

Ep 99: Calories in vs calories out

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SPEAKERS

Leah Brueggemann



Leah Brueggemann 00:00

Hey ladies, let's talk about this because we are in the new year. And I am seeing so many detoxes and resets and your new diet and blah blah blah blah. So let's talk about calories in versus calories out and whether that works for you. It doesn't work for you all of that fun stuff. This was sparked by you guessed it, or maybe you didn't get it a reel that I or not a reel this was? Is that what you call them on tiktok a video? I don't know, whatever it was called on tiktok. And I'm telling you, it was a dietician. And she, we love good dieticians, right. Like funk it wellness was founded by a dietician, we love her. And, but anyway, she made this video and she said, I'm gonna say something that's just gonna annoy the internet. If you aren't losing weight, you're not actually in a caloric deficit. And then she's walked off, like so hoity toity. And I just wanted to flick her like, you know, it's like one of those things where they don't deserve a smack. You shouldn't go around abusing anybody you guys. But you know when it's just so annoying, but wrong. And you just want to like, I just want to flick you. That's what this reel made me want to do. And I'm going to tell you why I'm going to tell you why. Because calories in versus calories out like the law of thermodynamics. I'm not trying to refute it. I'm not saying that. But when you hear if you aren't losing weight, you're not actually in a caloric deficit. What do you think? I'm gonna wait a second for you to think? Did you think okay, so? Did you just go oh, I need to cut my calories. I know you did. I know you did, because that's what that implies. So what do you say to the woman who is already eating 1200 calories? Honey, you got to eat lower. That's probably what your doctor told you to in the office. Like I hear so often. Doctors are like 800 calories. No, no, no, no, no, no. Because at this point you like 1200 calories is the nutritional needs of a toddler, you are not a toddler. So if you're eating that low of calories, you are undernourished. America is overfed and undernourished. Anyway, I know a lot of you guys aren't from America, I'm sorry, I always use those statistics. Anyways, if you are already eating 1200 calories, you're not losing weight. So then you think I need to go lower. You're severely undernourished. And so the reasons why we are at that low of calories in the first place is that your body has adapted to that low of calories. You are dealing with hormonal issues, you have hypothyroidism, you have insulin resistance. Maybe you have any and all of the above, maybe you're post menopause, and you don't have enough hormones. And maybe you're all of those I don't know. So then you're just you're just eating too little calories. So I just I hate. This annoys me so much. Because you basically are looking at someone who is already

not eating enough calories and you go, Oh, you're not losing weight, because you are you're eating too many calories. And so then you think you need to lower your calories? Well, yes, you need to be in a caloric deficit to lose weight. But instead of telling somebody to lower their calories whose calories are already too low, oh, my gosh, let's fix the metabolic issue. Let's raise your metabolic rate. Let's reverse insulin resistance. Yes, you can do that. Let's put the hypothyroidism into remission. Let's fix the hormones that are making this such an issue. Let's raise the metabolic rate. So then your caloric deficit is at 1900 calories instead of 800. Does this make sense to you guys? Does this make sense to you guys? I hope that I've just impounded this into your head because it hurts my heart and my brain and my body when I see this. And then women feel like a failure because they can't stick to eating 800 calories. And then they go well, when I'm in a diet I have all these cravings and I and I have no energy. Cravings are not a willpower issue. It's a lack of minerals. It is a lack of nutrients. It's a lack of blood sugar balance. And so often I think like all of them, all of the all of the HTMAs that I run, all of the hair mineral analysis tests that I run and someone is struggling to lose weight. I bet you any bucks that their calcium and phosphorus ratio is off, which is their calcium, calcium, we all know what calcium is right? And phosphorus protein. And their calcium and potassium ratio is off because calcium and phosphorus is their metabolic ratio. And calcium and potassium is their thyroid ratio. And those are those who are always off if you're having trouble, struggle, struggles losing weight, and so instead of lowering calories, I fix that issue. They fix the blood sugar balance issue, we reverse insulin resistance, and then they go, Oh, I'm starting to lose weight. Imagine that. Okay, so I'm all about fixing the issue, instead of just like cutting the calories, lower and lower. And I just, I just I think it's such a disservice to put that information out there to women trying to lose weight. Is there a lot of women that can literally just, they're already eating enough food and they can cut some calories? And they can lose weight? Yes. But then people seem to think that that's the majority. And it's like, no, because then weight loss wouldn't be such an issue, right? Like cutting your calories from like, 2200 to 1800 is completely doable, right. But if you're already under eating, it's so hard. So let's fix the issue. So I'm going to give you some actionable tips you can take care of, we're actually going to take a moment to pause because Morgan kept yelling at me that I wasn't giving you guys a moment to listen to some of our wonderful partners here. Okay, so what can you do? Well, number one, you can work with us. I mean, that's like, step by step. There you go. But let's also talk about some other ways. So we run HTMAs, by the way, in, I'm totally blanking Oh, in our hormone reset premium access, which, if you guys didn't know, like, we changed our one on one slash hybrid title to premium access. Because you just get so much more than one on one coaching, you get labs, you get other coaches, you get fitness plans, you get one on one access to me, you get all these cool trainings. I mean, it's just, I love it. So we changed the name, hormone reset premium access, let me know how you like that name, you'll, you'll have to give me an update. Anyways, so that would be one thing you could do, and you could run an HTMA, you could also increase your protein, because remember, calcium, protein, ding, ding, ding, that would be a great thing to do. So I would be I personally would be consuming 75% of my like body weight in protein. Unless you're like having to consume like 200 calories, or 200 grams of protein that's kind of excessive, I would say. Most women need about 100 120 130 grams of protein a day. Typically, typically, I'm aiming for 30 to 40 grams at breakfast and then 30 grams at every other meal, you will be amazed at how much better you feel. So I would start with the protein, okay, the phosphorus and I would consume more potassium rich fruits, because potassium remember sensitizes your cells to your thyroid hormone. Okay. So potassium is also your stress mineral. So the more stressed you are at, the lower your potassium goes. So avocados, bananas, spinach, coconut water, you can also do adrenal cocktail and jigsaw pickleball juice has like 800 milligrams of potassium in the jigsaw pickleball juice. So if you go to the link in the in the show notes, and it says like, get supplements at a discount here, go there, create an account, it's free. It's a dispensary for professional grade

