



Full Episode Transcript

With Your Host:
Doc Heath

[START OF TRANSCRIPT]

TBAL Team Announcer:

On this episode of . . . TherapyBites™ A.R.T. LAB™:

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Hey, TBALrs. Here's the problem we can help you solve today. Lean in and listen up, because our board-certified wellness practitioner from across the pond, is here to alert you that there is a substance in your home that's endangering the health of your family and it's as addictive as cocaine. Our guest today, Lynne, says that life is not over just because you've reach midlife. Lynne believes it can be fun, joyful and even fulfilling. Coming up next on TherapyBites™ A.R.T. LAB™.

TBAL Team Announcer:

Stay tuned, following the interview for On the Couch and Off the Rocker, our special guest's psycho silly analysis by A.R.T. LAB's own head cabbager, Dr. Ima Freudnaught.

TBAL Team Announcer:

Welcome to TherapyBites™ A.R.T. LAB™, where Dr. Heath and his special guests share real-life stories of helping and healing; fresh from the actual therapy couch while taking a bite out of common counseling missteps and misconceptions, and now, here's Heath and the TBAL team.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Lynne Wadsworth is the owner and founder of Holistic Health and Wellness LLC and curator of the Energized Healthy Women's Club. She is a ADP-certified holistic health practitioner, who earned her certification through the Institute for Integrative Nutrition in New York and she's also a certified wellness cooking instructor. Lynne's area of expertise involves working with women, who are in midlife, who are tired of the changes they see and experience on a daily basis. She helps them achieve a higher level of health, allowing them to experience more energy, less belly bloat (gosh, wouldn't that be a nice thing for all of us?), fear, mood swings, headaches, your cravings and weight loss. She believes that living in health and wellness takes in many areas of our lives, not just with diet and healthy eating, and she helps her clients make these changes permanent.

TBAL Team Announcer:

Stay in the stands at the end of the interview, TBALrs, and witness our special guest slug a bite-sized brain ball with your name all over it, clean out of the A.R.T. LAB™.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Lynne, welcome today, and tell us a little bit about your story and what you do. How did you get into the whole battling of sugar, and sweets, and addiction and those drug-like sugar dealers out there that seem to be putting their products on every supermarket line?

[TherapyBites™ A.R.T. LAB™ with Doc Heath](#)

Lynne Wadsworth:

Well, I'm from England. What can I say? We have the best chocolate in the world, in my opinion, and so, I started right from when I was little. Fridays were a super-duper treat day when my dad came home from work and gave us what we called pocket money, and we'd head over to the grocery store across the street. Actually, it was in what we called a 'news agent,' and we'd buy our sweets? And they were supposed to be for the week, but of course, they were gone within minutes. Really, totally being ignorant of what sugar could do to my body. I was a yo-yo dieter, so up and down, up and down, and I actually thought I was a big-boned person. I'm five foot two and very small-boned. I've gone from being as high as 170 to being as low as being anorexic, actually, at 96 pounds.

Friendly Neighborhood NeuroMechanic
DOC HEATH:

Oh, my word.

Lynne Wadsworth:

All because I---

Friendly Neighborhood NeuroMechanic
DOC HEATH:

My left leg weighs 96 pounds.

Lynne Wadsworth:

The funny thing is though, I'd still look in the mirror at 96 pounds and feel like I was fat. I felt like a fat person was looking back at me and my family just kept telling me I looked like a ghost, and I looked awful and I'd better do something, so I never learned how to eat right. I didn't learn that there are different nutrients you can put in your body that really help, and help you be energized and help you feel good. Instead, I carry on eating the sugar and eating with processed foods. By the time I was in midlife, I was a full-blown sugar addict.

I would go home to England and I would pack my suitcase with all things can-free, because actually can-free over there is definitely different to can-free over here. I would bring it home and I would hide it in the freezer, and if my kids got their hands on it, then "Oh, woe is them." That's a true sugar addict. It's like being an alcoholic, where you hide your alcohol. It's all over the place, but nobody knows where it is and I was like that with sugar.

Friendly Neighborhood NeuroMechanic
DOC HEATH:

Oh my God. There is a book called "Someone... Who Moved My Cheese?" I guess, yours would be," Who removed my chocolate?"

Lynne Wadsworth:

Yeah.

[TherapyBites™ A.R.T. LAB™ with Doc Heath](#)

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Yeah. That is so incredible and I hadn't thought about this before our interview today, but as you're talking, it just dawned on me as you said the talking about putting nutrients in your body and paying attention to what you... I guess most people really don't pay attention to what they eat. My uncle Bryson and Uncle Bryson, man, I miss our camping trip... We would go on these camping trips and I remember, as a kid, camping out in the middle of the woods, we would cook whatever, and then, Uncle Bryson described himself as the garbage disposal. He would eat whatever was left over, and I thought, "What a cool thing?" Until I became the garbage disposal. It was almost a personal mission to not have leftover food and I would just eat whatever's left over, because my cognitive distortion, my automatic negative thought (ANT), negative automatic thought (NAT)... They're the same thing, but my cognitive distortion was, if you're throwing food away, you're wasting it, and waste not, want not and I would eat it. Until I discovered that, if I eat it, the food is gone. If I throw it in the garbage, same result. The food is also gone, but I came to the conclusion that I could actually be healthier if I just put the food in the garbage instead of in my mouth. Treat the garbage can like a garbage can, not your body.

A lot of people treat their body like a garbage can. They'll make sure to always put the proper fuel in their tank. You don't put diesel in a gas burner. You don't put unleaded in a diesel. I have a diesel just right outside this building, because it messes it up, but it's alarming to me that people pay no attention to what they put in their body. If you took my truck to the local gas station (which is really, I guess, a misnomer, because they sell diesel there too) to the local fuel station and you put unleaded gas in it, it will screw up the engine, which is why you wouldn't do that, but I guess people just don't realize that putting all this sugar in their bodies and other just junk food... I've told many people, when I see them eating things, "Gosh! Your body would be better off, if you threw that stuff away. You're calling food and just take the package you came in. At least, it'd be more fiber or roughage," but what kind of distorted thinking do you find people have, where they just keep cramming their mouths full of stuff that's really quite deadly for them?

