



EPISODE 20: EATING IN AN EMPOWERED WAY

- Speaker 1: [00:00](#) Your listening to the bipolar now podcast, episode 20
- Speaker 2: [00:06](#) Welcome to Bipolar Now, the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show, Mike Lardi. Hey there,
- Speaker 1: [00:19](#) welcome to the show. I'm Mike, I'm your host. And the one thing I love the most is talking real life. You know, anybody's life is messy, but when you have a disorder like bipolar, your life tends to be a little extra messy. And that's just how it is. And I get approached by people and, and this is kind of funny, but they're like, you know, so and so in my life are having a terrible time. I think their bipolar, I just wish you could talk to them cause they're like a ticking time bomb and I don't want to see them go off again and I just don't know how to get you to talk to them without them knowing that I know that they're going to go off. And so, you know, people bring these things to me all the time and it's like this isn't really what I'm designed for.
- Speaker 1: [01:06](#) Um, I'm, I'm not designed to have like the conversation that saves someone. Um, the reason I bring this up is because somebody just asked me today, uh, at the gym, I just wish you could talk to my friend. And I said, well, what's going on? And they explain the situation and yes, it's ugly. And I said, well, it seems to me that they, they need to have like a meltdown. I need to have a breaking point. You know, there's all of this stubbornness that's pent up inside of them and they're not giving in and they're not seeking help and they're not seeing the need for it. And they're being vicious. And it's just like a, it goes around and round and round and round. And I said, it seems like they just need a breaking point and I'm not the person, you know, to initiate that or deliver it or, or what have you.
- Speaker 1: [01:48](#) But what I do happen to be good at is bringing up awareness after the fact. So you know when someone has hit rock bottom, when someone has like dropped to the bottom of the barrel, then I might encounter them. Then we might find each other. And it's cool because what I bring up is awareness, awareness of the what. You know, what needs to happen now that's, that's really why I called this show bipolar now and built a company name around it. It's because what do we do now? What is the deal? And also if you've been with me a few episodes, you get the hint that I'm trying to put you not only in in touch of and aware of the what, but also of the WHO. Who Do you need to place yourself around? Who Do you need to spend more time with? And of course you always hear me talk about this, but who is your lifer?
- Speaker 1: [02:38](#) So speaking of that today I'm bringing on Daniel Pride and no, he's not a celebrity, but I have to use his full name just to

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distinguish him from the other Daniel, Daniel Meers, who comes on the show quite frequently. And Daniel Pryde and I both come from the same background, so we met each other a long time ago and today we're going to talk about something that is dear to both of us and that the subject of eating well, you know, specifically eating for our benefit and not to our detriment. So we are not coming at you from any kind of a clinical perspective. We have no medical training or formal professional training. This is just a conversation, but I wanted to let you in on it. So without any further ado, here we go.

Speaker 3: [03:24](#)

Yeah.

Speaker 4: [03:35](#)

Well Daniel, it's good to have you on the show today. You know, uh, we, we go back a few years, right? Just a few, just a few, maybe 12, 13. I don't know. I, I lose count, you know, at this point if it's, if it's somebody that matters that it really doesn't. Yeah. The years just aren't important. Right. We go back quite a ways. Um, do you remember kind of what we were doing when we first met? Um, I mean, you were working at CBC, um, which the church, yeah, it was the church. And I was just going there. Right. Um, so like for the first couple of years we didn't have like a lot of contact, but I was seeing all the stuff that you were doing and just kind of like blown away by it. Thanks. Well I was equally blown away by you because at some point you joined the band [inaudible] and you started playing with us and you were automatically the coolest guy in the band because you were the teenager. I thought you were going to say it was cause I played bass but okay, well that too. And you had amazing hair.

Speaker 5: [04:35](#)

I should have cut that out long before I did.

Speaker 4: [04:39](#)

He had amazing hair. You were in the band. We rocked the heck out of that building. That was a lot of fun. That was a really fun period of my life. And I always remember, well I always remember being initially impressed by you. Um, you were just sharp, super sharp, tack sharp and I think your musical abilities, like prove that to me. Like how you could just move so fluidly between different instruments and you, I always struggled when they would change the key all of a sudden cause I wasn't a real musician, I was just kind of playing by ear. Well the worst part was when that happened a onstage and you weren't prepared for it. Right? Like somebody didn't put their capo on and like, oh shoot. Yeah, okay. It's an A, let's go.

