Introduction to Menopause Weight Loss

Hello. Hello. Welcome to Mastering the Menopause Transition 2.0. Save your hair. Your figure and your mind. And today we're going to be focusing on the figure and holy guacamole.

This this interview like you want to be here, you want to be listening, because if you are thinking like you need to lose weight or you're not happy with your figure, we're going to have the answers here for you.

And like, this is exciting. I'm so excited to share this information with you. So my guest is Stu Schaefer. He's a 20 year award winning celebrity weight loss coach.

And when he said, yes, he would come out, I was like, thank you. Specializes in helping people put their body into the thermogenic state so they burn fat 24/7 and lose weightlike they did in their twenties.

He struggled with anorexia in his teens, and when he overcame his eating disorder, he realized he wanted to help people create their perfect body in a healthy, sustainable way.

Since then, Stu has helped thousands of people transform their body and empower themselves to create massive success in their life. And I have seen I have friends and colleagues who have done his program and I've seen the results.

So that's why I brought him here to share with you today. So welcome. Stu, it is amazing to have you here. Awesome. I'm glad to be here. We're we're really going to dive into some great information, I'm sure.

I love that. I love that. I love that. I didn't know you had your own. You know, we we talk about weight and we always think about women. But men have issues, too.

So it's beautiful that you took your your struggle and turned it into a passion. And you're helping so many people now. I love that. Thank you. Yeah. So I was telling Stu before we came live, you know, a lot of times my guests give me lists of questions and I'm like and they they will talk about them, and we just have a conversation.

But his questions, I'm like, I don't know. We got to go through all of these because they're going to be so pertinent to what you want to know. So where do we start?

I mean, there's so many fallacies about weight loss. And so what would you just like to open up with to tell the ladies listening before I start? Bullet point and questions at you.

Yeah. So look, 99.9% of people try to lose weight incorrectly. Okay? And they do that from a young age. And probably if you're listening or watching this right now, the thought has crossed your mind of, hey, why does all this stuff that I used to do that worked not work anymore?

And there's a real easy answer for that. Okay. You've probably always done it wrong, like most people. And in your twenties and thirties, the body is very resilient.

Why Calorie Deficit Fails

So even though you're doing it wrong, you can still get results. When you hit midlife, your body gets sensitive enough and we all get more sensitive as we get older.

Think of a 90 year old, and this is the turning point where all the stuff that you were doing wrong you can't get away with anymore. And so all the you who think, oh, well, this always worked, it might not have been good, but you lost

weight in spite of it, and now you can't get away with it.

So that's really one of the keys for what we're talking about as things change a little bit. And it's not always hormones. Mm hmm. All right. So what is what are the things that change?

Because typically, what have women done? We've gone to the gym and exercised our faces off and done cardio for 3 hours and we've counted our calories and existed on barely nothing.

So what what should we be doing? Okay, good question. So first of all, there's a big lie in the fitness and health world, and even doctors perpetuate the slide unknowingly.

This is what we're taught. It's what I was taught. It's what everyone is taught. And the big lie is that the only way to lose weight is a calorie deficit.

That is a lie. Here's the truth. Every different food that you put in your body has a different chemical reaction in your body, and that affects your hormones differently.

So the secret is that you have to put the right foods at the right time and the right combination into your body to create the correct chemical reaction.

Now, like I said, I didn't know this. And if you line up a thousand experts, including doctors, 997, I think three out of a thousand probably are aware of what I'm talking about.

So 997 will tell you you'll have to be in a calorie deficit. And this is what every nutritional diet is predicated on. It's what every exercise program is predicated on.

They're all trying to get you to burn as many calories as possible and to consume as few calories as possible. And this wrecks your body. It causes something called repress metabolic syndrome.

And all that means is now your body stores fat. It can't burn fat. And instead you burn muscle and you slow your body down and racket. And this is why so many people fail.

So how do you how do you come out of the repressed, repressed, metabolic repressed. Metabolic syndrome. Syndrome? And the only way to reverse it is to put your body into what's called the thermal genic state.

Now, this is a fancy Harvard term, too, okay? And all this means is where now you're causing your body to burn fat. 24/7. And when you eat, it doesn't go to the fat cells and said, you burn fat, you reset your metabolism and you activate or reactive state your body's fat burning mechanism.

These are two separate things. We're all born with a fat burning mechanism, but when we do this typical weight loss, we shut it down. We deal, activate it.

When you put your body in the thermogenic state, you reactivate it, reset your metabolism. And actually five things happen. And this is what I do with all my clients.

It's amazing. And in any age, okay, if you're listening now, I'm just going to tell you, you can do this at any age in your 30's, 40's, 50's, 60's, 70's.

