

Episode 34: Becoming your you-est you: the path to authenticity and emotional healing

MERYL: Welcome back to the Rebel Nutritionist podcast. I am really, really excited about today's guest Julie Reisler. Master life coach has a degree in health and wellness. Actually. You've got like many degrees, so I'm, I'm not going to go through them all, but, but need those to say way, way qualified to do what she's doing.

As a matter of fact, she's got her own coaching program. She is an author, a TEDx speaker, and wow. I am just humbled to have you on today, Julie. So welcome.

JULIE: Thank you so much. I'm humbled to be here. I am so excited for this conversation. I cannot even tell you. I'm like jumping out of my chair

MERYL: ha great, great.

Well, without further ado, we'll get started. Yeah, Julie and I were on a few minutes early and I'm looking at the clock and I'm going, wow. You know, what should have been five minutes is now turned into 15 minutes of just chatting. So today's podcast is going to be awesome. So let's start out with.

I want to get into the power of coaching and all of that, but you've certainly done a lot of work on, Right. You had to start with you and, we're going to talk about right. The youest you in a few minutes, but, but speak to, I guess, how you got into this because we all have a story right. In

this space, whether it's the wellness and sort of let's call it integrative, alternative, whatever we wanna call it.

We have a story of how we got there and why we want to help other people. So yeah. Jump into it. What, what is yours?

Julie's story

JULIE: We're going to just go to the bottom. I know you're by the beach. We're going to the bottom of the ocean. I go deep, deep, deep. Cause I feel like it's important to share a little bit of the vulnerability, what got me here and years and years, I **struggled with what I would call food addiction, compulsive eating**, using sugar, food, mainly sugar, but a lot of starchy foods, food to, to cope with emotions, to handle Just really, I think, as a **sensitive empath**, myself and someone who did not have to be with that type of sensitivity it was actually easier to manage emotions, just and Hey, like I grew up in a family where food was definitely part of being loved.

And so we always know a lot of it. It was a way that my dad, I remember, sending me loaves of bread at the school and pies. Like, I don't know how they made it there in one piece. They did. And so. Like many, I really struggled and just sort of hid under this mask of people-pleasing and not good enough.

And what helped me at that time was, ultimately not the best crutch, but it was definitely using it, abusing food and hiding it. I mean, I could go on and on and on about it, but I will say this, this addiction, this, this. Addictive. I would say trauma in a way and dealing with it, using food, brought me to my knees and brought me to a really low point.

This was in 2003. I'll just go real quick because I think it does illustrate what happened. I have a thing with M and M's. I don't touch those today, but those were like my crack. I used to joke. It's not a joke, but I would say, I feel like I'm shooting up when I eat those. Like, they're just so addictive.

And I remember I was in a job. I did not want to be in anymore. I was struggling in the marriage I was in. I felt like so, so, so not great. And I'm like, really not, well, not great, not myself. And I remember eating like a huge, huge bag. My hand was in one, was in the bag on one hand. The other hand was on the wheel and I really Meryl **considered driving into a tree**.

So miserable, now from the outside, everything looked fantastic. So that's like, remember when we see all those, like rosie, fantastic pictures, wherever you see them. That doesn't mean that's what's going on inside. And I luckily knew about a support group. For me. It was a 12 step support group that I got myself into.

This is in '03. So this is a while back that work, diving into that and realizing, okay, **I'm definitely not the only person. In fact, many, many people struggle.** Many women really had me do a lot of excavation work, lot of deep dive into deeper issues and, and just, and just frankly, It's being self-expressed and taking off the mask.

And at that point, the mask of being somebody else, and long story short **I ended up using that sensitivity, empath, intuition.** I realized with two young kids. I was not in a relationship that worked for me. **I was not really speaking up and speaking my voice.** That's on me. And about a year later after separating, this is a very hard decision because young kids, it was certainly, and I was not at that point using food in the same way, but still struggling.

I woke up didn't feel well, actually, two days later went to Florida to visit a friend and **found myself passed out in a Target of all places with EMT all around me.** What I didn't realize is that **my thyroid had stopped working** due to stress, I think due to sugar abuse, all of that, it was not, it's an autoimmune condition.

