



WEIGHT LOSS FOR BUSY PHYSICIANS

— with Katrina Ubell, MD —

Katrina Ubell: You are listening to the Weight Loss for Busy Physicians Podcast with Katrina Ubell, MD episode number 153.

Welcome to Weight Loss for Busy Physicians, the podcast where busy doctors like you get the practical solutions and support you need to permanently lose the weight so you can feel better and have the life you want. If you're looking to overcome your stress eating and exhaustion and move into freedom around food, you're in the right place.

Hey there my friend. Welcome back to the podcast. How is your December going? Time's ticking down before the holidays. If you celebrate, and this is kind of when things start to feel a little bit more of a time crunch right? Now, I do just want to let you know that I'm recording this in November, so I don't know exactly when this podcast airs live, exactly what's going to be going on. But I do want to let you know that if you have any interest in working with me in my Weight Loss for Doctors Only group coaching program that starts in January, then you definitely are going to want to check out the information that I have about the program. Because even as I'm recording this, number of weeks before it goes live, we are filling up super fast. And I know people say that all the time, but I actually mean it.

Okay. And honestly, I'm not even sure if by the time this program airs, this podcast that we'll even have a spot left. Hopefully we will for you, for those of you who have been kind of putting it off, but I want you to not dillydally, I want you to take a look to see if we've got a spot for you because I don't want you to miss out on your chance. So my program is so transformative, so life changing and I don't want you to miss out. It's so great. So the way to find out that information and learn more about it and all the details and everything is to go to Katrinaubellmd.com/info. Katrinaubellmd.com/info. There's some videos there for you. There's some more information for you to decide whether placing a deposit on your spot in the January group is the right step for you or not.

And so last time, like I mentioned before, the last group that I just opened in September, we literally had just a handful of spots left before we closed and I actually allowed a few extra people to come in just because it was so last minute. I let people sign up for one night and then that was it. And I really want to make sure that you don't miss out on your chance this time. I'm anticipating us just selling out completely with deposits. So for sure, go to Katrinaubellmd.com/info to find that out. Now I cannot wait for you to hear the final weight loss success story in this series. I am interviewing... I'm laughing cause I'm getting all on my head. Andrea Moore. It's one of those names, right? You get confused.

You can't remember what is the right way to say it. Andrea Moore is an OBGYN. She is just a star client of mine. She has been so all in and she's got such a great story because she's an OBGYN and she's also fellowship trained in obesity medicine and she still wasn't able to solve her weight loss problems even with that. So I want you to be sure to listen all the way through.

She's going to give you such great information about what made the difference for her, how she struggled with her

weight for so many years and how she finally has come up with a solution that works for her and also what she's doing even moving forward now that she has all of these great tools and what she's still working on. And she's just a delight. She's hilarious. She's from Kentucky, so she's got an adorable little twang and you know me. I love an accent and I know you're going to love this interview with, we call her Dre because like Doctor Dre, right? So her nickname's Dre. I know her as Dre, so I can't wait for you to listen to Dre more. Hey Dre, welcome to the podcast. Thanks for coming on.

Andrea Moore: Thanks for having me.

Katrina Ubell: I'm so excited to have you here. I just saw you two days ago at our masters live event.

Andrea Moore: Which was great.

Katrina Ubell: So Fun. Right?

Andrea Moore: It was, it was awesome.

Katrina Ubell: That's so good. What are you going to tell everybody who's missing out on this?

Andrea Moore: You're missing out for realsies.

Katrina Ubell: For realsies. Yeah.

Andrea Moore: So it's just so much fun to get together with a group of women physicians who are in the same boat and we hear each other being coached. So we feel like we know each other well. And then you get to see, put a face to a name.

Katrina Ubell: I mean then you actually really get to know them well, in real life.

Andrea Moore: Oh absolutely. Absolutely. So yeah, group of us went out to dinner on Saturday night and it was a lot of fun.

