



Season 3, Episode 28 - Transcript

How YOU feel, matters.

Nicole:

Hey, y'all, I always start off by saying how excited I am. And it's true. It's because talking to you, every single week and having this time here is one of my favorite parts of the day. And I also love introducing you to amazing people that are in my life that have changed my life that are brilliant and smart, and are so our people. And I can't think of someone who is more our people than Dr. Paige. And that's exactly who I have here today. And we're going to be chatting about exactly what you need to make sure that you're living a life that is well rounded and fulfilling, that considers health but also grants grace and more than anything helps you accomplish the things that you want to accomplish and show up as the best version of yourself. And so this is a good one lean in grab paper because it's going to be good and Dr. Paige. I am so glad you're here.

Dr. Paige:

Oh my gosh. Tears already. Hello. Cry coming back. We're coming back. No, we're not gonna cry today.

Nicole:

No, I'm so glad you're here. The first thing I want to you know, just kick off with is we've been working together for years now. And I don't even I just realize I don't even know how we met.

Dr. Paige:

I met when you emceed another event. And then I don't know you were like everybody else you just get sucked in.

Nicole:

That's what it is. And we've been stuck together ever since. And I have to tell you, Dr. Paige, you have spoken into my life in so many ways. You You know, especially your perspective around health, which we'll dive into shortly, has transformed you know, because you've known

me through my weight loss. You've known me through my marriage. You know me through my babies coming in and out of you know, not me.

Dr. Paige:

Sorry, I'm a doctor that's the first thing I think of!

Nicole:

It's crazy. I love hearing the how we met stories, because people come into my life, but in different ways. But we've really been doing life together, actually, you've seen the transition and the transformation through the years, and you've actively been a part of it. So I'm so glad you're here, because you're one of my best kept secrets I get to share.

Dr. Paige:

Thank you.

Nicole:

So let's just dive in. Because this season is all about starting over. And everyone who's been listening knows that I am on my own transformation journey, not just with, you know, having lost so much weight, you know, which was a huge part of that first step for my health. But, you know, realizing that that wasn't it, you know that after I had lost the weight, and that was my primary focus. It was also just about my jetlag, I mean, you can lose a ton of weight and still be really ill inside. Oh, yeah, that's misleading. You know, a lot of people don't think that they think if you do that everything solved, at least I thought. That that wasn't the case at all, I was still suffering from stress related health concerns, which I talked about a lot in episode one of this season. But Dr. Paige you knew about from way back when you know, but I was posting high blood pressure and all these things.

So before we get into how, you know, some of us are just basically killing ourselves by you know, doing too much. Tell us a little bit more about what you do, where you are and the type of patients that you see. What brings people in your door?

Dr. Paige:

Oh, such a good question. So I'm an osteopathic family medicine physician by training, big mouthful, right? What does that mean? Which means that my training was a little more holistic in nature. And I kind of launched that way and have found myself kind of diving into a more holistic approach, as my career has developed more integrative medicine, functional medicine, but I really, my sweet spot is bringing together the best of the most natural, and the fancy science and we can all play together and find out what's best for you. So that's what I love doing. People, you know, and being a family medicine physician, we treat birth till death. But everyone always asked me like, oh, what's your specialty? What's your specialty? Family medicine. What does that mean? And so I really started thinking about just your question like, so who do I treat?

Nicole:

Yeah, what brings people to your door. Where they say, Gosh, I need to see Dr. Paige because I know that my answer when I think of you, but I want to know what are you seeing every day?

Dr. Paige:

Yep. So it's a little bit of everything but the peak the majority is dead. Definitely those who are stressed, tired, overwhelmed, overweight, and generally feeling older than they should, that is a syndrome all of itself.

Nicole:

Oh, stressed, tired, overwhelmed, overweight and generally feeling older than they should. Yeah.

Dr. Paige:

Yeah, that can happen if you're 20 or 80.