supplements, it's free for you, you get a 10% discount on all the supplements. And then look for Jigsaw pickleball juice and Jigsaw adrenal cocktail. I like mixing those two together you can love on your adrenals and then you can also get your potassium in or you can just do the pickleball juice, it doesn't matter to me, I mix those two together and then I sprinkle a little bit of lemon juice in because I just like the flavor and I do that so you can do that that would be number one. And also sorry I haven't done a solo episode in a while and so now I just need to like tell you guys all the fun things. I had someone tell me that they had the links didn't work for you guys if you are have like a if you listen on Google podcasts, I didn't even know Google podcasts was a thing but we put all the links in to our, like platform that distributes all of the links. And for some reason, it doesn't populate to Google platform. And I don't know why. And I apologize about that. So I'm going to tell you, if you go to our website, which is LeahBrueggemann.com, like L E A H B R U E G E M A N N .com what you can go ahead and do excuse me, what you can go ahead and do is go to the blog on there. And we have all of our links there. We also have the podcast and has all the links there. So if you ever are just like I cannot figure out these links, go to the website, we have all my favorites linked there. We have all of the links there. So that was that was kind of like my little spiel for people that can't find the links, but anyway, and if you're someone that's not in the US because fullscript the dispensary, that one that's linked is for the US and you need it just shoot us an email and we can try and find you another dispensary so that you can also get supplements. So that was really long winded, okay, get your potassium in, get your adrenal cocktails in your potassium and get your protein up. Okay, two things, two things you can do. Starting today, I would also recommend magnesium. And the reason why is we're all about minerals today. Magnesium is a relaxation mineral and 78% of women in the US are deficient in magnesium again, I'm sorry, I'm giving the statistics for the US. And it's also deficient in our soil. So I would do my magnesium. Sorry, I'm like choking. I don't know what I'm choking on. But anyway, I guess water, phlegm, whatever that is. And you can also get these through fullscript. So magnesium rich foods, or like raw cacao, leafy greens. raw cacao. So like chocolate, yes, please. But again, it's deficient in your soil. So typically, you do need to supplement with it. To relaxation minerals using over 500 different enzyme reactions in your body symptoms of low magnesium or like PMS symptoms, restless leg excessive sweating, sensitivity to noise, hypothyroidism, symptoms, sometimes struggle sleeping, all those kinds of things, muscle cramps, and I'll tell you the brands I like I like seeking health magnesium plus, I like that one. I also like metabolic maintenance magnesium glycinate. I really like that one. And then I also like jigsaw, there's that brand again. I really liked them. Jigsaw, you can like come sponsor us, please. And jigsaw magnesium. I think it's called Mag SRT. I like that one too. And typically, again, this is not medical advice. Always consult with your provider, you want to take five times your body weight in milligrams. So if you weigh 100 pounds, you would be taking like 500 milligrams. I think I did that math, right. But again, you won't be taking like 20,000 milligrams. So typically people need to take like, I'm thinking of Mag SRT people typically will take like five to 700 milligrams of magnesium. It depends. Always start slow titrate up again, not medical advice. Always talk to your provider, okay. So magnesium is gonna help you relax, it's going to help all the different enzyme reactions in your body. Magnesium is really good for blood sugar. So already, you're supporting your body where it needs to be supported. You're supporting your adrenals your adrenals need to be going great. Okay, all of these things like are great things to do. And did I even talk about cutting calories yet? No, I didn't. So I would do that. And then I would focus on quality sleep. Okay, seven to nine hours depending on what you need of quality sleep. That means pitch darkness. Not scrolling tiktok before you go to bed. Okay, you already know that we love like the sleep products from rowe casa. I have no idea if we'll be talking about them in this episode, but I'm going to just share them with you. If you have no issues sleeping then don't worry about this. But if you have issues sleeping, check and see like do you need to support your liver more? So do you need to do castor oil packs? That would be great. You can sleep in castor oil packs. If you again, go to Leah's favorites in the