Katrina Ubell: I bet. I bet you had the best time. I wish I could've been a fly on the wall. I'm sure it was so fun. All right, so we're getting ahead of ourselves though. So let's just start with you telling us a little bit about yourself. What kind of doctor you are, where you live, a little bit about yourself.

Andrea Moore: Okay. So I live in Owensboro, Kentucky, which is Western Kentucky. I'm married, I have two kids, 12 and recently 14, and a dog. And I am an OBGYN in private practice full time. But I also have a side gig as an obesity medicine position. So I do that on my day off.

Katrina Ubell: Love that. Perfect. Okay. So let's, we're going to get to that.

Andrea Moore: Okay.

Katrina Ubell: Because right, why would an obesity medicine specialist be in a weight loss group? But we're going to get to that in a moment. Okay. Let's start with your struggle with your weight. Tell me, when did that start? Tell us a little bit about that.

Andrea Moore: So looking back, I think that I started using food really to manipulate my moods pretty early. I went to boarding school at 14, and M&Ms really helped the loneliness, but I would have never said I was an emotional eater. Because I'm not a very emotional person. And my weight stayed pretty stable even though I would eat the foods that later would make me gain weight. Then I got pregnant and I had two babies in 18 months. And when I came home with my last baby, I was 50 pounds heavier than when I started. So I dropped about ten pounds and then fought for another five or ten pounds. And then lost and gained that same five to 15 pounds over the next decade. So I tried every diet out there. I counted points, I counted calories, I did macro nutrients, I exercised, I trained for triathlons, I did everything and I was telling my patients to do.

And one of the things about where I live is that we're sort of known as the fast food capitol of the world. We have more fast food per capita than any other place supposedly. So a lot of my patients come in with problems with weight and I would tell them, "Okay, calories in versus calories out.." Except I knew that it wasn't working for me and I just, really for 10 years I beat myself up. So just lose that weight. And then I'd feel like I fell off the wagon. I felt like food was really in control and I was never in control with what I was eating. It's just a vicious cycle.

Katrina Ubell: And here's the thing is like five to 15 pounds may not sound like a lot, but you are not a super tall person.

Andrea Moore: Oh, I'm a whopping five two if I lie.

Katrina Ubell: So like five to 15 pounds on someone of your frame is much more than someone who's like five ten.

Andrea Moore: Oh absolutely. So it would take me from a size two to double-digits easy.

Katrina Ubell: Yeah, right, right. I just want to make that clear because for someone, I'm five nine that's not what happens for me. It's a different kind of experience. So anyway. Yeah. So just for someone who's like five pounds, whatever, no, that's like a big, big difference for you. For sure. How did the medical training influence your eating? Did that, was that a problem? I mean, especially the OBGYN. Up late nights on labor and delivery, that kind of thing.

Andrea Moore: Oh yeah. Definitely, when if I had a delivery in the middle of the night, you can guarantee I was going to eat something. Now, sometimes it was the banana, but there were times that I'd get a Kit-Kat or something because I deserved it. I was up, I was tired. Post-call was typically rough. I always eat when I'm hungry and being in private practice, I'm post-call a lot.

Katrina Ubell: Right. You mean you eat when you're tired?

Andrea Moore: Yeah. Oh yeah.

Katrina Ubell: Yeah.

Andrea Moore: Until even, yeah, even a couple of hours of difference will, I'll be hungry and...

Katrina Ubell: yeah. And then you just have that added hunger because you're tired is what you're saying. Yeah.

Andrea Moore: Right. Right.

Katrina Ubell: Totally.

Andrea Moore: So when you get home from a stressful day, I'd eat while I was waiting to make dinner and it was just an eating fest. So.

Katrina Ubell: Totally. So then, when did you do the obesity medicine fellowship? Was that in this process of you trying to figure your own self out? You were like, maybe if I become fellowship trained in obesity medicine, then I can solve this problem for myself?

