

Weight Loss After a Stroke - Dr. Jonathan Colter

Weight Loss after Stroke with Dr. Jonathan Colter.

Dr. Jonathan Colter was a practicing chiropractic physician in North Carolina for over 20 years. During that time he was exposed to patients suffering from various health conditions ranging from cancer, high blood pressure, obesity, diabetes, heart disease, chronic illness, degenerative arthritis, and depression. Amongst other things today we discuss how to keep the weight off.

This interview could help you lose weight after a stroke.

Twenty-plus years in practice have taught him that addressing the symptoms does NOT restore health to the body. In this interview, we discuss weight loss tips, the benefit of light exercise in weight loss, and how past emotional trauma may be one of the key components to ongoing challenges with food, like emotional eating and weight gain.

Listen to my previous interview with Dr. Jonathan Colter [here](#).

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Highlights:

Transcription:

Intro 0:04

Recovery After Stroke podcast, helps you go from where you are to where you'd rather be.

Bill 0:14

Well, all the way from Huntersville, North Carolina. I have my friend, Dr.

Jonathan Colter, who I haven't spoken to for a while. Jonathan, it's so good to see you again.

Dr. Jonathan Colter 0:31

Great to be with you again.

Bill 0:33

We haven't spoken for what seems like I think around about 12 months in this format face to face. I've been following your posts and I've been wondering when it was that we were going to be able to make a time to get together. So I'm glad that we got around to it. I like this opportunity to chat with you because there's so much to catch up on and I think we always have conversations that are really informative. And we have conversations that are really useful for other people.

Bill 1:05

And I get a lot out of our conversations because I've been feeling a little bit off the last few months. And that's really why I haven't been that prolific in doing too many things and getting in touch and connecting with a lot of people. But I've just started to get back on that. On the horse, so to speak, and in Latin. Yeah. And in the last few months, I've done a fair amount of interviews, and I've interviewed some amazing people. There are about three interviews that are going out before this one. So I'd love to know what you've been up to, or what have you been doing.

Dr. Jonathan Colter 1:42

I have been diligently working on this writing. My blog has taken on quite a few followers now and a lot of people throughout the world have contacted me with personal situations based on the writings that I've put out there. And what I try to do is I try to write articles that are obviously based on health. But that comes from perspectives where a lot of people would never have had these types of exposures before because the information I write, rather than stating my opinions, basically what I do is find hidden information about health issues that the average consumer isn't made aware of.

Dr. Jonathan Colter 2:24

And my goal is not so much to convince people what they should or should not be doing as much as trying to make sure they at least have the information from all sides so they can make the best and most intelligent informed decision possible

for themselves. Yeah, it's really so I've been doing that I've been running my Beagle every single day for multiple walks and runs.

Dr. Jonathan Colter 2:49

No, he's been running you.

Dr. Jonathan 2:53

And I've been exercising and in all honesty, I've been living the life that I suggest other people consider seeking out.

Bill 3:02

Yeah, that's challenging, you know, I, I have this idea of what my life should be. And it definitely shouldn't be driving an hour and a half to a job every day and then an hour and a half home and, you know, making money for somebody else and not getting rewarded or feeling like I'm not getting rewarded or feeling like I'm not contributing, or I'm not living my desires and my passion. But, you know, most of us get caught up in that.

Bill 3:24

And I think, part of where the topic we're going to talk about is weight loss today, but part of the weight loss and all the things that creep up in our lives that one day we look in the mirror and we think I'm not sure if I like what I'm looking at. And I'm not saying that from a visual perspective, you know, not I don't want to do the whole art and like myself because I look fat. No, none of that.

Bill 3:46

But it's like why I got to that point. How did I get to that point? I think a lot of people also don't realize how they got into the job they don't like they don't realize how they travel an hour and A half every day to get to work and come home and then spend three hours in a car.

Bill 4:04

So I suppose the topic that we're going to talk about is going to have things that people can understand about, firstly, weight loss or weight gain, but also they're going to be able to understand that the skills in overcoming the challenges with weight gain and weight loss also transferable in other areas of life.

Bill 4:26

And this is what I love about these topics. It's not just we're not going to talk

about one thing, and that solves that one thing, no, these skills are transferable. Is that how you see it?

Dr. Jonathan Colter 4:36

Oh, completely. Most health issues, whether it's thyroid, whether it's obesity, whether it's cancer, we're talking about deficiencies in life. We're talking about imbalances in life. And these imbalances develop over our lives. You know, we go to school, we graduate we go on to college once we graduate college.

Dr. Jonathan Colter 5:00

Or when we graduate high school, we go out into the workforce, we're looking to earn a living. We're not necessarily looking to find a career that satisfies our personal growth and development. We just want to start making money. And that, I think is what leads to a lot of people finding things where they start making some money, some make real good money.

Dr. Jonathan Colter 5:24

And then what happens is their focus, going from the expansion of first graduating to the actual workforce saying, now I'm making money now I'm on the right path. But it's such a limited path because all they're talking about is money. I think I may have mentioned to you once before, something I once read that made a huge impact on my life. The quote was something like, This man was so poor, the only thing he had in life was unlimited wealth.

Dr. Jonathan Colter 5:57

And, and, you know, there are a lot of people out there who would say you Boy, I'd kill for that. But you want to know something once you had it, you wouldn't kill for it go look at all those lottery winners, hmm. Millions and millions of dollars and half of these people either have nothing again, have been killed, or live with severe depression.

Dr. Jonathan Colter 6:19

So what we think is important to ourselves, in the long run, isn't. And until we open our minds and say, let me see what I'm missing in my life. That really is something I want. We're not going to achieve the life that we really want to live.

Bill 6:36

Yeah, there are a lot of millionaires that are depressed and unhappy and don't know what they're doing. They just walk around doing the whole thing of making

money and it's not really bringing them any more enjoyment because money buys you things.

Bill 6:50

It does buy you a lot of opportunity to do the things that you like, but if you developed, you know that if you built that bank balance by doing just the part of the day that makes money and you haven't worked out that even though you're a millionaire, that that's what you're still doing.

