

MERYL: Hey, everyone.

Welcome back to the Rebel Nutritionist podcast. Today. I am super excited. I'm always excited about the guests that we have on cuz we really have fabulous guests, but today. I think our guest really has a message that you guys are gonna need to listen to. Not only once, but maybe twice . So I have with me today, Renie Andersone, a master integrative coach has worked with thousands, tens of thousands of people.

And what she just said to me was that she loves the fact that people are willing to show up and deal with the hard stuff. So Renie, I'm gonna let you tell our audience what you do and then we'll get into it.

RENIE: I love it. And thank you, Meryl. Really, truly thank you for having me today. And it's an honor, and it's really a privilege to deal with.

You know, talk about in the talk about the hard things. Talk about the, just life in general, right? And so what I do over the last 10 years actually 20, because I was a pharmaceutical rep and I dealt with Western medicine. And I would go in and talk to doctors about disease states.

And I would talk about medicines to combat these disease states and then being faced with my own possibility of ovarian cancer around 10, 11 years. Now, I found myself really off the chart in a story of seeing myself immediately in the infusion room, going through chemo, losing my hair. And then in hospice, I did hospice work at the time and I stepped back and I said, there's another way for me to go through this.

And so when we can check in with ourselves and go, okay, wait a minute. First of all, I'm really fearful right now. I don't feel safe, but the mind that's telling me that there's gotta be another alternative to it that says I can find safety. I can find clarity. I can really check in with myself and see what's underneath this.

I had gone through a divorce. My dad had died. I mean, there were all these situations, right where I had suppressed. So fast forward, I ended up working with a lady by the name of Peggy Huddleston and she trained me in prepare for surgery hill faster work. She fed me clients from around the world for over a year, and it just opened up a world for me of recognizing that most of my patients call it the the ball of dough, everyone else is stuffed, but your own mm-hmm and you stuff it inside, you don't feel like you're on the priority list.

You're intelligent, you're educated great careers, great family, husband, maybe divorced maybe life fell apart, somewhere in there, but all these situations and all of a sudden you find yourself, like, **I really don't know how to change my dialogue with myself. I really don't know how to show up for myself.**

And so I ended up presenting to a renowned local hospital here, this body of work. And it **opened a door for me working with cancer patients** and the work I do when I also work with a surgeon in town, every Thursday with every one of her surgery, patients in a workshop, and then people from all over the world, it opened a door of talking about, okay, we're gonna have stressors in this world they're never gonna go away, but why do we believe the worry and the fear of them more than we do the solutions to them?  
Mm-hmm

MERYL: wow. That's so powerful. Say that again.

RENIE: **Why do we entertain our go-to of fears and worries rather than the solutions to them?** Mm-hmm and I'm glad you caught like I said, I don't remember half the time would I say , but, but here's what I mean by that Meryl people don't fundamentally realize that we were hardwired to stay saved.

We were hardwired as hunters and gatherers. When we left the cave. That we had to, we didn't speak back then. We wanted to survive as a species mm-hmm so we couldn't get eaten by the saber two tiger cuz we would just diminish. So whatever you wanna call the benevolence of this universe that created us, it's created **a system internally called your central nervous system and it's housed by vagus nerve biggest nerve throughout your body brain to gut.**

And when you leave the house, you're now leaving the cave and the saber two tiger. Now is the kid that's not doing well in school. The diagnosis of cancer, the spouse, that's not happy. You are shutting down the, the finances in the bank. The news that you just read about the world, the war in Ukraine, these become our SA to tiger mm-hmm but what they would do is right.

So you have to remember, we'd go out, we'd leave the cave. Intuitively saber two tiger. It wants to shut down everything except adrenaline cortisol and glucocorticoid which tell your body right now. We're not gonna procreate right now. We don't need to worry about our immunity. Alls we need to do is have enough energy to run, like, heck get back to the cave.

What did they do back then though? They would stop and they would rest and they would digest what just happened, whether it was digesting food or the event. They didn't have dialogue mm-hmm but it was intuitive. Mm-hmm so we have that inside of us, but we don't, we don't entertain. Mm-hmm **trying to find the balance of that. Trying to find more vagal tone in our life.** What do I mean by vagal tone, humming, more getting out there's there's a thing called forest therapy in Chinese medicine where you're you're Japanese medicine. You walk out into the forest and you smell, you hear, you feel the earth underneath your feet. That sets the tone for our nervous system.

