

The Value of Stalling

Yes Virginia, there are a lot of reasons why stalls are good for you.

And for what it's worth, I don't believe that stalls = maintenance. Not exactly. What I believe is that stalls **before** reaching a healthy weight (which is primarily determined by a BODYFAT percentage in the mid-to-low 20's or below for most women) are exactly where you are going to stay unless/until you make some changes.

And here's the really hard part for most of us to swallow. If you make TEMPORARY changes that result in you getting yourself to goal, then quickly (or slowly) revert back to the diet where you were stalled overweight before, your body will eventually return back to the higher weight or higher.

If you want to make the changes that are almost 100% guaranteed to work, switch to simpler, healthier lowcarb (sometimes called KISS) lowcarb. Along with regular exercise—both aerobic and strength training—everybody who has ever been stalled has started doing that religiously now, **right??** <grin>

If those changes don't get you all the way, then it is my opinion that you've hit a "yeast wall" and until you make the anti-yeast changes, you're gonna stay stuck. And my long-term observation is that this is not a place that most people are willing to settle for and stay stuck. They'll EVENTUALLY get frustrated and change because of that. Sometimes it takes just a few weeks, other times it can take several years. WHICH WAY they change will determine the results.

Now there is nothing WRONG with being stuck. In fact, I think that spending some time being stuck in the place of feeling a lot better on lowcarb and simply not being as heavy as you used to be, can be a VERY valuable place to sit for a while, probably even a necessary place. A place where you have to examine hard what you really want from all these changes, and what you are REALLY willing to do to get what you want. Lord knows I sat there for 21 months (at weight 165) myself. Anybody wanna beat THAT stall?

But my long-term observation is that eventually people in this situation come to find that it is NOT gratifying at all to be eating different from the rest of the world and not getting any more "payoff" for their trouble. **TROUBLE?** Wait, didn't you once feel, probably even announce publicly, that lowcarb was your own personal miracle, a heady dream—"I could eat this way FOREVER, even if I never lost another pound!!!!!"?? (I sure did.)

This can be when your feelings toward lowcarb start changing *big-time*. It's where people often do a 180-degree-turn from loving to HATING this way of eating. This brings you to the place of needing to examine WHY you loved lowcarb and when you get right down to it, it was because it allowed you to NOT change as much as you (and your body) needed you to. Lowcarb still allowed for some methadone in your life. [For *most* people, that is cheese, cream, AS, mayonnaise, nuts (especially peanuts and

cashews), alcohol, grains and other lowcarb crap.] It's because lowcarb still allows for some recreational drug use if you are a food addict.

But sooner or later, when you're walking around the world in a plus size, it doesn't feel a whole lot different from any other heavier size. We are simply not as fat as we used to be, big whoop as my teenagers would say. You still feel like—and are perceived to most others as—a FAT person. That this is not FAIR has nothing to do with it. That a few lowcarbers don't seem to have the physical/emotional addiction issues with foods and can get all the way to goal without addressing this stuff is also irrelevant.

In my observation, this is the critical do-or-die place—the point where so many lowcarbers end up throwing in the towel and giving up. They throw the baby out with the bathwater. But that's not the only way to read the signals. In fact, it's a terrible way. We already KNOW what the consequences of that decision are. And doing it IS deciding it.

The other choice is scary—it's where the BIG changes happen. But the few people who decide instead to clamp down on their eating almost always find that the fear of changing was about 100 times worse than the actual change. There can be freedom in ditching the drugs. A freedom that feels surprisingly (sometimes unnervingly) wonderful.

So you can go back to the way it was (along with all the feelings of self-loathing and failure that come with that decision), or you can change your actions (your eating choices) and just wait and see how it feels and deal with that.

So over and over I say lead with the diet—but *it has to be the right diet for where you and your body are in the process.*

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