

Episode #207 We Eat Stories

Mari Giuseppe

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Susan: Today I am delighted to be joined by Mari Giuseppe on life Beyond the Numbers. Mari, you're so welcome.

Mari: Oh, thank you so much. It's a pleasure to be here.

Susan: Now Mary and I have done some CrossFit classes together.

and I didn't know what Mary did. I mean, we never really know what. Our other classmates do. Do we We don't know anything about them. So it's, I found out through Future Proof App, and you might remember that I spoke to James Shields a couple of weeks ago and I'll put a link in the show notes to that.

But I saw on Future Proof App some of the blogs that you've written, Mari and the first one I [00:02:00] read, I was just intrigued you said, we don't eat nutrients, we eat stories. Yes. And I am all about the stories. So tell me about what you mean.

Mari: Okay. obviously most of the people have like a long journey with food and.

When we talk about food, people just say, oh, I want to loss some kilos because I'm, I get some weight. And then the first thing, normally, I dunno about uk, but they, my experience in Brazil, first thing we do is prescribed diet for the patient, lose weight, and then with the time with the practice, I was just realizing that was not working.

I prescribe so many diets and the patients just don't lose nothing, or sometimes they just gain weight. It's very frustrated, and then I realized I think something is wrong with this. And then I start to ask them, why you eat so much? What is happening? And then they, [00:03:00] of course we have so



many stories, but personal story, I just looked to myself, I came from a family, I'm from Brazil, and then in Brazil we have a lot of vein.

You know, we need to be pretty, we need to be thin, we need to be, excuse my French, we need to be hot. Yes, yes. And literally, this is ideal, what people have from resilience. And then we feel the pressure, and I'm not a usual thin woman. I'm curved literally my entire family. And with this, since my childhood, I just have problems with food.

I used to have behavior like, composing behavior and bulimic behavior just to trying to a pattern, you know, because my friends were thin and I wasn't. So, and I realized that my problem was not the food. My problem was the story I tell to myself to be accepted [00:04:00] or feel pretty. I need to be thin.

I need to, use like number 4, 6, 8, you know, for size. And I realized that's not just my problem everyone problem everyone. So it is not about nutrition. Nutrition, yeah.

Susan: And And it's so interesting because I think like what you're saying, they're your stories, but they're not even your stories because they were your culture stories or your society stories.

So they're even a bigger story and it's like that stereotype, isn't it? So for us and this part of the world, we all think of Brazilians as like being, yeah, very tall and very beach bodies. Beach bodies. That's the idea. Exactly.

Mari: Bikini body.

Susan: Yes. Even bikini bodies. Exactly. Yeah. And I guess every culture has food stories.

Mari: Oh yeah. I believe so. to be very honest, the only story I know is home culturally speaking [00:05:00] is Brazil, because obviously I'm from there. But when I came in here in England, I never felt so free. Because I don't feel like pressure here, maybe have pressure, but because I'm from a country have too much pressure, I just don't feel the pressure took me 10 years to use a short to go to the gym.



10 years? Yes, because I feel like my legs have too much cellulite, so I'm not gonna put a short, because in Brazil I'm gonna include myself. We are mean. We do body shame in Brazil. So, and here I don't feel like people just use whatever they want and here they don't care, And then I feel like, okay, so I can be a bit myself, maybe like allowed me to do things I didn't think I could.

So.

Susan: Yeah, it's interesting, isn't it? I'm not English either, so I don't know what the English culture around food is necessarily. But I would [00:06:00] say that a lot of people are reluctant to wear shorts or people get very concerned before going to the beach for the summer, for example.

Okay. And. Certainly with social media and I don't even almost wanna go there, but it's completely changed how body is perceived.

Mari: Oh yeah. so in the end of my course of dietetics in Brazil, my final task I have done literally. About social media and the image of our body.

How have changed? Because in social media, people put so much information. It's not true because yes, you have a perfect belly, you have a perfect body on social media, but the truth is you have said lots, you have marks on your body because you are a human being and it's normal. And people just don't share that.

Or they just say, oh, I lost. 10 kilos [00:07:00] just doing this diet. No, you're starving. That's the truth. You can't lose that amount of weight in like three months without starving or you sick. You know, like just have this explanation. And I feel like social media blind people and they just lost the sense like you should think, like you really think this is true.

