



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 281.

Welcome to the Weight Loss for Busy Physicians podcast. I'm your host, master certified life and weight loss coach, Katrina Ubell, MD. This is the podcast where busy doctors like you come to learn how to lose weight for the last time by harnessing the power of your mind. If you're looking to overcome your stress eating and exhaustion and move into freedom around food, you're in the right place.

Well, hello there, my friend. Welcome back to the podcast. I'm so glad you're here today. If you are in the US, you might be just returning back from the long holiday weekend. So, just welcome back. Yesterday was my ... Well, she's not eight anymore. I was going to say my eight year old daughter's birthday. Well, now she is nine, and I can't believe it. I don't know why eight and nine seem so different. She's my third child who has gone through that transition. I don't know why, but anyway, we had a very nice time celebrating her, and now it's officially summer, right? I have a great episode today. I have quite the story for you. We all love a story. Trust me, you're going to want to listen, because I feel like every single person that I've told what happened, they were like, "What? No, tell me more. I have to hear what happened."

They all really want to know. So, I thought, you know what? I bet you my podcast friends would really like to hear about this as well, but before we get started, I do just have a couple things I want to mention to you. Now, if you are here going, "Yeah, stories are great, but I need some help getting ready, getting myself losing weight," I want to just let you know if you didn't know already or if you did, and you're like, "Oh, yeah, I remember her talking about this." I have written a book, a real, honest to goodness book, and it is being published in September. It's very exciting. I've just mentioned it just a little bit on the podcast over time and didn't want to bore you with all the details. It is exactly what everybody says it is. It's writing a book. There's a reason, the reason it has a reputation, the reputation that it does.

But, I'm really, really proud of it. I think it's such a great representation of my work, what I stand for. It's going to help so many people. I'm just super excited about it, and I'm so excited to ... We're still in the early phase, but to share it with you. So, if you'd like to see what the cover looks like, get a little more details about it, you just have to go to KatrinaUbellMD.com/lasttime, L-A-S-T-T-I-M-E. The name of the book is How to Lose Weight for the Last Time: Brain-Based Solutions for Permanent Weight Loss, so really, really exciting. I'm really proud of it. I think that was one of my biggest, biggest fears in writing a book was what if I don't really feel like it's a good representation? And, luckily, through hard work and people helping me, I think it's really just an excellent, excellent book.

I'm so excited for you to have it, and I'm so excited for you to possibly even recommend it to your patients who are struggling and looking for a solution. Because, as we know, so many, so many people come to their doctors going, "Help me." And, so many of us are like, "I don't know what to tell you." So, anyway, that is coming out September 20th. Again, to get some information, if you want to put your pre-order in right away, you can do that.

Go to KatrinaUbellMD.com/lasttime, L-A-S-T-T-I-M-E. Now, you might be like, "Well, that's fine. I need help before September, Katrina."

And, for you, for those of you who are thinking that, I have some really good news for you, because I have a digital book, an ebook that is much shorter, but still has really, really great information that for sure you're going to want to check out, and that's available to you now for free. It's called *How to Lose Weight Permanently*, and you can get it by going to KatrinaUbellMD.com/ebook, E-B-O-O-K. You're definitely going to want this information. No matter what, whether you get the actual physical book later or audiobook or whatever or not, you're going to want that. So, definitely head over to KatrinaUbellMD.com/ebook and get your free digital copy.

All right, are you ready for the story? Okay, so here's what happened. So, a few months ago, well, several months ago, even, I think beginning of the year or maybe even at the end of last year, I had cleared out a chunk of time in my schedule for me to go do a continuing education advanced training. I was super excited about it, totally was super gung-ho, couldn't wait, made sure the schedule was cleared for that. Then, sadly, I don't know, maybe a month or two beforehand, it got canceled. So, it got canceled. I was bummed.

So, I took it off my calendar, but over the course of time, I noticed that things really didn't get scheduled in there, still. I think my team had kind of moved everything around and protected that time still for me, and I still had that time available. Well, around the same time, very, very, very dear close friend of mine was feeling like she was just burning the candle at both ends, really starting to feel burnt out, really feeling like she needed just some time to herself to just recoup, regenerate, the whole thing. She chose this place to go to and went for about a week, I think, or maybe a little less than a week.

