel like? Knowing that you can achieve it, that so many others have gone before you and have been able to do this and that you can do it too.

Shelley: Oh, yeah, attitude, it's one of the magic layers of our being. When we're optimistic, it reflects and others see that. It's a very important part of this whole holistic health approach. In your experiences, because you've gone through your own health challenges and also with weight, I understand so what do you feel the road blocks are when losing weight or keeping it off for good?

Holli: Mm-hmm. Mm-hmm. I think that ... well, I hate when people use the word struggle because I think struggle is such a negative word. I really do believe that every day ... we're given options every day.

We're given a bazillion options everyday in choices that we can make and the key to weight loss and keeping the weight off is for me has been maintaining that optimistic outlook, the belief in myself, the believe that I know I can do it, that I deserve and must have a life that fulfills what I'm here to do on this planet. I like to think of it as a calling, if you will, as a journey that I know that I'm supposed to be living.



I went through ... I did ... I went through a dark period of my life after I was married when I became hormonally imbalanced. I suffered several miscarriages in a row and it was a snowball effect of leaving my career, moving to a new state, starting a new marriage and then getting hit with all these different health issues as a result of the changes and primarily, the ... and then compounded by the hormonal changes of miscarriages, resulting depression. It was fascinating, looking back on it, how our bodies work, like how these different symptoms and issues play upon themselves to really snowball you. The dump ... they just dumped me down. They flattened me out.

The way out that I found was really ... was knowing that that was not going to be it for me. I was not accepting this is the way it is. It doesn't have to be this way. I can and will figure this out. If it means ... sometimes it means that you need professional help. In my personal case, doctors weren't ... the doctors ... every doctor I went to gave me a different pill basically and I ended up with a fistful of allergy meds and just every anti-depressants and you name it, nasal sprays and migraine medication. It was just ... it was not the way I wanted to live my life because I knew that each one of those pills, for me, for my body, had their side effects.

I'm not putting down pharmaceuticals at all. They have their place. They have people ... certain people need certain things, then absolutely ... but in my case, I needed to take a look at the way I was living my life.

I needed to take a look at a more holistic approach and change my foods. My foods weren't horrible but there were some, by any means, but there were some foods that had crept in because I was so tired, because I had mono, I had migraines. It's a little bit tough to feed yourself organic, healthy, home-cooked meals when you're dealing with those little things.

Anyway, my path out of this was step-by-step. It was just small baby steps that went over the course of several years. It's funny that you mentioned you went through this because I've had people say to me recently, "Well, come on, Holli, what do you know about being overweight? I mean have you ever ... well, you've probably never been overweight in your life." I'm like, "Listen here, sister. I so have been overweight. I have so dealt with that and more in my past and in my life," and that's why I do what I do, that's why I'm drawn to do ... to talk about what I talk about because it ... yeah, I am recognizing and I'm here with you to say, "It's not easy. It's not ..."

There's not some little snap your fingers when you're as far ... when you're as low as I was or even if you think you are, even if you're used to being ... feeling great and energetic and you, let's say, have a baby and you're ... all of a sudden, your hormones are a little wacky and you're carrying 18 extra pounds. They're all worthwhile times and they all have ... they're all valid. They're all valid is what I'm saying. Even if it's ... whether it's five pounds or 100 pounds, they're all valid.



It's a slow approach and it really ... I just keep coming back to this idea of that the slow and steady and the optimism bringing you out of that, looking forward and figuring out what's going to do it for me, what's going to pull you out of it.

Shelley: I mean I can relate, had a baby and traumatically changes your life. Definitely, the small steps are what brought me out of it too and the attitudes. You can always come up with excuses or, "There's just so many options." "I'm just too tired." "I need a little sleep here." No, it's just taking those small steps. If I go for a walk or ... there's so many options if you just go small and not think, "Well, I've got to do a week cleanse right off the bat." No.

Holli: Right, right. It's like, "No, your body doesn't want a juice cleanse."

Shelley: Yeah.

Holli: I mean I hear that all the time. Women ... somebody will be coming out of something like what we just said. You had a baby and you need to lose 18 pounds. Your hormones are crazy and you're exhausted. They'll say, "Well, my girlfriend who goes to the office everyday just did a five-day juice cleanse. I think I'll do that." It's like, "No way." I mean ...

Shelley: It's not going to work.

