

MERYL: Welcome everybody back to the Rebel Nutritionist podcast. I am, I'm always excited to do my podcast, but you know, today I have Amanda with me and we always have such amazing conversations. And we're really excited about the topic today because we are **launching our Facebook community page**.

This is all about resources for you guys, for our community. For our audience and ways to not just have us connect with you guys, but **you all connect with each other** because I think if there's one thing that we have really learned and has come to light, I think it was going on before the pandemic, but certainly post pandemic that we are just disconnected.

We're disconnected. We're sick, not just mentally, mentally, it's just a shit show part of my expression. there's no other way to say it. And I don't usually curse on this, but you know, it's just a problem. **We're seeing people more and more with these horrific anxiety issues and depression and The pandemic just compounded it.**

And we keep hearing more and **more people coming in who need support, who aren't getting support, who are feeling isolated and their health is suffering as a consequence**. And I said on one of my one of my Instagram videos that I did that we're sick because of it. I mean, we're sick for many reasons, but that is one of 'em.

So Amanda, this is sort of Amanda's brain. So thank you for, for helping us with it. Yeah. And I'm gonna obviously not take up too much more of the, the time here and hog the mic and bring in Amanda, but I really just wanna emphasize how we want your input. We want you guys to be part of this and we want you to feel connected to us and again, connected to each other.

So, Amanda, let's talk a little bit about why we're doing this. Yeah.

AMANDA: So I think we all know as a general rule of thumb, that we're stronger when we come together. when we unite and we unite forces and sometimes I think that our clients. Who are on this journey to wellness and healing probably feel very isolated and they feel like they're doing this alone.

and maybe they're, they are **maybe their close community, their family members are not educated on the topic, or they're just not in that space to kind of be open to this stuff. And so they might feel like they're alone on this journey**. And so. that is one of the kind of motivations behind creating this community page is so that **they feel like they have a safe space to connect with others and others who are similarly on the**

same journey So I think it's been something that we've been talking about wanting to do. So it's been really fun to kind of initiate that and get that going. And we. You know, started a couple weeks ago. And I already see that people are commenting and they're excited and they're engaging.

MERYL: That's so nice. So a question for you, because you know, we've talked about your journey, my journey, right? We all have a journey. We all have a story. Did you feel alone?

AMANDA: Yeah. I, think I've felt alone for a very long time. Because when,

MERYL: and I'm not laughing at you, I'm laughing because it's not an uncommon theme.

AMANDA: So yeah, because you know, in my close sphere of the influences and people that are in my, my, my close vicinity, I kind of have always been doing something different than they have and that's always been to focus on my wellness and healing. And so, yeah, I think that. Face like this existed you know, kind of during that journey, it would be really it would've been really impactful.

MERYL: Yes. You know? Well, and because what the the work that we do, it's, I, I wanna say it's, it's so different, but it shouldn't be so different because this is how. Healthy. Well, people should be functioning yet. It is such a far cry, right from how the population is actually function functioning.

So those of us that create healthy spaces for ourselves. And I know there's a lot of times that I have felt alone as well in terms of, even though I'm a leader in the industry. Right. And Yes. The, the, what we do is it stands apart from, from everyone else because **we are committed to our wellness journey and that commitment sometimes creates that isolation because you know, you're different than the crowd**, right? You're you're not just, oh, I'm gonna go out to dinner and, and have this crappy food because everybody else is having, having this crappy food. Right. For me, I'm the one usually setting the trend, like, no, let's let's do something else instead of that.

And ultimately. I feel like it usually catches on I'm usually 10 years ahead of the curve. I feel like though, right. I was talking about GMOs before it was the popular thing to talk about. People looked at me like, what are, what the hell are GMOs, right? Yeah. So, so I feel like now that we talk about genetics, we're no different there, but **I think in creating this like minded space, it does allow people who are there like you**, right.

You've been on this journey and now you sort of found your way. So to. Still need the support and the guidance, which is why you're here working with us. Right. But and, and helping others in that and helping others recognize it and realize it. And you know, just, just being able to support, support everybody else who wants to be on the journey.