Nicole:

Are you hearing that right now because I know right now you are sitting, you know, in your car on the way to work, some of you are sitting in the queue, because you're tired everybody at the office, and you're saying, which of those bullet points is not me. So if this is something that you think hits you, you know, Dr. Paige is, is the one because she knows. And it's funny that you say all that, because those are the things that lead me to listen to you. Because of your approach to medicine. I love and appreciate the clinical science, awareness. But I love that everything you do is so Grace filled, and it's so applicable to real life. So talk to us about how you assess people, because I know some people right now we're like I am all those things. But clinically from a medicinal standpoint, I might come in and say, Doctor Paige, my blood pressure is which, you know, I posted today was 143 over 94, which is high, you know, but I shared with you earlier offline, that I'm dealing with some stressors, you know, and so And y'all know that I'm dealing with stressors, you know, so that's not unexpected. So someone comes in and says, Hey, doctor Paige, I've got high blood pressure. And you say, Yes, it's the salt. That's what you usually get.

Dr. Paige:

And that is like the opposite of my approach. In fact, I try not to overwhelm people, because I'm like a big picture person. That's what family medicine is, you think of everything. And the reality is most things that you encounter it in your body, by the time that you notice them. There is everybody wants to know what's wrong, what's wrong, what's the one thing that I need to stop, there is not one thing, there is not one thing, your body is a whole body, it's a one body. And it's got a lot of parts and a lot of moving things working together. And it is so wise that it can deal with so much. And then once it's over the threshold, that's when you notice something. And so it's a bunch of little things that add up. And then you know, we're lucky, quite honestly, if we noticed the one thing that like put you over the threshold for sure, that's not really an important thing, we want to know the biggest thing under that threshold that eats into it. Sometimes I use the analogy of bowling, you know, my job is I'm aware of all the bowling pins, but I'm really winning, if I can find those front pins, right, that's the way health works, there are certain very

core things that are the front pin, right. And if we can knock those over, all of a sudden, we're seeing what's going on.

Nicole:

Wow. And that is so true. Because for those guys who've been listening, you know, Dr. Paige is up on this stuff, too. That was a huge part of what was happening in my life, I kept thinking that the issue was one thing, my weight, if I can get this extra weight off, and that and I mean that is there a science to that to that, you know, with, you know, a higher weight, you're gonna have a lot of other bullet points. And it did resolve a lot of bullet points. But you better believe that you can cut all the weight. But if you are not exercising regularly, like because I was just doing it through nutrition, mostly, but exercising regularly, if you're still working 15 to 18 hour days, six days a week, if you are traveling constantly, I mean, I was doing all the things all the time for all the people and surprised that my numbers weren't changing. So I had core bowling pins that I just that weren't standing that weren't together. So oh my goodness.

Dr. Paige:

Which, on the one hand, you know, we want to get those front bowling pins. That's what gives us the most bang for the buck. But I also encourage people, I say quite frequently, like all roads lead to Rome. Okay, so sure, sure, technically, where I want you to start is where you're most willing to start. And most able to start so even if we have to start with one of those back bowling pins, hallelujah.

Nicole:

That's right, let's do it right.

Dr. Paige:

And then we get the self confidence and we get those little successes and you can start snowballing in the right direction.

Nicole:

And so right there y'all can you see that? This is what I mean about Dr. Paige being amazing how many of us are scared to talk to our physicians or to work with someone to solve our issues because we're like, we're just gonna get told that we're doing something wrong, that we are have to change these things are also nothing matters. And it's a graceful approaches, I think makes you so effective with your clients. So are your patients so you know, being candid and sharing some of my you know, examples that people can link them here. One of the things that I ran into that was a back bowling pin was I really felt like I just wasn't delegating enough. I was like, if I can just get, you know, a house manager or a nanny in the house, you know, that would help, you know, because would take things off my plate.

But I wasn't realizing that if I have to heavily manage that nanny, or if that in any kind of came with a bag of, you know, things that I had to manage, in addition, that I may actually be exacerbating other issues. Or if I traveled a little less, well, then that would help but not if there's

stress within the home, you know, so it's amazing, because you're right, that there is sort of a symbiosis. Everything's tied together. So can you tell me a little bit more about that I know that wholeness and things being tied together such a huge part of how you create plans for the people you're with. Can you tell us a little bit more about your ideas around that?

