

## Episode 135 - Gratitude Podcast with the BIN team

MERYL: Welcome back, everybody, to the Rebel Nutritionist podcast. — I got the gang. The gang's all here today. I am with Michelle, Amanda, and Sonia, and we are going to do a group podcast about gratitude, our gratitude practices, and really why it's important, especially in this time of what's going on in the world, to express gratitude, to have some way to ground ourselves, be mindful, and take care of ourselves, because we're really busy in this frenzy of COVID 19, fear and anxiety.

And it's unnerving, right? We all feel it. It's palpable. And so I think that's important because I think people want to hear a what we do, but also really what they can do to help themselves in times like this. ... And not any less important, but Thanksgiving's rolling around. I know it's my favorite holiday and you know, give thanks for, for, for those things and what we're thankful for.

So welcome ladies.let's get right to it. What do we want to start with? Michelle, where do you want to start?

MICHELLE: I'm going to let you, well, we were talking about this before we got going and really talking about **the community that we have here**. And I like for my kids friends, we all have created villages.

And I feel like having that community to help you through, especially right now when things are a little nuts is so helpful, like who to turn to. And that is so good in feeling like, okay, when I'm feeling down, I have people who have my back who I can turn to and get that support. So for me, community is everything.

And I feel like in this work that we do, we provide that for our clients to know, like you could bounce. Things off of each other. No, you're not alone, right? Especially now. I think that's really really important. Absolutely 100 percent Amanda. What's your take on that?

AMANDA: No, I think I mean, obviously I think I agree with Michelle and the community aspect of things — And you know, I think something else we talked a little bit about too prior to our conversation today In gratitude is that often our clients who come in.

Yes, we provide community. And I think that's important. But also we do talk about this, this **mind body connection piece and why gratitude can be such a, an important part of that**. And often our clients are, they don't really know what to expect when with work with us. And so to be able to Educate them on the importance of gratitude and to help them maybe implement a gratitude practice in their daily life to see the benefits of it.

MERYL: I think it's huge.

JILL: Yeah, absolutely. Yeah, I think that people come in here just thinking it's food like when we talk about the meal plan and food and exercise, but there's so much more. And having that

mindfulness is really what takes things to the next level, realizing what we can be grateful for, and then working towards those goals to bring those things into your life and into your world and take things out into a whole nother level.

MERYL: Right. And I think one of the things, and then I'll let you go Sonia, but one to wrap that up or not wrap it up, but to bring that back into, to another point is that. Gratitude isn't just, Oh, I'm thankful and grateful for my family. And I'm thankful and grateful, right? Like we kind of do that as lip service.

Like, Oh yeah, I'm grateful for this. **And we don't really take a minute to, to understand internally. Like, what am I really grateful for? And what are the things that bring me joy and peace and. Harmony in my life,** and I don't think that enough people take enough time in their day. You know, it's not just I'm laying down at night and I'm grateful for ABCDE, right?

It's really, and it's funny because Howie and I started doing this at Gratitude, because I don't see him all the time, right? So at night before we go to sleep, it's like, what are the three things you're grateful for today? Right. **And taking that snapshot of the day and it's small little things, but when you take a moment to connect to that and you're like, wow, yeah that it does reframe and reset your mindset** and the work that we do.

Like you said, Amanda, so many people come in here and don't expect what we talk about, because I always say what goes on in your mind and **what you think, the thoughts you think affect. Your biology** 100 million percent. I mean, we know from from the field of study now called **quantum biology, that energy and your mindset, your frame of mind and how you think and how you move through the day totally affects.**

**Your cortisol levels, your stress levels,** so taking a moment, whether it's in the morning, at night, or whatever that looks like, to set aside some time to express gratitude, to be mindful of what your day was like, I think is so crucial. What do you, yeah, go ahead.

JILL: I was going to say, a lot of people don't even think about that until they're knocked off of. — You know, their course, then it starts, then you start being like, Oh, shoot, what am I grateful for? But like **to do it on a continual basis really gives you so many benefits.**

MERYL: And that's part of what longevity is, right? If we're looking at longevity and you know, there's so much talk now about longevity, right?

