Introduction to the Summit and Stu

Hello, ladies. Welcome back to Mastering The Meno(Pause) Transition 3.0 It's our third time. Third annual Summit with all new information coming your way.

As I have said, I've gotten the best of the best from all the important topics you need to know to go through your hormonal transition and then beyond to step into your sacred, thick and sexy act.

So today. Today, whenever I talk to Stu, it's always like he is a fan favorite. And why is that? Because we're going to be talking about weight loss, and we're not going to be talking about hokey things or, you know, fads or hop on this bandwagon and lose 10 pounds just to gain back 20.

Stu has been doing this for, I think, more than 20 years. He specializes in helping women like us. Women over 40 put their body into the thermogenic state to burn fat 24 over seven.

If you don't know what the thermogenic state is, you're going to find out. And he's really the real deal. So I've been working with Stu now, sending clients his way, hearing the fabulous results.

I actually was like, I gotta check this out. I gotta know what he's doing. So I just started working with Stu, and so I'm already so excited. I already know he knows what's going on.

I'm a little upset with him that he's not letting me eat broccoli, but he's master, so he's the master. We do what he says, and it's really quite amazing.

It's kind of like the opposite of everything you ever thought. And one of my. I've only been working with him when we're recording this. I've only been working with him for, like, a week, so I really like early into it.

But my one of my biggest complaints is like, oh my God, like, how much food are you going to make me eat? Like, I have to eat so much food. Yet the scale dropped 2 pounds, so it s everything opposite, but it makes so much sense.

You know, just as a woman, as an and as a physician, I'm like, he's got it going on. So, like, I said, fan favorite. You are in for an amazing conversation that could literally change your life.

Because I know as women struggling with our weight up and down all around is just something that we really can put in the past. And Stu has the answer.

So welcome, Stu. Well, thanks for that. What a what a cool intro. And I really appreciate that so much.

How Stu Got Into Helping Women Over 40

And and yeah, I'm excited. You know, I've been doing this for 20 years and, and, I really just want to help as many people as I can. So this is going to be a great interview.

I'm sure if you're taking notes, your hand is going to cramp, the paper is going to start smoking, and that's what we like. So, let's jump in. You know, this would be fun. Yeah. So just some quick.

I feel like it's always necessary, especially when it's a guy telling women how to lose weight because we're like, yeah, you guys, we do the same diet as you, and we lose a half a pound, or we gain 2 pounds and you lose 20 pounds without doing anything.

So just tell that. Like, how did you get into helping women over 40 lose weight? Yeah, it's a good question. So like I

said, I've been doing this 20 years.

And you know, when I first got started, it wasn't like I sought out women over 40 and really mostly women over 50 as well. what happened was where I live and where I started working, it's kind of embarrassing.

I started working at this health club, and the nickname of the club was called the Cougar Den because it had. It was just that's, you know, you can't imagine why.

And so when I first started out, that's where we were. All the clients were women over 40, women over 50. And so, as I learned everything, I just assumed this is just how everyone was.

I didn't realize how special, women over 40 are and how unique your bodies are. But 20 years later, you know, I'm kind of hip to the fact that. Yeah, it's, it is really, unique.

And, you know, the first real experience I had with this was I was working with a client who wasn't even 40 at the time yet. I think we talked about this one time.

Her name's Ashley. And, you know, I at the time I started, I will fully admit I was a little arrogant. I was in my 20s, okay? And I thought I knew everything.

And, you know, Ashley had come and knocked on my door in my office and had seen that my clients were getting really good results. And I then my mind thought, yeah, well, because I know what I'm doing, you know?

And she went on to explain, oh, I have tried this, I've tried that, I've tried everything. I can't lose a single pound, or maybe I'll lose 2 or 3 pounds and then it comes back on.

And, you know, over the last several years she had gained maybe 10 pounds a year. Unexplainable. Okay. She was 37, not even 40. But these were like early perimenopause symptoms.

All right. Well I said, well I can fix you no problem. You know. Well I started working with Ashley. I mean, putting her through the wringer, beating her up, counting calories.

Nothing happened. She didn't even lose a single pound. And a month later, nothing happened. She didn't lose a single pound. I mean, I was beaten her up for an hour.

I was having to do extra cardio. I was having her do a food log and and tracking calories. Use only eating about 1200 the bottom of the barrel. Nothing would work.

