

[Chantel:](#) Welcome to the Chantel Ray Way, the inspirational way to lose weight for life through intermittent fasting.

Good afternoon. We're here with another episode of Waist Away: The Chantel Ray Way. We're so excited. I've got Chris [Sykes 00:00:14] here and I have another guest with me, Christy [Marscheider 00:00:17]. Christy, welcome.

[Christy:](#) Thank you.

[Chantel:](#) We're so glad you're here. Christy is one of the people that I interview all the time. I'm constantly like, "What did you eat today? What'd you have for breakfast? What'd you have for lunch? What'd you have for dinner?" I literally, while she's eating, I'm like glaring at her, watching-

[Christy:](#) Watching it.

[Chantel:](#) ... every move I make. We saved some questions that people have asked over the last few weeks. Some of you guys have asked these questions and I know you're kind of like, "Well, why aren't they answering them?" Because we saved them for today because I knew you were going to be here, so don't worry. Even if you send in your question from a couple weeks ago and we don't answer it, it doesn't mean we're not going to. We try to answer every single one, but sometimes it might be delayed.

Let's get right into it.

[Chris:](#) That'll do it.

[Chantel:](#) Chris, so glad to have you as always.

[Chris:](#) Hello, ladies.

[Chantel:](#) Looking at you with the bright red on today.

[Chris:](#) Think I switched it up a little bit. Since y'all left me out the group chat, I didn't [inaudible 00:01:12] with the all black.

[Chantel:](#) Well, you know I'm always going to wear all black, so that's kind of a given.

Okay, so let's chime in, right into the first question. This first question says ... It's from Erica in Virginia Beach. It says, "Help. I have a real problem with eating fast. Sometimes I finish my plate and I look around the table and everyone else still has at least a half of a plate left. Do you have any advice for eating slow?"

[Christy:](#) Okay, so this is a very typical Chantel Ray thing to do because she will sit down and inhale her food, and the rest of us are still just picking up our forks to get started.

[Chantel:](#) Yes.

[Christy:](#) This is a very good question for us. Eating slow. I eat, and in general this is just how I do it. When I'm hungry, I eat. When I'm not hungry, I don't eat. Sometimes [crosstalk 00:02:02]-

[Chantel:](#) We need some kind of [crosstalk 00:02:02]-

[Chris:](#) That sounds so complicated. That's so complicated right there.

[Christy:](#) I mean, it's not that hard, right? I mean, it's like, Chantel, the very first time I met Chantel, she just asked me, she's like-

[Chantel:](#) This is why I love Chris, because he really brings it.

[Chris:](#) That's complicated. You're going to need a pie chart or something for that one right there.

[Christy:](#) Chantel always is asking that, like what is the secret?

[Chantel:](#) Y'all are going to make me pee my pants today.

[Christy:](#) There's absolutely no secret to how I eat. It's just when you're hungry, you eat. When I'm out with my friends, it's a social experience for me, so I'm eating and talking, eating and talking. I'm not really concentrating on the food or how much I've had. It's just my body tells me when I'm not hungry anymore. As far as eating slow, when you're out with friends, you're enjoying the moment. You're enjoying the experience. It's a little different than maybe if you're grabbing a quick lunch at work and you only have five minutes to scarf something down, but in general that's not how I do things.

[Chantel:](#) Do you have any tips for Erica and me, since this is an area that I really ... Everyone who knows me, they know I talk fast, I do everything fast. It's very, very hard for me. I would say the one thing that really does help me is literally to take my timer on my iPhone and go, "Okay, I'm going to eat this. I'm going to take 15 minutes," because I literally can eat in about three minutes.

[Chris:](#) [inaudible 00:03:27].

[Chantel:](#) Almost doubling the amount of time, so literally just saying, "Okay, I'm going to set a timer on my phone," put it in here, and go, "Look, I have to take up a good 12 minutes to be able to eat my food," and boom, I just set the timer on and go, "I've got to really take my time to do this."

[Christy:](#) I mean, I honestly, Chantel, I think that might be a good behavioral way to kind of train yourself to start eating slower; but really if you're enjoying the food and enjoying the experience and enjoying your company, I think naturally you'll just start to eat slower.

You have to savor those moments that you have with your friends and your family. When you have family dinner and you're sitting around, you're talking to Kyle, you're talking to Ryan, you're enjoying that. You're not necessarily thinking about how fast you're shoveling it in. You have to calm down and relax and-

[Chris:](#) But one thing that is-

[Christy:](#) ... and feel the food.

[Chris:](#) ... is she's trying to eat slower to eat less, or she just wants to eat slower?

[Chantel:](#) Well, yeah. I believe 100% if you eat slower, you're-

[Chris:](#) You'll eat less.

[Chantel:](#) ... going to eat less. Period, the end.

[Chris:](#) But, like, I would do the same thing.

[Christy:](#) Yeah. I agree.

[Chris:](#) If she was just trying to eat less, like she's eating fast, just take that little bit of edge off your hunger, you know? Maybe start off by drinking water or having a light ... like a tiny, little snack, like a half a ... not say candy bar, but half a snack or something like that before you go out to lunch so you can take that little bit of edge off so you're not like ... You know if you're starving and you see a pizza in front of you, you eat like four slices real quick; but if you're just semi-hungry, like it's time to eat, it's dinnertime, but I'm not starving, you'll kind of eat it and savor the taste and everything. I would say take a little bit off-

[Chantel:](#) Well, one thing that does help me-

[Chris:](#) ... because I eat fast too.

[Chantel:](#) ... is if I do have an appetizer, like if I order a cup of soup or a side salad or something to have beginning, because then I eat that and then I've got to wait another 10 or 15 minutes, so then I've filled up on that. Then by the time the food comes, I'm not so crazy. Sometimes having an appetizer does help things.

[Christy:](#) You know what, though? Sometimes, and I don't think I've ever mentioned this to you before, but sometimes I'll go out for a late dinner, like 8:00 PM, 8:30 PM, or 9:00 PM, even. I can't wait that long for dinner, so I will before I leave my house have a couple of almonds or something like that, so like a little healthy snack, not a candy bar.

[Chris:](#) Yeah.

[Christy:](#) You know?

[Chris:](#) Depends how you grew up too. If you grew up with like eight brothers and sisters, you're probably used to eating fast.

[Christy:](#) Oh, yeah.

[Chris:](#) You know? Used to battling for your food, so ... but you an only child, right?

[Christy:](#) Do you eat fast?

[Chris:](#) Yeah, I do.

[Christy:](#) Oh, really?

[Chris:](#) Tastes good. [inaudible 00:05:41]. Put a kale salad in front of me, though, I'll take my 15 minutes, though; but put some lemon-pepper wings or something in front of me, then yeah, it's gone.

[Chantel:](#) All right, Chris. Why don't you read the next question?

[Chris:](#) What we got? Jessie in Virginia Beach. He or she needs advice on ... for making food selections when they're at a restaurant. Today they went to a pizza restaurant, ordered a salad. It didn't quite satisfy them and they didn't enjoy their meal at all. "Sometimes I will stare at the menu, debate between pasta and salmon. Is it better to eat a small portion of pasta or a whole salmon? How do you decide what to get when you go out to eat?"

[Chantel:](#) Man, this is such a good question. This is one of my favorite questions because I feel like this is something that I really, really look at. When I'm at a restaurant, I say ... In my book, I talk about the enjoyment scale. I want to make sure that whatever I'm eating, I want it to be a four or a five on the enjoyment scale. Christy, what do you do?

[Christy:](#) I eat ... Again, it's not rocket science. It depends on what I feel that day. I have my favorite restaurant in Virginia Beach. It's an Italian restaurant. Nine times out of 10 when I go there-

[Chantel:](#) Which one is it?

[Christy:](#) Il Giardino down at the oceanfront.

[Chantel:](#) Okay.

[Chris:](#) Uh-oh. Free appetizer.

[Christy:](#) Yeah, right? The focaccia bread.

[Chris:](#) [inaudible 00:06:59] little lasagna dinner or something.

[Chantel:](#) Yes.

