edited episode Aleta Storch

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SPEAKERS

Aleta Storch, Katy Weber

Katy Weber  00:00

All right, so I guess I have so many questions for you so but we will start with your diagnosis stories are so I’m curious, I always ask my guests right away, like, when were you diagnosed with ADHD? And kind of what in your own life were the signs that made you think you might even have this and talk me through how long ago that was, and all of that good stuff?

Aleta Storch  00:24

Um, yeah, so I grew up with a lot of ADHD symptoms, I was kind of a wild child. And in school, I was always the person who like had to have their desk separated. And I was always put in the corner because I was talking too much. And I couldn’t sit still. And I was really forgetful, like, I never never turned in homework. Or I would forget to do it, or I would forget my lunchbox. And I was just kind of like a hot mess as a child. It was a little bit of a tornado. And be like, diagnosis was kind of thrown around. And oftentimes people would say, like, Oh, you’re so add, or, you know, you’re so ADHD, but it was more of a, like, passing comment that would come from, like, teachers or friends. And make. Exactly, yeah, like, you can’t pay attention, you’re so add. And so there was like a part of me that always knew, right, like, Okay, if these symptoms, and my, my parents were, like hippies, they’re super liberal. And so they, they saw me as just like a really special child. And they put me in the gifted program and didn’t necessarily see, like my shortcomings as a problem. And they, they figured, you know, I kind of grow out of it, or I’d find the tools to function in life. And so we never, like sought out a formal diagnosis. And then, in grad school, I was really, really struggling. And I was struggling specifically with food. And part of my story is, you know, healed from an eating disorder while I was in undergrad. And so things were going really well. And I started grad school. And I started to struggle with food again, but it wasn’t necessarily around body and body image, it was more like I would forget to go grocery shopping, or I didn’t have a plan. And so I was just eating like mac and cheese every single day, because that’s all I had. And so I was in school for nutrition, the Registered Dietitian, said there was a lot of shame, and went to best year, which is like a, put it in quotes, like a health food kind of program or health food kind of school. So there was a lot of shame around surviving off of like, quote, unquote, junk food, or convenience foods. And so I felt like oh, my gosh, I have to get this figured out. My grades were also suffering. Everyone else seemed to, like, have it together and be doing really well in all of our classes. And I just felt like I had no idea what was going on in any of my classes. So I went and saw a psychiatrist and worked with him for a little bit. And he was like, Yes, absolutely. This makes sense. You have combined type. And it was sort of like a sigh of relief. Like, okay, they’re not that there’s something wrong with me. But like, there’s a name for this. And it’s sort of validated, like, everything I’d been feeling for years and years and
years. And that it wasn’t just like, I couldn’t figure it out. I couldn’t get myself together, that there was an underlying kind of reason for it. And so that was, maybe, wow, eight years ago, I don’t even know. Yeah, grad school. So like 2013. So about seven or eight years ago, and I got on medication. And I feel like my life has turned like a full 360 where Yeah, I just feel, I feel I feel more able to navigate the things that are hard. Things are still really hard. I still forget everything. I’m still kind of a tornado and like I can just manage it a little bit better with medication and then mostly with like, understanding what was going on with my brain.

Katy Weber 04:16
Yeah, sometimes I feel like I’ve got like a sports commentator that follows me around now since my diagnosis, which is sort of like, our like, you know, the notes in the margin, or there’s like this voice that’s like, oh, okay, so here is where you are experiencing sensory overload and all. And this is how you tend to react and like, it’s almost like, on the one hand, it’s exhausting, because I feel like there’s this extra nuance and this extra layer of voice that’s like being like, Okay, this is when you tend to do this, and this is why you do this. But at the same time, like I feel like there’s just so much more clarity, in terms of like being in the moment and not immediately just wanting to curl up in the fetal position, which was by default.

Aleta Storch 04:56
Yes. Yeah. Yeah. Like being able to like step outside. Have yourself and I often talk about, like being able to almost like see myself from above. Which I feel like yeah, it’s so similar just kind of watching and being like, Oh yeah, yeah, you’re doing that thing again. Okay, how are you gonna like maybe do it different this time?

Katy Weber 05:13
Right? Yeah, that’s no helpful. Yeah, it’s like, it’s not like you have suddenly cured yourself of any of these issues. But I think so much of our struggle tends to be like the, the lack of awareness, and not really knowing in the moment what’s happening and kind of going from zero to overwhelm so quickly, and so I feel like yeah, the out of it is sort of an out of body experience. Totally.

Aleta Storch 05:38
Yeah, yeah. And I feel like a big part too, is like understanding that we’re not weirdos. Like, I don’t I don’t know if you felt this. But like growing up, I was always like, I always felt like the odd one out. I felt like I had a hard time connecting with people, I would make really good friends. And then they would not be my friends in three weeks, because I annoyed them or overwhelmed them. So I just always thought I was really weird. And so being able to understand that and have a little more self compassion, I think has been like the biggest change for me with my diagnosis. I just feel a lot more compassion for that kid and for the adult version of me as well.

