

A portrait of a woman with long, dark brown hair and bangs, smiling warmly. She is wearing a white, sleeveless top with a mesh or crocheted texture. The background is a softly blurred indoor setting with warm lighting.

foodist

with **Darya Rose, Ph.D.**



What to Do When You Feel You Aren't Losing Weight Fast Enough

The Foodist Podcast with Darya Rose, Ph.D.

Guest Name – Agata

Darya: I'm Darya Rose, and this is The Foodist Podcast, where real people use real food to get healthy and lose weight without dieting.

Hello friends and foodists, welcome to another episode of The Foodist Podcast. I'm Darya Rose, and do I have an episode for you today. I am talking to Agata, and she has a problem that I have heard so many times, especially from people who have a history with dieting and know what that feels like. So Agata called me and asked, "I'm doing all these things: I've started working out, I've changed my diet. I've only lost five pounds. What the heck am I doing wrong?" So essentially what she was saying is she's impatient with the weight-loss she is experiencing—it's been about eight or nine months—and she is wondering what's wrong and why it isn't going faster.

I hear this so often, because when you go on a diet, like, if you go on any random low-carb, or...you know, whatever, Weight Watchers or whatever diet you do, you would lose weight quickly, because you're depriving yourself, and there's rules, and you stick with them, and weight does come off that way. And you've probably experienced that once or twice in your life, and so that is what your brain expects when you're making a concerted effort to get healthy or lose weight.

The problem with that, as I talk about all the time on [Summer Tomato](#) and my book, [Foodist](#), is that that is not a long-term strategy for weight-loss because it sucks, and your brain doesn't like stuff that sucks. And it's a problem because it sets up this expectation in your head that weight-loss happens in this particular way, but that result you are expecting is incompatible with long-term success. And this comes up all the time, and if you've dieted in the past you may have experienced this. And so, what I want you to do is I want you to listen to this episode, and listen to what I go through with Agata and watch her realize that her journey is not over, and that she's doing awesome, and how to know what to do next. So, give it a listen, I think you'll learn a lot, and enjoy.

Hey Agata, welcome to the show!

Agata: Hi Darya, happy to be here.

Darya: Why don't you tell me about what's going on?

Agata: Sure. So, I have, over the last year, really made a commitment to get healthier. I'm a frequent reader of your blog, and your website, and listen to the podcast. And right



around February of this year, I moved to Hong Kong and really made a commitment to get healthier, which meant eating better, taking care of myself, and hopefully losing weight. And I have been successful to a point, but the weight-loss especially hasn't come as fast as I would've like it to, given the effort that I've been putting in.

And so, I actually got married two months ago, and not that my commitment to get healthy was motivated by my wedding, but it was a nice side effect to be in shape for my wedding. So I just got my pictures back. I like the way I look, but it is not exactly where I want to be, especially given all the effort I've been putting in. So, I guess my question for you is, am I doing something wrong, where I could really make it much more painless for me. Or does it just take that long. Does it take that long and I kind of have to suffer through with it until I get to my goal.

Darya: Got it. So, first, congratulations on your wedding.

Agata: Thanks, thanks!

Darya: That's awesome. And yeah, that can be a really stressful event. I got married a few years ago, and even without trying to lose weight it was a very stressful event. So, I know there's a lot that can surround that. Were you thinking about your wedding when you first started this journey?

Agata: You know, a little bit. But I wasn't one of those women who has a very explicit goal to get in shape for her wedding. I wasn't kind of going crazy. I have a history, or in my past, I've lost weight using Weight Watchers about maybe, now, about seven, eight, years ago, and I was actually very successful in Weight Watchers. And I lost weight super quickly, but I regained it back over the years. And so, I knew going into this that I didn't want to do anything drastic. The wedding was definitely motivation, but it wasn't the event that I was losing weight for.

Darya: Got it. So, you approached it in a way that, I think, is a healthy approach to thinking about your body and wanting to have a direction you want to go without being hard on yourself, or resorting to tactics that do you more harm in the long-run than good. So, that's awesome. Good job.

Agatha: Yup, thanks!

Darya: So, what is sticking out to me, after everything that you've told me so far, is first you said how much effort you are putting in, and then you talked about your suffering. So, can you tell me what the effort and suffering entails?



