



THE QUILTERS COACH PODCAST

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Quilters

EPISODE TRANSCRIPT

**WITH YOUR HOST
DARA TOMASSON**

194. The Skinny on GLP-1 (Part 2)

So did my last u did my last podcast get y'all riled up on the whole GLP one thing? I hope so. I hope it got you thinking. That's the point. The point is to really understand and take control of your own life. As a life coach, I'm all about learning how to take charge of your own life. All right? I gave the emphasis on purpose because before life coaching, I think I spent a lot of time worrying about what other people thought.

I also fell into a lot of subconscious, unhealthy patterns of victimhood and all sorts of stereotypes and things I didn't even realize I was doing. And the more aware that I've become, the more powerful I've been able to feel. And guess what? Life is a lot more interesting. And so I hope, and my goal for this podcast is to help you to create the kind of life that actually feels awesome and wonderful for you.

All right, so today is part two of GLP Ones the Skinny on what's really going on.

My name is Dara Tomasson and I am, and this is the Quilters Coach podcast. And we're gonna dive more into what to do instead of GLP one. Are you ready now before we go? Really into it. I always love to share wins and this is from one of my clients who is super creative and super interesting, and has so much to contribute.

And she has a lot of things that she likes to keep. Are you like that? We have so many memories. We have so many creative ideas and she actually just didn't have enough room in her house to store all the things. And so there was a storage locker and the storage locker just started filling up more and more.

And we worked on different strategies and eventually we just got to the point where it was just helpful to have me go and help her with the storage locker. And so physically we worked on it together and I tell you, it was amazing. It was amazing to see her creativity. It was amazing to see all the things that she has saved.

It was amazing to celebrate the different projects and, but it was also amazing to be able to help her make some decisions on, I've already had as much fun with this project as I'm going to. I actually don't need to that was an idea, but it's not like a baby that you have to raise, like we can just have a ba we can just have ideas and like sometimes we like.

Keep doing those ideas and sometimes we don't.

This shirt, I've actually had this shirt, you're listening to the podcast is this really fun yellow and white polka dot shirt. And my friend, it was her shirt. And one day I went up to her and I just said, I love your shirt. It's so amazing.

It's like one of my favourite. It just brings me so much joy. And then two weeks later she showed up at my front door and she gave me her shirt. This was probably 10 years ago, and this shirt still brings me so much joy. I just love this shirt. And but I don't have to keep this shirt forever for me to love the shirt, right?

And she doesn't, she didn't have to keep it. She actually gave it to me and she passed it on. So anyways my client just sent me the picture of the empty storage locker, and I am thrilled for her. I'm so thrilled for her that she took something that was really hard and she was able to work through it.

She got the extra help. I was happy to fly there. I was happy to spend time with her. We had such a great experience together and one of the things that I said to her was, I want you to memorize this feeling of accomplishment and lock that into your body. This is who you are. And the more that we can create these intentional practices of making a goal and achieving it and really honing into it, the more that we create

194. The Skinny on GLP-1 (Part 2)

these incredible natural, like these are gonna be your new pathways, these are gonna be these new experiences for yourself.

So instead of the old one of I'm not good at this, I can't do this. You are like, wait a minute, I'm like a boss. Like I know how to do these kinds of things. I know how to empty a whole storage locker in a very short time. I know how to make decisions. Decisions are easy, these are my parameters of my decisions, and I just go for it.

And it's just so fun. So it, you have questions or curiosity about life coaching. I gotta tell you, you come in, you book a call with me because I can give you help and I can show you. Life coaching has completely changed my life and the life of my children and the life of the ladies in my inside, my membership.

And currently I actually have some one-on-one spots. I haven't opened up my one-on-one spots in over two years. And so I do invite you if you wanna go deep and, or even if you wanna do a project like that, I do have some flexibility with having custom projects. All right. So today we're gonna go deep into, to.

So now the other thing about working with this client is when you can get rid of those physical kinds of things that weigh you down, that's when you can start looking at the weight loss. Physical weight loss. So ties me in to today's episode of part two of GLP one antagonist.

GLP one is a hormone, it's a naturally occurring hormone that's produced in the small intestine and it plays a role in regulating blood sugar, digestion, and appetite. And I talked about it yesterday or not yesterday the week before the episode before now,

it is a synthetic hormone that you're putting in your body. You're increasing it. Now, it can be beneficial, don't get [00:07:00] me wrong. Obviously there's doctors that prescribe it. My biggest concern. The reason that I am like, I took my stand and I'm gonna stand on it, is because we actually don't know what's going to happen.