Katy Weber 06:19
Yeah, definitely. I mean, you know, it’s funny, I had, I got dumped a lot by female friends growing up, especially as a teenager and in my 20s. And I also sort of now look back at that and with such this new insight, because I always thought like, maybe I am an asshole, you know, like, you know, because I would get, like formally dumped by women who felt like I was aloof. Or you know, that I was snobbish or I wasn’t paying enough attention to them or they got in
touch with you know, I texted you X amount of times and you weren't getting back to me and like always feeling like a really bad friend and you know, this is common, I feel like I've spoken to a lot of women about this, and I've read so much, you know, about that experience of feeling like, we just have a really difficult time with female friendships. But always like feeling like well, these things that I am doing I know I'm doing them and so maybe I am just an a$$hole so like, it was almost like us that kind of, for lack of a better term like gaslighting myself, right? We're always feeling like maybe I am fundamentally broken. And, and, and I don't care about people. Like I think that's something we don't talk enough about is like that struggle of like, yeah, maybe maybe I don't care. I don't know. And so yeah, being able to kind of have that new lens has been so incredible to be like, Oh, no, it's not that I don't care. I literally forget.

Aleta Storch  07:42
Yes, I talked before, I think

Katy Weber  07:47
one of my, one of my oldest friends who I've known since University, so it was like, 25 years at this point, like, you know, we I was just facetimeing with her this morning. And we hadn't texted each other in months. And we usually will like, check in and so I, you know, I said to her, I was like, I'm so glad you don't hate me. Because that's what happens when people don't text me back. You know, if somebody doesn't text me back after 24 to 48 hours, I'm immediately like, okay, I clearly did something to anger her. I don't know what I did. I, uh, well, I guess the friendships over like, this weird feeling of like, of like, Oh, God, like clearly something I did, you know, intent, unintentionally angered this person. And what do I do now? Do I deal with it? Do I pester them? Do I just move on? And yeah. So okay, so I want to backtrack, because, you know, I really hadn't thought formally very much about the shame around convenience, food eating right, because I have spoken with guests about orthorexia. I certainly experienced it. And it's been really interesting to think about, kind of that all or nothing perfectionism that comes with ADHD and how that relates to how we eat and how that relates to nutrition. But I hadn't really thought about like, yeah, being in school and having the shame element. And, you know, we've talked about shame so much, but having that shame element of like, I should be doing better because I am in nutrition, school. And that added pressure that you put on yourself, like feeling like you are being questioned and judged all the time about what you put in your mouth.

Aleta Storch  09:33
Yes, yeah. And like being a dietician and going through the dietetics program, it's a lot of like perfectionistic type A personalities and perfectionistic and not not because, like with ADHD years, that's just sort of how we're masking but perfectionistic like personality wise. And so there was so much comparison that was happening and people would show up with like their perfect salad and you know, They're little snacks compartmentalised. And I would be like, Well, I have to go to the convenience store because I don't have any food and I'm here for 12 hours. And it just yeah, it was like another like reminder every day of being like inadequate or not adding up and definitely made me question like, how, how can I do this work? If like, I can't even feed myself?

Katy Weber  10:24
Yeah, I imagine that's quite common, though. Right amongst registered dietitians. That feeling of like, Who am I? Who am I to give anybody advice?
Aleta Storch 10:37
Yeah, yeah. And that’s where like, the bulk of my work is, like I found I found my people that I love working with, who struggle with, you know, just being able to plan ahead and have tried meal planning and are like, how do people do this? I don’t understand. I don’t know how people just like do the dishes after they finish eating. Like what is wrong with those people? And I think the fact that I can relate and be like, yep, here’s my sink, my sink is full of dirty dishes and like I’ll show clients and I think it’s like mind blowing for them that like yeah, I don’t do food and eating perfectly all the time. And like that’s not the end goal either.

Katy Weber 11:18
Because when I lived alone, I did each dish as soon as I started it, I did it immediately because I knew that if I had a sink full of dishes, I would get overwhelmed and I wouldn’t do them. And so I was like, very like I think there is some ways in which those tendencies come off as OCD but they’re actually like quite rational when you have executive functioning issue. Yeah, where you’re like I have to do things in the moment otherwise they’re going to pile up and and then so then when I started living with my husband, and he would put dishes in the sink, then I would never do that because I was like, you’ve ruined my system.

Aleta Storch 11:56
Yes, no, you do the dishes.

Katy Weber 11:59
Exactly. Right. And so now it’s his domain. It was same with like when we put all of our books together, when we moved in together, like my books, were all like alphabetical by author. And every time I would move somewhere, I would be very, like meticulous about putting my books on the bookshelf. And then when we moved in together, he just showed shoved all the books together on the bookshelf. And I was just like, you’ve destroyed the system. And then I was like, I need I can never touch the bookshelves ever again. Like I’m like you are now in charge of the books. Yeah. It’s really like all or nothing with that with that kind of hyper organization to Yes, that

Aleta Storch 12:35
is so true, right? Oh, Joe. Yes.

