

MERYL: Welcome back everybody to the Rebel Nutritionist podcast. — Today we've got none other than Shari Coltune back on because we are doing a rewind, regroup of our group program, Rebrand You, and kind of wanted to talk about the results, the feedback how we felt, and where this goes from here.

But really more importantly for you listeners, really, what does it mean to rebrand you? And what do we want you to think about moving forward and just understanding that whole concept, right? So it's great to have a recap, but what information are we going to give you today that, that will help you think about rebranding yourself.

So welcome back, Shari.

SHARI: Thank you. Thank you. So we had an awesome experience, our eight week beta test group, and — it was great. Give us your feedback on that. —

It was such a great group of women that honestly, I couldn't have imagined a better first group. You know, they played full out. They really created a, a fun container, a safe container, and they brought amazing questions. And they allowed themselves to be coached and, and, and divulge some very personal things.

And that's what it's about. You know, you, **it's hard to rebrand yourself when you're kind of still in the hiding**. And these women came out of the hiding and were very open and honest. This is where I want to shift and change and learn and grow. And it was just, Wonderful to watch the process of shifting and rebranding.

MERYL: Yes. And, and so when it's not this, I didn't want this podcast just to be you and I spewing about, okay, how great it was. Right. Which is important. I mean, I think people absolutely need to understand that. Like what you said was spot on. And I think it's so important to hear that because I think.

People go into a group where they hear, oh, there's a group and they're like, well, wait, how is this really applicable to me? Am I going to get the benefits because it's a group? And what I want people to know is what we really saw. And witnessed from the group is that yeah, **maybe it took a week or so for everybody to get their bearings in terms of their comfort level was right.**

But once everybody realized it was safe to be vulnerable and it was a safe space and that nobody was judging. I think that's also the fear of going into some of these group courses. I know I've experienced that right? You're like, wait, I don't want to be the first one to say something. I don't want anybody to judge me.

And I think the beauty of doing this in the way that you and I set it up was it was a safe space for these women to share and to be vulnerable. And in that vulnerability, it allowed them to grow right without having that facade of, Oh, I just need to Pretend to be someone I'm not and really get into the nitty-gritty of the things that we talked about.

SHARI: So like, well, it's a good opportunity also, and I said it in the first session to we're in a group setting, but this is an opportunity. And so we use that to see what kind of person you are are you the kind of person that joins a group but is lays in the background? Are you the type of person that is the most outspoken?

Are you the type of person that needs to make sure everybody in the group is okay and feels good? And so we use that too, because it's an opportunity. A group setting is not just about what you share and how you share, it's about what's coming up for you inside.

MERYL: Yeah, right. And, and getting to know yourself on so many different levels. Absolutely. And I think that was the beauty of this work is, it did allow people to get to know themselves. It did allow right like each week built on the other. And when we started talking about in the very beginning, what is your vision and really having them work on creating the vision of what they wanted to accomplish and not just eight weeks, right?

But it was eight weeks, but then in three months, and then in six months and a year, like, where do you see yourself? And then yeah moving through that and setting those goals, but then also coming up against the resistance, which I think was huge, right? It's a huge revelation for people.

SHARI: Favorite conversation.

MERYL: Exactly, which is why I brought it up. But I think it's so important because we start with these lofty ideas and these lofty goals like, okay, I'm going to get there. I'm going to get there and life gets in the way.

SHARI: But and you mean it too. It's not, it's not just the life gets in the way. It's like you mean it. I mean, I'm going to take care of myself this time. I mean, I'm going to follow through on what I say. I mean it. I really mean it. I'm going to lose those 10 pounds. I mean it. And it's like, there's a, you have a pesky voice sitting on your, on your shoulder going, no, you're not. And so that's where the resistance is.

Are you resisting that voice? Because even that, even that inner critic voice has information for you, but it's hard to move — when, make movement when, when you're not trusting yourself anymore. And then you're just like, you're resisting it because you know, what's going to happen.

MERYL: Right. Right. And that was the beauty of the work is watching and listening to the women share and say.