Speaker 5: [05:16](#)

Yeah.

Speaker 4: [05:16](#)

And then the singers I have to try to adjust because they were already at the limit. Yeah. Oh my gosh. Live music. Know that my best was when something like that would happen and whoever

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was singing just cannot not get it in the on a Sunday morning. Like during service had to be like, okay, we're going to stop that one and take it from the top. Right, right. Oh Man. You know, thankfully that didn't happen a whole lot. That was just like, I've actually started in the wrong key on the piano and it was my song to lead. Nice. And I'm like, no, no, you did not

Speaker 5: [05:48](#) go like speed yourself out and then started [inaudible]. That'd be something, well,

Speaker 4: [05:54](#) we did a couple of crazy things together. I recall a,

Speaker 6: [05:58](#) you ended up taking trips down into Latin America. Did you go to Mexico? Guatemala, Mexico, Guatemala, Nicaragua, Costa Rica. That's right. Costa Rica as well. And you kind of fell in love with Latin America, like tell us what was going on there. Oh, for sure. I think the first trip, um, when we started doing those trips as a church, um, the first one we did as like a scouting trip was Guatemala and it was just like four of us. And then after that we started taking, um, bigger teams. And I think that was probably the first trip that you and I did. Yeah. Or maybe one of the Mexico trips. Um, but I mean, this kinda ties into food. We haven't talked about this at all, but I was a super picky eater up until like about age 14. Um, and I was 14 when we went to Guatemala and it was like, we're going to be staying in people's houses and you're going to eat whatever they give you and not ask any questions, the right faces because you need to be polite cause they were putting a roof over your head and making food for you.

Speaker 6: [06:51](#) Yeah. Um, so I was like, and if you make a bad face at their food, that's like the equivalent to shooting them. Yeah. It's super rude. And, um, so I was like, okay, I'm gonna do my best and just suck it up. And, um, I had always eaten just like we went and got Burgers, I would get a plain cheeseburger if we went to like chipotle, I would get a case of Dia, a case of Dia from chipotle bowl, way out. That was how picky I was. Um, I don't think I'd ever really had beans before I went to Guatemala and then I was having like rice beans and goat cheese for every single nonstop. Yeah. I remember I came down the stairs one morning and there was, uh, like soup for breakfast with a big bone in it and it was just like red broth and I, I didn't ask any questions.

Speaker 6: [07:36](#) I was like, wow, I don't even, I'm not even sure what kind of meat this is going to go for it. But that really changed my whole perspective on like, I, it's stretched to you. Yeah, absolutely. And it kicked me out of being a picky little jerk about food. Totally. Um, and yeah, I, I've eaten differently since then. I'll try almost anything wants now. Yeah, yeah, yeah. More exploratory and adventurous and yeah, for sure. Yeah. And it was, it was being

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forced to do that because otherwise I would have just stayed in my comfort zone, just seeding boring food that I knew of. Yeah. Yeah. You got those trips were wild. You know, I recall Guatemala specifically. That was my first like truly international trip. Like, you know, Mexico is so close to California that we've gone down there and we spent time down there and we've worked with people down there and, and it's like, okay, it's Mexico, you know, it might as well be San Bernardino sometimes or parts of Fontana. Yeah. And so a, you go down there and it's Mexico, but like Guatemala was exotic to me. The way the people lived, the way they dressed, the coffee fields that were there, the way the towns were set up looking at Antigua, you know, that ancient capitol city. That was a funny trip because I was in Josh's office one day. Josh was my boss and he goes, Mike, um, somebody just dropped out of Guatemala and we have a plane ticket that's going to basically die on the [inaudible]. And

Speaker 4: [08:56](#) he says, do you want to go down there and take your camera and make a documentary? And this is like maybe six days from that trip. Oh, I'm happening. And I go, oh, um, yeah, but I mean, I've got to get work off, you know, I worked weekends at the, at the bar as a bartender. And so I went to them and I said, hey, this opportunity came up and they needed me for two weeks. I'm going to go to Guatemala. And they're like, shoot, that's cool man. Go for it. Like, so I got on a bus, you know I got out into La, I got on the plane, I flew by myself down to Guatemala. Oh you had to fly separately? Yeah. Cause they were there like a day ahead of me. Oh yeah. So no idea that he honestly popped it on me.