Andrea Moore: Right. That's exactly what happened. I had a pamphlet on my desk one day about a conference for obesity medicine and I thought, that's it. I'm just going to go learn another specialty. I'll fix myself, I can help my patients. And so I did that for about a year and a half. And then in 2016 I took I board test and I gained 15 pounds studying for my obesity boards. On top of the-

Katrina Ubell: I do not love that, the irony in there.

Andrea Moore: Totally. And in 2018 I opened my obesity clinic that was separate from my OBGYN practice and that started, I opened it in January, so it went through the holidays. So by January I was almost back up to my delivery weight. I was getting very close and then I was panicked. Just how can I be an expert? I know all this information, I can tell you all about the hormones and the neurotransmitters, but

I still couldn't control my own eating and I thought, if I can't do it. How in the world will my patients do it?

Katrina Ubell: Right. So you were panicked. How else did you feel, what other emotions were you experiencing when that was going on?

Andrea Moore: Oh, just self loathing, and just left it to just get in the ring and beat myself up over, just look at you. You can't do what your patients say. All you need to do is to eat less and move more and you can't even do that. Now, by that point, I also knew that the calorie framework was not right. I knew what to eat, I just couldn't figure out how to do it, how to keep the food from being in control of me.

Katrina Ubell: Well, and I think you're just like the, such a good example of how so many physicians feel like, that I should know how to fix this on my own. I shouldn't need help for this. I'm an expert in the body. Now you're like, I'm an expert in women's health and I'm an expert in obesity and solving it. I really shouldn't need any other help. I really should be able to figure this out myself and I'm not, right. I think there's for so many people, there's a lot of shame in that. There's a lot of humiliation. There's a lot of embarrassment.

And I can't reach out for help because I should totally have this solved already, which of course keeps us in the quagmire, right? Not actually solving it. So at what point did it occur to you that maybe there was this a missing piece that could be the solution?

Andrea Moore: So when you study obesity medicine, you kind of learn about this four puzzle piece, paradigm of nutrition, metabolism, exercise and psychology. And quite frankly, the psychology part is the part that I really, I feel it's not the strongest suit of this specialty. And so I knew that was missing. And then one day on the internet, I saw this woman in this beautiful blue dress. I can't exactly remember what she said, but in her post she said she'd

worked with you and that she had learned how to use her mind to lose her weight.

And she didn't have a whole bunch of weight to lose. And she kind of was my body type. And I thought, well okay, let me give this a whirl. So I'll listened to one of your webinars. And I was like, okay, she's got the science down, I'm in with this. And yeah, I want freedom from food. I mean I was just like, this is it.

Katrina Ubell: Enough already, right?

Andrea Moore: I'm ready, ready to do it. So then we got to the end and I was like, oh, oh, I don't know about this. So I thought about it for about 12 hours and then I quickly calculated what I'd spent through my, over my lifetime.

Katrina Ubell: So it was the cost that you had a little sticker shock is what you're saying?

Yeah the cost was...

Katrina Ubell: Okay.

Andrea Moore: Because I was like, well, okay, I don't fit the usual type.

Katrina Ubell: It's not like you had a hundred pounds to lose where you're like, sure, it totally makes sense. Yeah.

Andrea Moore: Yeah, exactly. But I mean, I've spent 10 years, I mean, I've got the My Fitness Pal to prove it. Couldn't do it. And, it's not that I want to get back to my pre pregnancy weight, but I wanted to get back to a weight that I felt really comfortable in exercising and, and just where I wanted to be. So I listened. I knew I wanted to do it. But you know how the brain is really tricky. And at first it threw up a bunch of reasons why I shouldn't. And then I had the light bulb idea that, you know what, this woman has got it figured out. She's lost the weight, she knows how to do the mind management part, which is the part I need in my practice. And she's figured out a pretty dag on system. So

my entrepreneur brain was like, if for nothing else I'm going to see how she does this.

Katrina Ubell: Right. I'm just going to be a fly on the wall and figure out.

