

# Ep 47 - how a coach can move you from stagnation to success

MERYL: Hey everyone. Welcome back to the Rebel Nutritionist podcast. Today, I am super stoked because I have my coaches here.

We are doing a **roundtable discussion** that we are calling **Success or Stagnation**. So welcome ladies. So how this came about was we do our coach's huddle as we call it every Thursday where we really get together to discuss collaboratively and collectively about the success, the challenges that we have with our clients.

We get to kind of. Pick around the room what we need to regroup on and really where we can support each other with the people that we're working with. It takes a village because. People come in with different challenges. And it's nice to have a few heads to bang around, when we're talking about how to help, because really the bottom line is we are here to help.

And I have to tell you, and I haven't even shared this with you guys yet, but we have a client who I've been working with for a little over a year young couple, who's been trying to get pregnant and mom to be has had some health challenges. And I finally got an email yesterday that she is pregnant.

So you know, nothing more satisfying and gratifying in the work that we do then having people achieve what they come in. Right. And ultimately it's health and wellbeing and you can't get pregnant if you're not healthy, if you're not in a healthy body. So, so I was excited about that, but

without further ado, like I said, success or stagnation we run into issues with clients because people come into your all gung ho ready to supposedly commit.

And then a few weeks in, or a weekend or two weeks or four weeks or wherever it may be.

These self-sabotaging behaviors come in. And they go AWOL on us, as we say. So I'm Michelle. I know you have something to say about that and we'd love your input.

MICHELLE: Sure. So I always **talk about the honeymoon phases**. When we start working with clients, how they come in, they're ready to go.

Everything you say they are open and welcoming to take in. And then **a few weeks later, it's almost like either they get tired of it or it's just so much work**. I've heard people say that it's like another job. And then **either they give up or they turn it around and we regrouped**, like, what is your, why? Why are you here?

Like, this is your life, your health, your wellness. Pull it together and see where we can take it. And that's when you see the change.

MERYL: Absolutely. And I think the other piece of that is, is that **I think people try to take on too much** they come in, we talk about a lot of things. We talk about the nutrition and the lifestyle and the behavior and they walk out the gate.

Yeah, I got this and I can do all of this. Even though we say to them, one thing at a time, baby steps, it is impossible to change all of these behaviors at once. **And then I think it takes them a few weeks to finally realize, wow, just changing one behavior is a lot**. Right. And so, so this is where your support right.

Is on the daily where it makes a difference because **you are there to say, okay, let's, let's regroup on this. Let's talk about the one thing.** So Kirsten

KIRSTEN: Yeah I love that you speak about the behavior piece. I always like to tell my clients, **if you are able to change one behavior each week in the course of a year, that is 52 behaviors.**

And that is massive. I don't know that most people even have 52 behaviors to change. So even if they're doing one every two weeks, it's still huge. So they have to look at the big picture and understand that this is a process and it takes time and behavior changes hard. I think you need to clearly make them understand that this is going to be a difficult road, but a successful road. **If they pay attention, listen to their bodies and their coach.** We all had to challenge them, but not to challenge them so much so that they feel intimidated or overwhelmed. It's a process and we take it at their pace.

Right. **So they kind of are riding this wave and we're riding it along with them and challenge is always good. I'm always up for giving them small little challenges along the way. But careful not to push too hard that they fall over.**

MICHELLE: And I was going to say also in coming to a place where they're at, right?

So like if five minutes a day is all that they can give we'll take it.

MERYL: The one thing that people would say, well, what, what do you want people to know about the work that you do? Or how do you work with people? I think it still goes back to, this is an individual, like you both just said it, this is individually based.

I think we cannot lose sight of how critical and crucial that piece is because so many programs out there I can name them the Weight Watchers, the Nooms, the blah, blah, blah all of these programs are **here's a template. Here's what you do. And no wonder people don't have success because if they can't relate to it**

MICHELLE: Or sustain it

MERYL: Well, absolutely because **they give them too many things to try and sustain at once.**

Right. And, and sometimes it was interesting. We had a client yesterday, Kirsten and I at the earlier part of the day. And you know, she comes in thinking it's the food, it's the food, it's the food. And if you don't start to peel away and uncover, all of a sudden, we started uncovering some traumas that she had when she was younger and we were connecting the dots for her and she literally sat here, sat back on the couch and went, oh my god.