Lynne Wadsworth:

Of course, the whole thing is people haven't yet had that awakening, so it tends to be an automatic thing, like you're talking about being a garbage disposal. It just tends to be that they eat what they want, when they want and they haven't really thought about, "What is this doing to my body?" It's really lack of knowledge, so until you actually have that knowledge and you have the enlightenment, most people carry on doing that. When people come to me and I begin discussing the whole thing, because it's not just sugar that comes in chocolate. Sugar is everywhere. We know that you can go into the grocery store and something will say "healthy," and as people try to eat healthier, they'll look at those boxes and see, "Oh, this is healthier for me, so I'm going to buy it," but if you actually learn to read the labels and you see what the content of... Especially sugar since we're talking about it... Then, you begin... Light goes off in your head.

I mean, for example, a grand caramel brulee latte, where we all love to go and get these things: 52 grams of sugar and that's not even talking about what the calorie content is, because I try to teach my clients not necessarily to count calories, but if you're looking at something like that, it actually does have 480 calories. In the Frappuccino version, 63 grams of sugar and 410 calories. I mean, that's

a huge amount of caloric intake that you're putting into your body for absolutely zero nutrition whatsoever.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Yeah, guys, and I want to put a different way of thinking about that. What Lynne just said is, if you're eating something that has, say, 60 grams of sugar, imagine standing in front of your sugar container... We have one on our countertop. It actually has something else in it, not sugar, but that's like sitting there and spooning 15 teaspoons of sugar into your mouth. If you're getting one of these at your local caffeine café... I have my own caffeine café. I'm a train barista, by the way, and that's why I love coffee and espresso so much, or maybe I'm a barista, because I love coffee and espresso. I just don't put a lot... I just don't put sugar in it, but if you're taking in 60 grams of sugar, I think the calculation is about 15 teaspoons of sugar. Just try that sometime. You're eating it anyway. Stand there in front of your sugar pot, and instead of drinking that loaded caffeine drink, try spooning 15 teaspoons of sugar in your mouth to see how you like that. It might break the sugar habit.

My granddad used that on Uncle Howard. He caught him smoking cigarettes and he made him stand in front of the toilet, because he knew what would happen and he had to smoke two packs of cigarettes. He never smoked again. I don't know. Maybe these days we'd call that 'child abuse,' but it works for my Uncle Howard. Try that with your sugar. We need to find ways to shock people out of their unconscious use of these substances or nothing ever changes. What would you say was the big thing that shocked you awake?

Lynne Wadsworth:

I learned that sugar uses the same kind of brain cells and chemicals as cocaine, so when I learned that I was basically putting something like cocaine into my body, but it tasted different and looked different, it was eye-opening to me, because I had never ever thought about it like that before. I mean, I've learned a lot about sugar as I was getting to that point of going to school and learning new things, but that's pretty scary when you think it has the same effect on your body as cocaine, because who's going to go down to the corner store and buy a few bags of cocaine? Well, we know drug addicts are, but normally in your day, you're not going to the corner and getting that cocaine fix, but what we're doing is we're getting our sugar fix and it's acting the same way in our body.

What happens is, yep, sugar occurs naturally in nearly all of our foods, but that's the natural state. We're talking about something that's not the natural way to eat it, and it contains, when it's natural, lots of vitamins and minerals, but refined sugar, which is how we get it, it actually depletes the body of minerals and enzymes. It can cause an acidic environment, so that causes digestive issues, sinus congestion, cellulite (ladies), headaches, allergies and it has a negative impact on our blood sugar. A little can actually make you irritable, anxious and because we talked about anti-aging, it can cause wrinkles; poor sleep, hormonal imbalances. When I learned all about this, it was like a wake-up call to me. Why am I doing this to my body? I may love that substance, and I'm not saying don't ever eat chocolate again, don't eat what you love, because I go--

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Oh, thank goodness.

Lynne Wadsworth:

Yeah. If you live a healthy lifestyle like an 80 percent, 20 percent, your 20 percent is all those great things that you love and you can treat yourself to, but I've learned workarounds to help my sweet tooth and I can honestly say it's been quite a long time since I've had chocolate. I had one piece, I think at Christmas, when my husband blatantly put it on the coffee table, and I thought, "Well, I just have to try this," and I didn't even enjoy it, but it...

Really, knowledge is power for people. Think about it like this, because it causes inflammation in the body. Think how many people suffer with arthritis, immune problems, they're bloated all the time. They have... Look at the diabetes these days, and of course, not to mention the obesity, but with that inflammation that you're getting from the sugar, it suppresses your immunity. It can also increase the risk of cancer, lead to gastrointestinal problems, cause reactive hypoglycemia. It also interferes with your absorption of protein, can cause food allergies. Of course, we know it hampers weight loss. It can actually increase cholesterol and it accelerates the aging process, can increase anxiety, make you moody and it can complicate things like ADD, ADHD and other spectrum-related issues.

