

# Episode 58: Why Feeling the Fear is the First Step Toward Change

SHARI: I want to also address something that's important because we spoke about it that issues are in your tissues and auto-immune, and I think it's really important to understand that when you become in tune with your body **really understanding that your body is a gift** and, and meaning. You know, yes. He needs to take care of it, but understanding that your body's always cuing you so **it can cue you to feel an emotion that you're refusing to feel because feelings can be scary**. We were taught very early on.

Don't feel, don't be too intense. Don't be too dramatic. Don't don't cry don't be angry. Whatever that is. So it's important to recognize and to become really in tune to your body. And you can do that with supplements, which are amazing. Amazing tool working with Michelle, I know had made me way more in tune to my body and I'm pretty in tune to my body.

But knowing that I wasn't feeling good and then texting her pictures of my food and she's like, you don't have enough protein, go get some protein and all of a sudden I'm feeling better. That's amazing. Your body will always cue you. And what a gift it is to be in this human body and that we can actually use our bodies as you know, tools to create.

Our desired results.

MERYL: Right. And I love that you said that because I have said, and I really do think that even since just the whole pandemic thing, we've become so disconnected. At one point when we were all locked down, everybody was getting reconnected with themselves.

We were home. We couldn't go anywhere. So families were getting reconnected for a short period of time, you know men and women, who weren't working were cooking again. Maybe they were drinking a little too much, but they were cooking again. And they were finding the time. To do things that they hadn't done because their life was so hustle, bustle and stressed and, and that for a period of time, that was great.

Right. And then all of a sudden the hysteria and, and all of that, just kind of up ended that, but I feel like. We are so disconnected because like you said, we're going from one thing to the next. We don't take the time to stop and breathe or stop and look at the beauty around us or stop and even be grateful for this body that we've been given to live in.

And I think that's so important because that's that's really the meat of where all of this starts because **you can't make change. If you don't recognize what your body's asking for and what it's telling you.**

SHARI: Yes. And, but what happens is that the ego comes into play and it's just, **it's exhausting listening to that voice of the inner critic all the time.**

So it puts the body in a second. And it's really about. unconcealing. What wa you know, what the inner critic and what are those underlying belief systems that are creating that when, when I work with a client one of the things that we do is we uncover. That belief system. And as, as we navigate the, the weeds in you, I'm always talking about the body brain, I'm always, always asking my clients to reflect on.

It could be an internal flame. It can be an internal fountain. It just kind of be internal colors, whatever it is. I always have you look at that. And as you do, and we're, we're learning to quiet the voice of the inner critic. There becomes a balance between the head and the heart. People are not it's either like one or the other, but usually the body goes second because the head is very loud and it's exhausting.

MERYL: Amen to that.

SHARI: People, people do want to change, but **it's very safe to stay in the comfort zone and some people, me included, need a handholding.** And that's why I know working with your, your group, they, you guys have helped me and have allowed me to take my time rushed in some ways, take my time.

You know, I've worked with you is the same premise, but the one thing that is guaranteed, if you do the work and you trust the process, You will make

MERYL: kids drive. Right. And I liked that. You said that I always feel like having, working with someone allows you gives you that safety net so that you don't fall too far.

SHARI: Asking for help is, is, it's okay to ask for help. Cause it's okay. Not to be okay. You can't do it all. That's when your body's going to go out and he can't do it on your arm, but you have to trust the person that you're entrusting.

MERYL: Right.

Well, and I think, again, that message of right. I mean, I remember, gosh, in the nineties, maybe it was **oh, you can do it all. That super woman model**, right? Like, oh, you can be a. You know, you can raise children and you can be, oh, you can be in the workforce and you can do this. And you can do that.

I we all aspire to this supermom, the superwoman, which is which is. Well, it's a fallacy.

SHARI: Oh, you had a baby. Did you have natural childbirth? All childbirth is natural.

