

THE MODEL HEALTH SHOW

The Model Health Show with Shawn Stevenson Session #82

Show notes at: <http://www.theshawnstevensonmodel.com/82>

Announcer: This podcast of The Model Health Show is presented to you by Shawn Stevenson with Rare Gem Productions. For more information visit theshawnstevensonmodel.com.

Shawn Stevenson: Welcome to The Model Health Show, this is fitness and nutrition expert, Shawn Stevenson, here with my amazing and beautiful cohost and producer, Jade Harrell. What's up Jade?

Jade: What's up Shawn?

Shawn: How are you doing today?

Jade: I'm going to pull this from a letter we received, I am fanterrific!

Shawn: Fanterrific! Loves it!

Jade: I do to because I am fantastic and terrific today.

Shawn: Oh my, blended together.

Jade: Goes the dynamite.

Shawn: Awesome. Everybody, thank you so much for tuning in to the show.

Jade: Yeah, welcome back.

Shawn: We've got a powerhouse show today, POWER-house show.

Jade: Power.

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Shawn: Today we've got an incredible guest on and we're going to be talking about body image and this inner game, our inner dialogue, because this is the actual root of us being healthy and happy, what's going on in our inner world.

Jade: Sure.

Shawn: A lot of times we get so fixated on the stuff that's going on outside of us and not understanding that the driving force is you staying congruent with who you see yourself as. I often tell people that the number one driving force in the human being is staying congruent with your identity, who you think you are internally.

You will find creative ways to either sabotage or fulfill those beliefs about yourself. This is why we've got to get in and look at that inner game and dialogue and make the changes necessary so that you can be free.

What I've often seen is that we can actually get into a place where we are so healthy that we're unhealthy, you know what I'm saying? So we are going to talk about that today. We've got an incredible guest on who we will bring on in just a moment.

But first let's give a shout out to our show sponsor, onnit.com.

Jade: So Onnit!

Shawn: Head over to onnit.com/model for 10% off all of your health and human performance supplements. They've got the Hemp FORCE protein.

Jade: The good stuff.

Shawn: That's the good stuff, as you are squeezing something in the air, I don't know what you're...

Jade: I'm squeezing something, whatever it is that's good stuff. Two hands worth!

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Shawn: It's incredible. First of all, it tastes amazing and you want to do something that is pleasurable. But the real deal is it's made from organic ingredients, earth-grown nutrients. Hemp protein is the most bioavailable protein source for the human body. And, it is the highest source of edestin and albumin, two soft globular proteins. Globular is a little funny weird word but it basically means that they are very digestible and easily assimilated.

Jade: And I like your globular hand motion.

Shawn: Ah, so we are both doing hand motions. I'm kind of curving something in right here. You're squeezing. I don't know what's happening here today.

Jade: We've got globular and good stuff going on right here.

Shawn: They are very, very digestible and assimilated by the human body. It is just a wonderful source of bioavailable protein that you need to be on. Get off of the fake stuff. Get off of the gas and blast, no whey! I'm not going to say any names but there is no "whey" that we want to be on that stuff. We want to get onto the good stuff so head on over there and check them out and get yourself some hemp protein with Hemp FORCE and also check out the SHROOM Tech.

I am a huge fan of the SHROOM Tech. It is my pre-workout supplement all of the time.

Jade: That's right.

Shawn: Loves it! It gets you that extra edge without spiking you out. I know a lot of people know that taking some of those pre workouts will make you flip out a little bit. This is a natural energy. It is derived from cordyceps mushrooms, which have thousands of years of documented history.

Jade: And it supports you gracefully.

Shawn: Exactly.

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Jade: It brings you up and lets you release it all with a nice smooth motion.

Shawn: Exactly, it's an adaptogen. That's what it is.

Jade: That would have been the word I described in so many ways.

Shawn: Cordyceps helps the oxygenation of your blood. It helps to increase your insulin sensitivity. It blocks insulin resistance in studies. It also improves your stamina, your libido. Anything that improves your libido can be termed sexual transmutation. This is a chapter in Think and Grow Rich.

With sexual transmutation you can take that energy and put it into something else. You can put that energy into your workout. Powerful thinking, right?

Jade: It is!

Shawn: So head on over there and check them out, the SHROOM Tech, Hemp FORCE and so many other incredible things, onnit.com/model.

