



Corinne : Hey and welcome to Losing 100 Pounds with Phit-N-Phat and today we are going to talk about food rules Part 2. We left you with a bunch from our last podcast and now Kathy and I are going to go through the next bunch of food rules that people typically are asking me whether they're asking me in my tribe or they're asking me on my Facebook Lives and emailing me. You name it, people are always asking me about the food rules. All right listen up!

Kathy: Well lets talk first about low-carb diets. You know, we see a lot of questions about "How many carbs should I eat?" "What kind of carbs should I eat?" And you know, "Shouldn't I go low-carb to lose weight?" So talk about that a minute.

Corinne : Okay so heres my first thing about low-carb diets. I think they suck personally for me, and I think that's like what I want people to really understand is that they're not wrong but they're not required to lose weight. Like I just don't function well on a low-carb diet.

Kathy: Oh gosh me neither.

Corinne : I know. It's like I feel like crap. I never, and I have tried every kind like seriously. So way back in the day after I lost all my weight, I don't know I guess it was a couple years after I lost all my weight I was doing Keto diets for a figure competition. So that was like zero carbs and I felt like shit the entire time. Like I was never one of those people ... Yeah.

Kathy: I did one of those one time and my carb for the day was an orange. That was it.

Corinne : Yay!

Kathy: Yeah. Woo!

Corinne : Well and it was like, I can just remember my girlfriend always felt amazing and had all this energy and I once, and I'm not joking, I was taking Logan to go see his grandmother. I called my mother and I said "There is no way I can drop him. Like momma I swear I will run off the road." And so she drove with me three hours, we did a round trip so it was like a six hour round trip and all I remember about that ride was sleeping in the car the entire time.

Kathy: Wow.



Corinne : On the way there and on the way back. I just always felt like crap. So you dial into your body. Now, if you're one of those people that like you do low-carb diets and all of a sudden it kicks on and you feel great, I think you should! But here's my thing that I tell people people all the time. I don't think that most people who are trying to lose a lot of weight ... Like my problem when I weighed 250 wasn't that I needed a low-carb diet. I needed to quit eating shitty carbs. Like, hamburgers all the time. Going to a Shoney's Breakfast Bar loading up on pancakes. I mean, Blizzard's. That was the kind of carbs that I needed to like go low-carb on. But like if you're eating sweet potatoes, if you're eating ... Like I have my girls all the time eat rice. Just in fact yesterday I was telling them all about doing ... Some of them don't eat sugar and they don't eat flour and they were asking about rice and they were like "Well should I do brown rice or white rice?" And I was like "I don't know do the one you like that tastes good."

It just literally it's all about eating good healthy carbs and I think if you're including those you're not going to have a problem. Like I've never seen a [inaudible 00:03:40] kill anybody. You know it's just ... I mean but I do want to like clarify this with. I have clients that absolutely like they'll do Paleo or they'll do some low-carb diets and stuff like that. But they feel good on it and they enjoy the eating process and I think that's the most important part of it. It's not so much that that's effected, it's easy for them to stay on it and do it because it feels good to them.

Kathy: And don't you think that's the key?

Corinne : Yes.

Kathy: You know you want to lose weight in the manner that you're going to live.

Corinne : Right.

Kathy: You know?

Corinne : And that for them is like an absolute way that they could live, no problem. It feels good in their body. They have plenty of energy and the food choices are naturally ones that they gravitate towards so I think when you're thinking about dieting in general when it comes to the food rules first, I just really believe that if you will go into it with a mindset of "How can I create a diet that's got healthy food, it's stuff that I enjoy, and it's going to be easy for me?" And that I think allows your brain to go to work on finding those things. And that's what I teach all the time because that was exactly what I did.



When I was losing my weight it wasn't about finding a diet out there it was about figuring out what was I able to repeat day in and day out and I felt really confident that I was going to be able to keep doing it. So I didn't eliminate a bunch of stuff. I just didn't. I mean, I was you know reducing my portion sizes slowly. I was exchanging things. For a long time, you know, I wanted to eat ice cream every night and eventually got to where I would eat fruit but it was all because for a long time I was eating the ice cream and had decided "You know what. I think now I can do fruit." I think now I want to feel good.

Kathy: It's because now you decided you know that it was okay to change. It wasn't immediately "I can't eat ice cream." Right?