We do not have the data, we do not know the side effects. Now I'm sharing in this, in, in the notes here about the history of weight loss. So I did a whole free training on the history of weight loss. And it is really scary. Okay, so we have, like Fen, we have all sorts of weight loss drugs and you can see that they do not end well.

And although it looks very promising right now, we just don't know the side effects. Think about vaping, think about the drugs that women took for morning sickness and then babies were born with deformities. And missing limbs. So we just don't know. Now you can totally decide, and I am not saying what you should or shouldn't do.

What I am, what my, the, my purpose of this is to say, Hey, listen, there is another way. And so I want us to look at why we are overweight in the first place. So how do we lose weight? We have to be in a calorie deficit. So our body, I'm just gonna do a little bit of science here. Weight loss science. So remember my background.

I was a school teacher, so I simplified things, took big concepts and simplified them. Quilting teacher, same thing. And I am with, when I taught quilting, it's a beautiful design, but here are the essentials, here are the basics. And then help you to find your own voice, right? Build your own foundation, and then you can create your own unique style.

194. The Skinny on GLP-1 (Part 2)

And it's similar to what I do here as a coach, a life coach. So let's think about weight loss science. So we have food. And food has calories, and calories are just how much energy something takes to burn. So I live on Vancouver Island. We heat our house mostly with wood, so our butas wood burns at a higher rate and it's actually amazing.

It will last longer. Whereas cedar or fir or like all different kinds of wood have different burning rates, even glass. Like it burns at a different rate than plastic or paper, right? So we so for example, if you have meat versus carrots versus celery, versus apples, cottage cheese, they all take.

Longer to burn less or longer time to burn. Okay. That's all calories are. Okay. So food isn't bad or good, just it just has different side effects in our life. So if we are continually eating food that takes our body longer and longer to burn. Then we are, and if we're not moving more, or if we're not.

And if and actually if some of those calories have more chemicals or if they have more if we don't really even understand like synthetic materials, like you think about a candy. And you look at, or even like ice cream or something, it's like you don't even know what those words are.

Your body's I don't know what this I mean I'm looking at I have cocoa here. It's like organic cocoa processed in alkali. It's like that's all it is. It's just cocoa. Whereas if you look at other ingredients. It can have all sorts of complicated things and so that's gonna take your body more work to break it all down and to use it up.

Okay? So if we are eating more calories, so more food than our body actually needs to run, so our body. Requires approximately 1200 calories a day to run. So we blink to breathe, to digest food, to urinate, like all of that to regenerate like bone muscle. And so if we are constantly eating more, our body actually.

Is stressing out because it's saying I don't know what to do with all these extra calories. Girl. Okay, we can put some extra, we can store some in your bum, we can store some extra in your, like behind your arms. I guess we could put some in your boobs I don't know. And so in if it's like you go to your, if you fill up your car with gas and you drive down the block and then you wanna fill it up with more gas.

The tank is already pretty full. It says I am, I guess we can just put some in these jerry cans or these gas cans, but we have to store it because we can't be using all of this. All right, so this is weight loss science as it as the most basic. And then we go and look at, okay, now we have the stored fat on our body.

So it's like a freezer. So I get more food. I go to Costco or wherever and I buy a bunch of food and I'm like, okay, we are gonna put this food in the freezer. When I went to Costco the other day, they had chicken. It was such a good price. So I just bought five or six big things of chicken.

And so I put some of that in the freezer. Let's say tomorrow we are gonna cook that chicken. I gotta go and take that chicken out. And let it defrost for a while. And it's the same thing with using up the stored fat on our body, but it requires us to not eat right, to not be putting extra food in so that our body can tap in and use that energy under, like this is how we do it.

So in order to lose weight, we have to be at a calorie deficit. Now the problem is that if we don't have very good coping strategies, and if we aren't very comfortable with actually just being hungry and waiting right until we're actually hungry or we feel like, oh, I'll lose control, then we're just constantly adding.

Extra storage and we're not using up that storage. So when you use the GLP one, that can enhance that process. But again, going back to. The problem. The big problem is we don't know what we don't know.