Bill 7:10

You're missing out on the opportunities to experience that life that you desire, you know, the part of the life that you were meant to have achieved when you made the money.

Dr. Jonathan Colter 7:20

If you want to know something, go take a look at the possessions that are purchased and see what kind of impact the life of these wealthy people makes compared to the wealth that people get from experiences in life. You just traveled you. You went to Europe, yeah, that's something that will live with you for your entire life.

Dr. Jonathan Colter 7:43

The Jaguar that was purchased by someone will bring tremendous joy and happiness for a week, a month a year. So if people are really looking to really live lives that are quality that they look forward to every day, they'll look beyond possessions, and they'll look into what it takes to really fulfill themselves.

Dr. Jonathan Colter 8:05

And that requires kind of doing a worksheet of saying, what kind of gets me excited in life? What? When I wake up in the morning, what do I jump out of bed thinking? I can't wait until and then you fill in the blank. Most people never do that.

Bill 8:21

Yeah. Hi, I bought this podcast and this interview and the regular interviews with you is going to do is, are going to encourage people to take action before that gets to that point where I've got two which was, you know, a brain hemorrhage, a second brain hemorrhage, and then in hospital and potentially, you know, facing life-threatening surgery, which I ended up having to have.

Bill 8:48

And I almost didn't get away with it. I'm here now and I'm grateful for the fact that I got away with it and I'm making a lot of changes. But, you know, I want to encourage people don't let it get to that point. When it's really, really dangerous, and really, really scary, and you're not sure if you're going to survive something serious that occurs before you make a change. I mean, I know it's a big motivator, but it's the dumbest way honestly, if I have any regrets in my life, it's that I waited until the moment you know, of near no return for me to make the change.

Bill 9:22

So I hope that as we continue to talk and expand on our topic today that people are going to understand why, why what I said is important and why your message is starting to get followed by people all over the world. And I noticed that you put your post up within a couple of days, and it's got comments all over it. Before we go any further, let's just tell people where they can find your blog posts.

Dr. Jonathan Colter 9:50

The name of the site is allabouthealthychoices.wordpress.com

Bill 10:12

So people can just type allabouthealthychoices.wordpress.com. And all of Jonathan's blogs will come up and you'll see them all and you'll see the latest one and the latest one has a heading, Jonathan, and it says, and now that you've lost some or all of the weight question mark. Now what?

Dr. Jonathan Colter 10:41

Yeah, this is you know, something. So many people strive to lose weight. It's kind of like what we complain about with the war right now over in this country where we get involved with wars we go in, we blow things up, but we have no plan of action we have no okay now that we quote have one What do we do now? We don't have an exit strategy. Most people that go to lose weight, don't have a strategy. What they do is throw things at the window and see what sticks.

Dr. Jonathan Colter 11:12

So what are things, they throw out the window, they throw diet plans, they throw people suggestions. That's not a way of, you know, that's like investing and saying, Oh, I have this lump of money, and I'm gonna throw it at small caps. I mean, there's no strategy, you just have to hope that it works. If you actually

approach life methodically and think a process through because when we do things in life when we succeed, it's usually through a process, not through an event. There's a big difference. A diet is an event.

Dr. Jonathan Colter 11:49

A diet addresses calories, it doesn't address emotions. So if people are gaining weight, because they're unhappy and they're turning to food, because it's satisfying an emotional need, regardless of how much weight they lose through a diet plan, if the emotional component is not being addressed, they're going to regain that weight back. So to truly go through anything, you need a process that addresses all the different components of what's causing the problem.

Dr. Jonathan Colter 12:19

And this I term root cause, you know, the weight gain is the end result. It's not the root cause. So if the root cause is something that happened in childhood that needs to be addressed. If the answer to the problem is going to be doing things you may not like to do. This means you have to create a mindset that you're prepared to live differently. You can't just turn to the one thing that you're hoping addresses the entire thing because there is no answer like that. And this is why 95% of people fail diets.

Bill 12:59

That's a really interesting point, now people are gonna understand what you said about emotions. But some, a lot of people won't have connected the dots Why? emotions is a trigger for the end result being awakened. Now, I know why let's dig into it a little bit deeper. And let's see if we can unpack what is it about emotions and food that ends up causing somebody to be, you know, overweight.

Dr. Jonathan Colter 13:28

Well, one thing is, people don't realize that sugar is a major component of feel-good. I mean, sugar has already been proven more effective than cocaine at stimulating brain centers that create this feel-good response. So if people are depressed, if people are unhappy, what are they going to want to do? They're going to want to turn on those centers.

Dr. Jonathan Colter 13:52

Now. They're not thinking they don't realize on a cognitive level that if they turn to sugar, this is what's going to happen, but they do know that When they eat

these processed foods, these fast foods, these high sugar foods for a short period of time, they feel better. Hmm. Well, when you take drugs, illegal drugs for a short period of time you feel better. But it's not going to create a long-term solution. In fact, it's going to complicate the problem long term, it makes it that much more difficult because now you're going to be building an addiction to the substance that's making you feel good that I'm now telling you, we have to get you away from makes it twice as difficult.

Bill 14:36

And people aren't even aware that they're addicted, they haven't worked out that it was the emotional incident that happened many many years ago that they may not even cognitively remember that made them feel bad and they just happen to be eating a suit at that point in time. And that made them feel better, that very short amount of time and feel better and now that created a neural pathway, a pattern That was reinforced later on in life, maybe a month or a week later.

Bill 15:04

And then all of a sudden, they're finding themselves having a desire when they're feeling bad, to have something sweet to satiate their desire, you know that they need to overcome a bad emotion and that they've got there. And it's taken a long time to get to that point where they're 35 and 100 pounds overweight, for example, they didn't just happen overnight. So this solution of going on a crash diet is not going to address the long-term problem.

Bill 15:34

And therefore they won't know that within habit when they are then having another emotional experience they've automatically gone to a suite and ate in a sweat and they haven't even connected the two together. So how do we begin to support somebody to have these awarenesses to become aware of what the root cause of their sugar addiction was?