I think the hard part is, separating from the noise of the medical community. You know, we had someone in yesterday who has severe rheumatoid arthritis and is **getting really conflicting information and advice from her traditional medical doctors**, right. They're pushing her to go on biologics, they're pushing the medication, they're pushing the medication.

And yet **we know the body has an incredible ability to heal itself, given the right tools** yet she's hearing a lot of noise. Like, no, that won't work. And the naysayers who are saying no, that won't work. And they and they, she hasn't even given it a try. So they're sort of, they're sort of Jinxing her, if you will, or maybe that's not even the right word, but, but they're off-putting in terms of even here go ahead and try this.

There's no support there is, is really what it is. She's not getting the support that she so desperately needs. And we come back around and say to her, yeah, well, let's do this and let's try that and let's try this. And, and **she's feeling conflicted because she's like, well, who do I even trust?** Right. And I always say, look, it's not a matter of convincing people.

Why they should do this work. They should understand that they don't, **if they're not feeling well and their symptoms are screaming at them, like, I always say, you need to find another way to heal.** right. And it's, and, and traditional medicine is not healing. It is just bandaids. Right. So I think creating this space.

Is so important for people like her. and to know that she's not alone, she's really not alone. Right. How many people do we have that are like that? Right. Right. You know? And so one of the things that we've talked about when we were talking about doing the podcast is come, is finding the statistics on is there real research out there?

To prove. Cause I am a scientist that hard, right. **To prove that social interaction is critical for mental, mental, and physical health.** And I think we've both found something I want you to read cuz you just read something to me. So. Tell me what you found and then I'm gonna go through some of what I found and, and I think it'll resonate with people of why they should be doing this.

AMANDA: Yeah. Well, I mean, it just goes back to like human history, right? So like we depended on our neighbors **we depended on our community and our friendships to survive. It's literally a matter of survival.** So then flat. Fast forward to modernization. You know, it's just such an individual culture and community.

And because of that, we suffer, **we suffer because we get used to doing things on our own and we don't lean on our neighbors and we're not coming together** because like we said, like the power in coming together is just

MERYL: unbelievable. Yeah. Yeah. And I'm gonna go through some statistics, but I kind of wanna go back to that because I think the other part of that is **that people are actually made to feel bad.**

For needing and wanting to rely on other people. I know it took me a really long time to be like, oh, I need help. Yeah. You know? And even accepting the help. Like **I wouldn't ask because if I asked it meant I was weak.** Yes. And I right. And I think, I don't know if it's a female thing. Right. Who knows doesn't really matter.

I think men are out there doing it too. Cuz men are supposed to be strong in macho and they don't need help. Right. and so I don't think it matters across gender, whatever gender you may be, that **we have this social stigma of, oh, you need help. You you're weak.** And, and, and, and what a shame, because like you said, it goes back to.

Early tens of thousands and hundred, whatever it was early on where we needed, **we needed to live in a tribe to survive.** Exactly. Right. It was the, it was the nature of tribal relationships that really allowed us as a species to thrive. and yet now we pride ourselves on, I can do this by myself.

And clearly that is not serving us. Right. So there was, a Harvard, a women's. It was the **Harvard women's health watch that reported dozens of studies have shown that people who have satisfying relationships with family, friends and their community are happier and have fewer health problems and live longer.**

There was a study of 7,000 men and women in California, very young. This is in 1965, they knew this, **that people who were disconnected from others were roughly three times more likely to die.** During the time that they did this nine year study, then people with social, with strong social ties.

And so we, I, I have, I, I'm probably looking at more than a dozen studies **duke university medical center found that social ties can reduce, reduce deaths among people with**

serious medical Conditions. And so they said that in 2001, again these are not just recent studies. I mean, we have some recent ones, but this is historical, right?

