

Episode 72:

MERYL: Yeah, that, so that's interesting. Right? Right. It it's. And I always say you're better off eating at home than eating out at a restaurant cuz we never know what's at a restaurant, but right.

Because all that process garbage, but yeah, I, I think it is important and this comes back to some of the stuff that we were talking about in terms of balance, right. Finding. Finding the balance of what to be eating, but I think it's less about balancing calories and more about balancing. I always say, like, we talk about balancing the plate, right?

So, and balancing, are you getting enough fiber? I will tell you most people do not get enough fiber because. Unless you're making your own. So we're visualizing a plate, right? And so some of this will be actually on video, so you can see me visualizing a plate. But for those of you that are listening, visualize you know, a 10 inch plate.

And if you cut that plate in half, **half of that plate should be vegetables**, should be some kind of, whether it's a green vegetable, whether it's peppers, whether it's some kind of leafy vegetable, right. I mean, It doesn't have to be kale. Everybody thinks it's gonna be kale. No, it doesn't have to be kale.

Right? Some combination of a healthy vegetable broccoli cauliflower asparagus is whatever it is because, because that's about two maybe two, three cups of vegetables, which is really we, we should be getting at our meals and then a quarter. So then you have the other half of the plate. So I say that the quarter of the plate is one, **one quarter should be. Let's say a starchy vegetable, a root vegetable**, something like a potato, a squash you know, it could be a beat carrots, those kinds of root vegetables that not only have fiber in 'em in it, but those are the things that help us feel full. Right. And add satiety and, and they add important fibers for gut health, all of those root vegetables.

Like there's a reason we need to be eating these foods, not just from a calorie perspective because those foods will actually make us full. And then **on the other quarter of the plate, what protein are you getting?** Right. So right. If you are a vegetarian, I don't know if you're eating fish or if you're eating eggs, if you're eating a little bit of tofu, if you're eating the beans and the legumes.

And I think we have to be very careful about that as well. And that could be a whole other conversation about people who are vegetarians, are they even getting enough of what they need? Cause I have, I have my theories on that, but, but making sure that at least the plate should be that and adding in a little bit of the healthy fat, right.

A tablespoon or two of the healthy fat, and and that in a plate should be enough to really satisfy. You know, so then you don't have to count calories if you're eating very much like that within

give or take, right. Again, this is a very generalized suggestion. Right. But, but if we follow that rule of how do I balance my plate?

It's less of a conversation of oh, I should eat this. I shouldn't eat that.

COLBY: It's it's more simple. And you feel more satisfied afterwards? Yeah. Yeah. Totally. So I've noticed some of your posts lately have talked a lot about balance and dessert and things that maybe you wouldn't typically eat. Do you notice a difference in how you feel the next day?

Cuz you're so used to the way that you're eating?

I think it depends here, **it depends how I choose my indulgence**. Right. So I'll give you a perfect example and, and this isn't even dessert, but I will address the dessert part. So I went out, I met a friend last night for dinner, right? Went to a restaurant.

And didn't get anything. I got a salad. we split a flat bread. I didn't even really eat that much. To be honest with you. I was full, I had the salad. I'd tell you the truth. I could, could have made the salad better at my house. That's how I always feel now. I left there a, a little bit unsatisfied.

I will tell you because I didn't wanna eat as much of the flat bread because I was like, well, I don't really want all that gluten cuz I know how I feel when I eat too much gluten. So You know, but I was careful about what I ate. Didn't have dessert got home and I woke up this morning and I actually did a video.

I was like, so, and I felt like, my hands were puffy. Right. **I could feel the inflammation from whatever it was that I ate**. And I didn't over indulge. I ate small amounts, but the ingredients were just not that clean. So I felt that right. And that had nothing to do with dessert right now, if I'm addressing the dessert.

You know, I, **I do eat what I want to eat when I wanna eat it, because isn't that the joy of eating** is, but for me, my taste buds, like I enjoy eating healthy food because I know what I've been doing it so long. And **I know what healthy food makes me feel like**. Right. So if I eat something that's not so clean, right.

And, and, and, and natural. I don't like how I feel. I don't, I just don't like that feeling. Right. But if **I choose to have a dessert we're going out, like I will take just a couple of bites because for me, that's all I really need**. I just wanted the taste of chocolate. Right. I will say my, the hardest thing for me to.