Dr. Jonathan Colter 16:04

well, you know, different people have different needs. But what you have to do is, as I said, when I start with people, the very first thing I tell them is we have to get a mindset here. And that recent posts that I put up, one of the things I put down was to create a goal, a successful goal for weight loss. The one thing you can't make your goal is losing weight. And people say, Wait a second. That's exactly what I want to do.

Dr. Jonathan Colter 16:33

And you tell me, I can't make that my goal. And I say exactly. Because if you're a success, let's pretend you want to lose 25 pounds, 50 pounds, 100 pounds, whatever it is, let's pretend you're successful. Let's pretend you do it. The day after you do it. What's your motivation now, for continuing what you've done? Not only Don't you have motivation, you're now going to reward yourself with all disruptive patterns of behavior because you were so good for so long. You deserve it, you're entitled to it. And you know what?

Dr. Jonathan Colter 17:07

All your friends and family around you are going to say. Absolutely. You're right. You deserve it. You should do it this time. It's no big deal if you do it this time. Well, would you say the same thing to an alcoholic? Oh, come on. You've been sober for 2020 years. You can have one glass of wine, you deserve it reward. You would say no, that's crazy. It's the exact same thing with food. People need to understand this. And they don't.

Bill 17:35

And why is it that way? As my parents and I used to do this, I don't do it. Now. Why is it that as parents back in the day when I was not as aware of the challenges around food and nutrition? Did I use to treat my children when they've done something amazing? I said to treat them with something crap like McDonald's.

Dr. Jonathan Colter 17:57

The reason we do it is twofold. We know the kid likes it. So what we do is in our own minds, we're saying, my child did something I want to reward them for. So I'm going to reward them with something I know they like and enjoy. Now, it's just as easy to reward them with something they like and enjoy. That's healthy. If you gave a child a smoothie and mixed it in different flavors, it would be melted. They'd like it just as much.

Dr. Jonathan Colter 18:27

But instead of putting toxin-toxic substances into their body, they'd actually be feeding their bodies nutritional needs. So we're just kind of in this mindset, we were raised this way, and we just pass it from generation to generation. I always tell people, does it make sense to reward a child or an adult with something that is simply destructive? When people think in those terms, they say, Well, of course

not. and say well, that's exactly what you're doing.

Dr. Jonathan Colter 18:59

Why would you turn to something that simply harms your system that makes you worse off, and that makes you now have to work twice as hard to get to a level of subpar? Hmm. And the average person says, You know, I just never thought in those terms, but at the same time, they don't change their behavior.

Bill 19:19

I had an interesting conversation with an amazing lady who has an awesome husband and some beautiful children. And one of the children has allergies and the conversation some time ago was around about some of the things that might be causing those allergies. Not necessarily, you know, what they think it is, it could be some other things and we came up with some possibilities of the conversation was going really well. And the issue was potentially gluten and potentially dairy for this child.

Bill 19:56

So it was skin allergies, eczema, that kind of thing, and what We did was the discussion went, well try taking those particular items out of the diet and see what happens. And the response was, yes, but it's hard. And I wondered what part of it was hard. So I kept asking and I found out that what was hard was, it wasn't hard for the mum to do that. Specifically, it was hard for her to deal with the response that she would get from her child when the child said, but I really like cereal. I really like toast I really like whatever.

Bill 20:35

And the mum couldn't have that conversation with the child to do that part, which was hard. Instead, she was, you know, feeding the child the thing that the child liked, because she couldn't make the child feel bad by taking away something that was not nutritious and causing problems. And my pretty harsh but Coming coming from a compassionate loving place was to stop being the block between your child's recovery from this condition. And now I've turned the attention away from the condition of the child and isolated what the problem was to that child's recovery. And it was the mother. And it was not her intention.

Dr. Jonathan Colter 21:26

Of course. Yeah, and you know, something I, I had a family practice before I

retired. So I had these conversations all the time. And what I used to educate parents on was don't convince their children that they need to eat healthy food. Now it's a battle. What you do is you actually create a list of healthy foods and tasty things.

Dr. Jonathan Colter 21:49

And you tell your child you know something, you're a big, big boy and girl. I think it should be your responsibility to decide what you think you want and what I've done is created a whole list here of all things you can choose from. And what we're going to do is we're going to work on creating menus from now on. And this is how we're going to start eating, we're going to let you participate. In fact, we're even gonna let you help prepare the food.

Dr. Jonathan Colter 22:14

So now you're getting a family activity. So it's a positive thing. It's more interaction between parent and child. The child is now learning foods without realizing they are learning foods. And what they're doing is they're eating healthy foods, and they're not fighting anymore for these unhealthy foods. And as you start saying, if they start saying, Well, how come I'm not getting this, you explain to them in terms that you care about them, and these things are actually harmful.

Dr. Jonathan Colter 22:41

So what we're doing is we're substituting out things that you like, for these older products that we used to have that we didn't realize were harmful, but now we do realize children aren't stupid. And the bottom line is they learn to accept this and then they start sharing it with their friends. And all of a sudden, the parent's friends start calling and saying, what do you do with your child? He's telling my child how to eat. So it winds up feeding itself and it winds up spreading a good message.

Bill 23:09

Yeah. And you know, it's also okay for parents to say, you know what, I thought I was feeding you the right food. I thought that that was something that you should be consuming. But it turns out, I'm wrong. And I wanted to let you know that I made a decision that, you know, started a little while ago with this is what we did. I apologize that the decision that I made was the wrong food choice. But we've learned from that and now we're moving on.

Bill 23:36

It's okay to apologize that we're, we're making changes and these are the reason why we're making changes. Children need to be spoken to like adults, so that they understand what it is that you're talking about, not told what to do, etc. And I've had that conversation with my teenagers, about gluten and about processed sugar and all that kind of stuff, but a little bit further along the point of being able to convince them, they do know that I've made the wrong food choices in the past with them and with myself, so now, they know what the right food choices are.

