

EPISODE - 3

WEIGHT GAIN AND CHRONIC ILLNESS

Hello, and welcome to another episode of the CFS Health podcast, where CFS stands for "choice, future, success". We've got a really good topic today. We're going to talk about weight gain and chronic illness. And we've got some really cool examples of what it looks like, in terms of how to lose weight without having to go on crazy diets, without having to calorie restrict.

And we're going to hopefully change your perspective on weight loss in general. So, you know, first and foremost, you guys know that the CFS health recovery program is purely geared towards building your health. That's what we're thinking at the front of mind when we're here to help people, and when we work with people, that's what we get into think too. Before we get into today's episode, we've got to share 'win of the week'. So every single week on the podcast, we share a win from one of our clients who is doing really, really well. And man, I got, I've got like five, but I'm going to pick two.

The first one goes out to Kate from New Zealand. And when Kate joined our program like six, seven months ago, she was like a total wreck. Totally lost, totally consumed, totally overwhelmed, and was just going around in circles. And now six, seven months later, she's feeling so much better. Like she's not even sick anymore.

And she's like a whole new person and she's going to the beach, she's running around with her dogs. She just posted a massive win inside our program. Let me see if I can get it up for you. Gardening, you know, for like two days straight. And most people don't really appreciate this kind of thing, but, you know, for someone who's gone through a chronic illness to be able to garden and feel totally fine afterwards is just incredible. So Kate, massive shout out to you if you're listening. You've just done absolutely amazing.

Ah, here it is. Awesome. Okay. So this is absolutely a- I'm going to share my screen with you so you can see. If you're listening to the audio I'll read it out for you, so you can understand what her biggest win was. Here we go. So this is Kate inside our program. She goes, "I feel like a little kid showing off their work they've done at school hahaha.

But this is the garden renovations I've been doing over the last couple of months. Still lots to do, but you get the idea LOL. I spent many hours lifting heavy patio tiles, digging the grit underneath which someone not so kindly had laid 15 centimeters deep!" Whoa, that's a lot! "Relocating it to a new spot and digging out the new location to lay it all back again. I bought this place a year ago, and then I went through my darkest year from heartbreak and CFS. So I had no inspirational energy for it until now".

And she's posted some photos of the renovations. Which looks absolutely amazing by the way, like massive transformation.

So a massive shout out to you, Kate! Super, super proud of you. The other win I wanted to share quickly was another New Zealander, and her name goes by-- "her name goes by the name!?" of Felicity. And Felicity just graduated from our main recovery program into our lifestyle integration program. And this is where people, you know, who go through the program, and they start getting better, and they're ready to start living life again. They're ready to go back into work, they're ready to go back into study- you know, start new relationships, basically start living again. And so we call this the up-level lifestyle integration program, and we really only talk about life and living and, goals and dreams and visions and values.

And, you know, Felicity has graduated into that program. And the funniest part about Felicity is that before she joined, she was so skeptical about the program to the point where she had an enrollment call and then after enrollment call, she full did like an investigation, you know, personal investigation into the program.

And so she reached every single team member, she kind of made sure- like, she just literally fully went right in and fully researched everyone and made sure that we're not a scam. And, you know, we actually do help people. Surprise, surprise. You know, I think if people are scamming you, like you probably only last a few months, but you know, I don't think I'd do like, 400 hours worth of free videos if we were scamming people. That wouldn't make sense.

So anyway, the funny story is that now Felicity is doing so well, she's back studying again, she's dancing again, she's yoga-ing again, she's walking again, she's just feeling so much, so much, much, much, much better. And now she's actually in our free group, you know, so a lot of our members are in our free information group.

And if you're not in it yet, go over there right now, go into Facebook and literally type in the words "CFS health recovery hub". And I'll show you what it looks like inside here. So if you go, this is it here, for you guys who are watching online: go over there right now and add yourself in there. It's literally a one of a kind group.

There's no negative venting. This is literally an information hub of practical help for recovery. We literally started this really recently and there's already over 1000 members, which is really cool. So we've got practical help in here. We've got amazing guide sections of actual free trainings and success stories and all that kind of stuff.

But let's see Felicity's post. This was hilarious. I did a live livestream the other day in there, and I was just talking about insights from, you know, people being successful and winning in recovery. And, you know, I laugh because Felicity posted inside here saying, "hi Toby, I'm getting a lot of people asking me about my experience in the program."

It's great being able to share my success and hopefully help some of them have the same". And I wrote back and I said, oh my God, that's so funny. I remember how skeptical you were before joining the program. So I'm glad you did your research and did join. You've been awesome in the program and gotten so much out of it.

And she said, "I think it's a leap of faith for some people, especially when you think you have done all you can yourself and think you have all the tools. That was me. Maybe we underestimate the power of connectedness and positive energy". She said, "I sure as hell don't, now". So she's just doing incredibly well.

You're a great person, Felicity, we love having you in our program and yeah, big shout out to you. Really, really proud of you. All right, let's get into today's episode. So weight gain and chronic illness. So there's two types of people- you either gain weight, you know, going through chronic illness, or you lose weight.