Friendly Neighborhood NeuroMechanic DOC HEATH:

By the way, on the... Just a quick point there, Lynne, on the interaction between sugar and cholesterol, so our listeners and viewers on YouTube understand this, and I get this from a cardio... I'm not a cardiologist. I get this from a cardiologist colleague that explained it to me. A simple way to understand that is, eating sugar is going to raise triglycerides. Triglycerides are going to make your blood cells stickier and more put you at greater risk for a cardiac condition. Imagine making the stuff that goes through the veins in your body stickier, and then, you're going to get the narrowing of the arteries, and then, you're going to predispose yourself to heart attack, and guess what else? Those blood cells also run through your brain and you can put yourself at greater risk of a stroke. I don't recall who said this, but 90 plus percent of all physical maladies are driven by lifestyle. What you're doing to your body today, you probably aren't going to notice the effects of it tomorrow, or the next day, or next week or next month, but you're designing your life today, how it's going to be a decade from now. How your body functions a decade from now... and I don't mean to be critical or judgmental, and it's good that Lynne is such an expert in coaching, because she can teach folks how to do this and she... It's not a judging thing. It's an information thing.

You can do anything you want with this information, but 10 years from now, you can look in the mirror at your body, and you can say, "I chose this." Your body weight, you can say, "I chose this." Your level of ability or disability, your aches and pains in your joints, outside of some catastrophic physiological condition, we choose our level of ability or disability in the future, and the things that you're learning on this episode today, that Lynne is taking her time to share with you, is power and I hope that you guys are writing this down, listening to it and ready to make some changes.

Lynne Wadsworth:

I can so attest to that, because by the time I had this aha moment in my life, actually my triglycerides were 500 and I believe they're supposed to be about a hundred. I am predisposed for what you're talking about with the clogging of the arteries. That was what my dad had. I had high cholesterol, high blood pressure. I had a lot of fat around my stomach and it's especially important, in midlife, to do what you can to get rid of that, what we call visceral fat, because that's what causes the problems for us. You're absolutely right, because when I changed my lifestyle, my triglycerides and cholesterol dropped to normal. I got off the blood pressure medication. My migraines went from being daily to... Thanks to our Florida weather that would hamper my desire for none of them, but I've never been able to get rid of them completely living here in a barometric pressured cook pot, so to speak.

Book-Worm Sarah:

Yeah. Yes. Well, I can tell you're very passionate about this Lynne. There is quite a few people, who are in this line of work, but with you what, what's kind of your unique approach to working with clients in this field?

Lynne Wadsworth:

Yeah. Number one is I always want people to come in and know that they're in a zone of total non-judgment. I've been there, I've done that. For some people, they can come in, they can learn and right away do it, but I like to hold them accountable, and I think why I'm different is, I do it in simple steps. It can be very overwhelming for people. You come in, you're told, "Hey, you're eating too much processed sugar. It's causing a lot of your problems. Let's get rid of it." Well, it's not always that simple. To me, it had to be, because my migraines were so debilitating and I couldn't even function, but for most people, they can be compassionate with themselves and they can do it step by step, so I try to teach them, "The pillars of Hell, step by step. Let's work on one thing at a time. Let me give you resources to help you understand the sugar, and then, let's work at removing it from your life."

It may be in baby steps for some people. For some people, they may go from A to Z really quickly, but I am the type of person that sticks with people to the end. I'm going to see them through to the result that they want and not give up on them, and during all this time, keep affirming them and encouraging them, because I never had anyone to do that for me during my time of trying to get healthy again. I want to encourage people, men and women, that if you think about midlife these days, it's age 50 or 60.

Friendly Neighborhood NeuroMechanic DOC HEATH:

Sixty... There you go. Sixty... I'll vote for 60.

Lynne Wadsworth:

I say 50, because most women are starting to go through menopause then. Years ago, that was, "Why talk about it? Why do much about it? We've only got 20 more years to live." Well, now, when you get to midlife, you've got 40/50 more years. You're halfway through your life. Do you want to live your life healthy, full of vitality, not looking your age, always having the energy to do what you want, not

having those aches and pains? You can get out and walk, and get out and be active. That's why I'm passionate about it, because I've been there, where I fall asleep at the desk, where I couldn't get out and move, because I hurt everywhere, because of the inflammation. We don't have to live that way. We can live above that. We don't have to look like we're 80, and I say that, because my mother-in-law (bless her heart) was out in the Florida Sun for all these years, and at age 50, she looked like she was 80. She actually had a facelift. It was that bad, and after that, she began to treat her body a bit better, but we can live a long happy life, filled with joy and contentment, and who doesn't want that? I am really passionate about getting people from A to Z without judgment and in a manner that they can handle well.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

I hear people talk like you just mentioned, "What's the use? I'm at this age, middle age, my life is over," but that's treating your life and your body like an automobile. Some people look at their automobile, and think, "Gosh! Well, why do I want to clean it or maintain it, because I'm going to trade it in next year?" Well, guys, your body, you can't trade it in. It's the only one you got. I've seen folks that are in their 70s, I kid you not, that will start bodybuilding. Imagine that. In their 70s, that will start bodybuilding. You have no idea the rejuvenation that your body is capable of if you'll just provided it the tools necessary for that rejuvenation. I've seen people in their 70s start PhD programs. I've seen people in their 80s start a bachelor's degree program. It is never too late to start doing something healthy. Life is not over until it's really over. You're just wasting the resource of life. The most precious thing on the planet is life, and I think, living to the fullest, you have to provide your body the tools, and Lynne, I'm glad that you're here sharing those tools with us.

On the judging thing, a quick question. I know Heather had a question, but if you have a loved one, who is struggling with, I don't know, just healthy living, healthy eating, I find folks tell me they care so much about this person, and they're so frustrated and they don't know what to do. Then, they start catastrophizing, and then, their (call it) family coaching, personal coaching, recommendations come across as frustration, irritation, anger, but it comes from a good place. They really care. I mean, for me as a human, here's how to know I don't care for you.

If I don't care for you, I get more and more quiet. The less I care about you, the less I will speak. The more I care about you, the more I will share information with you, but what tip would you have about folks sharing information in a way that can be received in a healthier manner?