[Christy:](#) Well, you know, when I'm feeling like I'm starving and I'm really hungry, then I get a giant bowl of penne pasta with marinara sauce and I throw a ton of cheese on it. I eat a ton of bread. I drink a ton of wine, and then I'm happy.

[Chris:](#) I would be happy too.

[Christy:](#) But every time I go there, though, that's not what I want.

[Chris:](#) Right.

[Christy:](#) Sometimes I want salmon and zucchini noodles, or ... It really depends, again, how busy I've been that day, what I've eaten, if I'm hungry. I just kind of listen to my body and I decide what my meal's going to be.

[Chris:](#) Well, first off-

[Chantel:](#) You don't always get the pasta, do you?

[Christy:](#) Right. Also, you have to remember, I 90% of the time am a really clean, healthy eater, so pasta would be a cheat meal for me if I was to think like that. I'm never going to get a hamburger and fries because that's not the way I eat.

[Chris:](#) Well, first off, the first mistake was going to a pizza restaurant and ordering a salad. Why would you even [crosstalk 00:07:50]-

[Christy:](#) Well, yeah. I think your salad's going to be gross.

[Chris:](#) I've never got why McDonald's has low fat choices. Like, for what? If I'm going to McDonald's, I'm not going there to be healthy, you know what I mean?

[Chantel:](#) Mm-hmm (affirmative).

[Christy:](#) Yeah.

[Chris:](#) You're putting yourself in the wrong restaurant anyway, I guess, if you have trouble making food selections.

[Chantel:](#) Well, here's a perfect example. Today, actually, I did ... We did go to a pizza place today. It's funny that they're asking this question, but we went to a pizza place and I went with a friend of mine. She ordered the salad, and then she ate the salad, and then I didn't ... I had a couple slices of the pizza. I ordered a small pizza, had a couple slices, and had a bunch left over. She said, "Can I have some of your pizza?" because she's like, "I ordered

this salad and it didn't satisfy me." She's like, "I really wanted the pizza. I should've ordered the pizza." Now instead, she now ate the salad, which she didn't want, then she ended up eating my leftover pizza that instead of just eating the two slices of pizza, she now ate pizza and salad because she was never satisfied with the salad that she got.

It's like figure out what you really, really, really want. For you, how on a scale of one to 10 would you say if you really want the pasta, is it like an eight, nine, or 10 that I really want the pasta? Then I'll get the pasta. If not, I'm going to go ahead and get the salad.

[Christy:](#) If I want the pasta at all, I get the pasta. If I feel like, "Oh, it's a pasta day," then I'm getting the pasta, because why wouldn't I? I don't go to Il Giardino every day. It's one of those things again when food is an experience for me, and I'm enjoying every bite of my pasta.

[Chantel:](#) And you're making sure you're hungry-

[Christy:](#) But also-

[Chantel:](#) ... when you're eating.

[Christy:](#) ... I don't necessarily finish the bowl of pasta, and that's something you and I have talked about before. You've seen me at lunch the other day for your birthday lunch. I had a bowl of soup and I barely ate it because I wasn't as hungry as, I guess, everybody else who was finishing it up. Just because you get the pasta, you still listen to your body. If you're getting the hamburger and you're done with the ... You don't stuff yourself just because it's there and it's in front of you.

[Chris:](#) You still got to listen to your goals. You can do that because you eat clean. You're not trying to lose 30 pounds, but if I'm in a position where I'm trying to lose 30 pounds, then you got to think about your goals. You might have to get the salad from the pizza restaurant. You might want the pizza. That's a part of losing 30 pounds.

[Chantel:](#) But-

[Christy:](#) No, no, no. I disagree with that, though.

[Chantel:](#) I disagree with that too. I disagree with that too, because at the end of the day if you want the pizza, the amount of ... As long as you're only eating a small amount of the pizza, by the time you add up the calories in the salad and the chicken and the dressing, it ends up being almost the same amount of calories as the-

[Chris:](#) The calories the same, yeah, but you-

[Christy:](#) But you're not as happy because you just got the salad.

[Chantel:](#) You're not, I mean that-

[Chris:](#) I'm talking about people that ... Say I was trying to lose 30 ... I got a problem. I will eat four, five slices of pizza. The person that's trying to lose 30 just in a short amount of time, it's not a lifetime thing, they might need ... They might can't eat one or two slices of pizza. They can't stop themselves.

[Chantel:](#) But if they know-

[Christy:](#) That's where I disagree with him, though. No, no, no. It is a lifetime thing because you're not ... The idea of going on a diet to lose 30 pounds and then going back to your old eating habits is-

[Chris:](#) Oh, no, no, no, no. Not going back to the old ones, but you got to get ... You gonna have to make a change over your old habits, you know what I mean, if you're used to eating five slices. It's like let's say I was a former alcoholic. I'm gonna have to get off the alcohol completely for a minute, for a while, and then I might be able to control it where I could drink socially with somebody without binging out. Sometimes it depends on your goals. If you're at the end of your goals and you're just trying to lose five pounds, you might be ... If you can control yourself, you know you can eat two slices of pizza and hold yourself down, then I would say get the pizza; but you can't get a salad either if it's not going to satisfy you. You're just gonna be hungry, so you're just gonna leave the restaurant, go get something to eat, you know? So you've got to find something-

[Chantel:](#) Chris is like, "Bottom line is just stay home."

[Chris:](#) You gotta find something in between. Yeah. I mean, yeah-

[Chantel:](#) "Do not even walk in"-

[Christy:](#) "Avoid pizza."

[Chantel:](#) "Don't even walk into the pizzeria."

[Chris:](#) I mean, you might just want to make it in between. They might got a chicken parmesan or something with pasta and it comes with a side salad that will fill you up and you'll be able to control yourself when you eat it, you know what I mean?

[Chantel:](#) Well, okay. Let's just talk about this for a second because it's really important. I just saw a friend of mine that I haven't ... hadn't seen in, I don't know, maybe a good year, okay? I just saw her. We were going to lunch. She literally had gained about 80 pounds in this one-year period-

[Christy:](#) Wow.

[Chantel:](#) ... from the time that I had saw her last. I talked to her and I said, "Well, what are you doing?" She's like, "Oh, I'm real happy. I'm doing the keto diet right now." I'm thinking to myself, well-

[Chris:](#) She's doing it wrong. She's doing it wrong.

[Christy:](#) It's not working.

[Chantel:](#) ... something's not working because clearly you've gained all this weight, but here's what I'm trying to say with that. I agree with you, Christy. You have to make it where whatever you are truly wanting to eat, you have to eat that food. It's never, "I'm gonna deprive myself this. I'm gonna deprive myself that." I'm going to eat that food. I'm going to eat it in small portions. I'm going to eat it slowly and I'm going to eat it until I'm comfortably full. Truthfully, not to be mean, but you shouldn't be eating ... Have you ever eaten more than two slices of pizza in your entire life?

[Christy:](#) When I was pregnant and I gained 50 pounds, yeah, possibly; but in general-

[Chantel:](#) But in general?

[Christy:](#) ... no, no. I mean, no.

[Chantel:](#) Yeah.

[Christy:](#) Not even in Italy with Italian pizza in Rome, I don't think I had more than two slices.

[Chantel:](#) Yeah.

[Christy:](#) I've had an entire pie, though, but it was a small, so-

[Chris:](#) Personal one.

[Christy:](#) Yeah.

[Chantel:](#) Like a personal pizza?

[Christy:](#) Yeah, yeah, yeah.

[Chris:](#) We ain't talking about that one. We got real life problems over here-

[Christy:](#) Yeah, I know, I know.

[Chris:](#) ... eating large pizzas by ourselves.

[Christy:](#) Well, I want to be honest, though. I don't want to-

[Chantel:](#) Yeah, but in general, in general, though, that is kind of the principles in my book that I've noticed of people who have ... who are thin. They don't have an issue with food. They just don't deprive themselves of what they want. If they want it, they eat it, and they eat it in just small portions. Because like I said with her, she was like, "Oh, yeah, I'm

real happy about the keto diet." I'm thinking to myself, "This is what's going on with you." She just kept going on all these diets, then as soon as she'd get off, she was eating twice as much as she was before. In literally over a year, she's now gained 80 pounds from all these crazy diets she's doing.