Corinne : Yeah. Right, and I think that's the thing that happens with low-carb diets is most people they will go on it thinking "Okay well if I'm going to lost weight I've heard that I've got to do a low-carb diet. Now here's a list of all the things I can't eat. [inaudible 00:05:56], I hope I can do this."

Kathy: Yeah my low-carb diet, seriously had about ten things I could eat all the time. I lost 50 pounds on it, it was great and I gained 75. You know, in a shorter amount of time than it took me to lose the 50!

Corinne : Right.

Kathy: And I swear to God I have not eaten a turkey burger since then 'cause I ate so many then.

Corinne : Oh gosh yeah. It's just ... So I think when it comes to just the low-carb diets I think that's one of those things where it's not good, it's not bad, it's a matter of ... And that's what I'm going to be teaching you a lot as we go through these podcasts is it really boils down to how you're thinking about it. If it is exciting to you and it feels like you can keep doing it and it's going to make your life easier, I'm all in. Lets do it right. Lets put in healthy stuff. If it is "I can't control myself around food. I'm worried I won't lose weight unless I do this. I'm going to try it and hope I don't fail." That is your recipe for disaster. Then I would say "No. You do not need to be doing a low-carb diet, we need to be figuring out why you got all this fear going on." You know, that's where we would start. All right, so that kind of answers that question.

Kathy: Yeah.

Corinne : What's up next?



Kathy: All right so you touched on it a little bit with the low-carb. What do you think about diets that are low in sugar and flour and you know, stuff like that?

Corinne : Yeah, well now I personally do like that one. I do the no sugar, no flour. I eat a little bit of sugar, I don't want everybody to think that I'm like never having sugar. I have a shake that I drink that has some sugar in it you know and I'm not going to die if I get some flour every now and then but I love the idea of it. I think that for people that feel like food, like especially sugary foods are controlling you. Like you literally feel like chemically it's hard for you not to have them. You know, it's almost like you detox and stuff. I think that it's a great diet for you. I do think that sugar is terrible for us. I mean we wouldn't have raging diabetes going on in this country if it wasn't.

But I will say this it's still is just low-carb. I do not expect any of my clients ever to do a no sugar, no flour diet unless they can give me good reasons why they want to do it. And their reasons have to give them some good feelings. Like they need to be doing it because they want to improve their health. They're ready to try it from a place of like "I don't care if I keep doing it and I don't care if it works or not. What I do care about is giving it an honest try, and then I want to evaluate it." You know, that's a lot of the mindset when you're picking these diet rules and you're putting these things in place I think overall I want you to really focus more on anytime you create a rule for yourself when it comes to losing weight it needs to be a rule that empowers your weight loss. It should not be disempowering. It shouldn't make you feel bad.

Kathy: It shouldn't bring up any negative feelings ...

Corinne : No.

Kathy: It should only bring out what's in front of me and what's positive and what can I get from this.



Corinne : Yeah and I think you have to cultivate that mindset. So when it comes to sugar and flour if you're interested in that I would recommend a book called The Obesity Code. It's really good. It kind of goes through all of the science like you guys who want the science side of it, it's got a lot of the science side of it. It also goes into talking about why most of us need a butt ton more healthy fat than we're ever getting. So I would recommend that book and then I would make a decision based upon what you think is going to like help you and what's going to make you feel good and what's going to improve your health. I think that a lot of times when women are thinking about losing weight and are thinking about dieting they're thinking so much about the bad stuff about themselves. Like "I'm so out of control. I'm so overweight. I've got to do something. This sucks." Like and you go into a diet really focused on all that's wrong with you and you're just like shooting yourself in the foot.

If you will go on a diet and you will start losing weight from a place of like "I want to see what I'm capable of. Like I really want to figure out what's going to be right for me. I want to like ..." It's that whole idea of like "I'm moving forward. I am not looking back. I am now moving forward." And I'm not going to promise you that the path is always going to be clear and that the path is going to be easy or anything like that but when you're focused on the next step, "What's the next best choice I can make?" Yeah. Just stay in that lane.

Kathy: Yeah.

Corinne : When you're doing that all of these you know, "Should I eat sugar and flour, and what about low-carb? And all this other stuff." That stuff starts making better sense when you're looking forward and not looking back.

Kathy: Absolutely. Absolutely.