And she was like, I, you know, she's crying. Go. And I told you, I told you. And that's when everything changed because I'm so determined. I said, Ashley, I'm going to work with you for free until we figure this out.

And I, we tried everything. I mean, we tried low carb. We tried, some fasting. We tried. At the time, it was, the Mediterranean diet was a big thing. I mean, we tried I mean, I was like, thinking to myself, okay, I might as well just quit.

I don't know anything. I thought I knew everything, I don't know anything. And finally, I mean, I was doing probably two months, maybe longer months and months of of just research every night.

That's what I would do is like I was like it was like in college. And every night I'd be researching and figure out what is going on with this woman. And I figured it out.

She had something called repressed metabolic syndrome. And this is when your body stops burning fat, but it stores it really easy. So then no matter what you do, you don't.

You don't burn fat. But when you eat, you store it really easy. And there's only one way to get out of this, and you

got to eat more. You got to exercise less.

And there's a couple other pieces. It's it's a simple process. You know, we've just started together and you said, I can't eat this. Oh my gosh. Well I said the same thing to Ashley.

And she's like looking at me like, what are you nuts? You know, I there's no way I'm going to gain all this weight. I said, look, let's do it. If you gain weight, we can stop immediately.

We're going to get you through this. Well, three months later, she had lost 37 pounds. And she's looking at me going, how does this how did this work?

I'm eating way more. She she was only exercising 30 minutes a day instead of an hour and a half. And she said, well, what did we do here? And it was just a simple three step process that I've come up with over the years, and anyone can do it.

Repressed Metabolic Syndrome Explained

In fact, I took it to all my other clients at the time who had no real issues, you know, and I said, well, let's see how it works on them. Well, they started losing weight faster and easier than they were before, except now they had no cravings.

They were not hungry. And they're like, this is great. That's when I realized I had really stumbled onto something pretty cool. Yes, the no craving part.

I noticed that the very first day cravings for something sweet just. And I had, I had made you we put like two little tiny pieces of dark chocolate in my plan because I was like, you can take away my chocolate and I know I. Told you, I don't.

I said, I don't even think you'll want it, but let's just throw it in there. So that I and and so it's like, you know, you ladies know me. You can trust me because it sounds too good to be true.

It's like, okay, I'm going to exercise the last and now I'm going to eat more and I'm going to lose weight. But it really is true. And it really. So can you explain a little how we get to this repressed metabolic syndrome?

What what sets us up for that? This is so look, and you probably everyone who's here right now has experienced this, whether they realize it or not. And I call it the vicious cycle.

What happens is most people, and especially women, when they want to lose weight, they say, okay, well, let me cut calories and increase my exercise. Why?

Because that's what everyone says to do, literally. Okay. And it makes logical sense. Okay. Well, that's the worst way to lose weight. Okay. You should never cut calories.

Calories are not the issue here. And you want to be careful with the exercise. But okay so so let's say someone weighs 150. They say okay I want to lay 140.

So they cut the calories, they do the exercise and they get to 140. But you know, that 10 pounds that they lost wasn't the right type of weight loss okay.

And so they've lost some muscle. They've also lost some fat. But in the process they've also now slowed down their metabolism. And they've damaged their body just a little bit.

Once they get to the 140 and they eat normal again like what they used to eat, just to maintain the weight, they don't maintain the weight anymore. They go back up to the 150, sometimes more.

And so they'll ping through this up and down. And what happens is they slowly wreck the body. They may stay the same weight over several years, but they look worse and worse and worse at that same weight.

Their metabolism gets lower and lower and lower, so they need to do it more extreme every time. It gets harder and harder just to maintain their weight.

Not to mention lose the weight. And now they have this repressed metabolic syndrome. The wrong hormones and the wrong enzymes are firing in the body. And so what happens is when they exercise and they try to lose weight, the muscles are starved.

And so they end up burning muscle and not fat when they exercise. But then when they eat, their body puts it right into the fat cells, not the muscles.

So they they are losing muscle and gaining fat. And it's like such a trap. And this is when women get so frustrated because they go, what's wrong with me?