Katy Weber 15:59
Okay, so where were we I want to talk about we so we did talk about a little bit in the past but So when did you? When did you start working specifically with other ADHD clients when it came to nutrition?

Aleta Storch 16:18
Yeah, that’s a really great question. Um, I definitely had ADHD clients, like from the get go and didn’t really put it together that I was sort of almost like attracting that type of client until a few years and, and, and kind of reflecting back on my first few years I was like, Huh, like, those are the clients that are still with me, that have made a lot of
progress that I really enjoyed working with. And so that’s when I was like, Okay, this makes sense. Like, I don’t want to, I mean, yes, I do want to work with other people as well. But I don’t want you know, I don’t want to focus on on neurotypical clients, I really, really want to help the people that I know how to help, because I have that shared experience. And so that was a couple years in. Yeah, and I just noticed most of my clients had ADHD, which is kind of funny.

Katy Weber  17:13

I know, right? It is? Well, I was I sort of came to that same conclusion with the health coaching where I was like anyone who is attracted to my way of being probably also has underdiagnosed ADHD because you just, you know, you find your people in that way. But I was really nervous that if I started specifically talking about ADHD, and nutrition, all of the underdiagnosed women who are like, I don’t have ADHD, I’m not hyperactive, I just have depression and anxiety and social anxiety. And that I was going to lose those women. So it is it is, I mean, I think at the end of the day, you end up finding your ideal clients, the more specific you are, but I definitely remember fearing that if I started specifically talking about ADHD, they were going to be all of these women who were struggling with binge eating, who were like, Oh, yeah, that’s not for me. Yeah, yeah. I think that will happen to a degree. I do think like, a lot of some of my clients were like, Oh, this is her new thing. I’m not ADHD. So I’m not going to, you know, I’m going to unsubscribe. But I think at the end of the day, you find so many more people who you can have like much more nuanced conversations about like, exactly the source of what’s happening with you. And I think when it comes to nutrition, it’s just like mind boggling how our ADHD applies to our eating and meals and all of that stuff.

Aleta Storch  18:38

Yeah, yeah. Well, I don’t know if you felt this. I mean, it sounds like it like it feels like a big kidney risk, right to shift to this very specific population in this very specific area. And I found that my business grew so much faster after I did that, because I think because I felt passionate about it. Yeah. You know, when I was just doing just doing diet culture, just or sorry, anti diet culture, when I was, you know, challenging, challenging all of that. I was growing, but it was sort of like, I don’t know, I was kind of like bobbing along. And then when I decided to specifically focus on ADHD, I had, like, all of this creative energy, and I, you know, created this program, and I was on my Instagram all the time. And, and that’s actually what made my business grow. And so I’m glad that I did that. I’m sad that I waited as long as I did. But yeah, it’s been such a good change for me. And like, I still have clients that don’t have ADHD, and they’re wonderful as well.

Katy Weber  19:40

That’s awesome. Yeah. All right. So now let’s talk about anti diet philosophies. I certainly you know, you and I kind of met each other because we have a lot of shared overlap with anti diet and Health at Every Size. approach, an intuitive eating, gentle nutrition approaches to food and are non weight centric approach to health? Did I cover everything I think I got all of the keywords and acronyms. But I also know that like, women want to lose weight. And women go to nutritionists, and especially registered dietitians because they want to lose weight. And so I find that there’s also like a real sense of urgency among the ADHD community to which is like, how do I how do I fix everything now? You know, I need to have everything solved. And I need to fix everything right now. And you’re like, actually, there’s like a whole huge bunch of things you need to untangle. So how do you find and I know this is a huge ask, because I certainly don’t have the answers to all of this. But like, what do you find when your clients come to you want weight loss? How do you even begin to start opening up that conversation about not having a weight centric view of health, especially in terms of ADHD?
Aleta Storch 21:01

Yeah, that's such a good question. I feel like, most of the time, people come to me sort of knowing my approach and are at least, like, open to the idea of challenging you, you know, the, like, weight centric approach. But then there are also people who, who are, who haven't like read through my website and don't like have a very good grasp of what it means to be anti-diet and so often just start with like, asking them their story. And, you know, their, their diet history, and their relationship with food and body history. And like, through that, I think it can become really clear that like, oh, what I've been doing hasn't been working. And so like, why is it gonna work now? Like, what? Why would pursuing pursuing weight loss? Why would dieting like somehow, like, now, now, now is the time to do that. And so just doing like, a lot of reflection on the person's story and their experience and asking lots of questions. And I always tell people to, like, I'm not in the business of convincing, like, my job is not to convince you that this is the right way, or the best thing for you. My job is to help you explore this alternative paradigm. And see, like, if it resonates with you, and if it does, like, awesome, let's do this work. And if not, you know, some people will stay with me for a little while, and you know, and go away and come back. And some people are like, this isn't for me. And that's okay, too. Yeah, I hope that eventually they find food and body freedom. But I think people have to be ready and open and willing, on some level. Even answered your question.