I've even had clients in their 80's. Your energy goes through the roof. You start burning fat all the time. Even when you're sleeping, your appetite normalizes.

You're cravings vanish and your hormones normalize naturally. And that is what's so exciting. And this is how you reverse it by repressed metabolic syndrome.

Okay, so that's the thermogenic state. So and I just want to go back. So with your program, there's no counting

calories. And are women eating like how many calories a day are they eating because not all calories are equal?

Is that so? Can you explain that a little? Yeah.

Thermogenic State and Metabolic Reset

Let me explain really quick how I figured this out, because I don't know, I don't see it anywhere. It's not in any of the books and nobody teaches this.

Okay? I got the same education everyone else does. I learned this from 20 years of trial and error. Okay. And 20 years ago, I had a client named Ashley.

And Ashley was your typical overweight woman. She was 37, so a little bit younger. And sometimes women's bodies can change as early as their late thirties.

Sometimes it hits in their forties, sometimes in their fifties. Well, Ashley comes in, I'm in my office finishing my lunch. I start food in my mouth, okay.

And she's sweating and she says, Yeah, I need to lose 40 pounds. I said, okay. In my mind I'm thinking, okay, she's probably eating too much and she's probably eating sugary snacks and all this stuff and okay.

And she goes, Well, I've noticed all your clients get results. Okay, this is 20 years ago. I'm not I'm a little bit ashamed of this, but I was a little arrogant at the time.

Okay. I have sense. I'm not arrogant anymore, but that is 20 years ago. Okay? And I'm thinking, okay, I can help you. I know what I'm doing. She said, I've tried everything.

I can't lose weight. My body will not lose weight. I said, Yeah, right. Okay, I can help you. She signed up with me and nothing worked. Okay. I'm beating her up in the gym for an hour a day.

Nothing's working. We're cutting calories, nothing's working. We do that. At the time it wasn't keto, it was Adkins. Nothing's working. We tried grapefruits, okay? Nothing's work.

We tried 200 ounces of water. Nothing's working. She's sitting there crying in my office. I'm thinking I'm a total failure. Everything I thought I knew, I don't know.

And it was like this all totaled moment where I thought I should just give up the profession. So I said, Look, Ashley, I'm not going to quit until we figure this out because I am just like that.

I just don't accept failure. I knew there was a way she could lose weight. I just didn't know what it was. I said, Ashley, I'll work with you for free till we figure this out.

I went on a long research quest. I'm talking months and months and months, and she's still sitting with me, sticking with me. We're trying everything. Nothing's working.

And finally, I stumble on to this thing called repressed metabolic syndrome. Well, to put your body in the thermogenic state, you have to eat more and exercise less.

Okay? It's the opposite of everything we're taught. So I go back to Ashley and I'm all excited. I tell her she's like, No, you're crazy. I'm not going to do that.

I can't even lose weight working out. She is up to 90 minutes a day working out, eating less than 1200 calories, about a thousand calories a day. Nothing's budging, not even a pound.

I said, please, please, please trust me. Let's try it for a week. If you gain any weight will stop, I promise. We got to. I

think this is the answer. Okay.

12 weeks later, she lost 37 pounds, okay? And she'd never had to restrict calories. She was eating more than ever. She was exercising only 30 minutes a day.

And she's gone, like, what is going on? And I said, This is it. We figured it out this. And it was a simple three step system. Anyone can do it. And I'm thinking to myself, Gosh, I wonder if this would work with my normal clients who are already losing weight.

And I asked, Do you want to try this? They said, Sure. So then they start losing weight faster than they were before, and no hunger and no cravings and eating more and exercising less.

And this is how I figured this whole system out and it's really incredible. So basically you're telling me we can workout less and eat more. I'm assuming we have to eat specific foods or the right kind of foods, but and lose weight rather than it's like the total opposite of what we're taught at and what we think.

Yes or no? Yes. So, yes, it's the opposite of what we think. However, there's four pieces of nutrition. It's called the food quadrant. Number one is what you eat.

Number two is how much you eat. Number three is the timing of foods through the day. This is not I'm not talking about a fasting window. I do not recommend fasting, actually.

And number four is the combination of foods at each meal. All right. Well, the combination of foods at each meal is by far the most important. And if you get that one right, you can fudge some of the other ones.

You and I both have our mutual friend Betsy. Okay. And you can ask Betsy about this. She'll laugh and tell you. Yeah, yeah. When she worked with me, she started losing weight and she had to go visit her parents up in Maine.

Okay. And she's going to blow on it. I'm having hot dogs. I'm eating ribs, you know? And now she goes, but I'm still losing weight. How is this possible?

And is because she was getting the right combinations. So even though she was fudging some of the other things, her body was still able to lose weight.