Speaker 4: [09:36](#) I maybe in my mind it was six days, maybe it was actually the day before. I do not remember, but I remember it was like, Mike, are you going to go and are you going to all of a sudden I was like had this task of making a documentary. And so I got down there and it's one of those things where one of the casianos brothers was waiting for me at the airport. I didn't know anybody. Right, right. And, and he had a sign that said Community Bible Church. And I was like, wow, I am in a movie right now. Like I'm in a foreign country, I'm getting picked up. I'm going to be taken to a secret location where I'm going to live inside of a volcano on the side of a volcano where I'm going to live and work for them the next two weeks. Totally amazing man.

Speaker 4: [10:12](#) So we've had some incredible trips. And how about our work life? Like now you and I intersect quite a bit, don't we? Yeah. And I mean that actually started when you were transitioning out of CVC and I uh, started in your position. Um, so we had like a month crash course, like training. Yeah. Cause I was like

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serious how to do video. Yeah. Video. Like here's the can Photoshop and graphic design and installation actually. Exactly. Picking up all that stuff super quick. Yeah. And now we get to work together in a professional settings. So you helped me with my instructional videos, which I released to my students and then I get to help you by editing corporate professional video, which is just fantastic for me. Yeah. I mean talk about how that relationship is now. Yeah. I mean, well, I started a video production company with two friends.

Speaker 4: [11:06](#) Uh, it's almost like two years ago now. And then we got a client that we've just been really busy with doing a lot of, uh, corporate videos and stuff. Pretty cut and dry work, but we were just overwhelmed with all the editing. Um, so I hit you up and it was like the perfect time because you had more free time, um, because you've been working on the courses and everything. Um, so yeah, you've been one of our editors in the saving our butts. Well it feels like you're saving me, so I just, I love that it goes back and forth. You know, you have a, a little bit of a front row seat to the mind, sanity that happens, you know, off camera. And I just love that we get to work together and that you, you know, you back me up in the things I'm doing and I love the work that you guys are doing and I want to back up your company and I just, I see it as, you know, a really good relationship going to carry on professionally in addition to, you know, how we've been good friends for so long.

Speaker 4: [11:57](#) So thanks for being on the show. Yeah, of course. So here we are. You alluded to this a little bit about when you were younger and maybe 14 ish years old when your relationship to food started to change. You know, you, I, when I met you, um, it seemed like you had opted out completely of this teenage diet of Taco Bell, you know, and KFC and all the little, you know, all the little restaurants that dot 40th street. You know, there's just like an endless supply of junk food on that street. And it seems like you opted out of that pretty early on. And I remember you bringing things like yogurt and granola mixes and like fruit and you always had a banana in your pocket, like, and you would come, you know, you'd come to band practice and you'd have like a nice meal in full display of all of us showing us how poorly we all,

Speaker 6: [12:44](#) so you had to have breakfast. And so I'd show up at like seven 30 in the morning. I'd be like a, I'm not a morning person, so I'm not eating breakfast before I get there. So I'd like make some yogurt and Granola. And then as we were like practicing, I'd be having breakfast. Yeah. Yeah.

Speaker 4: [13:01](#) So you said that the, the switch in foods happened right around the time that you were doing these international missions.

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Would you say that was a direct cause or was something else happening behind the scenes that was setting you up for a food change? Like tell us about how that

- Speaker 6: [13:15](#) worked out, that transformation? No, I think it was a direct cause and it like just changed the way I thought about food when I, uh, came back. Um, and then going out to eat. I was just more interested in trying other things and having a bigger variety. I seriously used to like when I was a kid and I just had to like make lunch on my own, I would just like make some macaroni, put some like butter and cheese on it and call that a meal. That's still like my, my sister's favorite meals to go to Mac and cheese. Yeah. Um, but it's super unhealthy. Like you shouldn't be living on a diet that looks like that. You're getting no nutrients. And so it wasn't necessarily me realizing, thinking about nutrients and health to begin with. Um, as it was like flavor. Cause after like having meals with ingredients I'd never had before. Um, my mind was just kind of open to like, oh my gosh, there's so much more out there than the things I've been like limiting myself to. Right. And would you say that that switch, um, that you adopted, like do that
- Speaker 4: [14:21](#) impact the course of your life? Maybe your choice in schooling? I mean, I know you kind of went to school for, you know, for the sake of nutrition. Like, tell us about that.
- Speaker 6: [14:29](#) Yeah, I mean if for sure did, I didn't really know what I wanted to do when I got out of high school. Um, which is kind of hard cause all my friends are like, Oh yeah, I'm going to school for engineering. Oh, I'm going to be a PA, stuff like that. My Gosh, shoot. Um, so it took me maybe like a year, a year and a half. I think it was something that Josh, our former boss said to me because I was just a working in office at CBC and he was like, what are you going to do? I was like, I have no idea, dude. And he's like, well, you're always like paying attention to what you're eating. Have you ever thought about doing nutrition? Honestly, I hadn't thought about that. I'm like, it was just something that was a part of me and was maybe different for me than it was for other people, but I'd never considered actually studying it. So I think it was actually him making that comment that kind of struck that thought in my head.
- Speaker 4: [15:18](#) Right, right, right. And you know, food impacts so many things. It impacts our health, our mental health impacts our weight. Like the, all, all of these things are connected. Like was that overwhelming to learn in school cause that like boggles my mind. The science of nutrition and how these things are all inter dynamically woven together. Like lets just, was that a difficult for you all that reading?