You really think this person. It is healthy or if that routine, it's because sometimes half people, they can achieve a perfect body, but then they do too much cardio, too much exercise. But the life they have, they can do that. You know, you have free time, you can do it. I work eight hours a day. I have a house to look after.



I need to study. I need to give attention to my family. Even online, I need to give attention to them. I have a cat. I need to look after my cat. I don't have time. I just have one hour a day to exercise and that's it. [00:08:00] So I'm not gonna achieve the body having social media because that it's not my reality.

Susan: I suppose what I wonder is what do we get?

By achieving that body on social media, what difference does it make to our life? Because I often hear people say, if I only lost a couple of pounds, I would feel this. Or I would feel that if I was five kilos lighter, I would be whatever. You know, there's, we have this association that weight somehow, or more weight or less weight will change who we are as a person.

Mari: I think. What they are looking for achievement is more a sense of like feeling they are part of something. They are accept, because oh my God, all like I was when I was a teenager, all my friends of Penn and I'm not. So I didn't [00:09:00] feel part of that group, So I think what people look for it is not even like.

They don't question themselves, like, why? I really want this to feel I'm part of something. You should pay more attention in your self-esteem. like, be reasonable with yourself. Because if you put yourself in that kind of environment, like the mental health is not going well. So you need to look to yourself and ask, do I love myself?

You know, like, do I do. Do I really love myself? Why I am doing this to myself?

Susan: Yeah. And I'm not sure how many people ask that question, Mari, and it's not a question that we've been encouraged to ask either, perhaps. And I read something not so long ago about. I think it was somewhere in the US where people were going to like a weight loss [00:10:00] camp

So it was all about getting back into good body shape, blah, blah, blah. And they were studying it as well. And like you were saying, it came down to stories and when they understood why people didn't lose weight, even though they came to this camp and they did the work and blah, blah, blah, they started to ask people what in their life triggered the eating. Okay. And for a lot of, I won't say a lot because I can't remember the percentage, but what they were talking



about was people had suffered trauma in their childhood and that trauma Triggered them eating and then they continued to eat because that brought comfort or they didn't like themselves and so they continued to eat.

So other people wouldn't like them either. And I thought it was so fascinating and relates to what you say as well about the stories.

Mari: Yeah, because I don't remember where I have read that. but If you Google it, you can find as well [00:11:00] about the traumas. people, for example, have suffer with sexual abuse when they are young normally, not normally, I can't say normally, but what I have read about it was I, when a person have passed with this kind of trauma, not normally, well, I'm gonna use normally because I don't have much vocabulary, but normally they end up like.

Getting a lot of weight because they don't want to look in a stereotype to not get that situation again, to not be abused again. So it's common I have, unfortunately, in my practice, I have heard some stories and the person you need to work in that trauma to make that person understand it's not her fault.

Doesn't matter. Unfortunately, in the world, we are, it's not, it's not her fault to happen. Doesn't matter if she is with a lot of weight or less weight. Doesn't [00:12:00] matter unfortunately. So we need to work on that and I really appreciate when, professionals, my colleagues, before they looked the patient like a weight, like a number.

They look a patient like a person, and ask, okay, you get a lot of weight. Why? What happened? What is happening in your life? Tell me, not like ask me, oh, you eating a lot of McDonald's? Fine. You can't eat anymore. You can't eat that. Really? Something bothers me.

Susan: They already know that also, don't they?

Yeah. Know.

Mari: Yeah, something bothers me. For example, in Brazil we have a type of sausage probably we have here, but I have no idea the name, but what I have heard, the quality of this kind of sausage and here's much better. In Brazil,



people say a very bad quality is true, very bad quality, but represent something. [00:13:00] From our childhood when we used to have like parties, like birthday parties and the mom make like a very, very big, thing with this kind of sausage.

we made, hot dog, so the sausage we make hot dog in Brazil, we put sauce, corn, so many things and we eat like this is represents like. Childhood. You know, like when it's not that tasty, the taste is not very nice. I don't like it that much. But when I eat, I remember home. I remember my mom, my brother, my father, and then you're gonna say to the patient like, no, you can't eat.