In 2001 one among adults with coronary artery disease, the mortality rate was 2.4 times higher. among those who were socially isolated. So we know that social isolation is actually on par. Again, another study from 2013 **social isolation is on par with high blood pressure, obesity, lack of exercise or smoking as a risk factor for illness and early death.**

So this is major. Like there are real statistics. That show that social isolation, I can't speak today and loneliness are game changer for people's health. **And it's not just mental health. it's physical . So our desire to bring the community together is twofold.**

and I think we see it because when people come in here, right, they walk in here to our office and as soon as they walk in the door, there's a sense of like, Right. I think it's also the collective energy that in our space, that, that, that the collective energy of all of us here that we're so positive, we're upbeat and we're supportive.

Right. You walk into a space that we're all welcoming and happy and people immediately feel like, oh right.

AMANDA: And I, I wanna interrupt you really quick. Yeah. So you mentioned that you had your initially yesterday with somebody who had was it fibromyalgia

or yeah, rheumatoid arthritis. Well, she's got some fibromyalgia too, but it was rheumatoid arthritis specifically.

And I believe that I spoke with her briefly today. Just following up with her session yesterday and she said I don't know why, but I feel better today. I woke up today, feeling better. We did nothing new, nothing. I didn't start a supplement. I didn't nothing new **based on that conversation, she felt empowered** and that in and of itself.

MERYL: Oh, I just got the chills.

AMANDA: Yeah. The energy that she got just out of her 90 minute. You know, exploratory appointment with you and, and the coach, she felt empowered. Yeah. She felt already felt better. Right? Like

MERYL: that's powerful stuff. That's huge. Well, the fact that you feel better, right? Like yeah. Didn't even change your diet yet.

exactly. Imagine how she'll feel in a week. Right. You know, but that, and I think. Because we feel that right. Right. And we emit that energy and then other people feel it. And I always say that is the travesty of zoom is that. Yeah, you see faces, right. But it's not the real experience of having the energy and I'm all into energetics.

And we all talk about that here. And the universal connectedness that we really all have, cuz we all are made of energy that when you step into a space like this and you have people who are likeminded and emit that energy, that it is contagious, clearly it was because she felt better just from, from talking to us.

Yeah. And so. **Imagine how we can increase that vibration by creating this sense of community by bringing other people in.** And we know I love it's so cute because I started doing those my Facebook not the, whatever, the Instagram, my videos in the morning I look like crap. I'm like sweating my ass off, but it's when it's like, that is the morning.

The morning when I'm working out, those are the times where I'm creative. I'm getting, I always say I'm getting these downloads of what's going on with maybe recapping from the day before, just what's on my mind, just in general, between the people that we're seeing and the work that I do and how I feel so passionate about helping people.

And, and, it never fails. I was at a networking event and, and I ran into someone who I have not probably seen in years, but he said to. You know, I watch you and I see you and it resonates. So when I did my video this morning, I'm like, I know you're watching. I know you're listening. Come join us. You know, don't stay on the periphery because it's when you engage.

And, and, and this is the nice thing is this is a resource for people, right? We're gonna get on the Facebook live. **We are doing the Facebook live October 6th**, write that down. People October 6th at noon. So it will be recorded. And so you certainly can watch the rerun, but we want your questions. We want.

Commentary. **We want your input.** because this is how people thrive is not feeling alone. Not feeling like you're the only one dealing with this problem, that there are definitely other people out there feeling the way you're feeling. No matter what it is, you're feeling. Trust me. I don't care what it is.

You're feeling. I guarantee you 110% that if you're feeling it, someone else is feeling it too. And so and, and the other thing I'm just reading another, another quote from a

study. And so I just wanna read this absent social interactions, right? Absent, **absent, social interactions reduces blood flow to vital organs.**

It reduces immune function. It affects how genes are expressed, meaning it really adversely affects how genes are expressed. And it impairs the body's ability to turn off inflammation. And we know chronic inflammation has been linked to heart disease, arthritis, diabetes, all kinds of autoimmune diseases and suicide attempts.

So like, If there isn't a better way to say, come out and support each other. and be part of this and just show up, right. Even just showing up and listening. Is gonna be part of it, but I really want you to also tell us, like you you're, this is your brain child a little bit you really were the one who I've been talking about community, but you were the one who was like, yeah, let's get on this and let's do it.

