

MERYL: So, and, and, and you know, **it goes to show that it's not. adhering to one specific diet**, right? Like Amanda said, like that bringing it full circle. It really is about are you and the work that we do, it's all about **are you nourishing your body in the right way?** And, and that is, is really the loudest message because.

What, what do people wanna know? What you know, what do I need to eat? But really more importantly, **I think we need to talk about what we should not be eating.** And I think we echo this over and over and over, but people seem to just not understand, you know? So I'm gonna say, and you guys can all kind of go around, but **sugar is definitely absolutely the biggest one because sugar is hidden in every single thing, every packaged food, every processed food,** and.

You know, it is just everywhere. So for me, it's like paying attention to the sugar, paying attention to what's in that package, **reading the labels.** That could be a whole other conversation because reading the label will just show you, okay, well where's the sugar in there? And the hidden sugars and all of that.

And all those words that they don't know what they mean, like so way.

JILL: Right. If you can't read it, your body can't pronounce it.

MERYL: I always say **if you can't, if you can't read it, you can't pronounce it. Your body doesn't know what to do with it.** So stay away from that stuff. Yeah. Who else, what, what else should we be avoiding?

AMANDA: Shall we talk about ozempic?

MERYL: Well, yes. Wait, we're gonna get there in a second. But, so sugar **processed oils. Processed foods,** right? Processed foods, gluten. I think those are the biggest and people are like, well, why do you have a beef with gluten? So I'm just gonna go real quick. Why do I have a beef with gluten?

Because if you look at the wheat grain, Since the Industrial Revolution, right post 1950, there's, it more than 12 to 13% gluten. Whereas the wheat grain, when it was really Organic original **before 1950, it had like 6% gluten.** Yeah. And so there aren't many digestive systems that can handle that degree of gluten.

And that's the issue. **It's just been so overly processed that our, our bodies can't handle it.** So staying away from the gluten or, or reducing the amount that you're, you're taking in. But I think those are the big ones. And, and you know, again, bringing **drinking water and the lifestyle piece of sleep and stress**, and it's all the things that we talk about here and we continue to promote.

It is the consistency of what we see people asking for. Right? If we're going back to trends, it still comes back to we're gonna make the same suggestion. Because we know it works like Jill just said. Right. We stay true to the script, and it works. There you go. Every single time, because **you can't outsmart your body.**

Your body's information is food. Our operating system is food. And so coming back to what you were saying, Jill, right, so there's always gonna be a trend, right? It was the Octavia, Octavia, whatever. Right now it's been big about the quick fix, and then there's this trend. It's whether it's the keto, the paleo, whatever.

Now the scary thing is everybody is doing the injections. Yes. The Ozempic, the, the sky, whatever, all those are right? But **they're now the pharmaceuticals. Quick fix to. To managing blood sugar** and, and subsequently what people think is weight. Although now studies are finally coming out that as soon as you stop these medications, guess what happens?

You gain the weight back. So, Jill, what were you gonna say about that?

JILL: Well, I think you just took the words right outta my mouth. Oh,

okay. But **so many people are looking into it because they want that quick fix.** They don't wanna put the work in. Right. They don't wanna believe that they. real food and, and lose weight.

They just wanna know they're gonna take this shot or take this pill and the scale's gonna change. And, and that's just not reality. Wellnot

MERYL: Well, here's the thing. People will do it and they will lose weight. They will. But what I think the message has to be is **weight loss doesn't equate to health.**

Yeah. And if there's one thing that we've learned post covid is. Weight loss definitely does not equal health. Right? Yes. We know obesity can make those kinds of things

worse, but **just losing weight doesn't make you your body healthy**. Right? And I think that's what people start to see, you know? And, and the scary part is these drugs are now they're being misused. Right? Of course. Shocking Americans think if a little is good, more is better. doesn't always work that way but, but it is, I mean, look for some people, for people who need the, the management and the control, maybe short term, right?

If you really. I kind of feel like maybe ozempic for some people that are really desperate and really just need to start a get handle. Okay, so you do it for four weeks. until you can work with people like us to get a better grip on the nutrition and the lifestyle piece. Because the other part that I wanna address in the time that we have also, is that **it's never just about food**.