No, no, because this is gonna make you put more weight on. Really? You are really gonna say that.

Susan: It's different if you're gonna eat it like three times a day, every day for the rest of your life. But if it's something that you eat on occasion, yeah,

Mari: I swear.

Susan: Yeah.

Mari: I'm gonna change even like this.

Susan: Yeah.

Mari: Your blood test.

Susan: I love [00:14:00] what you said about the number on a scale. Because you know that they actually look at the person, which is my whole ethos about beyond the numbers leading and life. It's about looking beyond the numbers and seeing the people. And it's interesting that people might see themselves as a number.

Yeah. On a weighing scale. And that's a hard identity, I think, to carry around, especially if it's not the number you want it to be. Oh, yeah.



Mari: Exactly, because then comes with rejection as well. you reject yourself just because you're not that number you think you should be. and guilt and Oh yes, the guilt.

Jesus.

Susan: Yeah.

Mari: So nasty emotion to feel guilt, because what good they bring to you, the guilt, guilt is something so. Tiny to feel, [00:15:00] because guilt is not gonna put you anywhere. But it's okay if you don't like the numbers that I'm not saying you, oh, I need to accept myself the way I am.

If you don't accept yourself in the way you are, okay? But let's work on that. You can't hate yourself and try to change you. When we talk about loving yourself behind the number you see. Scale. It's because to make something good for yourself, you need to love yourself because who hates? Don't do any good, don't do any good.

So you need to learn how to love yourself and understand you in a process because it's going to take time.

I'm in a process to understand my feelings about food and stuff for more than four years. And I still learning, oh my God, I'm a baby on this half professionals, I have people are 10, 20, 15 years and they're still saying like, no, sometimes catch me.

Who is me four years? and you are trying to [00:16:00] change your habits with one month and you want everything We need to love ourselves in this point. I'm not saying to accept the number there. If you don't like it, it's not about that. It's okay, but how much hate are you putting that number and saying, no, I'm not gonna be enough if I'm not this number or that number.



Susan: Absolutely, absolutely. And and also, if our focus is on. That number, then it's very hard to move from that number also, because no matter where we put our focus, I think that's where our energy goes.

Mari: Yeah. Because when you are so frustrated with something lingering or whatever, you get stressed we have, the hormone for stress is cortisol.

Then with the cortisol, you can't do anything because it's cortisol. You know, like everyone talk about cortisol. So if you get stressed, you're gonna have cortisol and then you're gonna have difficulty to sleep. Gonna have difficulty [00:17:00] to lose weight. So is because that we work so much about love, because the love, I'm very sentimental, but love is something is gonna put your cortisol down, because you're gonna be in peace, you're gonna be okay and you're gonna understand.

Things take time. It is not like an internet in one month. You're gonna be ready. Oh my God, I wish

Susan: 30 days to the perfect beach body. Oh

Mari: Jesus. is that what frustrated me as well? Do you think if that was possible, 30 days perfect body, do you think it was possible everyone would be doing.

Everyone else failing is failing so badly. Everyone is failing.

Susan: And that's gonna make you feel worse.

Mari: Exactly. And then come the guilt

Susan: and then comes the eating again. Perhaps because that makes you feel better and it, so it's a cycle. So how do people respond to you? When they come for nutrition advice [00:18:00] or dietary advice, and you explain to them or suggest to them, that there's a cause in your life or something in your life or a story you tell yourself.

how do people react to that and take it on board?



Mari: it's a very complicated

Susan: my

Mari: be Yeah, because I'm literally going against what everyone says, and I have a few professionals work like me. Like I swear. I just know two of my, for example, my class, we are in, I think 30. I don't remember how many we are in my class, but, and on my class, no one was in the same path as me.

and then when I tell people, even my colleagues, my professional colleagues, they just say, how are you gonna work with that? So it is very complicated to explain to people that because we have too much.

Disinformation about how lose weight, how to do it, how to [00:19:00] maintain the loss, you can make a, a diet for the patient to the patient, lose weight, but you can't make the patient maintain because

you are starving the patient, so obviously the body's gonna respond. So most of the time when I present that. My calls to the patients is when the patient are desperate and they have no one else to go again. So they look at me and say, you are my last chance.