Dr. Paige:

For sure. So I frequently say like, it doesn't matter if I'm talking about sprained ankle, diabetes, or depression, I always think in terms of these major buckets of what are the mind components? What are the biochemical components? What are the structural components? And that can get really fancy, but those are, those are the buckets, right? But then I think what a lot of people don't think of is, well, we talk in medicine a lot about and people hopefully have heard talk about social determinants of health, right? Hugely important from a community perspective, public health perspective. But I try to bring it in to my office with every person, what is I call it the context of your life? You know, what are your relationships? What are your financial situation? And it's not a number, it's more of a confidence than a number.

Nicole:

Ooh, that's good, y'all, because you and that is the truth. I mean, I have literally been anxious about money with millions in the bank. And I've been anxious about money with \$24 in the bank. Amen. So you're right about financial confidence over actual financial situation, that is a word right there.

Dr. Paige:

And then what is your physical environment? Because those are the things, your life, that have the opportunity to either be uplifting to your health or, frankly, oppressive to your life.

Nicole:

Value add or a value drain. Yeah. So when I sit down, and I come to you and present a problem, or problem or concern or whatever, what you're sharing with me is that instead of just being, you know, sort of Classic Doctor experience that I think a lot of us have, where it's like, well, diet and exercise, what what's your blood work, say? Well, you know, your blood pressure's high. You know, what, what you'll say is, well, how's your home life? Or what are some example things that you've asked?

Dr. Paige:

Yeah, honestly, I usually start by saying, like, what's new? You know, and we don't realize this. We outsource way too much when it comes to our health. But every patient, every client of mine has an internal wisdom that if I let them talk, they will give me all the information that I need. That is so good. Yeah. So I don't really have to be all that specific. I try to say, you know, what's going on? What are you concerned about, again, accessing that internal wisdom. And then sleep is a huge front bowling pin. Hydration is a huge front bowling pin.

Nicole:

We were just talking about that, I'm obsessed with these new drops called Water Drop, and they're so so good. And I actually carry them around, so that I drink more water. Because I found that if I drink more water, I have more energy. And water drop actually makes them taste really good. And so it's like I've been carrying with me everywhere. Because literally, hydration has been a factor for my well being.

Dr. Paige:

Absolutely, absolutely. And we don't have to be perfect. You know, we were talking before we started, we don't have to have the perfect number. Yeah, we really just have to start. A lot of people would be tempted to ask like, oh, is Diet Sprite bad? Is this bad. And it's always a spectrum. You know, if you give me a choice between water and a diet soda, I'm always going to choose water, right? Give me a choice between a diet soda and a regular soda, I'm always gonna choose, you know, the diet soda. So it's always a spectrum, we always can be taking one little step forward. And I find honestly, what, what holds people back the most is just our creativity and like, well, what steps should I do?

Nicole:

So let's talk about that. Because I know that I think a lot of us will listening now. And, you know, sometimes the way I can feel especially in the season I'm in is overwhelm around, even what to do right to fix things. Because it's like, you know, I am all of those five bullet points that you mentioned right now in my life. And I know that I probably can use improvement in every category, more sleep, more water, better foods, more exercise, all the things, but I also have kids and a job and alive and frankly, difficulty prioritizing, you know with those things. So how do you, you know, encourage people to grant themselves grace to make these tiny steps and where to do them?

Dr. Paige:

Yeah, I think just like trying to make any behavior change, you have to start with grace. You have to accept that there's no one right answer for everyone. So stop outsourcing. In and just think about, what do I want to do? That's good. You have to be comfortable with starting small does not have to be sexy whatsoever. There's no magic wand. And you have to have accountability. You have to be checking in with a group of like minded people or have a weightloss buddy or just a health buddy or have a process that, you know, hey, I sit down every Sunday, and I reflect on the week. And I think, what do I want to what do I want to do this week? That's good.