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- Speaker 6: [15:41](#) Um, I mean I've always enjoyed science. Chemistry is probably my favorite subject, uh, even when I was in high school. Um, and so when I was in school getting a degree in nutritional science, a big part of that was um, doing, um, like a background in chemistry and biology. Um, and without that you don't really understand how food works on a molecular level in your body and interacts with everything. Um, and I think it's super important, especially for people who are going to be advising other people on food, um, to try to like dive into, um, not just a superficial level of like talking about macros or something, but understanding the effect that um, different types of foods have on your body.
- Speaker 4: [16:31](#) Right. Yeah. I think a lot of people you know are, are able to comprehend how connected everything is and maybe they, you know, they've spent some time in a nutrition class, you know, in college or high school or what have you. Or nowadays you get those little like quick, you know, bite sized articles in your email. It's like this is why you should eat more, you know, vegetables and you know, those things hit our attention all the time. But you know, people actually asked me like, Mike, you know, one of the big reasons for today's show is because people ask me, Mike, is there an actual diet for treating bipolar disorder? Like if these things are all connected, if they affect how we feel and their effect, our moods. And bipolar is, you know, a disease that also affects mood. You know, and brain health is, are there foods that work for bipolar?
- Speaker 4: [17:21](#) Is there a bipolar diet? And I always have to say, well, you know, from what I've read and from what I've looked into, the answer is yes and no. So yes, there are foods that are more beneficial for you to eat. And we'll talk about those in just a minute, you know, in a general sense. But no, in the fact that there's no one specific way of eating that is going to prevent you from getting a mood episode that is going to keep you, you know, completely stable. Like there's no, you know, miracle does it all for you. Like just do this, set it and forget it kind of a diet and you'll be good to go forever. There is, there is not a, a, a bipolar diet. And, um, you know, that's unfortunate news for some, but the good news is is that there are food choices that are smart and what, from what I've read and now what I am practicing is I'm practicing a diet that is high in protein and then I let my fat speed, you know, a little bit high and, and my carbs be a little bit low and, and those are all subjective because, you know, if you're, if you're a sedentary person, like I was when I first got to the hospital, you know, and when I was, when I was trying to figure out how am I going to deal with the life of bipolar, I was sedentary so my insulin response was really poor so I could eat a pasta meal and it would just feel terrible.