To pass up is, is ice cream. I love ice cream. Me too. I love a really good chocolate chip cookie. Right. But, but **if I really want that, then I'll have it. And I won't beat myself up the next day** and go into the gym and be like, oh my God, I gotta work this off. I'll be like, wow, that was yummy. I enjoyed it. I savored every bite of it.

And you know what? I don't do it that often. Right. And that's where the balance is. Right. One ice cream, one cookie, even twice a week, whatever it is in the scheme of things. Doesn't upset the apple cart. It's when we decide to take it to extremes and right. Especially if you're in the diet culture. Oh my God. I had an ice cream today, so I screwed up my diet.

So screw it. I'll just eat what I want the rest of the week. I, I never really quite understood that, that mentality anyway, cuz that just made no sense to me. but really it gives people an, an excuse to not be accountable to themselves really ultimately. Yeah. Because I'm sure right. There are things that you indulge on and you're able to maintain how you feel and how you look because you Don't over indulge.

COLBY: Yeah. And you don't think about it as much as maybe like when I, when I compared to college Colby, when I was super restrictive, if I didn't, if I did pass up the cookie, cause I was afraid of like what, what it would do to me, I'd be thinking about 'em like, I, I should have had that cookie or, you know what I mean?

So it kind of backfires. And then you're like in this weird mindset, but I, I totally agree with you. I feel. There's such a fine line now where you can, you can indulge and the next day, if you feel it and you feel like what you were saying, you felt it in your hands, like, I'm sure that also made you wanna be extra clean, not, not because you felt like you had to, but because you genuinely wanted to feel better, you know?

MERYL: Yes, absolutely. And I look, I'm sure you hear this from your friends. I hear it from my kids as well, you know? The cleaner. Yeah. The one thing I, I still can't wrap my head around is people come into me and, or they say, I don't wanna come see you. And I'm sure you hear this too. **I don't wanna come see you cuz you're gonna take away my favorite foods.**

And I look at them and I'm like, well, what are your favorite foods? And of course it's the French fries it's the garbage, right? It's the French fries. It's the fried food. It's the sweets, it's the sugar. And I look at them and I'm like, okay, well, What exactly about those foods? You know, do you like so much, right?

I mean, yes, we like the taste. Okay. Sugar is sugar, but I'm not. And I say to them, **I'm not ever going to say you can't have something.** I'm not gonna be like, I'm gonna deprive you and starve you because that's not certainly how we, how we operate. Right. But what I'm gonna do is I'm gonna ask you to start.

Measuring right. How much not measuring, measuring, but like **mentally measuring how much sugar you're eating and take a step back from that.** And ultimately what happens. And we've had probably three new clients this week **within a week of them just changing small things, really, really, really small things come back and say, wow, I feel more energetic and I feel different.**

And I've noticed a change in my sleep. and we haven't said to them, oh, you have to get rid of all the sugar and you haven't you have to get rid of all the French fries. But I think what happens is, as you start to shift your habits, and as you start to eat more food foods that are nourishing to your body, because after all the only thing that talks to our body, like I said, is food, right?

Food is information for ourselves. You are either putting in good input. Or you're putting in bad input and all that fried stuff and all that sugar at some point depletes our body of the good stuff. And if you walk around depleted I always say it's like the gas tank, how you can only deplete the gas tank so much before it hits empty.

And if you're not refueling your body in the right way, at some point. Some symptom, whether it's inflammation, whether it's fatigue, whether it's weight gain that you can't lose is gonna come back at you and go, yeah, this is the price you're paying for those so-called foods that you don't wanna give up, and so I think it's so important to find yes, find the balance and really understand **why am I holding onto these foods that are not serving me right.**

Yeah. You know, and I don't know if you hear that from people cuz you're in that age category, I'm sure your friend's like, oh screw it. I could eat what I want or, you know. Yeah.

COLBY: I definitely have, it's very split. Some of my friends have that mindset and some are similar to me in that they try to be healthier.

**But everyone's definition of health and what that means is totally different.** So that's also the tricky part. I have some friends that only believe in high protein, high protein, this high protein, that another friend that is low carb and I love carbs. My body feels good when I have carbs. So it's always an interesting conversation with the ones that are health nuts.

