



Passive Weight Loss Mini-Class

Transcript - Video 3

“The Ease of Passive Weight Loss”

Introduction to Passive Weight Loss

Welcome to the final installment of our three part series on passive weight loss. In parts one and two, we broke down why active dieting fails and how to design your life so weight loss happens with ease. Now, I wanna give you the actual blueprint in this video. In my coaching membership, Set Point Restore, we don't do checklists. We don't do all or nothing overhauls. Instead, we use a specific framework that I developed, which is called MEL Math. It stands for more, enough, less.

So this is the scaffolding that makes weight loss passive. Now how I normally teach this goes like this. Every time we eat, we are either like, if at one meal, we have either eaten more than we needed, we have eaten enough to maintain our weight, or we have eaten less than we needed. At any meal, at any snack, at any full day of eating, at any week of eating, we look at the month of eating, we look at the year of eating, we can see that we either ate more than we needed, enough to maintain our current weight, or we ate significantly less or a little bit less than we needed, because we'll be able to tell based on what happened to our weight.

Understanding the MEL Math Framework

So let's take a deeper dive into each step of this to see how we can use this math for weight loss. So we're gonna start with the first step, M-E-L, MEL Math. The first step is the M. So what we're working on right now is stopping the more eating, the extra eating, the overeating, the bingeing.

So the first letter in MEL is M, which stands for more. Specifically, it stands for stopping that more eating. So most diets start by telling you what you can't have. They start with restriction.

No sugar, no carbs, no fun. In MEL math, we do the opposite. We start exactly where you are right now. We go with the flow of how you are eating in this very moment.

We start by creating what I call a NOW Reality protocol. It's not a perfect meal plan designed by some nutritionist who doesn't know you. It's a plan designed by you based on the foods you already eat and the life you already live. We're not gonna worry about healthy or low calorie right now.

We're just gonna be honest and realistic about how we're actually eating right now. The goal of this first phase is just to stop the overeating, the bingeing, the overeating, the eating until we're stuffed or uncomfortable. We're just looking to trim the excess off the edges of our current habits. And interestingly, when we cut out more eating, we have a real opportunity for weight loss right in this first step.

So we're going to learn a specific tool to get ahold of this at the end of the video, so stay tuned. Now, here's the passive magic of this step. When you stop trying to overhaul everything at once and simply focus on a realistic protocol, something cool happens in our brain.

Automatically, without forcing it, our brain starts wanting to shift. And once we become comfortable and safe with this realistic planning based on our life, once that panic of dieting is gone, we start to actually believe that it's okay to eat the foods we're eating now. Once we release that shame and that concern and we become more neutral, once the panic of dieting is gone, the coolest thing happens, which is that the brain naturally starts to think, maybe I'll add some more fiber in, or, you know, I actually feel better when I have less of that ice cream or whatever it might be. The shifts toward healthier choices happen as a natural evolution rather than a forced mandate.

And this is another feature of passive weight loss. We know psychologically that big, huge overhauls don't last twenty years, but these small doable shifts that fit your life, these are the ones that stick. Now we're going to go to the next step of the MEL Math. Letter is E, which stands for enough.

The Importance of Enough

This is where we learn how to stay in maintenance and listen to our bodies. So how do we know how much to eat without putting it into an app? How do we know when to stop without a food scale or a calorie budget? Well, we're going to use the machinery that our body came with.

Satiety. There's a scientific term for this actually, and it's called interoception. So you've probably heard maybe of proprioception, which is your body's ability to know where it is in space. It's why you can touch your nose with your eyes closed or why you know not to swing your arm too hard when there's a wall right there.

Interoception is the internal version of that. So your internal perception of what's happening inside your body. We're all experts at interoception actually, when it comes to one thing, thirst. Think about it.

You don't have an app on your phone that tells you exactly how many milliliters of water that you need at two fifteen pm based on your height and weight. You just feel thirsty and then you drink. It's an urgent internal signal and you know when to stop too. You drink until you're not thirsty anymore.

So you stop. Your body has the exact same machinery for hunger and fullness.

Toddlers. If we ever watched a toddler eat, they might eat three bowls of pasta one day and two bites of broccoli the next. They're not counting anything. They're responding to these interoceptive signals.

But as we grow up, we lose that connection. We're told to clean our plates. We're told to eat at noon because it's lunchtime. We start using these active tools like apps and scales, which act like a hearing aid for a signal that we've forgotten how to hear.

But in my program, Set Point Restore™, I teach you how to get back in touch with those signals. So we move away from the active writing things down, journaling everything, and we learn to trust the body's rhythm and to be able to listen to it again. When the body feels safe and that rhythm is consistent, it feels happy to lose weight. It realizes, Oh, I know I have plenty of fuel coming in.

I don't need to hold onto this stored fat for an emergency. So what I'm gonna do is give you a specific tool at the end of this video called the 5-Day Signal Study. It's gonna get you understanding these signals in your own body. Okay?