Peter Atiyah is talking about it and Karen Fitzgerald and like you name all the Mark Hyman, **everybody is talking about longevity, but what does that mean, right? It means that we want to have a long health span. We want to be healthy as long as we can. And we have to include. It's never just one thing.**

**I mean, when we bring someone in here, I always talk about the five pillars of health.** So of course we have to look at nutrition, but we look at movement and I call it movement and not necessarily exercise because we need to move our bodies. And so that doesn't it resonates differently for different people.

So we've got to have the movement. We've got to have sleep. We've got to have good, restful rejuvenated kind of sleep. We've got to look at our stress and we have to look at our

relationships, not last but not least, and that's going to be important in terms of creating that longevity and that wellness.

And so, right, not just doing it as an afterthought so that was a good point, Michelle.

AMANDA: **And the relationship, not only with others, but with themselves**, right? And that's where gratitude also comes in and it's really easy, especially when our clients come in and they're really struggling and they're trying to implement these new changes and they're seeing all the things going wrong, but to be able to find something, whether it's one, two or three things in your day, every single day that is positive, whether it's, I woke up today.

Or it's sunny out. It can be so simple, but to start shifting your focus on seeing the wins or the things that are going well for you one of the things that I do **when I sit down with a client face to face, the first thing I ask them is what's going well to start them in that frame of mind**, because they're going to, as soon as.

And sometimes that's really hard for people. I ask them what's going well and they automatically tell me what's going wrong and that just goes to show, like, we are so required to be that way,

MERYL: To be in the negative, to be in the negative.

AMANDA: So just to find one, two, maybe it doesn't even have to be a practice that's like so regimented where I sit and I journal in my bed not even, it doesn't even have to be that, it can just be.

**This starting to become aware of the thoughts that we have and the things that we can maybe flip our mindset around to see it as a win or something that's really gone well in our day.**

JILL: 100 percent. Just like you sit down at dinner and say the thorns and the roses, right? ... Good things that happen in the day, you know. You can't forget about the good stuff. Yeah, for sure. —

SONIA: So, one thing I do every morning, and it changed my, since I started doing this, it changed my life completely. And it's, I sit down, **I don't grab my phone, I grab my husband's hand. And I always tell him how thankful I am to have him. And it changed my, my day.** We, love is the most important. And that starts my day like, oh, I have love. It's beautiful. Well, that's one of the, one of the first things I do and and focus on the positive things. Try not to focus on the negative. What you can control. **Focus on what you can control.** It's okay to be aware of what's going on out there, but you know, it's okay.

I am aware. Then focus on what you can control. So that's, that's.

MERYL: That's a beautiful way to start the day. It is, it really is. I'm quite sure of that.

SONIA: Right? My husband's like, what are you doing? Just shut up. I'm like, I'm not actually rushing around. Well, that's the thing. ——

MERYL: Right? That is the thing. I mean, I, I get up also, I don't look at my phone. You know, I'm not scrolling what I get it. I put it aside. I like my candle. I do my coffee, right? We'll go into our routines in a second. But taking that moment, I think, because life gets so busy and life gets so hectic to take that moment. And just stop right and stop and be mindful and have some presence I think is so important.

And I think we don't realize and don't recognize how important it is. You just kind of give it lip service. Oh, yeah. Oh, yeah. But when you actually, like you say, so when you stop and do it, the small, like Amanda, what you said to the small little things are, are what make are the big moments through the day.