Lynne Wadsworth:

Of course, you hit the nail on the head. It's all about judgment, and many times, our family members feel judged. What I have learned with my family, because I have a family member who was very overweight with diabetes, and I would just say, "Why don't you come work...? Let me work with you, because I can teach you a healthy way." They don't want to hear from family members, very often, so it's really you don't sit there, and say, "Well, if you don't change your life, and you continue to do this, this, this and this, this is what's going to happen to you." You need to find some ways where you can encourage them without it looking like you're trying to meddle. Here's an example, "Would you like to go...? There is... There's a new... Actually, there is a new vegan restaurant in our area. Hallelujah, we've never had one. What... Would you mind coming with me, and trying it and see

what you think?" Take them out for a healthy meal, or "Do you want to go out for a walk with me? I'm so tired of not having anybody to walk with? Would you go with me?" Maybe just take 30 minutes. Encourage them to do some of the healthy lifestyle things. Start maybe bringing them a healthy dinner, and say, "I just made this myself and I love it. I brought you a plate. Let me know what you think." Just find some creative ways to do it, because it's very hard with family and loved ones for it not to come across as if you're judging them.

Very often, a third party can say the same thing to them, and say it very bluntly and they will listen. Maybe you've got a friend or somebody in your sphere that these people know that could really address this in a loving way. Whenever you talk to them, really do it from a place of love and let that love come across, so that they know you are there to help. Very difficult when you're dealing with family members and you... Yeah, you just have to get creative in the way that you do it.

Friendly Neighborhood NeuroMechanic DOC HEATH:

I think too, for the person who wanted to share the information, to decatastrophize. Life is long. This isn't the only conversation that you'll ever have. If you catastrophize it, then you're going to, based on that thought process... It is our thoughts which create our emotions. If you don't want to be angry in a situation, then decide a different way of thinking. This is not a catastrophe. The person's not going to drop dead with the hamburger in their hand right now. I love them, but change your thinking and you'll change your emotions. To de-catastrophize, I think, is one of the best ways to start at that conversation.

By the way, you listeners in the A.R.T. LAB™, you know that, as I just said, it is our thought processes these that create our emotions. If you're a person that thinks you're being judged, here's a cognitive restructuring of that. Guess what? Being judged is not a feeling. There is no feeling that you can have that is evidence you're being judged. Emotions, happy, sad, mad, glad, disgusted, ashamed, stressed, depressed, anxious, anger, emotions, feelings, same thing. None of those are evidence that you're being judged. You can be angry. It doesn't mean someone's judging you. You can be sad or irritated. Pick your emotion. That doesn't mean you're being judged. Being judged is a belief. If you tell yourself this person is judging me, which what does that really mean? What that really means is, I think they're telling me that I'm less than, that I'm broken, that I'm screwed up, that I don't measure up, that I don't amount to much, that I'm a lost cause, but guys, listen. That's all coming from inside of your brain. That's not what that person's doing. I mean, unless they're really saying it and they're probably not saying it. They may say, "Put down the cheeseburger," but that doesn't mean that they think you're less, or broken or screwed up. That's all coming from inside the vault of your skull.

The next time you have the cognition, I quote, "Feel like I'm being judged," realize number one, that's not a feeling. There is no feeling that lets that someone's judging you. That's a thought process. Ask yourself, "What am I telling myself about what this person is saying?" What am I telling myself? Imagine that this loved one is telling you, "Hey, I don't know if you noticed, but you're about to step off a cliff." That's information. How would you like for them to relay that to you? Would you like for them to keep their mouth shut and let you step off the cliff? Would you like for them to say, "Hey, I'm sorry. I don't mean to interrupt or intrude. You may not know this. You're about to..." Well, you've already stepped off the freaking cliff by that point. The best way to view this is, "This person, evidently, is talking to me, because they care about me." It's not judging. This is their way of

File Name: E65 - "Sweet Tooth" Cocaine: Psychology of Sugar Addiction

expressing concern for me, but my point being folks, I found one of the major things in getting in a healthy lifestyle is, those that surround you, we for some reason, think that they're evil.

Someone telling me to eat one less cheeseburger, "They're just evil." They're telling me to lose weight, "Oh..." Well, you can restructure that distorted cognition that they're not being evil. They're trying to say, "Hey, you may disagree, but I'm trying to share with you, it looks like nutritionally you're stepping off a cliff." Now, for you sharing this information, here's a quick tip for you. Look for a wind of opportunity, but realize that conversation doesn't have to happen right then. There are things that I think about sharing with my loved ones, and I've thought about it for days, weeks and sometimes months, literally. I've thought about it for a month before I ever say it, but look for a window of opportunity and pick the right one. When you do that, engage in some genuineness and what does that mean? That means, really dig down deep and ask yourself, why am I sharing this information with this person? Why am I sharing this information with this person? You may think, and you may not even know you're thinking this. You may be visualizing them in their casket. See, that's where this is coming from often. We don't know we're thinking about it, but we're really imagining their lifestyle leading them to no longer be in our life, or we may be envisioning them suffering a disability, because of this lifestyle.

See, if you're going to share this information, get your mindset into that, so then, they can really better perceive and hear your intent. You can share that with them: "You're so special to me, I can't imagine not having you in my life." Now, isn't that a lot different than pointing fingers and yelling?

TBAL Team Announcer:

For full show notes and transcript of today's episode, go to www.therapybytes.podbean.com.

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Social Media SMACKDOWN
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Welcome to 'Social Media SMACKDOWN.' Tonight, the irresistible force meets the illogical object. Ladies and gentlemen, let's get ready to reason.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Hey TBALrs, Doc Heath here and we're here on social media Smackdown to give a shout out to a fellow warrior on Social Media Smackdown, Bull19/Bull91/Bull 21, who responded to a comment with this: "People don't want to take responsibility for their well-being. It's easier to say I was gaslighted. Hence, I'm a victim. Victims will be gaslighted, because they are prone to be victims. Once they change their pattern of thinking and communicating, there will be no one to gaslight, but it's easier to blame the other."