Andrea Moore: I'm just going to watch. And then I started listening to your podcast. And podcast four was the first one that hit me in the gut. Girl scout cookie. That's me. Full sleeve, 14 boxes kept going. And then they were along the way. But all the podcasts are tremendous. But every once in a while there'd be one of those that would just be like, that's me. She's talking to me. So yeah. And then I've been all in since.

Katrina Ubell: Yeah you have. So you...

Andrea Moore: Go Katrina!

Katrina Ubell: Okay, So then you joined the group?

Andrea Moore: I did.

Katrina Ubell: And what was your experience of that? So Weight Loss for Doctors Only first round. So you started that. When was that? Remind me.

Andrea Moore: It was April, 2018.

Katrina Ubell: Okay, so you did that and then how did it go? You're like, I already know all this stuff, or you're like, what's happening?

Andrea Moore: Oh no, no. I went all in and you recommend reading the Obesity Code. I'd read it the year before, but I reread it. I got my travel scale. I did everything that you told me to do. I filled out most of the worksheets. There are a couple that I've missed, but I'm going back now. And I really... the weight was coming off and I could see intellectually that what you were talking about was true. But I still was holding on to some resistance about the thought work I was doing. It was in the thought downloads, but I didn't

want to address the big thing, which was my urge to overeat. And I just wanted to keep holding on to it. Mostly because I didn't want to look at my brain because I really knew there were some stuff was going to come out that I didn't want to deal with, or that's what I thought.

Katrina Ubell: Yeah. That was the story you're telling yourself about what would happen if you looked in there.

Andrea Moore: Right, right. I do remember the first time that I was a believer in the model and what you teach and I'd had a fight with my husband, and you coached me, live coach me, and it was the most incredible thing. I had so much resentment towards my husband for child raising and working, and all that silly stuff. And you really show me how to look at it and 14 years of resentment just melted away. And we actually have not had a fight since then.

Katrina Ubell: That's amazing.

Andrea Moore: Yeah.

Katrina Ubell: Right. This is some powerful stuff.

Andrea Moore: It is. It is.

Katrina Ubell: People don't believe me when they're like, well, whatever. They coach other stuff. They just talk about weight loss the whole time. I'm like, we really don't know.

Andrea Moore: No. The weight part, you quickly learn that the weight is definitely a great side effect of it, but you also understand that you really got to get to the bottom of what's driving you to overeat.

Katrina Ubell: You're just the perfect example of that. You tried all of the things including becoming obesity medicine, fellowship trained, right. If it really were that, you would not have a problem.

Andrea Moore: No.

Katrina Ubell: Right. So it's like, of course there's something else and you're just the example of that. Yeah.

Andrea Moore: Yeah. So, and there's nothing wrong with my willpower all along the time that I was studying for my board exam, I stopped drinking alcohol. I was a huge lover of wine and alcohol and I don't have any problem. But yet I couldn't control my eating.

Katrina Ubell: Right, right. Yeah. So then you did that and then remind me, so that was April to 18 yeah. So then you had, what did you do? Tell me, just tell me.

Andrea Moore: At the end, I got really panicky because I knew I needed more. I knew I wasn't where I needed to be, but you were like, don't really recommend doing this a second time. And you had people that had done it two times but you, we're like, I thought that I couldn't do it a second time. Now I would be emailing you every day saying I got to do it.

Katrina Ubell: Let me in.

Andrea Moore: Serious. So I did pretty well for a month. I actually got through my favorite holiday, Halloween without any problem. And then there was about six weeks where I ate every food that you can imagine. Food I didn't like. I had bags of candy, I was hiding, that I was eating upstairs for Christmas. It was awful.