But we don't do that in the day. What do we do? I'm gonna go listen. No offense to podcast. I'm gonna go listen to one more podcast. I'm gonna go Google. One more thing that I can learn today. I'm gonna go read one more book. I'm gonna call 10 more people to agree with me when **what we really have the opportunity to do is step back,**

step back. Yeah. Wow.

MERYL: That was so powerful. I, I it's just, I, I, yeah, people are gonna have to listen to this again. And again, because I say the same thing, I, we talk about that stress response, right? We talk about people come into my office every day. I'm so stressed. I'm so stressed. Like, like **we wear it like a badge of honor, the more stressed we are somehow the better we are,** people have, have learned to sort of project out there.

And yet there's nothing I said to a client yesterday, and we're gonna bring, bring this up again. But I said that **you don't realize how stress is debilitating the body on every level.** And like you said, **it is hardwired in us as a response that is supposed to be temporary.** Yeah, right. It is supposed to be a temporary response to ensure our survival.

Yet we are dialed into stress 24/7. And when we become addicted, yes.

Right. We're addicted to that, to that adrenaline rush on some level, because we feel like if we don't have it to have that sense of calm is wrong on some level.

RENIE: Right. Like, well, yeah, because, so think about, so I, I, I went to a Memorial on Friday ran into a lady that I haven't seen.

She was a nurse at one of the GI consultants here in Reno that I called on. She looked like great in the face. Right. And I'm not being, I really wanna make this clear. I'm not being derogatory when I share this mural. But **she carried what you see a lot of American women carrying, is that stress around her belly.**

Yeah. We blame it on hormones. We blame it on menopause. But as our dialogue continued, she shared with me how she lays awake at night, worrying about her two daughters mm-hmm and I said, what benefit do you think that gets you? And she said, at least I feel like I'm engaged with it. I feel like I can I'm I'm controlling some aspect of my world.

And I said, really? I said, so what, what, what control do you feel like you're gaining there then? And she couldn't answer it. Right? And so she grabbed her belly and she said, I know that cortisol, she's a nurse. She said **that cortisol, that I'm coursing through my body, by my thoughts is parlaying into my body.**

And I said, absolutely. So **the vagus nerve that vagal response is telling your body exactly what feedback you are giving it.** Mm-hmm and it's not gonna be any different. And I think people think.

That that's not true, right? That, I mean, they're not. So what I'm trying to say here is, is that we don't need to be really scientific or biological, but it is biology 1 0 1. And I don't think people spend enough time stopping to say, okay, wait a minute. My doctors always tell me to do nutrition. They tell me to diet and exercise.

Those are fantastic. Right. **But we don't stop and teach kids in kindergarten that when you look up from finger painting and you wonder if you're doing it right, you're sending a message to your nervous system to hardwire, to always wanna be perfect, to always want instant gratification.** Mm-hmm . And **I think what's missing in our society to be quite frank is delayed gratification.**

Mm-hmm right. People want through worry. Through fear. **They want an instant gratification. They want something to shift because they're worried about it just enough.** Yep. And so I realized in my conversation with her that no matter what I said to her in that moment, her mind was locked. And when the mind is locked, but you can plant a seed and you never know what day, what moment somebody's mind goes. Ah, that's what she meant.

MERYL: Yeah. And, and I think that and the work that we do is so powerful because like you just said, right. We, we want that instant gratification and in the world of let's call it diet culture.

That's what these companies, these manufacturers are. I don't wanna say they're providing, cause they're not, right. That is the illusion of what they're trying to sell. And

yet as a culture we've bought into it. And so because you do these things, like let's talk about that, go against our very physiology that go against our biology, **these starvation diet, these gimicky things that go against our very DNA and they see a temporary instant gratification yet it doesn't last** and, and trying to have people step back and understand the work that we do, that it really is about like what you said, like what, what are you showing up for? Because it is work and I think that's so, so important. And I talk about this. Look, I talked about this this morning, and, and again, I think you and I could probably sit here for three hours and go through all of the examples that we could.

