

MERYL: Welcome back, everybody to Rebel Nutritionist podcast. Today, I am with none other than Shari Coltune. Life coach extraordinaire. So, Shari and I have done many podcasts together. I encourage you if you have not heard them, if you have not listened, go back and listen because they are really chock full of just great kinds of information and the work that she does is just so enlightening for people.

And You know, it's life changing. And so I'm excited to do this. We are going to be launching our group coaching program together. So excited about that. And yeah, we'll be talking a little bit about that today. But and you know what you're going to get out of it and what's included in it. And I think it's just going to be amazing.

It's going to be just a really transformational. Program for people and they'll have access to both you and I and the coaches and all kinds of tools that really will help them move through this work in a way that is pretty profound.

SHARI: I agree. So I agree. Yeah, excited. Yeah.

MERYL: So today we're going to talk a little bit about Sort of how are you living your day to day life, which is part of what we're going to be talking about in the in the class, but really much more detailed in the class.

So anyway, without further ado, welcome back.

SHARI: Thank you. So happy to be here. And I'm really excited about then our venture, because people, I love the question, **how are you living your life? And it's like from where are you living your life? Are you living your life from your head? And just In your head all the time and then you're on autopilot and you have no idea what's happening other than you're in predictability of beating yourself up**, right?

Or are you in alignment? With your head and your heart.

MERYL: Yeah, and those are big topics, right? I mean, those are all big things. They sound simple. I think we talk about a lot of things that sound like, oh, yeah, why am I not doing that? And then you dig deeper into it. And it's like, there's a lot of stuff that comes up.

And that's the work that we're really going to be doing is digging deeper, both from You know, the mental aspect and you know, life aspect of how you work with people and then how to segue that into, let's say someone's when we talk about personalized nutritional medicine, how do we bring this together in a way that's really cohesive for people?

And that, and that's so important. So let's go back to that, right? How are you living your day to day life? Because I feel like, and we're going to talk about some examples, but just things that come to mind from clients, right? Is that. We talk about this work being a process, both the work that you do and I do is a process.

SHARI: It is a process.

MERYL: And that, You, you walk through this process and, and intellectually they get that, right? Intellectually they understand, okay, this is a process. And, and they started and they're gung ho, or we're working on one small thing at a time. And then all of a sudden, and they feel better in a certain way.

And then a month in four weeks in six weeks in. The shit hits the fan and they're like, wait, I'm not seeing the kind of changes I want to do. And I'm not getting, getting the results I want to as quickly.

SHARI: **So two things could be happening. One is you want to reward yourself, right? It's like you're going to the gym every day or you're eating a certain way every day.**

And then all of a sudden it's like, I want to reward myself. And then you, you skip a day. You know, as you're building the momentum, but then you skip a day and then all of a sudden it's like, oh my God, I, I've skipped a week or with the food, I'm going to reward my weaknesses pizza. So we'll use me as I, you reward yourself with the slice of pizza and all of a sudden, now you're back to eating the 80, 20 the other way.

So that's one thing that happens. **You think you're giving yourself a reward, but it's really an unconscious. way to sabotage or the other way it's like why bother because we want things so fast so we go into the why bother** and what's happening a lot of this is happening unconsciously as you know we spoke about but **as humans, we want predictability.**

So as soon as we start seeing the change, there is a part of us that's like, Oh boy, in whatever way. So we could justify it or rationalize it I'm rewarding or the why bother, but you know, we will fight for safety. We will fight for predictability, but it's all happening here. When you learn,

MERYL: as in you're pointing to your head.

SHARI: Yeah. Yeah. In your head, but what's really. You know, but, but instead of beating yourself up to, oh, here's that old pattern again, **you really can come from a space of and I, we've spoke about this pure fascination, observe the pattern because you can become aware of something. I mean, you, you can't heal something if you're not aware of it and then you can't heal it if you don't feel it.**

Right.