Well I gained a little over 15 a little less than 20. And so December 26th I stopped eating sugar. That helped and I lost a little bit of weight. But over the next month or two I realized that I really needed to get back into it. And I was considering writing you and saying, "Please let me do another round." I really need to get to why I'm urge eating. And I just, I knew what to do and I was doing it actually when you announced masters and I was so excited. I mean, it was like Christmas. And I went to tell my husband that I was going to do that just to kind of to let you know that I was going to spend that money. And he

was like, "Now what do you want to do? And why." And I was like, "Come on, it's Katrina Ubell remember? She's the one that made me the good wife?" And he's like, "Oh, oh yeah, give that woman any amount of money she wants. You do that." He's all in, too.

Katrina Ubell: I love it. So you did the first round of masters and then now you're on your second round VIP. Yeah. You're just like all in doing it.

Andrea Moore: I am. I am.

Katrina Ubell: So your marriage is totally different.

Andrea Moore: Yes.

Katrina Ubell: Since doing this. Because you've lost the weight, you've got the food, you're all of that. That's great, right. But let's talk about the other, the strategic byproducts, right? What else has come of this? So marriage, totally better.

Andrea Moore: Totally better.

Katrina Ubell: Relationship with your kids. That's another one you've worked with.

Andrea Moore: Yes.

Katrina Ubell: Yeah.

Andrea Moore: So much better. I feel like I can actually, weather the teen years without pulling my hair out or thinking that I've got to buffer somehow. We're good.

Katrina Ubell: Yeah.

Andrea Moore: And we are really, that little thing that you teach about the space between what your brain thinks and then your reaction has just been amazing. And I just, every time I feel myself getting mad, I'm like, space between. And then it's just a-

Katrina Ubell: Have an opportunity right here.

Andrea Moore: Yeah, I remember so many Mondays, all three of us, my two kids and I driving to school crying.

Katrina Ubell: Oh geez.

Andrea Moore: Yeah. All of us crying, but that hasn't happened in a long time.

Katrina Ubell: Right. And then let's talk about your relationship with your work because that's another one. I mean, you know that we have a lot of OBGYNs in the program.

Andrea Moore: Oh yeah.

Katrina Ubell: Because there's a lot of OBGYNs who are pretty darn miserable and not happy.

Andrea Moore: Yes.

Katrina Ubell: With their work. And I've heard this more than once, like it's the golden handcuffs because they're making all this money and they have this lifestyle they don't want to give up and they might be the only breadwinner or the main breadwinner, and they can't give it up, but they hate it so much. And you're someone who came in, I mean you had quite the little testy kind of opinion of your practice and that's completely changed. Right. So talk to us a little bit more about that.

Andrea Moore: I didn't know why I was unhappy with my practice because I have a great practice. I have a totally awesome, wonderful, best partner ever. I just... lots of things that happened in our practice. Our senior guys had retired, some other members had left. We were down to just two of us. And I just dreaded going to work. The whole EMR, the feeling overwhelmed every day the OB, the patients that loved you or the patients that didn't love you. All of that stuff was just eating me up and I didn't know how to deal with it.

Hence the reason that I'm Masters Two and VIP because I still was turning to food. Because I had gotten rid of all the other things. I'm not a gambler, I'm not a shopper. I don't smoke so...

Katrina Ubell: What else is there, right?

Andrea Moore: Yeah, so it's over the last half of Masters and into this. I've really gotten to the point where I love my work again. I love, especially the gynecology part, which is the part that I've always been the most fond of. But now I've come to terms with the OB part too. There are still days that are challenging and still days that I have to pull out a mantra or two. But I think that's for everybody. I mean, everybody...

Katrina Ubell: I think that's completely normal with anything. I mean there's nothing that you're going to just love all of the time because you have a human brain. Right?

Andrea Moore: Right. Right. And as you've said before, it's not my job to really give me joy.

Katrina Ubell: Yeah.

Andrea Moore: It's my job to give me joy.

Katrina Ubell: And that joy has always been available to you. It's just a question of whether you're willing to receive it and notice it.