Is it my hormones? Is it my age? Is do I have an autoimmune? Do I have a gut issue? Is what is this just what it means to be getting old? No. You have repressed metabolic syndrome, and the only way to get out of that is to put your body in the thermogenic state so you actually heal your body, you reset your metabolism, and then you never have to go on another starvation diet again.

You don't have to do all this exercise. You can really control your body and you feel good. It optimizes your health and hormones at the same time. Other than rather than most diets which wreck you, they wreck your thyroid, they wreck your metabolism. And it's not a pretty picture.

So do you. Personal question do you ever get to like, I know I just started with you a week ago, but do you ever, you know, so I'm eating a lot of natural foods, which is great.

And, you know, I'm eating fruits and proteins and veggies. Do you ever get to the point where, like, you can go out and have a dinner at a restaurant or go have sushi or go have gluten free vegan pizza?

like, does it ever, you know, can you have an alcoholic beverage? Not that I drink, but I'm just like, you know, can you? Because right now I feel like, you know, I'm.

I bring my food when I go somewhere if I. So. Yeah. Well, so what? You're what you're describing is there's a lot of this part of repressed metabolic syndrome that women end up getting is because they do these diets, like keto and low carb and fasting and low calorie and over exercise, they actually damage their body, okay.

They damage. And there's three main. You got to remember there's this three main systems for especially for weight loss. But also for regulation. You have your gut health.

You have your your liver and you have your thyroid okay. When you do these these diets, you're going to damage one or more of these in a big way. And when that happens, this is why so many women have food sensitivities, gut issues, thyroid issues, they have histamines, they've got heart disease.

You know, all these weird things that they never used to have. They used to most people, when their kids can go out, eat whatever they want, they don't get bothered by it unless you have a true allergy.

Well, then all of a sudden you can't do that. You're allergic to this food, you're sensitive to this. You got these weird gut issues. This is why, because so many people and women in particular are doing these extreme diets.

A low carb diet is terrible. It it kills your thyroid. It causes you to become insulin resistant. it it can cause gut issues through the produce production of serotonin and some other stress hormones.

Same with fasting. and then if a woman's doing the typical vicious cycle where they're cutting calories, cutting

calories over exercising, the amount of stress that they're putting on their body is immense.

And this is where these little problems occur. So there's a phase where you need to heal that, okay. But the beautiful part is when you do it correctly and you're eating more and nourishing the body, then yes, you should be able to go out to eat.

You should be able to have some alcohol here and there. You should be able to cheat, and you'll have so much more flexibility because you've reset your metabolism, you've reactivated your fat burning mechanism.

You're now producing the correct hormones and enzymes. So your body's burning fat all the time, and you've healed these other issues you have. And I'll tell you where they all stem from is chronic inflammation.

And when you do things correctly, you're going to zap that inflammation right out of your body. And now all of a sudden, you're going to be like you were in your teens again.

Or you can eat all these fun things and still maintain your weight loss or in fact, lose weight. And this has happened so many times. I'm working with a client right now named Marsha.

She was doing the keto thing with a very prevalent doctor. You know that both you and I know, and she said I lost some weight, but then I got stuck and then I was like eating less and less and less just to maintain the weight.

Well, in three months, working with me, she's dropped 20 pounds and she's eating all these carbs, you know, and she goes, still, I'm sometimes I get scared because I'm I've been so conditioned to be afraid of carbohydrates.

A couple of weeks ago, she had hit a plateau and I said, well, Marcy, we got to increase and you have to actually eat more carbs. And she goes, but she goes, I'm frightened.

I said, I and so she did. We increased her carbs and she started losing weight again. And she goes, this is like wild. This is unbelievable. It's unreal, you know?

But this is how the body works. And that's why it's so important to know how the body works. Diet should not be temporary. It should be something that improves your health and allows you to look how you want to look.

outside with physical things. And so that again, so what's your way?

Why Eating More Can Restart Fat Loss

I want to take this, but good news there. so intermittent fasting because that's that's huge when I have so many patients come in and they're like, no, I'm doing good things, like I'm doing intermittent fasting and then they're thyroid numbers are like horrible.

And they have all these thyroid symptoms. But so I would like because we all hear how great intermittent fasting is. But what is Stu Schaefer saying about preventing fasting.

Because I have a feeling you say something different. I yeah, I don't recommend it. In fact, everyone I've ever worked with, especially over the last five years since it's become trendy, it's done so much damage and has been so problematic.