And very interestingly, I had just enrolled in my master's degree program in health and wellness. Coaching started studying inflammation and nutrition and. You know, mind, body science literally was, was in the midst of it and it saved my life. It really did. And it's been a journey since. So that's something **helping people to live their best life, to speak their voice, especially women.**

I've dealt with a lot of it around addiction with food, but I've certainly done a 180 with my own eating lifestyle, the way of your nourishment. I mean, complete 180. So I'll pause there, but it's certainly. It's something that I'm, I'm deeply, deeply connected to. And I look at nourishment today on the mind-body spirit level.

Like **it is not just about food. It is not just about calories.** There's a lot more going on.

MERYL: Wow. I was jotting down notes and you were talking and I was actually, I've got the chills as you're speaking because I think so many of us, I mean, I resonate with that.

My, my outlet, my vulnerability was a little bit different. You know, **I had a subclinical eating disorder**, all of that, right. It was on the same level, but it was, it was, it was a root of. Whether it was trauma, whether it was that like you say that the people-pleasing the empath in us, the not good enough.

Thank you for sharing that because people need to hear that because there are so many people out there, with parallel kinds of stories and feeling helpless and hopeless like you were. And I think the important part of this,

I mean, there are so many important pieces there really, really are, but this resonates on so many levels and I think.

Why we need nourishment on every level

MERYL: A few things that **I want people to really understand is trauma**. You know, when I meet with someone and **we spend an hour and a half going through their story** and people are like, why are you going to spend an hour and a half with me? I'm like, **because your story from day one is so important** because if there was any trauma I always say what goes on in the mind?

What goes on in the brain is manifested in the body and it's manifested years and years and years, sometimes for a lifetime after. And so the addressing that is so important and, and addressing your authenticity trusting your voice, trusting your intuition. I can't tell you how many people sit in front of me on a daily basis.

Women, especially men too, but women more so, because I think it's the culture that we're brought up in, especially now it's horrible, but that, that we aren't good enough. We have to look a certain way. We have to behave a certain way. Maybe. And it's strangulating, it's horrible.

And so thank you for sharing that. I think one thing I do want to go back to is, people think that they have this crutch like you had the M and M's and you had the sugar and then **their thought**

process is, well, I'm just going to go on a diet. To deal with all of this, because that's our culture, right?

Let me just go on a diet so I can lose this weight. And yet of course they end up on it. We know we know how that ends up. Right. So can you speak to that? Because I think it's so important for people to hear that. And I, and the way you said nourishment is so important because that's exactly the language we use.

It's, **how do you nourish yourself on every level?** And I think people need to hear that. So I'm going to let you speak to that. If you don't mind.

JULIE: Yeah. Oh yeah. I felt very strongly about this one. And this is also based on my own experience. And let me tell you, this is what makes me laugh. I had joined a well-known weight program at like 14.

I did like three of them. I somehow convinced them that. The Big weight one that changed its name. I convinced them at like 18 to give me a lifetime membership. I actually didn't end up going back, but I was so obsessed. So I get the whole, I mean, I was in it. I was like in the current when you think of like the rivers?

Whitewater rafting. **I was in the whitewater of the diet culture** and I was just like, please. Get me to shore, but you're in it, especially when you feel there's hope and you know, **there's a lot of false hope truthfully**. you said it before Meryl, it's all about what's going on. First of all, between your ears, that's where you got to look and **what's going on in your body and your connection to those, your heart, your mind**, and your whole body.

And so for me, **Most people, if you lose that weight, it comes back.** Why? **Because I didn't deal with the root issue.** I didn't look at what I was eating over. I also didn't look at what does my body really need? I actually don't think starving. So for me actually, and it's been very interesting, especially as I'm healing, and it will be healed at some point, this auto-immune condition. My body actually needs a lot of different and more things. If I were on a diet per se, it would be harmful to my body. And so what I have seen in what I have worked through myself and with others. and what I really believe is that **you got to come from a deeper, greater space of your why and your lifestyle** and this is where I think there's a lot of similarity with coaching. It's big, powerful questions. Like how do I want to be able to move and feel in my seventies? Right? what kind of life, how do I want to be of service in my eighties? Like **how do I want to be able to be with my grandkids?**

Or even if you're not that stage it's how do I want to feel in my body? **How do I want to show up as a human being?** How do I want to love and honor myself, myself, my voice, my heart? And I'm gonna tell you right now the diet mentality is so do this quick and this you'll get this result and it's, it doesn't work like that.