Food Combinations and Nutrition Quadrant

Okay. And that so so you don't necessarily have to eat certain things as many people might think, like only eat organic or or you can't have carbs. My clients eat rice, they eat potatoes, they eat tortillas, they eat corn.

I mean, all the stuff we're told you can't have to lose weight. They're eating it, but they know how to time it and combine it correctly. Okay. Well, that that is I'm like, I hope you have room for a lot more clients.

And well, here's the thing. And there women over 50 this isn't something that, you know, I'm not working with women in their twenties where you just cut out alcohol and you lose weight, you know, I mean, this is these are folks that haven't been able to lose weight.

And the reason is because you don't know this, but well, you probably know this, but many people don't know this. Okay. But when some diet tells you don't eat carbs, that's just crazy.

When someone on a diet tells you eat more fats or eat protein. Okay. Well, there's three kinds of protein. There's 16 different kinds of carbs and there's nine different types of fats.

And they all impact the body very differently. And so you don't want expect no one specifies this. And most people have a life, okay? They're busy. They don't have time to sit down and research for hours and hours every day.

And so if you're listening to this or watching this and you're like, yeah, I don't know that, don't it's not your fault. You shouldn't know this. It's taken me 20 years to figure this out.

And this is my profession. So let's go back because I'm still kind of stuck on the the exercise. Can can you walk us through why cardio is not the most useful way to lose weight at this point?

Because that that is so drilled into my brain like you know, you got to move it to lose it. Mm hmm. Good question. So there's multiple types of exercise.

Obviously, there's resistance training and there's aerobics. Those would be the two main types. Okay. And within that, you have three variables of exercise.

You have the intensity, which is how hard it is, the duration, which is how long it is and the frequency how often you do it. Okay. All these play vital parts and vital roles.

Now, here's here's something you should write down. Okay? This is a nugget right here. Exercise should be viewed as a prescription. A prescription. It's not that less is necessarily better, and it's definitely not that more is better.

It's the exact right amount for your body is going to get you the fastest results and be sustainable. So what happens? Well, let me give you three pitfalls that typically happen, especially with women.

For whatever reason, women are a little bit more sensitive than men, and especially women in midlife, perimenopause, menopause, and even some post menopause.

When you do cardio, all that does, especially if you have repressed metabolic syndrome. And we can go into what that looks like if you'd like. But when you have that and you start instead of burning fat, you burn muscle and store fat.

The more cardio you do, the more muscle you will burn off. This is called the vicious cycle. What happens is this. Let's see. I have someone who's £150 and they go to they want to lose £10.

They want to go to 140. So what do they do? They cut calories, they exercise more and they get to 140. But that £10 that they lost because they did it incorrectly was partially fat and partially muscle.

So now they've slowed their body down and eventually they generally will gain the weight back to 150. But this time at 150, they look different. They don't look as good, they look softer, a little flab year and they're eating a lot less just to maintain the £150.

Okay, so they go to lose weight again. They do the same thing and they every time they lose weight, they make their body worse and worse and worse, and they look worse and worse and worse over time.

That's the first problem. And that's why because cardio essentially will eat away at your muscle, which is one of the ways to boost your metabolism. One of the ways.

So now you're essentially you're killing your metabolism slowly, too slow, painful death. Now, the second problem with doing too much cardio is it's stressful on the body.

Okay. All exercise is stressful. If you increase the intensity, it's more stressful. If you increase the duration, it's more stressful if you increase the frequency, it's more stressful.

Now, stress is the weight loss killer. Okay, we're all stressed to the max. If you're thinking, gosh, you know, I don't feel that stress. You are okay.

We're all stressed, all of us. You have to just assume you're stressed. And so as you get older, remember I mentioned at the very beginning the body becomes more sensitive as we get older, while stress is one of those

things that the body becomes more sensitive to.

And so too much stress will trip the adrenals, the cortisol, and that will prevent you from burning fat. It can also cause insulin resistance and it can throw your other hormones out of whack.

That's number two. Number three is if you do too much activity too much and you're not eating enough, which most people don't, because we're programed to reduce calories.

And this happens to a lot of my clients. I had a client a year and a half ago named Robyn. Hey, Robyn was 54. She ended up losing like £28 or something like that.

When she first started with me the very first month, she lost £9.

Exercise, Cardio, and Overtraining

Amazing. Then she stopped. She just plateaued. And she's like, Yeah, this is the way they can never break through. I think it is. 174 is the way they can never break through.

I said, Robyn, you're using your mindset against yourself. That's a big part too, by the way. Mindset, I said. But nonetheless, you're walking and doing cardio an hour a day.

I did not tell you to do that. Well, yeah, but I love it. And I'm a cardio bunny and all this stuff. Okay. I said, Robyn, do you want to lose the weight or do you want to do the cardio?