Corinne : What's next?

Kathy: Well protein shakes. You know, what do you think about them Corinne? Do you think, you know, are they necessary after you have a big workout or before you have a big workout? Are they good for meal replacements?

Corinne : All right. So I have a lot of thoughts on protein shakes and I know that's going to be surprising to you [crosstalk 00:11:24] ...

Kathy: You have a lot of thoughts.

Corinne : As always I have opinions, thoughts.



Kathy: Yes you do.

Corinne : Let me tell you what to do. So here is the first one on protein shakes. I don't think they're necessary. So the bottom line is I don't think anybody in the world has to drink them so if you've got some bro-pal in the gym who's you know trying to help you lose weight [inaudible 00:11:50] "Oh girl you're going to have to drink these protein shakes and stuff." You don't have to. Food is always key. So like lets say you're my average listener who's going to be you know trying to lose 50, 75, 100 or more pounds, right? And you're just getting started on working out. You do not need a protein shake. What you need to do is really focus on cleaning up what you're eating. Enjoying the shit out of what you eat. And when I enjoy the shit out of it I mean figure out how you can eat healthy and love it. So many of us get wrapped up in hating everything but like we think the only way to lose weight is to hate what we eat. Like it's got to all be crap and it's got to just be boring and blah blah blah.

Well it doesn't. Now lets say you're a little bit down the road and you've started going to the gym and you're lifting weights and you're a busy mom or whatever. I think a protein shake can be awesome. I think that you can plug one in. I think that, you know, I typically like to chew my food but I sometimes want a protein shake. So I think it's one of those things where like it's still a meal so you need to make sure that if you're going to use it as a meal it needs to have enough fuel in it to be considered a meal.

Kathy: Yeah that's key.

Corinne : Yeah.

Kathy: It's definitely key 'cause a protein shake, some people use them for meal replacements and they're great. They don't stay with me.

Corinne : No. And I think that's where you have to really look at it is like if it's going to just be a ... Like for my girls that are lifting weights 'cause I'm going to ... If you're like me you're going to love the weights but I will say that the days that I lift heavy these last few weeks I have really put my protein shakes back in and I've noticed that my hunger has been better all day. Like my hunger is a lot ...

Kathy: Oh really?

Corinne : Yeah.

Kathy: Oh that's great. Yeah.



Corinne : And but it's you know I'm just paying attention to it and I will say I've had periods where I've had a protein shake and it's not done jack shit for my hunger the rest of the day. Like I felt like it got in the way more and a meal served me better. I think that's where you ... You know, I'm going to tell you all this all the time. You got to listen to what your bodies saying. You know if you're drinking a protein shake and you've got farts right afterward you probably have a low quality protein shake that you need to get rid of or a lactose problem. That's not friendly to your body. If you're drinking a protein shake and you notice "Hey, like I've got some sustained energy. I'm not as sore for that many days. My lifts are getting better, my runs are getting better." Whatever. When you're tracking all that stuff then you know that they're effective. But I think in general I think they're fine.

Now I will say this, don't go with a cheap one. Like don't go to Wal-Mart and buy protein shakes. You need to do a little due diligence here. A lot of protein shakes have a lot of chemical crap in them, and you can go like Google ... I mean I can't tell you but I drink Shakeology a lot. It's a meal replace ... It's actually a nutrition shake it's not just a protein shake. We also do one called Isopure in our family. My husband loves them. They're zero carb and they're tasty and all that kind of good stuff but those are just a couple. Ah, what's that other one that we used to drink that was a pretty decent one? I think it was Trutein. Like those are just some brands that I know we have drank before but what I would do is I would go to Google and I would look up like healthy protein shakes or low chemical protein shakes or something like that. There's articles out there that have ranked protein shakes to tell you which ones have lead in them, which ones have ...

Kathy: Oh my God lead?

Corinne : I'm not kidding!

Kathy: Holy cow.

Corinne : Like there are protein shakes out there that have all kinds of like garbage doo-doo in them and that's why I'm saying like don't just go buy cheap ones. I just think that if you're going to use ... 'Cause a protein shake is a supplement. And a supplement literally guys, 'cause a lot of you want to like "What, do you take any pills? You do anything like that?" No. A supplement though should be supplementing a healthy diet. That's what the protein shakes job is. It's not going to make you lose weight, it's not going to turn you into a Hulk overnight, it's not going to do any of those things.