Wow. Yes, I do have these great goals and I do mean it and yeah, but I do. I have this barrier, this resistance without, I mean, the beauty of watching that class was having that, them see that aha moment. Like, wow. Right. I'm thinking, of a couple of people specifically almost like, wow, I never connected this to that.

And you know, and how deep, how deep those, yeah. Those wounds, right? Or those stories. are for people and that's

SHARI: and you learn

from somebody else like, Oh, I resist. I didn't realize I was resisting in that way too. So that's why group setting is very interesting when somebody does share their, resistance or like, what is the voice of those resistance?

Like how, do I even know I'm resisting X, Y, and Z start paying attention to the story. You start paying attention to your cop outs. **You start paying attention to to how you justify not doing or doing something.** So it really becomes a great scavenger hunt of, of knowledge and, and aha, aha ing. Right.

MERYL: The ahas were big because I think we did that and **then we go into the allowing part,** right? All that beginning, becoming allowing and how that was such an aha for people, right? It really is, right? It's an, I mean, look, I think those of us myself and Amanda and Michelle, we all walked away with Great.

It benefited us just as much as the participants. It was really, it was really empowering. And I think watching those aha moments and people settling into the, not even, recognizing the feelings, right? I mean, **we gloss over our feelings and we dismiss our feelings and watching the feelings happen.**

And allowing that to happen and saying, wow, that was a lot and that was heavy and that was deep and, and I'm so grateful that I have a support system around me to help me and, what I need to do to move forward from that. So, so what's your comment on that with the right because you have to allow those feelings to happen.

SHARI: **We all have these emotions residing within us and we have a choice, deny them or express them. And if you're denying them, how are you denying them? Are they empowering you or are they disempowering you? Are they creating disease or are they creating an ease and flow?**

So sometimes there are emotions that are icky and. can feel overwhelming and we're not used to or we have embarrassment about or shame about, but they reside within us. So we this course was about **you can use this food to nourish this part of you and you can also allow yourself to feel them.**

You know, and then once you like open that space, you're going to want to nourish yourselves in a different way and that's why we kept going back to the grace in finding yourself and rebranding yourself because we're in our fifties. A lot of these women were in their fifties — and, you know.

Where **we were comfortable in our discomfort,** that's what we knew — and but we're not, we say we're not comfortable, but we're really comfortable in our discomfort. So, in order to move past that we, the emotions that reside within us need to be expressed, Right?

MERYL: Yeah, 100%, 100%. And part of that and the other piece, right, we talk about nourishment is right is the food piece that we talked about, because I think.

Reframing this for those women getting out of the diet mentality and really allowing them to understand how to best nourish their bodies in the best way for themselves. Right? It

was not a 1 size fits all. We gave them information that each of them. Was able to take back and apply in their own lives and apply it in a way that resonated.

So it's not that one person did it, right. And the other person did it wrong. It's what made sense for them with the information they had from everything to what is your food foundation to the very beginning of understanding protein, carbs, fats, minerals, vitamins, to Why what is mindful eating?

What is intuitive eating and paying attention to, to those signals and, and, or even learning about them, right? Understanding like, wow, was I eating because I was emotional? Was I eating because I was really hungry and identifying that. And I think that was big for some, for some of the women too.

You know, I feel like each week it was the aha revelation, like, wow. I didn't know that or wow

SHARI: my biggest revelation from the course is I didn't realize that my blood sugar would drop or I would be hungry after I ate like within two hours or you know and I'm like why am I so hungry or why is my blood sugar dropping and I realized from this course because I'm dehydrated.

And I needed to drink more which satiated me and then, and then I was able to not go for like a quick fix when my blood sugar dropped. I'm drinking more water.

MERYL: Good girl. Yeah. Right. And it's these little things that, that resonate. Little tweaks. Yeah. Little, little tweaks. **And I think that's what I want people to hear as well.**

You know, we hear about, Ooh, it's a rebrand you program. Like, what does that mean? And it really is just, how do you do these small little things week by week? Or how do you build on them? In a non overwhelming fashion, right? In a way, that's realistic. And I always say realistic and sustainable because.

