

MERYL: Welcome back, everybody to the Rebel Nutritionist Podcast. I am back with Amanda. Yay. back by Popular demand. Welcome back, Amanda.

AMANDA: Thanks for having me.

MERYL: Always. So we are really excited here at the Brandwein Institute. We are gonna be launching a. Program, if you will. It is gonna be part of our new, we're gonna introduce it with some group coaching that we're gonna be doing, but it is called the Nutra Q questionnaire. And we're gonna just get right into it in terms of what this is, what it does, and how we can help support you with helping you know more about, about your body.

So what do you wanna ask me, Amanda?

AMANDA: So I guess first and foremost, what is the Nutra Q?

MERYL: Right, so the Nutra Q is actually, a nutritional questionnaire was developed, oh gosh, I I wanna say back, even in the seventies. To really **get an assessment without doing invasive testing**. Right? Lab testing to get an assessment of imbalances in someone's body.

Like literally it goes through certain systems. So it goes through the, **the GI system, the upper gi, the lower gi, it'll go through Kidney function adrenal function hormones, the need for vitamins and minerals. It'll talk about the immune system and cardiovascular systems**. So it really, through these very, very deliberate questions, will help then really

organize and understand where some of these imbalances are in those major systems in the body.

AMANDA: And then, **Who would be a good candidate** for a quiz like this?

MERYL: So, anybody, right. Anybody who is interested. I mean, we are really gonna open this up now to anybody who wants to take this quiz because A, **it's not invasive**. You can do it from anywhere, right? You do it from your computer. It is about a 300 questionnaire which means you'll need about 15, 20 minutes to, to get through it. But it's really not that much time. No. And we really do get so much information. It, it is. So the beauty is, is that **we can really get a sense of where someone's at in terms of in terms of some, some body imbalances, some symptom imbalances**, and can start to really pinpoint.

And **direct them to a better solution without necessarily, let's say, doing a full on consultation** without. So it really gives people an entree into the work that we do here without, like, it allows them to dip their toe in without really having to commit yet if they're not ready to you know, to a full session, to full packages.

And I think it's just really **accessible to anybody. And it's free**. Exactly. That's the nice, the free part. Right? Right. It's free, it's a free questionnaire. I mean, for, for a short time or whatever. However, we decide what we're gonna do is **we are gonna open up this questionnaire to anybody that wants to take it**.

They just need to reach out to us and we'll give them a link and we can do that. And then you will **get a 15. Free consultation with one of our coaches** who will really the idea of

the consultation is to explain what the results are. Explain what we're seeing in your system. And then provide you with some real feedback. And then guidelines, right?

Guidance support both in nutrition and even some lifestyle. And of course then we do have supplemental recommendations. And the nice thing about the supplement recommendations is that they're really targeted. Like the nice thing that we've found, so everybody in the office has done them.

And I think we're pretty spot on, more or less. I mean, you've done it. What is your, what's your feeling on that?

AMANDA: Yeah, I think it was pretty accurate at highlighting the specific areas of concern that I had. So being able to see it just based on the questionnaire answers yeah, it was pretty spot on, right?

I thought so. And then it, the nice part is that at the end it'll give you the specific recommendations for supplements, like you mentioned. Right. Which I think is really nice.

MERYL: Well, I think it's great because a, it eliminates the you know, the question of, oh, well what should I be taking? Right? The randomness of what people decide or how people decide to, to supplement, oh, well this sounded good, so maybe I'll do that, or, that sounds good, or, my friend told me about this.

Well, now **we get a little more accurate in terms of really depicting what specifically. Could really, really help you.** Yeah. And I think and look, it's not a hundred percent

accurate, right? Because it is a questionnaire, right? So there's some ob subjectivity to it, right? And it's not perfect because it's a questionnaire.

Yeah. But I think out of everything that I've seen out there to date, it's probably the **closest thing we're gonna get short of doing testing.**

AMANDA: Yeah, I, I agree with you.

MERYL: Yeah. So so that's pretty a pretty cool thing. What else do you got for me?

Yeah, I was just gonna say like, what's, how the health, **how a health coach can help you know, the client once they've done this questionnaire.**

Maybe just diving into that a little bit more.