And unfortunately, I have a very bad experience with one of my patients. She was so desperate to lose weight, and I told her, look, you are not gonna lose weight if you keep desperate and it's gonna take time. So I need you to understand that because. We are gonna work together, the traumas and stuff, but the body's gonna take time to heal and then you're gonna lose weight. And we make, normally I give 10 sessions, and this time I told her you need 10 sessions as well.

[00:20:00] 'cause normally some patients just need shorter, but in her case, what needed was needed 10 sessions, she make four and then she start console. Then very young, I think my age, at the time 25, she ended up doing bariatric surgery for no reason. I swear she didn't match the requirements to make to do a bariatric surgery just because she wants soap badly.



Be thin like in Brazil. We need to be, yeah. So it is not very easy to go through with my idea of what is really healthy, especially in school. Okay. And university, because I have a very bad story about that as well. I can tell you if you want.

Susan: Please go ahead. tell us because they help the understanding.

Mari: Yeah. So I have, back then I have a, professor at the university and then when I was there. [00:21:00] I was desperate because the reason I choose dietetics was not for this reason I am right now is because I was overweight and I was like, I want to lose weight and I don't understand how to do so, and then I find out about dietetics.

I say, I'm gonna do dietetics, I'm gonna learn how to lose weight. so I was so desperate to lose weight because imagine I was overweight doing dietetics, and obviously that was not the, look what people are waiting for, like to go to see a dietician, they expect someone thin. So I was not, so I was a bit desperate.

And then I go to talk with one of my professor, very respected professor. I told her like, oh, I want to lose weight, but I dunno what to do anymore. And she say, okay, I'm gonna send you for a doctor and the doctor is gonna give you some medications to help you. I said, fine. Okay. So I went to the doctor, he prescribed me so much medication, I swear it was like too [00:22:00] expensive.

And at the time I didn't know. And then I take all the medications he gives to me. I lose a lot of weight. But then with that. I start to get sick. A burn on my stomach never ends. Everything I eat make me sick and I have an injection, the famous injection I have taken and I didn't know I have taken.

I became so thin my father come to talk with me and say, I need you to stop with this. You're too thin and you just have like two months going to this doctor. I don't know how much I lost that time. And I was like, okay. My father intervened me, you know? He said, no, absolutely not. You are not gonna do this anymore.



It's enough now. three, four years later or more, I think I look back and say, oh my God, a respected professor. Give me this advice. She's very respected and I was like, oh my [00:23:00] God, what people are doing with other people? like it's not her fault because I asked, and I go through because I was dis inform, literally, I didn't even know what I was taking.

So we pay a very high price just to follow a number and a scale just to follow a pattern or a stereotype.

Susan: We can. We really can. And also, I think what you say about the disinformation, that even amongst people who are teaching the linkages is still there, that if you follow this diet, this will happen.

If you can't do that, then we'll give you drugs. So we'll force it to happen or something rather than the underlying causes and it's maybe sometimes it is a health issue. Maybe it's not related to a story.

Mari: Yeah,

Susan: absolutely. But it's also about understanding the person.

Mari: Exactly. Because my problem was [00:24:00] I was depressed and anxious.

What I need was therapy. And I have done therapy, for long years. I have done therapy for 11 years. depression and anxiety. So. I just need the therapy a bit more intensive therapy. Yeah. You know, so she could ask like like that's what's frustrated me because you see the person like a number.

Okay, you want lose weight, do this. No. Ask me, why you put some weight? What happened? Are you, something change in your life? Are you passing for some stress? For example, I came to England by myself. Just me and my cat. And I lost so much wage when I got here. I thought I was so healthy. I even share my social media.



No, I was stress. I lost weight because. And I didn't know. I didn't saw and I am in the field. I study, I know, but because I lost so much [00:25:00] weight, I was like, oh, this is my progress, my work? No, I was stressed.

Susan: So good. England is good for me. Yeah.

Mari: My mom, I said, mom, England's so good for me.

I lost so much weight. And she look at me and say, You really think he's that and say, of course, it's. Oh really? And then my mom started to ask some question and I was like, oh my God, I'm so stressed. because even study so much. My brain becomes more clever, so it's not that easy to trick me anymore.