Now let's go ahead and get into the iTunes review of the week.

Jade: Let's see what we have this week. We are fortunate to see another five-star rating. David Carlos says,

"Best podcast ever. For the first time in my life I am interested in my own health because The Model Health Show helps me understand it. My health consciousness clicked on like a light switch thanks to these golden analogies you guys include in your explanations. It all makes so much sense and it makes me excited to become the better version of myself. Trying to catch up with every episode of the show has caused me to drop all other podcasts but it's okay because if we don't have our health nothing else is enjoyable. Thanks for what you do."

Shawn: That's so awesome. Thank you so much for sharing that. I appreciate being the exclusive information that you're bringing in for a time period, just immersing yourself. I'm a huge fan of immersion because I really feel that is

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probably the catalyst that helped to create who I am today, just getting yourself fully immersed in the things you want to be.

The information, the energy, the characters of the people that you are learning from and immersing yourself in that does, in fact, change who you are. Neurons that fire together wire together. It really changes your brain.

Jade: You give yourself a better chance to succeed.

Shawn: That's why podcasting is so powerful. Everyone, thank you so much for leaving those reviews on iTunes because it helps to get the show out to more people and I truly do appreciate that.

Jade: And let us know how you are using it in your life. I love how specific you are getting so we know how we are reaching.

Shawn: Now let's go ahead and get into our amazing show and our amazing guest. Our guest today is Madeline Moon. She is a holistic health coach specializing in nutrition, fitness, and body image. She has spent the last several years training for fitness competitions and modeling photo shoots only to come to the conclusion that real satisfaction and self worth is found in a completely different place.

Her mission is to shed light on how unique and perfect every individual is and how they can come to realize the true potential already existing within them. Madeline is the creator of the website <http://www.MindBodyMusings.com> and the host of the [Mind Body Musing podcast](#) which I'm a fan of. I've been on that show and rocked it out. It was an awesome show.

She is a graduate of the University of Texas at Austin and the Institute for Integrative Nutrition. She's just an all-around awesome person. I really love her personality and her wisdom. It's incredible. Everybody is going to learn from that today. I would like to welcome to The Model Health Show Madeline Moon.

How are you doing today Maddy?

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Madeline Moon: I'm so good. Thank you guys for having me on the show. This is awesome.

Shawn: It's my pleasure! You are one of my favorite people out there. No kidding, I really do appreciate and respect what you're doing. You are really doing something that is against the paradigm with the normal fitness industry.

Let's go ahead and let everybody know about your story a little bit and how you got started and how this kind of shift happened to where you were actually truly more focused on health and happiness today.

Maddy: My story is not that unlike many other women who have gone through this kind of thing. When I was in high school I started getting really interested in the vegan and vegetarian lifestyle because I had a really good friend that was very, very committed to a vegan lifestyle and I wanted to give it a shot.

I started doing that and it was amazing and I felt like I was living with a purpose. That was great and unique and I was different and everyone asked me questions about my diet, how I did it. I just kind of felt like I was a part of this really cool club.

Then, eventually, I started to use it as a weight-loss mechanism. I started to think that as long as I was not eating meat then I would be losing weight and would get smaller. People started saying, "Wow, you look smaller. You look like you've lost weight. Good job."

It's not like I really needed to lose any weight to begin with, but these kind of comments really started to stick with me. I started thinking, "well, I am losing weight. This is kind of cool."

Then I started a really strange kind of food fear with meat. I just wanted to avoid meat at all costs. If I got a salad and it came with meat and I didn't know about it I just wouldn't eat and I would just sit there and stare at it and everyone would be like, come on, it's on your plate. But I was so terrified of it.

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Then, after about a year of doing this I started getting really, really invested into body building and workouts and hitting the gym two times a day and getting really, really intensely focused on changing my physique.

Once I started researching it more I realized I wasn't eating enough protein and really needed to be eating some meat. So then I put down my tempe and picked up my chicken and it was all very dry, lean chicken with absolutely no fat.

I signed up for my first bodybuilding competition which, at the time, was a lot of good things and a lot of bad things. I will never say it was just a terrible decision. I am so glad it happened because it brought me where I am today. But, this bodybuilding show really opened up my eyes to what the fitness industry is telling people.