And you literally ran with it. So thank you for that. Cuz you really, you pushed me, you pushed us to really do it and make it happen. Yeah. So talk about. Talk about what, what you've got plans let's, let's give people a little preview. Okay. What we you've

got in store.

AMANDA: So I like to think from a client or patient, like perspective, like what would I want to get out of a Facebook community page?

And that kind of helps me come up with like ideas and, and topics and so forth. But I think what's so. Unique about this Facebook page and in the space that we work in. And if you are a client, which if you are a Facebook member, you will will have had worked with us, or are currently working with us.

You know, that the coaching piece is really powerful because you get that one on one support, but sometimes there's. **There's so much information and there's so many wellness tips and ideas that we just possibly can't share in a one-on-one coaching session.** So that's kind of what you know, inspired the topics that I wanna that I'm gonna share each week on the Facebook page and just to give you additional resources and things that we're learning that maybe you didn't.

From the coach or Meryl, wasn't able to share with you. So that, that way there's always something new to learn. and a new resource for you to take home with you and up and apply. So **the first week we talked about. You know, the importance of diversity in your, in your diet** and you know, I shared a grocery cart of, you know my, my previous shopping cart from whole foods and wanted you to see, like I'm doing the work too.

Like we're all here doing this collectively and just sharing tips with you so that when you go to the grocery store, you're like, okay, let me think. Like, did I eat Papaya last week? Did I eat pomegranate? And just giving you fun little you know, tips and resources each. To kind of help you grow and learn and yeah.

And you know, if you have questions, like feel free to chime in and you know, it's just, hopefully **it creates a space where you know, you feel like you have an additional resource to tap into** that perhaps you're not, you

know, getting, getting well. And I think the other thing is that's nice is like here, here's the thing.

Believe it or not, there is no agenda. We are not looking to sell you anything. I mean, look, do we want you to work with us? Of course, we want you to work with us so that you're healthier. Ultimately not there is no agenda. We, there is so much to know, and there is so much to learn in this space and, and **we want you to get valid.**

Accurate information. And I always say that this is not about finding the next gimmick or the next quick fix. Like you said, creating diversity. We need to have different kinds of foods in our diets. **If we eat the same things every day, we are not getting enough. Variety in the vitamins, in the antioxidants, in the, what we call bioactive.**

And if you don't know what a bioactive is, stay tuned but all of these things need to come from our diet optimally, right? That's what we want. We want it to come from the diet. We know that not everybody is eating enough in terms of therapeutically or, or enough quantities, but certainly trying to get them in is, is, is the name of the game.

and making the attempt to shift up the diet. You know, we are now coming into fall and all of the fall vegetables are coming into season the fruits. And even though we live in Florida, right. And it's still warm, I don't know about you, but I feel a shift. You can definitely feel an energetic shift in the air. And, and mother nature knows, right? I mean, in the fall when it's cooler, relatively speaking, and we know the rest of the country is, is pretty cool right now when it's cooler. The root vegetables, the vegetables that grow under the ground, they're warming in nature. They warm the body.

there is a reason that there are seasonal foods, right? And **if we really want our bodies to resonate and be healthy, we need to eat these seasonal foods.** Right. We should not be eating strawberries in the middle of winter. We just shouldn't. First of all, they, you.

the amount of fossil fuel they use to come from, from wherever they're imported from is just prohibitive.

but it also kind of goes against what mother nature has up her sleeve for us. And so I think that that's so important to talk about and. And, and encourage people to really, and, and the other thing is, is we know the color matters, right? The orange impart the beta Carotene important for the skin important for the eyes.

Right. And I could go on and on about **all of the different vegetables and fruits that are different in the winter and different in the fall than they are in the summer and spring** so part of, and that's part of the education that people are gonna get like here and, and recipe, right. Recipe, ideas, and I think, again, like I said goes back to valid information that is not, oh, I should be eating this or I shouldn't be eating that and I should follow this diet and I shouldn't follow that diet.