Andrea Moore: Yeah. And, that's the amazing work that you given me and everybody else, the tools to do, to really look at our brains. And I've had a lot of negative self talk along the way and probably Masters, I was still really negative about myself. But I think over the last a couple of months, I'm actually starting to have more compassion and be amused and interested at what goes on in my brain.

Katrina Ubell: Yeah, right.

Andrea Moore: Really.

Katrina Ubell: It's a riot in there.

Andrea Moore: Why would I think that? So silly.

Katrina Ubell: Exactly, exactly.

Andrea Moore: And I've also learned that it's okay to be overwhelmed. It's okay to be sad. It's okay to grieve maybe an undesired outcome. I think that's how you put it.

Katrina Ubell: Not the way you wanted it to go. Yeah.

Andrea Moore: Yeah, so, and it's all okay. And that is really opening up for me the ability to just to kick this food thing to the curb. I mean, there are hours that I don't ever think about food. I just know that and I'm not hungry and I'm never hangry.

Katrina Ubell: Mm-hmm (affirmative). Which is so much easier.

Andrea Moore: I can't remember the last time that I told my husband that I had Canyon arm, which is, where I like chew my arm off to go get a meal. Just disgusting. But I just don't do that anymore. And it's just awesome.

Katrina Ubell: But to your point, like what you're saying, I think that's so powerful, this idea of when you're accepting of all of the parts of the job, right? You stop thinking that you shouldn't ever be overwhelmed, that everyone else has it figured out. That you should be able to see all the patients that do all the things and never feel a negative emotion. Deal with an undesirable outcome and not have it really... Be appropriately sympathetic to the family or whatever is going on.

But then just off we go and have a really bother you, that's not a normal way that a human being would deal with that job. So when you're open to all of it and you're like, oh, right, this is the part where I feel overwhelmed. That's okay. I can feel overwhelmed and I know how to get out

of it. And anytime I'm ready to do that, but I know I'm creating for myself. It's not the job. It's not the way I'm booked. It's none of that. Right. This is sad. Of course it is. Honestly an OB, so much of the undesirable outcomes are, some thing bad happening to mom, something bad happening to baby, but why are we so excited when there's like a healthy mom and baby after delivery? Well because it's a risky thing. I don't know if you know, but what the statistics are.

But it was not that long ago that so many women died in childbirth and so many babies died and this was a regular occurrence. It was a really big deal to have mom and baby get through it safely. It's like how do we know what joy is, is because we know what the opposite is. Right? When you've had that sadness, you can really appreciate the joy. When it's not like every baby comes out ready to go, like everything's perfect.

Andrea Moore: Nope.

Katrina Ubell: When you understand that and you're willing to be with that, then you can even more so experience how great it is when the baby is born or when things were a little touch and go and then you got that baby shoulder out and there they are. I mean it's so amazing, right? That's the high that you get to experience because you're willing to feel the lows. And I think what you were kind of speaking to, you didn't totally get into it, but you were very even before. And that's how you protected yourself. You're like, I don't feel any emotion.

Andrea Moore: Right.

Katrina Ubell: That way I don't have to feel the bad ones. I'm just not feeling anything.

Andrea Moore: Oh yeah. I'm definitely... I've been pretty closed off in my life and yeah, you're right. So I certainly wasn't super happy. No, we're super sad. I was just pretty even keel. Outwardly.

Katrina Ubell: Yes. Outwardly, right, exactly.

Andrea Moore: Once I got in that brain, I was like, "Oh."

Katrina Ubell: Right, right. And sometimes I think we really take pride in that though and that's why we don't really want to look in there. Wait, now I'm going to have to be this emotional person. I don't want to be hurt.

Andrea Moore: Right. I don't like to cry. Or laugh or I mean I like to laugh.

Katrina Ubell: But really being willing to experience the whole range of emotions, if you want the really good ones and you need to be willing to feel the really bad ones as well. And just know that all of them are created because of the way that you're thinking.

Andrea Moore: 100% yes.