Bill 24:09

And I've asked them to pay attention to how certain foods make them feel after they've consumed that. So at least they know that if they're going to have a McDonald's meal, then whatever happens after that, whether it's their mood, whether it's their stomach, whether it's their anxiety levels, whatever it is, that's a result of the food. So you might as well know what's going to happen if you're going to consume it, and then you are an informed consumer, and you only have, so to speak yourself to blame. You're 100% aware of it.

Bill 24:43

So I feel that that works because it does make them make better decisions from time to time. And when they make that really that McDonald's decision. And I'm saying McDonald's, but it's not always McDonald's. It's something else. But when they make that decision. Like, oh my god, I shouldn't have eaten that. And it's very unlikely that they're going to have another one of those meals, you know, very soon after they've had that one so those conversations with children, even teenagers do work, even though we can always convince teenagers that they should do something else, right?

Dr. Jonathan Colter 25:21

Sure. And you know, something in general, whether it's a child or an adult, my motto is between 80 and 90% of the time, you eat the foods that your body needs, but you still provide the 10 to 20%. I call it comfort foods that you enjoy. Because what we're talking about is lifelong or long-term solutions. You can't cut out things you like, for 40 years. It's just not gonna happen. Just like you're not going to exercise seven days a week for 40 years.

Dr. Jonathan Colter 25:56

So my advice to all people before they start anything Whether it's exercise or

nutrition, you start with something that you can stay with forever. Or don't start with it, because what you'll do is you'll be creating your own path to failure, because it'll only take you so far. So would you wind up doing it if you start doing it a little bit slower, the process is a little bit slower.

Dr. Jonathan Colter 26:21

But you know, something, a slower process provides endurance, it gives you long-term energy, you do something quick and fast loss or fast gain or fast anything, you wind up with failure. So you're much much better off doing things slowly, constantly achieving success along the path.

Bill 26:39

Yeah. And celebrating those successes. And I'll tell you a story about how I lost weight after I had my first brain bleed. So what happened was the particular medication I was on maybe put on a heck of a lot of weight. And I think I put on around about 10 kilos, which I think is 25 pounds in the space of around two weeks.

Bill 27:09

Wow. And I've rounded it up to 10 kilos, so I don't have to multiply eight kilos because in pounds, I'm never going to get there, right? So what happened was I wanted to lose weight, because I suddenly didn't fit into any of my clothes. I wasn't about to go and change my wardrobe overnight because it was only two weeks.

Bill 27:32

And what happened was I went to and I wanted to understand how I'm going to lose this weight but I realized that perhaps weight loss wasn't the thing for me because I wasn't allowed to exercise yet. I wasn't allowed to go to the gym I wasn't allowed to eat or do anything. The only thing I had to influence my weight loss was food and I didn't really know how to do that through food.

Bill 27:57

But my inquiry the reason why I got motivated in trying to understand what happened to my brain was I wanted to come off this medication because if it had done that to this to me in two weeks, I didn't want this to continue every time I was given this medication. So I thought, by the end of it, I'm going to be obese. And I can't have that as well as trying to recover from a brain injury. So I googled

how to reduce inflammation in my brain.

Bill 28:25

And reducing inflammation in the brain started via me being able to do the only thing I could do, which was changing the food that I was consuming, removing the inflammatory foods, and bringing in the anti-inflammatory foods. And you wouldn't believe it that within about a year, I had lost the majority of the weight that I put on without exercise. Now we're going to talk about exercise and that's still important, but I did it with that exercise because I couldn't do it any other way.

Bill 28:53

Right. But it took a year and it happened without much effort because I was addressing the root cause, which was the inflammation, which meant in my brain, which meant that I didn't have to take medication, which was what I was taking, and that was causing the weight gain. So absolutely, it's like eating a hamburger every day, except I was eating a tablet. Right.

Dr. Jonathan Colter 29:18

I was saying and the tablet itself was creating the problem. So here it's probably I don't know which medication it was, but it was probably something to thin out or create viscosity situations so that there wouldn't be any kind of buildup of clotting. But in the process, some of the medication itself since it was probably multiple medications, was creating inflammatory changes. So you know, it's having a plus and a negative impact on you. Food only has one impact when it's the right food, it's positive.

Bill 29:52

So that led me to a desire then to research further over four years. was how I actually finally got to that point of losing all the weight that I had gained plus some because my starting weight wasn't that healthy anyway. And then I got to that point where for years, right, I look back and I celebrated the wins and how did I celebrate the wins?

Bill 30:17

Well, I went and got one pair of pants to see what it fits like, and I bought one so that as I got to, you know, a little bit lighter a year and a half later, I bought another pair of pants and I wore my big pants every once in a while to know what

that was like to understand. My rewards were very different.

Bill 30:34

I never rewarded myself with food or revolt, we're rewarded myself with changing slowly my belt size, the pair of pants that didn't fit me anymore, the T-shirt that didn't fit anymore, all those types of things, and donating those to charities around the area.

Bill 30:51

Now. I like what you're saying because it's slow and steady wins the race and you've got a headline In your post that says why don't people like my plan? Now I know you didn't design a plan that people aren't gonna like, but it's a reality. People aren't going to like your plan. Tell me why they aren't going to like your plan as opposed to the, you know, here's a diet, the new fad diet, you'll lose 20 pounds in three days.

Dr. Jonathan Colter 31:23

Well, I'll be honest with you. You don't put out plans that people intentionally don't like, but the steps that it takes for people to actually accomplish what they want. They don't want to do and I understand this. It's human nature. Before I even tell you the reasons they won't like it. Think about it. How many people do you know who have either gotten fat or increased their size because they were eating too many healthy foods?

Dr. Jonathan Colter 32:00

But I mean, I've never heard of anyone eating, overeating, healthy. And the reason people don't overeat healthy is because when you put the proper food in your body, the hormones regulate hunger, appetite, everything starts going and you say, Oh, you know, I'm, I'm, I'm kind of getting full. I've had enough. When you put the wrong foods in your body, it blocks those hormones. So you just keep putting in and wanting more.