I was buying into this idea that to be fit you have to look like this because this is what the magazines say and this is what fitness looks like. It looks like abs. It looks like having no social life, eating out of Tupperware, using no salt on your food. It looks like that.

That's what we are taught so I bought into it and became very, very, very dedicated and missed out on most of my 21st birthday and all that stuff. That whole year was spent being extremely driven and focused on this bodybuilding show.

Then I ended up losing about 15 pounds. To begin with, I didn't really have all that much to lose so I became extremely underweight. I eventually had lost my period and all of my brainpower because I couldn't eat any fat or anything like that. No, no, no, NO fat.

I actually stuck with the plan I had for the entire 18-week prep. For that prep I was on one meal for 18 weeks. When I say one meal plan I literally mean I had seven foods to choose from. Actually I couldn't even choose because they were meal one, meal two, meal three, meal four, meal five, and meal six. I had those same meals every day for 18 weeks.

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I think I went to a restaurant once and I ate chicken and broccoli and it was the most awful experience ever because I had to tell them to make sure it didn't have salt on it, make sure it was not cooked in oil. I was so, so, so terrified. I was thinking about that date weeks in advance because I was so worried about having to go to a restaurant.

As we can see, all of this food fear started to really build up inside of me and I was becoming my body. I forgot that I was not my body but to me I was my body. It was who I am. I am this girl who leaned out and lost weight and looked a certain way and got on a stage in a tiny swimsuit.

This went on for a couple of years. Eventually, after my second show, I had an ah ha moment where I knew this wasn't the life I wanted to live anymore. I didn't want to be so obsessed with exercise and food that I couldn't even spend time with the people around me that wanted to get to know me.

Even if I was with them my mind was elsewhere and I was becoming very, very, very hard and torturous in my head. I was dying to love my body the way my family loves their bodies and my friends loved their bodies.

I started out on this journey and literally moved states. I got away from the environment I had put myself in. I got a dog and just wanted to start over. Not that that's the key to changing how you think on the inside because, of course, it really starts from the inside. But for me, those two steps helped me to launch off.

From there I just started listening to a lot of my favorite people and podcasts and doing a lot of forcing myself to try new foods and to not workout and to take breaks and to love myself and to forgive myself and give myself permission to feel my feelings.

It's been a year since I lived in Colorado. This entire year I have made it my only purpose for the year to begin to love myself and love the food I eat and forgive myself for the years of mind and body destruction that I put myself through and to really just thrive in who I am.

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I can confidently say to this day that I have put all of those things to action. I've really worked, and I feel amazing. It's just incredible what I've gone through but that's where I am today.

Shawn: Wow, I know that a lot of people resonated with that, I know. Of course, I've seen the pictures. It wasn't just that she did something, she did it well. She was the person that was on stage and that exact figure that a lot of people would strive for. I've seen the magazines and all the marketing.

But in reality you probably still weren't happy with yourself, were you?

Maddy: Honestly, what I can really, truly say is that in those pictures that you see of me, if you Google my name, all of these pictures of photo shoots and ads and stuff come up. In every single one of those pictures that will pop up you are looking at the most anxious, depressed, bloated, gassy, miserable, angry person I've ever been.

To the outsider you will see those pictures and be like, "wow, she has it all together. I wish I had that willpower. I wish I could eat chicken and broccoli all day long and be able to give up my social gatherings and all of these things to look like that."

I think no, no, no. I was so, so sad and so insecure in who I had become. It's mostly because I couldn't love who I had become because I had put it into my body and my body was never good enough.

Shawn: I really want to acknowledge you for having the courage to talk about this. More so, I want to acknowledge you for having the original courage to decide that is not who you want to be and following through on that.

Of course it's an evolving process and I know that nobody's perfect and you're not perfect right now. It's not about that. You've got some interesting information or concepts about this whole idea of perfection. So let's actually talk a little bit about that.

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Maddy: Oh yea, perfection. It's so subjective. One of the biggest things that I want everyone to understand is that perfection is one of the most subjective things in the world. When you're striving for perfection yourself you are never truly going to be there because you are chasing an ideal that's constantly changing and it's up to other people.

