

## Rebel Kitchen Episode 23: Facing your fears to understand her body and take charge of your health

MERYL: Hey everyone. Welcome back to the Rebel Nutritionist podcast. And I am so excited to have one of our amazing, amazing health coaches, Michelle Barron on with me today. So this podcast really arose out of a conversation that we had. With, with a client and then subsequently turned into one of our sessions that we often have in our office and really brought to light how we want to highlight what goes on a little bit behind the scenes, but more so from the client perspective, because I think a lot of people walk in, not really sure about what to expect, because we do things so differently.

And so let's call it anti-diet culture that people may not know what to expect. And even though we offer a 15-minute complimentary consultation, which is certainly helpful and certainly valuable, I think people are still like, not a hundred percent sure. And I think Michelle will be able to highlight that and shed light on that a little bit more so as we go through our discussion.

So Michelle, welcome.

Michelle: Thank you. Thank you for having me

MERYL: always a pleasure, always fun to talk with you because you have such, you're such a wealth of information in so many ways. So I think this is going to be a great conversation. So

without further ado, why don't you, I'm going to let you kind of walk through the journey a little bit of sort of where you started.

In your own personal journey with us with this, because I think your perspective as we were talking the other day is so valuable for people to hear. So take it away.

## Michelle's 'reverse' journey from health coach to client

MICHELLE: Sure. Thank you. So, yeah. So I've been working with you and our team for almost two years now and have been watching the process, watching all of our clients, guiding them along through learning every step of the way of how this works.

I'm soaking everything in learning from each client and from you. On what really works to help people reach their goals, whatever their goals are, if it's for health, wellness, if it's because they're sick or they're looking for weight loss, **whatever it is their journey becomes a part of mine as well because I'm going on it with them.**

So During this whole process, I'm always listening like how does this relate to me somehow? There's always I'm trying to read that in what can I learn? You know, and put into my own story because let's face it. You know, I had three children, I feel like I've always been battling to get the weight off.

And even when I was younger, I always had stomach issues. So I can recall doing the stool test and going through the whole process and not really getting answers and trying to eliminate foods and see what would happen. Getting frustrated, giving up, going back on and off different diets per se, and working with you guys, I'm listening to everyone on the team.

Who's taken a test, gotten their results, seeing the progress, done the work.

And so I think I was afraid originally to take the test. You know, not because of the blood work, not because of doing the dirty part of it all, but I was afraid to see what was going to come out. So I finally bit the bullet just a couple of months ago, and I started with a three X four and did my genetics, and it was like putting a puzzle together.

I feel like I always say that to the clients because it really starts to make sense.

And then when you see things that are sort of off grid, it pulls everything together in such a way that you have that aha moment. Oh, that's why I feel this way. Oh, that's why the second exercise is not working for me.

So my first step was that 3 x four.

## The fear of what you might learn when you uncover your unique health

MERYL: So not to interrupt, but I just want to stop there for a moment and kind of highlight and bring back what you said, because this is something that is really, really common. And we hear often is the fear piece. I think there's a huge component to that when people come in and they may not even recognize it right, right away anyway, but I know a few clients have said that in terms of.

They're **afraid of what they don't know. They're afraid of what they do know.** Right. Because they've already been through so much of this. Like we had someone the other day who said, I am **afraid because I've been on every diet** and have failed the, I mean, they were initially successful and then they were just stagnant and that we hear so, so often that people have

been on and off every diet and they've tried every, every exercise plan and I'm always telling them it is not.

And I say this over and over. **What we do is not just a function of diet and exercise.** It has been drilled into our heads over and over again from diet culture, from the book mentality, from marketing mentality. That real success only lies in tweaking, diet and exercise, and nothing could be farther from the truth, but then people don't really understand, well, what, what are the underpinnings of what we do?

## The 30,000 foot view of your personal health blueprint

And we try to explain, right? The genomics. And we explain understanding that 30,000-foot view of what is your own personal blueprint and the subsequent testing. So I think what you're saying totally brings it to light for people. And I, what I really want people to do is take a step back and say, okay, I am.

Trying to really understand, like you said, how does my body work? Right. We all have the same biochemistry. **You cannot outrun your biochemistry.** How do I understand the nuances of that and what is really going on? And like you said, there's the fear there. So talk about genetics and all of that. Yes. It sheds light on it. It's the aha moment. And it really gives you a whole different perspective because it gives you hope.

Right where there might not have been any, but delve a little bit more into the fear. What, what were you afraid of if you don't mind me asking?

## What if I'm doing it all wrong and I have to change my habits?

MICHELLE: So I feel like I eat well, I feel like I'm doing things right, but then if you look at it and it's there on paper clear as day, like maybe.