show notes and go to the Amazon favorites. I link a bunch of different castor oil packs for you guys there to choose. I like the queen of Thrones because I like convenience and I like to be able to sleep in it. Literally just slept in it last night, it was great. That will support your liver if you're waking up between like one and three other ways to help you sleep better if you feel like you're waking up maybe between like three and seven. This could be parasites it could just be a blood sugar issue. So sometimes like eating a little bit before bed that's high in minerals and high in protein and fat can be useful. One snack that I really love before bed is dates. I'll do like four or five dates with some cut up nut butter, nut butter, oh my gosh. Grass fed butter or nut butter and I'll like warm them up in the oven for like a couple minutes and then sprinkle with sea salt. Oh, so good. Probably don't do that if you're diabetic, but if you're not diabetic and you have the some protein fat with it, you're probably okay. I'll have that snack before bed. That's really great, um, keeps you satiated. And then if you just really still struggling with sleep, I like the rowe casa tart cherry juice and the rowe Casa deep sleep salve and the rowe Casa magnesium cream. I love those. I love them. My child uses them. I use them all the time. I think rowe casa is always linked in the show notes for you guys. I don't know. But either way Rowe Casa Organics you can always use code LEAH, l e a h for 20% off your first order. So do that. And then so then we're going to be sleeping better. So when we're sleeping better, you're not going to be waking up with higher cortisol throughout the day higher cortisol is going to be higher blood sugar, more cravings. Okay, so the better you sleep less cravings, okay, are you see where we're going with this? Less cravings, more energy, more motivation. And then the next thing I would do is balance your blood sugar. Okay, balancing your blood sugar. How many times have I talked about this? A lot. Protein fat, fiber, carb, protein, fat, fiber, carb. Okay, so do that. Please do that. Please do that. Okay. I'm not even going to dive more into blood sugar balance. Because you guys, I've done so many episodes on this. And we'll link them in the show notes like blood sugar balance for weight loss, blood sugar balance for optimal hormones, optimizing your metabolism. All of those are about blood sugar. Okay, optimizing your metabolism. You guys go listen to that one. That one's by Dr. Kelly Chu. It's so good. Okay, what else? blood sugar balance, getting your minerals up, supporting your sleep, eating enough food. Okay, so let's like eat enough food first of all, and I know this is really scary to people, if you're already eating 800 calories. So I would like throw out the eating the calories. And I was focused on the blood sugar balance, and I would just focus on eating nourishing food. So your balance your blood sugar, you're less likely to overeat. Because you're not gonna have those cravings, right. And then if you're eating nourishing food, your body is getting what it needs. And so again, you're less likely to have cravings. So start with the nourishing food, start with the blood sugar balance, okay, build your body up, heal. And then we can move into the weight loss. A lot of times people already losing weight by this point. Insulin resistance. If you have insulin resistance, I actually I do recommend having a circadian fast for insulin resistance, which means like after your last meal, trying to have like 10 to 12 hours before your first meal. That's a circadian fast, not like intermittent fasting or anything like that. And then you if you have like a continuous glucose monitor, you really want to keep your blood sugar in that really, really tight range like under like 110 120 110 kind of perfect would be great. And keeping it with like a really slow rise. Animal protein is really, really good for insulin resistance. And making sure you making sure that you're getting in like that 30 to 40 grams with every single meal with lots of fiber is going to be really great. Again, go back and listen to those blood sugar balance issues. If you have insulin resistance, weight training is going to be your friend. If you have insulin resistance, okay, 30 minutes, get in there, lift some weights, it's sensitizes your body to insulin, walking 30 minutes. I think it's three times a week. I don't know everyone should walk every day. Everybody needs movement also increases your sensitivity to insulin, go do that sunlight. Great, great for sensitizing to insulin and blood sugar. So those would be my things. Some people also if they have insulin resistance, chromium GTF is a supplement that can sometimes be really helpful for helping stabilize blood sugar. Again, always talk to

your provider. Always talk to your provider. But here are some things that you can do okay, and not one of them talked about cutting calories, okay? You're going to be supporting your liver, you're going to be supporting all your minerals. You're going to be sleeping better. You're going to be focusing on your sleep, you're going to be getting in movement, you're going to be sensitizing your insulin with weightlifting, you're getting getting sunlight you're gonna be eating enough food and balancing your blood sugar go do that don't eat 900 calories and ruin your body because like your body's functions are just going to shut down okay Leah's rant is over.