My idea of, of what I need to change is going to be different than yours, right? And the next person. **And so being able to find the cadence and the pace with which you do that, those shifts, I think is, is so important** and I think before we came on you and I, I said that I, I had done, I had said something today.

I did a little video about chaos and disease and I feel like what's going on right now, like, I feel like we gave these women such a great backbone and foundation for all of this stuff to be able to move forward in a way that supports them and, and look to do some ongoing support as well after this, and that they recognize that they need that. I think that's the other piece,

Let's switch for a second, which is along the same premise because sad right when there's disconnect in the body and all that I always say disease and so forth. And I feel like now and where we are in the world right now, there is so much chaos and it's causing chaos in our own bodies and our own.

You know, just the every fiber of everyone's being is just feeling chaotic. **And I always say when there's chaos in the body, that creates disease, right?** disconnect, all of that creates disease. **So how do we take a step back for a moment? And allow ourselves calm and**

create a space of calm and consistency and collectedness that we can turn this mirror back around and go, okay, I have got to create some calm.

In the space that I live in right now if I want to continue to move forward in a healthy way, right? I mean, because, and disease may not happen in, in a week, in two weeks, right? It takes time for the body to do that, but we're setting the stage and the groundwork for disease in this chaotic, in these chaotic moments.

What are your thoughts on that? And how do we reframe that? How people reframe that?

SHARI: Listen, **no doubt that the world is. A pressure cooker and it feels very scary and frightening and there's a lot of fear. And with that your nervous system is hypervigilant on high alert and it's creating more fear** and more.

I don't even know what the word is, but more stuff.

So one of the things that you could do is how can I, how can I support myself? And this is a real opportunity for you taking extra measures in figuring out what can I, how can I nourish myself through this Fear and it's like I think about yeah, it's a crazy time and my grandkids do not know that it's a crazy time, but would I talk to them about this crazy time?

And if, if they were older, how would I explain it or express it to them? So I'm like, well, that's what I need to do with myself. I need to nourish them. I need myself. I need to speak to them lovingly. I need, that's how I need to speak to myself and create that. That, that space within myself that I can be safe within myself, right?

Because it is scary. **So in a way, the positive of what's going on in the world is that this is an opportunity for you to create a safe space for you within you.** And calm yourself, calm your nervous system and take whatever measures possible feeding yourself properly because you need the energy.

MERYL: Yeah, I'm so glad you said that because I do think that there is this frenetic pace and frenetic -ness and this just like you said that this frenetic vibration that's coming from people because they because there is that fear and uncertainty and all of that. And I think for a minute right for some whatever time, whether it's some a little five minutes in the morning and five minutes at night or 10 minutes or whatever that is to create, Create the moment of calmness and, and

SHARI: it's just an opportunity.

Listen, it's a would you talk to your babies that way? You're your young children that way you would want to create, like a cocoon for them. So this, in a way it's positive because you get to do that within yourself, how you feed yourself. What are you watching on TV? You know, how are you talking to yourself?

How are you giving into this angst or how are you taking extra measures to not?

And, and I'm not dismissing, believe me, I'm just using those for me.

MERYL: Right. And I think, yeah, listen, I felt like that this morning, which is why I always say, look, I get out why the whole reason I do my videos is not only the kind of.

Say it's for me, right? It's more of like, here's what I'm thinking. **I needed to get out and decompress and I needed to be in nature and I needed to breathe** and just not be exposed and talk about and all that. Right. And, and that's what I was sharing with people. Like when you get the moment to disconnect, really disconnect, really feel like where your gratitude is right now.

And Like you said, right? How do you nourish yourself? How do you feed yourself in the moments of like, All right, rather than just saying, oh, screw it. I'm, I can't pay attention to how I'm eating because I'm too worried about everything else. Like take that extra moment to be like, you know what? I need a good meal right now.