Agata: Sure, sure, and suffering might be too strong of a word. One of the main pillars of me getting healthy this time around—and not that I was super unhealthy before, I don't have a huge amount of weight to lose—I just would like to be healthy, be at a healthy weight without thinking about it, and thinking about it all the time, thinking about whether I should eat this or that.

One of the things I did starting in March this year was started following an app that had different workouts: I think three strength training workouts a week and then maybe mix in some cardio. And I loved it. It was really, really nice. The workouts were half-hour. I could handle them. I was actually waking up in the morning and doing them. They were definitely hard. I was definitely leaving a lot of sweat on the floor after doing them, but I love them. It was definitely a more consistent exercise than I've done in a while. I've always run but never been a consistent enough runner. I've never gone to the gym consistently enough and this was the time that I've started doing that. I was super proud of myself, but it definitely, you know, it took effort.

With that, one of the expectations I had was I'm going to get in shape, I'm going to lose weight, I'll look great. And that definitely started to happen. I've started seeing more muscle tone, but the scale didn't really move as quickly as I wanted it to. From March of this year to now, I have lost an average of five pounds. Which I consider good, but it's not kind of this revelatory number that I could shout from the rooftops.

So throughout that I kind of realized that I really needed to focus on my nutrition and on my food, on my diet. I took your book to heart. I started adding more vegetables, but I also maybe cheated a little bit. I didn't want to be militant and unyielding in my approach to anything. I credit my better eating habits over the last six, seven months with helping me achieve the final weight loss, but I would love it to be more. It took a long time to lose five pounds. Do I expect it to go as slowly continuing on, or is there something that I could be doing that's preventing me from hitting that weight-loss faster?

Darya: I see. So, let me just make sure I have the timeline straight. In February, you downloaded an app and started doing regular work out. So the first time that you've actually enjoyed, right? And you did that just for one month, or are you continuing to do that?

Agata: I was. I've been sick for about two months with a pretty bad case of the flu. So I stopped it. Although my weight hasn't gone up. For the last two months I haven't done them, but I was pretty consistent with them over up until October.

Darya: Okay, so you did that for a while. In March you decided that you should also focus on food. And you generally took the Foodist/Summer Tomato approach by adding vegetables and cutting down on processed food and things like that.



- Agata: That's right. Or as much as I thought I did. That was my intention.
- Darya: So, in nine months you have lost four pounds—or five pounds, sorry. And that was a gradual weight loss starting in March?
- Agata: Yeah, exactly. Gradual weight loss starting in March. I mean, I tracked my weight-loss. I had a food diary going. I did notice that whenever I consciously try to cut out carbs—so, grains—and other things—I focused on increasing my protein intake—the weight-loss seems to be a little bit faster. But then I kind of got a little bit too obsessed or worried about looking at how many grams of protein I was taking in each day. So I didn't think that that was super healthy to kind of have that almost obsessive approach, so I backed off of that.
- Darya: So you were reducing protein?
- Agata: I was increasing protein.
- Darya: Increasing protein, okay. And you noticed more weight-loss when you increased protein.
- Agata: Correct, yeah.
- Darya: And when was that?
- Agata: I think I did it, maybe September. It was right around the time when I was losing weight super slowly and I was like, "Oh, I have this wedding, so I would love to be at a certain weight loss, or a certain weight by the wedding. And so what can I do to speed this up?" I researched online, I was like, if you decrease your carbs and increase protein people lose a lot of weight. And for about a week or so I did that. I did notice that I was losing weight a little bit faster, but I kind of got a little bit too obsessed with looking at the macros, making sure I wasn't going over a certain amount of grams of carbs a day. And it just didn't really feel like a healthy approach to me
- Darya: I see. So, you thought you'd try something new. And you noticed yourself being a little...you didn't like it because of the mental game you were playing, not because of how you felt physically?
- Agata: Correct, yeah. I knew that it wasn't the right way. But then maybe it *is* the right way. That's kind of what I'm struggling with. Because when I was on Weight Watchers there were definitely periods where I told myself that I couldn't eat certain things, and it worked. But knowing what I know now, that's not really a super healthy approach, to deny yourself certain things. By looking at my carb intake and my protein intake every



day, it just became a little bit of a mind game. It didn't make me feel good. I didn't want to continue doing that.

Darya: Got it. So the issue was you were approaching it as an external motivation, essentially, and you could tell that it wasn't right.

Agata: Exactly.

Darya: To summarize...you've been sick for two months, that's awful!