What it's doing it is supplementing your diet. And the reason people drink protein shakes is to give their body protein after a workout and my big thing is the people that really I think could use them are people who typically don't like protein at all. We have so many girls in our group like they hate eating meat, like can't stand the meat. Don't like the meat. They do protein shakes. And that helps them. Also if you're lifting a lot of weights then yes I think you can definitely benefit from a protein shake after your workout but you know, my bottom line on them is they're not needed. So don't get them thinking "Oh! If I drink this shake I'm going to lose weight." What you put in your mouth is what's going to help you lose weight. If you're adding a protein shake and you're also eating a bunch of junk then you're not going to lose weight.

Kathy: Yeah that's not going to help it.

Corinne : Yeah it's not magic sauce.

Kathy: No. No I lost 75 or 80 pounds and I did Shakeology every now and then but there wasn't a lot of protein shakes going on and I do a lot of workouts.

Corinne : Yeah.

Kathy: So yeah. I don't know, I prefer like you said, to chew my food. So I might follow you know a morning workout with a couple of eggs and you know some lean meat and that's my protein shake essentially.

Corinne : Yeah and I will say like there's some days where I'm like, I'm hungry. I don't want to drink something. Now when I make my shakes though ... So I hack it a little bit. So I'll make a shake with ice. I try to get mine as chunky as possible and I like to add a little bit of a ... For those of you who are going to do protein shakes let me give you my super secret tips to making a delicious one.

Kathy: Oh here you go! Make a note!

Corinne : I put a little cottage cheese in them and that makes it a little creamy and it just boosts the protein just a little bit but I will take like, a lot of people will blend their fruit in a shake and I don't do that. I pour my shake into a bowl and make it like cereal. So I put my fruit in there so that it's all big and like the fruit is the cereal and the protein shake is like the milk. And then I'll throw in maybe a few pumpkin seeds like the ones that are in the shell, that's the ones I like. And that almost gives it the crunch and that's like a post workout meal for me and it's delicious and it's tasty and I swear that right there will last me like four hours. Easy.



- Kathy: Yeah. Definitely. It's a lot of good texture too.
- Corinne : Yeah and it just kind of, I don't know, it's just one of those silly little things I do but I love it. And it makes me feel like I'm getting a treat each day. You know, and then I move right into my salads or whatever it is I'm going to eat for the rest of the day. So, all right.
- Kathy: All right. Last one we've got is on elimination diets.
- Corinne : Elimination diets if you don't know what that is it's where a lot of times you may get some like blood work or something done and you'll get this test back and it will tell you all these foods that you're testing some kind of reaction to. It doesn't mean you're allergic to them it means your body has some kind of reaction. And so what you're supposed to do during that elimination diet is you want to cut out any foods that are inflaming or reacting in your body. You can do that through tests. I've had it done before and I did it and I did feel better. I had to cut things like spinach was on my list. Garlic, oregano, chicken, turkey, salmon, oh almonds. I tested really high with almonds.
- Kathy: Oh no!
- Corinne : I can't remember and all ... Like most dairy. Everything but hard cheese it was like all kinds of stuff. So I did cut them out for a awhile and so I think I cut them out for two months and I did notice I felt better. I could see a difference in like my bowels and all this other kind of stuff. Sometimes people have terrible bowel movements, they have incredible bloating and stuff and you can do an elimination diet like on your own without even having to do it. The big offenders are typically going to be gluten, sugar, what are some of the other ones?
- Kathy: Dairy.
- Corinne : Dairy.
- Kathy: A lot of people have trouble with dairy.
- Corinne : Eggs. And there's like one more and I'm missing it. There's like the big five that typically ... Anyway. Like those things, cut them on your own if you want to try it. I think that they are definitely ...
- Kathy: Would you cut them all at once? Or would you cut one at a time?