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- Speaker 4: [18:33](#) Right? Yeah. Whereas nowadays I'm more active, you know, I'm out and about, I'm moving, I'm getting exercise, I'm going to the gym. Um, now that I'm more active, I find that it seems as though, and I couldn't prove this cause I don't have you know, knowledge of my metabolic panel, but it seems as though my insulin response better so maybe it doesn't quite matter so much the carbs to fats ratio, but I know for sure I always keep my protein intake high and I find it from like high quality sources like salmon. So I eat almost the same thing every day. Like I'll bake salmon in the morning almost every day and I'll have avocado toast with it. Cause the Avocados are, and it's like all these foods that are high in protein but also high in these natural oils. You know, these fatty oils and you're getting a lot of really high quality fats in there too.
- Speaker 4: [19:17](#) That's the difference between like you can, you can eat a high fat food, um, but you can have it from terrible sources and it's going to do different things in your body, but you're getting, uh, fats from fish and from Avocados and the, those are great sources. So that makes sense from a nutritional standpoint that protein would be a critical element and not just like the amount of protein but like you said the getting it from a good source. Yeah. Another thing that is like related almost immediately to this is the subject of weight gains. So foods is one thing and with foods it's like what foods are you eating and how much are you eating? And all of these things matter. But also there's a sense of like when people talk about bipolar they're automatically thinking medications. Yeah. And because they're automatically thinking medications, they're automatically going, well my medication says on the label, you know, will cause weight gain or it is, it is just a known side effect that it will induce weight gain.
- Speaker 4: [20:15](#) And I looked into this and again my nonscientific brain doesn't know how to articulate this, but there are certain receptors in the brain that that signal to you that you are full when you've had a meal. And some of these medications, like the ones that I'm on, they block those receptors and it makes it seem as though you should go back and have seconds and thirds and you know, and just keep going until you just feel full. But you never quite feel full because the medication is getting in there blocking it. So I think one of the most helpful discussions we have today is how to disentangle ourselves from, you know, a give and take relationship with food where it's demanding. Our appetites are demanding one thing, but we know, you know, if we consume all those extra calories, the pounds are going to fly on and is not uncommon. Like I gained 30 pounds in a month. Yeah. But some people, you know, before they take action, they let that go to 50 I've talked to people who put on 70 I've seen, I've never talked to them, but I've seen in support forums, people saying I'm now

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a hundred pounds overweight, I am lost. And so a lot of that to me would seem to have to do with our relationship to food. So what do you think about food psychology? How should our thinking be as relates to the things we eat?

- Speaker 6: [21:38](#) Yeah, that's tricky. Yeah. Everybody has a different relationship to food. Um, and a lot of people don't even realize it. Like that's not something on the forefront of their mind. Um, I think just going to what you were specifically talking about, like, um, a lot of times because of the medications you're on, you're not allowed, you're not able to like realize when you're full. So for most people they can, that's just their body telling them, okay, you've had enough. Um, and generally like your body has a basic idea of where that is, but you're not able to do that because of your medications. Um, in that case, my, my most easy suggestion is to like, you really need to take control of how much you're eating before you start eating. So you need to plan out, okay, this is, these are my portion sizes.
- Speaker 6: [22:31](#) Uh, and that's, that's all I'm eating. Um, it's easier when you're only like making food for yourself, but if you're like going out to eat with other people or um, you're sitting down at a table with a lot of other people and there's just food on the table, that can be really hard, especially when everybody's continuing to eat. Even though like if you're paying attention to it, you're like, oh, that was probably, I should probably stop there, but your body's not telling you that and everybody else is eating. So you just continue to eat. Yeah. It's an environment, environmental eating that that can be a really hard thing when your body's not telling you to. Um, so I would say the, the biggest thing is to just, people need to be aware of that. That their body's not going to tell them that they're full anymore and that they need to plan ahead and decide before they start eating exactly how much they are going to eat because they, they need to do that in their mind because their body's not gonna do it for them.
- Speaker 4: [23:26](#) I'm glad you said that because it is so important to almost plan in advance. What is going to go down your throat. Like if you want to really get a handle on this, if you really want to break the chain, yeah. And, and break free and be in control of foods and not have foods be in control of you. It's it, it comes with like awareness first and then the monitoring and the way I come up with the awareness, maybe this is different for you, you know, everybody has a way to find out what general you said. The body will tell you generally what you should be eating every day. And then of course that gets complicated with a mental, you know, with a psych, you know, psychiatric medications, spit that out. [inaudible]