So my brain become a bit clever. So I like to say that to patients. The talk my brain do with me. I say, we have a angel and a devil say they're already talking. They become so good to convince me on things, and I need to be very clever to catch them. So I just. Didn't realize I lost weight. I was doing exercise and stuff, but I was sleeping five hours a day.

I was eating very [00:26:00] poorly because when I came here, I was doing ing. So I walk more than 22 thousands of steps. So obviously I lost weight, obviously. So well, sometimes we just think we are doing the right thing. Hmm.

Susan: And it's interesting what you say about the brain. Yeah. And that's part of the problem with why we eat as well, isn't it?

Because our brain is reinforcing those stories. Our brain has the version of the story that keeps us stuck in the story or the habit. Yeah. And once upon a time it was a protection, but it's now out of date. So because it's always looking out for you too. It may be a devil, but it's a cheeky kind of devil.

Exactly.

Mari: Yeah. It's just, well, in cognitive science, correct me if I'm saying wrong, because I'm literally saying in the way we we're supposed to be in Portuguese, and I'm just translating.[00:27:00]



Science, cognitive or cognitive science. We study about the patterns of the brain. So basically we have a, let's say like that we have a path in our brain, a path we always follow. Mm-hmm. Since we are born and this path was created when we are young, because it's like the patterns our brain created.

And then when we are young, we don't have maturity obviously because we are a toddler or a child or, well, anyway, so it's a path created when we are a toddler and then this path is stay there forever. It's not gonna be but it's gonna be improved. So. Obviously when you eat, for example, you sad and then you eat is a pattern.

Your brain know when you sad, you eat and then you feel happiness. But after the happiness you feel guilt. And then the what the brain do, I want happiness again, so eat [00:28:00] more. And then there's a cycle never finish. And then when you start to understand that, you say, okay, what else I can do to feel happiness?

Oh, I can go to the gym. I can do CrossFit. I can go to the pub with my friends. I can stay with my cat, take a very good shower, long shower in a very hot, very hot shower. I dunno, people can see or feel or try to explore what they're gonna do to make them happy, but if you're so stressed, so drain of energy.

So tired. The first thing your brain is gonna give to you to feel happiness is go eat something you want because you are tired and your brain don't want to think in different patterns because this one is already there. Absolutely. So

Susan: it's,

Mari: yes, so it's so interesting.

Susan: It is, and it's that, it's a neuroplasticity, [00:29:00] isn't it?

I say it's like a ski slope because once you get on it, it's just like, you know, there's no getting off. and it's stopping yourself before you get down, which is what you said about the, it's listening to those stories and recognizing, just bringing the awareness and then you can help change the story.



Mari: Exactly.

Susan: So. the kind of common advice to people is just eat healthily or just exercise. So what does it mean to eat healthily? Mari?

Mari: I don't like to put labels on food because we are very big world and we have very different types of what is healthy. So, especially me being here, because before I just have Brazilian, but then here we have everything Indian, Polish, Albanians, everything.

And so. I can't say, oh, if you eat lettuce, avocado, salmon [00:30:00] every day, you're gonna be very healthy. Oh, for foxing. I'm sorry. Oh my God.

Susan: Okay. That's okay. You can swear it's okay,

Mari: but because really make me very angry. Oh my God. I swear when I see in the contents on Instagram, like avocado, With lettuce and salmon.

Oh, this is what you need to eat. Oh my God, really? Jesus poor thing. So I think it's more about how you feel about the food. I'm not saying you can eat KFC every single day. You can, but you want to pay the price because have a price. Everything in life have a price. So that depends what price you want to pay.

The truth is obviously if you eat more fruits, nuts, vegetables, carbo traits, doesn't matter which one I swear, you can eat bread, rice, pasta, you'll be fine. Everything's about the balance, so. [00:31:00] Everything's about balance. You can have sweet every day if you want, but that depends how much do you eat, you know?

And if you are eating too much, why? What is the reason? Are you eating too much of this food? Because I do understand food come with a story as well. Like I say about the story of the hotdog in my family, But food is still just food. The only reason to you eat is to give your body energy.

That's it. That's the truth. So healthy food is more about literally what do you like to eat and how you can improve that meal. That's is something I'm very good at. So I'm gonna tell a very, very, very secret of mine. I hate vegetables.