I'm not doing anything right. Maybe I'm going to find out that all the things that I thought I should be doing were wrong. And now where did we go with this? So I was like, fearful of, okay, what am I, the level's going to say, what is my hint? I've never done a genetic test. I have no idea. What's even crazier for me is that I'm a runner.

I run four days a week. I do other types of exercise. But clear as day in that three X score, it said that I should, I'm burning myself at both ends from doing that. From that alone, you had suggested different types of workouts for me. And I took everything you said as the holy grail, like, okay, let me try something different.

You know, started working with a trainer a lot more into weightlifting and resistance training workouts, and then things started changing. And so that was sort of like the flame that really, really sparked. And I was like, ready to go, give me the next test. So from that, some people just need everybody's different, but some people just need a little bit to get them going.

So that was it for me. As soon as I saw something was changing, I was like, give me more what, what else can I get my hands on knowledge-wise about my insides, that I've always been questioning. So, I mean, if you talk to any of my childhood friends, they would tell you like the laughs you would have about how bad my stomach was forever.

It was just a known thing. So now here it is like, oh my gosh, **I have answers now**. So the next step was the NutrEval and the Cleveland heart lab. And we took a look at my blood and realized that the type of eating that I was doing was doing me no service. So I am mostly vegan.

Meat. Clear as day. That's not working for me, according to my blood work. I mean, I don't know if you want to dive in deeper to what you saw on there, or you want to go with that.

MERYL: That's up to you. You're this is full disclosure on your part. I'm certainly not, not going, gonna, not going to go where you don't want to go.

So you feel free to. Give us whatever you want. I think it does help. The more you shed light on, the underpinnings of really what you discovered. It certainly helps the listener out there. Who's, who's probably in the same situation. I mean, how many people have we had come in, who are trying to do mostly plant-based diets are really trying to avoid the red meat because they'd been told by a physician or I've read a book or whatever.

And I always say, it goes back to **the testing does not lie**. You are your own N of one, right? We are our own individual person and our unique biochemistry behind that. And that is the beauty of the testing is that it **allows me to go deeper with you and really look at what makes sense for you**. So. Right.

In theory, you were doing quote, all of the things you were supposed to, I dunno, according to whom, but then you were supposed to be doing and yet it was not serving you. So if you want to go into your own labs then,

## What my labs showed me about my health

MICHELLE : right. So as I suspected, I was not getting enough protein. And so that showed up clear as day.

You know, everybody at work always laughs at me when I have salmon every day and salad every day. But my omegas were great, but my proteins as a whole were really, really lacking as well as my B vitamins, my antioxidants whole plethora. So you had said maybe you want to start eating meat a little bit and you know, I cringed a little, but what's funny is.

**I like meat, but I had somehow made that taboo.** Right. So now being able to incorporate that into my week with grass fed meat. I'm not doing it every day. I'm doing it maybe once a week. And this is working for me. I feel good. And I like it. So there was like guilt at first, like, oh my God, I like it.

And then I'm like, oh wow. I got rid of this for so many years. It's been like a little bit of a head game. And now, so I do understand when we have clients come in and they say, I can't do this. I get it. I totally understand that because it is hard when you're doing something one way, for whatever reasons, if it's ethical or you just don't feel comfortable or you don't like it, I get it.

## Sometimes we need to try new things based on that evidence

Sometimes we ask people to try things out that they wouldn't and. I took the plunge and I am enjoying it, so that has been helpful. And I see things changing in my body. and you also started me on some supplements. So I have like a daily routine from the three X four came, that I should be doing intermittent fasting.

So then you showed me the way through my NutrEval. Because it was showing, we always say the three x four shows you the big picture of where you're projected to go, but you can change that trajectory based on what you're doing. So we took a look at what's happening in the here and now for the NutrEval and Cleveland heart lab and made the changes that I needed through supplements and through food.

So now you have me in the morning. I'm taking my electrolytes. I'm taking my vitamins, my antioxidants, getting my protein in, and then going about my day and making sure that my meals are robust and filled with the vitamins and nutrients that I need. But then we went onto the stool test because forever, I have had stomach issues.

Michelle's long term problems with stomach issues

As long as I can remember, I, I even still have a clear picture in my mind and being in my twenties and going to the GI with that little card from, from my soul sample. So obviously this is a different time and it's way more in depth and **it gave so much information and that was the best part of it for me**, the part that I was waiting for, because really in every conversation that we have during the results sessions and the initial sessions, when I listened to the clients and what their symptoms are, how they're feeling so many times on saying, that's me, I feel like that, oh my God.