[Chris:](#) [crosstalk 00:14:09]-

[Chantel:](#) All right. Let's go to the next question. Chris?

[Chris:](#) Andrea in Chesapeake wants to know ... She has a really strange question, but how do you break the chain of not eating when you aren't hungry? Not eating when you aren't hungry? Okay. "Maybe it's five o'clock and everyone in my family's out to eat. I'm not hungry yet, but everyone is eating. What do I do? I find myself in the same predicament at parties. How do I handle this?"

[Christy:](#) Oh my gosh. Just because food is in front of you does not mean that you have to eat it, I feel like is the answer to that question. If you're not hungry, don't eat. I mean, we don't-

[Chris:](#) Just get ... ask for one of those styrofoam boxes.

[Christy:](#) Well, to be honest with you, yeah. You can always have-

[Chris:](#) [crosstalk 00:14:43]-

[Christy:](#) ... the opportunity to eat later. Just because you're there now and it's in front of you ... I mean, what? Does your kitchen close at 6:30 so you can't go into your kitchen and get a sandwich at 7:30 when you're hungry?

[Chris:](#) Put it in the refrigerator. They got them styrofoam containers at restaurants for a reason.

[Chantel:](#) Well, no, I have the best story about Christy. So, one time-

[Christy:](#) Uh-oh. I'm nervous. No.

[Chantel:](#) One time I came over, and I make really good guacamole.

[Christy:](#) Yeah. Oh, yeah, I know this-

[Chantel:](#) It's just I have signature guacamole. It's really, really good.

[Christy:](#) She makes it from scratch, and she's like pouring out the avocado and mashing it.

[Chantel:](#) Yeah, it's really good. To be honest, I do have kind of a sous chef that kind of does everything for me. I just kind of go mush, mush, mush, mush, mush and put it together.

[Christy:](#) That's-

[Chris:](#) [crosstalk 00:15:24]. Keep that to yourself.

[Christy:](#) ... guacamole. Yeah, you look like you're doing all the work when you're at my house making it supposedly.

[Chantel:](#) Yes.

[Chris:](#) Exposed the whole secret now.

[Chantel:](#) I'm like, I have someone that chops the garlic. I have someone that chops the onion. I have someone that chops the cilantro and chops the avocado. All I do is go mush, mush-

[Christy:](#) That's really-

[Chantel:](#) ... and I do add my own salt and pepper.

[Christy:](#) Because you haven't figured out a way to transport that yet with the-

[Chantel:](#) Anyway, I brought the guacamole over and I saw Christy look at it. Everybody kind of was like swarming at it. They were like-

[Christy:](#) They take it all. There will be none left.

[Chantel:](#) Yes. Yeah. They were like, "Oh my gosh, Chantel brought guacamole. Let's go right after it." Well, what happened was she literally saw that I brought it. As soon as she saw it, she went and got a bowl, took my guacamole, took some chips on the side-

[Christy:](#) No chips.

[Chantel:](#) You didn't do chips?

[Christy:](#) Mm-mm (negative).

[Chantel:](#) Okay, just did the guacamole-

[Christy:](#) Yeah, I don't like chips.

[Chris:](#) I'm gonna try to add them on.

[Chantel:](#) ... and put it-

[Christy:](#) No chips. No chips.

[Chantel:](#) ... and then put it in the 'frigerator.

[Chris:](#) It's an amazing concept, isn't it?

[Chantel:](#) Yes-

[Christy:](#) Right?

[Chantel:](#) ... and put it in the 'frigerator. It wasn't like it was that much longer. It was really weird. It was probably maybe 45 minutes to an hour later, I look at Christy and I'm like ... because, no. I said to her, I said, "What are you doing with the guacamole?" She's like, "I don't want it to all be gone, and I'm not hungry right now. I'm gonna save it. I'm gonna put it in the 'frigerator."

[Christy:](#) Mm-hmm (affirmative), and that's exactly what I did. Then later when I was hungry, because everybody was still coming in and it wasn't a good time for me to eat because we were having a party that day. It was like a daytime fun party, so I just, I wouldn't have enjoyed it if I scarfed down guacamole. I would've been hungry an hour later too probably because I wouldn't have even remembered eating. Later when everybody was there, I was relaxed, then I could eat my guacamole.

[Chris:](#) But that becomes a habit. If you get used to, "I gotta eat. It's 12 o'clock. I gotta eat. It's two o'clock. I gotta eat. I'm out to eat. I gotta eat. Somebody brought us some cookies from home and is giving them out to every ... " That becomes a habit that you think you ... You can start tricking your mind and think that I gotta eat every time food's in front of me or I'm ... You stop listening to your body and it just becomes a habit that you should start eating at certain times and when food's in front of you.

[Chantel:](#) She, Christy, is so in tune with her body of really knowing when she's hungry, when she's full. The reason why I love intermittent fasting is because it allows you to get hungry. I feel like so many people, they don't even know what true hunger is because they never, ever let them get to that point of being hungry.

All right, let's go to Jaylen in Virginia Beach. "How do you handle sweets? Do you eat them, do you crave them, or have you cut them out completely?"

[Chris:](#) Don't look at me. Don't look over here.

[Christy:](#) Is this a Christy question?

[Chantel:](#) This is a Christy question.

[Chris:](#) It's gotta be a Christy question. Definitely ain't a Chris question.

[Christy:](#) I have a story where one ... It was over the holidays. I think it was probably last Christmas. I woke up. I had a couple of glasses of wine, and I woke up the next morning and I had cookie crumbs underneath my boobs. I don't know if I can say that or not. There were cookie crumbs, so I must have had too much to drink and then just decided I

was eating Christmas cookies. I wake up the next morning. It was like a massacre, all the crumbs on me. So, yes, I do eat sweets, but I don't eat sweets every day, and I don't think about sweets really ever. I know for my birthday, I want a really special birthday cake, and then I'll have a ... It's a special treat, but-

[Chantel:](#) If you had to say when you do eat sweets, would it be like two times a day?

[Christy:](#) No.

[Chantel:](#) I mean, like two times a week, three times a week, four times a week?

[Christy:](#) I couldn't put a number on it, to be honest with you. Before I go to bed, I like having a handful of chocolate chips sometimes. I might do that a couple times a week, but that would be my sweets-

[Chris:](#) You have any food addictions?

[Christy:](#) ... like a handful of chocolate chips.

[Chris:](#) You have any food cheat things that you can't control?

[Chantel:](#) She loves pasta. She does love pasta.

[Christy:](#) I love pasta and I love bread.

[Chris:](#) So, those two things-

[Christy:](#) Chocolate cake, like my mom's devil food chocolate cake, that ... If that's in my house, that has to go. But other than that, I mean-

[Chris:](#) Not really? So, you could resist? If you had a chef at your house, oh, and you always had pasta and that devil's cake, could you resist it?

[Christy:](#) Yeah, because you know you can always get it later.

[Chris:](#) Right.

[Christy:](#) It's never gonna be like, "Oh my gosh, this is the last pasta of my life on Wednesday night."

[Chantel:](#) But see how powerful that is? It's like in her mind, she's thinking, "I can always have that later. I don't have to have it right now, and I don't have to have it every time." My big thing is after I finish eating, I almost always want something sweet to eat-

[Chris:](#) Mm-hmm (affirmative), me too.

[Chantel:](#) ... so that's an issue for me. What does help me is, you know those Hershey Kisses?

[Christy:](#) Mm-hmm (affirmative).

[Chantel:](#) Just to have those in your purse, like one or two, and then having literally one Hershey Kiss. How would you feel about having one Hershey Kiss?

[Christy:](#) If I wanted one, I would have it; but I have to be honest with you, just the idea of putting a Hershey Kiss in my mouth right now after I ate, I'd feel like, "Ew, I've got to brush my teeth because I've got all that sugar sitting in my ..." It's just ... No. I wouldn't have a Hershey Kiss. It wouldn't even be something ... I could walk by the bowl of Hershey Kisses.

[Chantel:](#) Do you have sweets, like a bowl of sweets in your house at any time?

[Christy:](#) I mean, maybe around Halloween when you pass out candy, but no, in general.

