

Christine: My name is Christine Mathias. I'm 57 years old and I live in Uniontown, Ohio.

Interviewer: Christine, when we met verbally, you said you have been on a sort of diet journey that has been with like whoo, whining. Can you tell me a little bit about your history when it comes to dieting?

Christine: I have been, since I was a preteen, I've had weight loss issues. I've been heavier than I should be and probably well obese since I've been an adult, medically obese, but I've lost probably the weight of one or two men in my lifetime only to gain it all back. Losing weight is not a problem for me; it is keeping it off, it has always been keeping it off. Going on all kinds of crazy diets, I have the willpower. You wouldn't believe how much willpower. As, you know, just you know taking it off and struggling, and I always say, my stomach shrinks and so I don't get hungry after three days and I can keep it up for a long, long time. Once I go off the diet though, I start eating food like I've never seen food before, and before you know it, and it might take me like a year to lose 40 pounds and it seems like six months I gained it all back. It's incredibly -- and it's very depressing, very depressing and discouraging when that happens.

Interviewer: So you'd mentioned that obviously, you put in six months worth of effort, and it can be reversed in just a matter of moments. What do you see as being the biggest difference between what you are living now and what you have tried in the past.

Christine: Living now is, it's more freeing. I eat and I don't worry about calories. I don't count anything. I eat same foods, I eat you know nutrient-dense protein, non starchy vegetables, whole food fats, and I don't worry about portion sizes or how much I'm eating. I wait for my body to tell me that it's full and then I stop eating. It didn't seem to be possible for my body to tell me it was full before with eating starchy foods. There's no end to that it seems. You can eat a full bag of potato chips in one sitting and not realize, hey, I'm at the bottom of bag of potato chips. It's not satiating, but sane eating is very filling, and I'm happy. I'm not miserable and I'm not weak and I'm not cranky, that kind of thing.

In: We'll circle back to it. It sounds like what -- okay, and just a trick, if I say something like, what's your favorite color, you could just be like red, or you could say, my favorite color is red. So, if possible, try to somehow incorporate my question into your answer, because that helps with the camera, just so you know. But don't let it kind of throw you off.

So it sounds like one of the key differences is what you're doing now is enjoyable and, therefore, sustainable, and in the past it was the maintenance or the long-term that was the struggle. The short term you could lose weight, but the long term it was difficult to keep it off. What results in terms of your mind and your body have you seen while engaging in this enjoyable sustainable way of eating?

Christine: The changes that I've seen in my body and mind while I've been eating sanely and enjoyable, is a weight-loss that's actually not always showing up on the scale, and so I'm like ignoring the scale. I'm building muscle, so I'm building muscle with this, I'm losing inches, so it's not showing up on the scale. So I'm not tied to the scale anymore. I am always having people say, you've lost a lot of weight, and it's like really I've only lost 10 pounds I'll tell them, because I'm still sometimes in that mindset that wait a minute, it's only 10 pounds, no it looks like I've lost a lot more than that. Yeah, so it's not about those numbers so much and it's hard -- sometimes it's hard to get out of that mindset, because I've had that mindset just like a lot of people have for 40 years or whatever that I've been dieting, or not 40 years, 35 years or something like that, concentrating on my weight and you know counting calories and stepping on the scales and being disappointed that I gained two pounds even though I've been eating a thousand calories a day or something.

Interviewer: So now you're focused more on how you feel and how you feel in your body.

Christine: Yes. Yeah, I focus more now on how I'm feeling from the food that I eat, and how it tastes delicious, it's satisfying, and there's a difference in the way sane foods that those kind of foods make you feel versus starchy carbs, and you can feel it, once you start eating sanely, you can actually feel the difference in energy like the starchy carbs, like you don't have that kind of energy or that kind of -- even mentally, you don't have that kind of focus or anything like that. So you can tell the difference in the way like eating nutrient-dense protein and the starchy -- or the non-starchy vegetables feel versus candy and stuff like that, sugars.

Interviewer: And does it feel like, in the past again you've sort of up and down and up and down and up and down, peaks and valleys, peaks and valleys where it seems like right now you might be kind of like slow and steady, on a path of sustainability. Talk about that a little bit.