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- Speaker 4: [24:07](#) say that five times. [inaudible] psychotropic medications. Um, so that complicates it. But one of the things I do to put everything back in my court is, um, so I use, uh, uh, catching mcardle is a formula that you can find online at calculates your height, your weight, your BMI, your gender, your activity level. And then it puts it through this, you know, this system, this formulation, and then it spits out, you know, it's like, you know, generally if you want to keep your weight, here's the amount of calories you should eat. And that's based on the theory of calories in, calories out, which doesn't always work, right? I mean sometimes hormonally that can throw things off and these medications are famous for throwing off hormones, which is why we're always getting our blood work done. So that's why a nutritional expert is going to be super, super handy.
- Speaker 4: [24:55](#) Somebody who's trained, you know, in these things. But for me, you know, I've, I've determined that I need to eat about, I don't know, 1900 200 calories, 2000 calories a day, and then it breaks it down by macronutrient profiles. So fats to proteins to carbs and, and water and stuff like that. All based on your activity level, all based on your gender, height, weight, BMI and that kind of stuff. And there's programs that'll do it on your phone, like the my fitness pal. Have you ever used that? Yeah, I've used that. And that's probably the most common one. Yeah. People love that because you type in how much you want away and it tells you how many calories you should eat. Yeah. And then it helps you with, you know, planning meals. And that's really, that was where I, so I took my, I took my numbers from the catch mcardle formula and I put them into my fitness pal and it was pretty much dead on.
- Speaker 4: [25:43](#) Yeah. And so they must be using a similar formulation, but that helps me know that, okay, today 2000 calories is my ceiling. If I want to maintain a weight of 158 pounds, you know, and so far when I step on the scale of the gym, every week I'm within a pound or two of one 58 you know, up or down. I never really deviate all that far, all that fast. And I'm really doing that because I'm eating the same meals over and over again, every, you know, every week, damn eating the same meals and taking the same supplements and I'm getting the same amount of activity. And then on the weekends I kind of cut back on the calories just slightly to compensate because I know that there are, those nights were had a little extra dessert. Sure. You know, and so a little like, you know, 150, 200 calories slipped in every, every day here and there and so on the weekends and cutting back by about that same much and somehow, you know, I'm not being a dictator about it, but somehow with my medications, with my activity level, with everything maintaining mostly the same I work activity level, all that stuff.

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- Speaker 4: [26:43](#) Um, does that
- Speaker 6: [26:44](#) seem like a good way to approach it as far as just the awareness, you know, and knowing what you need to be eating? Yeah, for sure. I mean you're obviously being very intentional about like what you're putting into your body. Um, and it's good that you're able to like be very regular, um, and plan those things out and account for like, like you said, when you are like getting extra calories, that's an easy way for somebody who is bipolar or somebody who isn't it at all to just steadily gain weight. And then not even realize it. And one day be like, oh my gosh, I'm 25 pounds overweight where I want to be because they're having ice cream every night or they're having two sodas a day, or it's just adding those two, 300 calories a day in. That adds up over time. And I mean, even five pounds a year, like five years down the road, that's a significant amount of weight.
- Speaker 6: [27:37](#) Yeah, absolutely. And the practical nature of having a meal plan, you know, which we're not giving away today. Like we're gonna step in here and say you should eat this, you should eat that. You know, I mentioned the, I bet I eat fish every day for brain health and for, to control my way. But I do it in the morning. And the reason I do it in the morning now, like I never used to do this, I used to kind of eat junk food for breakfast, you know, sugary cereals, oatmeal with all kinds of cement in there. Yeah. Waffles, pancakes, you know, and now I have this like, it's almost a dinner worthy meal. Like, that's how much love I put into it. But I do it in the morning. It changes the energy of my morning by the way. Oh, for sure. To like have a fun like nice big meal in the morning like that I'm getting ready for and to bake salmon and to make avocado toast.
- Speaker 6: [28:23](#) That takes 15 minutes at the most. But it's cool because, you know, now I'm going throughout my day and I'm not thinking about food. I've had my big meal all have, you know, some leafy Greens in a smoothie with some protein for lunch and I'll have something small in the evening, maybe some yogurt with blueberries and honey. And that's literally all I eat almost every day during the weekday at least. And I never feel bored. Yeah. It's amazing. Yeah. I mean that's, that's a big change then. That's good advice for anybody is that when you eat. So take a standard, uh, like average person's breakfast. Yeah. And it could be milk and cereal. Um, it could be a waffle, could just be a doughnut and coffee, um, is that those are high in very simple carbohydrates, which means your body is going to like have just an influx of sugar, um, and it's going to have to produce a bunch of insulin and it's trying to get rid of all that energy that's going into your body super fast because there's simple carbohydrates.