And to my surprise, yeah, I did a poll inside our free info hub, and the results were just fascinating. So I'm actually gonna pull this up right now and let's look at the actual data, and then we can kind of... here it is right here. We did a vote system, and basically I asked the question, you know, what are you struggling with?

Are you struggling with weight gain or weight loss? And the numbers are pretty overwhelming, in the sense that 88% of people basically were having a problem with gaining weight and being overweight, whereas only 22 votes came in for losing weight and it's a problem; so they're underweight. And then there's a few people who are at the same size, but predominantly 88 votes, the people who are, you know, who are struggling with weight gain and don't know what to do about it.

Now, you might've heard a guy called Paul Chek before. And he said that you know, fat is really a protection mechanism. And if we think about it, storing fat is there to save our life in a way. Cause it's- there's energy there to use eventually. But it's also a protection mechanism as well, especially against stress.

So you may notice a correlation between your stress levels and your weight gain. Okay. And I'm gonna share with you something that we teach in the program, which is, don't worry about your weight, worry about your health. As you start to get healthier, and your body balances out, you'll go back to your natural, healthy weight.

And we've seen this time and time again, and I want to show you proof. So we had a client recently, same thing. She was in that 88% category, really struggling with weight gain. And I said to her, don't do any diets. Like that's the last thing I want you to do, because your body's stressed out.

And you don't need to put any more stress on your body, especially when you're going through chronic illness. So check this out. She posted this in the group, and I'm going to read it out to you now, just so you understand what I'm talking about here, and then we'll elaborate on what you can do as well. So Rowena, bless your soul, you're a legend.

We love working with you. She said, "I just wanted to share something rather amazing"- and by the way I asked Rowena if I could share this and she said yes, to inspire someone else. Okay. She said, "I want to say something rather amazing (Toby said it would happen though). I gave up weighing myself at least 10 years ago, and I've been carrying at least two unwanted stone for even longer.

Well, I still haven't stood on the scales, but my trousers are so much looser and my stomach is nearly flat now! I have in no way cut back on how much I eat- if anything, I am eating more, but really listening to my body and only put what feels good into it. The body moves in mysterious ways".

Pretty damn epic, guys. To almost have a flat stomach- she's not dieting, she's not pushing herself at all. She's doing restorative movement, very basic amount for her, that's appropriate for her. She's not pushing her body and she's eating healthier, but more. Right. And so you might wonder why the hell is that happening?

Well, she's not stressed out anymore. Her body's not stressed out. So it doesn't need to store unnecessary fat as a protection mechanism. And because she's eating healthier and whole foods, she's able to do more too. So she's actually burning more energy. And so this is improving your metabolic rate.

And so basically what we want to do, guys, is create a better metabolism, basically. A faster metabolism. And how we do this is by eating metabolic food, and making sure that we are eating the right amount of protein and healthy carbohydrates in every single meal. Okay. And this is the thing. This will balance out your blood sugar levels, it will give you more sustained energy. And basically it'll help you be way more consistent- hands up if you've eaten a bunch of carbs before, and you feel like shit, literally 30 minutes later.

You feel great for about five minutes and then you feel terrible afterwards. Well, this is- your, your blood sugar levels aren't. Sustained. Yeah? They're up and down like a yo-yo. We want to create equilibrium. Okay. And Rowena's been following our nutrition plan, and literally, we call it the non-diet. Okay. It's literally not about having a diet, it's just about eating healthy and appropriate for you. Okay. And everyone's going to be a little bit different, and this is why it's important that you've got to be flexible.

But the main key that I want to get across here is, stop restricting energy into your body. Okay, so many people have it wrong. They, they look in the mirror and they go, "shit, I need to lose weight", but they're feeling way worse. And they should be focusing on feeling better than focusing on a physical appearance thing.

Because as you get healthier, you can do more. And as you do more, you're burning more energy. And as you do that, you are naturally going to lose more weight. But, like I said, Rowena, she's not pushing herself. She's not, you know, sweating on the treadmill. She doesn't need to do that. Okay. Cause she's focusing on building her health.

She's doing restorative movement and strengthening in her body. Okay. If you can't move right now, don't even focus on that. That's not what you should be focused on. Inside our program, we have at least a six week to two month period, especially when you start, where I'll say, if you're not ready for movement, don't even go there.

Focus on daily function. Okay. Focus on calming your nervous system down, reenergizing your body, and refuelling it. And that will help so much. So, you know, it's a pretty amazing feat for Rowena to post this as proof like, "hey, it works. I haven't been on a diet and I'm losing weight". So I hope this kind of changes your perspective around weight loss, because it literally can be life-changing.

And the main focus here is to not focus on losing weight, it's to focus on building your health. And when you just focus on that, you're just going to start to feel better. Okay. You just see it all the time, this yo-yo diet- and it's not your fault. So another member said to me yesterday, she's like, "I've got a great understanding of diets, but I have no understanding of nutrition!" And it's like, she perfectly summed it up! Shout out to Natalie- you know, perfectly summed it up. So I said, forget about the diets, focus on your nutrition and, you know, getting energy into your system. Okay. So one of the biggest things that we talk about is "food is fuel".