You look at change, look at changing a habit. There's no way even the science, the lowest end that I've seen. I still think 30 days is too. I usually what I've read is between 90. And sometimes 365. So why the heck would it be the same? I mean, think about it. It's all connected. So there's no I think if you're going in it, like, and I get it, I've been there.

You just want this weight off? Well, the other thing I would look at is **what weight are you looking to release in your mind?** You know, it's connected. And I, I know what it's like when

you're in that space, I've been there where I'm like, I just really fricking want to lose weight and I don't care.

However, I can guarantee you this I've done almost 20 years of deep dive and 12 steps and like a lot of other looking at this. It's not what you think it is. It's not just losing weight on your body. It's actually the weight you know, I think of it and I don't even say typically losing I talk about releasing, releasing weight in your mind, releasing weight in your psyche, in your trauma field, in your energy field, in your way of seeing yourself, what weight are you holding on?

That's not serving you those questions. And then **the food, the nutrition that's one piece there's, there's the hydration, there's sleep**. There's meditation, there's movement, all of that to me. And then there's vitamins and deficiencies. And it's huge. I know I'm going into your world. But I will tell you, I was told by a very well-known prominent physician in DC with this Hashimoto's that's what I was diagnosed with.

She basically. Kind of gave me this like, well, it's not really going to change you get on this medication and I took it for a while and I realized there's a lot though I can do. I'm not saying, medication has been helpful. And I use armor today and it's, it has been helpful.

However, they've been shocked at how well I'm doing with the numbers I had 10 years ago. And I know that's because of a shift in mindset in heartset, in lifestyle. And switching it from the diet mentality. It doesn't even compute anymore. I'm like that doesn't work. It's a total shift in how you see your mind, body spirit aligning and nourishing. You know, **food is only one piece**. So yeah, the diet mentality I've been there, I've done it. I have tried it. And I've seen it with clients it's not sustainable and our body's not meant to be on and off like that.

MERYL: And that's so true. I mean, I would love to be able to take that what you just said and the combination of what I always say, and shout that from the rooftops and let people really let that sink in because that is ultimately how you get to as I always call it the health, the wellness and the longevity piece, like you said where do I want to be when I'm 70, where do I want to be when I'm 80?

and God willing, we all get to live way past that, right. Because, because we are taking care of ourselves. And one thing that you said is, is yes, **it takes time**. I always say to people, same thing. There's no such thing as 21 days to change, 28 days to change. It's like, it's at least three months.

It's six months. It's nine months. It's a year because it has to constantly be, look, I've been doing this. You know, I feel like my whole life 20 years plus since I was diagnosed and have recovered from cancer, but, and you too, right. It is work every. It is. Yeah. Every day you got to put in the work, and I don't want to say it's hard work, but **it's consistency**.

you've got to constantly have that **consistent mindset of what is the end game**. What is your why? And, and you've said that. So let's talk for a second about why the coaching, because I always, I'm a huge proponent of coaching. I think having the coaches on our team has really made the difference for our clients because there is accountability because there is support.

The power of coaching

But why now? Why, why, what is the power of coaching and why do we need it so, so badly now?

JULIE: Yeah. Well, I think now I have chills just for that question because I think that we're in a time. You know, I mean, I think we're in a heightened time of heightened fear, anxiety, and overwhelm at a really massive, obviously global level.

And I, and I'm talking on many levels, like not just on the health pandemic level, we're seeing a lot, a lot of shifts and a lot of. Shut down and closed. I know people had issues with it and there's just so much, **there's so much anxiety and fear and trauma**. And I think it's a **collective trauma** truthfully.

You know what I love about coaching, first of all, I'm a big proponent of like you don't, I don't do life alone. **I have a team**. I always have my own, at least one coach, if not two different types of coaches, I believe in this work, it's actually. Made the biggest difference for me, I had someone I was working with this is like 12, 13 years ago.

And it was this one. I mean, he helped me in general, but this one powerful question he asked me, I literally had this moment of. I never saw life like this. And for those, I don't know if you've read there's the book, A course in miracles. And it talks about **miracles being a shift in perspective**. And what **coaching does is it has you shift your perspective**

I really see it as you're in the miracle business and what I love about it. Real true coaching, like you were talking about. It puts, it sees the greatness in your client. **It allows the other person to see their best to, to access their potential it's not about giving advice, giving answers**.