Right. but like I was thinking this morning, like we have had a whole bunch of kids come in because it's summer and the parents are bringing them in and they're worried about the weight and they're worried about this and you know what it goes back to, we are so disconnected as a society from our, like what you said, we're disconnected from ourselves.

We're disconnected from each other. We're so stuck in this fast-forward motion of technology and social media. And yet it's all making us crazy. And we say, we know, we know it's making us crazy. And the thing is, is all of it has people stuck in fear, right? The news is, is, is, is putting people in fear.

And like you said, **they don't feel safe enough and comfortable enough, or even intuitively comfortable enough to say. Wait, I gotta get off of this rollercoaster.** And yet when I say it to them, like you said, I unless they're ready to hear it, they're looking at me like, what do you mean? No, there's gotta be a quicker way to do this.

Right. So I know I said a lot in that sentence,

RENIE: but no, I think you said it perfectly in that sentence because you know, the truth will put you on the spot. Yeah. You know? And, and so when people see the truth of something, our go-to is to get busy with it, like is to, your boss calls. I'm gonna give you an example. So your boss calls you up and says, I need you to see you this afternoon in human resources. There isn't a person on the planet that isn't gonna all of a sudden feel the adrenaline of that. Oh yeah. I felt it.

MERYL: You just said it. And I felt it . Yep.

RENIE: So we immediately think we're gonna get in trouble.

Yeah. Okay.

And we make that wrong. That's where the judgment, that's where the stickiness, that's where the stuckness is. Right? So the, the truth of the matter is you're going to HR. We have no idea what for, so just as quickly as I said, I'm gonna go there and get in trouble. I could say, yeah, I'm gonna get employee of the month and they're gonna gimme the greatest raise ever.

I've been wanting it for a long time. Right? One feels more of a comfort zone because it's so not to take this off on a side note, but we have these well-worn neural pathways, right? We all drink water the same way we talk in the same cadence. We move our hands in the same way. You know, we get up and we have the same routine in the morning.

It's just routine mm-hmm . So **our routine is, is that I'm gonna go to the negative because if I, if I think about the negative enough, I'll prepare myself enough so that when it lands** there isn't enough preparation for that. And that's what people don't stop and, and check in with themselves enough.

**So if we step back and we go, okay, wait a minute. I just need to drop the storyline.** Yep. **And I wanna sit with the rawness of the truth,** which is I'm going to HR. Mm-hmm my perceptions in the past have always been to go to like, I'm Ugh. I wanna use this as an opportunity to have more poise in how I go from eight in the morning until the meeting at three in the afternoon.

I'm not gonna talk to my coworkers and go, what the hell do you think you're talking about? What do you think I did wrong? I'm just gonna get quiet with myself. And I'm gonna just, **every time I start to feel that worry and that fear I'm gonna drop the storyline and say, I really don't know what this is about.**

and I'm gonna discover a part of my psyche, a part of my consciousness. That is more evolved. I want more involvement. I **don't think there's a person on the planet that doesn't wanna feel more at peace with themselves more open-minded more connected.** Those are the opportunities. But what we do is we don't want human resources to call us.

We would rather have our days be smooth. Mm-hmm human resources is the greatest opportunity in that moment to discover something about yourself, to do it differently this time and that's all life is, and we don't step back long enough to go. This is the opportunity. I wanna have more poise than I do chaos.

MERYL: Yeah.

And, and, and that's so, so true. And it's interesting that you bring it up in that way because I've been really yeah. I, mean, I would say for the past, I don't know, maybe it's five years, six years, maybe it's 10 years, actually. It's probably 20 years since my cancer diagnosis and treatment and all of that, that I have been evolving and I'm trying to understand, right?

The nature of illness, the nature of wellness, it's the work that I do every day. And it's understanding the nuances of our biology and our biochemistry. And you know, to me, I always say science, isn't sexy, but man, to me, it's like, wow. Right. Nothing gets sexier than that. And I have to tell you. So it's been, I've seen the evolution in myself and, and the conversation that has had to change.