You know, and I'm furiously writing notes because I want to learn for them, for me, for everyone. So the next person and I'm self-diagnosing myself throughout all these sessions, but when the stool test came back and it did say and **confirm that I have bacterial growth and I'm teetering on SIBO**

it was like, wow, **I was so happy, as weird as that is, to have an answer and to be able to treat it.** And within just a short period of time, I know I have a long way to go, but by using the GI Microb-X and using the supplements to help me feel better, it really has made a difference. And what's crazy is I can't even believe it.

**The bloating has gone down,** like at night I don't look like I'm four months pregnant, which I was sort of like getting used to and getting so annoyed with myself about like, I'd say, I don't understand I work out so much I eat, right. What is going on here? And now things are changing and it's like, I'm so happy. You know, I feel like I have to share it.

MERYL: and that's why I wanted to do this because. I feel like a broken record. When I say we really have to dig deeper people come in and of course the number one thing is always, I want to lose weight. I want to lose weight. I want to lose weight. And I'm like, I always say, we often have to go around the back door of the house to get, come out the front door and people look at me like I don't understand why.

Now, hopefully hearing your story, and again, I don't make this stuff up. Everything that we talk about is always from, from a client story or something that we've done with one of our, one of our coaches. So what do you say to them, those people, how do you say it in your own words?

I mean, I know you've kind of just, I did, but for the person who's coming in and saying, well, I really just want to lose weight. And then I say to them, but we have to look under the hood. Right. Talk to that a little bit, if you can.

## Why we need to dig deeper to find the causes of our health issues

MICHELLE: Yeah. You know what? It's so true because **people just think, hand me the meal plan, tell me what to do and let me do this on my own.**

And that's really, there's so much more to it. And that's what makes the program then so different and so amazing because **really you're getting to the root problem.**

Right?

**So if we don't find out what those imbalances are, no matter how much you're exercising, no matter how well you're eating. You're not going to see the change that you want to see.** You might see some, but it's only going to take you to a level, but by getting in and diving deep and finding out really what's going on inside, that's where you can make the change. So we always say **your body's working so hard to get in balance that it can't lose weight at the same time.** So first step is to get in balance.

Through foods, through supplements, finding out what's going on, and then getting those suggestions. And then from there taking all the great recommendations and the tools that we share with our clients to take them to that next level. And for me, watching my clients go from point a to point B C D, that you're all the way to Z is amazing.

I'm cheering them on along the way. **Their success is success for me too.** I'm so excited for them. Like I have one client who just started, she found out what was wrong with imbalances, and now is starting to see the change she's been waiting for. And so now I'm doing like a little side challenge with her.

Okay, let's go do 50 sit-ups a day. Send me a message when yours is done and I'll send you a message reminder because this is how we help each other. So there are so many facets. I love working for you. I could go on and on forever, but for me it was like, okay, it's my turn to be the client. And that has been such an eye-opening situation for me that I cannot even believe that.

why did I wait so long?

## You need to be ready to make the consistent small changes

MERYL: Right, listen, We always say, we can't want it more for someone else than they want it for themselves. And you have to be ready at the point that you're ready and maybe hearing right. You hear people over and over, and then you just you know, when you see their success, right, you see these people week after week coming back and they're making small changes.

And I think that's the key also. Is **the fear is I'm going to take everything away that whatever we do is about deprivation and starvation**. And it's going to be such hard work. And I don't know that I can do it. And oh, I have so much stress my schedule is. So busy and the moral of that story is **we do everything at your pace**, right?

At your own pace in the, in the way that works for you. But it really is these baby baby baby steps, because that's the only way that change is going to happen. So for you too, right? You've made changes.

MICHELLE: Yes. And I always say like, if mama bear goes down, everyone's going down with her. So like I'm leading this household, so I need to be my healthiest and I need to be my best self that trickles down.

When you're not feeling good, it trickles down to the rest of your family. I have to be there to be able to support them. I have three kids, support them in their schoolwork and social this is a whole new world. Right with everything that's going on. And I feel like everyone has to be at their best self and being healthy plays the top role there.

MERYL: Absolutely.

Right. I remember our conversations used to be just on, how do I lose weight? How do I lose weight? How do I lose weight? And I'm like, do your testing, do your testing.

You know, because whatever we're doing clearly is not working the way we think it is. And now I think like you said, well, you're seeing the bloating, but I also see you and I see your body changing. How do you feel about that?

MICHELLE: It's amazing. Thank you. Thank you. Thank you. I mean, I have so many things for you for making this all happen, but again, it took me a while to get to that point.