It's about helping somebody to really see what's in them and why, and that we know with motivation **to go from extrinsic to intrinsic**, where it feels like. I really care. That's what happened with me. I was like, I know my why. And this reason for being here and wanting to be

healthy and well and vibrant and vital, it wouldn't be the same as somebody else gave me that answer.

I had to develop that from within. So when you have somebody that's helping you to do that. And as you said, **the accountability holding that space from non-judgment** from complete curiosity, miracles, transformations, that's where they happen. You know, and it's not overnight. That's why I agree with you a hundred percent.

I would never work. I always tell people three to six months minimum because **it takes time to shift.** I know this for me. I just did a major shift in my own nutritional lifestyle habits just to kind of honor what my body needed and it's taken time, it's taken time. So we've got to give ourselves that space and grace.

And I think coaching really lends itself to being able to make that change successfully with **someone in your corner who is going to not just cheer you on, but help you to really go deep, deep within and see who you are for the best.**

MERYL: Yeah.

And that's so true. I'm sandwiched between two coaches who happened to be my really, really good friends.

And, they basically got me through my divorce.

There was a couple of things, two things I do want to go back to on what you said. One thing that I say to people is, well, you need coaching. And they're like, well, I've been in therapy.

I'm like, Hmm. Coaching is a little different than therapy. Can you speak to that?

How coaching is different from therapy

Yeah, it's actually one of the first things in the program I run. I'm like, we're going to get this other table. So **coaching is not the same as counseling or therapy**, therapy, and counseling typically focuses on your wounded past, and it's **very much focused on the past**, you know?

Digging up past traumas and wounds and looking at them and try and understand them. And. You know, like analyze them and be with them. And it's, it's much more focused on really that past to some of that. Of course, being in the present with coaching, you are going to touch upon the past. You, can't not, that's part of the that's part of understanding someone's background.

What I love is that you're coming from an appreciative lens. That doesn't mean Pollyanna. We're not looking at what happened in the trauma, but we're looking from it's called appreciative inquiry, the appreciative lens of, okay. What. You know, what, **what did you learn from that?** What can you, what's a gift from that?

How might we take that lesson or what you saw from there and make sure that we don't have that happen now, or that we do incorporate that now **coaching is very focused on present and future** with going into the. Only really to kind of **harvest the learnings and gifts and insights**. There can be some healing that happens as a result of the past, but to go into the why it's not as important to go into the why **it's more important to go into your why for now**.

The importance of intuition and listening to your body

MERYL: That was, that was great. I think one of the things that I found valuable and that you had mentioned that, you do speak of is **tapping into your intuition**. And I know it took me a really long time to trust my intuition, to trust my gut to really, because **if you are a people pleaser, You don't trust that**, right?

You're always looking, for validation from the outside rather than the inside. And I know that look, that's my own personal thing, but I know that resonates with so many other people. So can you speak to the intuition but then the other piece that I also think needs to be addressed is the boundary piece with that, because I feel like those of us that are empathic and do want to trust the intuition, but were people pleasers. So **we don't set boundaries and we let people walk all over us**. So I, I know there was a lot, I threw into that question, but can you talk to some of that.

JULIE: We, all, everyone has intuition. I see it as a superpower as a gift. I'm not quantum physics expert, but what I do understand is that we're all energy. There is a field that we live in a magnetic field of intelligence, and we have access to that in our bodies.

You know, we all have different ways of intuiting. Whether it's sensory, you might sense it. You might feel it. You might have a knowing. You know, I get visions. Sometimes I'll hear, it feels like I hear something you might have all of we all intuit have that knowing in a different way.

If you're doubting it, just look at a time when you knew something or had a gut feeling and you had no logical reason for knowing that. And then of course, if you want to go deeper if you get

into heart intelligence and what they've shown through heart math intuition is connected to literally heart intelligence, which is **your heart has 40,000 sensory neurites plus.**

Like way greater in intensity in the magnetic field than the rest of your body. So we're intuiting information. And I think sometimes what happens is I know for me, **you can tell the difference between intuition and fear** because it's typically very calm. Simple quiet. Very like a knowing there, it doesn't have the frenzy now what can occur after can be frenzy.