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- Speaker 6: [29:21](#) Your body doesn't have to do much to break those down, right. Turn them into sugar that goes into your bloodstream. So, um, you're gonna be hungry by like 10 o'clock generally. And then when you finally get to go to lunch at 1130 or 12, you're going to overeat because you're so hungry because you didn't have a substantial breakfast. Um, and then you're going to be putting on those extra calories, uh, at lunch because we were so hungry. Right? Yeah. Right. That happens all the time and the happiest day in and day out, it adds up. Yeah, exactly. Yeah. And I mean that's, it's, it's not healthy from a perspective, like eating way too many calories, but it's also not healthy for your body eating, um, meals that are just very high in simple carbohydrates because your body has to like kind of go into a small crisis mode to deal with all of those calories that are just getting influx, flooding the system. They have to do something with it. You can just have those sugar molecules floating around your bloodstream. That's dangerous. So it has to take them out really quick and make your body work overtime.
- Speaker 4: [30:23](#) Right. You know, speaking of sugar, I'm glad you brought this up because this is something I was curious about. You know, I, um, I try not to have a lot of dessert. [inaudible] I try to be like, so my brother-in-law Jason, he doesn't eat dessert at all. Like he's just totally weaned himself off. He doesn't want to have a taste for it. Like it was an issue for him at one point and now he's totally done. So I'm not there yet. I still enjoy, you know, a little bit of sweets here and there. And I will. So I wanted to get your take on this. I will at times and I'll keep like a little bag of m and m's in the pantry and I will grab some m and m's, you know, and reward myself for getting through a work day, you know, and accomplishing the things I needed to do. And it's like my little tiny reward at the end of the day. Now I'm careful about that though because I mean, do I really want to be rewarding myself with food?
- Speaker 6: [31:16](#) Yeah. I think this is one of the things like, like we're saying, there's no bipolar diet, you know what I mean? The diet that's gonna like cure you. Yeah. Um, and in that same way, there's no perfect diet for everyone and there's no perfect solution. So some people like who like maintain a very strict diet and then every two weeks just kinda have a cheat day or something like that that works for them because they need that reward and they can keep their cheat day, like without going way overboard. Um, they, they can have that kind of restraint. Other people, they just have to like go cold Turkey. Cause once they get a taste, like they're just going to want to do that every day and they start increasing the amount. Um, and then it just doesn't, it's not healthy for them. Yeah. So I,

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- Speaker 4: [32:02](#) I'm coming out a lot. I'm like, I don't want to, I don't want to relate to food as like a pleasure that I must indulge when I need a reward. Sure. Yeah. I'm not saying it's bad that I'm like munching on m and m's, you know, or, you know, getting a little chocolate or ice cream or something or a piece of Pie. But, um, but I, I want to be careful. Yeah. You know, I don't want to fall into that like slippery slope of, okay, well I made it to five o'clock. Therefore when I go to the liquor store on the way home, you know, I'm going to load up all these little goodies that I can keep myself happy with when I'm watching TV at night. And like, yeah, I just want to be careful. Like, I don't know. Do you reward yourself with food?
- Speaker 4: [32:41](#) Um, you know, I'm, I'm Kinda, well you said Jason was weaning himself off, but I, I, I kind of just prefer more savory food, um, which can be just as unhealthy as a sweet sugary food. Um, but no, I don't really, and, and my solution because I don't have a ton of self control is I don't keep that kind of stuff in the house. Yeah. Um, because I'll just get hungry and like nobody's around stopping meal time and it'd be like, oh shoot, what can I eat? Yeah. And if there's garbage in the house, I'm going to go eat it. Um, so my solution is just to not have it around and I won't pick it up when I'm shopping in the grocery store. Cause then it's on my mind, like I'm thinking intentionally about what I'm buying. Um, yeah. So for me, I don't reward myself with food because it wouldn't be healthy for me. Right. Yeah. Right. And the Pantry is a good way to look at it, you know, as far as the amount of temptation that's in your pantry. Yeah. And I had a buddy, you know, spend the weekend for 4th of July, him and his family and the comment, uh, at breakfast the next day was, how come there's no food in your house?
- Speaker 5: [33:51](#) I said, cause I'm poor.
- Speaker 4: [33:57](#) No. But honestly, you know, when I, when I do make a trip to the market, I'm only buying the things I'm going to eat every single day. Yeah. And I don't have room for the things that are going to, you know, crowd my stomach with calories that are empty and bankrupt. And, uh, and I'm the same way as you, you know, I will say that I had one experiment go really right for me. Okay. And this was a month ago and I decided I was going to do a 48 hour fast. Okay. And a fast just means you're not consuming any food. You're only drinking water or some fast stuff. You doing a different variation on that restriction. It's basically you're starving yourself for 48 hours. And the purpose. The reason I did that is because the guy that I was listening to as I was researching this, uh, and trying to get ready for the show, the guy I was listening to was like, do a 40 hour fast psychologically it will break food's power over you.

