

MERYL: Welcome back everybody to the Rebel Nutritionist podcast. I am flanked by like amazing coaches. I got Michelle Barron here and Amanda Shu who are are our ——— Phenomenal coaches.

So welcome, ladies.

So today we're going to do our timely topic. Yeah, I've been talking about not making resolutions, right? We've been having those conversations with our clients and really about **how do we shift our habits. — How do we create the habits that are going to serve us through the year, through our lives and through the changes that we want to see.**

So welcome. Welcome. So let's get right into it. I know we were going to kind of. Segment like Michelle's got some ideas what she wants to talk about, Amanda's going to talk about some, so that you can hear in a different capacity **when we talk about habits, what are we really referring to, and I think much of the conversations that go on in the consultations is really about how do we support our clients and the people that we work with in making these small, small changes that are realistic and sustainable in their lives** because people come in And they're like, oh, I just want to lose all this weight, or I want to feel better tomorrow, and my gut's bothering me, and my hormones are out of whack, and You know, and, and that the solution is going to be presented to them, and in a month, or in a week, or whatever it is, that it that they're going to have these changes.

And so, we are very clear about setting the expectation that this is not what is going to happen. Yes, you're going to feel better. Yes, you will see weight loss. It may not go in the timeframe — that you think, but it will happen. So, Michelle, I'm going to defer to you first.

We've talked about this so often and,, and not that Amanda and I haven't, right.

Or we all, when we're in our huddles, we have these conversations, but **your expertise, let's say is in the area of emotional, the, the psychology of eating**, right. The psychology of some of this in terms of that. So, like. — What do you want to share when it comes to the habit piece? Sure.

MICHELE: So, **I always start with my clients with the why.**

Like, why are you here? What brought you to this space? Like, and that is always the driving force. Right? So looking into that and always coming back to that is going to be where they're going to make the change, right? So like, when they decide, okay, this is why I'm here for better health. Okay, so these are the things that we need to do to get you there.

Little by little, it was consistent. Things that you are doing on the daily will make the change, not like looking every day and be like, this isn't helping, this isn't happening, and micromanaging and getting all in your headspace in a negative place. That's not where we want to be. Just thinking that you're in here for the long haul.

MERYL: Sorry, there's a taking. Hold that. — Hold that. Okay, there we go. I think we're good.

MICHELE: But really concentrating on this is the why, this is what I'm digging. And from there, coming up with changes that you could make. In nutrition, in exercise, in self care, and really diving in because like we always say, people think they're coming here for nutrition and exercise, the meal plan, bye, see you later.

That's not what it is. There's so much more that this entails that can help you reach your goals and prioritizing, right? So like, instead of saying, I need to do this, this, this, this, and this, But **one or two things that you want to prioritize and work towards those consistently. Stay connected to us to help you along, be your cheerleader, make it happen.**

But yeah, like I think the first thing is like really narrow into what am I doing here? What can I do to make the change that I want to see and why? —

MERYL: So if someone comes in and, and, and yeah, we talk about the why a lot, but so if I'm playing devil's advocate and someone out there is listening, right.

And they're coming in and saying, well, my why is weight loss. What do you say to that? Okay.

MICHELE: So then let's start with that one and we can, I watch their habits and see how they sabotage themselves. And we dive into it that way because a lot of times people say, yeah, **they want weight loss, but their actions are showing different things.**

So is that really there? Why do you like dig it? Is that right? Is that so like, like talk about that. So like we always joke about when

we have conversations and I get right in there and you know, sometimes it can be like a little like, okay, like then why are you doing this? Like not really. Like. Sort of being faced with things that you don't want to hear that you're doing, right?

So like, and that's where the awakening is, right? So I always say like, okay, **once you see that this is happening, you have this awareness, That's the first step to make you change.**

Right. You can't make change unless you know something's going on. If you know that every night you're snacking, but I'm dieting all day, or I'm eating right all day, but at night, Well, hell breaks loose.

Like, okay, well, let's talk about this. Why we get back to that. Why somehow every time whether it's at the beginning, the middle somewhere, because there's usually you say the honey, when you start out and we'll work together and a few weeks, everything's great. You're gung ho. You want to do everything.

And then all of a sudden it's like, Hi, how's it going? — Haven't heard from you in a while, just checking in. And it's like, **it gets like, either hard and they don't want to do it anymore, or they just like, give up. It didn't happen fast enough. So like, The commitment is what it's all about. So the why, the commitment, like be committed to yourself.**

Like you're the best investment, right? So it's always so much positive in there.

MERYL: Right. And that's so important. I'm so glad you said all that because that's what we want people to hear, right? It is work. It is an investment in themselves. And, **I always say we know when that fall, that drop off happens, right?**

It's that honeymoon period. And people are like, no, I'm not going to go through that honeymoon period. Right. Okay, then watch them and then we got to reel them back in and it's not everybody, but you know, I think when people, especially the weight loss ——— crowd, if you will, right, is very much stuck in that.

I'm going to go on. I'm going to go off. I'm going to go on. I'm going to go off. And our goal is to not have that conversation. It's not the on and the off. It's how do we change these goals? How do we change these habits? And then that exactly right the mindset so that it becomes a long term mindset about health and well being and you know, one of the things I was thinking about this morning and I'd like to talk about this and then I want to bring you in on a question that I have Amanda, but **so many people are so disconnected from their own inner being, if you will their own selves.**

We walk around with, with all of these sort of notions of what we need to do in a day, who we need to show up for, who we need to be. And, and we lose ourselves in that.