For example, when I was doing these competitions I was trying to chase this idea of perfection so that a group of about five people who I would never meet, never get to know, could judge me next to a group of ten other girls. I was waiting for this moment. I was spending 18 weeks waiting for this moment to be judged. I wanted to be judged so bad because if it went well then there I go, I get satisfaction and I would be able to finally love myself, or so I thought.

And if it went bad, well, for some strange reason a lot of us really thrive on having something to nitpick about ourselves. We kind of want to know what's wrong with us. We want to invest time in working on something that's wrong with us because it gives us a sense of false control and comfort. This idea that we control our bodies and control what other people think about us by trying to be perfect is so false but for some reason it does give us a sense of comfort because it's something we can control.

That is a great feeling knowing that maybe I can't control what happens in my life and who stays with me and who leaves but I can control how I look. So this idea of perfection and constantly chasing after perfection is so misleading because you are looking at other examples of perfection, say like magazine covers of fitness models and even Instagram.

This is a topic I love to talk about. You go on Instagram and type in #strongnotskinny and all of these pictures pop up of strong girls who are not skinny and who are very happy with their bodies which is awesome. But you are looking at these pictures and you just ate a big meal and you're full and tired and grumpy because you ate a meal that made you feel bad and now you feel guilt and shame and you purposely extend the torture by going over and looking at other people who are perfect. You see the pictures and what do you do immediately?

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You are sad because you think these people have something you don't have. In your head it is self control or willpower or something, but that's not it at all. You get a teeny tiny little glimpse of someone's life or someone's body and then you think you know what they are going through but you have no clue.

Some of these people are going through eating disorders. Some of these people are going through breakups. All they can do right now is control their body just like I did. When everything else is going out of control that is something that is comforting them because that's the one thing they can control and it is making them feel amazing so they want to put those highlight reels on Instagram for everyone to see and to get Likes and it makes them feel even better. Then all of the sudden they are feeling more assured they are doing what they should be doing and that's separating their mind/body connection ultimately.

Shawn: Wow. I love the fact that you just said a highlight reel. That's what we are really doing. We live in this world where often times you are seeing the best of someone's life. It loses a lot of the humanity and all of the different things that are going on in people's lives.

Often times when somebody is sharing some of the other stuff, some of the struggles or deep stuff like this, a lot of times people don't want to hear that. They want you to keep that off of their newsfeed. They just want to see the highlight reel.

There is a thin line between something healthy to motivate us and strive for to create a new idea of what's possible. That's the best thing, to create an idea of what's possible versus true deep-rooted comparison.

I have often talked about my mother-in-law on the show, she is my greatest teacher. She said something that just really shifted my paradigm. She said when you compare yourself you silence what created you.

You are a unique phenomenon and we've really gotten into this life where we are constantly measuring ourselves up against something that we are not and can't possibly be. Of course we can strive to be better versions of ourselves. But more so, what I want to make a distinction about because you are dropping some

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knowledge bombs already with some crazy insights, is that there is a way to go about this that is healthy, that is rooted in a respect for yourself.

Some of the things we talk about on the show about avoiding processed, chemical-laced, homogenized, pasteurized, pesticide, all that stuff is knowledge of self and self preservation. This is for the ability for you to be a healthy, sovereign human being. This is not for the notion of creating more fear about it.

Another thing I learned from her is that you are only going to be motivated by one or two things, fear or love. If fear is the motivation it will often times end badly if you don't get out of that fear. By the way, it can be the initial thing and can transition to love. But if fear is the motivation it is very, very difficult to have that turn out in a positive way.

I just want to take a second and say that and want to go back really quickly because you said seven foods. You ate the same seven foods all that time. That is Bananas 'N Pajamas! That is the furthest thing...we are designed to have a wide variety of micronutrients, macronutrients, so many things that keep you that healthy sovereign individual but when we get into this comparison model and allow ourselves to do something so unnatural it can be incredibly damaging to you.

Jade: The image for me is putting your body in bondage, putting your body in a nutrient straight jacket in that you are limited to just that space.

Shawn: You're not Houdini. You can't get out of that straight jacket. Maybe you can. So let's talk a little bit about that fear and how disorder eating has roots in that fear. Do you have any insights there for us?

Maddy: Oh yes, so much! When it comes to fear, a lot of people are so scared of things that they don't even really realize whether it was something that happened to them when they were a child or something that's happened to them more recently. When everything in life is going out of control they use their diet as a way to give that false sense of comfort like I've already said.

