

MERYL: Welcome back everybody to the Rebel Nutritionist Podcast. Today I have Suzette Bravo back again. And we are gonna be talking about, we're really excited because we are launching. A a half day workshop for young girls. They are gonna be ages, well we say grades like was like sixth grade to 10th.

Yeah, right. And so sixth grade to 10th grade, I don't know what the ages are in that, but we'll figure that out.

and It really is gonna be about a summer reset, meaning how do we help these young girls move through and transition in a way of who do they wanna be? Come September. , right? Yes. Is that what you would say?

SUZETTE: Yeah, absolutely. Helping them, and we feel like the summer's a great time to do it because they're kind of stepped back from their normal academic load. I know families usually spend a lot of time together in the summer and there's travel, but a lot of this is more like some going within exercises and them getting to know who they are.

in the absence of so much external input that they're getting all the time. Yes, and that is a big part of this reset is. Helping them to unwind from what society, what's the, what the world wants from them and how the world expects them to be, and getting in touch with who they wanna be in the world AB as they get ready to complete high school or transition from junior high into high school and, and taking a look within and who they are.

MERYL: Yes. . And, and along with that, we will have the, and we're gonna talk about that in a second, but the nourishment component, the food part of really understanding the whys of, of how to organize their meals and what they should be doing and drowning out the noise of what they should be doing. So we're really excited to be promoting this.

And, and so yeah. Without further ado, let, let's get into what we will be discussing and, and really why. You should come , right? Why bring your daughters, bring your nieces, bring your sisters bring your friends, because this is going to be our first one, but we hope that it will continue to be a series.

Actually, we will be offering a series after this, but more to come on that. So let's really talk today, Suzette. , what is, what will we be addressing? You mentioned just the, just briefly in the intro, but let's talk about it. What, what's the first part of this?

SUZETTE: The first part of this is a piece that I think. Women and girls, I mean men and boys too, but we're, we're not talking to them today. So, we'll, we'll get to you guys eventually. But you know, **one of the biggest struggles that I see with the girls and the women that I work with is confidence.** Yes. And it is because part of it is because they are so, reactionary.

They, they, **they run through their lives being in reaction to what everybody else wants from them. And they want to impress their peers. They want to impress their parents.**

**They want to impress their teachers.** And they, they want to look good on social media. It's all about the likes and it's all about you know, who, **who externally approves of what I'm doing.**

Right. And they're selling themselves out. and **because they're selling themselves out, they're not in alignment with their true selves.** They're not living in integrity with themselves and what they want. Mm-hmm. , which absence of everything else that's going on in their life that can be creating stress, that alone is enough to tip the scales and, and cause all kinds of mental health challenges.

And **we wanna help them get back in touch. Who they are, what they want to be able to find that confidence to step fully into their fully expressed version of who they wanna be in the world.**

MERYL: And I think that's so important because I think we go back to our own experiences of the stories, right?

I always say it's the story that I was told that I, or the, maybe it was the message that I thought I received, right? It wasn't a direct, oh, here's, here's how you know that it was a direct. Quote to me, or it was a direct conversation, but **the inference that I got then created my own story.** and I wish I had these tools.

I wish there was a class like this Back when I was young. Because **you realize that you're living by someone else's expectations.** . Yes. And so how do we quiet that noise? And I think the, **the more tools that we can give young girls and young women to address it now, right before it becomes so ingrained in their personality and who they are.**

It it's life changing.

SUZETTE: It is. It's, it, it is, it is the key to the kingdom. And. Having the confidence to live in your own integrity and, and I'm listen, and I'm not suggesting that we walk through life not giving a crap about what anybody has to say because that is completely unrealistic, but. , it's okay to be yourself.

Yeah. **It's okay to stand up for what you believe in, and there are gonna be people that aren't gonna like you for that.** There are gonna be people that are gonna challenge you for that, and that's cool. That's fine. That's okay. Like **if we were all the same, think about how boring the world would be,** right?

If we all thought the same and did the same things. But if you scroll through social media or if you, if you listen to a lot of this output, that's what they want , **like women and girls we're supposed to look a certain way. We're supposed to talk a certain way, we're supposed to behave a certain way and it's not right.**

And there's this we scroll through, scroll through social media and we, **we compare our average, ordinary, everyday lives to somebody else's highlight reel**. Yes. We're never gonna meet up, we're never, we're never going to live up to that standard. Never. It. It makes me sad and it breaks my heart because I remember this from when I was in school.

Like you had the cool kids and you know **you wanted to fit in and you wanted to be popular and all that, and the amount of pressure around that now is exponential**. It is because you're comparing yourself to. Like I said, everybody else is highlight reel.