Katrina Ubell: So Amazing. So now you are becoming a coach yourself, so you could help people in your obesity medicine practice better.

Andrea Moore: I am, I am.

Katrina Ubell: Yeah. And how's that going? Are you finding that you've been teaching some of your patients?

Andrea Moore: Yeah, and I have been all along, but not well. When you've been working with the master and then you try it and you're like, ah. Seriously.

Katrina Ubell: Isn't it so funny, you're like, I can totally do that. And you're like, wait a minute.

Andrea Moore: Oh yeah. And then the first real live coach thing that you do, and especially one that's outside of weight loss. Because that, I'm okay with that. But outside of that, it's such an opportunity for growth for me.

Katrina Ubell: Right. To be a beginner at something again, right? I totally had to go through that. I'm like, I'm used to being pretty good at what I do. That's not happening right now.

Andrea Moore: Not only a beginner, but I'm not that good right now.

Katrina Ubell: Yeah.

Andrea Moore: I am awkward. I sweat through it, sweated through my practicum, but, and I love learning about... Learner's one of those things in my top five.

Katrina Ubell: Your strengths, yeah.

Andrea Moore: Strengths. And so I'm all in about learning and I love it. And growth with my big goal for Masters. And that's kind of been what I've been trying to do all along. So.

Katrina Ubell: Yeah.

Andrea Moore: I'm growing.

Katrina Ubell: Do it girl. I love it. I think that's so great. And I think that is such a nice, kind of companion. Because like you said, the psychology part is what they're missing. They just really aren't addressing that so much. So for you to be willing to go out there and get the tools and skills that you need to be able to put the complete package together for your patients, I think is so amazing. And I think that the more people who are willing to do that, the better. But here's what I want to suggest though, right? Because what lot of people say is they're like, your podcast has been amazing. I'm going to go get the fellowship training in obesity medicine, I'll become a coach and then I'm going to do this and help everyone.

And I would instead suggest that they do it similar to you where you actually do the work yourself first because I guarantee you that you are a better coach for having done so much work on yourself. Than somebody who is like, yeah, listen to these podcasts and that was really

interesting and I lost a few pounds on my own and now I'm going to help other people. And I can say this from personal experience because I don't know why it didn't dawn on me, but I got coached a little bit and I'm like, "I want to become a coach." Right? That's what I thought I wanted to do. And of course I'm so glad I did it. Now what really made the big difference is that right as I was becoming a coach, I was also being coached so intensively and that's how it all really came together.

But had I not done that, I don't think you and I would be sitting here together talking. It's being willing to do that work on yourself. It's like you can't take people places you haven't been before. You have to be willing to do that work yourself. And I think that's what I love about, when you told me that you were doing coach training, I'm just like, "Of course it's a logical step for you now, for where you are because you have done so much work on yourself." Someone who is just getting going. It's almost like it's another buffer. It's a distraction.

It's like I'm going to help. I know what everybody else should be doing. I know I can't do it. I'm not doing it, but this is what they should be doing. It's not going to be very useful for you or them. So I think the way you're doing it is awesome. Very cool. Are there any other kind of bonuses, you worked on your mom some too, family stuff. There's all kinds of things, right that you've worked through. Yeah, I love it.

Andrea Moore: I have a whole list of topics that still need to be looked into.

Katrina Ubell: Well listen. This is an ongoing, it's an ongoing process for some.

Andrea Moore: It is. It is going to be a lifelong learning process for me. But I think the only other thing that I'd like to say is I think, and maybe this is true for every profession out there, and I can only speak to women physicians, but I think that

sometimes we feel really isolated. While it's getting better. That's still, when you go into a region like mine, there weren't a whole lot of women physicians for a long time and you really start to think that you're the only one and that you're the only one that has problems. You're the only one that questions your judgment or your skillset or whatever it is. And being in your program and being introduced to some amazing women that do amazing things. It's just... And realizing that our problems are universal.

Katrina Ubell: Yeah.