- Corinne : Well, I think you should cut them all at once. I mean that's my opinion. Well, all right. If you've done the test you need to cut everything.
- Kathy: Right. You need to cut what they tell you to cut.
- Corinne : Like that's the benefit of it. Now I will say this. Lets say you do the test and it comes back with a lot of wackadoo stuff and you're like "Oh my God what am I going to have left to eat?" And that's overwhelming. I'd much rather you just cut like say "All right so this week I'm going to cut out the most reactive things, and then in two weeks when I've got my jam going on that then I'll cut these things out." I think that's fine. The overall goal though is to get off the stuff to give you a chance to see if you have improvement in your body. That's the point of the elimination diet.
- Kathy: Yeah.
- Corinne : For you to be able to feel better.
- Kathy: And you'll know when you eliminate dairy for instance, within a couple of days, whether or not you're reacting to dairy.
- Corinne : Yeah. Like some of them the people notice an immediate. Like dairy is one of the big ones.
- Kathy: Yeah.
- Corinne : You cut out ... Like a lot of the girls when their tests come back almost everybody's always got gluten on there. Gluten and flour. Gluten and flour. Now I just tell everybody like if you have problems pooping, if you have problems with acne, if you have extreme tiredness or bloating just try going without gluten for like two weeks and I bet you will find a difference. I can't tell you how many of our girls have cut gluten and all of a sudden been able to take a poop and they hadn't been able to do ... Like they're used to pooping like every four days they're like "Oh my God I'm going daily now."
- Kathy: Achiness in your joints is big with gluten too.
- Corinne : Yes.
- Kathy: But it takes gluten a couple weeks to get out of your system.



- Corinne : It does.
- Kathy: You're not going to know that one right off.
- Corinne : Right. It's one of those that takes a little bit but I'm telling you though, you start cutting some of that stuff ... Like I know one of our girls she was having crazy bloating like the hard belly, painful, bloating. And she did her elimination diet and she's like "There is no piece of bread or pasta bowl worth feeling like I did before."
- Kathy: Yeah.
- Corinne : She's like "I'm done with that." 'Cause she was so afraid to give up that stuff, worried that it wouldn't work. So she just kept like not giving it up, so worried it wouldn't work.
- Kathy: Oh goodness. Oh that's funny.
- Corinne : I'm like "Well why won't you just give it up and see if it will anyway?"
- Kathy: Yeah.
- Corinne : And if in two weeks you don't feel better that was two weeks you didn't eat it. And she's like "Okay. I'm going to do it." And she's like "Oh my God. Like I feel so much better. Like I can't believe it took me this long to even try it."
- Kathy: Yeah.
- Corinne : So I do think they work. I think that I find them to be valid. I really do so if you have odd problems like in your body or unexplained stuff and you just want to try to feel better you can get testing done. I did mine through my doctors office but if you Google like food intolerance tests you'll find all kinds.
- Kathy: Yeah. There's a bunch online.



Corinne : There are bunches of them out there, you basically just have a blood draw and you send it off to a lab and then they send it back to you with a report. And like my lab, I got to call a nurse and she went over my report with me to talk to me about how to back the stuff out and how long and all that kind of good stuff. But I mean I think it's one of those things where I mean, you know, when we talk about feeling better if the end goal is "I would love to feel great in my body." Then you start looking at all this food stuff. When you get really focused on feeling great in your body, feeling healthy again, feeling alive, feeling like you have energy and stuff like that, you lose weight.

Kathy: Yeah.

Corinne : I mean that's just what happens. Your body starts, you know, you start doing everything that gets you to weight loss.

Kathy: It builds momentum,

Corinne : It does because it's like I was talking about earlier. You're looking forward. You're looking at what all you're going to do for your body. You're looking at what all you're running towards. You're not thinking back. You're not like saying "Well, here's all the stuff I can't have, and I can't have it because I'm overweight." You know, you can either lose weight in a [inaudible 00:24:55] mentality or you can lose weight in a "I am doing this and this is, you know I don't know how I'm going to get there but I'm going to get there. And I just know that as long as I'm doing good things for me I am going to feel better."

Kathy: Yeah, definitely.

Corinne : I mean that's the payoff.

Kathy: Definitely.

Corinne : Okay. Well that's it for today. We will be back next week. Have a wonderful one and I guess just keep on living healthy guys! We'll talk to you later.

I hope you enjoyed today's show. I'd love to help you with your weight loss too. Come on over to PNPTribeShow.com. That's P as in Paul, N as is now, and P as in Paul TribeShow.com. You'll find a free course that is sure to give you more tips and things you can do starting today to lose weight. I'm on a mission to make sure every woman has what they need to change their life just like me.