Christine: Yes, it is on a path of sustainability rather than the ups and downs, and I'm not looking for the quick results anymore. I think that's so different than what we've been

taught or the fat dieting teaches. Well, lose 20 pounds and what blah, blah, blah, you see it on the magazine covers. That's fine, everybody can lose 20 pounds in a month or whatever if you really try, but that's not going to -- it's not sustainable, you'll gain it back. So I've opted to for the slow and steady weight loss, lowering my setpoint weight, then my body will take care of lowering the actual weight, which is not going to show up right away as opposed to the calorie counting and fast weight loss where I'm losing muscle and everything and not fat, because you're not losing. Count calories, cut calories you're not burning fat, you're not losing fat, you're losing muscle and water and all of that.

Interviewer: Christina that's beautiful. So can you talk a little bit about, talk about the distinction between starvation dieting and temporary weight loss versus sane eating, healing the body, lowering the setpoint?

Christine: Okay, the difference between starvation dieting and the way that it's always been practiced really in every diet since at least the 1960s is the calorie deficit theory of weight loss, which is you've got to eat less and exercise more to lose weight, and we've all been, most people have been doing this forever and it has and worked, and that's because it's a short-term fix. Yes, you'll lose weight, because it is necessary to have a calorie deficit to lose weight. It is true, but the fallacy is it's not our job to count those calories. We don't count those calories. Your body does it for you, and it doesn't go calorie in versus calories out. Your body's like a thermostat. It regulates around your setpoint weight like a thermostat does. So if you have a low setpoint, you eat more calories, your body will automatically burn more, burn them off, and through adjusting the metabolic burn of many different -- or the calorie burn of many different metabolic processes, it has all of that available to.

So it just regulates, just like it regulates your breathing, your heartbeat, everything, your sugar if you're not diabetic, your glucose, blood glucose levels, it does all that for you, and that's something that I think we have forgotten in all this thing about calorie counting. We're not supposed to control that. So that's the difference in the calorie counting model, but how it's supposed to work is if you lower your setpoint weight, your body regulates your weight around that, and so you don't have to worry about what you eat, it doesn't make any difference how much you exercise, what you eat or whatever, your body is going to regulate it around that setpoint weight that you're at. So really your job is, if you want to lose a certain amount of weight is to work on that setpoint weight, so that your body can do the job that it was designed to do.

Interviewer: I love that you said at the very end, what your body is designed to do, because it seems like there is a -- if we assume that the body is stupid and bad and broken by default, then clearly we need to count calories, because our stupid, original sin body will just be gluttonous and fat and lazy by default; but if we were to assume that by default our body is beautiful and that it wants to be healthy and abundant -- can you talk a little bit about the psychology behind a deprivation-based diet and abundance-based healing, setpoint lowering lifestyle?

Christine: The psychology behind a starvation diet is one of shame, stress, it's a self-esteem issue, and the problem there is that it actually leads to weight gain, it elevates your setpoint weight, because cortisol is pouring into your bloodstream, which put which raises your insulin levels, which is a fat storage hormone. You're gaining weight, I mean it's a it's a counterproductive model to have that starvation model anyway, not to mention counting calories like that doesn't work. Then you go versus, the setpoint lowering model, which is freeing, it's self-love, it's like, I'm okay, there's nothing wrong with me, my body knows what to do, I just have to get out of my body's way. I just have to give my -- actually it's, I just have to give my body what it needs to do what it was supposed to do for me, because my body wants me to survive, which is why you know your body holds on to the fat. It thinks you're starving, because it doesn't know that your setpoint -- it doesn't know that you're not supposed to have as much fat as you do, because your hormones are disregulated and everything, but it's all for your own good. So your body is saying, no I don't want you to starve to death, so the body is trying to save your life.

So it's not an enemy, and I think all of us that have a weight problem, it's like our bodies our enemies and you're fighting your body, and by that definition, you're hating yourself, and I spent a lot of my life hating myself and it's not right, that kind of mentality to do that to yourself.

Interviewer: So at the core of sanity, lower case and upper case, it sounds like before we even talk about food, we have to talk about -- you have to believe that you're worth it and that you're not broken, and that if you trust your body and you just get out of its way, it can do wondrous things. Can you talk about that a little bit?