She came back singing praises unlike anything I'd ever heard before. She adored her experience there, literally had the time of her life, just came back herself again. It was so, so great. And, I have to tell you, like I've said, writing a book and all the other things that I do, it can be a lot, right? So, I started thinking, you know what? Maybe I should take that time that I have blocked off anyway, and I'll go to this place and do this. I think I would like some of that. It's kind of that old when Harry Met Sally, "I'll have what she's having." I think I want that. I don't even know what you do there, but it sounds amazing.

So, she did tell me a little bit about it. I did go to the website. I read reviews. The reviews were totally glowing, glowing, glowing, glowing. But, then I would say I had a different experience of going than she had had. So, what I will say is that it just was not at all what I ... It was not the right fit for me. The great thing is that there's great fits for all different people, right? So, I just want to start off by saying, I definitely do not want to be disparaging to this place at all. I genuinely think that that experience is the right thing for lots of people. I think those testimonials and stuff were all true. I think those people really had that experience. It just for sure was not the right thing for me, and that's really what I want to talk to you about today, is the lessons that I learned from leaving this place early, okay?

Because, I was supposed to be there eight days or something like that, and I left early. That was a really big deal for me, so I'll tell you more about it, and I'll explain to you why it was more of a big deal for me. But, I have three really core lessons that I took away from that and also lessons that I want to offer to you, because for sure, before coaching, this would've been a true disaster for me, I think personally, had I been there. Through coaching and through the work that I've done from being coached, it made making the decision to leave. It was right when it was right, and when it was wrong, it was

clear. Then, I left, and that was 100% the right thing to do for me.

So, I just want to mention, so often we put ourselves into situations, whether it's something like this where we actually go somewhere, or it could be that we're in a certain relationship or in a job or something like that, where we literally, we know it's not right, yet we're still there. We're still doing it. It's a true skill really, to learn to be able to identify when your time somewhere or in a situation or relationship is finished, and then moving yourself forward, even if it means discomfort along the way. Overall, it's much less discomfort when you make that decision. So, again, don't want to be disparaging. I'm not going to say the name of the place or the person who runs it or any of that kind of stuff. I will say that it was in Mexico, only because Mexico is relevant.

The reason why Mexico is relevant is because I'd kind of sworn off already going to Mexico, me personally. The reason why was because I've been there several times before to various different resorts and different places, really nice places and stuff. Basically, what I've learned is that no matter how extra, super duper careful I am with the water and with everything, I always end up just not feeling well, GI-wise. My stomach ends up hurting. My belly hurts the last couple days. I'm just like, "Oh, gosh, my belly just hurts." I just don't feel well. I know, sometimes people say, "Well, you can't have anything like fresh. You have to only eat everything cooked." Well, when you're sitting on a beach somewhere, sometimes you just want to eat some fruit.

Sometimes, I'm like, "Just go to Hawaii. You know you can eat everything." Of course, that's not always a possibility for everybody, but even in the Caribbean and stuff, I've just never had that experience. But, in Mexico it's like clockwork. Every time I go, it's not one of these things where I believe I'll get it, so I get it. Every time I go, I'm like, "This time is going to be different, because this

time I'm totally on it, and I'm going to be extra careful, and it's not going to be a problem." Then, it ends up being a problem. So, already for me personally, I'd been like, "You know what? I think I'm just done with Mexico. Love you, Mexico, but you're just not for me." But, again, when my very dear friend came back, she's like, "It was so great."

I thought, maybe I'll make an exception, because she's actually been there, and she didn't get sick. She was completely fine. She just loved it, loved it, loved it. So, what I should say is it's basically a wellness retreat kind of a place, but really more ... I thought it was going to be juicing and stuff, which I had never done before, never done, never been big into the juicing thing. I was a little nervous about that, I have to say, going into it. Because, I was like, "Oh, man, I don't know." I was kind of joking with my friend. I'm like, "Should I pack some snacks?" She's like, "No, you're going to be fine. You don't need any of that stuff." And, I was like, "I am going to be fine. I don't need to bring any additional food."

So, I had already made a decision. It's going to be different. I know that the person who runs this, she knows how to keep everybody safe, because people are coming from all over the world, and people aren't getting sick. So, great. So, we go there. So, what I come to find out when I get there, first of all, it's totally beautiful. It's in the mountains. It's not on the coast. It's in the mountains, totally beautiful, quite serene, really just a very pretty location. My room was really nice, all things considered, nothing fancy, but very clean. I had a beautiful balcony looking over the mountains. It was very, very nice. This is going to be great. In beginning, amazing, so excited.

