

Week 7 Video 7 Weight Loss: Important Questions

When a client comes to see me and says “I'm really eating well and I can't seem to lose weight.” One of the questions that come up in my mind is, well, do they really know what they're eating? Are they overeating for their lifestyle? But another question that comes up is the question of, is there a biological reason that this is happening? And if there is, pretty much nothing we do is going to make a huge impact is it? So kind of important to ask your client the questions so that you need to find the answers about what is really going on. If the client says, “Well, I have this thyroid issue and I'm on medications...” then quite possibly the first thing the client needs to do is go check with the doctor, is there a biological reason that the client is not losing weight if they are truly eating the way they say they are?

And there are times that if by the fourth or fifth session the client is telling the truth and sticking to what her plans are and knows that she is eating the right amount of calories or carbs or whatever and everything is fine, then I will sometimes stop the sessions and say “I think it's a good idea to take some time off and just make sure that there are no biological issues going on.” If a client comes in with physical issues already, it's important to have them check with their doctor.

That being said, If clients don't write down what they eat or they are not sure of the nutritional content of their foods, then they're going to be sabotaging themselves all the time. I just want you to keep this in the back of your mind that this happens easily.

I had one client for weight loss and she said, “I'm on a low-carb diet...” she's very bright and intelligent woman, has her own business and she said “I'm on a low-carb diet and I can't lose any weight.” And I said, “Okay” and my goal is to ask questions, get more information. I said Mandy, “Tell me what you eat for breakfast?” She said, “Well, I have half a bagel with nothing on it and half a cantaloupe and a half a cup of blueberries.” And, “Okay, what do you have for lunch?” “Well, I usually go out and then I'll have, like, a Caesar salad.” I said, “What's in the salad?” She said, “Well, some croutons and some cheese.” And she tells me about dinner.

Well, I know enough about a low carb diet that she could easily be eating the carbs in the fruit, the carbs that may be in salad dressings. Many salad dressings at restaurants always contain sugar and the carbs in the croutons and she doesn't know exactly what she's eating. All that can really sabotage what a client is doing.

So rather than me educating the client because that is a long process, I will send them to either educate themselves and really be very clear about what they're eating and what those ingredients are because a low-carb diet, if somebody's eating 60 carbs a day, they may be maintaining their weight and that's not really their goal.

So just keep in mind if you have an intuition that there quite possibly might be a medical reason for this, then definitely, recommend that they go see a physician because ultimately, you want to have success with your clients. And you can only your part, the clients have to do their part. If they can and are not willing to, trust me, you don't want them to be your client. You want people who are going to work well with you, not work against you and the more successes you have, the more referrals you're going to get and the more confident you're going to feel. So just kind of keep it in the back of your mind.

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