You know, Bull19/Bull91/Bull21, I couldn't have said it better myself. Here's a shout out from Doc Heath, on taking down some pseudo-psychological social media Kool-Aid drinking nonsense. Catch you next time, guys. Doc Heath out.

TBAL Team Announcer:

File Name: E65 - "Sweet Tooth" Cocaine: Psychology of Sugar Addiction

What a slobberknocker! The winner, by psychological smackdown, Doc Heath. No pronouns were harmed during the production of this podcast.

TBAL Team Announcer:

You're listening to TherapyBites™ A.R.T. LAB™, Bite-Sized Therapy™ for your brain, with Dr. Heath and the TBAL team. The best advice on the net. No copay required.

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A.R.T. LAB™ Library CouchCrumbs Quote

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Welcome to the TherapyBites™ A.R.T. LAB™ Library, where we have poured over thousands of volumes to bring you the latest 'CouchCrumbs Quote.' Oh, would you like a napkin? You're getting crumbs in the book.

"That okay. Me eat books."

Oh... Now, today's 'CouchCrumbs Quote.'

Squirrel-Girl Debbie:

Good evening. Thank you for joining me, Psylocke Holmes, for another bit of wisdom from Doc Heath's CouchCrumbs quotes: "When researching studies, be careful to remember that no matter how credentialed or intelligent (and those are two very different things), the conclusions must never exceed the variables the researcher failed to consider. It's elementary.

TBAL Team Announcer:

Ooh... You got crumbs on the couch. Extra points for you.

TBAL Team Announcer:

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TBAL Team Announcer:

Here's Heath and the TBAL team.

Gamer-Girl Heather:

What were some of the most difficult things that you had to overcome through your journey?

Lynne Wadsworth:

File Name: E65 - "Sweet Tooth" Cocaine: Psychology of Sugar Addiction

Getting out to this diet mentality, because I dieted all of my life. I started when I was probably about 16 and I didn't realize, obviously, the effect it was having on my body, but when I got to the point at an early age, of having had quite a few surgeries, having these daily migraines, being overweight, trying to get from being a person who had never paid attention to what she ate, and just eating whatever I wanted unless I was on a diet, and then I restricted myself so much that I would lose the weight, but then, I'd go right back to the way I was... The biggest thing for me, was getting out of that diet mentality, and getting over to, "This is a lifestyle. If I want to live a good healthy life, I'm going to have to make some changes," and I think coming to that realization was the hardest obstacle, because that meant, for me, having to give up foods I'd eaten for years. For example, my English chocolate, which I absolutely love, and then, when I learned more about getting rid of the diet mentality, I began to realize, living a healthy lifestyle was not about deprivation.

There was a lot of things in my mind, because I think the mindset, and this is where it all starts for me, whatever you thinking in the mind, changes how you react to things. Really getting my mindset where it needed to be, so that I could live a healthy lifestyle and not live in either dissatisfaction with myself, eating too much stuff. The mindset is just, as Dr. Heath would say, I mean, it is just... The crux of the matter really, "When we get our mindset straight, we can get our life straight."

Friendly Neighborhood NeuroMechanic DOC HEATH:

Well, as we like to say in the A.R.T. LAB™, "We first engineer our thoughts, then our thoughts engineer our lives. I was having a discussion the other day, as I do, gosh, most days, with a client and motivation, inevitably motivation comes up... People tend to view motivation as some type of secret elixir, that you can go and buy next to the Cairo syrup at Walmart or something. I think I've mentioned Jocko Willink. I love what Jocko Willink does. He does a lot of great work on discipline, but the part he lives out is... I don't think that Jocko... and if you're listening, man, no harm. I love your stuff, but he doesn't understand like most don't, about motivation. Motivation is built on the back of our thought processes.

I was talking with a guy the other day, that was he was all talking about motivation, but he was just talking about the positive stuff; motivated to go to the gym, motivated to eat a wheat biscuit instead of a candy bar, whatever. Which... who would be motivated to... wheat biscuit, when you have a candy bar? I pointed out to him that everybody has motivation, everybody. No one ever lacks motivation, because every behavior must have motivation to occur. There is no behavior without motivation, and that includes if you're getting up and doing like I do three days a week, and running three miles, or if you're sitting your butt on a couch, eating potato chips. Both of those are the result of motivation. One is in a healthy direction. One is in an unhealthy direction. Your thought processes drive which direction you're going to go, which direction that motivation takes.

If you're motivated to... If you sit on the couch, well that's motivation. If you're motivated to eat Hershey's Kisses all day long, well that's motivation based on a thought process and who doesn't love Hershey Kisses, especially the dark chocolate ones? Discipline is built on the back of motivation. Okay?

Let's reverse engineer it. Discipline is built on the back of motivation. Motivation is built on the back of thought processes. If you want your motivation to be in the proper direction, then that has to be

File Name: E65 - "Sweet Tooth" Cocaine: Psychology of Sugar Addiction

based on healthy thought processes, meaning I think about things in a way that is meaningful and provides value to my life. Do I want to run three miles tomorrow morning? Absolutely freaking not. It doesn't matter though. My motivation for doing that is I don't want to be in a wheelchair when I'm 90. Do I want to lift weights? Never ever, ever, and I'm a former bodybuilder, but why do I do that, because it brings value to my life.

Now, that behavior repeated over and over again, will carve ruts... Call it encoding. Will carve ruts in my brain like there are ruts in my driveway, in my driveway bad, in my brain good, because those ruts are a pattern of behavior that I don't really think about it. When it's time tomorrow morning, you'll find me lumbering in to where I'm going to do my three miles on the elliptical and it's just going to happen, that there is no not happening any more than there is no, "I'm going to spontaneously start using my left hand instead of my right hand." That is encoded and carved engraved in my brain also. Discipline is built on the back of motivation. Motivations built all the back thought processes. If it's going to be in a healthy direction, it has to be based on healthy thought processes. There is your equation for the week, changing your life.