Holli: Most likely you will be flattened by that and you will just break and probably it's not the nourishment that your body needs at that time. We are all ... we're kind of bringing a couple of large things that we're talking about today but we are all different. We're and that attitude piece, part of that is going back to what works for you. What's going to work for you and loving yourself and honoring yourself to know that, "You know what, that's okay for her. That's okay for them but I'm talking about me right now. I know that that approach would not work for me," and owning that and owning ... honoring yourself and knowing that your approach might need to be different from the next person, that attitude shift that you don't have to be like everybody else.

Shelley: Yeah, running through programs, whether it's media or familial dynamics or peer pressures. Yeah, it's everywhere and we have to remain strong. At the same time, that optimism really does carry a long way and having good connections like people who we can talk to, like a coach. I know you have three levels of nutritional coaching you offer, right? If you could share what those levels are and what someone's life looks like when they work with you in those different capacities, yeah.

Holli: Sure. Yeah, I work with people a few different ways. It's very much tuned into your nutritional style and where you are. It's not a one size fits all and there's a place that you get where you have to determine which level you're taking.



I've had really amazing success and right now, It's a good solid, deep dive into where you are, what are your foods, what are you eating, what are you taking in, what supplements, what medications, what are you dealing ... everything. It's a big download dump on me. I use my laser vision that I talk about and I can often pinpoint things and for some women, they only need one session.

That one session becomes enough for them to say, "Wow. Okay, cool." I just worked with someone in the spring. It's amazing. I worked with her once. She went away. She lost 20-some pounds because we had figured out the one thing in her diet that was inflaming her and keeping the weight on to her, super healthy eater, she exercised. She was all that but there was something she was doing. She had no idea and I just said, "You know what, this is what I'm saying ... thinking and this is what I want you to do." She adjusted. She lost 20-some pounds. Then what happened was, three or four months later, she ... and she kept in touch but we didn't work together again. I knew that she's doing really well.

Then she came back to me this summer. She said, "You won't believe what happened. I got pregnant." She had reduced her inflammation to such a point that she got pregnant. Her body was happy and clean. She wasn't even trying to get pregnant but anyway, she was of course thrilled. Then it's very funny. She hired me to work with her over the next several months to work with her on basically keeping healthy through her pregnancy, helping her to fine-tune and tweak what she was doing to prepare for the baby. We actually also brought her husband into the program because she has other children.

I work with people, as I just said, either one session. That's always the beginning. Sometimes that's enough. I also work ... I have either a one or three-month program. The one month is great for somebody who is really determined. They don't have a lot of work to do. They want to get in and out. They just want a big, a fast solution and we meet almost every week for a month. Then the three-month solution is ... three months is where we meet generally every other week and that's really like having an angel on your shoulder. It's like having a guide. It's somebody to say, "Okay, let's tweak this. Let's tweak that. Let's try this. I'm going to add this in, go away and you do these few things. Here are your goals."

They're not overwhelming goals and that's the beauty of working over time is that you can do it and it ... you have time to integrate it into your lifestyle, which is really important when you're trying to make a lifestyle change and that's what this is all about. It's not ... I don't do diets with people. I mean I will tell you, I do not do a diet. I work with women on changing their life through food. I work with women on upgrading their food choices.

I love to cook. I'm always in the kitchen. I come up with ... my specialty are easy, easy, easy, fast things because the women I work with tend to be super busy and overachievers. They want the most nutrition bang for the less ... least amount of the time and so that's what I come up with. They ... it's really a touchstone for these women.



A lot of women then will do a three-month and keep going. I'm working right now with a few women that have been working with me for a year.

One has worked with me for a year, another one for over a year, where we come up with a program that really just keeps them where they want to be because it's an ever-changing, adjusting world we live in. It just is. As I talked about myself this past year, we all just constantly evolve. Yeah, so I can sort of be flexible with regards to each individual.

Shelley: One of your other specialization is something you call Ageless Beauty. Aside from our food choices affecting our physical weight, they also have dramatic effects on our overall energy and youthfulness. Could you share with our listeners a little bit about what your approach is to ageless beauty and longevity?

Holli: Yes, I love this whole concept of ageless beauty and being an age-proof beauty means it all starts again in your brain. If you are happy, you are younger. Give me, any day, give me the person who hasn't done anything to their looks, meaning whatever, doesn't color their hair, doesn't do anything in the aging process but they're happy with their life versus somebody who's absolutely miserable that does everything possible.