When we're talking in the work that we do, and this is what makes us so unique. is that **we are looking at the lifestyle piece and they're being held accountable and having support** and you know, we're gonna, I do wanna go to our community because I'm so proud of, of what you've done, Amanda. So we're gonna talk about that in a second.

But I do think, let's talk about this lifestyle piece, cuz again it just keeps coming back. stress

MICHELLE: and the sleep too. I feel like. Well, right. When people come in and they think like, okay, I'm gonna diet and exercise and poof, and then that's gonna be, you know the answer. And then when we're really honing in on sleep and stress and they're like, wait, I didn't come here for that.

It's like, right, well guess what? It's all involved. Like we're working on everything and it all is so intertwined. Mm-hmm. that you can't overlook those things and so mm-hmm. diving into sleep, like you always say, **everything backs into sleep**. And I'm saying that

Now too. Yeah. Because it just keeps showing up. **If you are not sleeping, then your hunger cues are off, your energy off, you're not gonna exercise** like everything sort of

unravels. Yep. So we do have to look at all that stuff in order to treat the whole person. **It's not just the food you eat and the exercise that you do,**

MERYL: Absolutely. And I I think not enough people hold that in high enough regard, right? Yeah. People, and I think it's very much like the stress. They just sort of blow it off.

Yeah. And you can't, if you're gonna **if you really wanna have a healthy, healthy life and, and have longevity**, right?

I mean, and living long, you can't not sleep and expect to have a, a long life. What other lifestyle factors? Who wants to throw it?

Really cricket. Come on guys. Stress. Let's talk about stress. Well, right. Okay, so Amanda mentioned hydration.

MICHELLE: **Stepping away from electronics.**

Ah, let's talk about that. Yeah. The full bed especially. Yes. Right, right. The emf. Amanda, you're big into that too. Yeah,

AMANDA: I am. I do. I am mindful of my EMF exposure and I'm aware that I am also being exposed everywhere and anywhere that I go.

Yeah. So that is kind one of those things that you have to accept, but you could be **mindful of the things that you can control**. And so yeah, we're, we're pretty mindful of that. In our house, we have this little device that shuts the whole wifi system down at nine o'clock at night, so we're not being exposed all night when we're laying in bed.

MERYL: Right. I think my whole family would shut down. I know. I but, but there's it was interesting, we were at a lecture last week and one of the doctors was talking about how sensitive he was to ems and I think that's something I actually think. Have that too. Like I could be in a place like you all of a sudden feel your energy being zapped.

Totally. And so and maybe just that's the more in tune with your own Right, right. And own intuitiveness of your health. But again, right. We're bombarded constantly 24

7, so,

AMANDA: but **there's little hacks you can do too**. Like, I unplugged, I always **keep the microwave unplugged**. In fact, I wouldn't even have it in my house if it right.

Shows up to me. But yeah, just little things like that, you know. I'm trying to think if there's anything else. Oh, **I put my phone on airplane mode at night**. Mm-hmm. , so I'm not getting any of that exposure. So there's little hacks you can

MERYL: do. So, yes, yes. Keeping those EMFs low hydrating meditation and breathing.

So yes, I was waiting for somebody to bring that up. I didn't have. . But I think part of when we look at people hear **meditation** and either they're like, yeah, yeah, we love meditation. Or like, no, no, I just can't do that. Right. And I think the part of this, it's, **it's not an all or nothing**. There's a continuum on, on this whole space as well, right?

So we're not asking you to sit in a room and go, oh and, and, and chant. , but by the same token, **we know that stress ignites that fight or flight response**, right? That is our adrenaline and the go, go, go. And so if we're in go, go, go and stress mode all day, and then we ask you to not do that.

you are not trained how to do that. You're almost like, wait a minute, this is why my brain doesn't shut off. This is why I can't sit still. So like everything else that we're talking about, **you have to train your body. Best way to do that is just breathe**. Yeah. Because if **we're in fight or flight, that's the sympathetic nervous system**, right?

That nervous system that does that go, go, go. I am not safe. I have to look out for danger around me. That's really the evolutionary. Part of what fight or flight is, is I am not in a safe place. I could get attacked at any moment and my life is in danger. Right? And so, I mean, look, there's definite consequences to that behavior as well all day long.