She was like, I really want to lose the weight. I said, okay, then we need to go to 30 minutes three times a week. She said, No, no way. I had to settle on 45 minutes, three days.

She just wouldn't go that she just could not comprehend it. Okay. So she loses a pound the very next week. She gets to a weight she hasn't seen in ten years.

Then she goes to California for Thanksgiving for two weeks, comes back another £2 lighter. So now she's lost £3. And I say, Robyn, that's not even the best part.

You just flew, you're holding the water. You're probably going to lose another £2 by the end of the week. And she did. So now she's £5 down below the weight that she's never been able to get for ten years by reducing the exercise.

And the first thing she says to me is great, should I add back in the cardio? And I say, No, no, no, no. These are the three pitfalls, because when you do too much and you don't eat enough, the body thinks it's going to be starving and everything downgrades and it goes into this lockdown mode.

This is why you have to be so cautious. I'm laughing because I think I'm like Robin, because I love hiking. I could hike an hour and a half every day and I've I've cut it back.

And I was thinking like I was going to ask you and then you just like when you're at like I'm at a great weight now. Like, can I start hiking more or is that not allowed?

Piers, here is really the crux of everything. Yes, you can do more activity, but you need to support it with the correct nutrition as well. And here's the problem my clients run into.

They can't eat enough. I'm telling them to eat more and they're telling me I can't eat anymore. I'm full. I this is too much food. I lit a physically cannot eat anymore.

And so my answer is then don't do the extra physical activity. And so their stuff in their face all day long they're eating and eating and eating and eating.

Losing weight, losing weight, losing weight, losing weight. But they're but if they wanted to do more activity, you could do that. You'd have to eat more.

And their stuff to the brim. And so they you know, it's a fine balance. I just want everyone to like, you know, this is like, sounds too good to be true.

Like, I, I know, Stu. I've seen his work. This is vetted. So this is like, you know, this is like a dream come true. It's like, oh, my God, eat more, exercise less.

Like, this is the this is the best solution we've ever been looking for. I mean, it's just it's so profound and it's so outside the box that we're used to.

So I want to go back because you said the repressed metabolic syndrome, like for someone listening, how do we know if that's us? Okay. Let me kind of explain this on a little bit.

Scientific level and I won't get too technical. There are certain enzymes and hormones in the body that need to be produced to burn fat. Okay. And I'll just list off some of these.

Obviously, there's some insulin people have heard of that you need something called glucagon. There's something called hormones, sensitive lipase. There's something called lipoprotein lipase.

There's two hormones called leptin and adiponectin. Okay. All these work together. You see, the body is really designed to stay in balance. Well, when you're eating incorrectly, whether you eat too much, you eat the wrong thing.

You don't combine the foods correctly. You're not eating enough. You're starving the body, you're over exercising, you're causing stress. Or in some cases, you may have a gut issue, an autoimmune or a thyroid issue that can start throwing these normal hormones and enzymes out of whack.

And then you go into this repressed metabolic syndrome where now you're producing the wrong hormones in the wrong ratio at the wrong time. And now this causes your body to store fat very easily.

It puts protective barriers around your fat cells, making it almost impossible to burn fat. And now when you eat, instead of fueling the muscles like you're supposed to, everything goes straight to the fat cells and it kind of deprives the muscles, okay, this is repressed metabolic syndrome.

So how do you know? Well, sometimes you're cold, sometimes there's fatigue. If you're trying to do everything under the sun and your weight, you can't lose weight.

You've got repressed amount of bollock syndrome. If you're one of those people who've done a ton of diets over time, it's very likely you have repressed metabolic syndrome.

If you're not eating very much and you still can't lose weight and you're not hungry if you have no appetite, you probably have repressed metabolic syndrome.

These are the telltale signs. Some of which is probably a lot of women who are listening, because those are very common signs and symptoms that I see in my office all the time. So so what would be like can you kind of give us what's an example of like, do you work?

Is it the same program for every one or are there different programs depending upon what your personal issues are? Or does everyone eat the same food, the same combinations?

Good question. Well, there's some as you know, there's certain consistencies or universal kind of things with with the human body. Okay. This is why we're able to treat diabetes.

Now, there's certain intricacies or uniqueness about people like food intolerances or how their gut digests certain foods or whether they have an autoimmune or things like this.

So there are certain principles that are universal and then there are certain ones that are nuanced per person based on how their body responds. Now, let me tell you the difference really quick between a good coach and a bad coach.

A good coach will say, oh, just do this and you'll be good, or I'm sorry, a bad coach will say that. My mistake, a bad coach will say, Just do this and you'll be good.