You can see it. You can see it reflected in the person on a cellular level. You see that happiness come through. For me, ageless beauty, age-proof beauty means coming to terms with who you are, where you are, finding joy in everyday, honoring the things that make you happy, honoring the joy in your life and making sure that you allow time for those, making sure that in your role as a mom and making ... and trying to raise the best baby you can.

It's giving them everything you possibly can or giving so much of yourself to your job and your career and trying to be a super-success or running your own company, being an entrepreneur, handing it all over. We all give so much of our life to whatever our chosen profession and lifestyle is.

It is so important to carve out that time for you first. I will tell you something, women are really ... women are not as good as that as men are. I'm going to be a little sexist there and go out on a limb but I have seen ... I mean there are so many ... I know so many highly successful men who ... they ... their life is more simple.

They can mentalize better than us women. We have a difficulty compartmentalizing. We have a difficulty forgetting about our child when we're at the office. We have difficulty forgetting that the refrigerator doesn't have any greens in it when ... while we are sitting there talking to our son's teacher and/or on TV speaking about how we need to add season for a diet. I mean it's all ... that is like the classic female, successful female.



My guess is you've got a lot of them listening into this program so the important thing ... for me, this age-proof beauty thing is trying to access that part of me, whether it's ... whether we want to call it my ultimate feminine nurturing side or maybe it's my math skill inside that says, "Hey, I'm worth it and I'm going to do this no matter what." I don't know which it is but it doesn't matter that if there are certain things that you need to do for yourself each day and you know what they are.

It might be your movement and your fitness. It might be stepping up and making sure that you have the food that you need that is going to feed you well and that doesn't just mean a low-calorie, dried-up frozen meal or something. It means food that's going to nourish you and feed your healthy self and make you beautiful from the inside out. That's really what I mean by in a nutshell, by ageless beauty or age-proof beauty that all of these things that we're talking about play into that.

Shelley: It's so important to find those moments for beauty and maintaining this goal of health. I can just look at a photo album and see different aspects of my life where I was happy and where I wasn't because you can see it literally.

Holli: Totally can see it. I mean I look at pictures of me from the time that ... the time I described. When I was going through all these health concerns and health issues and I had put on weight and I'm not kidding, I look so much older than I do now. I mean we ... it's painful for me to look at them because I just see the sadness and I see the heartbreak. I see how difficult it was for me to just get through the day. I looked older. I definitely looked older. I didn't look vibrant and healthy and young and happy like I wanted to be. There's so much to be said for that. We talk about ... when this idea of aging beautifully, no matter what age you are, whether you're 30 or 40 or 50 or 60, I mean it's interesting I love looking at women who are much older than me that are really just rocking it out.

There are absolutely things that we can do to help it along and my expertise happens to be in the nutrition area and that's what I love to do. Again, it starts ... it's holistic. It starts in the brain.

Shelley: I want to talk to you about some practical questions. I'm going to ask you some practical questions. What are the three popular foods that can sabotage your weight loss and make you look older?

Holli: Great question because there really are. There really is such a thing, in my opinion. One is dairy and I know dairy is a big culprit all over the place these days but if I meet many, many women who come to me and I can ... if they eat a lot of dairy and really too much dairy, let's put it that way, I can see it on their ... I can see them wearing it. I can see it on their skin. I can often tell if someone eats a lot of dairy by looking at them. Dairy is ... I mean a certain amount of cheese in our diet or some yogurt or things like that, well, they're ancient foods. They've been around forever.



There is some health benefit to them for many people, especially if they are the fermented dairy, which is basically I think how they should be eaten.

In today's world, because of the money behind the dairy industry and because of the fact that we were raised believing that milk does the body good and that this has actually gotten into our government, into our nutrition standards, that at one point said that every child in America should have, I think it was something like a minimum of three glasses of milk a day. There's nothing anywhere in the world to suggest that is ... should be the standard of nutrition. It was never ... it never was that way. There are cultures all over the world and people who have lived all over the world who don't do that, who are raising healthy, vibrant children who have enough calcium. I don't mean to ... I'm digressing into the children but dairy is one of those things.

Again, dairy has its place. I love dairy but if you're having it every day, if you're addicted to cheese, if you're having dairy several times a day, it can often add inflammation. It can often create a certain puff that I call it and you might want to look at it.

The other food is wine. Wine is ... can be high in yeast. It can be ... your body metabolizes it like a sugar so if many women are prone to yeast, having a yeast issue and that I don't just mean a yeast infection, I mean that if you are yeasted, if you are drinking wine every day, it's very likely that you are. That can create inability to lose weight. That can create a puff.