MERYL: Right, right. Great question. So, what we'll do is once you've submitted your questionnaire and you know you're gonna get on the line with a. One of the things that we do **ask also is people fill out the mini questionnaire.** Because the mini questionnaire will **allow us to see your goals.**

Like **what are your health goals, what are your areas of concern?** And it's got a nice little touchpoint about energy levels, sleep concerns, so, The whole point about what the coach is gonna go through is a, what are your addressing your main health concerns and how we can support that again, with, with the information that we've got from the Nutra q and general guidelines, right?

Again, it's, **it's not designed to be the in-depth consultation, but at least a jumping off point for someone who has no idea where to start.** You know, no idea what to do in terms of nutrition. So we can offer some guidance and guidelines and support there. And again, no idea even in terms of supplement recommendations, what to be taking.

And we always talk about how supplements are such a notorious industry. You don't know what you're gathering if you don't know the form. So the nice thing about doing this is everything has been vetted. We know what we're recommending will work for a particular condition. So I think it really does holistically, if you will cover all of the bases for someone in a way that is, is just so it's, it's. Comprehensive, but it's minimal.

And so, and you know, it'll give the **it'll give someone an opportunity to interact with us and really see the benefit of what even coaching can provide.** I think that's really important. We, a lot of people don't know what coaching is. We, they just assume, oh, someone gonna tell me how to eat, tell me.

And it's so much more than that. So I think the actual interaction with a coach really will allow them to see like, oh I think. That a little bit of investment upfront will pay off so much in the long run.

AMANDA: Yeah. And then just seeing that like, it's not just the food they're eating, there's all these other dimensions too, right?

And how they all tie in, because that questionnaire is pretty in depth. Yes. It's, it's really asking all the lifestyle-related questions without. You realize it again.

MERYL: Exactly. And that's part of it is really not only looking at the nutrition, so it's called the Nutra Cube, but it really does does, thank you for bringing that up.

You know, the, **the lifestyle aspect of this is so important** because the coach is gonna talk about, well, how are you moving and how are you sleeping? And what is your stress like? And those are really, really big factors in someone's health. Yeah. And oftentimes we don't put that into play. Right. Exactly. Or take that into consideration.

So I think that you know, them being able to get that information and then say, well here, **let's just try one little thing. And sometimes that one little recommendation makes a huge difference in someone's life.**

AMANDA: And so would you recommend, so if somebody does this test, this Nutra Q questionnaire, like maybe, and they start to work with a coach kind of coming back and revisiting it like six months down the road to kind of track their progress, you know that

MERYL: Absolutely.

Two, two ways to do this, right? I mean, yes, **you can take the questionnaire and and get your information and and you know, and that's it. Boom, I'm done.** I don't wanna be com you know, I don't wanna have to commit to anything. And, and that's fine. They can do that and then re **retake it and see where maybe they've made some changes and see where their progress is.**

But obviously the best thing to do is to **really take the questionnaire. Implement the recommendations that were made to them. Maybe use some coaching and really get**

some more specifics in terms of what they should be doing with their nutrition and to retake the questionnaire and then see their improvements.

Because nothing is more gratifying and more rewarding than. To retake it and see right in, in black and white where you know where you're at. by changing Very little, even.

Right. You know, **it's not like people need to make this huge change in their lives. And I think that's the misconception about the work that we do.**

Like, oh my God, I gotta change around everything that I'm doing, or I've gotta make these huge. You know, changes in my diet and now I gotta only cook at home. You know, while we would love that and we know that that's not possible for everybody. So so I think there's many ways that we can use this, but definitely retaking the quiz is gonna be important.

AMANDA: Okay. And then just I guess to emphasize, just to kind of wrap this up, cuz I feel like we've kind of touched all the points that I had written down the results. So what will they show exactly? Do you wanna reiterate?

MERYL: Yeah. Yeah. Okay. So **the results are gonna give us, basically, based off the questionnaire, we're going to get the symptoms,** right?

So **symptoms are going to give us information about what is going on inside your body. Meaning where are their imbalances, where are there some concerns** in terms of If you come up high on, let's say, cardiovascular, right? Is there some cardiovascular question

going on, or is there some cardiovascular issue that we might actually wanna dive deeper into?