Agata: I know, I know. We moved to Hong Kong ten months ago, so I'm actually in Hong Kong then, and I must have caught—I got sick right after the wedding coming back here. I must've caught something going around. I'm better now and I am actually super excited to begin exercising again, to restart my routine. But it hasn't been the easiest time.

Darya: Got it, got it. I hope you get better soon. That makes it tough! What you're telling me is, you've been sick for two months, you had a wedding. I mean, you started all this in February. You didn't even start watching what you ate until March. You've lost weight. And generally you feel pretty good, it sounds like.

Agata: Yeah, I do. I don't look in mirror and not like what I see. I just would like to be healthier and it's coming from a healthy place.

Darya: But I mean you feel good energetically, things like that.

Agata: Oh! Yeah, yeah, yeah. Yes, definitely.

Darya: Okay. Have you noticed improvements in that front, or is it just sort of the same?

Agata: Since I've been sick, or before?

Darya: No, since you've changed your healthstyle habits.

Agata: Oh, no. I actually feel much better. I had energy to continue working, you know, getting up in the morning, working out in the morning. I noticed that since I've been focusing on this and also by virtue of being in Hong Kong, I've started eating a lot less bread. Just not trying to cut it out, but just there's really no good bread available in Hong Kong easily. I have started cooking more. It's easy to go out in Hong Kong, so we definitely still go out to restaurants. But we did make a conscious effort to cook.

I think I have a pretty good routine in the morning with breakfast. I typically have one of three things, and I feel satisfied. I think that where my eating breaks down a little



bit is snacking, and going—especially kind of sitting at my desk at work. If I don't run from meeting to meeting, I have an urge to snack. Often times it means going downstairs to a mall that my office is connected to and seeing what Starbucks has available, what other stores have available. I try to be conscious of that, but that is kind of one thing where I haven't been able to overcome. Those cravings.

Darya: So you have a hypothesis that you may not be making the best snack choices.

Agata: Correct, yeah.

Darya: Do you mind if I ask, how much weight would you like to lose?

Agata: I would love to be, maybe, twenty pounds lighter than I am, ideally. I would be happy with ten pounds, but I used to be about 25 pounds lighter than I am, and I felt great. So, it's not insignificant.

Darya: So, you've lost five, you like to lose another twenty. You've been doing some stuff, and you've had some success. And you feel great physically and energetically. And the issue is that it's not happening fast enough for your taste.

Agata: That's right.

Darya: And so, that makes you second guess if this is even the right approach.

Agata: Yeah. It makes me question whether I should be doing something more. Something maybe more drastic on the eating front. I think on the exercise front I wouldn't be able to kick it up even if I wanted to. But on the eating front, am I not doing something that's kind of preventing me from this, or should I be doing something more, like, I don't want to say drastically, but should I be doing something differently to give me what I want.

Darya: I see, so you're wondering if there are some habits that maybe you still need to develop.

Agata: Yes, exactly.

Darya: And what those may look like with the specific goal. I mean it's interesting because on the one hand you haven't really seen yet where this approach lies, like where it rests, where you are now. You haven't told me it's not working; you're just telling me it's not working fast enough.

Agata: Yeah, it's one of those things where I try to be—you know, I step on the scale and often times it's a higher weight, then it's a lower weight. I try to be positive. I try to



say, “The scale does not define this,” like “I can see the changes in my body tone.” But after a point it gets a little bit frustrating where you can’t tell yourself, “Oh, that’s okay, that’s okay it’s super slow.” It becomes hard to tell yourself that.

Darya: Right, because you still have this other motivation of being different than you are right now.

Agata: Correct, yeah.

Darya: So, you mentioned earlier, exercise as your first step. Are you familiar with the science of exercise’s role in weight-loss? Just out of curiosity.

Agata: Um, yes. I mean, I know that it’s best for maintaining weight-loss, and not for weight-loss itself. And it’s always easier to maintain weight-loss with exercise. Is that kind of what you’re referring to?

Darya: Yeah, exactly. So the way that I try to explain to people is that if you’re trying to exercise to lose weight, it’s a really tough battle for a lot of people because it makes you more hungry. Granted, there are some people who can start exercising and lose weight. But for most people, exercise—especially if it is rigorous exercise—tends to make you more hungry. It’s great for health. It can do great, beautiful things to the way you look. But if you’re trying to actually lose weight, it can get tricky, because you end up taking in more calories than you usually end up burning off.

Agata: Yeah, that’s true.