But yeah, that just goes to show that everyone really is different. I remember there was a time I was experimenting with intermittent fasting and I wake, ever since I was a kid, I wake up and I'm hungry. But I was like I might as well try it. This was one of the diet fads I was gonna participate in.

Why not add it to the list? And it, come noon. I would be ravenous. Like literally lunch would be huge. And I just, I felt worse throughout the day because I felt like I was starving all morning and then full in the afternoon. And one of my friends swears by intermittent fasting. So that really goes back to just everything, different things work for everyone.

MERYL: Right. Well, and that, and that is where, like I said **you can look at someone's genetics and determine is intermittent fasting something that works for you or is it not right?** I mean, I always say you know, for me it, it works. And, and. I know my genetics. I know now what makes me tick and I know how to eat in the way that I need to, to keep myself feeling and looking the way that I wanna look.

And it's not about depriving myself. It's really about saying, look, **I like how I look and feel. This is what I want to do to maintain it. And it makes me feel good. And more importantly, I know I'm healthy doing it.** Right. And so that's where it still goes back to. And I think there's some intuitiveness to that, right?

Like you said, intuitively, it didn't feel good. So I didn't wanna continue to do it. **I think where people get stuck is that, we disconnect from that intuition.** We start to listen to the people that say, well, you should do this and you should do that. And yet **how do these people know what you should be doing for your body?**

Right. You know, so what are some of the things that you hear that you find challenging to deal with from your clients? Right? Cause you're seeing some people now, like what do you find challenging or frustrating or, yeah

COLBY: to me and say that she needs to drop 15 pounds by the time of her wedding, which is in four months

And I'm, I'm sitting there. I'm like, okay, well, you might not drop that much weight in that time span. You might, you, you might not, but I could promise you you'll feel a whole lot better come that time. And I think that's **the biggest thing that people have to realize is it's not a quick fix. And if you're not committed to making it a lifestyle, then you're gonna keep going on that hamster wheel of trying something and then giving up and then trying something else and giving up.**

So that's where I, I really. Your science behind all of this in conjunction with coaching and having the right tools to lead you in the right way is super important. And that's something that I really struggle with, cuz people want that quick fix. **They wanna lose the weight overnight. And that's when you've been building these habits for years that's not so easy.**

MERYL: Right. And I thank you for sharing that, cuz I think that's so important. Look, we had that for a long time and I would say to people just you, you gotta get out of the diet mentality, right? And, and I always say the one thing I hate doing the most, most is dealing with weight loss.

Right? because, because people in that mentality are still stuck in that diet, culture mentality and what that **diet, culture promises falsely. Right. We know falsely promises is the quick fix.** And yet we know there is no quick fix to the long term issue. There's an imbalance here, right? **food imbalance is a long term issue, so there's no quick fix to that.**

Right. And, and the people that promise you that are the ones that know, okay. As soon as you finish off of this quick fix, you're gonna gain the weight back. And then what's the next quick fix? **And now you're chasing weight and the number on the scale rather than your health.** Right? And I think people confuse the two people confuse and say, well, oh, if I'm thin, I'm healthy.

And, and there's nothing farther from the truth. Right? And so my advice to you that you could you could learn from me the I didn't learn this when I was your age. I wish I would've. Cuz then I would've been a whole lot easier in dealing with these people is look, this is how I work and I can get you to weight loss, but not, but let's talk about what's realistic.

And what **more importantly, what's realistic for you and what is sustainable for you?** because is it worth losing the 15 pounds to get in the dress? And then the day after the dress, you're out bingeing, right? The day after the wedding, you're out bingeing because you starved yourself for four months to get into the dress and right.

And, and by the way, you were miserable for that four months, because all you did was deprive and starve and all that kind of stuff. The real question is, is why did you get to the place that you need to lose 15 pounds before your four months Like it needs to, we need to be having these conversations of how do you maintain that balance to stay healthy throughout.

And it doesn't mean that you're not gonna go up and down and whatever, right? Like that's life sometimes. But, but it is, it's the mentality with which we go into the process and say, you know what? **This has to be about health ultimately.**

COLBY: Right. Are there thing, like, can you talk about this a little bit?