194. The Skinny on GLP-1 (Part 2)

We do not know what is going to happen. The other issue that we talked about in the last episode, that is very important, and the other thing that I feel very strongly about is that starting at age 30, we start losing three to 5% of our muscle mass.

And then. Menopause, it accelerates, and then we have what's called sarcopenia, and so we lose this muscle mass. Then we have muscle weakness, loss of stamina, difficulty performing daily activities, and then we talked about our chances when we fall. You are now going to have a higher chance of may potentially dying.

Or having the surgeries that maybe our body, like our heart isn't strong enough like that interview that I talked about in the last episode. So much of what is happening is actually avoidable. We can be so much more preventable. Oh, sorry. We can be more preventative in our approach. This is where the life coaching is so important when it comes to permanent weight loss.

Now we have our, we have what's called the vagus nerve. And the vagus nerve goes from our, our brain down to our. And parts. And in that vagus nerve, we have the sympathetic nervous system and the sympathetic nervous system is always scanning for danger, right? It's our, it's its job. So fight, flight, freeze, or fawn, people pleasing.

That's the fun. So it's constantly scanning for danger. So if we're you know where we're going, maybe we're going to a guild meeting and we're worried that people might judge us or going to a family dinner. And maybe we're worried like that. We've gained a little bit of weight and people might judge us, or maybe we've lost some weight and people might judge us.

I don't know. Or maybe our house, we feel like our house isn't clean enough or nice enough, and then people come over and you're just constantly in that fight or flight, freeze or fawn mode, right? That danger. That like this doesn't feel safe. So if our nervous system, so our sympathetic nervous system is not calm and we don't know how to calm that, then one of the strategies that we used as little kids was to eat some food.

Now, I love when Janine Roth says that every time we turn to food is one of our strategies of keeping, of trying to self-soothe. So when we were kids and things weren't going so well, what did we, one of the strategies we did was we went and got some peanut butter maybe, and we were able to have that false, that wasn't false, like we did get that hit right, but it didn't last very long.

Or maybe we went and got some chocolate chips, or maybe we went and, I don't know, did something and got some praise, external praise. Maybe when we were crying or when we were really sad things. Didn't, like someone didn't invite us to a birthday party. Maybe someone went and got us some ice cream. Okay, so we have these unhealthy coping strategies, and the problem is those are now our, and our body, our brain is always looking for patterns.

So when you first learned to start to drive, it was all very awkward. Then eventually 'cause the body was like, oh, this is a system. This is what we do. And so it starts automating things. All right? So now we have this self automating process of I'm sad, I eat peanut butter, I'm sad, I get some chocolate chips, I'm upset.

I go and do some shopping or I'm sad and I go and do something for someone else to get some external praise. 'cause I don't know how to praise myself. And so as a life coach and the life coaching tools that we use is we actually start interrupting those unhealthy. Coping strategies that don't help us, but one of the things we have to do is learn how to regulate our nervous system.

194. The Skinny on GLP-1 (Part 2)

And we also have, as part of the vagus nerve, we have what's called the parasympathetic nervous system and the parasympathetic nervous system. I like to think of it as like a parachute, it like slows down and has you think about your thoughts. So you're like, wait a minute, okay.

I could go and eat that peanut butter and I could get that little dopamine hit. Or I can actually just sit with my feeling of disappointment that my friend's not coming over, or that person made that comment about my quilt on Instagram. And that actually made me feel, made me feel defeated.

But I actually know that eating peanut butter is not gonna make a difference. And I really want to live a longer life, and I wanna have, I wanna be like the healthiest grandma ever. Okay, so this is what I'm talking about. So when people ask me, oh, how do you lose weight and keep it off since 2019, like over 50 pounds all through menopause, and you like had all these teenagers in your house over covid and feeding them pancakes and spaghetti and all these things, and you didn't get any weight and you don't exercise regularly, you don't even need to.

What? What's going on? I say to them, I lost weight with my brain because I learned how to regulate my nervous system. I learned how to create healthy coping strategies. I learned how to take a pause before eating the spoonful of peanut butter. I learned how to feel the feelings and I learned that when I can be uncomfortable, I can conquer the world.

And so the struggle that I have with the GLP one is that you are now paying a lot of money for a fix that we don't know what the side effects are gonna be. When you can create systems, healthy systems to work through the problems. Do you see why I'm and this is the problem. I know there's going to be haters.