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When you have, for example, a meal plan and what I had was a meal plan that I actually had on a paper printed out that listed the seven foods I was allowed to eat. I was taught that those were good foods. They were good foods. Everything else was bad food.

When you start to label foods as good and bad, and this is crazy, you said there are certain foods you probably should avoid to better yourself, that's a true root and that's where it comes so handy for understanding your body more and truly thriving; but, when really impressionable people read articles and say, "this is bad", for example rice is bad. In their head they are scared because what happens if they have this rice?

First of all, maybe they won't be included in this group. Maybe they so badly want to be in the no-rice group because that's where their friends are and they are looking on the outside and so want to be in wearing, I heard someone say, the nutritional badge. I thought that was interesting to have badges where everyone says, I'm gluten free or this free, meat free, everything.

People want to be in there and they are so scared that if they have that food, even though their body is dying for it, they will not be able to be accepted in that club anymore so they create a fear there. Then they get this amazing body by cutting out all of the "bad foods" and then they are so scared that if they have it one time they will either a) lose control, or b) lose that body they have been working so hard for.

That is really, really where disordered eating and something like bulimia comes in to play. When you are scared of the food and scared that you will lose control and you finally have that food you are scared of, what do you think happens? You lose control. That's exactly what happens every time because you don't know when you are going to get that food again.

Most people aren't even conscious of this, this is just our primal instinct. If you keep telling your body, tomorrow we're starting a diet, tomorrow we're not eating any carbs, tomorrow we're not eating this food that's bad; you say, well tonight I can have it. You are naturally going to want to eat all of it. And that's

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where you lose total control because you feel like you have to eat it now and you have to eat so much and stuff yourself because you will never have it again.

Then, maybe even the next day you do end up eating it again and then you do the same exact thing. This is how people gain weight. It's just so confusing because they think of it as dieting. That's when you realize you really do have a food fear with something in particular because you are scared of not having it again. You are scared of losing control, you are scared of losing someone in your life or that body you put all of your hope into.

Shawn: This goes really right down to, again, our basic human programming. Let me break this down for everybody. There is so much value here. Again, you are speaking so many peoples' language right now. Jade has just been over here nodding her head, putting on the fist pumps. She is definitely resonating with this.

This boils down to something very important that I want people to walk away with. Our basic human programming is that we are really wired up to consciously avoid restriction. We don't like to be restricted as a sovereign entity. No animal does. By the way, we are animals, we're just very, very evolved animals. We have a lot of the same basic programming.

On a recent episode we talked about having three different brains that evolve on top of each other, the amygdala (only concerned about survival), the limbic brain (concerned about the four F's, fighting, fleeing, feeding, and...

Jade: Friendliness.

Shawn: ... procreation). And then the more evolved prefrontal cortex. All of these parts of your brain work in symbiosis to help you avoid restriction/deprivation. We are trying to get away from it. We do not like deprivation. The whole concept of a diet, as soon as you hear that word you think deprivation, restriction, I can't have.

Jade: The long-green mile.

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Shawn: You are putting yourself in bondage and immediately you are going to be fighting intrinsically. We are talking about your evolution that is going to be fighting against that. Once you tell a kid, "you can't have something," or "don't do that," they are going to do it. They want to do it more, just wait until you aren't around.

We're just big babies. When you try to deprive a human being we are going to subconsciously find ways to avoid having that deprivation be a part of our life. Does that make sense?

Maddy: It makes so much sense, totally. I am right there with you. But, even if you tell yourself not to have something you might not have it, you might be able to avoid it. But what are you going to be thinking about all day long and wanting to talk about and dying to have? You are going to want to have that same thing.

So even if you are not physically putting that into your body your relationship with your mind is going to be disordered.

Shawn: Oh my goodness, so true. Within yourself. So let's talk a little bit about our own self. I have said the word sovereign many times. So let's talk about this inner dialogue, the person that we are, the uniqueness that we are and how basically there is nobody identical to us. Let's talk a little bit about that and about how we are really the only one with our unique genetic blueprint.

Everybody is a unique phenomenon. Let's talk a little bit about that and how we can get out of comparing ourselves.