What happens is, look, let me give a little crash course on thyroid because I think that's important to understand. What happens is you have a pituitary gland right back here.

It's like monitoring your body. And it triggers your thyroid stimulating hormone to release thyroid T4. If it detects that it's a bit low. T4 is also called thyroxine, and the body doesn't normally use that much of it.

It has to go to the liver and get converted from T4 to T3. Okay, well newsflash the liver can sometimes convert it

into reverse T3, which shuts down your thyroid.

Well, when does this happen and why on earth would the body do that? Well, if you're sick, if you're starved, if you're under a lot of duress or stress, the body will start converting the T4 to reverse T3 instead of T3.

Now, this is a defense mechanism so that if you're sick, you don't overheat, and if you're not eating, you don't starve to death. So when you starve by doing fasting, you're going to put your body under tremendous amounts of stress.

So number one, you're going to release cortisol. And women over 50 should not be stressing their adrenal glands because since their ovaries are not producing hormones anymore, they're adrenals are now responsible for that.

So if you're constantly stressing your body, those adrenal glands won't have the bandwidth to produce the other hormones like progesterone and testosterone impregnate alone.

And some of these other hormones that will cause you to lose weight and and have anti-aging effects. But instead you're going to be producing adrenaline and cortisol, and you're going to shut down your thyroid.

It's going to you're going to kick up the reverse T3. That's going to kill your thyroid. You're going to lower your metabolism because you'll put your body in starvation mode.

And a couple other things that happen with this fasting. Your blood sugar gets super unstable. So now whenever you eat, you get spikes in your blood sugar and insulin, which causes you to store fat.

And if you're only eating once or twice a day, you end up eating too much at once. And there's something called the nutrition threshold. We know what this is we've all heard about.

vitamin C. If you take too much vitamin C, you don't absorb it. You play the extra well. It does that with all vitamins, except some don't. You don't pee out there.

They get stuck in your fat cells, which is why there's toxicity upper levels with certain vitamins foods. The same way if you eat too much carbs at once, or too much fat or too much protein at one time, your body won't be able to use all of it, and it'll store the excess as fat.

Okay, so when someone's doing the fasting, what will happen is almost every time they'll see some results initially and then it really quickly the results will stop.

And over time they end up eating less and less and less and fasting longer and longer and longer just to maintain their weight or to try to eke out a few extra pounds of weight loss.

And then they feel like a zombie. They have no energy and it really wreaks havoc with your hormones and your thyroid. Yes, yes and yes. And I can tell you, because I measure those hormones in patients and I see a lot of that correlation with the reverse T3 going up and shutting down the thyroid.

And then we have to use more thyroid hormone. And it's really about the diet and about. Yeah that's and same with hormones. You know a lot of women they'll say geez I can't lose weight.

And they may go to a functional doctor who will say, they test their hormones. They go, your hormones are like nothing. No wonder you can't lose weight.

So then they get them on the hormone replacement therapy. But because they haven't addressed the root cause, they even that doesn't work because they're still causing the problem.

The hormones were a symptom of the problem. yeah, I had I had a client in her 60s named Cheryl. You know, she told me, Stu, I don't know what's going on.

I'm 62. She lived in Florida. She was. I used to be the Energizer bunny. She was. I have no energy. I wake up sometimes. I don't even want to wake up. My legs feel like lead weights.

I went to the doctor. He said, well, welcome to menopause. And I said, no, that can't be right. I said, Cheryl, no, that isn't right. No joke. With within two weeks she goes, Stu, I don't know what you've done, but I feel like the Energizer bunny again.

If this is all that happens, your program was well worth the investment. Well, that's not all that happened. She ended up losing 20 pounds, but she said, oh my God, you actually did what you said you were going to do.

How refreshing. You know, this is amazing. That's what happens when you do things correctly. Yeah. That's why I love when my patients go see you because I'm handling their hormones.

And my experience of, you know, we've been doing this I've been doing this 22 going on 23 years. So we've been we've been at this about the same time.

And yes, I mean, sometimes things I do can help a woman lose weight, obviously. But when I put someone on bioidentical hormones and weight loss is like one of their top complaints.