MERYL: And well, and that's a big one, the healing and the feeling and so, yes, it goes back to what place are you coming from? And one of the things that I did a video this morning about

understanding the process again, that that **rationally, we can understand that it's a process and emotionally, it's a whole other ballgame.**

And some of the things, some of the things I hear from clients is Oh, I am not a hundred percent perfect. So you know, they judge themselves. There's a lot of judgment, right? Yeah. Self judgment. **They beat themselves up for not being perfect, perfect, whatever that means.** Right. You know, there's the, yeah, the why bother, right?

Because, well. Yeah. And part of it is right. Why bother? But then I'm thinking, well, if you don't continue on this path, what are you going to go back to what you were doing, which got you here in the first place?

SHARI: So it's, if you think about it, **it's really our right, our human right, our personal right to be able to look at ourselves in the mirror and love what we see, love our imperfections, love loving, Things about us that we don't like instead of holding the shame.**

And then how can you, how can you move forward if you're really stuck hating what you're seeing or hating what you're doing?

MERYL: Yeah. And I think that's so important. Like I really want to come back to that because how many people look in the mirror and just every day, right. Hate themselves and wish. **And I would say this is a work in and not a workout.**

It has to start. with the conversation that you're having with that person in the mirror, right? Because if you keep saying, Oh, well, I hate how I look and I hate this and that sense. And the more you try and control it, I know you talk about this, right? The more we try to control that, the less control we have over it.

SHARI: You know, I'll, **I just want to give a personal example having alopecia, I'm losing my hair. I will be bald. Okay, not to say that my journey has been easy, as you know, it hasn't been. And recently I had the most beautiful, personal feeling of surrender because as I'm watching my hair coming out and obviously I'm looking in the mirror and I'm, my hair is receding more, I'm watching it fall.**

Yeah. I don't like what I see. However, **I love that I can look myself in a mirror with options, right?** Obviously I don't want myself bald. But I have, I have options. I have these wigs and I have I have a self love and I surrendered to it because I had to stop fighting the hair loss. So when I surrendered to that, I'm like, okay I may not love it.

I didn't love that I'm losing my hair, but I appreciate that. I do have options. So there are wigs and whatever, but it's important. I'm sharing this personally because it's important. Whatever is going on for you, a new scar, you know loss of strength an extra roll on your belly. Well whatever it is for you, you deserve to love that, right?

You don't have to. Let me, let me rephrase, **you don't have to love that, but you have to love yourself anyway** and you can, I never thought in a million years, and you know, I would never thought in a million years I would be able to love myself with alopecia, and I do, it's a lot deeper, so I **just invite your listeners to look themselves in the mirror and whatever they're hating, just go, okay, I'm acknowledging in this moment that I'm hating this, But, but let's, let's develop a relationship so I don't have to hate what's being reflected back.**

Yes. It's so important.

MERYL: It's so important. And I think that goes with something that we were talking about, about are you that, that are you overthinking it? **Are you trying too hard, meaning, right?** You're trying to control this situation that. That is, is a problem like people come in and say, Oh, well, if I just diet more, if I just exercise more, I'll lose the weight and I'll feel so much better.

And when we go back and look at their biochemistry and we go back and look at their, their habits and their mindset, it's incongruent with that behavior. It's just incongruent. You can't, you if your tank, I always use the gas tank. If your tank is depleted. And we're working this whole process of transformation is working to build up and bring up and refill that gas tank we don't know if you're three-quarters of the way full.

We don't know if you're half full, how far you've come from that. I mean, everybody's process. Everybody's journey is different. But that tank has to be pretty full to start to get to see results. And, so for some people it's a month, for some people it's three months. But what I'm saying is, is that control, the more they try to control it, the harder, it's never a linear equation.

SHARI: You're stuck in self loathing, or self hating, or self criticism, and that's all you're picking on. You know, when you look in the mirror, it really is developing and it takes a perseverance, but it, it takes a little bit of time, but it'll happen **the amount of time you're spending hating yourself.**

You can use that same energy by developing a new normal, a new, a new way of living and, and, in liking yourself.