If I have wanted to achieve the things, the goals that I have set out for myself. So I always use myself as the N of one because it resonates with people. **And one thing that I have been doing is really working very, very hard at changing the dialogue in my head.** Like most people I go into that fear. I was, I, we are hard again, what was the.

What was the message I got and all of that and the scarcity about money and the, how I felt about myself and the self-esteem. And so I'm working with a coach and no, I'm sorry. A Reiki master had introduced me to this book and I do believe in the universal law of the energy and that we're all energy and the universe has your back.

As Gabby Bernstein always says and all that kind of stuff. And I understood it and I've been in the world of meditation and I get it, and I understand that we need to be more mindful, but I picked up this book and it's called happy pocketful of money. And **it has been life changing because it's allowed me to step back and say, The universe does have your back and by the laws of nature, we are designed to be abundant, to live in abundance,** right?

To live in wealth, to have **that everything is already there. We just haven't realized it yet.** Right. And that sounds so quirky when you say it yet. As I have started to read this book and reread it and shift it and journal and write this stuff I have learned to shift the fear. And I will tell you the conversation just in the past two weeks of looking at where my business is and my life is, and **changing that dialogue and taking a step back and going, I am, I desire I will have, is mind blowing to me** because to me, I would go back into the fear and I'd,

and I'd cower in

the fear of, oh my God, I am never enough.

I don't have, I want, and just doing that I made my boyfriend and I, how we not, I made, I encouraged us both. We've been talking about doing vision boards and this weekend I'm like, let's do it. Right. We went and we've been cutting out stuff and I've really been mindful about it. And I will tell you, it is Monday.

No, it is Tuesday in three days. My world has shifted dramatically.

RENIE: and you know why, right?

Yes, absolutely. Right. **It's the energy that I'm putting out.**

That's right. And so I think one of the biggest misnomers. So when I work with people, they'll go, God, this is, this just seems hard. Right? And I'm like, yeah, **it's hard because it's uncomfortable. And it's taking you out of all the little dysfunctional behaviors that you've incorporated throughout your life to stay safe.** So when you're a little kid, right. And things happen, we plug in things in our little undeveloped, amygdala, frontal pre-cortex, all these places in the brain. Right. and it's from a little kid's view.

and none of it makes sense. And we, we wanna have like like we're trying to deal with adult situations based on a plugin from a kid and we're still living there. Right? Yep. And so **as we get older, We're breaking down those systems that we put in place a long, long time ago.**

It's not blaming parents. It's not blaming this. It just is. Yes. And so then all of a sudden something comes into your lap, like a great book or a person, and it teaches you this one principle, right? Not to go on appearances. So what people do is they look at their bank account or they look at the lack around them or they, and alls you have to do is stop for one minute and look at the sky and realize that it's so vast and it's endless.

And we were created with that same vision inside. And we don't, we don't stop. You know, I, I heard something a long time ago, Meryl. I loved it. It was like, **there's a reason why the rear view mirror is little and the windshield is big**

yes. I've heard that, but go



ahead. Right. It's like we just keep, we wanna keep looking back, but our we're only meant to re like we don't morbidly reflect.

We don't stay there. We use it as, as a wisdom, we go, okay, wait a minute. That's my go to. cancer 20 years showed you this,

what do I do? how do I change my cadence? **I'm just gonna start to take one little step of slowing down in my mind and not believing the appearances of what's on the news or what's going on around me.** And I'm gonna imagine I'm gonna use my mental faculties on my behalf. And I'm gonna imagine what it is that really like fills my heart soothes my soul,

that everything that's happened to me in the past was meant to bring me here. So I learned the wisdom of it because without it, my imagination would not be set free in such a way that's equally as helpful as it was in my distrustful worrisome behaviors. Right. Does that make sense?

MERYL: It makes total sense.

And you know, something that I wanna bring to the surface in that same vein is yes, we go through these experiences and we think people have gone through trauma is viewed in many different ways. Right. But I will tell you ultimately, and I'm sure you see it too. People who sit in front of us that have deterioration going on in their body, right.