Maddy: This is a subject that honestly breaks my heart because so many people are looking at other people and imagining the whole perfection thing and thinking, "If only I could look like her, mold myself to be her."

You don't even realize she has just as many problems as you do, if not more. We're so entirely unique and I'm so passionate about telling every woman I meet, even through my podcasts, that we have such a unique strand of genes. Who we are, there's no one like you whatsoever, no one in this entire world is like you. You are so unique. You were put on this earth for a purpose and if you

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are so distracted by food and by your body and by perfection then you are not going to live out that purpose.

One thing that really helped me pull out of my crazy disordered eating and food fears is that when I am 85 years old I am going to be alone because I could never hold a relationship because I was so obsessed with being someone else. When I want to look back what are my thoughts going to be? Are my thoughts going to be "man, I wish I had made my disordered eating more of a serious thing in my life."

Then, when I die, what will people say? Are they going to say, "wow, Madeline was really good at eating clean," or "she was really good at being gluten free, I really admire her for being gluten free."

What are they going to say because at that point in my life I was wondering. I really, truly was. I was thinking, what are people going to say because I would spend so much time working on my body and so much time planning my diets and writing out my diets, pinging other people online about what kind of diet I should be following.

There were times that I probably had three different diet experts. I would tell them my current diet and I'm not losing as much weight as I want to be losing. What should I be doing?

At the same time I was logging my food in on My Fitness Pal and checking all of my macros and contemplating going low carb the next day. All of this stuff was happening at once and what I was really starting to realize was the biggest problem I was having was not having any kind of self trust. I had lost all of my self trust because I was giving it to everyone else. I was leaving it to society to tell me what it means to be beautiful.

I was giving it to judges to say how good my body ranked. I was giving my trust to diet coaches to write me meal plans. Everyone else had a stronger opinion on who I am and what my worth is than I did myself. I had absolutely no say. I started to realize I have no say in my life. I had no self trust. If tomorrow I didn't have my diet or meal plan, I don't know what I would do.

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There are two things to developing self trust. First of all, start to minimize the amount of opportunities you have to compare yourself. Stop scrolling all around social media sites. Stop going on Instagram all the time. Right now, go to your Instagram and unfollow all of the accounts that really make you wish you were someone else. Just minimize all of those opportunities.

Second of all, it's really about challenging social norms and deciding for yourself what it means to be beautiful. If we keep giving everyone else the opportunity to tell us what it means to be beautiful we will never have the chance to develop it ourselves. And if you never really truly have your own belief there is no hope for you of ever saying, "you are beautiful" because if you keep saying that's beautiful, I'm not beautiful, then you are never going to be able to believe that who you are is truly the greatest thing on earth.

You are so unique and so amazing so you need to start challenging what it means to be beautiful and what it means to be successful, what a well-rounded, amazing rich life looks like. What does it look like to you? Decide that. Stop letting everyone else decide that for you and really invest some time into thinking what you truly want to believe on your inside and your outside, who you want to be, because it's already inside of you.

Shawn: Wow.

Jade: Yes!

Shawn: Those are some great strategies.

Jade: Yes, yes. Decide for yourself what it means. Not only make your own beliefs but, so to speak, make your own movie. Make your own internal movie. Use your own lens.

Shawn: I like that. Something to piggyback off of that as well is, going back to the whole paradigm of disordered eating, again it's based on this idea of avoiding this stuff tomorrow so let me binge today, on the stuff I really should be

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avoiding. You've got to switch the perspective to get yourself out of that bondage.

You said an important word about forgiveness. There are many individuals listening now who have funky relationships with food. That's not everybody. Some of us kind of have this stuff dialed in and we are just focused in on being healthy and happy. But many of us are looking at things as right or wrong, good or bad, very, very dogmatic which can put you into a very scary place.

To shift the meter a little bit, what we need to do is something that is simple. But I'm not saying it's easy. What we need to do is completely shift our attention off of the things that we are trying to avoid and shift over onto things that we love.

We get into the abundance plan. It's a whole different consciousness. The stuff that we need to avoid, even having that in our awareness that it's bad for us or you shouldn't do this, is going to make some of the very primitive parts of you feel driven to taking part in that. What that leads to is the guilt, the shame, the worry, and the regret.

Jade: All that negative energy will attract more.