If you're hearing something that is upsetting or startling. And I think that's where some may not want to listen. I certainly had intuition around my first marriage and then when it was time to, I woke up literally in the middle of the night and it was like, you're not okay right now in here. I've had many other, I mean, I track it today.

So then it's like, okay, **what are you going to do with that?** Well, for some of us, we'd rather it's understandable. Maybe you don't want to listen to it. So I think building that trust that is really for your highest good having support. So that once you do send something or have a knowing you have trust and competence and support to, to decide what you're going to do.

And sometimes it could be it doesn't have to always be serious or challenging. Oftentimes it's, for me, it was, leave your job, leave your single mom, leave your corporate day job, cushy job and go start your own business. People thought I was nuts and I. No, I trust it today. I trust that voice and it was the best thing I did seven years ago.

So that would be the first thing is like **learning to build a muscle.** And one way to do that is **track it.** Notice what your intuition is telling you, do a little inventory, where did you have it, and

not listen. Where did you have it and you did listen, look and see what happened. It's a great way to **do a little research on yourself. In terms of boundaries.**

And let me say I am. Always working on this especially to those of you that are empaths and sensitive. You're my people. We are a family here and I gotta tell you, **one of the best ways to, have boundaries is self-care self-love, and protecting and managing your own energy first.** So starting the day, meditation grounding All of it, the way you nourish yourself.

I have to do that because I can feel if someone's upset, I can feel if they're disappointed. I mean, I can feel that sometimes to a depth it's like, I almost can see the words above their head. kids are great example, a little easier to say no to, but you know, we've got to listen to what's right for you and your guidance.

Is crucial because it's going to tell you, I believe it's going to help you to be of service at the highest level to have the life that is in alignment with what you came here to be, do,, have, and experience. So it's not an easy thing with boundaries, especially for empaths, but I think **the more you are loving to yourself, the more you can have boundaries and be loving at the same time.**

Tools to help with boundaries

MERYL: I had a conversation similar with Nancy Levin who has written a book on boundaries. Setting boundaries will set you free, which was great. And, and her book is amazing. Do you have tools or strategies? I know you've got a couple of books out.

I think like you said, well with kids, we've got to set boundaries, first of all, we have to set them for ourselves, but we also have to teach our children. About boundaries, right. That they need to set them. I mean, I'm teaching my kids now about boundaries. I never knew about boundaries.

I mean, I was 50 before I learned about, oh, I could do that. Like that's allowed, I could set that boundary. I never had any tools for that. I never even understood it. Right. And so so I, I would love a suggestion for that because the other part is okay, so we have it with our kids, but I will tell you for people and we've got a huge clientele who are a little older who are dealing with parents.

And part of the trauma that I see, especially with the women is that their trauma was a result of, let's say a relationship or a **not great relationship with their mother or father**, whatever that was. And they didn't have a good relationship with them, but **yet they have found themselves in the position of, now I have to take care of this parent.**

And yet this parent is still slightly abusing them. And kind of not, not respecting their boundaries. do you have any strategy for that? Because I will tell you that is a hard place to be.

JULIE: Yeah. That is a tough one. And I love Nancy I've. I've gotten to know her and I love her work on boundaries. And so glad you've brought her.

Yes, she's wonderful. First of all, I think one of the things, especially, I'm just going to say for most women and I don't want to over-generalize, but I, I know most men don't, the men in my life have been in my life. Don't seem to have as much of a problem with this. You know, getting that **no, thank you.**

I like the, thank you. I had someone say, you can just say no, **no is a complete sentence.**

Personally, I like adding some kindness and, and just so for me, it's no, thank you. Is a sentence is a. It's okay. There's a couple thoughts. I have **number one, use your body**. If you start to notice, **when you feel a boundary is being crossed, notice how you feel** for many of us, I would go right to like what I should do versus what is my, what is my intuition, my body wisdom saying.

And, and so tune in, notice, okay. Your mother asks you to. Come and I don't know, clean the house or take care of her or have, or move in with you. Right. Like I can tell you right now that will not happen for me. I love my mom. That would not work. That would not work on a lot of levels.

And luckily right now we're not in that situation. However, I noticed with her and I love my mom. She'll ask some times, you know, lovely things, but I've got a lot going on and I try to balance time with her and also time with my kids, with my business, with friends, myself. And so notice how you feel get clear first.