Christine: That's absolutely true. You wake up in the morning and with a different -- and it takes some practice, because years of conditioning doesn't go away overnight, but to wake up and go, I trust my body, I know what to do, I know that this kind of food is what will heal my body and heal my hormones, so that's what I'm going to do for my body, and

I'm not going to worry about how much I'm eating and I'm not going to count calories, I'm going to let my body do what it's going to do. And by the way I love my body and I look fine just the way I am, and if somebody else doesn't like it, that's their problem. That's a hard one to say for anybody who's been fat shamed, which is most of us, and it's such a freeing feeling.

And I'm not there yet, I'm not totally there yet, because it's really hard it's a very -- I've been scarred like most people who have problems with their weight have from childhood on of being fat shamed and being rejected and not having dates and being made to feel ugly, because I'm heavy, but to know now that it's not my fault that I'm heavy, that it's not something that because it's not that I'm lazy, gluttonous, all that kind of stereotypes, none of that applies to me. So it's a different kind of mindset to wake up and know I'm fine and I'm going to be finer, that's not even a word, that might be a word I don't know, hey, I just made it a word, but I'm going to be finer every single day, and it's okay the days that I'm not. Get back on the track, progress not perfection, so yeah.

Interviewer: See, this is this is amazing, so I am going to keep pulling on that string. So to some people, they might say there's this paradox out there, like there's this body acceptance, and some people think that there's this paradox between saying, I love myself and I would like to be a size 12 versus a size 24 or whatever. Is it possible to both love yourself and lovingly change the way your body looks and functions?

Christine: I believe so. I think it naturally will happen when you love yourself, because I think part of what causes weight gain and obesity is a lot of it is emotional. You take out your emotions, you start eating. Shame will do that to you, self-hatred, all kinds of upset. You start taking it out and you start eating, but I think when you start -- and you might want to be a size say 12 or something versus 24 and you start eating though in a sane way, you'll naturally get there. So it's not like your focus is, I'm not going to be happy until I'm a size 12 or whatever. It's like I'm going to be happy or I'm going to be, I feel good as I'm doing this. This is my goal, I'm going to live happy every day, but it's not -- it's hard to describe, but it's not the -- it's different than saying, I'm going to diet really hard to be at this size 12, so Jimmy will like me, or whatever, that I don't get a date or something like that, or before I can be worth it to somebody.

It's a difference, and stress also causes cortisol, as we said. It causes cravings, it causes sugar cravings and all kind of -- it's a vicious circle. So it's just better you might have that goal, I'm going to be a size 12, then love yourself, be accepting of yourself. You're not going to have all that stress, you're going to just eat the good stuff, the sane foods,

naturally lose weight and live your life happy, and then before you know it, you'll be that size 12. And I'm not there yet, a long way from it, but it would be like, you'll like -- it will almost be like, beside the point once you get there, it's like, so what, I feel good anyway, it doesn't matter really at that point because I feel good. And you don't have to watch what you eat you don't have to monitor every little thing, because -- and that's a big thing with heavy people. It's like you have to monitor everything you eat and you feel guilty every time you eat. That's like this is going to do something bad to me. It's going to happen when I eat this.

Interviewer: Christine, do you -- so this is kind of a tough question. Do you think -- so I'm going to give you a little bit context and I'm going to ask the question directly. I think Oprah Winfrey is one of the most amazing human beings who's ever lived. She is a black woman who was raised during a time when both blacks and women were treated very much a second-class citizen. She was raised in poverty and she was raped as a child. And now she is one of the most influential people in the world. At the same time, she seems to have accepted the fact that she -- it's almost like she feels like she has to be in a certain type of body and can't change that, and she says she loves herself.

Do you think it is possible to truly love yourself and simultaneously do you -- sorry let me rephrase. Do you think it is possible to truly believe that you are of the highest quality while simultaneously putting low quality inside yourself?

Christine: No, I don't think it's a conscious thing, I don't think you consciously think about it, but I think subconsciously I don't think that's possible for you to think of yourself in a high quality way and put low quality foods into your body. I think it always has an effect and you feel that when you put it into your body. I feel when I put -- when I eat doughnuts, I feel that difference in my body and it makes me feel bad and not just -- and some of that is shame but it's a physical feeling I feel. So I don't really think that it is possible to really feel good about yourself and eat low-quality foods.

Interviewer: And the reason I pull on that string is because like you're so courageous for being here today, because you are a member of, dare I call it, the Weight Watchers Generation, which is literally you can eat bread. It's only a one point.

Christine: Yeah, I know.

Interviewer: I know I can tell you exactly how many points it is.