Yeah. It was a major aha moment. Like you need to be able to listen to these people and let them process,

MICHELLE: Because **most of the time it's so much more than food.**

KIRSTEN: Oh, yes. Yes. Well, those categories of wellness look like, right. I think they often come in here thinking that they're going to walk out with the nutrition plan and maybe an exercise plan too.

I think after they walk out of here. They walk out so enlightened by the fact that there are so many other categories that make up wellness and that all of this needs to be worked on individually and it takes time.

MERYL: Yeah. Well, and it takes time. And it's also about understanding. I think one of the other pieces is that our body is **an interconnected system**. And when you're going to all of these specialists, right, you go to a cardiologist or gastroenterologist or this ologist or whatever. People don't make the connection that really the entire body is connected. And so you know, someone else said to me, well, oh, but my blood sugar is high.

Does that have any bearing on, I don't know, whatever it was they were talking about. And I'm like, yes, your blood sugar has a bearing on your blood pressure. It has bearing on all of it. Like there's not one thing that is disconnected from the other. And I think that's the other piece of this, especially.

in coming off of, hopefully out of this pandemic and people understanding that they need to take charge of their health because it is an overall health picture. Like why are you so sick? Well, you've got inflammation and you've got this and you know, all of those things.

And I think Jill, one thing I wanted to ask you, was as our newest coaching member. Yay. Because I know you've made some revelations, you've talked about some things to me I'll let you say it in your own words. I mean,

JILL: Well, I can tell you I have a client who is, has been struggling with some illnesses for a long time.

She's come in. She's already made some great strides. However, the scale is not moving as quickly as she would like it, but she is feeling better and she's noticing changes in her body, but she also just found out that she's got a lot of inflammation and she's wondering if that is causing the scale not to move.

So now we are going to correct that and you know, we're hoping to see those changes, but as you said, it's all interconnected and it one thing definitely affects the other.

MERYL: Right. And so the particular client that you're talking about, interestingly enough has been to many physicians who have labeled her because her blood work, literally her blood work was perfect.

**I said on paper, you are perfect. Right? So any physician would look at her as she has experienced and is dismissive of her.** Cause they're like, well, we can't find anything wrong with you. Right. But we dug a little deeper. As a matter of fact, **we dug a lot deeper. We did a stool test on her and she came in and it was like, talk about the aha moment.**

Like, oh my God, like it was pretty disruptive what's going on in her body. And I said to her, look, there is a lot of inflammation. And whether you have inflammation in your gut, or you have inflammation in the rest of your body, inflammation is what triggers the immune system. So if you have cardiovascular disease, you have inflammation, right?

If you have blood sugar abnormalities, you have inflammation. If you have cancer, you have inflammation and inflammation is what triggers the immune system. And then things happen from here and then you have auto immune disease and so forth. But **the other thing that inflammation does is it acts like a force field around your fat cells.**

So people who were trying to diet, diet, diet, and they think, oh, well, I'm going to go on this diet and I'm going to go on that diet. And aren't seeing success it's because they have too much inflammation overall. Right. And it acts like that force field. I think that's the other piece. And you know, you guys can speak to this in the coaching realm is really getting people out of the

way of it's not just about weight loss and Kirsten, you mentioned. Right. You know, but I think that's where people, when people get stagnated right. With the weight loss, how do we get them to, to just not see red? Like, oh my God, it's the scale. I just want to get. You know, getting them to really stick with it.

MICHELLE: We're learning that there's so many other things to tackle. Like it's not just the number on the scale. **I always say that the weight loss is the side effects.** But feeling good is where we want them to be. That's our goal for them is to feel good and live their healthiest life. The weight will come off, but first they have to get that inflammation and all the other stuff under control to get there by changing habits and behaviors.

MERYL: Right. So for example, you've had a couple of clients. I know there's a couple of male clients that you're working with that also have kind of realized they need to move more. We're looking at the scale, the scale wasn't moving and you were you gave him a little bit of that. Tough love.

Speak to that a little bit.