That **have imbalances in their body. I always say those things have come from some trauma early** on now it's not always a hundred percent, but I will tell you, 98% is from something that they're holding onto still. Right. and mental, emotional, physical trauma is, it needs to be released in some way.

And otherwise it gets trapped in the body gets trapped in our tissues. It gets trapped in our cells and we start to deteriorate, right. **It starts to be manifested physically because we haven't dealt with the emotional.** That is so like you said, heavy. Right? And so, and so if we don't pay attention, I often say **if we don't pay attention to those whispers, whether it's the thought, whether it's the feeling, whether it's the symptom in our body, then the body screams at some point, and that scream is a disease.**

It's a health condition that becomes out of control, right? It's a, it's a heart attack. It, it's all of these things that we haven't listened to those little whispers in our body and in our mind and have not. Have not paid attention to, and I say this with my clients like there's signs and symptoms that we just bandaid.

We bandaid, we go to the doctor and we bandaid it with medication. We bandaid it with alcohol. We bandaid it with drugs. We bandaid it with food. And yet we're not really listening. Like you had said, what is the biology? What is that? What is going on underneath the hood that we have got to pay attention to?

But I do think it's the culmination and it's the cumulative effect of all the things that it's like, that dough that you just said, right. We're pushing it into the dough ball.

RENIE: Yeah. I mean it, so women, right. You know, what's the collective agreement we could, we could go off on what's happening in the world, but what's the collective agreement for women overall, not great receivers.

Don't know how to receive, can tell you what everyone else needs. I worked with a cancer patient yesterday. She's brand new and she's worried that other cancer patients aren't gonna hear about this class. Like just was like, almost like upset. Like she's like, I wanna, I wanna get out there and I want other women to know about this and she has breast cancer and unequivocally across the board of working with so many people, **so many women, they feel like they got a mother**, everything oh, that touches in on a tough spot.

Right. Because then it's almost like people feel like, well, but that means I must have created this, people don't wanna hear that. they don't wanna hear that. And it's because then all of a sudden there's this guilt and this shame element that arises from different disease states that we feel like, but I wanna be able to blame it on something and the mind body prescription, these these books that have been written that Western medicine hasn't really embraced until just recently recognizing really, truly how much our thoughts parlay.

**It really can be simplified by looking at your nervous system.** So if you carry low grade levels of fight or flight throughout your day, you're not balancing it with rest and digest. You're not balancing it with these areas that actually bring your heart rate down your normalized blood pressure, help your brain, the inflammation in your brain to calm down to where you think more logically, you think more calmly.

But when we go to bed ruminating about our day, what we didn't say, what we, what we should have said. I wonder what they think about me. God, that she just seems so upset about it. We ruminate on those and that's the freeze part of our brain. over time over time. That's where it wears us out.

And it started, yes. When you know, we were younger where. You know, we started junior high worrying about our bodies and are we like Susie? And are we like Jane? And no, I'm not, I'm too skinny or I don't game weight or I'm too tall or I'm, I just seem like I'm too overweight. And you know, no one sits down on bended knee and says your self-esteem is really important right now.

Right. And your sense of self can be cultivated at this age, but we don't think a 12 year old is capable of that level of dialogue. Right. And so I mean, we could go on, we could take this down a rabbit hole, but so that I don't lose my train of thought. What I'm really trying to convey here is

what am I trying to convey? Cause there's something there that I'm we get lost in our words. Right. We get lost in trying to prove something. And I think that **this missing piece is what I'm trying to convey. That we're always looking for an external environment.** is really important.

It's like our intuitive part of us. That's trying to show us what it is that we really need in the moment , but because we're so hardwired and so driven to buy the next blouse that makes you look pretty or buy the next makeup that comes out, that's gonna give you flawless skin or get the arm piece of the guy that makes you look like God, look at who she's with all of these things, right?

They're so externally driven that we're the missing piece is, I feel uncomfortable. I feel awkward. And what is it that, what, **what word would touch my heart in this moment to make me feel different about myself?**

MERYL: Oh, I love that. That's so powerful because that does speak. To so many things, right. To so many it's listen, it speaks to me, I'm sure it speaks to other people, right.