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- Speaker 4: [34:51](#) And he is 100% right. Because for 48 hours, I didn't eat because I was bored. And for 48 hours I didn't eat because it just was a rumble in my stomach. And then eventually that goes away and you just feel calm. Yeah. And it makes a lot of sense to me. You know, I don't come from a religious tradition where fasting is in the Bible, but I don't come from a religious tradition where it's like, Mike, if you're spiritual, you're going to fast, really practice it. You know? Did we ever hear that at CVC? It wasn't like we're fasting, you know? Yeah. You know, look at John, he's been fasting for three days. That was never the thing. I think we did it like once in high school for me and that was it. Okay. Yeah. Well I'll tell you that the 48 hour one was instrumental for me in braking the psychology of I need food. When my stomach
- Speaker 6: [35:38](#) grows, I must obey. Like it took away that relationship and it made me the one in charge. Yeah. And for that alone, like I'm still feeling the benefits of that, you know? So if this, if this is something like for our listener that they want to look into, you know, there's ways that you come in and out of a fast like that, you got to take a drink, a lot of water and you just gotta Monitor Yourself. And if you have blood sugar issues, it's a really bad idea, you know, like, yeah. Any of these things. So, so I'm not saying go on a four yard fast, but I will say for, for the psychological and the spiritual reasons, because spiritually I felt so calm, I felt so in touch once you got through the initial pain. Yeah, yeah. Oh, he's incredible. Yeah. I think I, I just want to hit on what you were saying.
- Speaker 6: [36:19](#) Um, right there really quick. Like the, the idea behind it is, um, like being in control of your relationship with food. Um, especially when you're dealing with medications and stuff like that and your body's not doing what it normally would. Um, you need to be proactive about it and you need to be intentional. Um, and obviously like doing that fast Kinda gave you the power over it. Um, but just before you start eating or considering what you can grab in your kitchen or at the store, um, thinking about is this gonna be good for me? Is this going to push me over? Um, and like really taking charge of your relationship with food and being intentional about every decision you make is incredibly important. And a lot of people, it's just something they do. They have to put food in their, in their body to deal with cravings or just like get them through the day and it's not something they really think about. It's just something they do. Um, and I think switching that and really taking power over it is essential. Well, Daniel, I think that's a really good point to end on is to just be aware, be aware of what you're choosing and be aware of what you're eating. Be aware of what you're consuming, be aware of all these things and put yourself in the power seat. I think that's a great place to end. Yeah, totally.

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- Yeah, so thanks for being on the show today. Oh, thank you. All right.
- Speaker 3: [37:50](#) Oh
- Speaker 1: [37:51](#) there. So you can be in control when it comes to food. When it comes to weight management, we need to increasingly become the driver, not the passenger. There is such a thing as food addiction and thanks to bipolar medications. This can go from an innocent extra helping, you know to satisfy the higher cravings that we have. It can go from that innocent helping to whole entire year's worth of overeating. And if that's you, it's not fun. But I see you and you are not beyond help. Take today's episode as a jumpstart in your awareness to what you could change. If you're someone who researches, now is the time to look into weight management strategies and it's time to get experimental. Or maybe you're someone who loves a helping hand, well then make an appointment with your clinic or your healthcare provider and see a nutritionist.
- Speaker 1: [38:54](#) See someone who's qualified, who understands your situation, whatever it is. Now that you're aware, what are you going to do? I want you to love what you eat and I wanted to love you back and that part is important because it's going to help you avoid unnecessary and just ridiculous mood swings. What Daniel and I keep saying is be aware of your relationship to food and you start this awareness with the life or discussion guide and it's a part of this episode and you can find it at MikeLardi.com/20 and you'll have the discussion guides sitting there waiting for you. And if you don't have a lifer, if you don't have someone who has your back and you just want to have a really good tribe, then I would suggest you come over and check out the bipolar now podcast group on Facebook.
- Speaker 1: [39:52](#) Okay? That is a wrap on this episode. Take this week and get determined about your diet. The questions from today's talk, they're going to get you moving, so make sure not to miss it next week. Okay? Next week, Lou returns to the show and she's back and we're going to talk about having to do life differently now that a mental disorder is a regular disruptor and out bipolar is an invisible reality and it is a course changer. But what I'm trying to encourage you with, what I'm always trying to hit you with is that there's life beyond and we're not down for good. So we will see you here next week. We'll do it same time, same place. Adios.
- Speaker 7: [40:40](#) [inaudible].
- Speaker 2: [40:45](#) Thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmike.lardi.com).

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