Nicole:

That's good. I really, really appreciate the emphasis on grace and practicality with it. I think that so many of us neglect to do things because we paint them to be really big experiences that we just it's such a big problem. There's no way I'll get a handle around it, I will just go and eat that burger. Do you know what I mean? Instead of saying, Well, what's something tiny I can do? I still want to eat the burger, but I'm going to skip the fries. You know what I mean? Like, just like, it's, it's amazing what can happen if we start granting ourselves grace and what can we do in this

moment, even in the small piece that will benefit us. So one thing I love about you Dr. Paige is, I do think that you practice a lot of what you preach, there's an energy around you, which indicates that I mean, y'all just to be candid, I've had situations where I've been with Dr. Paige, and we've just been out in the world. And I have literally like been like, oh, I skinned my knee. And she'll be like, Well, I mean, it doesn't look infected from here. Now I'm like, but you're a doctor don't you need to touch me. Don't I need an mri? Do I need a visit? And she's like, Yeah, no, I mean, like, you know, see how it is tomorrow. And it's funny, because it's the same approach, I think a lot of mamas would take with their littles.

Dr. Paige:

I was gonna say, Try being my kids, my four children right? There, I'm like, your body will work on it overnight, your body has the ability to heal, go to bed.

Nicole:

See what I mean. But that's what I mean, though. Because what I love love about your approach to wellness is that you're not robbing the individual, of being able to develop the very skills they need to make those decisions to continue their ongoing care. And that is so important and so rare, you know, in the World of Wellness, you know, a lot of times I think, because I see this in the personal development world too, where people are looking to foster a dependency, you know, on that other resource, you know.

Dr. Paige:

yeah, I think I mean, it comes, I started think it comes from ego, you know, like, but, you know, let's call it what it is, you know.

Nicole:

let's call it what it is some people, especially in the personal development world, selfhelp, you know, that thing, it is ego, people want to be famous, they want to be your solution they want to be you can't live or do this without us, you know, but the truth is, if you're doing your job well, hopefully your people won't need you anymore at some point or the nature within which they need you is different or reduced.

Dr. Paige

Yeah. So, but I think, you know, ego aside, like, we want to help people, right? Yeah. So we want to have the answers and it feels good to have the answers. And we know, quite frankly, that patients or clients are coming to us looking for that one magic answer, because we've been so brainwashed in our lives to think that there's one issue. So if there's one issue, there must be one answer.

Nicole:

Trying to fix the next thing. Right, right. Right. Oh, that's amazing.

Dr. Paige:

So I think, you know, it's, again, it's not the glamorous answer, but it's, it's the only answer when it comes to health change and behavior change that actually has been shown to help people be happier, healthier, stronger, feeling younger, you know, all those things that we want.

Nicole:

So I mean, you I know that you didn't learn all this stuff in school, you know, like, some of it is medicine, some of it's not talking medicine at all, a lot of this has got to have come from your own life. I mean, you are someone who presents as someone who has a lot of ease and peace and y'all know she's, every time you see Dr. Paige, her hair is done. She always manages to have some liner on like, I'm like, I don't even know how she keeps herself. She just she reads as if you guys come to my Instagram at NicoleWalters, you'll see a little video clip of this gorgeous woman just like seeing that has it together, or visually has it together, right? But not like I visually have it together. And Lord knows I'm a hot mess express outside. So have you come to some of this awareness from your own experiences? Or has it just been, you know, perfect 40 year marriage, you know, flawless kids with, you know, who never do anything and never have any issues? You know? Or I mean, have you applied your own practices and found that, you know, it works?

Dr. Paige:

Oh, yeah. I mean, gosh, just to show that, like appearances aren't everything. I think those people who are healers and helpers, and teachers like are the most at risk ways for sacrificing themselves for the good of others.

Nicole:

Hear that y'all.

Dr. Paige:

Yeah. And so I've definitely been through those seasons. And you know, and I think they're just that seasons like, I can think about, you know, times in my life. Big, you know, points where you're like, oh, high school season. Yeah, right, right. Right college season or med school season or, you know, divorce season, right, and, you know, pre-diabetic season in my case.