Because it is what are we part of what I'm and this goes back to that and you know what you just said, part of what I grapple with when we talk about wealth and I challenged the woman who gave me the book, I'm like, okay, well, yes, I won't wealth, but then. You know, oh, I, I have my eye on this bag.

I want this bag, let's say, right. I'm like, well, really, what is that bag gonna give me then I start to pontificate about, is it that? Or and she's like, well, it's okay to just want it. Right. And, and, and if that's gonna make you feel good, then fine. Right. But what is that fine line between it is it's the comparing and it's become so pervasive.

And I think it's worse now, look, I don't think it was ever great. I think cuculturally, specially with women where, where **we're supposed to fit into this mold of what society deems attractive and beautiful** and whatever that is. And and you know, **we all try and chase it and we all know it's wrong yet.**

How do we, it's almost like and, and we could go down this rabbit hole, but it's almost like we need a whole paradigm shift to create to change that. And I don't think for millennium, that's people, people have been probably debating this, but. But I think it's, it's become so destructive.

And I don't think I know because I am now dealing with young girls, more of the girls than the boys, but we get boys too. I am now dealing with young girls, young girls, 11, 13, who have disordered eating behavior, severe disordered eating behaviors. And you know, and some of it is, is, is I gotta be skinny. I gotta look this way.

I've gotta present myself to the world. And that's a tragedy to me. Right. And so right again, without going down the rabbit hole, but it is going back to how do we, I, look, I do a lot of studying about sociology, like where, like you said, right, the caveman and all of those things.

And **when you look at societies that were really productive and really successful, it's those like, it's the Indian cultures. It's those cultures that celebrate. Women's changes that, that come together and celebrate women and connect with women and support them rather than destruct them.**

RENIE: So this is gonna be another rabbit hole, but I'm gonna go there.

Okay. Because I think this is, this is a topic that is obviously hot, a hot,

how do we not know that the Supreme court's decision isn't bringing us to that level of what you're just talking about. So I am not, things that have been in place become comfortable. and we don't have to look at what's really there and what's really there is, is that I'm a woman. And you're not gonna dictate what I do with my body. but we can take it political. We can take it all different ways. Right. But how do we not know that the universe is having these paradigm shifts happen so that we actually stop long enough to take heed of what it is that I really need?

Right. So take that purse, that handbag that you want, the Louis Vuitton or the Mark Jacob or whatever that label is, right. Or the cuteness of it, we don't stop and go, okay,

wait a minute. **If I get that purse, I'm gonna have instant gratification, but what is really underneath it that I'm trying to feel.**

And if we can stop and go, **I am gonna feel in my imagination, having that purse on my shoulder without needing the purse. I've saved myself a whole lot of money and I've tapped into a well stream of my self-esteem. That's not based on an object.** Right. It's based on my biology, my psychology, my spiritual needs, my soul needs.

It's gonna make me feel like I feel accomplished I feel like I can buy that handbag with ease. So what it's really trying to show me is, is that **I'm really abundant internally without needing to have that bag on my shoulder.** And I wanna feel what it feels like to just be able to buy what I want when I want it, donate money when I want without needing it to be external.

Right.

So important. What do you,

what do you feel there?

MERYL: Yeah, no, you're totally right. And it's making that. Saying that over and over, that's exactly what I want to feel. And that is what I am definitely working on feeling because right. I understand. Right. Oh, I can get the bag and, and, oh, it look right.

Oh, it looks pretty, other people see that. I, right. I see other people see that I'm accomplished. Cuz I have the bag cuz I have the car cuz I have whatever it is. Right. The piece of jewelry, you can label it with the things all day long, **but ultimately internally does that make me feel any better?** Right.

And so absolutely. You know, never

go ahead. I didn't go ahead. What were you gonna say?

RENIE: I just was gonna say, you know how I think we've all had this experience we, these, these are politically like incorrect or, or subjects that we try to evade cuz in today's society we're so sensitive and we just don't wanna get in trouble.

But have you ever gone to the beach and you've seen a woman who's overweight wearing a bikini and your first thought is, is like, who the heck does she think she is wearing that? but yet you lay on the beach and you watch her and you go, man, I want

that kinda confidence. Yes. Yep. To me, I am more attracted to people who have a sense of self and a sense of self-energy that they just truly understand what self-love or self-acceptance.