Christine: It's true.

Interviewer: But it sounds like you're standing on the precipice of understanding that when you truly grasp how high-quality you are, that the whole concept, it almost becomes like what the hell are you even talking about is only one point. That's like saying cigarettes or cocaine or heroin is only two points, why would I put that in my body.

Christine: Yeah, and this thing about -- and everything in moderation. What, bread, which raises your insulin, the glucose, blood glucose, pours insulin into your system, that's a recipe for a disaster, but yeah it's -- like and you see that all the time and that's the mantra of the diet industry is you can have this in moderation, follow a point system or follow so many calories. You can eat anything you want as long as you eat such-and-such calories. Really? How did that work out for anybody? That's never worked out for anybody ever, but we still follow it because there is nothing that told us anything different, no experts told us anything different in my lifetime until now. Has anybody ever told us anything different about that's not the way that the body works?

So the science was there, but "the experts" that told us things were the ones making money off of the diets that were failed and so they were saying things like exercise more or eat less, that's all you need to do, and they didn't know anything about hormones and the brain and all of this that causes, and inflammation is a big one to, body, brain inflammation and just inflammation in general, chronic inflammation causes weight gain, and it's coming to light now, but so many of us have suffered for -- it makes me mad when I realize how much I've suffered and how much so many people have suffered believing a lie.

I was so mad Jonathan, I was so mad when I realized what the truth was about weight loss, true sustainable weight loss, and what it takes to actually be a healthy weight. I was so mad when I realized that a calorie isn't a calorie isn't a calorie, and the calorie deficit theory of weight loss, the way it's presented is wrong, and they should have known it was wrong, the experts. The experts knew it was wrong I believe and they just didn't tell us, for whatever reason they did not tell us the truth, yeah.

Interviewer: Christine, this is going to be -- I'm not supposed to do what I'm about to do, so this is an experiment, but I want you to do a favor for me and for my mother and for a lot of other people in your generation. My mother has said, Jonathan, why don't you just call Oprah on the phone and finally help her understand this. I don't want you to look at me, even though I told you to look at me, I want you to look into that camera and I want

you to pretend that you're sitting across the table from Oprah Winfrey, and I want you to try to explain to Oprah why she doesn't need to struggle anymore.

Christine: Oprah, you don't need to struggle anymore, because your body knows what you need. It was designed to function properly, it was designed to regulate your weight around a healthy, a low setpoint weight. So all you need to do is give it the type of nutrients it needs to regulate its weight around the lower setpoint weight, so no more struggling necessary, no more counting points or anything like that, and your struggle will be over. There is no struggle with this, and it's easy, it's actually ridiculously easy, and it sure beats anything I'm sure that you've ever tried and you probably have more money than I will ever see in my lifetime, and if I could do it I know, then you can do it.

Interviewer: Beautiful, thank you so much, that's fantastic. So let's talk a little bit about what doing it means. So what are the main foods that you focus on when you're eating sanely to lower your setpoint?

Christine: The main for sane food groups are non-starchy vegetables, nutrient-dense proteins, whole food fats and there is low fructose fruits, but the main three really at every meal, if possible at every meal, would be the non-starchy vegetables, the protein and the whole food fats. Those three in combination fill you up fast, they keep you full longer, you don't -- and it keeps you too full for any of the bad stuff, like any of the -- once you eat that, you're not craving anything, it takes away your sugar cravings. Believe me, because I was surprised, it's like no sugar cravings, no starchy carbs cravings. And I'm full, and then you don't have room for you know the starchy carbs or the bads, the ice-cream, stuff like that. You can have them occasionally, I have them occasionally, but it's not it's something that I'm out of control on or whatever, because I'm satisfied.

Before sane, I would get up in the morning when I worked outside the home particularly, because I write full-time now, as you know, but so that keeps me busy at home, but I would eat like cereal in the morning, that stuff that is marketed as healthy stuff. So I eat like a bowl of cereal and I get to work and like an hour later I'd be hungry, so I'd eat a snack bar that's supposed to be a healthy snack bar, so I'd eat a snack bar and I'd still be hungry, maybe I'd need a banana well that's load of a sugar too, that's high fructose fruit. So I eat like three times before lunch and then I might have like a bologna sandwich, and then I'd have another snack before I get home. I was hungry all day. So when I went on sane my typical a lot of the time breakfast is egg, the whole eggs, like



two eggs, egg whites, which is a whole food fat and protein, nutrient-dense protein, and then I'll have a green smoothie for my vegetables.