[Chantel:](#) So you don't really have the-

[Christy:](#) I mean, I'm trying to think of my ... Oh, you know what I have? I've got in my theater room a whole thing of candy bars. Yeah, I've got like-

[Chris:](#) I would've never [crosstalk 00:20:36]. I would've never forgot something like that.

[Christy:](#) ... a tub of candy bars in my ... I've got Hershey's Bars, I've got Twix, Kit Kats, Reese's, yes.

[Chantel:](#) I had this assistant-

[Christy:](#) I forget I even have it.

[Chantel:](#) This is a great story. I had this assistant one time. She had this little pack of doughnuts. You know, like those little mini six-packs? She had it sitting on her desk for literally like a week and a half. Every day, I walked by and I saw those ... that thing-

[Christy:](#) And it was driving you crazy?

[Chantel:](#) I'm like, "God, she still hasn't eaten those doughnuts."

[Christy:](#) "When is she gonna eat them?"

[Chris:](#) Disrespectful.

[Chantel:](#) I'm like, "When is she gonna eat them?" Every day I'd come by her desk, they'd be sitting right there. Every day I'd go by, they were sitting there. Finally she called out of

work. She called out of work sick, and that day I was like, "I'm eating those damn doughnuts."

[Christy:](#) That's horrible.

[Chantel:](#) I went and I ate three, and then I put the cover back on, and then I went back and I ate the other three.

[Chris:](#) Wow, all types of stories about you today.

[Christy:](#) You tried. You tried not to them, like all of them.

[Chris:](#) We exposed the guacamole, and now you stealing assistants' doughnuts. Did you tell her you ate them?

[Chantel:](#) No, I told her, yeah. No, actually I went and replaced them. Then I felt bad-

[Christy:](#) Aw, that's so honest.

[Chantel:](#) ... so I went to the store, got the same ones, and put them on her desk. Then she kept them there for another couple days.

[Chris:](#) She seems disrespectful. See, I wouldn't even never given the doughnuts.

[Christy:](#) Yeah.

[Chris:](#) She don't want the doughnuts, obviously.

[Chantel:](#) Well, no-

[Chris:](#) That's disrespectful to the doughnut makers.

[Chantel:](#) ... but this is what I'm talking about. Somebody who is a thin eater like that, there's no magnetic pull on those doughnuts because in her mind she could have the doughnuts whenever she wanted.

[Chris:](#) I don't know. Maybe she just didn't like those doughnuts.

[Christy:](#) Well, maybe ... You know what, though?

[Chantel:](#) No. She liked them.

[Chris:](#) I think ... You think that was her?

[Christy:](#) [crosstalk 00:22:11] and bought the doughnuts at the grocery store minutes later, right? You yourself know there's no shortage of doughnuts.

[Chantel:](#) Doughnuts.

[Christy:](#) Right? Any time you want a doughnut, you can go. Krispy Kreme, Dunkin' Donuts, Duck Donuts, they're all around. Better quality doughnuts than the junky ones that you ate, to be honest with you.

[Chantel:](#) Yes.

[Christy:](#) You wasted your calories on junk doughnuts that might've been stale because they'd been there for a week, when you could've had a really quality, yummy doughnut.

[Chantel:](#) That is such a great point because that is, again, for the thin eater like Christy, they really ... If they are going to have something sweet, and you correct me if I'm wrong-

[Chris:](#) Do it all out.

[Chantel:](#) If you are going to do it, on the enjoyment scale of one to five, it has to be a four or a five.

[Christy:](#) Yeah.

[Chantel:](#) If it's less than a four or five, you're not even going to waste your calories on that.

[Christy:](#) Or my time, right? I'll have a bite of it, and if it's not good, I'm done because I've already eaten a meal too by that point-

[Chris:](#) That's a good point-

[Christy:](#) ... because it's dessert.

[Chris:](#) ... because I think sometimes I'll be eating stuff that ain't that great. No, it's like watching a bad movie. You watch it to the end. You're like, "I gotta see how it ends." It's so terrible, but you keep watching it. Sometimes I get ... I love cheesecake, but I only like certain restaurants' cheesecakes. You know, you can buy it frozen and stuff like that. Sometimes it's not all that and I just eat it anyway, so that's a good point. If you gonna do it, you might as well do it all the way.

[Chantel:](#) Yeah. Make sure that you love it, that it's an enjoyment scale of four or five.

All right, next question.

[Christy:](#) Next.

[Chantel:](#) This is from Jen from Williamsburg. "I know that there are a lot of benefits to intermittent fasting besides weight loss, but I'm not going to lie. Weight loss is my number one motivation, the 100% reason that I'm committing to this lifestyle. The

problem is that I'm not losing quickly, as quickly as I'd like. I've heard Chris mention that a bunch of his clients do intermittent fasting, and I was wondering if he could share some of the most common mistakes he's seen or reasons why someone doing intermittent fasting may not be losing weight as much as others."

[Chris:](#) The biggest mistakes I've seen-

[Chantel:](#) It's so funny because we all ... Sometimes people write a question just to me or just to him, and then I'm like, "Oh, there's a question for you."

[Chris:](#) A little spotlight, yeah.

[Christy:](#) Is he the breakout star of the Chantel Ray Way Podcast?

[Chantel:](#) Yes, yes. They're like, "Oh, and we wanted to know from Chris."

[Christy:](#) "Oh, what's Chris doing? Chris, give me your advice."

[Chris:](#) Well, my two minutes of fame right here. Since we're all the way in North Dakota, and where we get it from? Ireland or something last week? [crosstalk 00:24:33]-

[Christy:](#) No way, really?

[Chantel:](#) I can't remember what. It was a different country.

[Chris:](#) It was some country. I don't know where it was-

[Christy:](#) That's cool.

[Chris:](#) ... but I feel like we made it.

But the biggest mistakes I see, one is not taking measurements, just looking at the scale. A couple of y'all ladies that work for Chantel just ... They've been coming to the gym the last 30 days. They did a 30-day [inaudible 00:24:51], so they lost between ... Most of them lost between four to six pounds, which is not a ... It's a good amount to me, but not a huge amount to most people for a month, but then ... They were like, "Eh, that's good," and then I took their measurements and they lost all these inches off their stomach and arms and thighs. They were ecstatic. They loved it. I'd say the biggest thing, you gotta take measurements, like inches.

Another thing why you might not be losing weigh even though you're doing fasting, I don't know ... See, I wish they were more specific on how much weight they lost and how long they've been doing it. If they've been doing it for two weeks and haven't lost 10 pounds, then that's self-explanatory. You've got to be a little more patient.

[Christy:](#) How long should you be doing intermittent fasting to see kind of any results?

[Chris:](#) With me-

[Chantel:](#) For me, it took me ... My first week, I lost nothing. My second week, I lost nothing. My third week, I lost nothing until, well, until the end of the third week. I lost six pounds the third week. Then the fourth week, I lost ... Was it four pounds or something like that?

[Chris:](#) It was something like that, [inaudible 00:25:48] around four.

[Chantel:](#) Yeah, so it was like I had no results, but again, that's what I call the whoosh effect with intermittent fasting because what happens is it's not even really possible for you to lose four pounds in one week, right?

[Christy:](#) Mm-hmm (affirmative).

[Chantel:](#) For you to get on the scale ... When you're losing weight, your body fills up with water into those places of the muscle, and then it kind of goes and it's like a whoosh effect, and then you lose that water. For me, intermittent fasting is one of the craziest things that it is a very slow start. It's the slowest starting thing, and the only reason I kept with it is because I had people that had told me, "Hey, I did it. I did it. It took a couple weeks. I didn't lose anything, and then, boom, I just really started losing." It's not every single week you lose it. it's like the week before I lost four pounds-

[Chris:](#) It's a real lifestyle thing. You're not taking a diet like, "I'm going to eat 900 calories." Of course you're going to lose like 12 pounds in a month or something like that if you've been eating 2,500 calories. That's not sustainable. The big thing is you're finally doing something sustainable. Be patient with it because you're actually, you're probably eating good. If you start out intermittent fasting, your food choice is not like you're eating ... You only eat kale and lemon chicken and that's it for four straight weeks. You're still eating good. You're still eating good meals. You still got good food choice. I would say even with me, it's about three weeks, because I was taking pictures every few days because I wanted to see the changes, and I'd say about three weeks in is when I really noticed the big change. Maybe about two and a half weeks, three weeks in, I noticed the big changes.