MERYL: Yeah. And that's a process that gets developed and you just keep moving forward with it.

SHARI: I mean, you could diet, but all you want, but if you're, if you're not likey, if you're not self complimentary, then your body's gonna not respond.

MERYL: Right. I mean, this is where it sounds sort of. I don't want to say woo woo, but maybe for some people it does where, what you what you think, the energy that you put into the thinking is what happens in the feeling in the body. Right?

SHARI: But a lot of it's happening unconsciously.

MERYL: Well, and so part of this work is bringing it to the forefront of the consciousness.

So they, we are, we, we were like recognizing, Oh, I am doing this to myself. Oh, I am saying this and how one of the meditations that I do There's a part in it that says, **have you taken time to really look at the things you don't want to be saying to yourself anymore, right? Like, what are those negative thoughts, those negative patterns, those negative behaviors that you are aware of every day** that you're like, Oh like, I'll catch myself, right?

SHARI: So let me, can I just, I just want to add something to that. If, **if you want to get rid of this, this negative pattern of thinking and you want to replace it with the positive. Thinking, you really have to take action and build your self integrity,** right? Because it's so predictable the negative narrative that we're telling ourselves the negative story.

Yeah, we know it. I mean, I could do with my eyes closed. I could do with my eyes open. I know it. I know the story that I've been telling myself. So in order to create that new normal and the positive, you have to feel. Yeah. **We don't allow ourselves to feel. Yeah. We have to, we have to feel to heal.** And then we, how can you just think you can't own your way out of anything.

Exactly. You really can't. No. So **if you want to really create a positive self talk, you have to heal certain old patterns of behavior and you can do it.** Right. It can be done. And when we, me and you have worked together, it's slow. Yes.

And, and you want to be slow. Absolutely.

MERYL: Look, yeah. I mean, I'll give you a personal example for me was after I got divorced, right? It took me, I spent a full year and then some really just working on myself, working on reframing my conversation with myself, reframing the things that I deserve, the things that I desire.

SHARI: But you've allowed yourself to. Feel it.

MERYL: Well, right. I was, it was feeling it. But the point is, is that **it was a long time for me, right. A year is, is a long time to just take and work on yourself. And I did not date in that year period because I knew I needed to be, I needed to heal myself before I was going to go into any other any kind of relationship** or, or anything like that. And so that was in a relationship kind of capacity.

But even with myself, it was, I knew I wasn't really going to be a good partner unless I was good for myself and healed those things that, that were wounded in me. And so it's part and parcel, anything that goes on in our head, those thoughts, those feelings, negative, positive affect our physiology.

And that's what I want people to really understand too. It affects cellularly what you think and how you think I say you can be thinking. Positive and you walk around in a really good happy mood. Nothing's changed on the outside, but you feel good and you like how you look in your clothing and you're skipping around talking to people being all right, friendly and whatever.

Nothing physically has changed. You look the same, but yet you feel like you represent yourself differently. And it's, it's, and the flip side of the coin, right? **When you're in a bad mood, you're like, Oh, I look terrible. My clothes are horrible. Physically, nothing changed.** Right? I mean, so. I think that what is, like, talk a little bit more about this healing and feeling.

I really think that people need to hear that.

SHARI: So I had a client this morning who all she kept saying is I'm trying to figure this out. I need to figure it out. I, it needs to make sense. It has to make sense. And she's in her head. And all I said to her after the session her intention was to try to figure it out.

So at the end of the session, I said, **What did you figure out today? And she said that I need to, I need to feel. And I said, see, you're trying to figure it out. All you need to do is feel. But the truth is we have been so disconnected from our bodies.** And I love this expression. It came from that movie. My big fat Greek wedding.