Where a situation where, so a form of a certain diet works for someone and then they feel like they're at a plateau and they can't lose the weight and certain foods were working for them forever. And then all of a sudden something changes does that ever come up for you? Yeah,

gonna say **how often is our body changing that we would need these tests** or like, is it like in every 10 years you need to get retested and see what your body can tolerate. Can't tolerate. I, I really have no idea how this stuff works. So I'm interested.

MERYL: Well you could talk about plateaus from many different angles, right?

When you're talking about, so from a biology perspective, right? If you wanna talk about literal biology, Understand that body fat, **fat is our body's savings account.** Right? Our body stores fat. Think about it in, in the ancestral days, right back in the days where we were running away, we were, we were literally nomads fighting for our lives on a daily basis.

Right. So there would be times of feast where you'd go out, you'd get you'd hunt. Right. And you'd when you hunted and you'd gotta kill, like you would eat the whole animal, the entire animal. Right. And. And you would almost gorge yourself to fill up those fat stores because you didn't know where you were getting food from and you know, the next meal was coming from, so you'd, you'd fill up on the food.

You'd, your fat cells would fill up with storage and it would use that fat in times of famine, right. Or if you were just living off the land and you were eating berries and vegetables and insects and all that kind of stuff, and your body would use that fat as energy. And, and then you'd eat again and it would store it.

Right? So, so **body fat is a protective mechanism to keep your body from starving, from dying**, right? Except now in this day and age, it's a totally different picture, cuz we don't have any of that right now. We just eat and eat and eat and we're not using and expending nearly as much energy. So **the weight plateau comes from the fact that your body does not want to continuously let go of its savings account because it thinks it's gotta hold onto something for a rainy day** So what happens is, is **it's going to slow down your metabolism. To hold on to that fat. And that's what we call a plateau.** Right? That's the very, very, very simplified version of that.

Right. And then what happens is, is you need to eat fewer and fewer calories to then lose weight or exercise more. Right? So this is that whole diet mentality that just doesn't work with our own biology. **the real way to lose weight is to make sure your body is balanced and that you're moving.**

Right. You're moving as much as you're eating or maybe you need to eat less, right. You create somewhat of a deficit in a consistent way that is, and you'll always hit a plateau, but what are the things to offset that, that then that will keep you moving forward. And that's where everybody is so different.

Right? And it may just require eating a little more food sometimes. And sometimes it just requires a couple of weeks of maintaining, you just gotta allow your body to know. Yeah, I'm safe and I'm not starving. Right. So, so for a lot of times a lot of times people hit a plateau and they're like, oh, I'm not losing weight to screw it.

I might as well go back to eating what I used to. Whereas if they just had a little bit of patience and let their bodies catch up they would actually, yeah. Right. And, and so that's an example of a plateau. I mean, **food sensitivities and food allergies are very, very different.** Right, right.

It just, it's a very, very different conversation. because **if you can't tolerate foods, is it because you're actually allergic to food or is there actually something going on inside your gut that's causing that imbalance**, right. Because people now everybody's all over the I'm allergic to this food and I'm allergic to that food and I'm like, Oh, you're all full of shit so I think we have to be **as coaches, as clinicians, we have to be very careful not to get caught up in the hype of the moment.**

I think one thing that social media has done that's. Horrible is **what is the supplement of the day?** I know Ashley, my daughter was just talking to me. She goes, what do you tell? What can you tell me about CMOs? I'm like, what cause CMOs for whatever everybody's using it for, or then it's glutamine or like, it, it, there's no quick fix.

**There is just no quick fix to any of this.** And you know, maybe rationally, we understand that as humans, but emotionally we're like, I just want it. I just want it. I just want.

COLBY: Yeah, it's so true. I like the way you put that. Are there any workouts right now that you're loving? I know you mentioned lift lounge.

MERYL: oh my God. Yes. Well, you did it the other day. So, so Colby and I did this amazing workout there in Delray beach, the lift lounge and Kai and Jody, I actually met with Jody yesterday. We had an awesome conversation. So I'm taking my team there on Friday to do this amazing workout. And I love it because **it is very much about working through the positive and the negative.**

**It is about balance.** Like again, right when we talk about. **What makes up a great workout. What makes up a great program? Diversity is important,** right? Whether it's nutrition, whether it's mental wellness, whether it's physical wellness. So yeah, you need to do a little bit of the resistance work. You need to do a little bit of the cardio work.