MERYL: And you know, even though we're aware of it, right?

So we're all, we go on in, so we're like, oh, well that's filtered, or, oh, that's, but we still dismiss that and somehow say, oh, but that's really what I need to look like, or that's really what I need to act like, or, and so yeah, that the, the part I think. And **it's kind of taking a step back and saying, all right, well, where do we pause on this?**

So you said something before we went on the, on the on air about, all right, well, where do we start? Right? So it is about, what does that pause look like? So you mentioned , go ahead. I'm gonna let you take it away on that.

SUZETTE: Yeah. So one of the, one of the things that we're gonna work on in the workshop, it's actually the first thing that we, that we open up with because it, it's important to get in touch with this is that is **what do you want?**

**And when was the last time you spent any amount of time thinking about what you want in the absence of anybody else?** , and you know, either through, there's many different practices that you can use to get here, but through meditation, through journaling, through talking with your parents or your friends or you know, your dog, I mean, but just asking yourself, what do I want?

What do I want my life to look like, and visualizing and **getting familiar with what you want in your world. , are you on the path to make that happen?** Because what happens when we are living a life trying to achieve somebody else's goals is things get hard and we don't wanna do things and things don't feel like they fit.

And it's frustrating and it creates anxiety, it creates depression, it creates all of these other things and it is because you are not living in alignment with what you want. And the first step to getting to that place, that magical place, is figuring out what that is.

MERYL: And so we, we talk about, and I, I talk about this a lot.

The only way to really know is to spend time with yourself. And it was interesting. I went to the Jay Shetty event last night. We were talking about. And one of the things he talks about is being

alone. And **there's two sides of the coin of being alone. It's loneliness, which is negative, or solitude, which is positive.**

And so it's interesting because I really started to get into this work, right? You know, about when I was getting divorced and the solitude piece was a big one for me, being able to. Take time to reflect. And it used to be where I would do that, I'd get up and I'd get up to watch the sunrise, have my coffee.

That was sort of my moment in time or moment of the morning, a day that I did self-reflect that I took time to pause that I wasn't on social media and, it gave me the opportunity to step back and go, yeah, what really does resonate? Because like you said, **our days get so busy and we go, go, go, go, go. And we're reactive that it's where is the time that we can be reflective** and, and that too has progressed and I think as you continue to **respect that time, honor that time and treasure that time**, like for me, it's now progressed to, I now journal, now I try to journal every day.

It doesn't always happen, but what the journaling has allowed me to do is sort of take it to the next level because now I can envision what I want my day looks like. Right. I set it up. So, so it becomes in that, in those moments, and it's not a lot of time, I mean, for me, yes, I take an hour because I, that's what I chose to do.

Right. But it could be five, 10 minutes of let me do something to pause and reflect on what is true to me. What do I wanna set the intention for and or how, right. And how do I wanna move about my day and, and consistently remind myself of this is where my intention is, is going. And I think giving this to the girls that we're gonna be working with is so powerful because I don't think they do that.

They don't have the inclination or the time or, or the wherewithal maybe to really. ,

SUZETTE: they don't because they're used to being told what to do. Right. And they're used to being told how to do it. **Giving them the tools and the wherewithal to be able to take ownership of their day and their life and how they wanna do things, allows them the space to move through their day.**

I think it, I think it was John Maxwell who said **either you run your day or your day runs you.** Right. And it is, it's, it's being intentional and. **Picking the things that are important to you,** picking the things that you wanna do and making time and space for them, right? And yes, like being a teenager in school and all of that is, it is extremely stressful and you know, Covid coming in and just completely disrupting.

And then we took these kids and we took them out of their program for what, a year and a half? Almost two years. Two years, yeah. Threw them back into it. And there was never there, there was a lot of loneliness and, and solitude and, and separation during it. But now that, , it feels like everything has just been moving exponentially faster.

And there hasn't been like even a moment to kind of reset and take a look at what's going on. And then when you, **when you understand your why and you understand the things that are important to you and what you wanna do, then you can make the decisions in your life that support those things.** and one of those things.

And of course Meryl and I have had endless conversations around this is **nutrition and movement and taking care of yourself. Self-care is not just about soaking in a bubble bath or going shopping** and like that is not self-care. **Self-care is. choices and decisions that you make for yourself today that will help you create a better you for tomorrow,** right?

MERYL: I feel like that word **self-care** is so overused, so I'm so glad that you said that. and defined it. I ask people when they come in and we always say, well, what, you know what? Form of self-care and the first thing they usually say was, I exercise every day. I'm like, yeah, that's a form of self-care, but really go deep.