Exploring the LESS Tool

So now let's move to the LESS tool. So the final part of the framework of the MEL math framework is L for less. Both more and enough can create all the weight loss most people ever need. Just stopping overeating and listening to your fullness is a revolutionary act.

But sometimes we want to shift things even a little bit more. We want to create slightly faster weight loss or break through a plateau. And that's where the less tools come in. These are techniques that I've designed to create a gentle deficit without that active stress.

One of my favorite techniques is what I call gentle nighttime hunger. Now notice I didn't say intermittent fasting. I'm not talking about a rigid window where you stare at the clock waiting for eight am. Gentle nighttime hunger is a result of what you did earlier in the day.

It's that scaffolding, right? It's the ease that comes when your scaffolding is so strong that you can go to bed feeling just a tiny bit light and it feels good rather than like a struggle. It's passive. It's a side effect of the realistic now reality protocol we talked about and the interoception work that we've done in the last video.

It's not an active push. It's a natural settling of the system. This is a new way of thinking about how our bodies work and how they will release fat. It's not about taming some beast.

It's not through combat. It's about understanding the beast and giving it what it needs so it will stop fighting you. When these things are in place, when you don't feel stressed about your food, when you actually like the food you're eating, when you've learned to stop bingeing like I did, when you can move between maintenance and loss with ease, weight loss becomes passive. It becomes a part of your system.

It becomes a side effect of your life. So instead of thinking that the energy you put in that white knuckling creates weight loss, you realize that what you take away, the stress, the over complication, that's what creates the result. You step on the scale and you think, Oh, I lost weight again. Yeah, knew I would.

Invitation to Join Set Point Restore

And you don't even have to wonder if it's going to stay off because the way you did it is completely sustainable. So you know it will. If this approach resonates with you, if you're tired of the active struggle and ready for passive ease, I'd love for you to join us in Set Point Restore™, which is my coaching membership. I want you to consider this your home for making these changes permanent.

For the next five days, the doors are open to you. In Restore, we take these concepts we've discussed and we turn them into your daily reality. We help you build your specific reality protocol, the NOW Protocol we talked about that fits into your unique schedule. We master interoception so that you can trust your body again, and we apply the less tools without ever feeling like we're on a diet.

So I'll be sending a formal invitation to restore to your inbox tomorrow morning, so keep an eye out for that. But if you're ready to join now, can do so at setpointscience.com/restoration. It's time to move the key holder to where it actually belongs. All right.

The 5-Day Signal Study

I'd like to offer you one more little thing here, concrete and practical to work on right now. And this is, what's going to make a big difference. This is called the 5-Day Signal Study. I've been coaching this one for years and it works every time.

For the next five days, we're going to focus on just one thing. When do we get to enough while eating?

Your only job right now in the next five days is to notice the moment when your mind or your body tells you that you've had enough of a meal. You might not even be sure that it's enough, but you just start to hear this conversation like, that might be enough. Maybe. I want to be really clear about this.

We are not changing anything. We aren't trying to make weight loss happen this week. We're not trying to force ourselves to stop at any particular moment. We are only trying to find those internal signals that our body is nearing the completion of a meal.

So over the next five days, you're going to have at least ten, fifteen or more opportunities to listen and observe. What does that signal look like? It's different for everyone. So here's four of the many ways that people in our community have described it in the past.

So number one, it's an awareness shift. So you move, you know, like when you're really hungry, you move from sort of scarfing and not paying attention, which is totally normal and okay, to suddenly realizing, Oh, I'm eating, right? It's just an awareness shift. The second one is a physical release.

So noticing maybe a deep sigh, a long inhale or sitting up more or sitting back in the chair. The third one is the unique reflex. So believe it or not, some people actually sneeze or have a specific physical reaction when they hit that enough point. So see if that's you, might not be.

And then most people have this one, which is a quiet thought. It's just a little mental note like, I might be getting close to full. The rest of that spectrum is pretty obvious. You might be used to that one, which is, oh my gosh, this hurts.

Or I really should stop, but I can't, it's so delicious. Those are other signals and it's okay to be there right now. Just noticing it. Now, if you feel out of touch with this right now, that's completely okay.

You might only notice that signal when it becomes that loud stop or that physical pain in your stomach. Anywhere on that spectrum is correct as long as we notice it or start noticing it. So I know some of you are thinking is noticing really enough? Shouldn't that be like doing something?

But the truth is, is that what noticing does is it creates enough time in sort of a pause in your brain. And in that pause, our brains finally have the opportunity to choose something different than the norm. But for these five days, just notice, write me back somehow, email me or shoot me a message on social media. Let me know what you discover during your signal study, what your unique enough sounds or feels like.

I'm going to send you that invitation to join ReStore tomorrow, I can't wait to hear from you soon. If you'd like to join Restore™ now, feel free. You can sign up at setpointscience.com/restoration. Love to see you in there.