That and dairy alone can create an extra 10 pounds. Where if you are in that wine and cheese daily habit, get rid of that, you will lose the 10 pounds, trust me. I mean, fast. It will come off but many people don't want to. They are addictive foods. They're pleasure foods. We love them. I'm not saying that I never have either of them because that's not true but if I were having them every day and for many women to have them every day, it can be aging. It definitely can keep weight on you.

Third food I would throw in there is gluten. If you're eating bread every day, gluten is many women's "thing." It might be yours if you are drawn to eating bread. If you need to have that bread every day, if you need that bread with your dinner, if you need to have a sandwich every day, that is ... that might be your piece that says, "Hey, you know what, if I just take out the bread, I might lose ... I might just lose that 10, 20 pounds." Those three that I've seen are the biggest culprit.

Shelley: Yeah, totally ... each one that you had on I can remember the blessing of when I realized I couldn't eat this anymore and how yeah, it served my health completely. I mean with wine alone, I would have massive headaches if I even had one glass of wine. There was something obviously holistically off and so getting rid of something like that can not only help with weight loss but help you clear your physical system with whatever might be on these things.



Okay. Let's keep going. What three foods actually help lose weight and give your skin a gorgeous glow?

Holli: Okay. My number one food is chocolate. I think chocolate is a fabulous weight loss aid. Often, when you ... women have this idea that they need to lose weight and, "Oh, this big struggle. It's all going to be miserable and horrible," and I found that ... I find that allowing myself or ... I work with clients to say, "Have a piece of chocolate every day." If you're eliminating some of these inflammatory foods or partially eliminating them, your body is going to be fighting back because your body is addicted to certain foods. You might not be blissfully happy as you go through this adjustment process and until your body adjusts especially I find that that sweet reward of a piece of organic dark chocolate or the reward of having something I call ... I have addressed it. I call it a Goddess Shake.

It's on my blog and it's a recipe for this really yummy delicious chocolate power-packed ... it's like a milk shake. It's not a milk shake but I make it with almond's milk. It is just so yummy and so delicious. I had it this morning because I knew I wanted to boost. I felt like when it's Friday, I want a little treat. I wanted some chocolate. I wanted the endorphins before I spoke to you all. It is so ... chocolate is so good. It's so good for you. It's high in antioxidants and just make it the delicious kind of chocolate.

Go on my blog. Search for some chocolate recipes. They all use natural sugars. They're guilt-free and make up a batch as you go through your weight loss effort.

Allow yourself. "You know what, I'm going to have three of these chocolate truffles and I'm going to have them each night as I sit down at 7:00 at night after dinner and then that'll be my sweet reward." I found that's really key.

The other one is avocado. If you don't like avocado, I'm sorry and there are other healthy fats but avocado is just a wonder food. It's so good for your skin. It's so good for your digestion. It's just a good healthy fat. It's really important as you're trying to lose weight to not ... don't forget that you need a certain amount of healthy fat in your diet.

I work with many women who went through this low-fat, no-fat phase in the 90's. As a result, their digestions now are completely shut down because they became fat-phobic when all this low-fat, no-fat craze came out and everything was fat-free. Avoid fat-free items. Go for whole food and use a little bit of olive oil or use some coconut oil or use that avocado. Make sure you get in your healthy fat every day.

The third food that I would recommend would be take a look at some of these wonder seeds, some of these super food seeds, the food like chia I mentioned earlier, hems, chia, hems or flaxseed. I love all three of those.



I use those. I use them in smoothies. I use them to top my salad. I use them as a very high quality protein source that is going to give me some of my essential fatty acids again and my omega 3's. They're great for your brain. They're wonderful for your skin. I love ... it's such a great, a wonderful protein source that are easily digestible so that you can cut back on some of the animal proteins, some of the more difficult to digest meat maybe that you might be eating and start substituting some of those.

Shelley: You could probably put these all in smoothie themselves, [inaudible 00:50:58].

Holli: That's right. Oh, right, chocolate, avocado and those seeds with a little bit of ... absolutely. In fact, my ... the Goddess Shake that I talked about does not have avocado in it but you could throw a healthy amount of avocado in there. You absolutely could.