Then another big thing I see with a lot of client is they still sometimes eat too much or they got too big of a window. 3,000 calories is 3,000 calories whether you eat it in eight hours or you eat it in 16 hours, 20 hours. I saw a guy today, I think his name was Drew [Heisinol 00:27:35] on Facebook. He had a good format. He said tracks his food Mondays. He said everybody has habits throughout the week. People usually start off the week eating around the same thing, and then towards the end of the week you eat around the same thing, and on the weekends you tend to do the same thing. He said he recommends all his clients, they track it Monday, Thursday, and Saturday, and that'll give you an accurate of what you're doing. If you feel like you're not losing weight, it's been four weeks, you're not even lost like a pound or something with intermittent fasting, you might be eating too many calories. You might want to track it a couple of days and make sure you're not eating too many calories.

[Chantel:](#) Yeah, and the thing that I say constantly is, are you listening to your satiety signals? Are you when you're done eating on a scale of zero to five, where are you on your hunger and fullness? Are you at the Thanksgiving Day full by the time you're eating? You should not be at Thanksgiving Day full. You should be at barely ... When you're stopping eating ... This is a good point. How full would you say that you are when ... the minute that you stop? Do you already know? For me, I have a scale of, I say, zero, one, two, three, four, or five, okay?

[Christy:](#) Mm-hmm (affirmative).

[Chantel:](#) Zero is past hunger. That means a number one on the scale is my stomach has growled, like I physically heard my stomach growl.

[Christy:](#) So zero is your stomach has growled like maybe a half an hour ago-

[Chris:](#) Ask her what zero is [crosstalk 00:29:02]-

[Christy:](#) ... and now you're not even hungry anymore because-

[Chantel:](#) No. Zero is at least an hour, is an hour after your stomach-

[Christy:](#) So you're starving.

[Chantel:](#) Yeah, you are really-

[Christy:](#) Famished.

[Chantel:](#) ... really hungry.

[Chris:](#) That's hamster ... We call it hamster hungry. Ask her why it's called that. Because it's-

[Chantel:](#) We call it hamster-

[Christy:](#) Why is it called hamster hungry?

[Chris:](#) Ask her why it's called hamster hungry?

[Christy:](#) Why? Why? Why?

[Chantel:](#) Because-

[Christy:](#) I'm thinking horrible things [inaudible 00:29:16].

[Chris:](#) It is.

[Chantel:](#) Yes, because we had a friend of ours when we were younger who had a hamster that had babies. She forgot to feed the hamster-

[Christy:](#) Oh, no.

[Chantel:](#) ... and she went on vacation. The hamster got so hungry, it ate the babies.

[Chris:](#) Yeah, so we try to avoid-

[Christy:](#) That's disgusting.

[Chris:](#) We try to avoid hamster hungry.

[Christy:](#) So, that's hamster hungry?

[Chantel:](#) That's hamster hungry, is a zero.

[Chris:](#) Avoid that at all costs.

[Christy:](#) All right, so then one is just you're hungry, your stomach's growling?

[Chantel:](#) Your stomach's growling.

[Christy:](#) Then five is you've eaten a Thanksgiving Dinner?

[Chantel:](#) Yes.

[Christy:](#) All right, so I hate that five feeling because you're just uncomfortable. You're full, you're bloated, and you feel nasty. I think when I'm done eating, I'm probably like a three.

[Chantel:](#) Exactly what I've been saying, folks. There you have it from the horse's mouth, okay? From the skinny girl telling you what to do, and again-

[Christy:](#) Was I right, though?

[Chantel:](#) Yes. See? She hasn't even read the book.

[Christy:](#) No.

[Chantel:](#) She has not read the book, but that-

[Christy:](#) Well, because four is you're feeling like, probably like you have to unbutton your pants or you've got ... You know?

[Chantel:](#) Four is-

[Christy:](#) You're not-

[Chantel:](#) Four is you're stuffed.

[Christy:](#) Yeah.

[Chantel:](#) Four is stuffed.

[Christy:](#) So three.

[Chantel:](#) Three is you're comfortably full. You can still walk around. You can do everything.

[Christy:](#) Well, the whole point of eating a lunch in the middle of the day is so you have energy to get through the rest of your day, and the same thing with dinner. Why would you want to feel more tired after you eat because you ate too much?

[Chantel:](#) Let me ask you this. Are you ever tired after you eat?

[Christy:](#) Oh, gosh. No. Why would you be? You just ate.

[Chris:](#) [inaudible 00:30:40].

[Christy:](#) I mean, are we talking about my birthday dinner?

[Chris:](#) Like, you know how you get that sleepy? You get that sleepy-

[Christy:](#) I will be because I'll probably-

[Chris:](#) ... if you eat a big lunch. You get that sleepy feeling.

[Christy:](#) I don't eat a big lunch, guys.

[Chris:](#) Yeah, so-

[Christy:](#) Have you not been here for the last-

[Chris:](#) Yeah, well, you wanted to know. No, you were saying like, why? Why would you be tired? Why? You know, you just ate.

[Christy:](#) Yeah, because I don't eat like that normally. Normally, no. Maybe after ... I mean, I didn't eat Thanksgiving dinner this year. We went out of town. But after Christmas dinner, I'll eat a big meal, and then I'll probably be sleepy. I see what you're saying, but I ... Normally those are holidays and celebrations.

[Chantel:](#) That's like two times a year [crosstalk 00:31:12]-

[Chris:](#) Good times, yeah.

[Christy:](#) Or maybe a few more than that, but yeah. That's just not my life.

[Chantel:](#) So like two times a year, you might get to a level four?

[Christy:](#) Or a five, yeah.

[Chantel:](#) Mm-hmm (affirmative).

[Christy:](#) Yeah.

[Chantel:](#) Okay.

[Chris:](#) That should be a big signal to anybody that if you're getting tired after lunch or dinner-

[Christy:](#) You're doing something wrong.

[Chris:](#) ... you're doing something wrong.

[Christy:](#) Yeah.

[Chantel:](#) Yeah. For Jen ... Is this Jen's question from Williamsburg?

[Chris:](#) Yeah, mm-hmm (affirmative).

[Christy:](#) The intermittent fasting?

[Chantel:](#) All right, so here's my thing. I would say that you need to look at five different things. Number one, you're either eating too much in your window, period, the end.

[Christy:](#) You mean too many calories in her window?

[Chantel:](#) You're just eating too many calories and you're just eating too much.

[Christy:](#) What's a window typically?

[Chantel:](#) The window for what I talk about in my book is you choose what window you want to eat in. We suggest either an eight-hour window, a six-hour window, or a four-hour window.

[Christy:](#) Okay.

[Chantel:](#) For me, in general, I eat on a six-hour window. Usually I start eating lunch at around 12:00, and I'll have a lunch. Then at dinner, I eat around 5:30 or 6:00. I have like a six-hour window there. For me, when I was doing an eight-hour window, if it was like 11:00

to 7:00 or something like that, that's too large of a window for me because everything on your window depends on how big of portions you're eating. For me, I like eating a little bit more on my portions, so my window has to be smaller in order for me to continue to lose weight; but if I really, really want to lose weight, I keep my window at like four hours, which just means I eat one meal and then I'll have another snack. The other day, I went to [Aldo's 00:32:51]. I went to Aldo's for lunch. That was my only meal for that entire day because I really had a big lunch. There was no reason for me to have anything else for the rest of the day.

[Christy:](#) Because you weren't hungry, probably.

[Chantel:](#) I wasn't hungry, so there was no reason for it.

Number two is that, what Chris was talking about, that the scale might not be giving you an accurate measure of your body composition. You know, we've got a girl here, Ally, and she is ... She wasn't doing any kind of workout at all, and so she had weights that ... so she was building muscle.

Three is that you're having too long of an eating window, like I said.

[Christy:](#) Oh, that's what we talked about.

[Chantel:](#) Yeah. Eight hours for me is way too long, but it works great for a lot of people. I bet you eat in an eight-hour window, don't you? Because you said you really don't eat breakfast.