Dr. Jonathan Colter 32:27

And as we were talking about before sugars, like cocaine, becomes addictive. So now you turn back to the you're still hungry. So what do you do you go back to foods you like rather than back to foods you need and that's what feeds a vicious cycle. So getting back to your question, I actually had to pull up my own list. Yeah. I put down it doesn't deliver prepackaged foods. You know, people want

easy, I'm losing weight, and let's take it to the bigger level.

Dr. Jonathan Colter 32:59

Becoming healthy, because that's the focus. If you become healthy, you lose weight. It's that simple. If you lose weight, you don't necessarily become healthy. You've got to do it in the right order now. Um, people who suffer bulimia are very thin, many of them. They're not healthy. Hmm. So you have to understand that it's not an easy process. So having food delivered to your house. First question, what are you going to do for the next 40 years? Probably not.

Dr. Jonathan Colter 33:33

So you're automatically starting something that what you're doing is you're trying to create a short-term effect. You'll get your weight and this time it'll be different. Now I can take over really, what are you going to eat? How much? How often you don't have the answers? You've just been delivered food and you've simply been eating it. That's why that doesn't work long term. I don't provide incentives for quick loss, quick weight loss. I want people to lose weight slowly. They don't want to. It took them years and years and years to put on.

Dr. Jonathan Colter 34:05

They want to lose it in one month, three months, five months. Yeah. Those that do. And I tell them right to their face, you'll fail 95% of the time, what makes you think you're going to be in the 5%? What are you doing differently? What's different about your personality? When they don't have answers? Basically, they're going to fail. So they have to get the mindset, okay, it's not going to be quick. But it's going to be something where I'm going to have small projects that I'm going to keep achieving success, achieving success, achieving success, that feeds on itself. That's what acts as motivation, and that's what creates long-term benefits.

Bill 34:45

And as a chiropractor, you also and your clients and former clients might be listening, and even people that have been to chiropractic might be listening and watching. If somebody had a chronic back injury, and it's happened I've, uh, five years because they've been sitting in a chair at a desk of the wrong way for five years. Your client, I'm pretty sure gets to that point where they start to understand that you can't unwind five years of damage in one chiropractic session alone.

Dr. Jonathan Colter 35:18

Oh, there's no question. Um, I'll tell you the hardest part and whether it's food or whether it's mechanical dysfunction of the spine. The same problem exists. People think they're well, when what happens? The symptom goes away. Right, the last thing to come. The very last thing is the symptom. people's bodies begin breaking down, breaking down, breaking down breaking down without symptoms.

Dr. Jonathan Colter 35:47

The body accommodates and does all these things to try to handle this ridiculous load. And when it finally reaches a point where it can handle it any more symptoms develop Symptoms are the last thing to come. What's the first thing to go? symptoms? So the underlying problems still can be there. But now that you've reduced, let's say inflammation, which is creating the symptom, the underlying mechanical problem can still be there.

Dr. Jonathan Colter 36:17

So maybe there's muscle imbalance. Maybe the joints still aren't moving properly, but there's no symptom. So they're under the concept, ah, with the impression, Ah, he's fixed me. He's wonderful or she's wonderful. I'm fixed, no more pain. That doesn't determine the end.

Dr. Jonathan Colter 36:35

If you begin to start losing weight. Your health issue hasn't been corrected. Some of your weight issues have, but your health issues still are unresolved. Yeah, it takes a process. It takes time. And you have to be willing to put the time in, otherwise, it won't work.

Bill 36:54

I like that distinction about it's the symptom that comes with Last, it's a symptom that goes away first. And a lot of things occur before the symptom that we're not aware of, or we don't notice, or we think he's normal. And it's just like we said, like, if we go to a chiropractor one session, we go back, we sit in the same chair in the same way that we've done in the last five years.

Bill 37:17

Well, pretty quickly, the same thing is gonna happen again. Same with weight loss, if we reward ourselves with that treatment. We're going to potentially move down that path of achieving the same outcome, which was the yo-yo part of the

diet, right?

Dr. Jonathan Colter 37:33

Absolutely, absolutely. Let me say, it doesn't provide points. My system doesn't provide I put down points associated with each food item consumed. Something like weight watchers a lot of times teaches you here. If you consume these many points, you'll lose weight. Well, that's terrific. What does that translate into understanding what you're eating?

Dr. Jonathan Colter 37:59

You can lose weight by eating donuts every day. If you eat donuts every day, I promise you, you will not be healthy. But you can lose weight. And you can stay within the point schedule, just eating donuts and you'll lose weight. This is not a method of lifelong health and wellness and proper weight management.

Dr. Jonathan Colter 38:21

So my system doesn't include that my system lets you decide what foods you're going to eat. You'll have your own list that you create foods you like. That's why it works long-term. And there are carbohydrates and there are proteins and there are fats.

Dr. Jonathan Colter 38:41

And just like the old Chinese menu, you get to choose one from column A one from column B, and one from column C. I make it simplistic. It doesn't have to be this big, complicated thing. But they all have foods of quality. So now you're getting all the different sources you need. And that's what leads To and again, you're not going to overeat because they're all healthy.

Dr. Jonathan Colter 39:03

And then that 10 to 20% room area, we've got the ice cream, we've got the pizza, we've got the fast food, we've got the cake. So we satisfy all components so that you don't feel deprived. And you get to continue to slowly move in a positive direction toward better health, and better, better weight management.

Bill 39:25

I like what you've also said in the past to me, in one of our other episodes, you said, to eat what your body needs first. And then after that, eat what you want.

Dr. Jonathan Colter 39:38

And, again, the reason I came up with that was really simple. You'll eat less of the bad stuff because you will have already filled up on the good stuff. And if you're pushing it away, now you don't feel like someone's telling you how much you know you're not cutting these into three-ounce pieces and you can only have one teaspoon worth no You eat what you want, but you'll want less because you will look good. And you will have given your body what it needs first. So important.