I'm a dietician and I hate vegetables. But I eat vegetables every single day because I learn I'm an adult.

I'm not a [00:32:00] toddler, and I know I need to eat, so I just make myself creative at the kitchen. So I make sauce with Alba gin. You know, I make sauce with them. I literally, like I cook so much in a point you need to smash it and then become a sauce. And for me it's a pasta bolognese. I put some tomato sauce ITA with boing sauce.

So like you need to become creative and I don't like to lay food. Everything eats so. Depends on the context is healthy. For example, I love, I don't like McDonald's. I like the taste, but I have a memory with McDonald's. So sometimes very often I like to eat because I remember my childhood with my mom.

It was something me and my mom always do. You know? So healthy is be, it's about how you feel about that, to be very honest. To analyze yourself,

Susan: and I think the, how you feel like [00:33:00] you say is the, is the energy as well, isn't it? Yeah. That actually that your life feels more in balance because yes, you're sleeping and you're getting outdoors and you're doing exercise, you're doing all of those things, but that the food is also fueling that, not taking it away, not disabling you almost from doing things.

Mari: Exactly. 'cause imagine you're not being, I hate that, but I have some friends do that. Oh, I can't go out because I can't eat that. So your way of seeing food like healthy and unhealthy don't allow you to go out with your friends, for example. So it is about balance. Because you can have pasta every day if you want.

You can eat bread every day if you want. You can eat sweets every day if you want. But everything is about balance. I'm not saying to put every time on a scale and say, oh, I'm eating this much. It's not that, you know, because to be very honest, I don't do that. I [00:34:00] never, I have done and stress me out. So I just give up, you know?



So how you feel about, do you want to eat pasta? Okay. And how you can improve the pasta. Oh, you can put some veggie. Oh, I don't like vegetables. I don't like as well, and I do my thing.

We need to understand as well. We are adults and adults need to do adult things. You know, that's the truth.

Susan: Oh, I wish. This is probably the quote of the, the, of all podcasts put together. And it's so true, isn't it? But Mary, if adults did adult things, the world would just work.

Mari: Oh my God. Oh my God.

Susan: But it's also that comes back to our culture, our upbringing, the work we are in, the demands on us. Like I [00:35:00] live five minutes from Waitrose, not even five minutes from a huge Waitrose, it's supermarket here in the uk. And. It is just so easy to kind of go, oh, I can't be bothered cooking.

I'll just go to wait throws. Yeah. Now that's not normally what I do. Of course I've done it and I'll do it again, but I think there's a convenience around Yeah. Food has become so convenient as opposed to nourishment.

Mari: Yeah, this is absolutely true. I work for NHS and I think people work for a lot.

Just saying, I really loved my work. I do, but I am trained to observe people and the behaves, and what I see from NHS staff is they are exhausted, very exhausted. So what they do, they just don't have time to look after themselves, so they eat very poorly. They just buy something from, I think it's m and s and they just don't look after themselves.

They don't [00:36:00] sleep very good because they do night shift as well. I'm talking about the nurses and the doctors because I think they are not just them, but like a lot of people, even the porters, Do you know the porters? They work seven days nighttime on the roll. Do you know how unhealthy is that.



I didn't even know it was allowed. Anyway, so imagine these people, they just don't want to go out for, go to the gym. They just don't want to bother to cook. They will go to the shop and eat something because it's much more easy. I have, as well, I, I shop in the corner sometimes. I say, oh my God, I'm so stressed.

Say I'm gonna go there and I'm gonna buy all the chocolates. I can eat all of them because I'm. I'm gonna feel guilt, so no, I'm not gonna do it. I'm gonna try to relax to chill. I'm gonna try.

Susan: I believe you. I believe you. [00:37:00] Yeah, I absolutely. But I suppose.

There's so much advice, Murray, and like we've talked about, there is, disinformation. There's also the pictures that just reel us in. Yeah. So if you were to offer people, a way of designing their lifestyle or discovering a lifestyle that that is optimal. For them, for their body shape type, health, age, whatever.

How, what, where do they go to start doing that or understanding it

Mari: to be very, this is so hard because the internet now is a blast and is not, you have too much information and disinformation like you said. So the first thing is to look yourself because you are the best person to know what is good for you.