MICHELLE: Sometimes people need to know like, okay, **doing the same thing is not going to produce change.** So why did you come in here? Like, let's, let's make a change. Let's make this worth your time and effort and money change things up because if you don't, you're not going to see change and you're going to be unhappy.

So I have definitely felt a little bit more comfortable by putting the lead foot down and telling people. You have to do things you can't, it's not just going to happen to you. So really telling them exercise is important. You're not going to get away with not doing anything and feeling

any better changing up your food, changing up what you're drinking, finding happiness within yourself.

You know, finding outlets. I always say, **what can you do to fill up your cup? What makes you happy? Find more activities that make you happy** and do them, even if it's just once a week, if you'd love to go to the beach and you haven't been in months. Find time to do that. Take your family, go by yourself, take your dog, do something that makes you feel good, gives you that purpose.

MERYL: And that's so important because I feel like we talk about self-care. We talk about reducing stress and I think that's a huge one because people think that they're just supposed to walk around with stress and we're just supposed to like take care of everybody else and not ourselves. I dunno, you know, I would say it's women, but I don't think it's just women.

We've seen a lot of men who are not great at self-care either, you know? And and I think especially now, not only are we seeing it, but the younger you know, younger adults, young teens who are coming out of this pandemic with just the anxiety and the depression. I mean, we have been flooded with, with this stuff and.

Yeah, **we've got to pay attention that the emotional brain**, what goes in our brain, the thoughts that go on in our brain, the stress that goes on in our brain is. And so how do we I don't know, Kirsten, if you want to speak to that how do you get your clients to really understand that stress is a problem that, that not taking care of themselves is a problem.

KIRSTEN: Yes, of course. **Stress is a problem. And so we often talk about the different. Strategies and techniques that can offer them some sort of relief.** And I always speak to

grounding, breath, work and meditation. Grounding is so easy and it's such a great way to be able to destress because you're putting yourself outside into the environment.

So it clean, fresh air. Grounding on the sand or on the dirt or in the grass is absolutely perfect. And it's such a great way for your body just to absorb all that and those electrical fields that come from the earth. We are an electrical body, so the earth puts all of this good energy into you, and it's a very, very great title, successful technique just to help, to calm you.

Sometimes I even suggest, you know doing grounding and breath work simultaneously

MERYL: So not to interrupt you. Talk a little bit about what grounding is. Cause we talk about that when we, when we work with clients, but be a little more deliberate, like basic, what is grounding?

KIRSTEN: **Grounding is really standing with two feet on the ground**

MERYL: On the ground. Not the concrete.

KIRSTEN: Definitely not the concrete. **The beach is probably the best place to actually do this. But if you don't have access to the beach, the grass is perfectly fine too**, but definitely not on the cement or on the bricks. It has to be on the earth. Something else that comes to mind just in terms of what grounding looks like.

And it's my own personal experience with that is a couple of years ago, I learned to practice chi Kung, which is similar to Tai Chi. Tai-Chi is a little more active, but Chi Kung is more stationary with moving the upper part of the body, but it's very much centered on breath. And so I used to,

I haven't done it for a while that I'd love to get back into it because I really was reaping the benefits of it when I was doing it.

I used to practice to come in the morning on the ground and it wasn't for long, it was like for five or 10 minutes. And it was beautiful doing it outdoors. Cause you know, the weather is always great in Florida and early in the morning, it's even better it might be a little humid, but that's okay, it's like five or ten minutes and standing on the earth and doing that breath work with your eyes closed it puts you into another universe almost. The sensation of calm and balance and peace of mind that comes over you just at that moment in time is liberating. And I encourage people to maybe not do Chi Kung, but like I say, just stand on the earth.

Obviously some of the other techniques meditation do it in the morning, do it in the evening, do five minutes to 10 minutes, whatever you're comfortable with. But if you can start to be consistent, but they routine of meditation in your life, you will absolutely reap the benefits of that. You know, and meditation is hard for a lot of people to get into it, especially people with these monkey minds.

And they're like, oh no, meditation is not for me, but it's actually exactly for you, if you are that person. And if you can just find, even if your sweet spot is three minutes, just starting out, go for the three minutes. Great way of de-stressing again, you can do breath work while you're doing meditation.