I mean like radical self-acceptance.

Is,

and I am more attracted to that in this world. Yeah. I mean, you look at a woman and you go, God, you're really pretty what did you do to get like that? Or you look at a man and you go, God, you just handsome You know what it'd be like to hang out with you for Brad Pitt for the day.

There's a that we carry. Like I could never get the Brad Pitt of the world. Right.

We're never gonna change that those thoughts can be there. Right. But **I think that's the intuitive hit that says what word would touch my heart that says it doesn't matter whether I could attract the Brad Pitt or not. I just wanna feel okay with me** and know that no matter who is on my arm or whatever I dress or whatever wrinkles are on my face, I'm okay. I'm safe being me.

MERYL: And, and that's where the work is because I don't know that there are many people wholeheartedly that can say that. And that saddens.

RENIE: Well, I don't think that any of us are gonna do that at a hundred percent. Right. I mean, right. I love I love Brene Brown, but one of her pieces of work that I share with, with cancer patients and surgery, patients, people going through the trenches, like I work with other psyche problems in the world, divorces the loss of a child a, a parent that's got Alzheimer all these things that just that get in the way of us robbing of us our, of our peace, right?

Yes. But in the real trenches, wholehearted living, and what she found in her research was that **what's the number one fear we have in life. It's not of death. It's of joy.** we don't wanna be robbed of what's good in our life already of what's going well. And we just don't wanna lose that. We wanna, that in, in Buddhism, at Samara, it's our attachments to things.

It's our like we get hooked. I'm not Buddhist, but like these terms that really help us, like where we get hooked in our mind. Yeah. What really take us out. And so you're tucking

your child in at night and you have this thought you're just in love. You're madly in love. You're kissing your kid.

And you're like, God, I can't believe I produced this beautiful creature. I just love you. May you sleep Well, my love, and we have a thought, if something were to happen to you, I couldn't handle it. Yeah. And we recoil We recoil just enough of joy. We are so afraid of that joy of moving in that arena.

And so in her research, what she found is **that people who really live wholeheartedly, they're integrated. They really have a good sense of self. They lean in and go, no, there's gratitude here. You're here right now. It's okay that I had that thought,** right. Those thoughts are just gonna come. I'm not gonna make that thought wrong anymore.

I'm gonna be more entertained by the thought and go, okay, what's my choice here. Yeah. You know, our brain has evolved more than the normal human than the other mamalian species is that we have choice. And so we choose, we forget that we have choice and we lean in and we go, yeah. But you're here. I love you.

And I'm so grateful for. Next. But, but, but here's where the fear and the worry. So the, the lady that's mind was locked is that **she's so afraid of her joy being ripped from her. That she's depleting herself from the joy that's already there.** Yeah. And I wanna slap those people, not literally, but like, oh, come on.

Like, you have these beautiful daughters that you've raised well, that you can trust in life and you're not enjoying them because you're so afraid something's gonna happen to them. And now what's happening is it's taking its toll on you and your cortisol levels are off the charts. And now you're overweight in your belly and you're miserable.

And you know, it's doctor feel you're fat because you're depressed. You're depressed because you're fat and where do we step out of it? And I just wanna say stop. Yes, stop, stop the train, stop the story. Get off the Merrygoround. You do not need to ride this all the way to the dump. Really and that, and, and, oh my God, in that moment, people feel awkward and they feel panicked because they're so used to those neurons firing at that speed of worry.

That **to not worry means, wait a minute, you want me to do what? Yes. Not worry about my kids. You want me to put my oxygen mask on first?** Not gonna happen, sister. So if you want to stay stuck in that story, you're gonna keep getting what you've got. and then you're gonna go to the doctor and you're gonna get put on an antidepressant.

You're gonna go get an anti lytic Xanax or Val, or just enough to take the edge off. Nothing's changed in your world. And now 10 years later now you've got cancer. Yep. Or heart disease or diabetes or Ms. Or autoimmune. And **the inflammation started in your thoughts a long time ago.**

MERYL: Oh, so powerful.