**I mean, I'll do the same thing. I'm out walking and I'm not journaling and I'm not meditating. But I'm just grateful like I'm looking at the green trees and I'm grateful for the sun and, and, and that those that gratitude provides a feeling and an emotion. And that's what creates energy.**

Right. We all say, well, if we're

**talking about the quantum energetic universal energy** and a lot of people have been talking about this right. I mean, that's, of course, from my job, kind of, but it's not just that. I mean, it seems to be everywhere. Now, people are understanding that there's that **we have a universal consciousness, that there is this coherence.**

**And the more we pay attention to it how do we tune into it? We create peace within ourselves. First, we create love within ourselves. We create light. How do we then expand and bring that to other people? And that's what changes Humanity.**

SONIA: Where you're feeling. So if you wake up grateful, you feel love, then you transfer that to everybody that you meet. —

MERYL: So it's very important to start with yourself. Yeah. And there was, so there's been studies on the energy, how far the energy field goes, right? **The heart coherence, when your heart is in coherence and it is radiating that love and that joy and that good vibration, there is energy in that and they can actually measure and it actually. Expands out so that my field can expand into your field,** Amanda. Right. And then we have coherence and it does amplify. Right. And so it's like when you, when you know, you're at a party and if someone walks in and they're happy and that, right, like you could feel their energy. Yeah. Right. So like, how do we create more contagiousness?

Positivity. Yeah. A hundred percent. And again, especially now when there's so much.

Divisiveness and hate and you know, and, and it's, it's just working within and saying, I'm going to continue to just put, stay, stay steady and stay consistent and not give in to the fear and to the anxiety. Because again, that creates a whole different vibration.

And that's where disease comes from. And that's where illness comes from. You know, we have people who come in, it's funny, I think as you start to do this work, right, we have people who come in and they're sitting with us and I will say to them, I can feel like, are you stressed? And I'll say something and I'm like, and so I say to them, well, you look very calm, but your energy is very frenetic.

You're like, and they look at me and they're like, how do you do that? And I said, it's a feeling, right? When you can, when you get in touch with people, when you know how to read people. When you are calm, you can pick up on their frenetic energy. Right.

And how do you get, and, and then usually by the end of the session, they're calm, they're more calm than they were.

And then they have a different set . Right. But they're aware. Exactly. So you know, I, I just, I think it's just incredible. It's powerful. Right. And I think it's. And it's intangible. **And I think that's where people have a hard time, right? They come in here and they want the tangible, they don't feel well, they want to lose weight, they're in pain, they've got discomfort, they're having all kinds of symptoms and they come in and they say, well, just run my labs and fix me, right?**

JILL And what's my thing. If I, if I had the magic pill, we'd all be sitting on an island in Bora Bora doing this, right? BG, we're of our same difference. So You know,

MERYL: there is no magic pill and it all takes work,

JILL: but it does take work to be grateful, right? I mean, to have that gratitude, but it's such twofold, right?

It builds your relationships and it builds your feelings of goodness.

MERYL: Yes. So it's only helping yourself by doing this. Right. And I think part of how our, like our team part of why I wanted to do this is because on any given day I, I had walked in here. in a mood. And you know, I walk in Sonia's here and she's, we were, we were talking and like her energy lifted me up and then Michelle walks in and then Amanda walks in.

And again, it's that energy that becomes contagious. So you go from being, and maybe not such a great mood to like, wow, I feel pretty good, you know. And so I think, like you said, Michelle, right, it's about surrounding yourself with people like that too. And I think that's what we have to be really careful about.

SONIA: And also be aware, something I tell my daughter all the time is if someone is low or someone is angry or you see them at school, these kids that are being bullies, those are the ones that need more gloves. So that's when you tell 'em something nice. Yeah. You give them a compliment. You, you don't, **instead of you being getting their bad energy, you should spread your good energy, say something good, and you will make their day.**

That happened to me once at a grocery store, I was like so stressed out and this old lady comes to me and she said, Oh my God, you have this beautiful hair and yeah, you're so beautiful. I was like, Oh my God, it made just my day.

And it's just one little thing can change your, your day. So you can do it.

You can do that for other people.

MERYL: Yes, I mean, right, right. I mean, I'll be out walking and just smiling at people, right? Like, oh, good morning. And then they say, good morning. And you're like, oh, that just made me feel better.

SONIA: Right. I mean, so that person won't smile to another person.

JILL: And you know, it goes a long way.

Those little words for the compliments or smile really does. You don't know what's going on in someone else's head, raise your smile and change the course of their day.