The very first time I did that Jonathan, I was so amazed. I drank that or I ate that in the morning, drank my smoothie, I wasn't hungry until even at lunchtime, I wasn't hungry, and it's like that every single day. So I proved it to myself, there's none of that hunger like I'm so hungry and none of that like energy crash, like oh, type of thing, so yeah.

Interviewer: That's beautiful, that's absolutely beautiful. Can you tell me a little bit about -- so we talked about non-starchy vegetables, nutrient-dense protein and whole food fats. Can we talk a little bit about why those are the four major food groups, specifically water fiber protein, focusing also on -- maybe if you want to talk a little about the sane acronym satiety, aggression, nutrition and efficiency. So we eat non-starchy vegetables nutrient-dense protein and whole food fats, because...

Christine: Because for satiety are the nutrients that fill you up fast keep you full longer, which fiber -- or those are the ones that have the fiber, protein and water in them, and amazingly -- and I was surprised to learn this, protein actually has a lot of water in it. Those are the ones that actually react in your digestive system, like the fiber actually expands in your stomach and it stretches your stomach and it's just amazing the way your body reacts to the food that you put in it. So that stretches your digestive organs and creates bloat in your stomach, and it hangs out in your stomach awhile because your body can't break it down, but it's burning calories, trying to break it down. So right away you're burning calories and it's just there.

The protein is actually signaling your short and long-term satiety hormones that's saying, that really proves that it keeps you -- it fills you up fast and keeps you full longer, which is one of the reasons the same premise is to eat more protein, because it does it stays with you a long time, and then the whole food fats also is very satiating as well. Contrary to popular belief, eating fat does not make you fat, because that's another thing from my generation too. It comes from the generation, oh it's still out there too, there's like eating fat, because I came through, in the 70s the low-fat thing, low-fat, no-fat, that ended up making everybody fat, because they put sugar and everything. So anyway, that's the that's a satiety part of sane.

The A of sane is the aggression, and that's how quickly -- how aggressive those calories are, and for the aggression is when you eat food that how aggressively it spikes your glucose, blood glucose levels, and if you eat like a bunch of starchy carbs, it's like hits

your system so fast that it just settles straight to your fat cells. It's like -- your body can't deal with that and it's just like a glucose, blood glucose drop. So off to your fat cells it goes. And with sane, we want to concentrate onto something that is -- or foods that are -- I lost my train of thought -- foods that are unaggressive, yeah foods that are unaggressive, that don't have that effect and none of those foods in sane do, because it slows the absorption into your bloodstream. The fiber, the protein, everything, it just slows it. It comes, goes in slowly, you're not overeating either you're actually eating less, because it fills you up so you're not overeating either you're eating less calories, so it slows the absorption. So that's the unaggressive sane part.

The N in sane is nutrition. You want to give your -- the more nutrients per calorie, it's important with sane, because that's something that I think a lot of plans don't focus on, but the more nutrients it gives your cells, the cells are happy, and then your body is happy. So if you give your body enough nutrients and it's even actually less calories, but your body is like, oh I'm happy, I'll just release some of that fat and I'll lower your setpoint weight. So that's total opposite to what a crash diet is, which is starving your cells, you feel crappy, you're not giving it nutrition and so it's holding onto the fat. It's going, you're starving me. So that's the nutrition part.

And then the E is the efficient, how efficient it is to be -- your body will turn off the calories into fat, and we want for sane it to be inefficient at doing that, and the foods at sane are very inefficient at being turned into fat. Fiber can't be at all, because it just is eliminated from your body. Protein is very difficult, it goes through like four I think different steps. I mean it's you burn more calories digesting protein than you do carbohydrates or fiber, not fiber, yeah carbohydrate, fiber you burn more calories digesting protein. It goes through -- you know the science of this, so I can't like speak to that, but it goes through like four different steps. I was shocked to learn all of this. It's like really -- I mean it can't really -- it can eventually go, because it turns it to glucose eventually, but then it goes through all these steps so it's very inefficient to do that with fiber or I mean protein.