So that's exactly what I'm saying. So what is what would be your, like, obviously you're doing this work, but, but what for the people listening is, is your suggestion and advice, like, **where do you start?**

RENIE: So for me, this is gonna sound really simplified, but **I start right where I am. I watch what I'm telling myself and I, and I write it out on a piece of paper.**

I'm telling m the story, myself, the story that I need to worry about my children to be a good mom. and you look at that **and then you fundamentally ask yourself almost like Byron Katie work. Right. Is that really the truth?** Right? I don't think so. And you have to be willing to feel uncomfortable for a moment.

That's where you start, right. **People when they get in the discomfort. Don't rest and digest the discomfort. they get busy again.** Let's sign Susie up for soccer. I'm gonna go read my, my cousins are here from LA and I love my cousins, but they couldn't sit still to save their, their life.

They started in the morning with a movie. Then they went to the pool and then they went to a pink Floyd concert, an impersonator. And I mean, it was like from the morning until night and, and, and they, they just don't wanna be bored. So, so where do you start? You have to be willing to be bland.

You have to be willing to find the vanilla. **You have to be willing to not be addicted to the adrenaline and you have to really tell yourself that I'm okay not worrying right now.** Right. I really have to reset myself. **I have to learn how to reframe my thoughts. Yes. I have to really be willing. To wanna make a different choice here.**

That's where you start. Yeah. And you have to tell yourself the truth. If you're not willing to make a different choice and you're not willing to really show up or be teachable, then just keep doing what you're doing until it finally teaches you. And I'm really kind of blunt about that with people, because I think we're so worried that the human psyche can't handle these things.



It's like Jack Nicholson, you can't handle the truth. And there are some people that really can't because we've tr we've, you know what trauma is? **Trauma is a tick to the mind that says I'm no longer safe being me.** That's all trauma is whether it be rape or it be being fired from a job that you've loved for 30 years, right.

It could be your 401k, who was the stock market fell yesterday and now you've gotta, you've got to work another 20 years. So our psyche right, takes it and says, I don't know that I can deal with these things. they're just too overwhelming. Mm-hmm cause somewhere is the belief that I don't know how to do it.

If, if we were probably to be honest about the biggest shadow belief of anybody is that **I don't know how to do it.** Right. And so to answer your questions succinctly, cuz I know for time and for we can only handle so much in our brain too, with information. I wanna lead people like with this,

do what I just did. No matter what's happening, **take a deep breath. When you breathe in you activate your sympathetic nervous system, your fight or flight.** We need a, we need modicum of that. Mm-hmm **we need it to land into our belly and stop for a moment and let it swirl. And in that swirling there's no thought.**

And then **as you exhale now you've activated your parasympathetic.** That's why your breath is so important. It's not about meditation. It's not about Eastern philosophy. Think about it this way. I'll leave you with this. **Your breath is with you 24 7 until it's not. And there's nothing that you've had to do to program it today.**

and so connect with it more. Yes. **And when you can connect with it more, you're more apt to wanna see the story you're telling yourself, because a clear mind, a clarity is where your wisdom is** not in the, not in the frantic chaotic mind of believing that worry gets you somewhere mm-hmm because you're used to it.

MERYL: So powerful, so powerful and you and I speak very much the same language on that. I say to my clients all day long, breathe. I don't need you to meditate. I don't need you, but it'll go in a room and go, oh, **I need you to stop and take a breath so that you are not firing cortisol through your system 24 7.**

So that was amazing. That was, I, I just, we're gonna stop there because I want people to listen to that. I want everybody at the end of this to take a breath and think about all that Renie said because it has resonated so deeply with me.

And so thank you, Renie.

RENIE: Thank you. Thank you. Thank you from all my heart to yours. Thank you for what you do, Meryl.

MERYL: It's brilliant. Oh, same, same. And, and we're gonna continue this conversation. I actually do wanna do a part two. We're gonna pop off and pop on and, and talk about a, a client's story in the last 15 minutes that I had.

So make sure you guys listen to that, but for right now, sit with all of this information, play it again. And we look forward to the next time. This is the Rebel Nutritionist signing off, make it a great day.