[Christy:](#) No, I never really eat breakfast anymore.

[Chantel:](#) For lunch, what time do you start lunch?

[Christy:](#) I mean, I still haven't had lunch. What time is it? 3:30?

[Chantel:](#) See? Does everyone see what I'm talking about? This is why Christy's here. I am so grateful-

[Christy:](#) Christy hasn't been hungry yet today. I had a busy morning. I worked out. I don't eat breakfast. I went to work, and then I came here. There's been no time for me to eat, and I haven't even thought about it, to be honest with you.

[Chantel:](#) See? [crosstalk 00:34:07]-

[Chris:](#) Yeah, but as I was saying, but you know what's crazy? I haven't overeaten. The only time I eat, like we were talking about fours and fives, the only time I eat like that is when I eat regular, like I eat three, four meals a day, eat breakfast, lunch, dinner, snacks and all that. Every time I fast, it's like it shuts off. I don't know what it is. I can't overeat, and I eat a lot, you know?

[Christy:](#) Yeah.

[Chris:](#) But individually, the meals itself, like if I have rice and chicken or whatever I'm having, I can't ... I don't overeat. I don't go back for third if I'm full already or something. It's like your body almost self-corrects itself that you just eat a certain amount and then you're good. You can cut yourself off.

[Chantel:](#) Yeah.

[Christy:](#) Right. I agree.

[Chantel:](#) Reason number four is, are you giving it enough time? Like we said, Chris, it took three weeks for him to see any results. It took me three weeks to see any results. It does have a little bit of this kind of action, the highs and the lows. You'll lose a lot, and then you go a week where you don't, and then you lose a lot, and then you don't.

[Chris:](#) But that's any good, healthy weight loss program or weight gain program, is you're supposed to be losing ... You're not supposed to be losing really ... One to two pounds a week on average is the goal. If you're losing three, four, five, six pounds in a week-

[Christy:](#) Something's a little off.

[Chris:](#) ... you probably crash-dieted somewhere. You're probably cutting too much. We're not going to be able to sustain that. If you're getting one to two pounds a week, some weeks you're gonna skip. You can lose two pounds a week for the rest of your life. That's like perfect, and that's eight pounds a month. That's a lot of weight, you know? You talk over three months, that's a lot of weight, you know? I think anybody would be happy to lose 24 pounds.

[Christy:](#) I have a question about that, though. Does your body find a set point so when you're doing intermittent fasting and you're eating within this window and then you've lost all of this weight, and then eventually you've got to stop losing weight, right?

[Chris:](#) Yeah. I mean, I think so, because I know with me-

[Christy:](#) What's the-

[Chris:](#) ... I started at 215, and then it seemed like I got to the high 190's, like between ... I'd say between maybe 198 and 202. No matter how much I ate or didn't it, it seemed like I was between that weight. I feel like my body's set right there-

[Christy:](#) It found its place.

[Chantel:](#) [crosstalk 00:35:53]-

[Chris:](#) ... but I think anybody, if you lose a certain amount of weight, you might not be happy. If you're not happy with your set point, you can always adjust your macros. You can always adjust your diet, you know?

[Christy:](#) Oh, yeah.

[Chris:](#) You can adjust your calories. If you feel like ... I'm 175 and I'm still not happy. I think I need to be a little less, but I think so, it seems like.

[Chantel:](#) The final thing is your hormones. Jen, I would get your hormones checked and check your thyroid. For me, that has been a huge issue in my life. Everyone knows I've really struggled with thyroid issues. Since I've been doing intermittent fasting, it's gotten so, so much better; but if your thyroid is not working and it's not working properly, it's going to be a real challenge in your hormones, so I would definitely go to a doctor and get those checked out.

[Chris:](#) Yeah.

[Chantel:](#) Also, the other thing is are you clean fasting? Let's talk about this, which ... Christy doesn't. She's gonna be the only example that she doesn't fit my exact perfect mold, which, by the way-

[Christy:](#) So nice.

[Chantel:](#) ... which, by the way, I have a lot of people who don't fit this mold that are doing really well, and that is they drink coffee with cream in the morning, correct?

[Christy:](#) Yeah.

[Chantel:](#) She doesn't eat, but my aunt is a big coffee drinker. She's usually drinking ... Again, she won't eat until probably two o'clock every day, but she will have two to four cups of coffee with cream in the morning, and that's her kind of big hangup. But if you want massive results, if you can make it with having just un-sweet tea, that's where you have the best results.

Let's talk about what you are drinking in the morning.

[Christy:](#) Coffee, and I'll put whole milk in it. Cream if it's around, but usually it's whole milk, or I'll use like a Coffee-Mate creamer. It's not healthy, but it's that powdered junky stuff, just because I don't drink enough milk often enough that it goes bad, so I've started doing that.

[Chantel:](#) How much cream do you put in it?

[Christy:](#) Oh, a little bit.

[Chantel:](#) Just a tiny, tiny bit? Or-

[Christy:](#) Yeah, like a quick pour.

[Chantel:](#) Yeah. Basically what I have found is if whatever you're drinking in the morning is less than 100 calories, it's not going to have a huge, huge impact-

[Chris:](#) Yeah, I read the same thing.

[Christy:](#) Yeah, [crosstalk 00:38:14]-

[Chris:](#) Like I said, like we talked about last week, you don't have to be-

[Chantel:](#) Less than 100 calories-

[Chris:](#) You can be strict, strict on the fast if you want to, but you have to adjust your lifestyle. You have to adjust it, so if coffee is needed every morning, get it, you know what I mean?

[Christy:](#) It's needed and-

[Chris:](#) Because it's not-

[Chantel:](#) But you can't be taking eight-

[Chris:](#) I drink coffee every morning.

[Chantel:](#) I mean, you know, some of these Starbucks now, I saw one Starbucks thing-

[Chris:](#) Well, that's different now, yeah.

[Christy:](#) Yeah.

[Chris:](#) That's different now.

[Chantel:](#) It said 800 calorie in one Starbucks. That's-

[Chris:](#) Yeah, that's different now, but they're putting whipped cream. They're putting-

[Chantel:](#) We're talking-

[Chris:](#) They're controlling the sugar. They're controlling everything that goes in that coffee.

[Christy:](#) Right.

[Chris:](#) If you gonna drink coffee, obviously you gonna need to get it black if you get it out and add your own things to it or make it, because I drink coffee every morning too-

[Chantel:](#) Or a little bit of cream, but not with sugar.

[Chris:](#) Yeah, and I just-

[Chantel:](#) You don't-

[Christy:](#) No, I don't.

[Chantel:](#) You don't put sugar?

[Christy:](#) No, I don't put sugar in it, mm-mm (negative).

[Chris:](#) Yeah, I just was able to come down because Ally got me some of the MCT oil, so I'm now able to do the coffee and the MCT oil, which it almost tastes black. I'll be able to, I think, get the black coffee within a couple weeks. I've been adjusting my taste buds hopefully and I'll be able to get down there to where ... because, you know, I think the fats break ... It technically breaks the fast, but I drink it in the morning with the MCT oil only. No sugar, no cream, but eventually I want to get to ... just to the black [crosstalk 00:39:13]-

[Chantel:](#) I do want to address one more thing for Jen in Williamsburg, is that let's just talk about carbs because I believe that with all the people that I've interviewed, they are not counting their carbs by any means, but they are balancing them. They're not going to be like, "Okay." They're gonna look. "Did I have carbs at lunch and at dinner and at lunch the next day?" Talk to us about how do you do your carbs?

[Christy:](#) Well, again, sticking to my plan of I eat what I want when I kind of ... I watch what I eat, but it's ... I pay attention to it. As far as carbs are concerned, I don't naturally, unless I'm having that big pasta meal, I don't really ever eat them, like the typical bread types of carbs. I do eat vegetables. I do eat fruit. I love fruit. Those are carbs too, so I might have fruit earlier in the day and then like a sweet potato at night or something like that. Carbs and carbs.

Also, I don't eat a lot of meat, right? I'm a vegetarian. I eat fish and that's it. A lot of my diet is made up of carbs, but the good, healthy kind of carbs, the clean eating carbs that you want in your diet.