I mean, yeah, health consequences. Yeah. But if you're in fight or flight, and then we're just asking you to not come down not be in that, how do I do that? So **the best way to do that is when you breathe, just to do some. Diaphragmatic breast because when you do that, now you're telling your nervous system, you're, you're igniting that parasympathetic activity, which is the opposite**.

Like, oh, yes, **I am safe. I am in control**. I am not gonna get attacked. And **we can kind of let down our guard now. so that we can decompress**, and that is really what breath work does. It allows the parasympathetic activity to get ignited **so we can slow down long enough to just be**

MICHELLE: . Yeah. And I'm just sitting here listening and I know you always joke around like, oh my God, you're like this.

And. My life is a little bananas that I am running like that, but **it's so easy as you're talking, I'm doing that**. It's really easy. Yeah. To just sit. I always say coming to work is

like my happy place because I can be and right up all the stuff that we talk about. Right. It's great energy here and you know, we're feeding all our clients' stuff, but we're also feeding it to each other.

And that's why this is so great that we all feed off of each other. Yes. But so like you're sitting here and saying that and I'm doing it and like that's how easy it is for our clients too. Yeah. Breathe it in and sit and you could do it anywhere.

MERYL: Absolutely. And, and you know, **part of that goes back to the self-care**, and that's what we've been talking about all month.

And even this morning I did a walking video part of why we were talking yesterday in our meeting and I'm, and we're trying to, I'm trying to figure out how to write better, organize my schedule. And someone said, well, just wake up earlier, do this earlier. I'm like, okay, wait a minute, . **My non-negotiable is my workout time.**

because that's when I get outside. Yeah, yeah. And for me, being outside for anybody really, right? Yes. **We all need to be outside in nature**, but it really is about why, because the sun's rays, the light, the uv, the energy, **the energy from just seeing the sun on the pineal gland does something to our physical body.**

Right? So that en like literally we're all made of energy and a atoms and neutrons and protons and electrons. Like that's what our body is made. That's what the energy is of the universe. **So the sun does something energetically to us. The colors, why do you think nature the blue of the sky is calming,** but that all resonates on a certain energetic frequency.

Mm-hmm. . So I am so in tune with that, that for me, **getting outside allows my body to connect in a way and disconnect in another way.** that is very common. Mm-hmm. . And then it allows my creativity to come through. Right. And we have, so part it's example, we had a client come in who said she's, she lives a very frenetic life.

She had has a lot of stress in her life. And she said, you know what? I finally got out side, I sat 30 minutes in the sun. And it completely changed my whole perspective. Right.

JILL: It's so, it's so true. And, and it I started. Once I got my sleep routine down and I feel so good when I wake up in the morning, I've.

Started to work out very early in the morning before the sun comes up, and I like to do it while I'm still outside and the sun is coming up. and it, it is, **it's very calming, but at the same time energetic and it just sets the tone for the rest of the day.** Yeah. **And I just find I have so much more energy on the days that I do that** than when I don't.

MERYL: Right. Mm-hmm. , right. Yeah. I think part of that too, and it, and, and. The takeaway here isn't that you should necessarily get up early and exercise. That's always great, but even on days maybe where I'm not working out, I'm getting up early, I'm watching the sunrise, I'm having my coffee and I'm journaling.

Right, right. And I'm taking that self-care time. **It's quiet time. and it allows me to reset.** And you know, the interesting thing is we were away this weekend for a conference and I was out of that routine. Yeah. And I found myself, well, at the end of one of the days, I was so antsy. I'm like, I gotta go walk.

Right. Because I didn't get the opportunity to be outside, to get the fresh air and kind of reset. Right. And so we don't realize how important that time is. And I think that we really, **we need to slow down a little. And life is so frenetic and so harried and so rushed.** So I, I think that's, that's huge that we really need to be doing more of that.

And breathing. Just breathe. Just do some breath work. Literally like you can sit and do you know the inhale, the long inhale. Four second Inhale. Hold for two second. Four second. Exhale. If you just start with that. Right, right. That belly breathing, so Right. You don't have to go get a special app if you're listening.

You don't have to do, you could be sitting at a car at a stoplight doing breath work. Yeah. See, so, or Michelle, she's sitting here doing this podcast and she's breathing. . Yeah. .