And whole food fats, that's a different story. I'm a little bit unclear about that, but that's still, it does not do that as easily either, and with whole food fats I was pleasantly surprised to learn, if you replace your starchy carbs with whole food fats, your body will start burning fat as its fuel source rather than start -- I mean it'll start preferring to burn the fat, so it'll go to your fat stores then and start -- but right now it never gets to your fat

stores, because it's so busy burning starches and sugars and stuff like that, it never ever gets to your fat stores.

Interviewer: Christine, can we talk a little bit about, because you are absolutely nailing the science, which I appreciate so much.

Christine: Thanks.

Interviewer: For the longest time, because of those setpoint, people are like cool, I like it, I understand, but what the hell is my setpoint. Can we talk a little bit about how your setpoint is made up of three things, brain, gut, hormones and how they communicate, and you've got brain inflammation, you've got hormonal dysregulation, you've got dysbiosis, and essentially if you have those three things broken, you have a high setpoint. If you have those three things and you heal them, you have a low setpoint and so you've got these three components, if they're broken down, high setpoint; if you heal them, low setpoint, and this is why -- if you're able to string this all together, this is why starvation dieting cannot work, because it does nothing to heal your brain, your gut, your hormones, you have to eat therapeutic, high quality, sane foods to heal those components to lower your setpoint. So what is your set -- what determines your setpoint?

Christine: Okay. What determines our setpoint, as you said, is your setpoint is the level of fat your brain, your digestive system and your hormones has decided that your body has to have or needs to have. And it reaches that conclusion based really on -- it's actually based on the foods -- well, it's a lot more than just the foods you eat, it's actually sleep, there's a lot that goes into it. It can be even like environmental toxins, there's a lot that raises your setpoint weight, but all three your brain, your gut bacteria, and your hormones determine your setpoint weight, your which is your level of body fat, and it will defend that at all costs.

This is and this is what you need to weigh, and if you try to defeat that by starvation dieting, it sees it as you're trying to kill yourself, you're trying -- you're starving, and it goes into emergency alert. Your brain, actually the hypothalamus in the brain is the control center of metabolism. It controls a lot actually, but for this purpose it's the metabolism, and it's regulated by leptin and insulin largely. As soon as you do something like that, ghrelin is the -- leptin is a fat -- insulin is fat storage hormone, and leptin is secreted by your fat cells. And so it's telling you how much fat you need to have and they both go, alert, this is an emergency. So signals are sent by the hormones to the hypothalamus telling it that she's starving us, what do we do, and the hypothalamus then

sends signals and says to for instance ghrelin, which is the hunger hormone, it says make her hungry. So then you get hungry, and there's other hormones and I'm not sure what they all do, it'd be like they make you cold and they make you weak and then they make you irritable, everything to make you eat.

This is the way your body is designed to work. It's saving your life, and then if you're stubborn and you're still not going to eat in a certain period of time, I read some place within like weeks, it will slow your metabolism to keep you from starving to death and when that happens too, the weight you lose any in that period of time isn't your fat, it's your muscle, because it's going to hold on to the fat, it's going to go, we need the fat for when it gets really bad, we're going to hold on to your fat. So you're like -- and you don't know that at the time, because you think, cool, look I've lost 10 pounds, my stomach is shrinking, but it's not that.

And then as soon as -- so your body is doing this for your own good, so on the other side of it, and from the stuff that I've experienced, first, it starts out fast. Cool, I've lost 10 pounds in like a week or whatever, then it slows down to almost nothing, and you go, oh my God, and every time you step on the scales it's like, really I'm killing myself and I've lost like almost nothing this week. So finally, you've had enough or whatever you fall off the diet and you start eating normally and in no time at all you gain all that weight back plus 10 pounds, because your body goes, oh that was close we got to give her 10 more pounds in case this ever happens again. So it's like, oh my God. So you've ended up, didn't know you did it, but you've ended up hurting yourself by crash dieting, you've broken it further, you've broken your body more, the system, that's supposed to regulate your weight, and that's what so many of us have been doing and why diabetes.

The real spur I believe, one of the biggest to diabetes is crash dieting, and all of the focus on weight has not made obesity or diabetes any better. It's made it worse I think, and just because they're they've approached it wrong. But the opposite then is, then you take the other approach and it's like, okay now if you give the body what it needs to heal, the hormones, you give it the nutrition that's going to -- we haven't talked about this much, but the hormonal clog that's plugging everything up because what happened is eating sugars, excessively eating sugars and starches and starchy carbs and processed foods and all that created a hormonal clog, and now those like leptin and insulin cannot signal the hypothalamus the way it is supposed to do. And so the hypothalamus doesn't know how much weight you're supposed to have. It doesn't know what to do and it's

saying, well, I just want to save her life give her more fat, give her more fat, I don't care, just give her more fat.