So what does this mean for you? Well, you really want to think about "food is fuel" in terms of energy, and consistently sustaining your energy levels. And I learned from a guy called Josh in Canada. The Real Food Gangstas they are on Instagram. He said to me, you know, it's basically like starting a fire and then putting more logs on the fire so it keeps burning throughout the day. And, you know, you don't want to let your fire go out by not eating. And then you quickly stuff all this stuff in, and then, you know, have a big, you know, eruption of fire, but then it goes back down really fast. Instead you want slow burning woods- energy- that keep you sustained for the entire day.

So have a think about that and start to apply that in your life, because it really is an absolute game changer. And play the long game, you know, stop trying to do a two week fast or a diet. You're literally draining your energy levels, and you're putting a lot of stress and pressure on your body in the process.

And so I want you to support your body. I want you to focus on nourishing your body. I want you to focus on giving the energy back to your body. And when you focus on that, it will literally change your life and give you the strength and stamina to do stuff that you need to do in an appropriate fashion, obviously.

And the beautiful thing about this is you don't have to push yourself. Okay? You don't have to listen to that doctor who doesn't understand and says "you just need to exercise. You just need to push yourself harder". No, that's not what you need to do. You need to focus on getting healthy and building your immune system up, calming your nervous system down, sleeping better, eating better, moving better.

And when you do that, at the right time, doing the right things, you'll get the right results. And Rowena is a perfect example of that.

So that's really three wins in one day. So Rowena again, big shout out to you. Yeah, pretty, pretty amazing. And I will say that you've been sticking at it for a while now, so it's not like it's happened overnight.

And I always say focus on the longterm, stop focusing on the short term, and things will turn. Consistency over intensity all the way. So I hope this episode helps you understand that a little bit better and you can start to apply this in your life. And even just the perspective and the mindset shift around this is huge.

And as Natalie said, you know, "I want to have a better relationship with nutrition, not diets". So start there. All the best, hope this helps, and we'll speak to you very soon. Bye for now!

Hey, I hope you enjoyed this podcast episode. I hope you feel more inspired, more hopeful, and have more knowledge to apply in your own life. There's a few ways we can help you right now. The first is go and join our free Facebook group called the CFS health recovery hub. We'll leave a link in the description, for you to click yourself in there.

This group is like no other. So again it's a real privilege to be in this group. So make sure that when you're in it, you are contributing and you are bringing your best self to it. You'll find lots of practical tips, an amazing community of people who will help support and inspire you, and you'll get all our latest free trainings that get uploaded in there. The second thing is go and download our free recovery training. So the two that are most important to watch is: "the four step process to get recovery started"- honestly, if you've been going around in circles for a long time and you are going up and down all the time, you're spending thousands of dollars and not getting any results, go and watch that.

It's an amazing training, put all my heart and soul into it. And I know so many people have messaged me saying, "oh my God, everything makes so much more sense now". And they feel hopeful and inspired for the first time in a long time. So that is [CFShealth.com/4 step](https://CFShealth.com/4step). You can go to our website as well, and you'll see all the free trainings there.

The second thing that I would recommend in terms of free trainings is our "baseline training". If you're pushing and crashing all the time and you are not getting any consistency, you need to get your baseline sorted. So I've created a free training for you there as well. CFShealth.com/baseline. And if you want proper help and you want to be in a likeminded community who have got accountability, who are getting coaching every week, where you can ask for questions to all our coaches, including everyone in our team, have a whole program, 25 hours worth of coaching videos, we cover everything. And in a very deep way, we had a, we had a gentleman join literally two weeks ago and he was on our Kickstarter call where we helped them prioritize what they need to focus on inside the program right now. And I said how are you finding the program?

And he wrote back in the chat box on zoom. He's like, "honestly, it's way better than I expected. It's so much more in depth than I was expecting". And that just goes to show

the kind of content that we have in there. What you see on YouTube, what you see on our podcast, what you see on our Instagram is literally 1% of what you get in the program, because we can only provide you information.

You know, we're not working with you. So if you want us to work with you and actually help you every step of the way, we need to get to know you- we need to know your goals, we need to know exactly where you're at. And we can get more information and data to help you figure out exactly what you need to do right now, and then what you can do step by step as you start to get better, and as you start to progress and move forwards, because a new level requires different changes and a different approach.

So go and apply for our online recovery program, if you are interested in getting proper help, and you want to have accountability, you want to get coached, and you just basically want to improve your health and life and have a plan and fast track it. Because, you know, it's doable on your own, but it's just bloody tough and it's, you know, it's hard. What you're going through is hard enough. So to be supported and encouraged, and then guided in the right direction, from people who, who totally understand you is pretty amazing.

So you can go and apply for the program there- again, it's application-based. So make sure you fill it out properly. Tell us your goals, tell us where you're at and exactly what you need help with. And we'll reach out to you. We'll send you an information back on how our program works and from there we can get the enrollment process started. So again, thanks so much for listening, hope you, found value. If you find this really helpful as well, it's always really, really useful. The more people that like it and comment and share on it, the more people we'll be able to help and reach as well. That is our goal. All, all the best for now. Have a great day. We'll speak to you soon. Bye.