So, the first issue that I had was, in my mind, it was like it's going to be a lot of juicing. So, I thought we'd drink juices all day long. That is not what we did. So, what we did was we had juice, but only twice a day. The rest of the time, we were drinking these cleansing drinks and all

kinds of other drinks. So, there was no food to chew, no food to chew. I have to also tell you that going into this, I generally live in a place where my brain chatter about food is extremely quiet or non-existent. For the most part, I have complete peace and freedom around food. It's just really not an issue for me. This is how I live my life, and this is what I teach all my clients to do, right? And, of course you on this podcast, as well.

So, it was interesting going and changing my eating habits so drastically. But, it's not like you really have a choice. It's not, would you like the drinks, or would you like food? There's nothing else. This is what you're doing. I was really trying to be open. This is different. Who knows? People love this kind of stuff. It might be the best thing that's ever happened to me. I'm just going to assume I'm going to feel super great, and it's going to be amazing. What I will tell you is that basically nothing tasted good at all, particularly the cleansing drinks. I'm not even going to tell you what was in them. They were just really, really not palatable to me. This friend who went and loved it, she makes these cleansing drinks still for herself at home. She loved it, has no problem with it.

Okay, so again, I don't want to be disparaging. For some people, this is for sure the right thing to do. For me, it was totally gross. So, if you've been listening to this podcast for any length of time, you know that one of my big beliefs or mantras for myself is I do not eat food that does not taste good to me, because I spent so much of my life forcing myself to eat things that were, quote, unquote, "healthy" or, quote, unquote, "the right thing to eat to lose weight" or whatever. Then, that would only make me overeat more, because I just forced myself to eat a bunch of crap that I didn't like that tasted gross, that I still wanted to get the normal amount of pleasure from food.

So, for years now, I've just had this agreement with myself and really with my body. Part of my relationship with myself is part of the way that I take really good care

of myself is I only eat food that tastes good to me. If it doesn't taste good, then I just don't eat it, the end, very simple. So, it was not lost on me that within a couple hours of arriving there, I was forcing myself to drink stuff that was gross. I was like, "Oh, this is going to be real interesting." I was like, "Let's see how this goes. Maybe I'm going to make an exception here for the greater good, because I'm supposed to feel so amazing after, and blah, blah, blah, blah," all this stuff. So, we did all that stuff. There was also some hiking that we did and some other exercise, all very supportive and stuff, nothing too intense or extreme.

I'm not even going to get into this whole thing, but not really a colonic, but something kind of similar, that kind of thing. The whole time, I'm just going through that doctor brain of, am I okay with this? Does this make sense? Am I okay? But, don't just judge everything and think everything is crap. Just be open to it. Anyway, we do that. We also got massages. I literally had the best massage of my entire life at this place and another massage that rivaled that one from a different person, amazing, just so, so, so good. But, that's basically what we did every day. So, it really turned out that it wasn't just sort of this wellness juicing kind of thing.

It was a full on detox cleanse, okay? So, did not really, really understand that until I got there. There were only a couple of other people there. She keeps it very, very small. They all knew exactly what they were signing up for, because all of them had done basically this same protocol several other times, not at this specific location, but they had gone to other centers all over the world and done this. So, they knew exactly what they were signing up for. I was like, "What's happening right now? I don't know." So, that was how we kind of started. I was like, "You know what? I have done a lot of things in my life. I'm curious. I'm here. I'm just going to get out of this what I can get out of it."

So, fast forward, because I don't want this to be hours long, this episode, but fast forward a couple of days, and I really was starting to feel unwell. I was checking in with myself. Why am I here? Do I still want to be here? What's going on? Yeah, it's beautiful here. I want to get another massage with the guy who gave me the best massage of my life, the whole thing, doing that whole thing. But, there came a day where I really just literally did not feel well to the point where I couldn't drink any of the stuff. I was just drinking water and some herbal tea. Really, my belly was hurting. I felt lightheaded. I was just in bed, not feeling well. So, I really was thinking, what am I doing here? Why am I here?