What is the boundary being crossed? Feel like you're going to notice it. Like **for me, it's usually my gut. I'm like, Ooh, it doesn't feel good.** So notice that because that is wisdom that telling you, so you might say to yourself, no, no, no, it's fine. It's your choice, but I encourage you to listen to your body.

Your body will not lie and that's, we could go on and on about that, get in tune with what your body wisdom is. **Number two is really having some things that you can say** so that when you feel it's not, it's not going to work for you or it's crossing a boundary. First of all, I think **using a pause**, I have a new rule, like with anything, I **give it 24 hours, let me get back to you** on that.

So having tools of what you can say to somebody, or I hear what you're asking or hear what you're saying or got it. Like, let me think about it or let me get back to you or let me sit with that or process that so that if it's in the moment, I know I can either. Probably others listening.

Cause it's swept up in that conversation and feel like you need an answer. So **use language to put a little buffer of time** and then **have people that really support you**, your youest you that are gonna be there and you can call like the coaches, you have Meryl that helped you through divorce or friends and say like, all right, here's what's up.

I feel like this is a boundary. I do not feel good with this. Can you help me strategize and do that on the backend? So you don't have to do that with the person. I mean, there are other things you can do, but I think **taking a pause is very helpful tuning in noticing your body, and then having some things you can say** if it's a no, or this is not going to work, or I love you.

I'm sorry. I can't do that, but I could do this. In coaching, you'd say, and, and I could do this. So it may not be exactly what they're looking for, but it could be maybe something that, that works for you too. The main thing to get is **you're worthy of having boundaries**, especially for us women, we're worthy of them.

And **it also teaches our children and those around us, how to, how to treat us.**

MERYL: Yeah, speechless on that answer because it is, it's so true. And I just need everybody to really hear that because I like the pause idea. I've done that. I don't respond. I used to be. Yeah.

Especially in business people would come at me like, eh, and I would take it as a personal like, insult. Right. And then I want to respond to them like, wait, wait, wait, let

me take a step back. Let me, let me figure that out. Let me deal with that. So, and even in my own personal life, yes, I have used that and I've found that it's helpful.

Tips to help navigate the holiday season

So I do think that that is, is an important tool to be able to implement. So, so on the same idea, but sort of a little bit of a shift **we're coming into holiday season right now**. And one of the things that I hear from people so often at this point is, well, I really want to do this work and I really want to work on myself and I really want to start this, but **I think I want to wait because we've got this holiday and that holiday** and, and they put off the work that they should be doing now they're putting it off till January. Right. But yet they're excited to do it. And, and then January comes and then momentum is gone and the urgency is gone and So I feel like because here's the thing it's never, **there's never the right time**.

There's always something that comes up. Life always throws stuff, whether it's a holiday. Right. And I think we have to learn how to maneuver within the context of life to be able to get through it. So can you speak to that a little bit? Like, what's your thought on.

JULIE: Yeah. I mean, **the moment you say yes to yourself is the moment transformation happens**, because there's something that happens when you commit to self-care or taking action that's for your highest good.

So I am a big fan of actually if you're even considering. Starting that work, whether it's coaching and, or working on your health, your nutrition, your, your lifestyle. the worst feeling I've had in the past is when you get to the new year and it's like, oh crap, I got to start from zero.

That's also that plays into that diet mentality, frankly. So I think it's a antiquated. It's kind of. You know you don't know if you're going to be here. Like we don't know anything. So if that's the case don't, you want to start feeling you're connected to your highest self and the most vital, like now, **now is important**.

Not just because we've got these holidays and the new years, now is important. There's nothing to me, what, what feels even better is going into that new year, new time, and you feel like, you know what, I've already been taking awesome care of myself. So **I think of it as like a running start**, but you know, if you want to get out of that mentality totally like every day is a bonus.

We don't have anything guaranteed, like. Start, as soon as you feel the little bit of seed of inspiration and help because it does wax and wane and people know it, it changed it does take time. It doesn't happen overnight. I'm a believer of like no, start now. Like this is the time, especially before, honestly before holidays where there is a lot more, let's just, I mean, especially this year, there'll be more gatherings.

There'll be more. Foods and things that could be challenging for many of us. So I think **starting as soon as you feel that motivation, jump on it**.

MERYL: Yes.