I need a good balanced meal because like you said, right? Your body needs energy. Your brain needs fuel. It all needs, otherwise you're running on fumes and that doesn't help you at all. And it's the same thing with sleep, like get off of the news and stop scrolling with all of this stuff that's going on.

It doesn't mean. Dismiss it. And I'm not saying that I'm not negating any of it. And certainly we've talked about this. It's important information and — and standing up for the things that we feel important. I mean very adamant about are important. But at the same time, **it is very important to be able to calm yourself down before you go to sleep so you can have a good night's rest.**

Right. I had to stop watching the TV at some point. Not because I was ignoring it, but because at some point it was just information overload and it was affecting my sleep, right? Nightmares.

SHARI: Yeah, a lot of people and, and quite a few of my clients to have expressed that there's disturbances in their sleep because they're having nightmares.

So that's all the more reason why one of the things that I said is **set an alarm on your phone a couple of times a day and just remind yourself to breathe.** Remind yourself that you are safe. Remind yourself to eat something that feels good and tastes good. That's nourishing anything that will remind you.

Yeah, just take care.

MERYL: but Yes. And the sleep even and, and moving your body. I know for a lot of people who listen to this they're not in Florida where we can be outside. Like this is the nicest time of year to get out and move, but — it's cold. **But finding some sense of time, maybe in nature in the morning,** if it's cold, wherever you are and getting out a little bit or finding a way just to

SHARI: breathing in that, that fall crisp.

wonderful air and just like feel it in your lungs. How does that feel in your lungs? Feeling the the cold on your body and then run inside because I can't ... but but but just you know, what do you hear outside? What is what is fall nature sound like and just **give yourself a minute to let your nervous system decompress.**

MERYL: Yeah. And that's, oh, that's, that is, that's a great thing, right? How do we, can we just get outside and, and breathe that air to let the nervous system decompress? I think that's so

important because our nervous systems are just really ramped up right now. Yeah. Moving and sleeping and eating and thinking right.

How we think is going to be and shifting that. It's going to be important and again kind of coming full circle. That's what, that's what we did in, eight weeks. We, we did help. I think we did.

SHARI: I think it was really wonderful again. It was such a, I'm so grateful for the opportunity to be able to work with you, which is so much fun and work with these amazing women that just.

You know, hadn't went in blind trusted us and and they got a lot out of it gave them a lot to did we did and and and they recognize that too. And I'm excited to share. Yeah, I am excited to share some of the feedback. We've got some good you know, testimonials from them, right? Good feedback and and, positive feedback from them on what they enjoyed and what they learned. So I'm excited to share those. Well, those will be going up soon as well.

Maybe we'll even do a podcast with a few of them to kind of get them to share. So we'll see if we can get them, if we can get them and agree to agree to do that.

But in any case any, other last thoughts about anything we've talked about.

SHARI: No, I just think that you know, being, **this is a time and opportunity of really finding the gentleness that resides within us.**

MERYL: Yes. And the other just to just the one caveat or one add on to that is that we are coming into holiday season **we are in full holiday mode and. In addition to just the relative craziness, now things become even more accelerated. So — no better time than now as much as you're focusing on other people and gift giving for other people, the best gift you can give yourself is, I love that. I love this gift of your own attention.**

SHARI: Yes. I love that. Meryl. What a, what a way to end this. Yes. —

MERYL: Yeah, give the gift of your own self care. Yeah, I love that. I can't, can't. — Give others until you fill your own cup up. So always great to chat with you. And we will continue to do more of these podcasts together to really kind of highlight the work that we do together.

The work that you're so amazing at and really how do we inspire people, to take care of themselves and achieve the best that they want for themselves, no matter what stage of life they are in. And like you've said, right, it's never too late. And no,

SHARI: if anything, it's like, — **We get to make the rest of our lives the best of our lives.**

MERYL: Absolutely. Yeah. All right, everybody stay healthy — through this holiday and we will be back with more great conversations in the future. So stay tuned. This is your Rebel Nutritionist signing off, make it a great day.