Right? **What are the things that you really do for you that you genuinely own and genuinely make you feel happy that are outside of an exercise that you just get to do that bring I would say make your soul sing** and the nourishment part. is so important on so many levels, but specifically we're talking about the food piece, right?

Because again, **if we're not taking the time to nourish ourselves, then we're just reacting to hunger signals that may or may not be driven from fear, anxiety,** and then we're reacting to that, or we just don't have time, or we just don't know. I think there's so much. noise, I think, I know **we talk about the noise out there of what I should be eating, what I shouldn't be eating.**

So part of what we will be discussing is **how do I balance my diet in a way that serves me?** Goes back to really listening to what is my body telling me I, I want and not just throwing the sugary processed foods, because that's part of the disconnect. . **The more garbage we eat, the more processed food we eat, the more sugar we eat, the more of a disconnect the brain and the stomach and all those neurotransmitters get fired when we eat sugar.**

Right? Like you had a perfect example, right? I wanna share that if you don't mind. Right.

SUZETTE: So I was sharing that. I, I **keep my diet pretty clean most of the time, but I have a wicked sweet tooth** and I have, I have done enough. Research and you know, I've done some elimination diets and things like that on myself that I, **I know when I eat something that my body likes and I know when I eat something that my body doesn't like.**

And every now and then I go through these cycles with sugar, but, and I'll be like, okay, you know what, listen, I don't care. I'm going to have a cupcake. I know that I am going to, my anxiety's gonna increase. I know that I'm gonna be ADHD all over the place. and my stomach's gonna be upset, and I'm gonna wake up puffy tomorrow.

But damn it, I want a cupcake and it looks really good and I'm just, I'm gonna go for it. And **I've never been a fan of you know, yes or no, like hard lines with stuff.** I think with sweets, with, with all the stuff that you love, you have to make space for that in your life. Absolutely.

**Deprivation just doesn't work. And but it's understanding and, and making a conscious choice.** Yes. And not living your life and reactivity all the time. And not ignoring your hunger pains until your blood sugar plummets and then all of a sudden you're standing in front of the pantry and you want to eat everything in there that's not nailed down. That is the opposite of self-care. Absolutely.

MERYL: And so that's self-sabotage. Absolutely. And so we could talk a lot about that. But in terms of the nourishment piece, it really is about going back and saying, **intuitively, what does my body wanna be eating? What resonates, what feels good? And I don't even think that most young girls know how to even start.**

and you know, **what does that mean for me in a way that really, that I can nourish myself and enjoy the food I'm eating. I think there's always a disconnect there too, that if I am doing something healthy for my body, It means I'm in deprivation mode. I'm, it means I'm in starvation mode because that's the only way I can see success. And that is a huge myth, and we are going to dispel that,** right? That you can eat really good, amazing, tasty food and not have it be laden with sugar and dripping with garbage, fat and oils. in order to taste good and then feel good inside your body. It's just, it is that process. I say there's the consistency, which with, with which we do these things that then create the new habit.

It's not gonna turn around in a heartbeat. You're not gonna change your palate in a week, in two weeks,

SUZETTE: So, no, and we're sold this, like it's constantly being thrown out. Don't eat this, don't do this, be this, be that. Like eat this way if you did like it. **There's so much noise and there's so much confusion and we've completely separated eating and nourishing from what it really is..**

And when you look at. Think about how prevalent food is in our lives every day. Every day it is your family sitting down to the dinner table. It is your holiday celebrations. It is your culture. It is. All of these things are wrapped up in food and yet, **Pretty much put any food out here on the table and we're, I can show you where it's been vilified by somebody.**

Yeah. Like, and it's just this constant, **we're made to feel bad about something that our bodies cannot live without.** And it makes me crazy and like, **eating and nourishing your body should be something that you enjoy.** Yes. And it can be something that you enjoy. Right. And it does not mean that you have to become a gourmet chef and spend six hours food prepping every day.

Yeah. **Meryl has some really great like, Quick, like snacks, breakfast, things like that, that you can have to eat on the run that will nourish you without breaking the bank, without absolutely investing hours and hours that I know most people don't have.** And we're we're very respectful of the time and the financial input, all this.

And we've had a lot of conversation and. Looking into this, and we're pretty excited about what she's putting forward in that world. Yeah,

MERYL: yeah. I mean, because we're gonna have **we're gonna do the demos, we're gonna let them see and taste and feel and, and let, and, and how it feels to eat food that actually talks to yourself in a, in a nourishing way.**

And I think most people are, are pleasantly surprised by the food that we do talk about. And we do you know, the menus that we create because, Again, it goes back to, wait, I shouldn't eat this. So how do we make it okay? And, and, and part of our regular routine in a way that I always, people always say to me, can I eat a banana?