You know, I watched plenty of people in the office do their testing over and over again, like six months and whatever. And I would say, oh, where my kids go to camp. Oh, and this and that. I don't know what I was waiting for or why I was waiting. Why I was so afraid, but the time was right and I dove in and now I'm excited.

I'm really excited to see the changes that are happening and to continue to see them and to work towards more and to keep challenging myself in other ways . That's what life's about. If you only get better.

MERYL: Absolutely, absolutely. Amen to that. Amen to that. I think that all the time.

## Re-balancing our body leads to internal and external health changes

And, and look, you're seeing, you're seeing the results on the inside and the outside and I think that is right. The **results have to come from the inside first in order to see change on the outside**. It can't be,

MICHELLE: I know I'm talking about the outside of the changes, but **the inside changes are invaluable**.

**The way I feel is amazing**. I think I just took it for granted that I always felt crappy after I ate, like. You know, I know I'm not going to feel good after this, but that uncomfortable feeling that I always had after meals is gone. And I'm still in awe, I can't believe that we always tell our clients, you don't know what it feels like to feel good until you've come this path because you're so used to feeling bad.

Right. So I just got used to feeling okay, I'm eating and my stomach's going to hurt and I'm going to feel bloated. And that's just the way it goes. And now it's like, whoa, this is what I should feel like. I've just gotten so used to it. Yeah. So that part, maybe I didn't give that enough attention, but that's where the spotlight should be.

Because what I tell my clients is **the weight loss is a side effect of all the other things**. Right. So really the main point for me is **I feel good and that is invaluable**.

MERYL: Absolutely.

We should just kind of leave it on that, on that note, because that is the goal, right?

**The goal is to have the outside reflect how good the inside is doing** right. How healthy. And balanced it is. And ultimately that is our goal. Our goal is to rebalance what is so far out of balance. And I think being able to pinpoint that and, and understand that it's not just weight loss, it's not just exercise the mind-body piece goes along with that.

Again, we beat that into our client's head because what goes on inside your head and inside your brain is manifested in the body. And, it's work, but it's not hard work. It's doable work. listen, you're busy, you've got kids that you're running around all over the place. You've got a, again, a house that you're managing, you're managing a full-time job, right?

We are all busy stress and the busyness of life is all relative. You do have to take a step back. We do have to take a moment to reflect on some of that, but the fact is, is everything that we want that's worth having requires work.

MICHELLE: Absolutely. And you have to carve out that time for it. You have to make yourself a priority.

And so if that means for me, I'm an early bird. If that means for me waking up early and making sure that I get my exercise in, get my supplements in, make sure my food is all set for the day and that we're set up for the evening. Then that's just how it goes. But it has to be a priority. Yes. And it makes me feel so much better anyway,

MERYL: Right.

MICHELLE: It's a win-win.

## Why it's important to create your routine and prioritize the right things

It is. And you know, when you shift your routine and you recognize that the routine is crucial in terms of, like you said, how you prioritize, I do the same thing, right? I'm up early, intentionally up early so that I can meditate so that I can have my morning coffee because that's important right before I go work out in the workout, sets me up for the day.

And then I made sure at night I have downtime and no screen time. Those are all very intentional things. **They don't just happen haphazardly and randomly.** And I feel like we have got that's part of self-care. And when, when we are too busy taking care of everybody else and not taking care of ourselves, we get lost in all that.

And it becomes that downward black hole spiral. And that can certainly be a conversation for another day. But recognizing that everything that we do with all of this is all-encompassing. And so I thank you for your candid account of all of this and for you being so forthcoming and honest and, and sharing and being vulnerable because that is hard to do sometimes.

Right. And it's much appreciated. And I think the people that are listening also appreciate that because it resonates, I'm sure on more levels than people may or may not realize. So as always, we welcome your questions out there. We love, we love answering any questions that come in and I'm going to let you leave with one last thought.

And there you go, the mic's yours

MICHELLE: I wouldn't say it's my pleasure. I hope that this helps other people who are considering it. You know what to do and are not sure where to go, but honestly, I want to thank you for guiding me because this has been a great journey. I always tell you how thankful I am for being a part of your team, but also one of your clients.

You have taught me and you're changing my life. And I'm so thankful for that.

Well, thank you. I'd always, that gives me chills and it humbles me to no end. And I've always said, if I'm able to help one person on this planet, then I have certainly done my job, but to be able to help so many. And yeah, that's why I do the work that I do really.

Ultimately it's just. That's me. So thank you again. And we will continue this journey and we will continue to bring you on with your ever revealing success. So make it a great day, everybody. This is your Rebel Nutritionist signing off until next time. Thanks for listening.