It really isn't about what diet to be following. Yeah. It's how do I, how do I build my plate in a way that resonates.

AMANDA: And it's not intended to overwhelm people like, oh, more information, more nutritional tips. **It's really just to kind of simplify it** yes. In a way that kind of makes it oh, okay.

That makes sense. Right? Like you're talking about eating seasonally. Well a hundred years ago, nobody had to say that you just did that, but now we have to like remind people like, well, that's what we used to do. And we should probably do that again because of biologically and our for just our bodies.

What we were intended to be eating. So really this information is not to overwhelm you. It's just to provide tips and resources and just get you thinking differently in addition to creating that community piece.

MERYL: Yes. And I think it really also, like it's a good point. It's about simplifying in a world that everything is so like complicated, right.

We've made eating, which should be simple, so complicated, so complicated. and, and again, so much noise. And so how do we simplify it? Because really it is that simple people are like, well, what do you eat for dinner? I'm like, I make sure there's a vegetable or two, actually, there's always two vegetables on my plate.

Right? There's always a protein. Like, it really is not that difficult. If you have real ingredients, I think where it gets noisy is **when we start introducing all of these fake foods, all of these processed foods, which have no real place in our diet. Anyway, mm-hmm. And that's where the noise comes in.**

AMANDA: So we don't want to create a sense of overwhelm or, or a sense of extra noise. It's really, I hope that what people get out of it is a sense of just additional resources and fun, little tips and tricks, and just really **a community where you can get together and connect with people similarly on the same journey to improving themselves.**

MERYL: Right. And, and **we want it to be an area where it is collaborative**, right. Where people are. Inclusive of one another, and this is not about debating right wrong or otherwise in the science world, it really is not. And I, and I will, we will police that. Yeah. This is not about standing on your soapbox for what you think is the right information or not.

This really is about creating a platform where people are supporting each other because the other part of this, and I think part of where. Where we have lost the connection with people is, and I think social media has created this divisiveness as well, because you can get on social media and, and say your piece and you sit there and defend it till the nth degree, like you're right.

Everybody else is wrong. What happened to the days of like, we can all have an opinion. Right. You know, so, so I wanna be very clear that this page is not a. Politically driven page that there is no stance that we are not gonna be talking politics. Right. And we're not gonna be talking controversial topics in the way of like, we can certainly bring it up and people can have a dialogue, but if it gets contentious, like, no.

Right. Because I think what's happened. Like when you said we go back to this, this we're in this world **rather than a sense of community we're in this world of individualism.** that culture of individualism has really led us to be disconnected because it's all about the me, me, me, what's in it for me.

I'm right. You are wrong. Exactly. And so I wanna bring back the, oh, okay. Well, you know what? Everybody can have an opinion and what happened to being open mind? You know, what **if I wasn't open-minded about, my own journey. I wouldn't be here.** I wouldn't be sitting here, I would hopefully be alive, but I certainly wouldn't be on this path.

and I wouldn't have impacted so many lives for the better. And, and so I think that matters. Yeah. You know, that, that you look you're, you're entitled to have your opinion, as long as you're not trying to impart it in a way that is that's. That's just. Divisive. Yeah. And so, and, and contentious and ideologic right.

We don't need this ideology. We need to have inclusion. so what else do we wanna say about that? Got anything else?

AMANDA: I mean, I think you, you, you nailed it there. I think we touched on a lot of the the important factors of what we're trying to create here. I don't know. What else do you got for us now?

MERYL: I, I think that's it, I wanna beat the dead horse as it were. Right. I mean I just feel like here's the thing I'm gonna leave you with this. **We all need to feel a sense of belonging somewhere. Right? Where is your somewhere?** And we hope that you're somewhere is, is with us. Yeah. I love that. So I'm gonna leave you there.

Please come join us October 6th. We are gonna do it at 12 noon. We are gonna have all of our coaches on the live. It will be recorded. Come bring, ask other people to join. And we just really look forward to seeing you all there. Make it a great day, everybody. This is your Rebel Nutritionist signing off.