And I agree. I mean, I, again, I say that to people all the time, I'll let you know. It's funny. Cause people are like, well, I don't want to hear from you now until the first.

And I'm like, okay. But understand, like you can get 60 days of good stuff under your belt before the first comes. And what is it? **It's just a date on the calendar**, right? Like you said, it does play too much into that diet mentality. Because if you have inflammation and your body is out of

balance, it's going to be worse in 60 days, right? It is only going to be worse. And the mindset only gets worse, especially I think around holiday time, if you're prone to some of this stress and anxiety and all of that, I think it magnifies, **it gets magnified during the holidays.**

JULIE: Absolutely.

MERYL: Yeah. So thank you for that, piece of wisdom.

I just want to mention the funniest thing is that, so I'm wearing this necklace and it says your intuition is your superpower.

Yeah. So I have necklaces that I have a woman who makes these amazing. I mean, you guys, we're not we're doing the podcast, it's audio, but you know, you can see it here because I had this woman make it because I needed to learn. To trust my own intuition. It took me like, it took me a really, really long time to trust that.

So when you said that, I was like, oh, I have my necklace. But I do want people to really resonate with that. I always tell my kids I've got, my youngest is, is a senior in college. My middle one is in law school and my oldest is in med school. And so I always say to them, trust your gut on the test.

Trust your gut so that they don't go back and change their answers, but we do need to listen to it, no matter what age you are. So going back to, because one of your sort of taglines, or I guess your mantras is the highest potential for your most authentic life and what you call being your youest you.

What it means to be the youest you

So let's go into that a little as we sort of mind down this podcast, but talk about that for a little bit.

JULIE: Yeah. I mean, and I always get this stat wrong but I love this, the statistic, every time I read it, I get chills and I'm like, do people really know this and think about this.

So it's something like the chances of being born. Do you think about your parents and like all the sperm and the whole thing? It's like 400,000 trillion, one in 400 thousand trillion chances of you, of me, of everyone listening, being who you are. That to me is pretty darn incredible and inspiring. And so I, I just really believe we each have a **greater infinite aspect to each of us**, a soul without going all into that.

What I will say is I do think each of us has these unique. You know, individuated attributes, gifts, skills, talents. Divine aspects of ourselves that came here, that are here to experience, to be enjoyed, to create, to feel our infinite nature, to be our best self, to add value, to be of service, all of these different kinds of, you know, top of the pyramid of Maslow's hierarchy of needs, because obviously, you want to make sure you have stable shelter to be able to actualize yourself. But the point is, we all have this within us, no matter where you are, no matter where you're living or what your lifestyle is, we all have that.

And I have just experienced it. And I think what we talked about, especially listening to intuition, I really believe it's always going to guide you to that aspect of yourself, that higher self that is continuing to evolve. There is no just like nature you couldn't find the same. You took a photo, even two seconds apart.

Things are changing. **We're always evolving and changing**, hopefully. But I believe there's an aspect. That's the most authentic version. That's, that's not. About trying to be something for somebody else or comparing or feeling less than or worthy when that is all said and done and put aside and you realize there's just, what's left.

Is this incredible statistic of being born, this brilliance and divinity to me when **you're living into that space, that really is connected to your youest you**. My me-ist me that version of you that's growing and evolving, that is. That will never be here again. And some sort of obsessed about it. Cause **I did a lot of life where I was not living in a present state** connected to that.

And the way it felt was like, whoa, gosh, I almost like I could have missed it. I could've missed being alive and awake and present and awake is really the word it's waking up if you feel like you're asleep at the wheel. That's okay. There's many of us who've, I've been there.

Just wake up because. I'm telling you it is a whole different way to live. And that youest you. To me, it's clear authenticity and no matter what that looks like, feels like gender, religion, race, all of it. It's all to me. It's all divine aspects. It's just really asking that question.

What's most important? How do I feel most connected? To myself, to my soul, to my heart. What does that feel like? What does that look like? Who am I being? And it's less about doing actually, I think it's more about who you're being and you know, your body, your feelings, your emotions will tell you when you are in a dangerous neighborhood when you are not at home in yourself, I've, I've been there.

And that's part of the intuitive listening in trusting. It's like your necklace. It's a superpower. If it's not feeling right. look inside, wake up, look inside. Cause you got one shot here. That's it for

this lifetime. I'm sure there are many, many more. However, this one I'm kind of psyched about, right?