Shawn: Yeah. So shifting your attention over to all of the things that you love, all of the abundance, all of the incredible foods that you get to eat, all of the stuff you have access to and freeing your mind. Open yourself up and understand there are 20,000 different foods that you have access to right now. I'm not talking about the thousands more that are more exotic and rare that we can't get our hands on in our so-called civilized society.

What we tend to eat is the same (she said seven foods but you up that just a little bit) 12 foods, just different versions of the same stuff. Wheat, corn (is in everything), soy (is in everything), chicken (50,000 different ways), and then maybe throw some oranges in there.

If you go down to the regular store shelves there is one small section of produce and then the rest of the store is processed food made of the same stuff. What we get to do is open ourselves up and shift over to the Love Plan.

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Just focus on all of the stuff that you love that you get to eat.

Jade: And your body does too.

Shawn: And making those things in different ways that you get to enjoy different treats and things that are sweet and salty and different flavor sensations that you are actually required to have. When they surveyed an indigenous tribe and actually asked them what their favorite food was you would think they would eat stuff that was healthier. They are more robust, more genetically aligned with their blueprint. But they would say honey. "We love honey."

The thing is they can't access it that often. If they do they probably have to battle it out with bees. But still, it's a driving force of humans to find sweet things. So telling yourself to not eat something sweet is setting you up for failure.

On the other side, salt. That was another thing. The reason Maddy was avoiding the salt is because of the fluid retention, it can dry you out and make you basically thin skinned. So you get rid of the fluid retention but, if you put a salt lick out the animals go right for it. They are driven for it because salt helps create the proper electrolyte balance in your body for your health, for your nervous system function, for your hormone function, for your brain function.

If you deprive yourself of these things you are setting yourself up for failure. Now there is a difference in getting a high quality salt and then whatever, processed Hungry Man Dinner. That's a different kind of thing. But even telling yourself that the Hungry Man Dinner is bad will make you subconsciously say, "but I can go ahead and have a little."

Jade: Sure, sure. But I like the terms you put it in, is this something that's worthy of my body? Is this something that is going to be compatible with my body. That definitely was a paradigm shift.

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Shawn: So Maddy, all of this stuff we're talking about here today, you have seen a need for this in the public. You are out there and you've got an amazing show. A lot of people are following you and they are probably initially turned on and tuned in to you because they see you are very beautiful, you are fit. But then you quickly shift over and see that the person you see in those pictures was not happy, not anywhere close to it. You just described all of the negative side effects of that.

But now you've created a strategy and program for women, in particular, I believe. Just tell us a little bit about that.

Maddy: Thank you so much. The program is called [Four Weeks to Body Freedom](#). I got that name because a few of the things I am most passionate about is helping people find food freedom and body respect. You cannot have food freedom until you have body respect. They are so closely tied together that the way you feel about your body will show in how you eat. It all comes down to that.

This four-week program starts January 19. The program is really meant for people that really resonate with this podcast as a whole. Everything I've told you about how I got out of my own disordered eating stuff, it was a very, very, very long process and I couldn't have done it without learning a lot of things along the way.

I've been getting a lot of people contacting me trying to get some help with what they are going through with their own disordered eating and their food fears and all of this stuff because it is hard to talk about. Luckily, it's one of my favorite things to talk about.

I really decided to put aside some time on January 19 to make this program happen so I'm really looking for anyone who is really resonating with this and really ready and committed and ready to start loving their body and to start seeing food differently and to be able to make choices around food that aren't time consuming, anxious, and fearful. Instead, it's coming from a loving matter in a loving way that really makes you respect your mind/body relationship.

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You can go ahead and sign up, I'm sure there will be a link to this on the show notes, but I would love to have everyone that is really interested in this kind of program join me because it's going to be exceptional and I am so excited.

Shawn: Awesome. I'm excited for the people that are going to be a part of this because this is needed today. Even a lot of the guys that are listening, surprisingly, again, there are a lot of guys that I have had the opportunity to work with over the years that have had disordered eating and these different labels that they have been driven to.

But also, I want the guys out there to understand that you have no idea about how many women are dealing with this stuff on a daily basis. You would just think somebody "normal" (even normal is not an appropriate word to use) is not thinking about food in this context but they are. It's a very big trigger and a very big fear for a lot of women, in particular. But there are also a lot of guys too.