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

Holli: I love the phrase, "Just do it." Whatever you are called to do, don't make it a big deal. If you are having a hard time getting to the gym or you keep thinking, "You know what, I'm going to do barre classes," and you're just not signing up and you're not signing up, walk out the door. Just walk out the door of wherever you are. If you're in the city or in the country or the suburbs, I don't care. Walk out the door. I don't care what the weather is like, just go for a walk.

I find for a lot of women, it's just that getting start that piece and listen, there are days when I don't feel like doing anything. I am exhausted. On those days, I would say, "You know what, I know that I'm going to feel so much better in every way holistically if I just don't make a big deal and walk out the door."

I tell myself, "You know what, Holli, even if you just go down, walk down the road and back, 20 minutes." Most times, I'll keep going further. I'll push myself a little, maybe get a little running on the way back. Most times it works that way because when you get outside, when you start moving, you start feeling better. Your body is meant to move. Just don't make a big deal about it. Don't even change your shoes. Don't even change your shoes. If you have flip-flops on, your Ugg boots, just walk out the door. Just go walk. Just go walk. Put on your rubber boots, your snow boots, I don't care but don't make a big deal. Just move, move today and move tomorrow and keep moving. Before you know it, you'll find a way to connect them with some other forms of movement that you've been wanting to try maybe.

Shelley: I love that. Walking is so important and then nature, being in nature so healing and so incredible. Even if it's the city, you're getting fresh air. You can see the sky. You could even walk on the grass and so the sidewalk, if you want. Yeah, it's beautiful. Are there any other techniques or practices you would advise to further support someone's holistic weight loss process?



Holli: I just ... I'm just going to reemphasize this idea of taking the time out for yourself, whether you want to call it accessing your [inaudible 00:53:46] and carving time out for your bath with your bath salts to help detoxify the day or whether it's just walking out the door and walk down to the next two blocks over and walk back, whatever it is, take that time out for you. It's really important. I call it ... with my cleanse, I refer to it as standing up for yourself. It's such an elementary way of putting it but stand up for yourself because nobody else will. You are often the person who's giving the most ... you are the person who has everything in their head for all those different facets of your life that you were trying to imagine ... manage.

You're the person who has ... your family, your parents, your kids, your best friends, your husband, it's all in there. Just let that go and step up for you. Own what you need to do today and just do it for you and whether that is ... today, it might be walking out the door in your flip flops and coming back 20 minutes later or it might be mean trying a smoothie from my recipe book or going to my blog and seeing what you find there and trying a little super easy something, something that's going to make you feel, "Wow, I did that for me today. I feel really good." You know what ... and you can wake up the next morning and say, "Oh, I actually exercised yesterday and that smoothie was really good. I think I'm going to try that again."

They're like little vitamin pills that as you continue to go, they will grow. They will grow. You'll begin to do more and more for yourself but it all starts with today. It all starts with one step that you're going to make today and make it as small as you want to. It doesn't matter because it will be ... it will grow each day.

Shelley: You've covered the whole spectrum of what keys and tools that others can use to help lose the weight that they've been looking to lose. It's just been an amazing interview, Holli. I just thank you for taking the time to share your message with us. I know your wisdom will be a great catalyst for change in so many of our listeners.

Please let our listeners know how they can find out more about you and your work, if they want to go deeper and get the personal coaching they deserve.

Holli: Absolutely. I would love to hear from you. Please visit me over at nutritionalstyle.com. You can also connect with me on Facebook. It's Holli Thompson or on Twitter. I can be found ... my handle is @nutrition, very simple. Send me a message on nutritional style. Take a look at the different services that I offer. If you want to have just an initial talk, an initiation session as I mentioned, we can get whole lot done in one time.

If that's something that interests you, that is available too. Yeah, I'd love to hear from you. I didn't mention I'm writing my own book, Shelley. I'm writing a book on finding your own nutritional style. Yay.

Shelley: Beautiful. Congratulations. Thank you so much, Holli.



Holli: Thank you so much. I loved talking to you today.

Shelley: Me too.

Holli: I loved connecting in with you and I look forward to more.

Shelley: Yeah, thank you. Any other last words you want for the listeners?

Holli: You know what, I would just say I would reiterate, just do something today, one little thing, just one tiny little baby thing that you can and it will grow. It will grow. Use your power of intuition and see where it leads you. See where it takes you. I think that would be a fun thing to do today.

Shelley: Beautiful. Well, thank you so much, Holli.

Holli: You're so welcome.

Shelley: Okay. All right. Bye.

Holli: Bye.



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