How imposter syndrome affects our wellbeing

Like we get to talk today. Like I'm thrilled that Hey, we're all here. So. That, that idea of really just, and, I don't know, I kind of think about with what's going on in the world as each of us tunes more into ourselves, authentically and rids of this, the next book Meryl that I'm writing is called **Who does she thinks she is**. And it's all about **imposter syndrome and feeling like a fraud and who am I to do this**? And I think it's just, there's so much more to say, but what I will say is if we can start overcoming that, moving through that, and instead of saying, who do I think I am? It's like, who do I know that I am, who I feel that I am the more that many of us follow that I really do think there'll be a huge shift happening.

Slowly, that will happen though, on this, in this world, I really do. As we **start healing those relationships with ourselves first**, cause it all, it all mirrors on the outside **whatever's on the inside is what you're gonna see on the out**. So it starts with you and being that authentic, most authentic self.

MERYL: That left me speechless. I mean there's nothing else to say. Although you just brought up something that I would, oh my gosh. I, so we're going to have to do a follow-up to this on the whole imposter syndrome. Because I know I've experienced it. I mean, and, and recently, right. I, I think I call myself the Rebel Nutritionist and there's times where I'm like, well, who am I? Right to do that because I'll see someone else.

And I think we do this, especially with social media, right. Where we're looking. And like you said, well, what's on the outside is not always what's behind the scenes. I think intellectually, **we all know that what is on social media is not real yet, somehow we integrate that into making ourselves feel bad regardless.**

Yeah, because on an emotional level, we feel bad. And so gosh, that does resonate and there's, and I know there's been a conversation I've seen, I think actually I'm not sure if it was Gabby Bernstein or whoever spoke about imposter syndrome. I see that often on social, because I think it is a real thing.

And I know at this stage, If I'm feeling it and I'm, I think I'm fairly accomplished at this point. I mean, there's certainly more I want to do, but gosh, what are people thinking? who are in, and not for me to judge that either, but I know it's a big issue. I know it's a huge issue, so I can't wait until that comes out.

And then maybe we can even talk about that, but thank you for bringing that up.

And like I said, I'm, I'm kinda speechless. We can go on, but we're kind of at our time limit.

Anything else you want to leave us with?

JULIE: First of all, I loved connecting with you in this conversation.

So fun and, and really rich. I would just add again to everyone listening that it's worth the time and energy. To get quiet, to spend some time **I'm a big believer in meditation** and really tuning into your body wisdom and your intuition. They will guide you.

I mentioned it before. a little, tool that works well as an intuitive inventory, go look in your past, go see all the times when you had that like gut feeling or knowing that you can remember, you don't have to get all of them and when you did follow it and when you didn't, you're going to see right there.

Trust me, I did this and I was like, oh, holy crap. What the, why didn't we learn this in second grade? Why didn't we learn this? Because **it also lends itself to what foods work, what activities?** I'll just say this. I have honed mine pretty intensely, and you know, today I can literally feel certain foods are going to be good for my digestion or not.

I can I knew certain movement is too much. It burns out my adrenals. So, **everyone tune in let your body guide you** because it is extremely wise. And even if you just start trusting a little bit more **finding somebody that you can connect with and have accountability**, I definitely would recommend whether it's working with you, coaching, Meryl, just get support.

I would say **don't do it alone**. Don't go in this. We're not meant to be doing life alone. And just to trust yourself and to build that trust, to build that trust and that love you will watch what happens with your body, watch and see what happens with what you're going to release and not just the physical weight.

I mean, the mental and emotional weight. So if that's a goal and an aim go within first. And **love upon yourself more than you've ever done before**. It's just so counterintuitive, but it's actually quite intuitive and a good place to start. So I hope that that helps.

MERYL: I have to say, I think this is one of my favorites.

So with that like I said, we're going to definitely have to bring you back on and everybody, if you're listening, check out. Julie's site, check out her books. Check out her podcasts. I mean, she is a wealth of information. I know I've, I've watched a bunch of them and just, it's been great.

So thank you so much for being on. Really appreciate it. I am, I am, like I said, humbled, and I just think you and I are so much on the same wavelength. So it's, it was just a pleasure. And uh, this is your Rebel Nutritionist, everybody signing off make it a great day.