Darya: So just keep that in mind. I love that you like your exercise. That’s really good, and I would keep exercising for that reason: because you really enjoy it, it gives you more energy, and like you’ve said, you’ve noticed it does help with contouring your body in very lovely ways.

So that’s definitely a good thing to do. But like you said, more exercise is probably not going to solve anything in terms of weight. So let’s talk about your options.

When I hear your story, I hear success.

Agata: Okay.

Darya: You know, I hear that what you’re doing is working. You’ve been working out, you are cooking more at home, you’re eating more vegetables, you’ve kind of messed around with playing with different macronutrients—I didn’t really get the sense that you were doing those to see how you feel. I got more of the sense that you were doing that to



arbitrarily try a diet. And you had a little bit of success with that, which could easily have been water weight, although...did you gain the weight back or no?

Agata: Uh, yeah. I mean, it was only like a couple of pounds, but yes.

Darya: So one thing low carb diets do is they cause you to shed water really quickly so that the only weight loss from that is usually water.

Agata: Okay, got it.

Darya: So that wasn't maybe the best experiment, but you gave it a whirl.

Agata: Yup, yeah, and also I backed away because of that mentality that I developed. Given my experience with trying to diet with Weight Watchers before, I knew that I don't want to just reach my goal. I want to reach my goal and stay there; and not change my behavior when I reach my goal, but change my behavior *to* reach my goal. I guess, if that makes sense.

Darya: Yes, that is a great insight. And that is a good instinct, even, of yours, because you know that it's a dangerous path.

Agata: Yeah, I don't want to, whenever I reach my goal, be in a state where I am constantly fighting not to regain the weight. I've been there before, and it's just devastating, and I don't want it again.

Darya: Yeah, good. Good. So, that's good. So let's scratch that as an option. And you said you tried to eat mindfully when you go out—you mentioned that earlier—can you elaborate on that?

Agata: Sure. So, one of the things that I try to do, given what I've read on Summer Tomato and what I've kind of read from others is well, is eat more slowly, which I know I have trouble with. And also really, as I'm eating, be more conscious of how full I am. So I don't eat too fast and get overly full. And I've gotten better at that, but it is definitely somewhere I struggle at as well. I think in restaurants I've definitely gotten better where we're eating and I feel myself getting to the point where I am comfortably satisfied and I don't want to go past that point. Sometimes it's not as easy, but I have gotten into the habit, for example, we went backpacking this weekend and then treated ourselves to a burger and fries afterwards and I knew that I actually wasn't hungry enough to eat the full burger, so I ate half, and I had one or two fries. In the past I would have basically had it all, because it was right there. So I was able to control that, and I didn't feel like I was depriving myself.

Darya: That's fantastic!



Agata: Thanks. I'm not perfect at that, but I have gotten better. Especially at work, what I find interesting actually, Darya, is that when I look at my eating habits throughout the week, typically I struggle most on the weekdays. On the weekends, I have breakfast—and I'm pretty good at having a filling breakfast—and then I actually don't struggle with snacking and having cravings. And I'm very good at just having three meals a day, or if I have a snack I have a light snack.

It's really the Monday through Friday where I struggle more, where I kind of have these cravings. And when I have to kind of constantly ask myself, "Am I feeling hungry?" and it's like, "Ummm not really but I would like to eat something." And it's days when I am not running around and I don't have a ton of meetings so I don't have time to think about it. It's days when I actually have time to do work on my desk, and that's where those thoughts pop up. Often times I'm not able to control them and be disciplined enough to say, "you know what, no, I don't want a cookie," or "I don't want something sweet," like "I'm fine with what I've brought from home."

Darya: This is a fantastic insight.

Agata: Yeah. Yeah, it's true.

Darya: You're identifying a trigger environment, or trigger situation. Actually, you've got it narrowed down quite a bit. Not only did you narrow it down to weekdays, and narrow it down to work, but specifically on days where you have little more time to feel anxiety or to avoid doing stuff you don't want to do, or whatever.

Agata: Right.

Darya: So, that's a target. It's a target habit. You've noticed it. There are whole episodes on this show about how to handle anxiety eating and things like that. In your case, I'm interested in your overall question because I think we need to address that today. Because your overall question was, "I'm impatient, am I doing something wrong?"

Agata: Yes.