That's the truth. Okay, I can [00:38:00] pretend. I can pretend like, oh, my life is amazing. I have time for everything. I don't, I don't have time for nothing. Oh my God, I have message. I don't answer for more than two weeks, and I'm ashamed to answer now because already past two weeks. So I don't have time. So we need to be realistic with ourselves.

So the first thing, be realistic. And when you are looking in the internet for something, try to research that person. Try to research and see if this, this person, it is something, something, or this is like an influencer. She has a degree. Well, sometimes they have a degree in Jesus Christ, but for example, future proof I think is a very good app to people like.



Subscribe and then receive the articles because in that, James is great. So he's putting people that is really gonna give you good advice. That's the truth. So the question is like, I'm going like, [00:39:00] like this to China to answer your question, but to design a good routine for you to design something's worth it for you is literally that.

Ask yourself what is real for me? I have a time in my life, I just have 30 minutes to do workout and work for me. Sometimes we just have 30 minutes, two days in a week, and that's fine. That's okay. It's not because you're not doing seven days, waking up four in the morning, Jesus course, who wake up four in the morning to do something.

You know, like maybe this is not your reality because you finish, you work like seven and then you need to come home, shower, eat, go sleep, 11, and you're gonna wake up four. No, this is not real. So what has worked for you? Be honest with yourself. For no one else. Just with you. Be honest. What I can do for myself and slowly steps because people want to do everything.

No, slowly choose one. One, oh, I want less sugar, or I want to [00:40:00] drink more water. Or I want to sleep better. We sleep better, I think is. Something we need to work on it. It's difficult because we're too stressed, but we can do, just choose one, sort it out, this one, and then you go for the second one.

You know, life is short, but not that short. We are not gonna finish in three months. Please not. So we have time.

Susan: Absolutely. and I suppose, there's, like what you say, people want to do everything and it, you know, often. People start a new exercise routine, for example, and they decide they sign up for a marathon or a triathlon or like that, that I'm gonna lose five stone or 25 kilos by next week or whenever.

Is that we set huge goals Yeah. That are often demotivating. Exactly. Rather than motivating.

Mari: Exactly. It's something I work very hard with my patients and when Someone become my patient. They never stop to be my patient because [00:41:00] normally when I finish the 10 sections, I have a check on them in six months.



And after that, every year I check on them just to see how it's going. Because we are people and we are meant to be. To come back to old patterns is normal and I have a very special patient. My first patient, my successful case, it's, she has this. behave to always put very high goals. So that is very important to be reasonable because you can't lose like 25 kilos and not even in three months, just if you're sick.

If you're not, you're not gonna lose it and if you do manage to do that, I don't want to even know what to have done. Because the damage is to extent, so we need to be reasonable. We need to think like what I can do, what is reality? Because in, like I say, social media is, it's a blast, right?

To [00:42:00] not say the contrary because they put some goals that you just can't achieve. You can't, because life is happening and then it's gonna happen things you can't control. It's normal. I have put a goal for me this year to work out more. Five days in, I put seven, seven days in a week. And this year it's completely a mess.

I'm changing jobs, I'm moving house. oh my God. So many things happen and I just, I'm barely managing four days in a week, and I was being harsh with myself and I thought and say what I'm doing, you know? Okay, that's fine. At least I go four. I could be not even doing because I'm too tired. I'm so stressed, so I'm not gonna go, you know?

So we need to be realistic. We need to put goals we are gonna be able to achieve.

Susan: And I think what you're saying as well about the honesty and the love and the respect for yourself, because we do speak to ourselves [00:43:00] more harshly than we would hopefully anyone else in the world. Because Yeah, and, and actually.

having a relationship with that is really important as well. And I think the word love comes so loaded for people that it's often a barrier. And I was listening to a podcast recently where the guy talked about shades of love, and I thought it was a lovely way to think about it. So if you think about compassion, and you mentioned peace.



Kindness, appreciation, gratefulness, all of these are types or shades or layers, whatever, of love and find a word. This is what I always think. Find something that works for you. So if one of those words works for you, then use it.

Mari: Exactly. Yeah, because unfortunately, love becomes something so random this days.