Katy Weber 22:47

I don’t know if it is it is true. I mean, I think it’s it. For me, it comes down to this idea that it’s okay, to still want to lose weight, you know, that some people I think, feel like they have to love their body before they can really start working in an anti-diet approach, right. And I’m like, we all live in the same culture, none of us is going to love our bodies, like, you’re not going to be there yet. And so I think it’s always like, for me, I feel like it’s always important to emphasize the fact that like, it’s okay to have that desire, that desire is not going to go away. When you start intuitive eating, it’s definitely going to be that voice is going to get quieter over time, but at the same time, like you don’t have to have all of your ducks in a row before you seek help. And I think that that might actually be another sort of element with ADHD, and that sort of perfectionism and how difficult it is to ask for help, too, which is like, sometimes you feel like you have to be super, like you even know would need to know what you want before you can ask help. And I think that ends up being a barrier to us when it comes to wanting help. And I know what with women I’ve worked with clients I’ve worked with who are just sort of like, they feel that shame that they aren’t there yet that they’re like, not ready to give up on the desire for weight loss. And I’m like, I haven’t given up on the desire for weight loss, you know, like, it’s always gonna be there. It’s just a matter of like, how do you live with it? And how do you, you know, let’s start looking at the ways that you’ve tried in the past and how they’re all not working. And so let’s sort of deconstruct why they weren’t working and what they you know, what they’re actually ended up the damage that they’ve actually done. And so like, what are the other avenues that we can approach?

Aleta Storch 24:31

Yeah, yeah, absolutely. And like along with that, like what, like what’s underneath that desire for weight loss and I think that’s something that with ADHD is so like, unique, where, you know, being being in a larger body has so many negative associations, and there’s a lot of stigma around, you know, not taking care of yourself and being lazy and you know, not eating well. And these are all things that are not true. But there are also things that are associated with ADHD. And so there’s like this double whammy of like, well, if I have ADHD, and I’m in a larger body, like that just proves that I can’t take care of myself. And so it’s sort of like there’s like these two pieces to unpack, you know, the Acceptance understanding of the ADHD brain, and then also like, the understanding and acceptance around the body itself, and like those things have to happen at the same time. That’s really hard to do.
Katy Weber  25:33

Yeah, that's a really great point, you know, that we, that internalized belief that if you're in a larger body, that you must be lazy, and that it's all your fault, which is really like the crux of internalized fat phobia. And it's true, like that is how we've lived our lives with ADHD and turn of that internalized belief that we are lazy or that we are, you know, bad bad friends or all of the you know, ways that we've kind of internalized those voices. Wow, that just blew my mind for a minute there. I hadn't really thought about it in that way. I've just like, I feel like there's a better word for God than gaslighting, but I can't think of what it is with that, like the way in which we, you know, it's like there's no insult you could give me that I haven't already given myself that internalized soul crushing spore self esteem. I don't know what the word is, I guess gaslighting. But yeah, the way in which we, you know, I think especially with diet culture, like that belief that we are, are morally flawed if we're in larger bodies. So talk to me about acceptance and Commitment Therapy because this isn't something that I'd sort of formally knew about until I was poking around your website at sounds super interesting. How did you come upon it? And how do you use it with your clients? Yeah.

Aleta Storch  33:13

Um, so I actually was introduced to it in my own eating disorder recovery journey. My therapist, we were kind of like at this stuck point. And she suggested that I go to this, it was like a weekend workshop outside of Portland. And it was all acceptance, committed Commitment Therapy, I think there were six of us. And we just spent like a few days together exploring exploring values, and exploring shame, and exploring mindfulness and all of these different pieces. And something really clicked that weekend. And that was the turning point for me, where I was able to, like move out of my eating disorder and move more towards the recovery process. Like That was when I was like, okay, like, I'm ready to let go of this, this isn't serving me anymore. And a big piece of that was, you know, like, the whole like, the whole diet culture thing doesn't align with my values at all. I care about people, you know, I don't, I don't support oppression. And here I am, like actually perpetuating it by being being stuck in my eating disorder. And so that was really the values piece I think, is what really hooked me, as well as the, like, self compassion acceptance piece where, you know, it doesn't mean that I have to solve it, or I have to, like, just totally be okay with everything, but just being like, okay, like, this is how it is and how am I going to move forward? Like things are going to be hard and like, now what, what's the next step, instead of like, constantly beating myself up or just like being stuck in the struggle and the difficulty and so then when I went to grad school, I just like all my research papers on acceptance and Commitment Therapy, and, you know, I went to some different like, trainings and yeah, it just it really resonates with me and I find it to be so incredibly helpful in lots of ways. And, like it is also created by you know, siss white males who have a lot of privilege and who have a lot of ableism right. So neurotypical men have created this this approach and so there are a lot of issues with it when working with folks with ADHD and specifically around like, like motivation and habit forming and that sort of stuff where it just doesn't work for someone with a neurodivergent brain and so I take bits and pieces of it and they like throw out the pieces that don't work or you know, kind of changed them to to be more applicable for someone with ADHD. But the self compassion piece I think always like I always come back to that.