[Chantel:](#) What about Ezekiel Bread? Would you ever have a toast [inaudible 00:40:26]?

[Christy:](#) Sometimes if I'm feeling like it, because the great thing about Ezekiel Bread is you can put it in your freezer, so I'm not watching my bread go moldy, right? It's supposed to be in the freezer. It's good when it's toasted. It comes out. I like the cinnamon raisin kind if I get it. But again, I'll have a piece of Ezekiel Bread and feel pretty good about it. It doesn't make me feel that bloated feeling that I get.

[Chantel:](#) Would you ever have two slices of Ezekiel Bread?

[Christy:](#) Oh my gosh, is it a special occasion? Of course I'll have two slices of Ezekiel Bread. That's the point.

[Chantel:](#) Today I had two slices of Ezekiel. I was really-

[Christy:](#) Are you confessing about it?

[Chantel:](#) Well, normally I don't eat breakfast at all. Now I'm just eating lunch and dinner. Yesterday I had a really, really small lunch. The only thing I ate yesterday was bone broth and a small salad from Stock Pot. That was my entire day.

[Christy:](#) Oh, yeah. That's not enough food.

[Chantel:](#) Yeah, so that was just not enough, plus I worked out three times yesterday.

[Christy:](#) Oh my god.

[Chantel:](#) It was just like a crazy day for me. I was just really busy, but for whatever reason, I really wasn't even hungry. One of those days that I just wasn't hungry.

I woke up this morning, and I was really hungry. At eight o'clock this morning, I had two slices of Ezekiel and two boiled eggs.

[Christy:](#) Okay, but you were mindful of what you ate this morning, and that's something that is good too. You just didn't mindlessly eat.

[Chantel:](#) I knew the day before I was in a deficit, and so I didn't really feel [crosstalk 00:41:48]-

[Christy:](#) I mean, I think stuff like Ezekiel Bread ... In my opinion, Ezekiel Bread is the same as just having a piece of regular bread. I don't know what the difference really is supposed to be. I haven't done any research on it other than it can live in the freezer and it tastes good, like it's-

[Chantel:](#) Yeah, well, and Ezekiel is made with all live ingredients and there is really no chemicals in it. That's why I love it, is that if you look at the ingredients-

[Christy:](#) Well-

[Chantel:](#) If you look at the ingredients in honey whole wheat bread-

[Christy:](#) From the bag.

[Chantel:](#) ... from the bag that you buy just at the store that's all nature, nature's way, it's horrible.

[Christy:](#) But again, it's in a bag that ... because it'll last forever.

[Chantel:](#) It's horrible.

[Christy:](#) If you go to the bakery, though, and you get the fresh sliced bread there, you're eating wheat, yeast-

[Chantel:](#) A lot of them have just tons and tons of chemicals, even there. Just so much chemicals, it's not even funny.

[Christy:](#) I don't know.

[Chantel:](#) It depends where you get it from, I guess.

[Christy:](#) Yeah, yeah.

[Chantel:](#) Okay, next question.

[Christy:](#) What's next?

[Chantel:](#) Makayla from Newport News says, "I've heard some intermittent fasters talk about taking digestive enzymes, and I'm wondering if you guys take them." Christy, do you-

[Christy:](#) All right, I have to ask a question about it. I'm not quite sure what a digestive enzyme is.

[Chantel:](#) Okay. Basically, it's just, it's usually either in chewable tablets or it's in pill form. All it is is like in your stomach you have enzymes that help you digest your food. For me, I have all kinds of digestive problems. One is just from overeating in the past, and two is from when I had Kyle, I threw up every single day, six times a day, for 10 months. If you think about it, when you're constantly throwing up six times a day ... There wasn't a day that went by that I did not throw up six times a day at minimum.

[Christy:](#) Really?

[Chantel:](#) Sometimes I was throwing up 10 times a day. I was the sickest pregnant woman you've ever seen. I'd be on the side of the road, literally throwing up. After I had him, the enzymes in my stomach and everything like that, it just wasn't good. I'm big on digestive enzymes. I definitely take digestive enzymes after I eat, especially if I've eaten a little bit more than I'd like; but just in general, it helps my body digest my food so that I'm not as tired and my ... You know, your blood rushes to your stomach to digest all that food. Instead, it's helping you just digest it.

[Christy:](#) What are they called? What's a digestive enzyme called? If I go to Whole Foods and I buy it [crosstalk 00:44:17]-

[Chantel:](#) There's one I like called Super Digestaway. That's the name of it.

[Christy:](#) Oh, okay.

[Chantel:](#) Yeah, it's called-

[Christy:](#) So it's not like a probiotic?

[Chantel:](#) Mm-mm (negative).

[Christy:](#) Oh, okay.

[Chantel:](#) No. It's just all it does-

[Christy:](#) Yeah, I really don't know anything about this.

[Chantel:](#) All it does is help you digest your food, so I love them. I think they're fantastic, but again, I wouldn't recommend them if you don't have digestive problems because you don't want your body to get used to only being able ... You want your body to be able to do it on your own. It's kind of like if you took a laxative every day, right?

[Christy:](#) Yeah, mm-hmm (affirmative).

[Chantel:](#) Then your body would depend on using that laxative. I'm kind of torn about it, but for me in specific, I need to have them. I know I need to, but I don't know that the average Joe absolutely needs them.

[Christy:](#) Right. That's a good question.

[Chantel:](#) All right, let's look at the next question. "I've been doing ... " Tara from Virginia Beach. "I've been doing intermittent fasting for about two weeks. I've lost a pound or two, but haven't got that energy boost, clarity, and extra productivity that Chantel always talks about, enjoying during her fasted window. I want to experience this so bad," and she put like a couple of O's. "How much longer will I have to wait?" Christy, I'm gonna let you answer that, like how you feel. Do you feel like you, when you are in a fasting window where you're not eating, that you do have kind of more energy?

[Christy:](#) Well, yeah, because I ... When I'm feeling tired, then I would ... I guess it's time for me to eat. Again, my intermittent fasting isn't as purposeful, I guess, as yours and Chris's. It's just kind of accidental, and so I really feel good most of the time. Then when I'm feeling a little slow or sluggish, that's when I eat something, so yeah. I mean, I feel like I always have this clarity, most of the time at least, during the day. Energy, you know? I just had an amazing workout today and so much energy afterwards.

[Chantel:](#) Today kind of really threw me off, honestly, because-

[Christy:](#) Because of your breakfast?

[Chantel:](#) Because I had my breakfast. What I love-

[Christy:](#) But wait, so today you were thrown because of your habits from yesterday?

[Chantel:](#) Yesterday, yeah.

[Christy:](#) So you did too much?

[Chantel:](#) Yeah. I went too far yesterday, and then today the bottom-line is for me like I am so productive from 9:00 AM until 1:00 PM, until I actually ... I usually get to the office 8:30, 9:00 in the morning. From 9:00 to 12:30 or 1:00, I mean, I'm just like a workhorse. I'm just like [inaudible 00:46:45].

[Christy:](#) Right, right, right.

[Chantel:](#) What happens is people don't understand the blood and energy that it takes to digest your food. It takes energy. If your body is using its energy to digest your food, you're going to have less energy. That's why you should have that energy when you're not eating, because your body is taking it and moving it to other things. That's why fasting is such a healing process, because you're now ... Your blood is, instead of taking all of its energy digesting, digesting, digesting, it's healing other parts of your body.

[Christy:](#) Well, and I actually think that speaks to why you have to fast with clean, healthy food, because that way your body's not working on getting rid of the waste and the toxins. It's just really allowing the food to do what it's supposed to do.

[Chantel:](#) Yes, and that's a great point because I do want to say that. That is another reason why if you in the morning can possibly do black coffee or an un-sweet tea, then the healing properties of what happens in your body is going to be more dramatic.

[Christy:](#) Yeah. You might not want to see me, though, if I don't have my coffee.

[Chantel:](#) Well, you can have your coffee. You just can't have it with any cream.

All right, so David in Virginia Beach says, "I have a question about supplements. The research I've done online recommends things like fiber, Metamucil, omega-3's, MCT coconut oil, BCAAs to go along with fasting. This is a lot. You may have been asked this before, but I'm wondering which supplements you guys take."

