



PYT Weekly Training & Support

Lesson #21 The Worst Eating Strategy

by Jim Katsoulis

Alright! Welcome to this week's lesson. The biggest mistake that I see people making when they try to lose weight and when they're influencing their eating is it they'll intentionally try and skip breakfast and try and skip lunch so that they eat less calories throughout the day. What ends up happening is that they get so hungry by afternoon or dinner time that they eat so much food and they actually end up eating more calories than if they're eating breakfast and lunch.

So, if you're making that mistake, you need to change it even if you feel like you're not a breakfast person, even if you feel like you've eaten more when you eat breakfast because sometimes this new behavior of eating more throughout the day ... sometimes you will eat a little a bit more because you're used to eating a lot at night.

But it's going to make it a lot easier for you to control your eating. So, the other thing is that eating breakfast in the morning kind of boost your metabolism. But what I want to point something out here. If this is the case where you skip breakfast, eat lunch, and then you try to stop yourself from eating all night long, I want to talk about the solution here because this approach that we're taking of finding a solution is one that you can use with any problem that you have and it's profound.

If this is what you've been doing, notice how most of your attention becomes 'that night' because breakfast is just easy. You're not that hungry. You've trained yourself; lunch, maybe the same thing. But then all your focus becomes, "Man, if I could just control my eating at dinner, I would be able to lose the weight." But the problem is, sometimes, we get focused on one problem and we look at it within a very defined time frame.

So, I'm fine through the rest of the day but the problem is right around 5 o'clock. That's when my problem is. But I'm going to suggest that's not your problem; that's when your problem finally becomes apparent to you. But that problem is created from the whole beginning of the day and maybe even before.

So, what I'm saying here is that I want you to take a more holistic approach to your behaviors. Don't just look at where the problem is and how you don't have enough willpower to stop yourself.

The point is if you starve yourself and get into such a ravenous state, no one's got the willpower to stop themselves. So, it's not a "you" thing, you and your will power, it's a poor strategy that you're putting yourself in a place where you're so ravenous that you can't stop yourself. So, the problem isn't that you can't stop yourself, the problem is you're putting yourself into a place where you're completely and totally ravenous.

So, what you can do is you start to look, what would happen if I'd change breakfast? So, what you know is how hard it is to control dinner when you're starving, how much

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energy it takes to stop yourself from eating when you're starving and how much energy it would take to remind yourself and to train yourself to eat a small breakfast, at least. It's easier. It's not really that hard.

So, that's the beauty of looking at this holistically. When you back it up and start to look for the beginning of the problems, it's a lot easier to create the solutions. So, I want you to do this with everything.

For exercising, for example, some people do this where it's like you're going to exercise at 6 morning, and for the last 20 years you've gotten up in 8 in the morning. The problem maybe isn't that you can't get up at 6; maybe it's that you demand that it be at 6 o'clock in the morning that you have to exercise.

So, get a little more flexible with what your challenges are and start to look at it in a bigger way. Be more flexible in what could change to get you the results that you want. So, it becomes, "I want to eat less at dinner time."

Let's look throughout the day. All these beliefs that you had and all these ideas that you had about what you needed to do. They're probably wrong. I could tell you from a personal level that when you have less faith in your beliefs and your ideas that aren't working for you ... the ones that are working for you, leave them alone but you've been trying to lose weight for 20 years and it hasn't worked; then the method you've been using, stop defending them. Assume for a second that maybe they're wrong.

And even if you just do the exact opposite it's going to be something ... at least, it's going to give you some new information. It's going to be something new. But if you start looking at things in a holistic sense, you see the problem, you say, "Where is this problem starting from?"

And so, the late night eating problem, a lot of times, it's starting from the fact that you're starving yourself all day. Whereas if you start eating 3 to 5 meals a day, what you'll notice is that your hunger is much more on an even keel. And so, you can train yourself to still control and moderate your behavior, regulate your behavior but it's a lot easier when your hunger is on an even keel as opposed to just kind of ramping up throughout the day until you get here and you can't control it.

That's a horrible strategy. So, what we want is to look at the whole picture and this becomes profound, it becomes fun. That's the idea here. A lot of weight loss issues and the challenges people have can be solved with a new way of thinking, and that new way of thinking is to kind of step back from whatever challenges you've had and look at it from a fresh perspective. And one of those perspectives you can do is to look at the whole day.

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What's happening before it that brings you to that place where you're having a challenge, not just in that challenge. So, use this to start thinking about this throughout the week, and I think you'll be surprised at the new ideas that you have and how much they help you.

So, have a great weekend. I'll see you next week.

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