Birth is natural, right? So what does that mean? If I entered,

MERYL: it's not a natural. If I had an epidural, I was like giving those drugs as fast as I can. And, you

SHARI: know, it's like, oh, so my not super, I didn't have a C-section, but my daughter did. So is she less of a superwoman because she ended up having this?.

It's just, it's just funny where people put stock and really the stock needs to be put on yourself. So **learning boundaries, learning where you're worthy, how you're worthy, develop that muscle of worthiness**. And

MERYL: like you said, that voice is so loud and I, and it spans generations.

I had, oh yeah, I had a woman. And, and that's the other thing it's remembering that trauma. And I often say **the food part of what we do is so minuscule compared to the mental, emotional piece**.

SHARI: I love that. We just said that I love that. You just said that. **And working with Michelle has helped me feel I'm nourishing my body, which is fueling me and giving me the energy to continue going into my self-discovery journey**.

Doing some of this work can be heavy and it can be scary and it, and it can be wonderful. So it's important to nourish yourself and yourselves because at the end of the day, you're really teaching yourselves a new way of being, a better way of being in a different way, but a better version of yourself.

So I love that. You just said that because that's what I felt. When I learned I wasn't eating, I felt myself reacting, which made me. Have a new sense of confidence. So I felt

better. I, I wanted to do more. So it's important to have the, no, the balance and two weeks is not enough.

MERYL: No, no. And I want to read something.

It was actually from the wellfull. I do want to credit the proper source. So it was the wellful.

*“Pause. Say it with me. I am enough. My worth is not defined by my weight. Food does not have moral value. Guilt is not an ingredient. I do not need to earn or burn my food. I can rest. My body is not something to be fixed my needs matter.”*

Well, I got the chills reading that.

SHARI: So I love that. And what I would invite people to do if they read this is really spend time. With the words, what does that mean to you? Like what does that mean to me each time?

What, what, what does that mean? Where do I feel it in my body? And if you're having a voice that is opposite of these beautiful words, check in with it. Yeah.

MERYL: Yeah. I mean, I love my worth is not defined by my weight because how many people come in and they are a hundred percent. You know, I always say this it's, there was a cute cartoon of a girl talking to another girl.

Then they were in front of the scale and the girl says to the other one, don't step on that. It's going to make you cry. Right. And I, and I, and I always say, **why do we put so much, we place so much value on the scale?** And we allow ourselves to let our entire day be dictated by that number on the scale. So I love that, that this said this, I love that guilt is not an ingredient because how many people walk around?

Well, oh, I was good in the morning. And then they feel guilty about something they ate. Like guilt is not an ingredient. Guilt has no place.

SHARI: I told one of my clients that you refer to me she she was an eater and, and she would eat later. And I said, okay, she's like nine o'clock. I, I always go for the cookies or whatever.

And I said, okay. So we're going to try and exercise for tonight. I invite you at nine o'clock to go get that cookie and eat it with complete joy and bliss. And she said to me Shari. I thought you were going to tell me for one night, don't eat it. And I'm like, no. **Eat**

**it with joy and bliss. If you're going to eat it, beating herself up, are you really enjoying it?**

So she, she tried that and she said so we worked within that because it was guilt. She said she felt so guilty. And I said, as you start loving the cookie. Eat the cookie. You're going to love it in a different way. And then you're going to nourish yourself differently. She doesn't eat the cookies at night anymore, but it took more than two weeks.

Right.

Like eat it with joy. If you're going to eat it, beating yourself up, you're not enjoying. And so isn't that counter intuitive.

MERYL: Absolutely. Absolutely. And I, and I liked you know, **my body is not something to be fixed**. I feel like that's also so important because people come in and like this is wrong.

That is wrong. I think it's, **it's not about fixing the body. It's rebalancing, it's reframing, reframing the mind**. Yes. And nourishing. And I say that all the time, how do you nourish yourself? Right. And so,

SHARI: and we'll worthy of it. So, and that's important too. It's like really. Asking yourself where the disconnects started.