For me, I definitely take omega-3's. That's a big thing that I definitely take. I do take fiber pills because I unfortunately have a lot of problems pooping. I am not the best pooper in the world, so I definitely need some extra fiber in my diet. The one thing for me, I don't think I eat enough fiber, so that's an issue for me.

[Christy:](#) So you don't get the-

[Chantel:](#) Do you have problems pooping or no?

[Christy:](#) Not really, no, no. I eat plenty ... I poop just fine, thank you very much. The BCAAs, though, I thought that that was something that Chris used to recommend that you drink in the morning with a big jug of water to help you if you're working out. Chris's workouts are so intense that it was like you needed this little extra push to help you if you're having that.

[Chantel:](#) Yeah, I'll let ... We'll-

[Christy:](#) You have to ask him that.

[Chantel:](#) We're gonna save that question. We'll save that for Chris to answer, so I will re-ask this one when he's here so he can talk to you about the BCAAs; but I will tell you for thyroid issues, selenium is a big thing that I take, and I take a lot of B-vitamins for energy.

[Christy:](#) You take all of these in the form of pills-

[Chantel:](#) Yes.

[Christy:](#) ... or are they powders? Okay, so pills.

[Chantel:](#) Pills.

[Christy:](#) So you will wake up in the morning and take your pills?

[Chantel:](#) I don't take my vitamins until I've opened my eating window.

[Christy:](#) I've seen you do it.

[Chantel:](#) Mm-hmm (affirmative).

[Christy:](#) I saw you take that ... You had the little thing of ... when we had lunch the other day. Okay.

[Chantel:](#) Yes, so I'll bring it with me, and then when I eat lunch ... A couple reasons I do that. One, it's not great. You've seen how many vitamins and supplements I take. I usually take about 10 to 12 probiotics, just a whole bunch of different stuff.

[Christy:](#) So that's when you take the digestive enzymes too? All of that at the same time?

[Chantel:](#) All of it at the same time.

[Christy:](#) That's why you had so many.

[Chantel:](#) Yeah.

[Christy:](#) Okay.

[Chantel:](#) I usually do that at lunch, plus I think that it's not good to cut your window with all those vitamins anyway. You shouldn't be taking your vitamins until you're opening your window for food.

[Christy:](#) Gotcha.

[Chantel:](#) All right. Daisia or Dasia, I might be mispronouncing that. I apologize, but it says, "I love almost all of the benefits of intermittent fasting — the energy, the weight loss, the clean skin I have — but there is only one thing I don't like. I am losing my hair."

[Christy:](#) No.

[Chantel:](#) "I had blood work that came in all, back, normal. I'm wondering if this has to do with intermittent fasting. Have you heard of intermittent fasting causing hair loss?"

[Christy:](#) I haven't. I mean, I can't imagine that. The only thing I can think of is that she's not getting the nutrients that she needs, so perhaps she's not eating how she should eat.

[Chantel:](#) My concern is that I would want to see those ... The number one thing for me that I would say if your hair is ... you're losing your hair is either stress, massive amounts of stress.

[Christy:](#) For sure. Yeah.

[Chantel:](#) If I'm like super, super stressed out, my hair falls out like crazy. That's number one. Number two is I'd really want to look at those test results for your thyroid. I would get a second opinion on that because thyroid is one of the biggest things that has to do with hair loss.

For me, when I had my ... Remember when I cut my hair like this short and I had to get extensions in my hair? I was so miserable. I felt bad about myself when all my thyroid issues were going on, but I took a ton of biotin, like overloaded. Biotin is the number one thing to grow hair, so I would do that. Then I would really look at what your stress ... What's going on in your life right now? What's going on with stress? But I think the biggest thing is, is I would get a second opinion on your thyroid.

[Christy:](#) Yeah. I think the stress could actually be a big contributing factor to that too, now that you mention ... I hadn't thought of it. Actually, I was just thinking her diet was lacking in something, but stress would definitely cause you to-

[Chantel:](#) Yes.

[Christy:](#) Yikes.

[Chantel:](#) All right. Well, we are out of time, and so let's all give Christy a round of applause for joining us today. We're so glad she could join us.

[Christy:](#) Yay! I had fun. It was good.

[Chantel:](#) But what about any ... Let's just hear from you, Christy. Give us some last minute tips.

[Christy:](#) Oh. Oh, gosh.

[Chantel:](#) Anything you can think of. I was talking to my friend who is Miss ... was Miss Virginia a couple of years ago. One of her tips was, is that when she wants something sweet, she loves Skittles because Skittles I think has like, I don't know, four or six ... I think four calories. Four calories, yeah.

[Christy:](#) You know the calories. I can't remember, but you told us. Yeah.

[Chantel:](#) I think it's four calories per Skittle, and so she's like, "I just put a Skittle in my mouth and I just savor it." She's like, "You know what? I might have four or five Skittles, which at the end of the day, that's like 25 calories. I don't feel bad about it, and I really feel like I had a cheat."

What would you say is a couple of tricks to your trade that you kind of ... either some self-talk or things that you say to yourself or anything like that that kind of helps you to not eat when you're not hungry and just not overdo it on any one thing?

[Christy:](#) I mean, I just ... guess I check in with myself. I see if I'm hungry or not. I mean, again, it sounds so simple that I eat when I'm hungry and I stop when I'm full, but that's really what I do. I'll sit and I'll-

[Chantel:](#) Before you even take a bite-

[Christy:](#) Yeah.

[Chantel:](#) ... you're asking yourself-

[Christy:](#) "Am I hungry right now?"

[Chantel:](#) ... "Am I truly hungry right now?"

[Christy:](#) Mm-hmm (affirmative), yeah. For sure. Definitely. That's the biggest, I guess, secret to me maintaining relatively the same weight as I have.

[Chantel:](#) And the fact that you just, once you're not hungry, you're not gonna eat it.

[Christy:](#) I stop eating, yeah, because there [crosstalk 00:53:56]-

[Chantel:](#) But you don't even start it. The big thing is you're not even gonna take one single bite-

[Christy:](#) If I'm not hungry.

[Chantel:](#) ... if you're not hungry.

[Christy:](#) Yeah, and I don't care what everybody else around me is doing. If everybody else is sitting down eating, unless it's like a special occasion, just because we're having lunch am I'm not hungry yet, I'm not eating right now.

[Chantel:](#) Well, perfect example, I think it was we all went to Missy's birthday lunch at [Leuca 00:54:18]-

[Christy:](#) I didn't even order anything.

[Chantel:](#) You didn't order one thing because you said, "You know what? I'm not hungry."

[Christy:](#) I had no appetite.

[Chantel:](#) "I'm not hungry. I'm not going"-

[Christy:](#) At Leuca-

[Chantel:](#) At Leuca, which is delicious.

[Christy:](#) However, it's still there, and I can go any time I want. It was just like a busy day that day and I was running off to teach my class, and it just wasn't a time for me to eat.

[Chantel:](#) And you're saving money too.

[Christy:](#) Yeah, right. I didn't even think about that.

[Chantel:](#) You're saving money.

Anything else that you can think of?

[Christy:](#) Not really, other than ... You know, also when I am sitting down with my daughter and we're having our family dinners at night, we just enjoy the time together. We do a lot. That's when we do a lot of our sharing and our back-and-forth and I find out more about her day. I enjoy that so much that the food becomes secondary, right? I eat if I'm hungry and I'm hanging out with her then, but it's not ... The focus is not whatever we're having for dinner that night. The focus is the interactions. I think if you think about when you're eating with friends and family and you're focusing on that, you just will tend to eat less because you're eating slower and you're gonna fill up faster.

[Chantel:](#) Awesome. Well, thanks again for joining us.

[Christy](#): Thank you. I had fun.

[Chantel](#): Thank you so much for joining us today. We would love to hear from you and answer your questions. If you have a question, and don't forget, just because we don't answer it right away, we save them, okay? I have a couple people who've emailed and said, "I've asked my question. No one's responding." We will. I promise. Go to Questions@ChantelRayWay.com. I look forward to seeing you next week. Bye-bye.