Andrea Moore: Yeah, there are little differences here and there, but we all have family drama. We all have work situations. I shouldn't say drama. Situations. Anything. We all are just human. And I think meeting these people and really getting some close connections has been amazing too.

Katrina Ubell: Yeah. Well, and I think just surrounding yourself with other people who are doing the same work that you are is so powerful. Right. Doing it by yourself. It's you're on this little island. You're like, here I am doing it, I'm getting lots of great results and it's amazing. But building out that community that we have now in Masters and being willing to just open yourself up to that. Because I know for, it's not easy for everybody to travel and a lot of people are just very introverted or have some social anxiety and that kind of thing, but nobody leaves there going like, well, that was a waste.

Andrea Moore: No. Nobody does that.

Katrina Ubell: Live event going like that was exactly what I needed. I can't wait to do this again in three months. So.

Andrea Moore: Yes.

Katrina Ubell: Yeah. Yeah. So great. So I think that that's the, I'm so... I mean just exactly the way you put it is what I would say is you're not alone. We're here waiting for you. All you have

to do is sign up. We're ready to welcome you in it's available to you. So great.

Andrea Moore: I would encourage anybody, any woman physician that's struggling with anything, whether it's the burnout or crappy family situation, whatever it is, that this program is still going to work for you because the weight it is now, like I don't even care. I still weigh myself every day, but the weight it is, not the big issue. I know that it's just the thought work and that's, can go across anything. So sign up, get your butt off of your butt and sign up. Right now.

Katrina Ubell: Listen to her people.

Andrea Moore: Because it sells out like this.

Katrina Ubell: It does.

Andrea Moore: I would have freaked out if I had decided, when I decided to sign out, I would have freaked if I hadn't been able to get in. Once I made that decision, I was like...

Katrina Ubell: You're like, I've got to do this. You know what it is legit. It is. I just got an update today. I'm like, oh my gosh, this thing is like, we're a little ways out yet on starting the January group and it's filling. So.

Andrea Moore: Because it's amazing.

Katrina Ubell: Get your butt off your butt.

Andrea Moore: And you're amazing.

Katrina Ubell: The amazing words of Dre.

Andrea Moore: And you know, I have people out there that I'm trying to get in. You know who you are listening, and you better be. So hopefully they will be encouraged to sign up.

Katrina Ubell: Trying to get them to sign up and do it, right. Yeah. Yeah. You know, and you're right. I mean, it's like if you don't

ever use food to make yourself feel better, it's probably not the right group for you, but it doesn't mean that you have to have tons and tons of weight to lose in order to get some help.

Right? I mean I've said this before, there's many times where we do call, a coaching call after coaching call after coaching call. I'm like, "God, we haven't talked about food in a long time." Just coaching about all this other stuff, which is so great, right? But it just goes to show people are like, yeah, whatever. I can handle that. I know what I'm doing with that. That's all settled. I've got my plan, it's all good, but now we need to really talk about the thing that makes me want to overeat.

Let's talk about that and work through all of that stuff, which is so great.

Andrea Moore: Yes.

Katrina Ubell: So good.

Andrea Moore: So thank you.

Katrina Ubell: Yeah. Well, thank you for coming on. I was just going to say your full name and I'm like all in my head about it.
Andrea Moore.

Andrea Moore: Andrea.

Katrina Ubell: One of these names. It's like, which way do you say it? I'm going to say it wrong. I'm thinking of 90210 because that was Andrea, remember it was a big deal. I'm dating myself, but I think you know what I'm talking about.

Andrea Moore: Yes. Yes.

Katrina Ubell: Oh my gosh. anyway. All right. Thank you so much Dre for coming on and sharing your story. I appreciate it so much. I appreciate you. I know all of my listeners appreciate you so much too.

Andrea Moore: Oh, thanks. Glad to do it.

Katrina Ubell: Did you know that you can find a lot more help from me on my website? Go to Katrinaubellmd.com and click on free resources.