I don't give false expectations. I say yes, you know, we're going to balance your hormones. And obviously there's, you know, I can spend seven days telling you the benefits of doing that and replacing your hormones, but it doesn't mean just by taking your hormones you're going to lose 20 pounds.

What you're eating and how you're eating and how you're moving your body and how you're sleeping and how you're hydrating. Those are really the important things.

We're so conditioned to just, you know, we're conditioned in so many ways, but we're also conditioned. We want to take something to fix all our problems.

And so hormones are not the be all, end all to just drop 20 pounds. It gets your hormones balanced. But then you still have, you know, you have to look at like what you say, the repressed metabolic syndrome, which I bet if we did like a study, we'd say, I don't know, nine out of ten women have it.

I don't know, what would you want? I think it's it's more it's probably it's a, it's between 8 and 9 out of ten. So over the last 20 years when women think it's either menopause or hormones or something else, 8 or 9 out of ten times, it's the repressed metabolic syndrome, maybe 1 or 2 out of ten.

It is really something going on with the hormones or something's off. That's not necessarily that that problem.

Intermittent Fasting, Thyroid, and Hormone Damage

But I will tell you, you know, the one of the most satisfying things I see is women who are on hormones, in many cases will will be able to reduce or sometimes not have to take the hormones when they fix everything else because their body starts naturally balancing back out.

Right. So I would wonder like because okay, so the a lot of women who go through menopause, a common thing you hear is all of a sudden I can't, you know, I never had a problem with my weight, but now I'm having a problem.

And so is part of that. Yes, the hormones are dropping, and because the hormones are dropping, it's exacerbating the repressed metabolic syndrome. Because I would imagine by the time a woman, a typical woman, not every woman, but a woman who's been dealing with her weight all her life, by the time she gets to menopause, she's done 75 different losing weight, restricting calories, trying intermittent fasting, doing the Mediterranean, doing keto, doing this, doing carnivore, doing, you know, doing everything.

Yeah. I'm wondering what you think about that. and look, I have a lot of experience with this. I've worked with

thousands and thousands of women, and that's one of the things I hear the most is, hey, everything that used to work, I hear two things.

Either everything that used to work doesn't work anymore. I used to be able to do Weight Watchers, or I used to be able to just cut out alcohol or sugar or something, and that does not doesn't work anymore.

Or they'll say, I've never had a problem with my weight until this age. It went up really quick and then it hasn't been able to come down. There's two main reasons for this if someone's done a lot of diets, obviously it's almost guaranteed that they have repressed metabolic syndrome, okay.

And they and that will cause more extreme menopause symptoms earlier on okay. So like if someone did it right from their 20s, odds are they might not even see anymore or experience any menopausal symptoms because they'll have they would have their body humming along so perfectly.

The other one, the one that just all of a sudden gained it really quick. Well, what's happened is they've been doing things wrong the entire time. They didn't realize it.

And the big switch that happens in menopause is your ovaries kind of say goodbye. And now those adrenal glands are responsible for double duty. And because someone's been doing something wrong the entire time, they didn't know it because before their body was resilient enough.

But all of us, men included, we all reach an age where our bodies get more sensitive. Obviously a nine year old. We can see how sensitive their bodies are compared to a 20 year old.

Well, somewhere in between your mid, late 30s and maybe late 50s, your body will hit that tipping point where all the stuff you were doing before, you can't get away with doing it anymore.

The crash dieting or just cutting out carbs. You know, that's always been stressful on the body, but now it's going to get your thyroid. Now women are more prone to this because they have more estrogen.

And that really is is why women tend to suffer more than men do. But this is what happens now. The thyroid goes down, or now their hormones stop being produced because the adrenals can't take the double load anymore.

And on the outside it looks like it was just random, but it really wasn't. That's what happens. At just so. I've been keeping my interviews 30 minutes and I'm I'm like, I gotta go because I gotta eat again.

But because Stu has me eating like I feel like a newborn. I have to, like, eat every two hours on a schedule. what is the before? Before, before I go eat my next meal?

Like so. I made a joke in the beginning. But, you know, why can't I eat broccoli? Well, so you're we're testing, right now. So you know when someone, when a woman comes to me and she says look, I've tried everything, I can't lose weight, I don't know what's going on.

I've struggled with this. I've struggled with that. Odds are there's there's something off obviously. And I want to find out if there are some foods that are causing inflammation, that are preventing the weight loss.