Katy Weber  36:05

you just reminded me of that book atomic habits

Aleta Storch  36:09

Did you ever read and I haven't read it I've heard of it.

Katy Weber  36:19
Katy Weber 30:12

I wouldn't recommend it honestly. I mean there were there were you could pull out some interesting things especially with ADHD in mind there I think there is some there is some valid habit forming advice in there but it's incredibly ablst and it's also you know he uses weight loss as like one of his go to examples all the time when it comes to getting healthy it's such a weight centric idea of health from the from the get go with all of that and it was just like every time he came back to using that example I was like fast forward and I yeah and so it was really disappointing. Yeah, to see how intertwined those two things are still in so you know so much literature about health.

Aleta Storch 37:03

Yeah, one like the underlying message is you know, if you can't form habits you're never going to be healthy. And like ADHD are never going to form habits I'm sorry like that's not part of who we are. Yeah, we you know, when something is habitual, it's like you're not thinking about it super easy doesn't take any thought process and like that's just not how our brains function. And so then if we're taught like okay, well if we can't do that, then we're never gonna be healthy. Like we were basically like setting ourselves up for for shame and failure. Yeah, and disappointment.

Katy Weber 37:40

Yeah, I think about that a lot with this emphasis on consistency that we get even from such a young age I mean, when I was looking through my old report cards that was a constant criticism throughout my report cards in school which was like inconsistency you know, and because usually a lot of us got like an A plus and the things we loved and you know, DS or lower in things we couldn't stand and that was definitely my report cards. And so I always sort of felt like I came to that point where I was like, why is consistency important? What is the inherent value and consistency you know, and so like so many of us get down on ourselves because we love hobbies, and we get super interested in sewing or knitting and all of these hobbies and then we drop them and then we're failures you know, and I was like, why do we look at it like that like what's wrong with just saying I like to try new hobbies I don't finish things why why is it so morally charged? Right and like so I've been like really interested in sort of where can we take out the moral charge in things that we feel deficient in right and like it was huge for me when I was you know, had a real struggle with like chores around the house you know, like dishes and and you know, when when an influencer like domestic blisters on Tick Tack I don't know if you follow her. She's very popular. But she's basically like, gives permission to a lot of women to say, dishes are boring. Like why would you want to do dishes like it's totally you know, just to give yourself that permission and it's like, yeah, of course you don't want to do that. It just changed everything for me because I was like, oh yeah. Why do I feel like I'm a bad person or a bad mother or a bad wife because I don't want to back you. I mean, I still have to figure out ways to get it done. But you know, once you know I can take out that charge. And so it's interesting like when you talk when you think about dieting and you think about the fact that like, or just any kind of new health you know, we get so interested in like a health fad, and we get really supercharged about it. We do it for a couple weeks, and then it's overwhelming and impractical and we dump it and then we get then we feel like we're terrible people and so it's I think it's so important to like really, like deconstruct like, what's happening there? And like why do we just why do we immediately think that we are bad people? If something wasn't working for us, you know, it's like, or you know, or think just because we could only do something for a few weeks that therefore it wasn't working for us. I think that's what was my initial point when I started talking about consistency, which is like it, why do we view inconsistency and inherently as a bad quality? And that's been I was just I love thinking about that, in terms of like, what are we telling our children in school? Why is it important to get A's and everything? You know, why, like, how does that serve us? How does that serve society? I don't know. And again, you know, like with the example of hobbies, like I think it's great that you try 30 hobbies, even if you don't finish any of them, because you try 30, as opposed to that one person who's really good at that one thing. And why have we decided that one is better than the other?
Aleta Storch 40:58
Absolutely. Well, and I always feel like, you know, when people say, like, Oh, I want to be more consistent, and I feel like it like it sounds like you want to be a robot, like you want to be able to do dishes, like every evening, right after you finish dinner without fail. And like that’s, that doesn’t allow you to be human, right? And so like, I don’t know, what if you did one dish, or what if you got up in the morning and did dishes, and so being able to like, show up persistently with your values and do this thing in a way that works for you versus like having these rules of what it asked to look like. And doing that, like at least you’re doing some of the things you want to do versus just avoiding them completely, because you feel you know, like you’re broken and you can’t do

Katy Weber 41:44
it. Well, and I think that was something that I really struggled with when I left dieting and started embracing intuitive eating, which was there was this part of me that felt like I’m going to do intuitive, eating perfectly. And I’m always going to stop when full and I’m going to listen to my hunger cues and I’m gonna, you know, everything’s gonna be wonderful. And I’ll probably even lose weight. You know? Like, I felt like I was treating intuitive eating like another diet and really, I really struggled with kind of feeling like I was a failure at that too. And then what you know, because I was like, if I can’t if I can’t succeed at food freedom, what’s then what you know? Yes, yeah. And

Aleta Storch 42:25
then what does that mean? Right, like succeeding at food freedom?