Squirrel-Girl Debbie:

Oh, Lynne, I love your passion and I love this topic, and I do believe there is a lot of people... There is a lot of us. I'm one of them that never really had any instruction on how to eat healthy or even how to do all of this. What are some real-life stories that you have from clients that you've helped with your techniques?

Lynne Wadsworth:

I did have one client that came to me... This is my perfect client and that's why I'm going to going to say that. She had some weight to lose and she kept telling me like many of my clients do, "Well, I eat healthily. I am..." I'm really not bad in what I do, but after I had seen her for a couple of times and she was comfortable with me, she told me that every night she and her husband had cocktails, quite a few of them, and I said to her, "Well, I understand where you want to have one with your dinner or after dinner, but maybe while you're trying to get into this healthy lifestyle, maybe cut it down, because she had a problem. Her husband wants her to drink with him, and so, she was afraid to say, "No, I'm not going to do it," but actually, over the months, she did get to the point where she would say to him, "I'm really trying to not do this for a while, so please bear with me," and I taught her ways to drink cocktails that had no alcohol.

She actually was a perfect client, in that over a three-month period of time, she lost all the weight that she wanted to. She noticed such a dramatic change in her life. I've checked in with her, because this was a couple of years ago, and she's doing fantastic. Now, I have other clients that I have to start dealing with a whole different thing. I met with somebody that needed to lose weight and she got a lot of weight to lose, but she was going through so much drama, so much stress in her life, so much rejection, so much crap (excuse me), that we had to--

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Oh, that's okay. They've heard worse.

[TherapyBites™ A.R.T. LAB™ with Doc Heath](#)

Lynne Wadsworth:

Well, I had to deal with her in a whole different way, because she couldn't even begin to think about losing weight until she got to the point where she could see the good in herself, she could get rid of some of this stress, she could get her mind where it really needed to be. We had to work on getting her to the point of loving herself, caring about what was going on with her, managing the stress, getting into some relaxation and mindset changes before she could tackle that. Everybody is different and everybody has an Achilles heel when it comes to their own life.

I have one woman that she was very motivated, because she had had cancer. She got diabetes as a result of the cancer, and so, she actually, over the last year, has lost 82 pounds. She feels good and she's beginning to notice... She's had good follow-ups with her CAT scans. Health-wise, she's doing so much better and she's feeling it. She's very dedicated. Like Dr. Heath's saying, she might not feel like doing it, but her motivation is her health, so she's getting up and doing it, however she feels; she's going to do it and that kind of person really has the drive they need to accomplish whatever they want. We all can accomplish whatever we want, as you say, when we're motivated to do it, and a lot of times, our health is the motivation.

I've had clients that I've worked with, they've done really well, but they find it hard to keep up that healthy lifestyle, because of their busy lifestyles. While I can teach them how to live healthy during that busyness, it's always coming down to that choice and that motivation, but the majority of people I've worked with have beautifully lost weight, and got into a healthy lifestyle and have not found it difficult. I keep in touch with most of them on a consistent basis, just to check in with them and it's just amazing to see the difference with people. It's not always about, in the end, how much weight did I lose. Most of them will say it's how I feel. I feel so different.

Friendly Neighborhood NeuroMechanic DOC HEATH:

Yeah, I wanted to make a point that life is all about meaning making, and if you're 300 pounds, what does that mean about you as a person? Nothing. Your worth, as a human being, has nothing to do with your body weight. It's just a number. It amazes me... I've kind of even joked with my wife about this. She, of course, won't tell me what her body weight is, and I'll say, "What are you going to do? Go put it on a T-shirt?" It doesn't matter. One of the worst things you can do when you're trying to get healthy is get on the scale every day.

Lynne Wadsworth:

Yeah.

Friendly Neighborhood NeuroMechanic DOC HEATH:

Throw that darn thing out the window. There is only one use of a scale when you're in a healthy lifestyle, and that is actually to make sure you don't lose too much weight too quick. If you're losing more than three to five pounds of weight a week, quit it. Three to five pounds a week, if there is more than that, it's too much, because why? Well, because you're losing fat in areas that aren't good for you, because your body is catabolizing. That means consuming itself, muscle tissue.

Guess what else is a muscle. Your heart is a muscle. It's consuming organ tissue. About three pounds a week, two to maybe three pounds a week, seems to be kind of the goldielock zone, but guys, we really need to develop a culture where we stop associating body weight with worth. It has nothing to do with that. If you're looking at me on camera guys, many years ago, I think my top body weight was 298 and a half, 298 and a half pounds. I was powerlifting back then and it kind of comes in handy when light... You pick up heavy stuff. When I competed, I was, I think, 217. Now, I am about 230. What do those numbers mean? Nothing. I'm not... I was never a competitive wrestler, where body weight actually... you know, it matters. You're getting put in a different weight. Class in bodybuilding, there is a different weight class, but I was going to be heavyweight anyway so it didn't matter, I'm 6'2, but one of the most valuable things you can do is to disconnect a freaking number on a scale with your worth.

You can also disconnect the shape of your body with your worth. It has nothing to do with that. You were a worthy human being from your first breath, period, and if we can get back to that, the rest is much easier. You want to lose weight, lose weight. You don't lose weight, don't lose weight. Just don't connect it to who you are, or how important you are, or how worthy you are as a person. That is a cognitive distortion. As Lynne is saying, if you want to lose weight, do it because you're healthier down the road. Do it so you can have more fun fitting into more clothing, or doing things that you may not have done.

Book-Worm Sarah:

I noticed just a couple minutes ago, Lynne, you talked about Achilles heels, and so, I wanted to ask you, what are some of the biggest hurdles that you're still working on or still facing today?