I know there's going to be people that will say, you are so stupid. You don't know. You only had 50 pounds to lose. What's wrong with you? I know that's gonna happen. And you know what? Everyone's entitled to their own opinion, but I, if you are gonna get anything out of this. These last two series, I want these two things to happen.

The first one is, and this one is one of the saddest things I see in the world is that people just understand that their worth as a human has nothing to do with the size of their body. It has nothing to do with how nice their car is or how big their house is, or how smooth their skin is. Your worth as a human has already been set.

It was already predecided and it's never a negotiable, never. I work with all sorts of women. Some women have all sorts of money. Others have hardly any money, and I can tell you money has nothing to do with your happiness. Same thing with our body size. It has nothing to do with our happiness, our marital status, how many kids we have, how many if we don't have kids.

None of that has anything to do with our worthiness as a human. That was already decided before we were even born. Can you imagine ever telling a baby, oh, yep, you pooped your diaper, or you did this wrong, or you spilled the cereal? Or you, oh, yep. You're not as worthy as you were the day you were born.

No. That if I could have one message

that I could tell the entire world over and over. Would be that. Okay, so that's number one.

And number two is that you, your relationship with yourself is key. And the more that you can learn how to be with yourself and truly take care of yourself. Feel all the feelings be this healthy, balanced person

194. The Skinny on GLP-1 (Part 2)

who allows the negative, allows the positive, who embraces that In order to have a balanced human experience, it's going to have negative, and that's okay.

And that your weight or any of those things, those do not determine it. And so when women. Or men I work with exclusively with women, take these weight loss drugs. They are not addressing what's really going on.

And so that if this podcast resonates with you, and even if you're triggered by it, please, let's talk about it. Shame is one of the most difficult emotions that we have because shame puts you like a mushroom, right? Puts you in the dark, and it doesn't allow you to really talk about what's going on.

And so when these women who have been sexually molested, who are so disconnected from their bodies and don't know how to talk about it, please, I know what that is like.

I know what it feels like to be objectified, to be taken advantage of because of your body personally and working with so many women. And so my take on weight loss is very different because it is not cut and dry.

So if you struggle and if you, it doesn't feel safe for you to lose weight, yet you have all these pressures, or if you feel like you're just the biggest loser in the world because you've never lost the weight, or you lose it and you put it back on, it's not because you're not smart enough, it's because you just don't have those coping strategies.

And I'm not gonna edit out the tears, and I'm not gonna edit out the pauses because this is actually very challenging for me to talk about because I, every time I talk about it this way, I think of these individual women that I have helped. And it is a great honor. I think of myself as this little girl who was taken advantage of, it was horrendous.

And I am so grateful that I have the tools that I was able to work through what it meant to work through that abuse.

And we can't be ashamed of it any longer. You are a hundred percent worthy whether you were sexually abused or not. Whether you were teased about any of that, and, maybe I'm not your coach, I don't know, but I do wanna be a voice for that. And so I, it takes a lot of courage. A, for me to be so verbal about this, and B, for you to listen and to act.

And that is how you're going to make the change in your life is to be a little bit uncomfortable. Just like I am right now sharing this and then publishing this podcast. But that's how you make permanent change. You don't need to stay stuck, I promise. All right. If you would like to meet with me one-on-one, I'm more than happy to do that.

If you need to go and if maybe this is your sign to go to a trauma specialist. I am not a trauma specialist. I can direct you to one. But I do work with a lot of women and give them strategies and tools. I, in fact, a lot of women I've worked with, I've worked side by side, so they have their own.

Trauma specialists that they've worked with. And then we have everyday strategies and tools to help with these things. This is not black and white. Life is not, and that's why life coaching is just so powerful because we want to live a meaningful, powerful life, but we just weren't taught those things.

194. The Skinny on GLP-1 (Part 2)

And so the more that we can learn how our nervous system works, the more that we can learn how to rewire our brain, and the more that we can learn how to. Look at, take a step back and take a look and not have to, keep skirting the issue, the more you can really start to live your life. And that's what I want for everyone.

I want you to really start living the life that is actually genuinely you. So if this resonates with you, you can book a call. You can look into my membership and maybe at, by the time you're watching this I might still have some one-on-one spots open. I'm not sure. But you can just book a call and see or just DM me.

All right. Take care everyone. Bye.