Darya: And you have made tremendous progress. It hasn't even really been a year. You have workout habits you love, you're cooking more—you actually have an amazing mindful eating habit you're working on that can be developed further. I mean, basically you have a series of three or four home court habits at the moment. You know, you need more! And that's the trick with this whole approach. It isn't a one silver bullet.

Agata: Yeah, I mean, hearing some of your other podcast, it's like "I change this one little thing and then the weight flew off, there goes ten pounds."



- Darya: Inevitably those people already had seven other habits in a row.
- Agata: That's true. That's true! Yeah. So it's really about building up additional habits for myself to target what I need to change. I mean, just from talking to you, I know now where I need to focus on. Especially for the two months that I've been sick, Darya, I actually haven't gained any weight. I have stayed constant without the exercise, and I have been watching what I ate. So it's really about how do I prepare myself better for the work week. How to I develop more of those habits so I can eliminate those last few things that are keeping me from the journey with acknowledging everything that I have done already.
- Darya: I couldn't have said it better myself. So you haven't been failing, right? You have been succeeding. There's just more work to do.
- Agata: Yes.
- Darya: And it's not like—and I get this question a lot—people want to know, “I've done these four things! Should I start dieting now?” It's like, well you've told me a million times you don't want to do that, like, you know you don't want to do that. But I understand completely how easy it is to become discouraged when what you've done hasn't taken you all the way there. It's funny, it's the same thing with cooking to some extent. I have been thinking a lot about cooking. One of the things that we teach in [Foodist Kitchen](#), is that cooking isn't just one habit. It's like eight habits. You need to have a grocery stop shopping habit. You have to know knife skills. You have to know flavor pairing. You have to know—if you are feeding people that aren't yourself—you need to know their food preferences and how to talk to them so that they'll accept what you cook. You know, there is all these things around it that—seasoning and all that stuff. So there's all these things around it. You can't just learn one of them and expect to whip up Thanksgiving dinner.
- Agata: Yeah, that's true.
- Darya: So, I think is what's happening here. And I'm glad that it sort of clicked into recognition, just with what you've said a moment ago, in that you understand that there are more habits to hack, essentially. And what you've done is great. And keep those up! By the way, for those are your home court habits. Defend them with all your might. That's really important, because what you don't want to happen is you start adding new stuff and you let those other things drop because you don't think they're important. So that's why it's important that you always make sure you love them.
- Agata: Yeah, exactly. Yeah, you're right. It's like there has to be a complete picture. If I have all the home court habits that I should be doing, and if I'm only doing, I don't know,



60% of them, then yeah, weight-losses come but it's definitely kind of slow and painful in terms of it is slow, right? And I get impatient.

But there are all of these other things that I could slowly add in so that they become my routine. For me, I'm thinking that I need to be a lot better, a lot more mindful, about planning all the food that I take to work. So not only having kind of a meal for lunch, which typically is leftovers from the day before, which I'm pretty good at doing, but I'm also having all of these little snacks that are healthy, that are nutritious, so that I don't feel compelled to go downstairs and grab whatever typically a pretty bad choice otherwise. I haven't focused on that habit at all, and one that's blinking red for me right now. If I only had that, I would be able to control my environment a little bit better at work.

Darya: Yeah, I bet that will be a big one for you. One of the reasons why is because it's every day. You know, those weekday habits, those are killer.

Agata: Yeah, I mean, it took me a while. Before I was going out for lunch— and not going out to a restaurant, but I was grabbing a salad or some sushi from the supermarket downstairs. It took me a long time to say, "You know what, if I want to get healthier, I probably should start bringing stuff from home instead. Because even a salad, you don't want to have to go out every day, you don't want to grab that every day, because inevitably you grab a salad *and a cookie*, or a salad and that sugary drink, right? And so, I think now that I have that, there's so much more that I think I could do. That's true.

Darya: Yeah, and keep in mind that—again, I'm going to keep drilling this home—those other habits are still working. So what happens is you're losing weight from those things. Slowly, but it's happening. You know, and you add another one. Maybe that adds another pound a month, so now you're losing two pounds a month instead of one. It's just not the type of success we expect. And one of the traps, by the way, that I'll warn you of is, now that you have this reframe, continue to only tackle one habit at a time. Does that make sense?

Agata: Yeah, yeah it does.

Darya: They're difficult. You know what I mean? And if you're like, "I've got ten more new things I've got to do!" There's a good chance you'll do none of them, and you'll start to feel guilty for not doing them. There's a whole psychology around trying to do too much, also. So, you've been really good so far in taking the slow and steady approach. And I just want to warn you that if you feel like you start needing to do, like, 12 things extra, that it can start to feel overwhelming and undermine the progress you've made.