Bill 40:08

Yeah, you, you wouldn't be a very good salesperson because the next thing that you say is the the biggest reason why people won't like your plan is because it doesn't create happiness. What and you know, so

Dr. Jonathan Colter 40:22

yeah, because this is a huge assumption. People think that when they lose weight, they transition their bodies from this large size to what society considers to be a very good, healthy standard size. They assume their lives will transition into these new lives. They won't unless they take the steps to create changes in their life. Simply losing weight doesn't make most people happy.

Dr. Jonathan Colter 40:53

What it does is it makes them thinner, living the same lives they lived in the past and they want Due to themselves, I just lost all this weight. I just this is an amazing thing I just undertook very few people are able to do this. Why am I still so unhappy? It's because you also have to focus on your life. It's not just about weight. And that's why I always make the foundation health and what's part of health, social living interaction with people. It's not just about food and exercise.

Bill 41:26

Yeah. Let's talk about exercise for a moment, though, because I think some people who focus on weight loss will have a real problem, especially if they're going to the gym and pushing some light weights and creating some muscle. They're going to be looking at the what the, the, their weight on the scale, and they may not be losing weight because they're going to the gym and they're pumping iron, light weights, and creating muscle. why might that be the case? Why are they not losing weight, even though their body might be changing shape, and why should weight the number on the scale not be important?

Dr. Jonathan Colter 42:10

When people start any kind of an exercise program, what they need to do is they need to have and it's very cheap and very easy to do. There's a handheld device you could even use or a weigh scale you could stand on it measures how lean your body mass is, and it also shows you how much body fat you have.

Dr. Jonathan Colter 42:30

That's a very important starting number, regardless of whether you're embarrassed or not. And the reason that's so important is that as you begin exercising, you will if you're doing it properly, start redistributing lean body mass, you'll be increasing that and you'll be reducing body fat.

Dr. Jonathan Colter 42:49

Now in the process of increasing lean body mass, which weighs much more than body fat, the scale, and the number may not be affected nearly as much but if you see body fat going down, you are doing the right thing. lean body mass Not only is healthier, but requires more calories to burn.

Dr. Jonathan Colter 43:10

So two people, one person who's overweight and one person who's a healthy weight, doing the same exercise, we'll call it a robot. Well, bicycle riding at the same speed for the same duration will burn different amounts of calories, the healthier person will burn more calories.

Dr. Jonathan Colter 43:29

So the bottom line is, yeah, the scale counts. You want to lose weight. If you're excessively overweight, you're going to need to lose numbers, but the most important thing is losing body fat because if you're losing it wrong, and that's why you have to get that measured before you start. Because as weight starts dropping, if lean body mass is not increasing, then what you're doing is you're actually retaining body fat so you do something wrong with your exercise.

Bill 43:56

In your post, again, the goal is you can't be your goal can be weight loss, we've covered that right? You must find or create positive channels for stress relief before beginning of this program. What's all that about? Why is stress relief going to influence this weight loss program and why do people need to understand that they might be stressed?

Dr. Jonathan Colter 44:25

Well, again, going back to the earlier premise, one of the reasons for weight gain is depression. I mean, seven said, I think antidepressants are the third leading prescription on the market today.

Dr. Jonathan Colter 44:38

So we know a large percentage of our population is being diagnosed whether they are or aren't, they're being diagnosed as depressed and on medications. So, so what people are doing is like I said before, they're turning to food feel good food, as comfort food, as solutions or at least temporary solutions to Their, to their problem.

Dr. Jonathan Colter 45:02

So the reason I tell people they must find these outlets, these strong, emotionally meaningful outlets is that these are going to be the new things that people will have in their arsenal to be able to attack depression, anxiety, and stress, in place of food.

Dr. Jonathan Colter 45:21

Yeah, if you don't have something to substitute for it, you will turn to it. It's easy, it's fast, it feels good. So by having these other things already waiting, on the sidelines here, so that when you face these problems, and in my article I put down these are commonly ongoing problems.

Dr. Jonathan Colter 45:40

You know, it could be marital problems, it could be work-related problems. These are things that constantly keep resurfacing. By having these things to turn to you have a place to deposit that stress rather than store it and then attempt to get rid of it. Using unhealthy means that complicate the situation.

Bill 46:00

Yeah, so what we're talking about is therapy of some kind, whether it's psychology or emotional coaching or something along those lines to help people deal with things that are causing them stress that have been doing that for a long time that they might not be aware of.

Bill 46:15

But there could be the underlying cause it's kind of like a, you know, to deal with the things that are not in our conscious awareness. And let's see if we can uncover what they are, that will give us some power into going down this path of,

you know, trying to get healthier and overcoming the emotional eating side, right?

Dr. Jonathan Colter 46:34

Oh, absolutely. And like I said, these things, I listed some of them, and again, the list I'm about to mention, it doesn't necessarily work with each individual person, because some people don't like these things. So really, what you have to do is you have to find your own personal thing.

Dr. Jonathan Colter 46:51

Some people like music, either playing it or listening to it, it just, it's just relaxing to them. So that would be an alternative to Turning to food to try to feel better gardening.

Dr. Jonathan Colter 47:03

You know you're creating beauty out in the garden with flowers and colors and getting on your hands and knees and mixing it up with the environment. Some people love that. I turned to the gym. I use the gym as literally a physical means of getting rid of stress, I get to push against heavy resistance.

Dr. Jonathan Colter 47:23

And after I finish a workout, my body is completely at rest. So is my mind the way I do it. So we each have to find our own thing that creates physical and emotional relaxation. Outside of food once you do that, food becomes utilized for what it's intended for. Nutrition and information for the body to live on.

Bill 47:49

Information for the body to live on. Let's go into that a little bit. What do you mean by that?

Dr. Jonathan Colter 47:54

Well, nutrition literally tells cells in our body, what to do. A lot of times There's a new word that's kind of jumping out there called epigenetics. And what this is that we're now learning that even though people may be predisposed to various conditions, including cancer, because of genetic makeup, will learn that genes can be turned on and off.