What I love about lift lounge is you kind of get it all in one, so I, I have to say that's my, my favorite thing that I'm doing now. You know, what I would say to people is if you are just doing the same thing over and over and expecting, initially we have these great results, the first I don't know, six months a year.

And then all of a sudden we plateau on that. Yeah. Cause we're not changing it up on that either. So I don't wanna be like, oh, I jump from workout to workout. Cuz I really don't. I, I make sure that I am doing a little bit of the cardio. I'm doing a little bit of my mindset work, which is my yoga, my meditation stuff, and that I'm doing the resistance, resistance, cardio, yoga stretching, right.

It all plays a role in, in keeping my body balanced. And so. Yeah. What about you? What do you doing these days?

COLBY: I, I loved lift lounge when I tried it, but my go-to lately has been solid core and this workout called EMS electro muscle stimulation. Oh, right, right, right. Yeah. But solid. I love the low impact Pilates.

I find that that really works for me. But before that I was, I was running a lot and I found that it was really hurting my knees. So had to take a little break from that. But I agree. It's, it's definitely very important to change it up. I love Melissa Wood, health workouts. Mm-hmm so more of the slow movement, right?

COLBY: Low impact. Exactly. We don't always have to bang it out to be getting, to get it, to be getting the results. And I think that's so important and look kudos to you. You're young that you

get this now. I mean, this'll be great for you to put into practice as, as you continue. You know, move forward in, in your career.

So what else in terms of what you're working on, what you're looking to, do you wanna share with our listeners? Any last thoughts? Cuz I'm sure you and I could talk for like two more hours on this.

COLBY: Yeah, we totally could.

I would just say, I guess to leave your listeners with this, that if you're out there and you're struggling and you're trying to find your way and having trouble, whether it be with weight loss, or just feeling your best.

**To try different things and to talk to people about it** because it's so important to not get sucked into the social media hole, where it could feel very enclosing. So I don't know. I just wish I could say that to college Colby, where I was trying to find what diet, what do I do? What do I do, but **try to really just pay attention to how you feel.**

And. Get get tested, visit Meryl and find a health coach not to give a plug or anything, but it's important. It's important to get help with this stuff. It could be confusing.

MERYL: Yes. And the, and, and I think **when you say talk to other people, I'd be careful to say, talk to the right people**, right?

People, people who are, who are really, who are certified, who are experts in the field. Right. And know what they are talking about and know what they are doing. Because as we've said, not to beat the dead horse, but. **The information on social media, most of the time is not going to be accurate for what you need specifically.**

Right. And we can go down that rabbit hole of social media where, and, and it's not, not only not accurate information, but. You know, people don't look like what they really look like on social media, where they would pretend to look like, right. We're all chasing. I think the physical part of this has to be addressed.

So Colby, any last thoughts that you wanna leave us with in terms of you know, wisdom, any wisdom you've got?

Yeah, I would just say if, if you're out there struggling with your weight or whatever it may be in terms of health to be very careful with who you choose to follow on Instagram it could definitely get very overwhelming to follow a bunch of different accounts that have conflicting views. And if you feel like you need to talk it through with someone or get help, make sure you do that because it always sounds more extreme and scary to get that help than it is when it comes down to it. And it's more freeing when you do so.

I'll say, I'll leave you guys with that.

MERYL: I love that. I love that. And yeah. And, and again, just to reiterate, right, **make sure you're getting the right help. Someone who's credentialed someone who's got the certificate**, right. Colby went and did her work and she's walking the talk so good for you on that. And yeah.

You know, make, make, just make sure you are working with an expert and you're not just following whimsical advice from someone that. You know, maybe giving you bad advice at the, that that could hurt you. So I love that. I love that. I love this conversation. We'll definitely have to bring you back for more.

We'll have to do it in person when we get you in the office and yeah. Yeah. So thank you for being on. Thank you for having

me. This was so much fun. It was, we could talk for another two hours off.

I know we, we, we totally could. All right, everyone. This is your Rebel Nutritionist signing off. Make it a great day.