Lynne Wadsworth:

I have two big hurdles at the moment. The genetics, and I have to watch my cholesterol and I have to watch my blood pressure. Oh, and now, there is a new one. Thanks to my mother, I now have alopecia, which is loss of hair and this kind is like men, when they begin to bald. I still believe that living a healthy lifestyle is going to change it, so being hereditary with my genetics, maybe my blood pressure is always going to be a little bit on the higher side, but with how I eat, I can control it. With my alopecia, although yes, there are things that can be done to help, I'm told that once you have alopecia like that, it's not growing back unless there is something, some kind of follicle there, so I'm hoping and praying that I've got lots of follicles in my head to put that back, but I know that, if you're eating sugar, that can cause hair loss, so I'm doing my best to make sure that I eat a healthy meal at every meal, so that it will help with that, because whatever we're facing, inflammation, diabetes, cholesterol, whatever it is, if you're living a healthy lifestyle, you're already ahead of the game.

As we age, we've still got things that we have to deal with, and the other thing that has been a real obstacle in my life, which is very unusual for people is I run a high potassium, which can affect the heart. It can be very dangerous and I've been at that danger point where I was sent to the ER, so I have to be careful when I eat, not to eat potassium-rich foods. I have it under control now, but there are silly things that come up as we age. Maybe I call them silly things, because I think potassium being high is silly, but there are ways, through a healthy diet, that you can address most things and

help you, because some of these things may not be going away. For example, my husband had stents in his heart. That's not going away, but living a healthy active lifestyle is helping him to stay healthy.

Gamer-Girl Heather:

That's great. I had a quick question too. We've talked a lot about being healthy, but how do people get started? How do you take that first step? What is it that you need to do first to get on that startup journey to eat healthy?

Lynne Wadsworth:

First of all, you've got to, as Dr. Heath said, think about your motivation, what do you want to change and what's going to motivate you to do it. I think that's why a health coach can be helpful to people, because they've got accountability going there for you, and that's if you'll take that step and walk with somebody to get started, it becomes so much easier, but I think that you've got to acknowledge that "I really need to do this and why do I need to do it." What's my motivation? Once you know what your motivation is, which ninety percent of the time is getting healthy, then you can get started, but that doesn't mean you just cut out all of your chocolates and processed foods in one fell swoop, because that's not going to keep you healthy. You're going to have some changes in your body that are not too healthy, so walk with somebody. Get an accountability partner. Help somebody to encourage you and motivate you, at least while you're starting the journey.

Friendly Neighborhood NeuroMechanic DOC HEATH:

I think, giving these accountability partners permission... In my life, there are things, of course, I need to tackle. I'm working on being a better human every day, and still struggling with it every day, of course, but to actually say the words to somebody, "I give you permission to keep me accountable to this," and say it out loud, even sign a contract with them and hold yourself to that contract. Healthy human living is about making contracts with yourself and keeping those contracts.

Lynne, a couple more questions before I let you go. What is the diet mentality that leads to disease? How would you put a fine edge on that?

Lynne Wadsworth:

Going after these quick fixes and promises that we are bombarded with, there is no quick fix for a healthy lifestyle and for losing weight. If they're telling you that... Well, most of those, because I've had experience with them, most of those quick fixes are going to involve things like eating 500 calories a day. Totally unhealthy for you, so I think that that's one of the big disservices through advertisement that we have, because "buy these foods, you're going to lose weight," and you probably will, but what happens when you've stopped eating those foods and you've lost the weight that you want to? Most of us with that diet mentality of following the quickest route possible, we want to lose the weight as quickly as possible.

I've tried just about everything out there and I can honestly tell you that none of them work. I'm a lifetime member of one of the very well-known ones and I wouldn't go back, because what they're

teaching you is a habit of, "Oh, you can eat this cake and you're still going to lose weight." Well, yeah, you can, if you're counting calories, but you don't want to run after those calories, because you need to learn how to eat healthily.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Well, sure, because there is no SpongeBob quick trick that's going to get you there. The best diet is no diet, but a lifestyle. Stop looking for a diet and find a lifestyle, because the one that works is the one that you'll do and you'll keep on doing. For me, I've just found a lifestyle that works for me, and no, I'm not the three percent body fat I was when I was competing, nor would I want to be, because that low of a body fat is not even healthy. For men, once you get to be, I don't know, 10 to 12 percent, less than that, just kind of gets to be unhealthy.

These guys you see on TV that maintain that low level of body fat, that is unsustainable, and if you're one of them, come on the air. Take your shirt off, we'll put you on camera, and then, come back next week, and the week after, the week after, I guarantee you it's just not going to stay that way unless you're on drugs. Okay? That's the only way to do that, that I know of, or you're starving yourself.

For women, I think it's somewhere around 16 percent at the low end, and you get beyond that, and just unhealthy things starts to happen. You have a type of body fat, which is a thermogenic body fat between your shoulder blades called 'brown fat,' and gosh, I wish I could have more of that, because that's what fuels your metabolism. Well, guys, we've learned so many things today. The substance that's in your cabinet that can hook you just like cocaine, if you haven't figured it out, it is sugar. You got a cup of sugar? Probably you got many cups in your coffee already today. We just talked about the diet mentality that leads to disease is trying to find a quick fix. Are anti-aging and longevity possible? Absolutely, but you have to maintain the equipment, even better than you maintain your automobile, because your body is the vehicle that gets you through life. This, of course, is how you can actually thrive beyond midlife.

Hey, guys. I like to tell my wife, "I'm in my prime." Of course, she says, "You look it. Just like from the movie Tombstone," but it doesn't keep me from maintaining a positive and a healthy outlook. Lynne, real quick, what would be your favorite secret sweet tooth hack, a quick tip for those that have a sweet tooth?

TBAL Team Announcer:

TBALrs, time to quit your lollygagger. Get out of the dugout, onto the field and live the A.R.T. life.