And over the last two decades, what I've discovered is there's like these 40 foods that are that are healthy but tend to cause problems. Broccoli being one of them, Brussel sprouts, tomatoes, kale these things.

There's there's more. But these are so common that when someone initially will will start working with me, I want to give you every freaking chance possible for you to get as quick of results as as you possibly can and feel amazing and healed body.

And then we add all that back in and we'll see if anything, it really was inflaming you and bothering you. And from there, we need to find out if it's a legitimate food sensitivity, or if it's just because you've damaged your gut or your

liver or your thyroid.

And if you repair those, most of the time, those food sensitivities go away and then people can eat whatever the heck they want. A lot of my clients, they eat dairy, you know, they eat eggs.

They eat, they eat all this stuff. People say that you're not allowed to eat, you know, and they say, I can't eat this. I said, let's try it now. And they said, oh my gosh, it doesn't bother me anymore.

But you have to heal the body. You know, women, they spend 20 years damaging their body unknowingly. And then they want to just expect it to be fine in a week or two.

And it normally takes, you know, 3 to 4 weeks, which is hardly any time at all to really get things healed. So then you can start adding back all these great foods without any, bad reactions.

Yeah. So 3 to 4 weeks is is nothing. So when someone is listening and they're a vegan and. Vegans, vegans have a lot harder time. there's a lot of definitions of, of what vegan means.

it's much harder to get all the different types of foods that you need, however it can be done. most vegans that I work with have to do some element of supplementation, with either some type of a shake or a or a powder or some sort of a protein blend to get some of the right combinations in, that that's the only difference.

And obviously veganism and plant based is becoming another fad.

Healing the Body and Reintroducing Foods

It's not necessarily optimum for your health, believe it or not. but obviously there's people with religious beliefs and things like that. It can be done.

Everyone should be able to fix their body. He'll lose weight. But when you're a vegan, it just takes a little bit more precision. And what about I know we're here talking about menopause and the ladies, but a lot of the ladies have husbands who maybe are overweight eat.

And you know it's nice to do these things together. So does this do men like do you work with men. Do they have arms too or is it. Oh yeah. Different. Yeah.

And you know the, the biggest problem with men is they're under eating now. Okay. And, you know, I have some women who are doing the program and they're out eating their husbands.

They eat more than their husbands now, you know, and, sometimes I'll have a couple that does it together. And, yeah, the husband always will lose weight easier and faster, you know?

But what what's so great is when a couple does it together, they feel so much better. The energy, the sleep, the digestion. it's like, whoa, my God, they I mean, I have men who tell me I haven't.

I haven't felt this good since I was in college. You know, this is unbelievable. And I would imagine some other things improve, you know, with the, improved energy and stuff like that, you know? So how do you get your sexy back?

Yeah. Wow. So anything else as we're winding down, obviously, I'm very excited about Stu and wanted to bring him on because he's saying something so different than what we're hearing.

Because mainly we're hearing eat less, exercise more intermittent fasts. That's the way to lose weight. we never hear. And it really takes some I, I really related to your client.

You were talking who about who was like, because we're so programed like. Marsha with the carbs. I'm sorry. I'm

afraid. I'm. Yeah. Like, I, I'm like, really?

I got to eat again. Geez. I just eat like it. It's in there. So it really, you know, psychologically and really taught from society. This is not the way to do it.

But yet you're not just here or some PhD who has a theory like you're in the trenches. I know the work you're doing. I know the results you're getting and and long lasting results, not just results for three weeks.

And like long, you're actually fixing and changing so that women don't have this issue anymore. Right. It's so remarkable. I'm so glad that our paths crossed.

is there anything else that you want the ladies listening to know that I didn't ask you about? yeah, there is a couple with just two quick things. One is, I think I have a Q.

They get a free gift right when they're coming to the summit. Is that correct? We're not doing all right, Carla. You'll edit. We're not doing free gifts. It gets confusing.

We will at the end, I will ask where they can find you, and I'll promote what you're doing. And then you and I are going to do a webinar anyway. Okay? Okay. All right. Well, two things.

Yes, I have a free gift for anyone who's been here today. And you can go to Stu schafer.com/uh, Sharon. And that's it. Okay. I'll have a special gift for you.