I haven't even gotten into it. There were some other juice there. The main juices tasted good, but there was a juice we had to drink before it that was super bitter and super gross, again coming back to why am I forcing myself? My throat is closing up, thinking about swallowing this, interesting that I'm still trying this. So, what I did was I just kind of made an agreement with myself. Well, you know what? You don't have to decide, but once it's in front of you, you can decide right then in the moment, do you want to drink it or not? You don't have to drink it, always gave myself that permission, that option. Then, when it was right there, I'd be like, "Well, it's really just three to five seconds of this horrible bitter taste. How about you just try it and just do it?"

Sometimes, I didn't get the whole thing down, but I would continue doing it. So, then what happened was that day I was not feeling well, and then I was really not getting better from it. I started wondering, oh, shoot, is this the bad belly thing coming back? And, it kind of felt like maybe it sort of was, but also kind of worse, because it just was like nothing was sitting well with me. Anyway, I really was starting to think, okay, but the whole point of this was to have a lot of relaxation and to feel amazing. Now, I have spent half of my time here, and I feel way

worse than I did when I first came. So, really what am I doing here?

So, what I did was I really thought to myself, do I want to stay or not? And, I was really kind of like, "I'm not really sure." So, the other thing I just want to point out is that apparently the reason why a lot of people come to this thing is for weight loss, and I wasn't interested in weight loss. So, I kind of assumed that I would ... Just when you're just drinking this stuff all the time, that I probably would lose some weight. But, I started just being like, "My body might really legit not be into this." Yeah, I could tell that I was losing some weight. I just wasn't weighing myself, because I didn't want to be focusing on that. But, I just was like, "Why am I staying here? I'm not here for weight loss. My body clearly is unhappy with being here."

So, what ended up actually happening was I was trying to go to sleep. I was actually not feeling well, having a hard time falling asleep, and I kind of sent a message up. I was just like, "Help me to know if I should stay or if I should go, and please make it obvious." I just kind of released it. Universe, help me. So, I went to sleep, and I mean just four, four and a half hours later, which is completely unheard of for me, I woke up, and I couldn't sleep anymore. So, it was in the 4:00 o'clock hour. It was a really, really interesting thing happening with my body. My heart rate was not up, but the way my heart was beating, it was pounding.

I don't know, the ejection fraction was huge. I don't know really how to describe it, but it was pounding or beating very forcefully to the point it was just feeling it so firmly in my chest. I could totally feel it in my abdomen too, in my pulse. I could feel my abdominal aorta just like, "Boom, boom, boom." And, I was laid there and tried to sleep some more for a while and couldn't sleep, couldn't sleep. Then, I was just like, "You know what? This might be the message. My body is unhappy here. Let's make this super clear. My body is not happy." So, that's what it was.

5:00, 6:00 in the morning, I was like, "You know what? I'm going to leave today. I'm done. I'm going to leave."

To come back into the US, I needed to get a COVID test. There was some definite logistics that needed to happen, moving a flight, finding a hotel closer to the main city so that I could get a COVID test and spend the night there and get on the flight the next day and the whole thing. I was just like, "You know what? I'm doing it. I'm out of here. I'm done, and I'm done." I have to tell you that, as you might expect, I totally had people pleasing thoughts coming up. What if the woman who runs this, she's going to be upset with me. I don't know. I don't know what I thought. I'm like, "You can always leave."

It's totally that people pleasing part of us that's like, "I just want her to like me." But, then I remind myself, what's important is that I like me. Right now, I would like me to leave this situation. This just is not the right thing anymore. So, we got it all figured out. I even said to her, "Oh, I'm sure I'm not the first person who has had this hard time." And, she's like, "No, actually you are." I was like, "Oh, I have a hard time believing that, but okay, fine, whatever. Even if I am the first, who cares? I'm out of here. This is just not the right thing." So, I got out of there, and what I ended up actually doing is I went home, and then I spent a night there, and I had been working some to serve on the side, but I thought, you know what? I don't want to have this whole time be ending with me feeling worse off than I did when I left.

So, I actually found this amazing local spa and spent two nights there, got some spa treatments, read a book, did little work, and just chilled. It was amazing and exactly what I needed, so it all turned out okay. I have to say I'm actually glad that this all happened, first of all because I did really come away with some amazing lessons that I'm about to share with you. But, also because now I know what something like this is. Whenever people talked about a cleanse, I was always curious. What is a detox,

whatever? I don't 100% really buy into the whole need for detox or whatever, but I was like, "I don't know. I'm a pretty open person. I'll try pretty much anything."