Nicole:

I didn't know that about you two, wow.

Dr. Paige:

Yeah, so I went through a period had, you know, two babies in two and a half years and like a lot of people, especially people who have struggled with weight even before pregnancies, that first pregnancy weight does not exit before the second pregnancy weight adds to itself. And then you know, if at baseline you're stressed, tired, overwhelmed, overweight and feeling older than you should, and then you have two babies to take care of, and a, you know, busy traditional practice and teaching medicine. And in a partnership that was struggling, you know, it just really all snowballs.

Nicole:

All the real life things, you know, so you understand those bullet points, because you've lived those bullet points.

Dr. Paige:

Yeah, for sure. And, you know, I know what it feels like to know exactly what you should be doing. Because let's be honest, you know, I'm a doctor, I know what we should be doing. But a lot of us know what we should be doing.

Nicole:

It's how do we do it in practice, right? Like, because I can people come to me all the time on business stuff. They're like, well, I need a website. I need social media, and I need to be better about this. I need that. Yeah, you're right the way in front of me, well, I just can't figure out how to do it. That's exactly right. Because you're trying to do too much. You don't have a plan. You're and you're also giving yourself so much guilt, that you don't realize grace is what's going to actually fuel you forward, you know, so I, you know, I just adore you. Like I literally could talk to you all day about all the things because I get so much every time we chat, when what I love is their evolution. So you started off, like you said in very traditional practice, but through your own experiences, as well as your own education, you've evolved to almost, you know, really say, how can I approach you so I can get the most out of medicine? So now how do people work with you best, you know, someone saying to themselves, like I'm those bullet points. And Dr. Paige, what do I need to do to start seeing some transformation at a pace that's realistic for my life?

Dr. Paige:

Yeah, so one of the biggest things that I've done in my career is gracefully exit the insurance care system and partner with people on a membership basis. So locally, I partner with patients who pay me a monthly fee, and that covers everything that I do for them as far as comprehensive primary care. And then that was a game changer, honestly, both for me, it brought back the fire into medicine for me and helped me be able to spend more time with people and really help them in a way that they needed. But at the same time, like we were talking about earlier, life happens. So we can talk about everything. We can lay all the plans out in the office, and then you go home and life happens. Yes. And so that's what led me to form my online coaching program so that I could literally, well, I sometimes say I went into family medicine because I'm nosy and controlling. I want to know everything about you. And I want to know what you're up to at home.

Nicole:

So Right. They matter though both pieces matter.

Dr. Paige:

Online coaching program every day, we can check in. How are we doing? Yes. And so that's been super fun. Because you know, that is how people make real change, gradually checking in every week.

Nicole:

That accountability, honestly, I mean, you get your prescription of what you need to do from your doctor. But then you get home and you're kind of like the kids. It's not that you don't want to do it. It's that the kids are immediate. The you know, business is immediate, the household things are immediate. And before you know it, you've just backburner yourself again, for sure. So you actually work with people in an ongoing way to kind of apply some of the changes that they already have identified they know they need.

Where can people find out more about that if they need to? Asking for a friend, I'm friend. We're going to find out more about that.

Dr. Paige:

So my website is DrPaige.com. I like to hang out on Instagram at DrPaigeDo. So love to chat with people over there.

Nicole:

I love that you guys. You've got to go learn more about Dr. Paige, learn more about how to get away from being one of the fives again?

Dr. Paige:

Stressed, tired, overwhelmed, overweight, and generally feeling older than you should.

Nicole:

Look at that. I'm telling you I may not look it but y'all I definitely feel it. So if you are in the same boat as me, if you are curious about how you can just get some change gradually and gracefully. Dr. Paige is the one and Dr. Paige, I'm so glad you're here today. This was tremendous. Do you have any final thoughts that you think you could send us off with that will help us you know, continue to be our best selves?

Dr. Paige:

Oh, gosh, my final thought would be just pick one thing and be super, super proud of yourself for it.

Nicole:

Oh, tremendous. Oh, gosh, what a great Chad. Thank you so much for being here.

Dr. Paige:

Thank you!