It's a fat loss in menopause. Quick start guide. All right I'm writing it I'm writing it I've written it specifically. Right. For for you guys. For you guys. Okay.

Totally free. So number two, the last thing I want to mention, there's been a lot of talk recently about these semaglutide like Ozempic and all these, these things as these weight loss miracle cures, you know, and there was a special on TV saying that obesity is a disease and it's really not your fault.

And some people actually have to have this drug, and it's the only way to lose weight. And that's not true, okay? If you're trying to lose weight and you're hungry, you're doing it wrong.

You should never feel hungry. You should never feel deprived. You should never have cravings when you do it correctly. And I've worked with women who are upwards of 300 pounds.

I've worked with women who only had 10 pounds to lose. I've worked with women in their 40s all the way up to their 70s. It doesn't matter how old you are, it doesn't matter what you've done in the past.

And it doesn't matter how much you weigh right now. You can heal your body if you do it the right way and you don't need any drugs with terrible, terrible side effects.

So even if it feels hopeless, I'm telling you, it's possible you can do it. You just need to do it correctly. Okay? Yeah. I mean, like I said, by the time this airs, I'll be like a Stu Schaefer graduate, and I don't need to lose a lot of weight.

And I just like to do what I ask people to do. I like to have the experience because I think it helps me get you get through it easier if I can relate to you.

And and so, you know, I'd like to lose like 10 pounds. And so by the time this airs, I will have. But you know, you really just have to be you have to be open to changing your mind of what you think works and what doesn't.

Men, Menopause, and the Final Takeaways

Because I know that was probably, you know, the biggest stumbling block for me when we just started last week, like, oh my God, I can't believe I have to eat again.

Like, I'm sorry, I gotta go eat again. Like it's, you know, people don't realize how undernourished they are. Yeah, yeah. And, you know, you have to be willing to, to move your body a little, but not crazy.

And I like to move my body. And, you know, you have to be organized. You have to. It's just a little bit of you have to put in a little time and energy and think about what you're eating.

I went to a class last week and, you know, I had to bring my whole bag. I had my tortillas and my college in and my my, turkey chicken slice and my green beans.

I just had this big giant bag with me. Sort of hot, you know, I carried it into the class. I'm like, don't mind me for the day with me. Because all the food.

Yeah. And, you know, look, look, everyone's different. Some people can eat just some bars or some grab and go stuff, but, you know, you wanted to eat very organic and healthy and that's fine too.

And that's the thing, is it? Anyone should be able to do this. It doesn't require any special foods. If someone's organic and they want to do that, great.

If someone doesn't care about that and they just want some grab and go, easy peasy stuff, fine. That's the whole thing. There's no one way to do this.

It's whatever is best for the person, plain and simple. Yeah. So I highly recommend check out Stu on a call with him because he does. I mean, I talked to him, you know, he talks to you.

He works it through like so. Yeah, that's I'm glad you brought that up. Like what? I'm doing is not what you'll be doing. It's it's very individualized, as you know, in physician position.

That's how I love everything to be. So thank you for this free gift. I can't wait to read it. And, what's your website again? And spell it just so they know how to get there.

stuschaefer.com And for the free gift for being here is stuschaefer.com/sharon. Awesome. Well thank you. if you hang around with me you'll get to see more of Stu because we hang out and do some fun stuff together for my community.

And, you know, this is just so important to have you here because this, you know, if you've been struggling with your weight and that just really interferes with you really being fully who you are in this beautiful time of life.

And there is no reason that you have to think menopause means old and fat. I was heavier when I was younger than I am now, so that's a fallacy. So you could just poof, get that one out of your head.

So go check out Stu. and, you know, just see if something you want to embrace and get going with because weight loss is, you know, not just for how you feel, but for your health and your thyroid and everything about you.

It is just beneficial. So okay, I'll get off my my my Stu fan girl. So facts I'm like, go sees Stu. Well I pretty I appreciate that means a lot to me.

Thank you. You are so welcome. So thank you everyone for being here. You're probably like what the heck? Just like when I first heard Stu talk, I was like, what?

Eat more, exercise less, lose weight. Like, yeah, he's like, this guy's crazy. So take a deep breath, go for a little walk and listen to this again and just kind of let it all digest.

And I will be back with another interview. So thank you as always, for being here.