So it's like you don't know that's what's going on in your body, but your body is trying to save your life, but because of insane eating, and insane foods, and all the stuff that we're eating all the time, because of the processed foods and the sugars and stuff, it is broken the system and disregulated the hormones and they cannot send the proper messages, they're also disrupting the beneficial gut bacteria in your digestive system that people don't realize that has so much to do with your weight, and they have now what is it the -- what is that?

Interviewer: Fecal transplant.

Christine: Yeah, fecal transplant, they do, they transplant it into -- yeah. But one of the big things is the -- what's the vitamins, probiotics, and yeah probiotics.

Interviewer: Yeah pro and prebiotics.

Christine: Yeah. Now that's a big thing, because they've known that there is an effect on the weight, because of the bacteria, and stuff like that. So it's the science is there and it's finally getting to become known, and it's getting to become known on a bigger basis, but one of the most exciting things to me to find out too recently is neurological inflammation, and we know about the systemic inflammation, but the brain, to know that that is a big cause of obesity as well, as the hypothalamus becomes inflamed, and it's again due to a lot of things but it's also due to processed foods and all that kind of stuff, the signals can't get through, you gain weight, and it's all tied in together, hormonal disregulation.

Interviewer: So we didn't actually start until 2:30, so I'm going to 3:30 if that's okay. This is absolutely fantastic. It's so fantastic that I need your help with something. Someone might hear -- sorry I shouldn't -- I am getting excited. Someone might hear you say all the science, just tell me what to eat, but as a real human being, what has understanding that new scientific model of how your body works done for you?

Christine: I know that I can eat anything I want to if it's focused on nutrient-dense protein, non-starchy vegetables, whole food fats. Those three -- low fructose fruits is like a little treat now and then, but those three, because that is the core. So I can live my life around that and know that I don't have to worry about anything. My body will take care of what it needs to take care of, and I do other things. I try to drink enough water, because that's important to, but yeah that's the sane lifestyle to me.

Interviewer: Do you feel -- oh yeah.

Male: That's just pretty amazing. Is it the non-starching vegetables first.

Interviewer: Oh yeah, non-starchy vegetables, nutrient-dense protein, whole food fats, but I think we have that a couple times.

Do you feel like after spending 30 years trying calories in, calories out, was it important for you to understand this alternative hypothesis of setpoint of, brain, gut, hormones, to be able to trust this new approach?

Christine: Yes. Yeah, it was very important after all that I've been through of this calorie in, calorie out model that I've lived with, and then the sane model of the way that the body actually works. It was very important to me, because, number one, it told me that I didn't fail, those diets didn't fail, or I didn't fail those diets, they failed me. So I'm not a failure, but also to understand the sane way, I know that I have the tools to heal my body and it's a permanent healing, that it's sustainable, it's lifelong, so I can lower my setpoint to however low and my body will regulate, my weight around that setpoint, so if I go out to dinner, whatever, with friends, I don't ever have to worry about am I eating too much and maybe even if I eat a doughnut at that party, I don't have to worry, because my body will still regulate me around that setpoint weight. That's as long as I don't go back on eating constant junk food for months or whatever and break the system again.

So yeah, I mean this is the sustainable model versus -- the body is like a scale, calorie in, calorie out, yeah I've been on that so many times, it doesn't work like that.

Interviewer: Beautiful. Christine we're definitely going to talk more later, because this is super valuable. We have nine minutes left and I want to do -- we need to talk again, because there's so much good here. A few less sciency questions, and then we're going to do a kind of a little game. What do you like most about the new you?

Christine: From a sane standpoint like weight or anything?

Interviewer: If you think about the Christine Matisse.

Christine: Matthias.

Interviewer: If you think of Christine Mattias -- is it Mattias or Matthias?

Christine: Matthias.

Interviewer: Matthias, okay. If you hear the Christine Matthias of three years ago and you think of Christine of today, what you like most about Christine of today?

Christine: I think actually the Christine today versus a Christine from yesterday feels more confident, but yeah I think more confidence and I am growing and liking myself better than I did, so.