When the mom said to the daughter men think that they're the head of the family, but just I'm going to say this, but think in terms of emotions, please. Right. But the men are the head of the family. But women are the neck and you can't turn the head if you don't have the neck and that resonated with me because that's what what is going on internally.

We are in our heads trying to figure everything out, trying to work through things, trying to manage and micromanage us and control everything. The truth is when we land in our body and we allow our bodies to help us navigate Really, because our bodies will show us the truth. Our bodies will always let us know when a boundary is being crossed.

Our bodies will always let us, will cue us when something doesn't feel right. And when you are super body in tuned, you can also almost self diagnose yourself really quick. And I would never have known that if it wasn't for you and doing the work with you, how I'd become much more body in tunes. Because of the things that you have taught me, right?

So it's just really important in terms of you have to have full mind, neck, heart, body connection. And you really could do it.

MERYL: Yeah, there's no question. I mean, part of the work that I've been doing recently after going to the Joe Dispenza workshop, the week long retreat is really connecting. He talks a lot about connecting the heart and the head and the mind and the soul.

And the work that I've been doing in my meditations has been focused on that. And there's been a really big shift for me personally, right? So I feel like it living in that space of gratitude and living in the abundance rather than the scarcity, right? That's my, that was my big place. It was like, I operated always out of scarcity.

That's how I was taught from my belief system from when I was young. And, those are the things that. That continue that I continue to work on, but I can now it's, it's so fascinating because I catch myself, right? I catch myself because I feel it and I'm, and I turn and pivot on that. And these are the things that I think are so important for people to understand and learn.

And it's not hard work. It's just again, the consistency,

SHARI: well, even if it is hard work, right? Because for some, it is.

Right. You wanna, you, you want to come from a space of complete fascination because as human beings, if you think about it, humans are pretty fascinating. Yes. Okay. Things that make us happy, things that make us sad or it's subjective and this, I find humans to be extremely fascinating. I find myself to be very fascinating.

Some, some of the things like, I'm like, wow, how did I get to Whole foods. I or publix like I'm really on autopilot. So I have to remind myself okay, what what what is it I'm trying to avoid? What is it I'm trying not to feel what's in my space here. I'm always self inquiring because I think it's really super cool.

I'm not as afraid of it. Emotions. We were taught so young. You know, big boys don't cry or girls should be seen, not heard. You know, so the messages that we've gotten. Oh, that's so big. Of course have dampened. You know, especially in today's world, holy mackerel, **kids are really shown, like told or shown not to feel, but you, you, we can't live in the space of disconnection.**

So I just invite, not healthfully anyway, not right, not healthfully, not healthfully. **I just think it's really important to just know that you are worthy and deserving to feel whole. And it does take. Work and it does take courage, but it can be done.** And me and you have worked together. We share clients together.

You know, we, we hold them. We honor them. We create a safe space for them. And that's how movement and navigation is done. Absolutely.

MERYL: Absolutely. Right. And it is. It's about support. It's about the accountability and it's about Creating the community in which to thrive in, and that's really so important, and that's part why we're doing this work is so that we can really reach out to so many more people who need this work and who've asked for this work, and it's so, so, so important.

So one thing I want to address in, in the little bit of time that we have left for today is. One thing that you talk about, because we talk about **the body can't heal and recover if we are constantly in stress mode, if we are in survival mode, if we are in fight or flight mode, physiologically, cellularly, if our body is responding to a threat.**

When I say threat, I don't even mean in that necessary, right? It's a perceived threat. It doesn't have to be a physical threat, right? Right. Stress is a perceived threat. It's not the same as being chased by a tiger, right? That is a physical threat, but what happens in the body, the body perceives that stress is now being chased by that tiger and it is totally in fight or flight.