I'm like, oh my God, if I hear that again, right? **It is about how do we balance all of this in a way that makes us feel good?** So I think that's super, super important. And then the other component to that, **looking at how we then balance lifestyle, right? It's, it's understanding sleep and movement and stress and hydration and even exposure.**

Toxic exposure is a big thing. Mm-hmm. . And so those are all from, from our perspective, what we're gonna be covering. So I'm super excited about that as.

SUZETTE: Yeah. Simple things like drink more water. Yeah. I mean, just, that's one of the, I've, I've shifted a little bit out of the health coaching space, but you know, one of the first things I used to talk to people about is drink more water.

Just Yeah. Drink more water. because most people don't. So **but a lot of this comes down to the basic premise. Which is my favorite thing to talk about, which is self-love.** And that is that if, **if you ask most girls, most women who they love, what, like a lot of times they'll get to themselves either much later in the conversation or not at all.**

And there's this, there seems to be this driving need for perfection and it is to the detriment. And you know, **one of the, the big things we're gonna talk about in this program is giving yourself permission to be a human, having a human experience.** And the comparison and how detrimental that is. **There are 8 billion people on the planet right now.**

**There is always gonna be somebody who is prettier than you, who is smarter than you, who has more money, who has more this, who has more, that, who has more of something that you want, that is a given.** So it, it is all about coming back within. and finding that inner confidence and finding that inner belief in yourself, that where you accept and you love yourself first.

**Because when you can step out into the world and you love and you honor yourself first, then you're going to be leading from a much stronger space.** you will be less prone to Being taken advantage of, you will be less prone to you know, negative behaviors, things like that. **When you make choices in alignment with loving yourself, you make better choices**

MERYL: for sure.

Right. I think when people do that comparison, and we've talked about that too, and look, we're not immune to it, right? We, we, you and I talked about that whole comparison thing and, and where that comes from and, and. So it's not like we're gonna do this work. And the expectation is that, oh, you're never gonna compare yourself to anybody else.

I think it's like, you, you, it's like you said to me last week, you're like, well, you notice it and go, haha, I'm doing that , Look at me. Right?

And, and you know, you kind of, if you, you, **for me, it was really helpful. I was like, okay, wait a minute. Right. Oh, I'm recognizing I'm doing that. How does that serve me?**

It really doesn't. And it, and it, if anything, takes away from my, my, me loving myself.

SUZETTE: and, and it's so crazy how we will beat up on ourselves, cuz we will, and I've, and I've seen this, you get stuck in this loop on social media going through and looking at all of these people. And essentially you're in that, the self-talk that's going on is like, why are you doing that to yourself?

You're, you're having this really mean conversation with yourself. So let's take a step back from that. Let's find some. More positive behaviors, right? But let's take a look and become aware of what that is because that is the thing. These things are always gonna come up. We're always gonna compare ourselves.

We're always, we're always gonna be in these loops. That's never gonna change. We're always gonna have triggers. **The magic is getting aware of the triggers, understanding and seeing them when they come up, and then making a conscious decision about how you want to handle it.** because that is the difference between being in reaction and being intentional.

MERYL: mic drop . So, very true. So, yeah, I think we're, we're just both really super excited about this. And so we're gonna be, **this event is going to take place on May 6th. It's a Saturday from 10 to three.** Yes, we will having all kinds of activities for the girls and lunch and movement and it's gonna be great.

So that's a little snapshot about what we will be offering, the conversations we'll be having, it's gonna be super duper dynamic. So like I said, anybody that you know young again, girls a from



grades sixth grade to 10th grade feel free to have them reach out, mom or dad or sibling or whomever and let us know.

I know we I think we're limit limiting it to. , how many did we say? I think we've got about 25. 2025. Yeah. 20 to 25. We'll come up with an exact number on that. So we are sure we're gonna get some great interest. We're really super pumped. So with that being said anything else that we didn't cover that we wanna add on that?

SUZETTE: No, not anything I can think of, but as you're listening to this . If you have questions or thoughts or something that comes up for you please reach out to Meryl, reach out to me. The information will be in the notes, be in the notes, and would love to hear your shares concerns, things that have come up any of that.

So yeah, and if you're loving this please share with your friends. Yes. And we would just, we. Looking to grow this and expand this into a program, and you are the people that we wanna serve, so let us know. Right? Just share what you're thinking.

MERYL: Absolutely. **It is all about creating community and creating a safe space** for these young girls that's so desperately needed.

So thank you again for joining me. Thank you having me. And we will continue this conversation and keep your eye out for this. This is your Rebel nutritionist signing off. Make it a great day, everybody.