Hormones as well, or if. Something comes up on an adrenal function. Where is your stress, right?. So, the idea is that what, **whatever comes back on that questionnaire, we're gonna hone in on and say, okay, well tell us more about this**, right? Mm-hmm.

There's a section that's called Essential fatty acids or fatty acids.

It doesn't mean that you're fat or that you know, you're, maybe you're not getting enough essential fatty acids. Right. Maybe your body is having a hard time digesting them. So **that's the beauty of having someone interpret it for you. Yeah, because it's not just here, it is at face value. There is interpretation that has to go on.**

Right. And it needs to be with someone who's qualified and knows. How to read the Nutra Q. So you know, that's the first part. Part of it is the symptom and **then what we call the symptom burden. Where is the burden? Is it of low importance, medium or high? And depending upon where you are on that graph, will then guide us to really help best support you**, right?

So we're gonna hone in on a few different categories there. And then we have the **recommendations so we can actually even look at where possible nutritional deficiencies are**. One of the areas of the questionnaire shows us potentials for certain is there an imbalance of vitamin A? Is there a fatty acid?

And like I said, fatty acids. Is there a gut liver thing going on? And so we can see. And specific nutrients. Maybe you're low in b12, maybe you're low in vitamin C, or whatever it is. So we get some really nice reporting on that. And then, of course, the **recommendations for targeted supplements.**

I think what I want people to hear from this is that we are going to target just a few. It's not, oh, as a result, we wanna just sell you supplements so that we can make money. Right? That isn't the goal. **The goal is, Really address your symptoms. How you are feeling, get you feeling better.**

If these supplements are gonna help you do that, then we do that. And, and again, **the idea is to be on a supplement for a short time and then reassess and maybe you don't need it anymore.** Maybe you just need, a good, really good whole food-based multivitamin, for example, or vitamin D or whatever.

So the idea is I always say Get in and get out. So I think does that cover everything? Did I miss anything on that?

AMANDA: No, I think we covered everything really.

MERYL: Yeah. Awesome. Yeah, so the moral of the story is get in contact with us. There should be no reason you guys don't all sign up to get a Nutri-Q because literally 15, 20 minutes of time and you really could find out some pretty interesting things about yourself.

Yeah. And if nothing else, start feeling better and get on a, on a good meal plan and a good lifestyle plan that. I think could be pretty simple to implement. Yeah, definitely.

AMANDA: And I really like how you said **it is pretty comprehensive, but it's just so simple too**. Yeah. You know, like without, you're kind of getting a shortcut to, to the information and the work that we do here without having to do the whole program.

MERYL: Right, right. And it doesn't mean you shouldn't do the whole program. Exactly. Right. It just means that there's a lot of people who say, look I'm gonna put it out there and be transparent, like, oh, I really wanna work with you. I don't know if I'm ready, which is fair. Right? Right. Like **you have to be ready, willing, and able Hundred percent to put work into yourself**.

We're not gonna ask you to do something for us. It's, we are gonna recommend things for you. Yeah. Right. So if you are not really, like I am on board to. To start taking care of myself. Yeah. Which doesn't mean we're gonna change your entire life in one fail swoop. Right. It's, yeah. Let's start with the little things.

We're gonna meet you where you're at because we know this is a process. Exactly. So that's that's the first point. Yeah. But so **for people that are not quite there, this is a really good jumping off point because it'll allow an introduction to us, to our coaches, to the way we work** without really having to be. Like, jump both feet in, like, this is putting your toe in the water. Yeah. Let me decide if this is even something I wanna do, but you'll really get some good information about yourself. Totally. Yeah. You know, so yeah, so I think there's no reason that everybody shouldn't hop on it.

I agree. You know? Mm-hmm. And yeah. So we can't wait, to get those questionnaires, see what we've got, and reach out to us if you have any questions.

And I think that wraps it.

AMANDA: I think so too. Awesome. Okay, great. Everybody.

MERYL: Okay, well go reach out to us. If you wanna email us brandwein@merylb.com , or you can always call us 954 727 9006

And or of course on our website, I think we're actually gonna have a link. So we're gonna do that too. So anyway, that's it for the Nutra queue. Go ahead, sign up and this is your Rebel nutritionist, everybody make it a great day.