AMANDA: Absolutely. And the other thing I will say is **because I I think it's it's not natural or easy for people to be in a state of gratitude or be mindful of being positive and prioritizing positivity like that It's like a new habit you have to work at** totally and I often I often see with clients that you know They're really quick to like beat themselves up or not hitting their goals And I think one of the nice parts about coaching is that We get to shine a spotlight of positivity on that.

Like, wow. Yes. You might not have hit those goals, but let's point out all the things you've done that really are working for you. Right. And you can see instantly that shift. Oh, wow. Yeah, you're right. I did accomplish those things that I said, even though I didn't set this goal, I still am making forward motion and hitting these little obstacles that and overcoming these things that are in my. That have been in my way that **all I was seeing was the obstacle. I wasn't seeing the success. I wasn't seeing these things I've accomplished. So I think we have that unique position to be able to help our clients start to see themselves in that way.** Okay. I am somebody who finishes what I start or somebody who says, I'm going to do something and does it right.

JILL: : Yeah. I always say like, let's celebrate your successes, even if they're little and they don't think of it as such a big deal. But like, if it's a change that you're making, that's a success. If you're going in the right direction, as small as that little step is, we'll take it because. It's the stepping stone for the next one.

MERYL: Right. Well, and that's and that's part of when I say it's a process, right? I think part of the I think what makes our job so difficult is we're bucking a system of good marketing, right? We're, we are really swimming upstream in a, in a field where people want the quick fix and they're used to that.

And what we're asking them to do is work on themselves, is to kind of take that mirror, turn it around and going, okay, this is who I am. And some of it is we, we're finishing up our group workshop this week and some of it is, **what is your belief about yourself?** Right? I mean, these, **these hardwired beliefs that we have about ourselves that, that take over,** right?

So doing this gratitude practice and allowing them to see these, these things that they can accomplish, like, oh, wow, it does create a huge shift for them. And it is, how do we keep up that momentum? And I think that's so important.

JILL: Sometimes looking at the things that are hard. Like we're hard on ourselves, but looking at those things that are difficult and maybe ugly like your habits and the way you look at different things and some relationships that need work sometimes that's like really, really tough, but reflecting.

And then I always say **self awareness is the first step to making change. So that's why that group coaching was so great because we're getting at it from two different angles, yours and Sherry's** and really taking a look. Inside. Okay. Why am I doing this? It's what happened to me when I was younger, right?

You know, along my path, along my childhood, along my life to make me think and act this way. And like, how can I now pivot and make those changes to make my life even better.

MERYL: Right. **And recognizing that those pivots take time. Giving yourself grace.** Like, so one of the interesting things when we talk about the gratitude and sort of how we've gotten to our own practice is I look back, like people say, well what are you doing?

And like, I always say **I have been my best experiment and it's been 25 years.** Like people are like, Oh, well you do that. I'm like, this has been 25 years of work in progress. Right.

**Because I realized after I got sick. That part of why I got sick was due to my mental emotional state,** right? One, I had a very large tumor in my chest.

I mean, there was no coincidence that, you people say, well, it was right near your heart chakra, right? It was right near your heart energy. You know, were you, what were you feeling, right? And, and then I ended up with a nodule in my thyroid because I didn't speak up and I didn't communicate, right? Like, there's no coincidences.

Things happen in your body. For a reason. **And so when I started looking into, well, wait a minute, why, why is my heart energy blocked? Why is my throat energy blocked? What do I need to do in my life? And it was more than just the nutrition piece. And it was more than just the fitness piece. I had to dig deep and say, what is this mental emotional?**

I mean, I found Joe Dispenza 10, 15 years ago, his first book, Breaking the Habit of Being Yourself, like that really resonated because if I wanted to, get well, I had to break the habit of who I was before. and it's been little by little by little by little. It's not been Oh, in a year I changed everything about myself.

Right. I mean, I know we all have these journeys that we can say have taken years and years. So. I want people to realize that we are always a work in progress if we are willing to work on ourselves.

JILL: Yeah. **And it's not always a forward motion, right? And it's not linear,** right? When they fall backwards, like I just had someone come back after a pretty big break.