And, now I've tried that. And, now I know that I don't need to ever think about that ever again, because that's just not the right thing for me. A couple other things that I didn't even mention is that it was very clear to me that before I had peace and freedom around food and the way that my brain was, the way I think about my body, and just a much better relationship with myself and my body, I would have for sure made myself stay there with the idea of, no, you need to milk as much weight loss out of this as you can. Actually, when I had that realization of I literally do not care, I'm not here for that, that's not what's important, I was so proud of myself, really. If I ever want to lose weight or don't, I'm not doing it like this. This is not the right way for me.

Sometimes, if there's one thing I know how to do in my life, it's lose weight. So, I don't need to be doing it in this manner. So, that was definitely a win, a little thing I noticed where that was really, really awesome. So, let me tell you, there's three lessons, three main lessons that I want to share with you that I either learned or were kind of confirmed for me that I want to share with you, because this isn't just to apply to if you go on some vacation or some trip, and it's not the right thing. But, this, it's for anything. It's going on a date. It's being in a work project or whatever it may be, some sort of situation that you find yourself in where it becomes pretty clear to you this isn't the right thing anymore.

Instead of trying to talk yourself out of it, how can you think about it differently so that leaving really is on the table for you? You're not forcing yourself to do things or trying to talk yourself out of what you actually know is right. So, the first lesson is you never have to stay, right? You can always choose something different at any time. I think this is so important. Yes, we know this, but we kind

of forget it. It's so easy to think, well, I paid all the money to be here. I won't be able to get a refund. I have to stay. No, you don't. Even if you're on a cruise ship, you can get off that boat if you really want to. If you need to get off that boat, you can. It may cost a lot of money. It might be an inconvenience, but you can get off that boat.

We often think in ways that really keep us stuck, and it's just literally not true. We're limiting what's possible or available to us in our lives by literally just believing something that is false, okay? So, one way that I kind of checked in with myself about, well, am I ready to leave? Was by asking myself, "Why am I here? Why am I staying?" And, I had several days where I asked that, where I was kind of like, "I don't know about this place, but why am I here? Okay, I'm here because of this, and that's enough of a reason that I want to choose to stay." Then, when the negatives outweighed the positives, I felt so bad. I was willing to give up the opportunity to have another massage from the amazing massage guy, because it wasn't worth it to me. I didn't feel good. I wouldn't even have enjoyed the massage, because my body was not feeling good, right? So, things changed.

And, so allowing that answer to change every day or even hour by hour can be helpful, but maybe big picture, day by day can be really helpful. Why am I choosing to be a part of this extra work committee that they've asked me to do? There was actually a time where I was a part of a leadership team at my church. It was a three year position, and after I think maybe two years, I realized, you know what? I just don't think I'm the right person for this. I don't think I'm contributing in the best way, and I know for sure that someone else could be doing a better job at this.

So, I told them that, and I was like, "I would like to move forward with finding a replacement for me." And, we did. I was so glad. It was another time where at first it seemed like the right thing. Then, when it didn't, I didn't go, "Well, I committed to three years, so I'm going to stay." You can

do that, but in this case, who is benefiting? Not the church, not me. What's the point, right? Okay, the second and arguably most important lesson learned is to listen to your body. So many of us are so disconnected. I would say we're decapitated. We just live up in our heads, and we're like, "What body? My body doesn't exist." We have to work with our bodies. We have to know that without our bodies, there is no us, right?

So, being able to listen to my body is really ... and, you doing the same is really part of us having a strong relationship with ourselves. It's not just I'm going to do what I say I'm going to do. Sometimes, I think we think our relationship with ourselves is all up in our head, and it is not necessarily. In this case, what is going on in my body? What is my body telling me? My body is telling me this food doesn't taste good or not even food. These drinks do not taste good. I know that one of the ways that I honor and respect myself is by only choosing to consume things that taste good to me. Okay, and now my body is not even responding well to it. I will tell you that in the middle of my time there, I think in total, I was there three full days, but the day of arrival and then the day of leaving.

I think it was on the second full day, I actually felt amazing. I had so much energy. I felt super duper good. So, I just do want to mention that. I did feel great for a short period, and then I started feeling worse. And, who knows why? Maybe it was because the cleanse, the detox thing wasn't the right thing for me. Maybe it was because I was in Mexico, and Mexico struck again. Who really knows? But, the point is my body was not happy. So, when we have that strong relationship with ourselves, we listen to and honor the messages that our bodies send us, right? We are paying attention. When my heart was pounding like that, I just feel like my body is saying, "I'm not doing well. Please help. Let's stop doing this."