Lynne Wadsworth:

Find something that you love and make it healthily. If you like parfaits, then switch out that heavy-rich cream. Do something like coconut milk, or even getting a handful of almonds and crush them in a NutriBullet. It will become creamy and layer your parfait. There are plenty of ways that you can find something for that sweet tooth that's not going to be loaded in sugar.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

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Mine is air pop popcorn. Air pop popcorn and I put this pizza powder sprinkles on it that I got from, well, where everybody gets everything these days, Amazon. I don't have an affiliate agreement. I don't make money out of that, but yeah, be creative. Try different things. If you want more from Lynne, you can go to www.holistic-healthandwellness.com. That's holistic www.holistic-healthandwellness.com. If you want information on coping through menopause, you can add a forward slash "Thrive," hyphen "through," hyphen "menopause," hyphen... and I know that's long. I'll drop that in the show notes, easy to scroll to the bottom and click on it.

One last thing and we'll let Lynne go. We're going to go deep beneath the dark deep recesses of the therapy couch and ask Lynne our super-secret Dr. Ima Freudnaught question for the day. This was not rehearsed. We like to catch people off guard.

TBAL Team Announcer:

We journey now with Doc Heath, as he submerges with our special guest into the depths, beneath the dark recesses of the therapy couch.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Let me go down here... and here we have it right here. I'm going to ask Lynne this super-secret question. Okay, Lynne. You wake up in a nightmare buried beneath your own most nightmarish food. What is it and why?

Lynne Wadsworth:

My most nightmarish food? I think I would have to think about marshmallows--

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

Marshmallows... Oh... I love marshmallows. I love marshmallows. They now have a marshmallow that is flat for better making s'mores. Yeah. All things in moderation, guys. I'll have mine only on Saturday.

Squirrel-Girl Debbie:

There's that twenty percent.

**Friendly Neighborhood NeuroMechanic
DOC HEATH:**

That's the 20 percent. My 20 comes in on Saturdays. Lynne, thank you so much for being here. It's been such a blast. Such healthy nutritious thinking and we wish you best in all your work. Thank you, TBALrs, for joining. We'll catch you next time. Bye-bye, now.

Squirrel-Girl Debbie:

Bye, guys.

[TherapyBites™ A.R.T. LAB™ with Doc Heath](#)

Lynne Wadsworth:

Bye.

On the Couch and Off Our Rocker

TBAL Team Announcer:

Welcome to On the Couch and Off Our Rocker with Dr. Heimer Freudnaught, where we review our special guest's TherapyBites™ A.R.T. LAB™ episode psycho malarkey scale assessment results. That's PMS, for short.

Lynne Watford's PMS performance places her in the 97th percentile on the PMS's quadruple S (sugar smashing superhero scale). This indicates a scrumptiously superlative degree of sugar-busting knowledge in Lynne's cortical crevices, with a candy crushing sugar-slaying tendency towards annihilating sugar addiction.

Overall, Lynne Wadsworth's PMS psycho silly metric assessment results present a picture of an individual lusciously and alluring apt to combat sugar addiction, who tames saccharine syrupy impulses by helping others transform their lives one bite at a time, without getting all 'judgy' like a sugar-shunning Sherlock Holmes.

This health-obsessed wellness-devoted soul likely has a prognosis of positive propensity towards thriving in the near future, until the gloriously glucose-stabilizing features of her psyche have been psychologically analyzed and exercised. It is my considered conclusion that sugar-busting Lynne Wordsworth be prescribed no less than a 517-milligram ST (sub-temptational) dose of sugar Benatar with a 2300-milligram IM (intramotivational) dose of Sweet Tooth oxyten, to curtail cavity-crossing glucose-guzzling cognitions.

Dr. Ima Freudnaught, Chief shrinkstigator, TherapyBites™ A.R.T. LAB™.

TBAL Team Announcer:

Grab some of this episode's guest merchandise, specially designed to help keep this episode's message top of mind in your life. Don't forget friends and family members, who could use an A.R.T. LAB™ mental boost too. Just go to www.therapybites.myshopify.com.

TBAL Team Announcer:

Hey, TBALrs. Thanks so much for being with us today. If we brought value to your day, show us some love by leaving your positive feedback and inviting some friends to listen in, and join the TBAL team. Next time on . . . TherapyBites™ A.R.T. LAB™:

Friendly Neighborhood NeuroMechanic
DOC HEATH:

Hey, TBALrs, lean in and listen up to the problem we can help you solve today. How can you help another person see more clearly when they're all in the middle of catastrophizing and everything?

[TherapyBites™ A.R.T. LAB™ with Doc Heath](#)

File Name: E65 - "Sweet Tooth" Cocaine: Psychology of Sugar Addiction

How can you get them to listen to reasoning? You know that we teach in the A.R.T. LAB™ that no one can control your neurons, but does that mean that we have no influence?

Today, we'll learn some crisis-tested world-class techniques from one of the world's best negotiators. This battle-tested negotiator trains negotiators all over the world and we have him here just for you. If you've seen Samuel L. Jackson in the movie "The Negotiator," he's the real guy that Kevin Spacey is pretending to be.

TBAL Team Announcer:

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Allergy warning: TherapyBites™ is manufactured in a facility that challenges nutty distortions, processes nuggets of accurate realistic thinking and life-affirming beliefs.

This is the audio version of the legal fine print. Why are you still listening to this when you can catch the next great episode of TherapyBites™ A.R.T. LAB™ with a good friend or family member? Really? Are you still there? This is getting silly. Move on to the next psychologically thrilling episode of the best advice on the net. No copay required.

"Me eat copay."

Yeah, with Dr. Heath and the TBAL team. Go ahead. Don't be pod-goraphobic. Scoot, scoot, scoot! On, to the next episode.

[END OF TRANSCRIPT]