And it's like sort of beating herself up, like what happened to me? I'm like, it's okay. You're back. Like this happens. Like there's usually a spot in the coaching going forward that we know, like, all right, around this time you get comfortable and ease off, but it's a work in progress and going backwards is part of that.

SONIA: Right. I think being kind to yourself, another practice that works really well for me because I always like, I'm a people pleaser. **So I started doing hugging me after my meditations and thanking myself for doing this to me** — and being thankful to myself for the food that I eat. For the things that I do for myself, so, and, and I tell myself that I love, I love you. That's also very important.

MERYL: Yes, it is. Right? We're very good at being nice.

SONIA: Because you are, you are alive and hug yourself. Try, try that.

MERYL: I like that. I'm going to do that. Hug myself.

JILL: Like Sherry said in one of our coaching calls that I use all the time now, like, **Speak to yourself the way you would speak to your best friend. Right. Because we can verbally abuse ourselves.** Yeah. Cutting ourselves down. But like talking to yourself the way you would talk to your best friends a completely different way of thinking and acting. So I have moved forward from that whole process with that in mind. And I say it to my clients too, because We often beat ourselves up for like, oh, I should have done this.

I I wish I did that. Or, why did I do that?

SONIA: We say terrible things. Oh, you're so stupid. Instead of doing the opposite, it's. —

MERYL: So I will. So I do want to take a moment to hear what you guys do. And I think because I think we all do something different, right? And we all find our gratitude and our peace. So for me, I had mentioned before that my, I get up in the morning. Early, although now nobody's in my house other than my dog. So but but I used to get up early before everybody else was up. So it's just my habit. **I'm up early. I do my coffee. That's sort of just my quiet time. I like my candle.**

**I do my meditation. If I have time, I'll journal,** which is many days, not every single day. You know, and then I kind of start my day, right. But it's, but **it's a good hour and change of, of me allowing myself that time** to really I think I spend about 20, 25 minutes meditating and then just, just kind of, — um, what do I want to scanning and surveying my day, like, what is my day going to look like and setting myself up for, for success and whatnot.

So you know, that's my practice and I. Like, if I don't do that, I really do feel I was traveling this weekend and it was great. I saw my family and it was wonderful, but I was out of my routine and I feel very disconnected when I don't — do that I'm like, Oh, something's missing. And so it's amazing you know, as how that becomes part of just what happens in your day and how important that is.

So, so that's mine. Who wants to go next?

SONIA: Like I said, I start my day first thing. **I don't look at my phone. I grab my husband's hand** and I'm talking about 10. And also my dog sleeps with us on the floor. And then he knows



right away I go and do my meditation. I started doing meditation probably in the past four or five months and it changed my life completely.

I put music. **I like music and I follow the sound of the music and I breathe. — in what I want to bring that day could be love, health, strength, whatever. And I breathe out what I want to get rid of.** — And I like that sometimes it's 10 minutes, sometimes it can last up to an hour. It depends how I feel, how you're feeling.

**And I like to end my meditation. with talking to my inner child,** like I was saying, how in myself to be kind to myself and set up the goals for the day and literally change my life. It seems you see life so different and yeah, that's how I start being thankful for what you have is very important.

And really, even if it just takes — One minute.

AMANDA: You know, you said this earlier, Meryl, how like you'll go on your walk and you just like appreciate beauty and the nature and so for me, that's that's where I start my day when I, when **I go outside and I go on my walk, it's really. It's so therapeutic for me and it's really my opportunity to connect with myself to connect with nature.**

I always find myself being just so grateful for the trees and the birds and the lake and all the things. So that's usually where I start my day. And then **in the evening time we do at dinner.**

**With my family, we each go around the table and just say one thing in our day that we're grateful for,** that made us smile, made us laugh, and at first, I, I started framing it differently or wording it differently for my son because he's five and saying what you're grateful for can be challenging, so I would say, like, **what's something in your day that made you smile, made you laugh, what'd you do that was fun,** and so that's really just an opportunity for us to just focus on something that went really well in our day, and it's so funny because last night, I, We forgot to do it because I, I, we ate at different times and my son came running in the room.