So, listening to your body is so important. If you're not sure cognitively in your brain with your thoughts, you can consult your body. What is my body telling me? So important, such a great way for you to access intuition, as well. Then, third lesson is that you can always take excellent care of yourself, really no matter where you are or what's happening. I really focused on that while I was there, where I was like, "Well, I'm not really loving this, and I'm not really loving that, but how can I take excellent care of myself? I'm going to take excellent care of myself by making sure that I'm getting fresh air by sitting out on that balcony, getting up in the morning."

Oh, my God. It was amazing. I'd get up in the morning. I brought a robe with me. So, I put on this robe. The sun was rising behind the mountains. It was actually pretty quiet. At night, there were tons of dogs barking and stuff, so in the morning, there weren't even really that many roosters. The dogs were all asleep still. The world was starting to wake up. It was so beautiful. I'd sit out there and do some of my morning stuff, maybe do a little work. That was amazing, right? A great way for me to take care of myself. Another great way for me to take care of myself was to say, "Yes, I would like to have another massage today. Yes, please. Let's do that." There are lots of ways for me to do that. What is the best way that I can, considering the situation, take excellent care of myself?

So, this can look really like advocating for yourself for what it is that you need, right? So, it became that over the course of time, taking excellent care of myself involved saying, "Hey, you know what? I'm done. I'm going to leave early. Could you help me arrange transportation out of here?" And, just really staying in emotional adulthood about it. What that means is recognizing that there's no need to blame anybody else. The way that I'm thinking and feeling has to do 100% with my brain, my thoughts. My feelings are created by my thoughts, not by anybody else. I don't have to worry about how somebody else is thinking or feeling. I don't have to talk myself out of how

I'm thinking and feeling. I can just honor that, right? Taking excellent care of myself is going, "You know what, love? I don't think this is the right thing anymore. Let's bounce." And, then doing what's required to get out of there.

So, I think that these things can really extrapolate. These lessons can extrapolate to anything in your life, right? Any situation that you're in that's difficult, you never have to stay. You can always choose something different at any time. Even just knowing that that's available to you can give you a lot of freedom, right? Even if you stay, rather than telling yourself, "No, I have to stay. There's no other option," never the case. And, listening to your body, if you are not working on this already, you should start, starting today, starting right now. Move out of your head and into your body. What does it feel like to be in your body right now?

Then, remember, you can always take excellent care of your yourself. This does not look like eating the cut in half stale and dried out jelly donut that's been around since yesterday morning. That's probably not taking excellent care of yourself. Taking excellent care of yourself is going to be going, "You know what? How can I get my work done so I can get home and take a nap? Or, who do I need to talk to about getting some additional assistance? Because, really one human cannot get all this work done." Or, asking for some additional help at home, or whatever it may be, right? You can always take excellent care of yourself, so you just have to then check in with yourself. What does that look like for me? How does taking excellent care of myself factor into this? How can I factor it in?

I don't know what's going on. Something's very loud outside. My dog's barking. I don't know. Something's happening. Hopefully, you can't hear it. All right, so that was my adventure. So, what do you think? Should I go back to Mexico? For now, I think we're back to ... It's a no.

I love that other people love it, and it's amazing for them. It just seems that it is not amazing for me, for whatever reason. So, anyway, hope you enjoyed that story.

Just a quick reminder, if you'd love to check out my upcoming book, How to Lose Weight for the Last Time, go to KatrinaUbellMD.com/lasttime, mashed together, L-A-S-T-T-I-M-E, can check that out. You can put in your pre-order, and also if you'd like to get some help right away, don't forget I have a digital ebook called How to Lose Weight Permanently. That's a great place to get you started. To opt in for that for free, just go to [KatrinaUbellMD.com/ E-B-O-O-K](http://KatrinaUbellMD.com/E-B-O-O-K), ebook. All right, have a lovely week. I hope that you were feeling much better than I was feeling when I left Mexico, and I will check in with you next time. Have a wonderful rest of your week. Bye-bye.

Ready to start making progress on your weight loss goals? For lots of free help, go to KatrinaUbellMD.com and click on "Free Resources."