Where's the disconnect?

MERYL: Yeah. Well look for most people to start so early on, I've I had a 13 year old girl in my, in my office. And she was with her mom and the mom was complaining that the girl needed to lose weight and she came in and she was very you could see, she was sort of beaten down by this emotionally, right?

When we spoke to her that the entire conversation in her house is around her weight. I mean, imagine how that feels on a day-to-day basis. It is her identity, but she's not the only one. Right. We have people like this all day long that come in. And so, so there's, there's this cultural component, there's this societal component to it.

And so I just I feel like it's so important to get this message out and this workout that That your body doesn't need to be fixed. And, and at 13 years old or it fit your body's still going through puberty and, and, and, and if you're bringing your 13 year old in what is what's going on in your life, in your head.

SHARI: Well, yeah, right.

MERYL: Because that's really, it's the parents thing. It's not the kids, thing

SHARI: Unless it's a real concern.

MERYL: Okay. But this wasn't a real concern, but I'm saying I see this all the time.

SHARI: Yeah. A hundred percent.

MERYL: Right. I see this, that, it's the mom's thing the mom wants for the girl. The girl doesn't want it.

The mom wants it. Right.

SHARI: So it's, it's about understanding the identity that you're,

MERYL: that the mom has.

Right. And then what she's passing on. I mean, My kids always joke I screwed them up and look, I tried really hard not to, but like, I, you know where you are.

You know, so we, we joke about that, but, and I tried really hard not to.

You know, pierce through, but they they've ended up all being pretty level-headed and, and mature and adult about all of these things.

SHARI: I'd love for someone to show me one perfect mom right now.

MERYL: And it's not even, I'm not talking about perfect. Right. I'm I'm talking about. Like I was keenly aware because of my disordered eating that behaviors.

I was keenly aware to really be careful of how I spoke to my girls. Right. I mean, I'd probably talk too much about my own body image and dysmorphic you know, behavior. But I recognize that now and I acknowledge it and I apologize for that, but I was keenly aware to not. You know, say when, when maybe they had a little too much weight, like you're fat do you need to lose weight?

I mean and, and embrace them for where they were in their adolescence. And then they're a young adulthood. You know, from living with me and around me and

understanding what I embody, they just naturally have tended towards, I want to eat all the, because they feel so much better. Right.

They understand the connection of that, that it's so important to nourish your body because that nourishes your mind and the rest of you and that when they don't eat well and they don't eat healthy, they don't feel well.

And so that message. I was so happy came, came across loud and clear, but I feel like there are so many households where they just suffer from this. And it's just so sad to me.

SHARI: Yeah. It is also now that there are people that they don't know how to take care of themselves because **they feel like it's too late and so they're giving into that excuse and that story** that it's too late I'm already too heavy. I'm already too old. I'm already too sick. And, and the truth is **it's not too late to have a better version of yourself**. Right. Where you feel worthy and you feel good in your skin. And it really comes back to you going on a self-discovery journey in a space of fascination with **when you catch yourself in a certain pattern of behavior not to beat yourself up**.

So that's why I told, my client. Eat that cookie, do it with joy. Because if you experience the joy there, then **I'm going to be able to guide you to create a new habit of joy in another area**.

MERYL: Oh, I love that. I love that because it's like, yes, we start with the one. I just love what you said.

SHARI: And you know, every once in awhile, so she will indulge and sometimes she catches herself bingeing, right? Like not a full binge, but she'll binge and she'll say, and then she's like Shari you're in my head. What am I needing in this moment? What w what, how can I nourish myself differently?

And you know what? Meryl, sometimes you need a self pity party and sometimes just asking yourself, different set of the questions can, can change. And she doesn't beat herself up because the intensity or the, not the intensity wrong word, but the, amount of times that she will eat the cookies at night is so is, is less than,

MERYL: right.