Katy Weber 42:28
Yeah, that’s a good point, too, right? Yeah, that there isn’t this isn’t really about mastering anything.

Aleta Storch 42:35
But we want to be masters. totally get that we want to be good at the things that we’re doing. Yeah.

Katy Weber 42:41
Oh, yeah. That’s such a good point. In terms of like nutrition as a metaphor for life, or how we isn’t there some famous quote about like, how we eat is how we do everything.

Aleta Storch 42:51
Yeah. How we do food is how we do life, right? Yeah, absolutely. Totally is Yeah.

Katy Weber 43:35
Okay, so now we’ve we’ve talked about some of the struggles around ADHD especially around eating and and i don’t know just life but let’s let’s talk about some of the positive it was what are what are the some things that you love
about your ADHD?

Aleta Storch  43:52
I mean, the things that I love about, like, who I am, are my creativity. Like, I feel like I'm always full of ideas, and I like being creative. And it might kind of bounce around all the time. But that means like you were saying, like I get to try lots of different things and that's really cool.

Katy Weber  44:11
Did you design your own website because it’s like See, that’s the other thing I love when you can like you can do so many different things and so like I love your branding and your emails and I know that it’s probably all you doing it and hyperfocus like right I’m like when you put an ADHD are in front of Canva like amazing things I have I love how I think your emails are fantastic and I should tell you I mean that’s the other thing is like I feel like for every person that reaches out to me and tells me that they love this podcast, I have to like remind myself that there’s probably tons more people who are just like me who think it and don’t reach out because I never do I never reach out and now now that I do this podcast, and I understand how Gordon it is to get that validation. I’m like, I feel like I’m doubly appreciative when people do reach out. And I also feel like I should actually get off, you know, I should actually let people know. But it’s so much easier in person to just be like, oh, by the way, I love your emails than it is to actually just write you back. Actually, I think you, I really enjoy your, your emails and your all of your wise heart content, for lack of a better word. So I you’re very good at getting all of that, you know, under the same umbrella?

Aleta Storch  45:36
Yes, yes. And yeah, I feel like being able to bring humor into it. And maybe that’s like another piece of ADHD, right? Like, yeah, I feel like I like to make fun of myself and to laugh about things and to like, find, find the humor in different situations. And yeah, I definitely see that as a positive aspect. I don’t know if you're familiar with enneagram. But I’m definitely definitely a seven on the enneagram.

Katy Weber  46:01
I am also a seven. But I never know what to do with that number. Because I don’t feel like I’ve spent enough time really understanding what the numbers mean.

Aleta Storch  46:09
totally fair, sevens are fantastic. They’re my favorite thing that we’re like we are you know, we’re positive. And we have a lot of energy. And we’re really excited about things. And yeah, and I think a lot of that is actually my ADHD and where that comes from. And, like, the other piece is just like my big picture thinking, I am terrible at details. Like, I think I’m an example as I’m planning my wedding right now. And I was hanging out with my mom and sister and some other people, and you’re talking about the table layout. And my sister was like, what’s your vision? And I was like, I don’t know, like, earthy, you know, like, very, like, natural and forest floor. And she was like, Okay, well, do you need candles? and was like, Oh, yeah, yeah, I guess so. She was like, okay, we need to order those. Do you know, do you need this? Do you need that? And at every, like, every question, I was like, Oh, I hadn’t really like, thought about that. Like that. They’re not just gonna, like, you know, magically appear out of nowhere. And so, like details, not great, but big picture. Fantastic. Yeah,
Katy Weber 47:14

I feel like there is a booming industry for wedding planners for ADHD. I don't know, maybe it already exists. And I haven't seen it. Oh, my goodness, I feel like we have to have like an entire episode just on frickin wedding.

Aleta Storch 47:28

Yes, yes. Because like the tools that are out there don't help. Like, I have like this checklist. And I'm like, Okay, cool. What do we do with this? Like, oh, yeah, it feels overwhelming. And I just I'm like, I shut down. And I came up with a checklist. And yeah, it's been pretty fascinating to see how all my symptoms have showed up in the last several months,

Katy Weber 47:48

right? And just with those huge projects like that. And those were such paradoxes, too. Because when it comes to like having a lot of plates at once, we're really good in the moment when it comes to emergencies, and juggling and having all these things that are going on. But then at the same time, you're right, like these details where you're sort of like, Oh, God, I didn't. I thought this would all just sort of happen.