It doesn't work like that. Okay? Any good coach out there has a good idea. They should understand the physiology and they'll they'll be able to give you a good prescription, but then they all have to see how your body responds.

And based on how it responds, make tweaks and adjustments.

Signs of Repressed Metabolism

And I'll give you an example. I've had clients over the years who could not lose weight. There's a couple that popped into my mind. One gal was in Texas and I can't remember her name off the top of my head.

I have a gal right now named Ronda Similar. She's also from Texas. But it wasn't Ronda this Galahad migraines. And she wanted to lose weight and she wanted to do a surgery to lose weight.

But she the doctors wouldn't do the surgery because she had migraines. And she thought they thought she would react poorly to the medication. Okay. For the surgery.

And so I said, yeah, I know what's going on. You're eating certain foods that are triggering your body that may not be showing up on a food sensitivity test.

And if you cut these foods, not only will your migraines go away, you'll lose weight faster and easier than ever before, too, she said. Well, this was a minister's wife, okay?

They owned a church, she said. I'm not sure. It's like you just said, sounds too good to be true. Let me give it a shot. Well, the first four weeks, she lost £4, which was more than she'd been able to lose in five or six years.

Migraines completely went away, she added, in a food, and within a day the migraines came back and that food was brussel sprouts. Okay, brussel sprouts.

And what I found is that there are a lot of healthy foods that a lot of women in midlife should not be having, should not be having. I'll give you the top four foods that tend to interact poorly with women in their fifties.

I don't know why I can't find this in any literature. I know this from failing for 20 years and trial and error and a lot of, you know, sleepless nights and a lot of tears shed.

But the top four that I see stop women from losing weight more often than anything are tomatoes, broccoli, Brussels sprouts and kale. Those are the top four foods I see that make it harder for women to lose weight.

And I can't explain why. Now, there's about 30 foods that I found over the years that if someone has a thyroid issue, a gut issue or a autoimmune, that these 30 foods should be tested and in some cases avoided.

And it happens every time. There always show up. And I again, I don't know why. It's just I just learned this through experience. I'm so sad. I love broccoli.

Well, look, most people do. Here's the sad part is all these people are saying, eat this, eat this, eat this, take this. What's the what's the thing that has all the cruciferous vegetables in?

It's like a supplement, you know, take this. Yeah, yeah, exactly. Take that. Eat all these foods and all these women start doing it, and then they gain weight and they and they don't know why.

And then I come in and say, cut all that out. And they go, Really? I was told to eat this. And then they cut it out and they lose weight and they go, What?

Okay, well, then we figure out it may be one or two of the foods. It's not all of them. And the reason, again, that this is prevalent is because a lot of women have had these issues their whole life, but the body in the in use has a strong enough immune system.

It hasn't developed any antibodies or anything like that. And so you can get away with it. It's very it's a very strange phenomenon. I see it all the time, though. Gotcha.

Okay. I have a couple of questions that just popped up. I'm writing them down, so don't forget. So the first one is you mentioned you don't like fasting.

And I have to go back to that because so many people promote intermittent fasting and fasting. Fasting. So I would love to hear your thoughts on that.

I may not make a lot of friends on this, but I'm just going to be honest, because all I care about is that people get results. First of all, the only professional athletes that do intermittent fasting on a regular basis are sumo wrestlers.

I call fasting the sumo wrestler diet. Okay, sumo wrestlers only eat one time per day because they know that's the fastest way to gain weight. Now, let's see, there's four reasons why this happens.

Reason number one is when you're intermittent fasting, it's very stressful on the body. When you're in a fasted state, it raises your cortisol levels.

Now, we already talked about why that's the enemy, especially if you're in menopause or perimenopause or you're in midlife. Your body can't handle the stress anywhere.

You can cut stress. Cut the stress. So when you fasted, you're stressed, you're stressing your body. That's number one. Number two, when you're doing fasting, it makes your blood sugar very unstable, very unstable.

And that is the road to weight loss is to stabilize your blood sugar.

Personalized Nutrition and Food Triggers

Okay. What happens is when you're fasted, the blood sugar goes really low. Okay, great. But then when you eat anything, it causes a blood sugar and an insulin spike.

This is terrible. It's one of the fastest ways to gain weight, so that's not good. The other third piece is when you're only eating a couple times a day to get enough food, you have to eat big meals.

Okay, well, look, we all have something called the nutrition threshold. And if you eat too big of a meal, you go over your nutrition threshold. Now, all that means is your body can only absorb a certain amount of stuff at one time, and it's no different than vitamin C.

Most people know if you take too much vitamin C at one time, your body absorbs whatever it can. You pee out the rest. Okay, well, if you eat too much fat at once, too much carbs at once, too much protein at once, your body will absorb whatever it can, but you don't pick out the rest.