So you said something not you, but you just said something about bingeing and a lot of clients will do that. We've got a few, especially some of the young girls with disorder. We've got a lot of girls that we work with. With the eating disorders or disordered eating

behaviors. I really like to call it because it's not a full blown eating disorder, but it's definitely behavior.

And so a lot of them do well do well do well. They're on a good path. And then they find themselves bingeing. And then of course they're beating themselves up and it is a cycle. Like how do you, what is a good tool, strategy that just off the top of your head, in terms of, obviously there's co there's look there's therapy around that that's a whole other topic unto itself, but how do we help those clients when they're in that mindset?

Right. Of like, oh, I went on a binge, so I screwed everything up.

**SHARI: So recognizing that there was a part of you that was hurting, that was needing something and was too afraid possibly to feel a feeling, right. So that was their survival skill for that moment. And. And then just understanding tomorrow's a new day and I can be gentle with myself.**

I really encourage just to be gentle with ourselves. We are not gentle with ourselves.

We are not. It's like I have another client. We were zoom on a, on a zoom. And I started pounding on the wall behind me. It's like, is that you? Do you feel, she goes, I feel it. And I go, well, look, and I moved my, my computer over and I go, there's the door.

I go, all you have to do is look at the door and you can walk through a different there's a different possibility, a different word for you. I go? Do you have a choice? You could bang your head against the wall where you can look to the right or look to the left.

Is there a window or door? So tomorrow's a new day. And it's just about being gentle with yourself. Stop hitting your head against the wall. There's help. There's you, there's your team. Great team. You know?

MERYL: Yeah, no, and I love that

SHARI: Coaching is important to create skills. So there's always stuff.

MERYL: Yeah.

There is stuff. And I feel like and so if, if you're that person who says, well, I can't afford it cause I have scarcity issues. Right. But we only have one body. And what are you investing? Right? Where are you spending your time and your money and your energy. And if you're spending all this time, beating yourself up and not being gentle, think of.

Think of the amount of emotional time that's going into that. And if you're,

SHARI: is The scarcity with the inner critic Let's create the habit of being scared grinding like, oh my having scarcity with the inner critic, that's a gift and the inner critic. Right, right. Or the scarcity. That's a gift in the scarcity.

MERYL: Yeah. Yeah. So I encourage people to say that how, if I do have that mentality or if I am scared, the only way to overcome it is to take one step forward and say, here's, here's my work. Here's what I need to start doing. Whether it's working with a coach, whether it's doing the work. Look, we have, for people that want to work with us, we have many different levels of programs.

So you don't have to go for the high tier we've got as little as whatever, right. So.

SHARI: **I invite people that say, I can't afford it, or that's too much money to ask themselves, where do I spend money?** You know, to look at the level of commitment, oh, I'll spend money \$20 a day for lunch or I will buy a person that I'm not even good friends with amazing gifts or I will lend money knowing I'm not going to get it back.

So it really is **looking at where do you spend your money and how do you justify that?** Because the truth is giving yourself the gift of healing. An emotion. Giving yourself the gift of creating balance for yourself. I don't think there's a price tag on that creating balance for yourself.

MERYL: Yes, no. And creating balance in every way possible. And that's so true. And and, and that's why we're here is to help people with that. As usual this conversation has been phenomenal. We are going to end here because we are taking Shari out for her birthday. A yummy birthday dinner.

So any last words you want to share with our,

SHARI: I just want to thank the listeners for you know, spending your time, giving yourself the gift of this hour or a half hour. And you know, it's been a, it's always so fun having these conversations. So thank you very much for having me again.

MERYL: I love having these conversations because they need to be had, people need to hear it.

**People need to know they're not alone in their journey and in their angst and in their suffering and in their pain.**

SHARI: You're not alone. Right? Even, even when you think some of these thoughts, you're not

right. They're not has these thoughts. We do. We do. So on that note, go think happy thoughts. This is your Rebel Nutritionist signing off. Make it a great day, everybody.