You know, [00:44:00] and superficial, you know? Yeah, well we can

Susan: love our books and we can love our phones, but Exactly. It doesn't mean the same as the love of another person or the love of yourself.

Mari: Exactly. And that I think people just miss the point, I know sounds so like everyone say that, but yeah, love is the base because if you don't love yourself, you're not gonna make any good change because like I say, in a hate, nothing becomes good.

'cause it's hate. Whatcha gonna do with hate? So yeah, love yourself, respect yourself. Be kind with yourself. Find a word like you say, what makes you feel comfortable and do it. Because if you just start loving yourself, my God, you're gonna sort it out in people sense of your problem. I swear.

Susan: Yeah. And that's the thing, isn't it, is that all of this is really, really, really simple. It just doesn't mean that it's easy.

Mari: Oh, it's, oh, [00:45:00] it's not. I have done 11 years of therapy. I still learning how to love myself

Susan: and, and, something that's not easy is also worth doing. Oh, yeah,

Mari: exactly.

Because the truth is we are here. We not here in this earth because we didn't came here like knowing everything and I'm 28. I don't know nothing. Oh my God, I dunno, nothing. My mom has 45. She say to me, I don't know nothing. If my mom have 45, she know nothing. Imagine me 28. Imagine someone with twenties, even with sixties, you see people learning.



So We never gonna know everything. And we always, it is always gonna show up some challenge in our lives to show us. I don't think you love yourself that much, but you are so good at it now, and you are [00:46:00] becoming, you know, because love is something you always going to be learning because okay, you learn how to love yourself and now you need to learn how to love the other person.

Then life change, and then you become another person, and then you need to love that other version of yourself. So, oh my God, people just put too much pressure on themselves. Included me.

Susan: We all do and look. Exactly. it's the nature of who we are and it's, it's part of our conditioning and, and everything.

It's the awareness that you are in charge. You may not be in control. Well, but you have more say if you're aware, and I think that's what you're really speaking to as well today. Is, is demonstrating that the awareness helps us to look after ourselves better,

Mari: of course,

Susan: even when life is throwing stuff at us.

Because it will.

Mari: Exactly. Because if you don't know yourself, imagine you're copying someone, [00:47:00] behavior, you don't dunno yourself, you're copying and then life come. With so many things, you dunno what to do because you're copying. So you dunno yourself. At least when you know yourself, life is throwing things in you and you say, I need to breathe.

I need a break, because it's what happened. You can think the first thing, I'm gonna buy all the chocolates I want and I'm gonna eat all, all of them. You can think that it's fine. I do. Oh my God, I do. I think, oh my God, I want to eat all the chocolates in the world. And then I think that and say, fine, but it's not gonna sort it out what I need to do.



So if I need some time off, I need a break. I need meditation, I need CrossFit. I choose what I need. And if in the end you still want the chocolate, you will see when you have this awareness about yourself, you will see the amount of chocolate is gonna be so much less. you can end up eating the chocolate, but you're not gonna eat like five, four.

10 chocolates, you're gonna eat like a piece of chocolate and be in peace with that. [00:48:00]

Susan: Amazing. We are absolutely out of time and we're coming up to the end of the conversation. Mari, if people would like to know more about you and what you're talking about today, do they have a way of connecting with you?

Mari: So I use my Instagram, but I'm Brazilian. My Instagram is in Portuguese, so. I still, I'm gonna be, writing articles for future proof, so you can subscribe that and have that. I'm not saying I'm never gonna do contents in English, it's not that, it's just because literally 100% of my contents in Instagram is from Brazil or Portugal.

So, and I'm not that big, but LinkedIn, I'm gonna start using so in that, probably. Is gonna have more information in English, definitely, because in Brazil I'm not quite sure, but I don't feel like it's, they use that much. So Lincoln Knee would be the best approach, but for now, future proof. Will be the best one.

Susan: [00:49:00] Absolutely. And you've already contributed three articles and they've all been well worth reading, so definitely future proof is the place to go and I'll put the details in the show notes. Thank you so much for such a heartwarming, joyful conversation. Marie.

Mari: It was a pleasure to be here and I really appreciate the invitation and I'm always open for another one.

Susan: Fantastic.

Mari: Thank you.



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