Right. Right. **And those chemical responses in the body create a very different. physiology, create a very different chemistry that is all about survival. And if your body is in survival, then it is literally just sending energy to those extremities, to those organs that need to just be turned on for that moment, which means we are not in rest and recovery.**

And if we think rest and recovery our brain health is rest and recovery. Our gut health is rest and recovery. Our hormones are rest. and recovery. **And where are we seeing the biggest disconnects with people now is in cognition and brain issues.** And right, all of these, and **where are we seeing the issues, hormones for people who are trying to conceive or people in menopause, there's all kinds of hormonal issues.**

And of course, a huge one is gut issues, right? So no wonder if you're living in fight or flight and your body is just reserving energy for those. specific right. Or free, right. And your body is just focused on that. Then it is not participating in anything that is going to heal. **And in order to balance yourself in order to achieve health and wellness and longevity, we have to be in that healing mode.**

And so that's the physiology of fight or flight, right? That's the chemistry of fight or flight. And I look at that and, and unless that is balanced or until that is balanced, You will never achieve health and balance, meaning whether it's free of disease, **being free of disease, or free of things like.**

inflammatory disorders, diabetes, cardiovascular disease, neurodegenerative disorders, those all require a body to be in restorative healing mode. And you can't do it if you're in fight or flight. And we don't seem to understand that. But you also, and that's part of the work that we do, right, is how do we get people back into that restoration from fight or flight and it takes months.

SHARI: So fight or flight and, and freeze mode it's really our body in a protection mode. Yes. So when we are in one of those states and working with, with, each other, **we can help our clients determine which fight, fight or freeze mode that they're in, right?**

And then you could, you work on a skill set to bring yourself down. We don't want to give our we don't want to give you anything that's going to make it worse, but what we want to understand and it's really appreciating that our body. Is in protection mode. Yes. And our body when we're in fight, fight or freeze mode, there's, we have to understand what, what it's protecting us from.

And then from there, we want to honor that space. We don't want to be like, oh shoot, I'm in this space and I and give into it and, and then whatever. could happen. We want to give you a skill set that you can use to, to help mitigate how to the, the I can't think, I can't think of the word now mitigate the reaction.

MERYL: Right. Thank you. That's why I'm here.

SHARI: The ADD mind. What, what, what mode would it buy in? Right. And I was in probably fight mode. I can't, I can't, but It's really true. I spent, as you know, **I was in fight mode for about for a good year. I had you know, quite some, some stuff going on. And never once did I say, why is this happening? I really was giving my body the rest it needed while I was in this and what happens is I developed so much more self compassion and self love for myself.**

And then instead of having this, this protective mode. Running me unconsciously. I ended up using the skills, the self love, the self compassion, and how would I help myself if I was mothering me and I was able to get out of it slowly. So I will give you these skills tests that are important, but you know, **we may go into these modes and we have to just be okay in these modes, but not stay there.**

Sabotage it and not, and not do. Non serving behaviors while we're in it, like **if I feel the flight fight mode, I know I need to set a boundary. If I go into flight mode, I know I'm scared of something. So is it a perceived threat? Or is it really something that I need to address?**

MERYL: And that's, and that's the important part.

We'll be talking about this. Exactly, exactly right. One session is going to be covered on this because this is such a big topic because it affects

SHARI: But just know in a way it's, it's, **it's a good thing because it's really showing you how powerful you are internally and how you really can protect yourself or really can love yourself and self love yourself.**

So you want to use these things as like a way to cop out. Right. Right.

MERYL: Right. Well, I think it's, it's, it is. It's about again, if we're looking at what is this new normal, how do I look at stress in my life as a way to alert me like, Oh, wait, what it's, it's that recognition of, Oh, I'm going into this mode.

Exactly. Right. And so it's recognizing that and then saying, Oh, wait, what, how do I, how do I get out of this? How do I. Right. Exactly. How do I pivot on this? How do I now go from the spider flight and go into comp?

SHARI: Well, one of the ways for sure, Meryl, **is really to be able to look yourself in the mirror, whether it's like a real mirror or just unconscious, whatever, and, and really just giving yourself the grace to be where you are.**

Not trying to control it, not trying to change it because it'll change when you look yourself in the mirror and go I'm, I'm, I'm, I'm doing okay. Even though I'm not okay. Right. And then acknowledging that you're not okay is going to make you okay. You're not going to smash yourself like a bug.