You're stored as body fat. Okay. And the fourth thing is, if you eat too big of a meal, even if it was the most perfect meal on the face of the planet, because it's so big, it's still going to cause an insulin spike, which is one of the fastest ways to put on body fat.

This is why I don't agree with intermittent fasting. It can also damage the metabolism. It does it very often and it's a slippery slope. Wow. Very fascinating.

I love hearing the the other side of the coin. And, you know, you make a lot of sense. So so you lose the weight. How do you keep the weight off? Right.

How do you avoid the yo yo like, what do you do? Are your excuse me are your clients clients for life always on a program or is there a way that they just learn in their body just keeps the weight off forever?

Okay, good question. So, you know, when we started this off, I said 99.9% of people lose weight incorrectly. They do a calorie deficit. This is why so many people gain the weight back.

Re talked about the vicious cycle. When you put your body in the thermogenic state and you're eating more and exercising less, something really interesting happens because the body is designed this way in it likes it.

You're actually your progress speeds up the longer you do it. Okay. I have a client right now named Melinda. She had every problem under the sun and she's been with me five months, and she's lost £50 now.

She lost £10 before she saw me. So it's a total of £60. And she said one day we were doing a group call and she I said, Does anyone have any observations or a question?

She's I have an observation. She says, I've been doing this now three months. And I was convinced that my progress would slow down, but it hasn't. In fact, it's speeding up.

What's going on are well, when you put your body in the thermogenic state and you're fueling it with the right food, you're flooding the nutrients and you're not starving it anymore and you reactivate your fat burning mechanism and reset your metabolism.

Now your body, the longer you do it, the faster you get. So the easier it is to keep the weight off and you have way more flexibility so you can cheat.

You can have all these things. I have clients that go out once or twice a week. They get a full dinner, they get the appetizer, they get the entree, they get dessert, they have a glass of wine and they're still losing weight.

Okay. I have clients that eat all my clients. They love the wine. You know, women over 50, they're so or try so they're drinking wine, you know, they're having chips and salsa, these types of things.

But once they get their body going, it's so easy to maintain. So are they clients for life? Well, I have clients that stay plugged into my system because they love the support, but I have other clients that they got it in 12 weeks.

They've lost all the weight they wanted to lose 20 or £30. And it's easy to keep it off because they've learned what affects their body and sense. They've never starved themselves there and they're already eating foods they like.

There's nothing to go back to. They're already doing what they want. So ah, you're they're drinking wine. Are they eating dessert. Are they all of them. Yeah.

It's just, you know, we, we try to find the thresholds. Look, if you're going to lose weight, I've had clients in the past that would say, well, I'm just not going to drink any wine to lose weight.

And I go, Why are you never going to drink wine again? Well, no. Well, then we need to figure out how much you can have and how often you can have it and still lose weight.

What's your threshold before you stop losing weight or you gain weight? Okay. And so really what I do with clients, it's so different than a lot of other coaches is my goal is to try to educate and empower clients to learn what their body can tolerate, how much, how often, so that if they gain a little weight, they don't do some knee jerk reaction,

go up to time to fast or it's time to cut calories.

They go, Oh, let me just pull a little bit of the wine out or Oh, yeah, you know, I've been having dessert every night. I've been having that bull ice cream.

Let me just cut that down a little bit, okay? That's control. That's empowerment. Mm mm. So you mentioned something in when you wrote me a list of questions about label reading.

Mm hmm. And I'd love and I'm I'm written on my on that.

Fasting, Weight Maintenance, and Labels

I have another thing to ask you, but let's do like, while I got you for the ladies. So let's do labels first. How do you read them the right way? Why are they deceiving?

Yeah. Okay. There's a lot of deception with labels. I don't even know where to begin. I know where to begin. Okay, let's say everyone can can relate to what I'm about to say.

Let's say you're going to buy some ground beef and it says 93% lean. Okay. Well, Sharon, how much fat does that have in it? 7%. Ah, well, that would be the reasonable answer.

In fact, it's 45% fat. Okay, now, how do they get away with doing that? Well, because on the label, 93% lean is based on wait, wait, not calories. Well, if you look at food, a gram of protein has four calories.

A gram of carb have four calories, a gram of fat has nine. So has two and a half times more calories per weight. So what they do is on the label, they say, oh, 93% lean.

But if you were to turn that label over and look at the percent calories coming from fat, it would be 45%. Okay. This is the same with some of these beef sticks, beef jerky.

And so a lot of people are eating too much fat. I'm just going to tell you, that's not bad. Okay. You shouldn't eliminate fat and you shouldn't go super low fat.

But earlier I said there's nine different types of fats. Well, two out of the nine will help the body. They'll help your hormones. They'll help your hair, skin, nails to help you become more insulin resistant.