Aleta Storch 48:11

Yes, yes. And I like, don't always feel like I'm good at that. But I always get the feedback that I'm really good at it, which is fascinating. Like, I always feel like, Oh my gosh, I'm a total disaster, like things are falling, you know, falling apart everywhere. And then I get feedback, like, Oh, my gosh, you're so amazing. Like you're doing all of these different things at the same time. And so, I think I tend to judge myself harder than than anyone else. Right. But well,

Katy Weber 48:40

yeah, it's a skill. Yeah, I mean, yeah, that's really so much of masking and so much, but I think as women we relate to the masking element of feeling like our, how we are viewed is so different from how we view ourselves. And so there's, like, I've talked about it a lot with because I came to my diagnosis through like my therapist, talking about that huge divide between what I was accomplishing versus how I felt about myself. And, and I, you know, I've been referred to as piece of shit syndrome a lot on my podcast, which I totally relate to, right, but at the same time, like, then there's also that feeling like you're just so fundamentally misunderstood in any situation, good or bad, right? Like, a lot of the time people think that you're hyper organized and you feel like you're a hot mess. But then there's other times where people think you're struggling and you're sort of like, No, I'm good. I don't need to, you know, especially with ADHD, like I've talked a lot about this idea of like, I've really stopped trying to get people to understand what ADHD even is because sometimes when I talk especially when you talk about it in terms of the diagnosis and the treatment, which are such medicalized terms, and people are like, thank you, you're talking about a disease, you know, or just term disorder. People are sort of like, Oh, I'm so sorry. You live with this? And I'm like that? Yes. Yes. No, yeah, I struggle a lot. But it's sort of like, it's such a difficult thing to talk about with people who don't really understand it. Yes. I don't remember where that was from. Oh, we were talking about wedding planning. Yeah. I'm gonna have a special maybe I'll have a special anniversary episode with all of my wedding planning people. Yeah. When is. So when is it because you still you also have to deal with all like, COVID issues, right? Oh,
Aleta Storch  50:34
yeah, it was supposed to be last year in September. And so we moved it to September 18. This year. And I also am in the process of moving. I'm sorry. And I'm in a new house. And I just launched my, like, a new round of my program. And yeah, so I'm juggling a lot of things right now. And just trying to be like, Okay, what, what really matters here, like, I don't actually care if there's candles on the table, but I'm like, I care that people have a good time. There's good music and good food. And so I'm really trying to use that skill of prioritization, that has been a learned skill.

Katy Weber  51:11
Several years are also like, trying not to get down on yourself, if you need a day where you literally lie on the couch. I think that was always a real struggle for me before my diagnosis, which was like I would, I used to think I was a depressed, despondent person, because I was like, I feel like I spend all the time lying around on the couch not doing anything. And then when I took a step back and had that out of body experience, where I was like, actually, you spent five days working 18 hours in the hyperfocus. And now you're on the couch, because you're exhausted, like, why is it that you view yourself in this one state when there's so much more to you? And I was like, oh, like, I have so much more grace with myself when I need rest now.

Aleta Storch  51:56
Yes, yeah. And it's so similar to like that restrict binge cycle, right? Like, very all or nothing, I'm either going a million miles per hour, or Yeah, like, I need to just do nothing for a few days. But being able to, like have more some self compassion around that. Yeah. And like earlier this week, I'd like a plan to make dinner and I just realized, like, I am exhausted, and like, everything was out on the counter. And I just ordered Indian food, because I was like, I can't do this right now. And my partner was like, I'm so proud of you. You know, you didn't force yourself to do this things you feel like you have to. And so I think that, like those moments are indicators that like I've grown a lot, and I've come to a place where I am actually functioning better, even if old me would have judged. Like that decision.

Katy Weber  52:48
Yeah, absolutely. I know. Right? There's so I feel like that is such a common theme. It's interesting to bring it back again to eating Oh, it's the theme of self compassion and grace, when it comes to these decisions where you feel like you should be doing x and you're not.

Aleta Storch  53:04
Yes, yeah. Yeah. And sometimes, like, the actual self care is, like doing the easier thing. Or Yeah, like not, not making things as complicated. Mm hmm.

Katy Weber  53:16
Right, and putting the, you know, and taking into account the mental health aspect of our health, which is, again, such a huge shift in mindset with intuitive eating, and, you know, feeling like, all of these behaviors that I was doing when I was dieting were so terrible for my emotional and mental health. And that is a huge part of your health.
Aleta Storch  53:40
Yes, yes.

Katy Weber  53:42
Okay, so if you could rename ADHD, have you thought about something else that you would call it because it's so problematic for so many of us?

Aleta Storch  53:52
Yes, I knew you're gonna ask this question. I feel kind of stumped by it. And

Katy Weber  53:57
I have no answer, either, by the way, so if you don't have anything, I'm like, I still have no idea what I I haven't found anything.