You smash yourself like your bug. Then then you got nothing. Then you got nothing, right? Yeah. So yeah, honor these

MERYL: big, big, big topics that we're going to be covering. I mean, again, this is just the tip of the iceberg, but you know, if any of this piqued your interest, we're going to be diving into a lot of this in, in much, much more detail.

I'm really looking at How do, **how do we reframe even setting boundaries and self love?** Like, what are some of the, I have to go back to our outline and look, but you know, what we're, what we're covering, but lots of, lots of information that is really practical, right?

SHARI: **What do we believe about ourselves? Yes. That's that's preventing us from you know, making the changes that we want.** Exactly. You know, if we, if we don't feel worthy, we're not making worthy changes, exactly. But not feeling worthy how can you know you feel unworthy if you didn't know deep down that you are worthy, right?

How can you know your joy? If you've never experienced your sorrow, right? How can you be happy if you've never been sad? So we want to just honor all those spaces, right?

MERYL: Honor the spaces and then teach people how to move from them so they don't get debilitated. Correct. Right. And that's, and that's, and that's really where we're coming from is it's kind of like **unsticking yourself in these areas that you may feel stuck.**

Or again, if you're overthinking or. You know, if you feel like you're trying so hard and not getting anywhere, I mean, these are things that we hear every single day from people and give them the tools to move beyond this so that they can recognize, wow, yeah, I am making progress day by day. And that and that each day adds up and adds up and adds up and you start looking at things like I say I've been a work in progress really, really working on this stuff deliberately for 25 years and that every day.

It's work. It's it's it's a job and it's paying attention to these little things and little things come up differently every day and. **How do I move beyond that in, in nourishing my body and nourishing my soul and my spirit** and

SHARI: can you imagine it what would be possible and you can the, the people that are listening or watching can ask themselves that.

Can you imagine what would be possible instead of your first impulse to be like, Oh, I can't believe I did that to, Oh, that is really interesting. I, what did I just do? What made me do that? Right. What was that behavior? What made me want to do that? You know, behavior as opposed to, it's just very interesting, the, the shifting of the self talk.

Absolutely. You know, so just what could be possible? Movement is possible. Yes. Breaking down that, the stuckness breaking down that wall. Yeah.

MERYL: **Breaking down the barriers that, that we tend to put in front of ourselves that nobody else does.**

SHARI: We tend to do it, right? Asking yourselves like a different set of questions.

Yes.

MERYL: Yeah, absolutely. I think this is great. Really excited to be doing this. And we will be coming with you, coming at you in the next few weeks with all kinds of great content, more of these kinds of conversations focused on those topics that we'll be talking about. Like I said, today was, how are you looking at the day to day?

Right? So that's. I want to leave you with, right? How, what, where **what place are you coming from? There's always a starting point. And where do you want to be? And you know, how do we help you get there?** I mean, what are your last thoughts on that too?

SHARI: You know, just really, again, go going back to from what space are you living your day to day?

So if your initial reaction, let's just say you stubbed your toe and you're like, Oh, I can't believe I did that. You could say, Oh isn't that fascinating? I, what was I on autopilot? Was I not paying attention and it just, I do things now sometimes and I'm like, Whoa, that's pretty interesting or funny.

As opposed to years and years and years ago, I would have beat myself up. So inquire within, be fascinated because you're human.

MERYL: Love it. Love it. Thank you. You're welcome. Awesome. I know we're really excited. Anyway, it's over. It is over for today, but we'll be back. We'll be back. We've got more coming your way.

Again, any comments about any of this, any questions you have about the work that we're going to be doing, happy to answer those and stay tuned for all of the info about our joint coaching program. Wonderful. That being said, that's all we've got for today. This is your Rebel nutritionist signing off.

Everybody make it a great day