They can help you lose weight. The other seven out of nine do not help you. They have no fat burning effect on the body and saturated fat, which is the fat found in animal products consumed with too high levels, will do two things to the body.

One, it will cause you to become insulin resistant. It does this by killing the muscles, insulin receptors, so the insulin can't put stuff into your muscles.

Like we talked about earlier. So it puts it in the fat cells. And the second is too much of that fat, actually, too much fat in general will actually downgrade your metabolism, your thyroid, it'll lower your T4 levels.

And there's a scientific or medical term for this. It's called diet induced hypothyroid, which all that means is you cause hypothyroid from your diet.

Okay, so that's one misconception on the labels. Now the other is if you pick up a source, a maybe, I don't know, crackers or cooking spray and you read the nutrition facts and it says fat zero grams.

And then you look at the ingredients in the first ingredient is oil, oil's 100% fat. So how can they put zero fat on the label? Because on the label they put such a tiny serving size.

And by law, if the amount of fat per serving is under a certain number, they can put zero on the food label. Okay. So they might say a quarter of a teaspoon serving size, quarter of a teaspoon fat zero grams.

Well, if you're like a normal person and you use a tablespoon, it's trust me, it's got fat in it and it's probably 90% or higher fat content. This is how they deceive us.

Now, the other thing is ingredients. A lot of people by now know that high fructose corn sirup is very bad for body. It causes fatty liver. It also prevents those two fat burning hormones that I mentioned earlier, leptin and adiponectin, from sending a signal to the brain to burn fat and increase your metabolism.

And if you like, I could tell you how that works, too. It's very fascinating. So there people are wise to this thing about high fructose corn sirup. Okay, so then labels switched and manufacturers started using something called agave nectar.

Okay. And people thought, well, that sounds healthy. No, it's just as bad as high fructose corn sirup. Well, then they said, okay, the consumer is getting wise to this.

So then they changed on the label and they'd say Maize Syrup, Maize which is Spanish for corn. So they started labeling it as in Spanish, okay, my syrup, this, these types of things.

Okay. And so why do they do that? Are the food manufacturers out to hurt us? No, but they're out to make a profit. Okay. And when you're producing food, it's the margins are slim.

So you have two options. You can increase the price or you can make the food more cheaply. Well, it's a lot since it's a commodity, it's very hard to raise the price.

So what manufacturers do is they try to find cheaper ways to make it. And so they'll use ingredients that aren't very good and they hurt the consumer and then the consumer gets wise.

And then so they try to change the ingredient to something else that's really cheap. And Iran, it goes and on it goes and on it goes, which is unfortunate, but that's just the world we live in.

This is why you have to be extra careful. Does that make sense? Yeah. Wow. That is. You got me on the on the lean on the lean meat. That's I mean and I know all these things, but it's like there's only so many levels to how we're deceived.

So before we finish up, I have to get your viewpoint if you have one on Semaglutide, because that's like the biggest thing now and it's your industry.

So and you have, you have definitely have your own stands and don't go along with the crowd. So if you had have you thought about that or. Yes, I have.

It matter of fact, it's one of the worst things you can do to your body. And let me explain why I'm working with a client right now who was on the Semaglutide.

She was on the Ozempic. Okay, now here's what happens if they don't tell you about it as soon as you get off of it. And this happens with hormones too, in some case, and I'll give you an extreme example, bodybuilders take steroids.

Most people now have heard of steroids. Well, what steroids do is they're like they're an androgen, okay? They pump in tons and tons and tons of testosterone into the body.

Any time you produce something from the outside, your body stops producing it from the inside, because otherwise it will produce too much and it won't do that.

And so what happens is when a person goes off steroids, a man, they produce no testosterone. Okay. And this is I'm have a point here. This is terrible.

Now, ozempic the semaglutide, what they do is they artificially control your insulin and they artificially control your glucagon. These are both the hormones that are produced from the pancreas.

Soon as you stop taking it, you gain weight faster than you ever have before.

Semaglutide, Keto, and Final Advice

You have massive sugar cravings, you become insulin resistance, right? And your body for 1 to 3 years tries to balance itself out. Okay. It's also very dangerous for the liver.

So, yes. Is it appropriate? Well, I don't know if it's appropriate. The only people that should really consider taking it are people that actually have a disorder like diabetes, because that's what it's designed for.

But to try to take it to lose weight will only damage your body in a significant way. And it's a 1 to 3 year road to recovery. I have a client right now named Tiffany who just stopped taking it and all of a sudden the doctor told her, Oh, by the way, it's going to take your body between 1 to 3 years to to recalibrate.

And in the meantime, you're probably going to gain the weight back. You're going to be insulin resistance, and you're going to have a lot of sugar cravings.