Aleta Storch  54:04
Yeah, I don't know. Like, what encompasses it. And there was a part of me that was like, you know, like dopamine transporter Deficiency Syndrome. But like, even that, you know, it's so medicalized. Yeah, I don't know, shitstorm syndrome. Funny would be really fantastic. So it's not there's so much stigma?

Katy Weber  54:24
Well, exactly. I mean, some days, I'm like, we have to totally de medicalize all of this. And because really, it's a genetic brain type that you're born with. And so it's just a, it's just like being left handed, you know, and so I have that frame of mind where I'm like, it's just a matter of like accommodating the people who think a certain way and have a dopamine deficiency, whatever. And then other days where I'm like, no, it has way more to do with the fact that we have experienced various, you know, life events and trauma probably around the undiagnosed life. That have led to this shitstorm that we find ourselves in, right? So I'm like, do we talk about it in terms of the sort of genetic brain matter? Or do we talk about it in terms of like the here and now present tense? What am I dealing with executive function issues, and these things need to be treated, and they need to be taken seriously. And it's not a fucking superpower. I like going back and forth between those two elements to which is like, it's really just like, it's, it's not a disorder. And it's not, you know, this is a wonderful thing. And I credit it for a lot, but at the same time, also being like, Yeah, but your workplace needs to have accommodations, and you need to be taken seriously. And

Aleta Storch  55:39
yes, yeah, well, that's such a good point, right? Like that. It's like how we're existing is a response to, like our environment. And if we were left to our own devices, and there were no rules, you know, we would potentially be thriving with our personalities. Like if there were there were expectations around executive function. Yeah, I just I love
Katy Weber  56:06

So yeah, I still don't have a name for it, I definitely would get rid of the disorder. I think calling it a disorder is a disservice. At the end of the day, but I also think it is something that needs to be understood and taken seriously. And again, not to be like, like you experienced in your childhood, which is like Haha, you can't sit still you've got ADHD and like, when I think about how many times just like I've stopped talking about ADHD, I would much rather describe the characteristics because when I say I have ADHD, I have no idea what that person is thinking when I tell them that. That's really frustrating because I'm like, no, it's actually not looking at squirrels and being hyperactive. And like people will afford me things being like, haha, look at this meme I saw about ADHD and the squirrel and I'm like, it's not about fucking squirrels. Like, deep seeded depression and anxiety. Yes. Yeah. So But as you know, our experiences are all really different to even just how we've lived with an experienced ADHD. I mean, that's what I love about this podcast is is finding interviewing so many women and hearing so many different experiences and how we've come to this. Yeah. Okay, so how can people find you and work with you and just get more of your awesomeness? And I know you do group coaching? And what what do you have in the future? Are you taking a break because of your wedding.

Aleta Storch  57:39

I definitely I have a group program, an online group program that has like a course with modules. And it has group coaching and co working sessions and lots of community support. And I'm going to actually make that into our offer a version of it. That's like a membership, a monthly membership. So it's smaller amounts of information with all of the support over a longer period of time, because I think that that will really serve more people. Yeah, so I will be the goal is to watch that in October. That will be out. And yeah, people can follow me on Instagram. I'm at the underscore ADHD underscore rd. And that's also my my handle on Facebook. And then wise heart nutrition is my like, website and my business.

Katy Weber  58:33

I love the name wise heart. How did you come up with that? Yeah.

Aleta Storch  58:38

It was sort of like the brain heart connection, that if we are able to, like kind of listen to our heart a little more and make sense of it, then we can actually take care of ourselves and that our wisdom is actually coming from like our heart brain, rather than our brain brain. Yeah, I

Katy Weber  58:55

love that. Yeah, I talked about that. When I work with teenage girls and preteens. I talk about like our wisdom centers. And I'm like, you have your brain. But your brain is often like not very trustworthy, because your brain absorbs a lot of outside voices that aren't yours. But I'm like you have two other wisdom centers, your heart and your gut. And those wisdom centers never lie.
Aleta Storch  59:16
Yes, it’s so true. What does your heart say? Yeah.

Katy Weber  59:20
But yeah, I would definitely recommend signing up for your newsletters, because I love your emails. So. So thank you for that. And I think again, you know, one thing I love about your approach is just how you don’t paint it like it’s this wonderful journey full of roses and epiphany is that you’re, you’re very real about how like, it is hard, but it doesn’t have to be this hard. And I really I like that.

Aleta Storch  59:48
approach to thank you. Yes.

Katy Weber  59:51
Awesome. I look forward to following more and finding more of your work. I think it’s so important, I think, you know, coming those realizations Between ADHD and eating and dieting and that restriction binge cycle and how it really is a metaphor for so much in our life is such a fascinating conversation. I’m glad you are helping so many women out there so many men and women and

Aleta Storch  1:00:18
we I want to thank you too I, I love your podcast and I just feel so appreciative that you are offering it and I know that it’s been really helpful for a lot of my clients and yeah, I just think you’re doing really great work as well. So it’s an honor to be on