Dr. Jonathan Colter 48:22

And the number one force for doing this is food. So by providing the proper food

intake, we can literally block a lot of these genetic predispositions and take our bodies down a path of health versus a path of disease. So this is where information comes in.

Dr. Jonathan Colter 48:44

You know, tumor growth, that tumor starts directing the body to grow blood vessels to it because a cancerous lesion can only get so big and we're talking about millimeters um, Once it gets to that size, it must create its own source of blood.

Dr. Jonathan Colter 49:04

So there's a whole Neo Genesis a whole Neo vascular Genesis that occurs that brings blood to this cancer. These foods I'm talking about interfere with this process. So this is how you can have cancer all the time.

Dr. Jonathan Colter 49:18

People don't realize our bodies when our immune systems are healthy, which food is a huge component of. We basically identify cancerous and precancerous lesions and combat them effectively with healthy immune systems.

Dr. Jonathan Colter 49:34

That's how you maintain homeostasis. That's balance. When you start including all these unhealthy foods. We are becoming our own destructive forces. And what we're doing is we're not letting our bodies do what they need. And we're giving the enemy all the tools it needs to overtake us.

Bill 49:52

And sugar is part of that inflammation cycle that tells tumors to grow. It feeds tumors and creates growth in tumors. That's what they've found in studies on rats. And also they've found that in studies where they've taken cancer cells, they put it in a petri dish and just, you know, used sugar to keep those cells alive. And they also didn't only stay alive, they also expanded and became more and more and more and multiplied.

Dr. Jonathan Colter 50:23

Well, if viewers watch this, they'll say yeah, but that's rats. I'll give you one better, We do it with humans. Maybe now they'll find this more interesting. What do we do with PET scans? When do we suspect people have cancers? We give them sugar prior to viewing them because we know that sugar is taken up by the

body's cancer cells in a ratio of 18 to one.

Dr. Jonathan Colter 50:50

So what happens is, the diagnostic testing intentionally puts heavy amounts of sugar in the body so that we can see where it goes, we now see where these lesions are. Now, if that's not bad enough, and again, I understand why they do this they want to see they wanted to define the areas etc.

Dr. Jonathan Colter 51:15

On a certain level I can totally understand what I can't understand is why in the oncologist's office, they have a candy dish on the way out for their patients to feed on. Why do they want to feed their patient, nutrients, well, lack of nutrients, that's going to potentially make their condition that much worse? It makes no sense.

Bill 51:39

And they haven't been able to a lot of those people, those doctors wouldn't have made the connection that if we're using the sugar to make cancer more active so that we can scan it and know where it is. Maybe we should tell our clients when they leave not to consume sugar again.

Dr. Jonathan Colter 51:58

With again, now you using common sense, that's a dangerous thing.

Bill 52:03

Oh my gosh, I never knew that. That is such a fascinating thing. People. If you haven't heard anything from the rest of this interview, please pay attention to what Dr. Jonathan just said, Please, please do that. Oh, wow. That's amazing. I lost my train of thought which has blown me away. Wow. So the next place I was gonna go was does everyone in your house have a bedtime?

Dr. Jonathan Colter 52:27

A bedtime. Oh my gosh, I'm, bad at that. No, I believe in sleep. And I believe in the six to nine hours and I get it. But because I write so much because I want to spend some time with my wife and she goes to bed late. So I start writing after that. I'll go to sleep at one or two o'clock in the morning, but I will get my 6 7 8 rarely nine but usually six, seven, or eight hours of sleep every night. My wife absolutely gets her sleep she needs it. So she makes sure she gets it. Tucker my Beagle. He's flexible. He sleeps whenever we do.

Bill 53:08

Yeah. So I brought sleep up because it is actually I feel it's one of the most important things that somebody can do to create a healthy body. Now we know that people who do not get at least six hours of sleep at night are more likely to become type two diabetics.

Bill 53:26

Amongst other things. They're more likely to as a result of that become overweight. They're more likely to suffer from things conditions like sleep apnea, and obstructive sleep apnea. Tell me, why is sleep important, as far as you're concerned with regards to the topic of addressing the root causes of waking?

Dr. Jonathan Colter 53:51

Well, what happens during sleep? It's really basic, you answer the question. It's more than we dream. We sleep because It's restorative. It gives our bodies a chance to recover. We abuse it all day long, we sit too long. We don't eat the right foods, we don't exercise. So the status we don't have proper vascular flow.

Dr. Jonathan Colter 54:16

Our minds are not being fed properly. So they're having to deal with that. There's constant stress on the body throughout the entire day, even though you may not feel it. So what do you need, you need to restore it for a period of time to recover. If you don't do that, and then start another day, you're now starting sub-threshold.

Dr. Jonathan Colter 54:37

So how are you supposed to be able to digest food? How are you supposed to use hormones to create metabolic activities, and how everything starts breaking down? So this is the whole interaction.

Dr. Jonathan Colter 54:50

Consumers are used to hearing one thing, you know, I ate sugar so I became a diabetic, which in and of itself isn't an accurate statement, but We like this cause and effect, were much, much, much more complicated than that. Our behavior creates a plethora of positive or negative based on whether we do things in a healthy manner or an unhealthy manner.

Dr. Jonathan Colter 55:16

So you know, now we know that the gut is tied to the brain. So we know that the

immune system is in the gut, we know that serotonin which we always say is a brain hormone. Where's it Where's most of it made in the gut? So there's a complete interaction with the entire body. So if you don't include all the different components of what it needs, you can't expect it to function healthily.

Bill 55:44

Let's talk about serotonin just a little bit because I'm not too familiar with it, but my understanding is serotonin is the feel-good hormone.

Dr. Jonathan Colter 55:51

Yeah, serotonin dopamine is there. There are a number of them.

Bill 55:57

They end up in the brain, right? You just said that the majority of serotonin as well as dopamine if I'm right is in the gut and that creates the feel good. The sort of high you know healthy sort of feeling emotions that we get from doing anything that you know we interact with during the day.