This is something we all need to get an education on so that we can be more loving and open and compassionate to be able to hear this stuff to help other people work through it. We've gotten into a society where we have really propped up (young girls are especially marketed to) that they need to be a certain way or else there is something wrong with them.

We've got to change this at a ground-floor level of loving and appreciating yourself. It's needed, it's a necessity. Instead of being something that is actually packaged up in a way of being a sinful idea. We worry about vanity. There is a difference between the overflowing ego that says, "I'm Kanye West and I've got my face on my t-shirt, I'm the best, you guys suck," and a healthy self love and admiration because you are a unique phenomenon of all of the universe.

You are something very, very special and you've got gifts, talents, capacities that we all need. You were put here for this purpose to give those gifts. That's why you are here. If you are holding back and in this weird selfish thing that we get into by worrying about things like how we are matching up to everybody else instead of just focusing on giving your gift, that's when we get into all of these problems we are talking about.

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We will put up a page for it at theshawnstevensonmodel.com/bodyfreedom. Of course we will put it in the show notes for easy access as well. I'm excited for people to sign up with this because it's needed today. I really do appreciate you, Maddy, I mean, I can't even tell you how remarkable it is to see you doing what you are doing. It's so courageous so thank you.

Maddy: Thank you so much guys! I really appreciate that.

Shawn: By the way, we were talking about the sugar and salt and all of those different things that we have a natural drive towards, it's because these things are good. It's just understanding we need to have healthy access to all of life's pleasures and understanding the distinction between something that's chemically made to make me feel a certain way versus something that's created by life.

Finding interesting ways of packaging those things so those flavor sensations can be enjoyed, the way they feel, without having the food hangover is what we are all about here on the show.

Jade: Or, as Maddy would say, without having the food hang-ups.

Shawn: I loves it!

Jade: Yeah.

Shawn: No more judging. You don't have to stand in front of any judges anymore. Right now it's time to tune in to yourself and really cultivate a healthy attitude and gratitude for yourself and all that you are and all that you've been through and appreciate where you are right now and get a healthy, clear vision about where you are going.

We're going to be right here to continue to do this with you. We're coming up on the close of the show so I ask my guests this question and I am really interested to hear your answer, what is the model that you represent for people? What is the example that you are here to set?

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Maddy: The model I want to set is to redefine what it means to be fit and to be healthy and help women to learn how to create their own ideas of fitness and health instead of relying on other people to tell them what it means to really cultivate unconditional body respect and food freedom.

Shawn: I love it. I love it. Yes. Also, can you let everybody know where they can get connected with you online?

Maddy: Of course, you can find me at mindbodymusings.com and I am on Facebook as [Mind Body Musings](#) as well as [Instagram](#) and [Twitter](#). Everything is Mind Body Musings. If you have any questions about the program or anything at all, Mindbodymusings@gmail.com. You can reach out any time. My podcast is also on iTunes where you can find the Mind, Body, Musings podcast. I really hope to connect with everybody.

Shawn: Awesome. And by the way, with her Instagram, there will be no weird comparisons unless you are comparing yourself to cute dogs and eating whole plates of food. Thank you so much, Maddy. I appreciate you so much.

Maddy: Thank you so much, you guys rock.

Shawn: Everybody, head over and check out theshawnstevensonmodel.com/bodyfreedom or just head over to the show notes and if you are interested, if this is something that is compelling to you and is resonating with you, definitely get connected with Maddy in her phenomenal program coming up. This is January 19, 2015 when it will be kicking off.

I'm excited, I'm very, very excited for the people who are going to participate because this is the real level that all of this stuff is really needed to be looked at, getting that inner game together, that healthy self love and compassion and care for yourself. You truly cannot give what you don't have. I appreciate you so much for tuning in to the show. Take care, and we'll talk with you soon.

Shawn: And, make sure for more after the show you head over to theshawnstevensonmodel.com. That's where you can find the show notes and if you've got any questions or comments make sure to let me know. And, please

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head over to iTunes and give us a five-star rating and let everybody know that our show is awesome and you're loving it. And I read all the comments so please leave me a comment there and take care everybody. I promise to keep giving more powerful, empowering, great content to help transform your life. Thanks for tuning in.