There's amazing apps. For meditation. So we talk about that a lot in our sessions in terms of what self care looks like, because self care is not really going to set on do your nails and your hair, right. Let's how can you take better care of yourself and be on your own, in quiet space

being present with yourself and then journaling as well is another great way of just helping with stress get all those words on paper.

I often say if you're able to clear your mind by putting those words on paper, those stressful subjects don't sit with you anymore. So you can put them onto paper, burn the paper if necessary, and then they're really gone. Sure they're not completely gone for good, but at that moment in time, you've managed to release them.

Yeah, that's a little bit of what we talk about in terms of what the space looks like.

MERYL: I love that. I mean, that's great. And, and it's simple enough for anybody to do anywhere. You know, I dunno if anybody remembers the pretty woman movie when Richard Gere took off his shoes and was going around and like a patch of grass in New York or wherever it was.

Right. I always think about that, I mean, look you know, how you feel when you go, you put your feet on the sand and the beach, right at the beach, it's like an amazing, amazing experience, right? So it is, the earth is very much as energetically supportive As it needs to be. So And for those of you that couldn't get what Kirsten was saying because of her wonderful accent. Chi Gong , that's what she was talking about just in case. Cause I know people say that to me, like what, anyway But no, I think, I think those are great things for people to listen to and start to adopt.

Jill, any thoughts you want to share in terms of the work that you've started doing with us and no, I mean, look, you've been working with me for a long time and now you're at the other side of the table, not to put you on a spotlight here, but

JILL: No, it's true. I mean, I feel that I have come full circle in the fact that.

**I thought I knew what it was all about to be healthy.** And I worked out and I thought that I was eating healthy, but now I realize just how all encompassed it truly is. Just even personally my lack of sleep and my stress. It all is encompassed with each other. I mean, each, each item affects the other one.

So I've truly learned how they connect to each other. And it's, it's been an amazing experience to see it all come to fruition.

MERYL: And now being able to help other people I think is extremely rewarding for you.

JILL: Exactly, exactly.

MERYL: Yeah. Yeah. And so and that's, and that's the whole point is that. Doing this work.

I mean, I'm really excited. We're going to be launching **our Rebel Nutritionist 30 day, Your Way.** **It is literally a plan that can be as flexible as people need it to be.** I think people get stuck in the fact that, oh, I ha you know, give me a plan. I need to eat this. So we are We've listened, we're giving them that, but yet they're right.

We're giving them, we're giving you what you want. But, but also helping you with what you need in terms of how do you help, how do we help you create meals and recipes and things that work in your life. And so the nice thing about this new program is that it's simple, it's easy. **It does take the stress out of meal planning and what to be eating, but yet also encourages you.**

**To be a little flexible.** And I think, again, that's the key one thing I do want to touch on is the idea that people come in here and we heard it yesterday. We hear it all the time. What did you eat? Oh, well **I just finished all the junk in my house. Cause I knew I was coming here and you're going to put me on a diet.**

Right. We hear that all the time. And so I think one of the important things that we need to stress is that. **The work we do is not about deprivation and it's not about starvation.** And I think people really think because the diet culture has embedded in our minds that we need to be deprived and we need to feel starved and we need to somehow feel depleted in order to really effectively be successful at weight loss.

And when people come in and. Wait a minute. I don't feel bad. I actually feel really good. How can this be working if I feel so good eating more than I ever thought. Right. And I'm eating more than I ever thought I was and things that I never thought I'd eat. You know? So yeah. Either of you guys, any of you guys want to speak to that a little bit in terms of you know, the clients that I think when we can relate a client's story, because I'm sure there are people out there going, yeah that's me.

MICHELLE: Right. Well, I definitely, I'm thinking of one of my clients in particular, who used to stop off and like buy candy and stuff on her way home and hide it whatever stopped doing that and started eating healthy foods that were nourishing for her. **And we controlled her sweet cravings and she's like, I'm eating so much, but just came in and lost 10 pounds and an inch in four weeks** and is like, wow.

And she's not feeling like I need all these sweets anymore. It's a total major mind shift because. You know, you come in thinking I'm not going to be allowed to have this, this and this. **And we**

**open the doors and teach you what you can have and benefits of all the different healthy foods.**

And then you're not walking around starving, which is what people mostly think when they're starting to be on some type of meal plan. So a lot of times it's a big breath of fresh air for our clients to say, like, I'm eating so much more food and I feel good. So that's always like my happy place.