You didn't say what you were grateful for . So I was like, you're right. I'm so great. I was so grateful that he did that and proud. So yeah, that's a practice that I, I really enjoy and I'm, I'm happy that my family's on board .

JILL: So listening to you all, I say I'm, I'm like, Hmm.

Mine's like a little backwards,

**So I wake up super early and. Do my exercise.** And when it's outside, there's always the group that I run with. We're always like, Oh, look at the moon. It's not, there's always that moment. I'm so thankful I have you all to keep me motivated and whatnot. And then my own workouts, if I'm walking or doing a chest lift workout or whatever it is.

**I have that moment on the car ride home, like, Oh, I'm so glad I did this. Now my day is set.** Like I sort of set my day up, but **then I get home, get ready, get everybody out the door. And then when I have quiet, that's when I can do my meditation. Otherwise I can't focus.** I have enough trouble not saying that.

**And I know that we resist the things that we need most. So I know that I need it. Yeah. So then I spend some time in the quiet and do my meditation and gratitude journal,** which It's really elevated everything for me. Another practice that we do in my family, which — my entire family does, and it's kind of funny, one of our aunts brought it in, but whenever it's like

**someone's birthday or there's a family dinner, we go around the table and say, what do you love most about them?**

And as like my husband's birthday is coming up this week and his, Brother's birthday is today. We're all going out to dinner tomorrow night. Like, that's just something that we all do in our family. Our kids at first were like, well, whatever. But now they do it and when they're out with their friends it happens there too.

So it's nice to spread those, traditions.

MERYL: Yeah it was funny when you said that, Amanda. So when my kids were all home, we would all have dinner my, one of my, I've talked about this before that the, **the erosion of the family dinner has really made a difference, I think, in our social networks** with our, with our families and just in general.

And so, but when my kids were home and around we would always go around the table, same thing there was no phones at the table. It was, how was your day? What were you grateful for? What was something that, that you know, liked about your day or the takeaway. So I do miss that.

Now it's just me around the table but we do that at Thanksgiving or we do that when they come home and there's Shabbat dinner, we usually go around the table, like, okay, so nice to all be home together. And then of course we'll do it at Thanksgiving, which will be fun, but I love that, that little you know, ritual at birthdays.

That's awesome.

So I think obviously don't want to beat the dead horse here, but you know, I, I think — for those of you that are listening, **finding something, right, some kind of gratitude practice in whatever way resonates** and reach out to us. I mean, you have enough of us here ..... where we can certainly help you and support you and, and certainly share with us what your gratitude practices.

We always like to hear from, from our listeners. And I mean, look, with Thanksgiving coming up, I know I am always grateful for the team here because you guys— you know, supportive and just, it's like having my little cheerleaders around and, and the clients, right?

You know, it's not, I think it's rare is the place that you come and you find a group of people who are so cohesive and willing to work together and wanting to make a difference in each other's lives and in our clients lives.

And so for that, I am grateful, right? Grateful that you guys take your jobs. You know, it's, it's your passion, — right? You're passionate. We are passionate healers. We all have that gift of healing. I mean, even though Sonia is not a coach, she's at that front desk and she is walking people through things and you know, her service and her support of our, I mean, I will tell you, everybody comments how wonderful you are and how nice you are.

And I mean, look, she, she's coaching one of our clients she'll have conversations with them like, no, it's okay. You know, I hear her. I hear her. So so thank you for that, too. But I just want to express my gratitude to all of you to Jesse, who's around here somewhere, who's helping us out behind the scenes.

I am grateful for her and everybody else on the Brandwein team. So I thank you. For that. Thank you.

Okay, anybody else want any last thoughts?

All right, everybody. Well, this is the Brandwein team wishing everyone out there a very happy Thanksgiving and a happy, healthy new year as well. But I'm sure we'll, we'll, we'll be doing another one of those before we'll be on a podcast before that happens.

But this was great. So thank you all. Thank you. And that's a wrap. So again, share your thoughts, share what you're grateful for. We look forward to hearing you. This is your Rebel Nutritionist signing off. Make it a great day.