So she works she's working with me because we're trying to combat that and we're trying to get her body to recover more quickly so that she doesn't gain all the weight back and so that her insulin can balance out a lot quicker than 1 to 3 years.

So be careful. It's a trend. It's popped up overnight. The it's on fire and it's going to burn out as quickly as it starts when everyone starts realizing the side effects.

So now I have another question. And what do you think about Keto? Keto is one of the worst things that a person can do. Okay. And there's two reasons for this. Okay.

If you don't remember, I mentioned diet induced hypothyroidism. Okay. One way to trigger that is to eat too many fats. The other way is to not eat enough carbohydrates.

Okay. So if you don't eat carbs, you get hypothyroidism. If you eat too much fat, you get hypothyroidism. And Keto does both. So I've seen more women in the last three years with hypothyroidism than I had in the 17 years of my career before that combined.

And the number one of the number one natural medications that naturopathic doctors are prescribing is armor. And armor is a thyroid medication because all their clients are struggling with thyroid because they're all doing keto.

In addition, keto will make you insulin resistant because of eating so much fat it dulls the muscles, insulin receptors. And that's why when someone does it, they don't know their insulin resistance because they're not eating any carbs.

And then when they eat normal again, they blow up like a balloon because now their bodies, insulin resistance and they can't handle carbs. And that's not good either. Wow.

Is there anything else I should ask you? Like, we're just debunking everything here? Well, look, this is 20 years of experience in the trenches. And here's the sad fact.

A lot of experts don't ever have case studies, and they don't work with a lot of clients personally. What they do is they go online, they look at a bunch of research studies, and then they write a book based on those studies, cite

the studies, and this is all in a bubble.

Well, here's the problem with the studies. Most of the time, they only have 20 to 30 people. That's not a big sample size at all. It's not enough. Most of the time those people have never exercised before.

And most of the time the people are all men. And most of the time the study is only done for 3 to 4 weeks. That doesn't give you good data. In fact, in statistics, what it will tell you is that may actually give you data that's opposite to what is what's real.

Okay, so now you're getting not only bad data, you're getting the opposite data. And now people are making all these recommendations which are actually bad because the studies are not good and they don't work with people in real life.

And so you always want to make sure that you have someone who's working with real people, has the case studies, they've proven it. It's not theory. It's actually a system that works.

And this is a big just don't forget, these are traps. The everyone were online. There's so much information. These are traps you got to avoid. These are and I get a little passion or we're fired up about this because it's sad and a lot of people are struggling.

you took the words out of my mouth. I say that all the time because I'm a doctor who's been in the trenches for 21 years and I couldn't agree more. So thank you for saying that. Well, I told you guys at the beginning this was going to be like get in the bomb diggity interview.

And I did not I did not lead you astray. Is there any last things that you want to share with the audience, any tips to I mean, you've shared so much already, but anything I missed or you want to talk about before we wrap it up?

Yeah, let me give you a couple of let me just leave everyone with a couple of keys here. Well, first of all, there's always hope. It's you're never too old and your body will never be in too bad of shape for you to be able to repair it and move forward.

Okay. So that's number one. So you're like, gosh, I'm hopeless. No, you're not hopeless. Anyone can do this. I've worked with the hardest of the hard and it's, it's you can do this.

Okay. So that's number one. Number two, I'm just going to give you a couple things to stop eating. If you're eating them right now, because these are trendy.

Number one, do not eat, not butter and fruit. That is a fat gaining combination. Do not eat avocado toast. That is a fat gaining combination. And, you know, don't eat nut butter and bread either. So.

Oh, yeah, let me just nuts are not a protein. They are a fat. So that is one of the biggest misconception is as well. And yeah, I guess we'll just leave it at that because otherwise I'll talk for another hour.

That's great. And those are things I'm thinking. I feed those to my granddaughter because I'm trying to get her to to gain some weight because she's in that, you know, I don't want to eat stage.

So that that makes total sense to me. Well, where, what's the best website? Where can women learn more about you? Great. Head over to my website. You'll find a lot of great free resources there.

It's StuSchaefer.com. Spell that for you. It's s t u s c h a e f e r dot com, StuSchaefer.com. And I'd love to hear from you. It'd be great. Awesome. I'm sure they're going to be marching over there really quickly.

So thank you so much for just wow for sharing such amazing information and really being a wonderful contribution to the summit. I mean, this is why I spend all this time and energy putting on these summits because it's my passion to get information out to to the ladies so that they know that there is hope and that they can change their

bodies and they can be healthy and they can age gracefully in the body that feels comfortable to them.

So thanks, everyone, for being here. You're you're going to want to listen to this one again and just kind of download and take notes and digest it. So we will be back with another great interview.

And until then, stay well.