So and I think the last thing that we really can end with here is the community, right? **Sense of community.** Maybe we should have started out with that, but I think if you look at all of the longevity studies, if you look at the health and wellness studies, **Having a sense of purpose and having community is the number one indicator of health and longevity.**

And so kudos to Amanda who really helped us start our community group this year, and you've done an amazing job at doing that and keeping us consistent with that and contributing to that. . I think we all here, like you said, Michelle, like we have our own sense of community here and we all feel so good when we come to work and sure.

We are a team. That, that bringing that out to the masses has been very inspirational. It's been, I think it's been great so, but. So I let's talk a little bit cuz I don't think we talked about where, like what was the impetus for you starting that? Because I think we, we talked about it a little bit, but, well, I think just knowing,

AMANDA: just like you said, like **the significance of having community and how oftentimes our clients come in and they're doing this.**

Maybe alone, and they don't have support within their household or with their friends and their peer group. So the whole idea was to **create this community page so that they can see that there's this tribe that that's here.** They, our clients are doing this. Yes. So why not do this collectively together and have a space that that's cultivated in.

So that was kind of the intention behind it. And so it's still kind of in its infancy stages of course. But we just know the importance of community and like you said, **we feel it when we come to work, so how nice to be able to kind of carry that on and, and offer that to our clients.**

MERYL: Yes, yes. **Have your own private cheering squad,** right? Yeah. Right. Exactly. Exactly. And **a safe space to do it.** Right. And I think that's so important, a safe space because. So many of our clients, and I, and, and it, like you said, it's in its infancy, but if you guys are listening, get onto the community page.

Yes. We wanna hear from you. We wanna be able to support you. I think we, for the past few years, **we have all been conditioned to do this alone.** And where **there's fear in opening up, there's resistance in wanting to be part of a community again. And it is our, it's in our humanness to actually want to be, we're social creatures.**

Yeah. We actually want to be, I think there's been so much fear put out and so much trepidation about that. For whatever reason. I have my own theories about that, but we are not gonna, we don't have, we're not going there right now. But, but to create the community, the safe space, because so many of our clients have come from a place of trauma.

Yeah. And not having that safe space, and not only not having the safe space, but being beaten down both, both literally physically and emotionally. And so, Recognizing that and, and supporting that. I think **for our community, for our clients, for you guys who**

are out there listening is so important. And I think that is a huge key in the work that we do is, is helping people really change that, that perspective.

We're not meant to do it alone. . Yeah. And I think especially as women, right? I know I was told at a very, or the message I got, I wasn't told, **the message I got was be strong. You gotta do it on your own.** Don't show this. Right? **Don't show weakness because you're not gonna get ahead in the world if you show weakness.**

Right? And there's whatever variation on the message that I'm sure we all received when we were younger. Maybe it's less so now because of all the inclusivity. Who knows? But, , I still think they're underpinnings of that, of that isolation of, of being, staying to yourself. So **I think it's so important that, that people reach out, that people join the community, that they come join the events that we do** because they are geared for them.

anybody wanna answer that? You guys are quite . Arewe ?

AMANDA: Well, I'll add something to that. Yes. Just to stay tuned that what we're trying to do **every month is create an event that is circulate, circulating around some sort of wellness topic and that's just a good opportunity to meet in person** and.

You know? Yes. At one of the events.

MERYL: Yes, absolutely. Yes. So **come to the events, stay tuned on the Facebook page. Stay tuned for our podcast,** and as always, we wanna hear your feedback. , right? What do you guys think out there? What else? This was a hundred, but we're gonna keep going. So what do you want for 101 and 110 and 150 and so forth.

So look, but also like knowing, like if you guys have suggestions, like put them on there.

MICHELLE: What do you want? What do you want the next podcast to be? Yes. You know, what's first and foremost on your mind, right? I know my friends will start shooting up. Right, . Exactly. Exactly.

Let's me this. Right, and we get that.

MERYL: I mean, we do get the questions, but we want more of it and, more interaction from everybody because we know it's not just **if it's on your mind, it's not just on your mind. Everybody else is thinking it too.** So. . Awesome. Well, this was great. Thank you team. Thank you. And yeah, that I think is a wrap for our hundredth episode.

Stay tuned for what's to come in the future. Lots more exciting things and more,