Like I feel good. Because then we start to see the shift.

MERYL: Yeah, And it does, it is these small shifts and they start with the one thing, right? You get, you get some of that sugar out of their diet. You know, I was talking to somebody yesterday. I said, look, I'm not, we're not taking away the foods that you enjoy eating.

But the funny thing is, is you're going to start eating better. And those foods that you thought you enjoyed so much. Don't taste so good anymore, right? Yeah.

KIRSTEN: So good off to you do.

MERYL: Yeah. Right, right, right. I mean the one woman that was in yesterday it was having the sugary cereals and she said after not having the sugary cereals for so long.

She, she took a bite of it and she was like it tasted like chemicals

MICHELLE: And then it probably didn't feel good. Right.

MERYL: It totally doesn't feel good. Right. It totally doesn't feel good. I know. I'm, I'm, I've been talking to one of my buddies at the gym who is a trainer and he's like, yeah, I'm off of my sugar kick.

he goes, yeah, it's, it's a week of hell, but man, I feel better I feel better afterwards. We really **don't realize how sugar is such a drug and how pervasive it is and how we really need to detox**. It really is addicting and how we get people to detox off of it. But not in a way that's depriving it's, it's all of a sudden, oh right.

I, I don't really want. I don't crave it anymore. And that's, and that's a beautiful thing. So you know, hopefully a little bit of what we have talked about helps you all out there, because that is our goal. And If you haven't had the chance to go look at our website that has our 30 Day, Your Way program.

I think you all should do it. It is self-paced so you can totally do it four weeks without any, any help from us. You can do it on your own and, and check it all out. But I would say if you are even on the fence a little bit and need some support, I think the other thing that we hear all the time, people come in with questions and they're like.

Well, they say, I should have five small meals and they say, I should be eating this. Or they say, I shouldn't have lectins or they say, and I look at them and I'm like, who's the day. Exactly. And, and have they done any of the research and the studies and do they know how actually what they're talking about?

Because that they is very, very vague and most of the time, the "they" is a good journalist. Who's taken some information from some other anecdotal type of basically the day is not

science driven all the time. And I find that even if it is, it's been diluted and shifted and it's like playing the game of telephone you know, you start with a study that says one thing.

And by the time it's gotten its way through mainstream media and has a little tweak on it, the message is never the same as the original message. And I think we have to be very, very careful about that because people are hearing. Old stories, old philosophies should we eat five meals a day?

Should we eat five meals a day or should be fast? Should we eat keto? Should we eat hot? You know, no wonder everything. We get people all day long who are so confused because what should be **a simple act of eating food has become extremely complicated**. I say this all the time, we say this to our client.

**Eating food should be simple.** We need to eat to survive yet. Nobody knows how to do it. Right. I mean, it is like the biggest oxymoron that we could talk about. But this is where working with experts and we are experts is the difference and makes the difference because everybody knows me I don't do anything without any research behind it or good, substantial research behind it.

And my coaches don't do that either. Right? **So it's rooted in good science and it's really rooted based on your individuality.** And that's the beauty of what this 30 Day is, is that it's a nutritionally supportive meal plan.

You can pick and choose how you want and better yet you can have a coach. And the investment is so little relatively I guarantee. Go add up for those of you listening go add up, not

just the money that you've spent on fad diets and books and foods and all of that kind of stuff, but add up and supplements.

Right. But add up the time, right? **Because your time is money. Add up the time that you've spent, not just doing these programs, but thinking about and obsessing about food.** If you spend hours and hours a day, obsessing and thinking about food, that's time. That's money. Right? Think about that because that's really, if you can get your life back, when it comes to controlling your health and your wellbeing through your food and making it simple and easy, and that you feel good at the end of the day, you feel good in your own skin.

Isn't that? What it's all about? so thank you all.

KIRSTEN: It was wonderful. Thank you for having us

MERYL: I think what we've talked about really resonates because we talk about this all the time in our weekly huddle. So love your feedback as always from our amazing audience out there, we do this for you and we hope this has helped you drop us a line.

And as always until next time, make it a healthy day. This is your Rebel Nutritionist signing off.