- Agata: Mmm, yeah. So the way that I hear what you're saying is that you still have to work at the new habits, but you still have to be mindful that they feel like, after you've instilled them, they feel effortless. As if not doing them would be silly. And if you don't feel like that, you kind of are probably taking on too much, and want to change too much at once.
- Darya: Yeah, exactly. And it's a tricky balance, too. Because I don't want to give you the illusion that all my healthy habits are super easy. It's not that I don't have to put effort into it. It's more that I respect them, and I cherish what they give me, and I know what happens without them. That's actually a big part of it, because like, what happens without them is a very bad thing. Not just for weight-loss, but for my psychology, and how I feel, and for a lot of things. That's why that part is so important, because it makes it so that you never want to let them slip.
- So you have this new approach, where you add a new one. And you might realize that—let's say you said next you'll tackle this lunch thing—in a couple of months that you got that nailed and you lost another five pounds and that's great. Maybe at that point you're like, "Maybe I'll take this mindful eating thing a little bit more seriously." So it's not just when I'm going out and not wolfing down my food, but really just addressing that. Or something else. I don't know, it can be a lot of things.
- Agata: I totally hear you. I think what you've given me here, Darya, is the understanding that it is not that I've lost five pounds over the last six months and I've been failing because I should have lost a lot more; but it's more I've lost five pounds in the last six months, it's great! And there are things that I could be doing more, like other habits that I could pick up and work on that might accelerate the approach. Overall, it has been a success. That reframing is, I think, when I look at it now, it's super important. It's nice, it gives me almost permission to say, "You know what, I have been doing a great job," "Keep going!" and "Do a couple more things and see what else works to go a little bit faster," but don't discount what I have done over the last six months.
- Darya: Absolutely, and there's actually one more important point you made me remember, which is that there's a really good chance you were not ready to tackle your weekday work snacks before. You know what I mean? So that's a more complex healthstyle problem, cause my guess is you're going to find that there's emotions involved. You know, whether it's anxiety or something. And that's a hard place to start with a new healthstyle. You know what I mean? Like, you've already developed a habit of cooking, you've already embraced vegetables, you already waking up early, you have the energy—and this is important because of your workouts, because of how you're eating—to maybe use...with one of those anxiety habits, those can sometimes take some willpower to do some experimenting there to just figure it out. And because of your habits that you've developed already, you have more confidence, and also the stamina to maybe get through that next problem.



So that's one thing to keep in mind too. You can overcome these different obstacles when you're ready to do so. It's not necessarily somebody else has this problem. It's not necessarily the first place to start. Start with what's easy, because that builds up momentum for whatever comes next.

Agata: Yeah, you're right. Maybe I knew that it would be something I would have to tackle in the long-term, but it's only now kind of apparent that this is the thing that I need to focus on, because I have a lot of other things already in place, and I'm doing them and they feel important to me. They feel good. And now this is the black box to focus on at this particular time to make more progress.

Darya: Awesome. I'm excited for you. I actually think this is going to be a big one for you. Like I said, it's one of those, those are big—like weekday habits are big habits because they happen so frequently and yeah. I look forward to hearing about your progress. I think that you have a really great outlook, and it sounds like you're doing everything right.

Agata: Thanks, Darya. Thanks so much for helping me reframe it. It really means a lot, and I'm excited to try and tackle those. And I'll let you know how it goes. Definitely.

Darya: Please do. It is my absolute pleasure. Take care.

Agata: Bye, Darya. Thank you.

Darya: Thanks for listening to The Foodist podcast. I'm Darya Rose, and if you're interested in upgrading your own healthstyle—learning how get healthy and lose weight, without dieting, and without all of the suffering that it brings—then head over to my website, [Summer Tomato](#) and sign up for my weekly newsletter. When you sign up, you'll get a free starter kit that will teach you the basics of how to start changing the way you think about food, health, and weight-loss. You'll also get a free chapter from my book, [Foodist](#), called "The Myth of Willpower" that explains the science behind why the "No Pain, No Gain" mantra of the weight-loss industry is the absolute worst approach into getting healthy.

So come over the [Summer Tomato](#) and sign up. We have a fantastic community, and we would love, love, *love*, to have you. Thanks for listening, and I will see you next time.