Bill 56:20

If we're throwing in foods that are not the right foods for doing the junk food kind of diet is that interfering with the quality and the quantity of dopamine and serotonin that we're producing in the gut and therefore limiting the amount that's getting in the brain?

Dr. Jonathan Colter 56:39

First I want to make sure serotonin is produced in the gut dopa means, that dopamine is produced in the brain I don't believe it and I'm not sure but I do not believe it's produced in the gut that serotonin I do know is.

Dr. Jonathan Colter 56:56

What we do is we throw the whole it's called the microbiome. Inside the intestines, we have all these little bacteria, we need them. We're learning much we have more bacteria in our body that we have helped with than we have cells. I mean at like 100,000 to 10, or one ratio, I mean, it's, we have much, much more bacteria than we have cells in our body.

Dr. Jonathan Colter 57:19

So what we're learning is the balance of healthy bacteria in the intestines, is basically what provides the proper construction of the different hormones that

ultimately wind up in the brain that feed us the metabolic pathways we need to function.

Dr. Jonathan Colter 57:37

So feeding ourselves properly provides that health basis for the gut, which is also 70 plus percent of our immune system. So that's the significance of why when you put poor foods in, you create there's a condition called small intestinal bacterial overgrowth, SIBO.

Dr. Jonathan Colter 57:58

Where we actually create disharmony And what that does is that leads to all sorts of intestinal issues, it leads to all sorts of inflammation, which leads to colitis, which leads to Crohn's, which leads to autoimmune diseases, which leads to this is why I'm saying it's not cause and effect. If we do wrong by feeding our bodies wrong, a whole multitude of things wind up being affected, from the intestines to the brain to the heart, all systems pancreas, all systems are affected if we don't include the processes that the body itself needs.

Bill 58:36

Yeah, it's a really fascinating conversation. We're coming up to the end of the episode. Tell me what does it cost to do the Jonathan Coulter version of weight loss?

Dr. Jonathan Colter 58:49

The cost people are gonna like my fee is zero. I retired from practice and my passion is health. If I People are not quite sure about that. And as I said, I live the lifestyle. I try to teach others to incorporate in theirs. I don't try to dictate it to them, but I try to incorporate it and they manage it to their level. If a person is serious about becoming healthy, and in the process, losing weight in that order, I'm willing to help people achieve that goal without any kind of financial investment.

Dr. Jonathan Colter 59:32

I do ask them for one thing in turn, that when they succeed, they pass it forward or pay it forward and offer their assistance to someone else who was in their situation or is in their situation that they have now corrected, and they help that person achieve the same type of goal. I can't fix the world. But if I can help some fix some people and they can help think some people, this paid forward can fix an

awful lot because our government and our healthcare system aren't going to do it.

Dr. Jonathan Colter 1:00:09

This is a great deal more motivation to treat chronic disease because it's a for-profit business. So there's much less of an incentive to turn to your own private physician to say, Hey, what do I do? So I don't need you. They like to work also. Yeah. So my method helps people get healthy without costing them. Now I have to be convinced.

Bill 1:00:35

Yeah, I knew it wasn't going to cost them as far as you're concerned, but also what does it cost them? Even if they come across this information, and they're not going to involve Jonathan Colter, Dr. Jonathan Colter, they're gonna just do it on their own. What does it cost them to do it on their own?

Dr. Jonathan Colter 1:00:53

I don't know if it would require them to do a tremendous amount of learning. Again, I spent over 20 Two years doing this. So to take a person without experience to incorporate all the different components in their life would be a challenge. But if they wanted to look on my website, my blog sites thought writing, goes through the steps and tells them you address these things. This is the way to do it. If you are capable on your own, of actually working a process to do that, all the power to you, if you're unable to do it, at least you know, you have a resource that you can contact me and I'll help you.

Bill 1:01:32

I started my journey about four years ago with weight loss, eating healthy healing my brain, decreasing inflammation, supporting you know, supporting new, the growth of new brain cells, all that type of stuff because I had to learn how to walk again. It didn't cost me a dime, just time to look into the different ways and the reason it didn't cost me any money was because this information is freely available. I didn't buy any supplements.

Bill 1:01:58

I didn't do anything. that I needed to sign up for or I needed to buy. And you might need to sign up for someone's program somewhere. At some point, you might need to download a piece of software, you know, to monitor the food that you're eating on a daily basis to keep a food diary, minor things, but it didn't cost

me a single thing. I didn't have to join the gym, everything that I needed to achieve. I have the brain happened for zero down payments.

Dr. Jonathan Colter 1:02:28

Absolutely. And I tell people, there are two words in the English language both starting with P that literally motivate change. The two words are pain and pleasure. Both are the two motivating factors that change behavior. And here's what I always ask people, if both achieve the same end. Why choose going down the route of pain when you can go down the route of pleasure?

Bill 1:02:59

That's beautiful. So, that's a great way to end the podcast. Before we do that, we'll just repeat Dr. Jonathan, where can people find your blog posts?

Dr. Jonathan Colter 1:03:11

It's allabouthealthychoices.wordpress.com.

Bill 1:03:18

Excellent. People who are listening. Go there people who are watching also go there. If you're listening and watching any of the episodes of the Recovery After Stroke podcast, do us a favor. If you're on YouTube. Leave us a comment and also click like, if you're on iTunes, go across and leave us a five-star review.

Bill 1:03:38

If you think this episode is going to be helpful for somebody else watching or listening, share it with them, just let them know that you came across this and you thought that it'd be worth them having a listen or watching, and if you are watching and you're wondering why Dr. Jonathan has a beautiful orange glow.

Bill 1:03:56

It's not because of the fake tan that he uses. It's because he has A new computer and hasn't worked out the lighting aspect yet. So Dr. Jonathan, it is been amazing to talk to you again, thank you so much for your time I look forward to catching up again in the near future.

Intro 1:04:16

The presenters and special guests of this podcast intend to provide accurate and helpful information to the listeners. These podcasts can not take into consideration individual circumstances and are not intended to be a substitute for

independent medical advice from a qualified health professional.

Intro 1:04:34

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