And you know, so many times when I, when we're sitting with clients and whether it's weight loss or whether they're not feeling well, we talk about symptoms of, of like you said, well, **why are you sabotaging yourself at night?**

That's part of a symptom of I am not worthy or I'm not right or whatever that is and you clients who come in and I'm like, well, when did you notice these changes in this feeling in your body and you know, we were talking to a client yesterday and I don't care if it's a man or a woman and I said, well, wait a minute.

You've noticed this symptom for quite a while and you just have ignored it and they're like, yeah, I never really thought about it and you're part of what the conversation really needs to be is, **If your body is giving a symptom, it's telling you, it is speaking to you.**

MICHELE: Well, that's how you always say, like when you're your body starts to whisper and listen, and then. — Or inevitably, it's going to roar.

MERYL: Right. — I just feel like people, people don't get that, you know? And so, part of what, when you come in so we're recording this, and it's going to be right before the New Year's, and this is going to air right at the New Year. And what I want people to think about as they come back into — **post vacation, and how do you reconnect with your Mind, your body, your soul, your spirit, in a way that resonates and is authentic to you.**

The last conversation I had with Julieta, we were talking about authenticity, and I've really been thinking about that a lot because I think so much of what we see in our world and in our lives right now is inauthentic. — And I think we show up. Yeah, exactly. So for me, right, it is so inauthentic. And part of what I want to keep real about the work that we're doing and the podcasting and even the conversations that we're having, real conversations about real life, like, No, it's not. You know, **there's no perfect and there's no perfect diet and there's no ——— perfect scenario. There's no perfect meal plan. You know, there's no perfect pill.** Right. So, so I think it is going back to **how do we connect back to ourselves to be able to take a look at what is resonating with Me, how do I feel?**

What is my body telling me? How do I get better connected? Yeah,

AMANDA: **and I think as a coach too was really we have this unique advantage of asking really thought provoking questions to our clients. So that's why we ask them like, what are your hobbies? What are your values? That way we really get them to start thinking, okay, what do I like?**

Okay. Yeah. I might've saw something on Tik TOK or Twitter or whatever, Instagram. that was trending that looked really cool. It was this specific bar class or the Peloton. I can't tell you how many clients are like, I have a Peloton sits right next to my bed and I should, and it's always the should, should, should.

And I'm like, okay, well, do you enjoy the Peloton? And they're like, no, I hate it. I'm like, okay, well then 86 the Peloton. **Let's talk about the things that you like to do, because those are the things you will continue to do. Be your authentic self. If you love to dance. Let's sign you up for a lot of dance classes.**

Right. **Let's foster the things that you enjoy doing, the things that bring you joy, the things that your authentic self really likes.** Yeah. — And I think that's really important.

MERYL: Yes, and that's so important. And I think, we just get stuck behind the, like you just said, the should. I should do this, I should do that, I should do this, I should do that.

And I, part of the work that I've been doing on myself for the past, I don't know, six, eight months. No, it's more than six months, whatever it is since April, has really been taking a deep dive into not just what do I authentically want for my life, for my business, for my relationships. How do I feel in that? —

You know, and, and I think that we don't connect to those feelings. And that was something that I really learned through all the work. I don't care if it's been Joe Dispenza or Abraham Hicks. It still is all connected to what is that feeling. You know, I was walking this morning and I felt so good. I had so much gratitude.

I'm so excited we have a party tonight. And **I'm excited because The feeling that I get being with you guys and the team and it inspires me and it's just that sense of joy and just utter — Bliss and happiness,** right? Like doing what you love and you surround yourself with the people that you love, but that carries like that speaks to your body, those chemicals do something like I was talking to somebody this morning and I'm like, gosh, you sound perky. I'm like, And it matters.

And so trying to impart that to the people that we work with, like, Go with the feeling and you know what you love and you'll continue to do it correct and don't and right and you know not feeling bad so in talking about habits so Michelle you mentioned you know Amanda you mentioned in terms of what are the things that you enjoy like what are the other things Michelle that come up in terms of because changing habits are hard we know right we do our own thing where we find out information about ourselves and — Ray, I know for sure you've done a lot of work on yourself, right, as we all have.

Yeah. And even with the clients, like, what are some of the things that you're saying, right, besides what we just talked about? Like, get into the minutiae of what, — what do you

encourage people to do in terms of the habit piece? Well, again not so broad, but a little more specific.

MICHELE: So like when my clients say like, Oh, I have so much to do.

I can't get anything done. Like **I'm encouraging them to sit down with their calendar and make an appointment with themselves to carve out time to get their stuff done so that it's not like staying up late and not prioritizing sleep or their healthy habits** so that they can feel like, okay, I can breathe a little bit because I'm getting some things off my plate and I'm prioritizing myself.

Right. Right. So like, especially someone like you who owns a business and you have so much stuff going on I have plenty of clients who are high power people and they don't make the time for themselves. So really, really putting that part forward and saying, all right, you got to make you important.

Like, yes, **you have a family and all that stuff too. But if you don't clear this, you're not going to be able to enjoy anything else. So I'm really taking a look at like their day, their life, what can, changes can they make? And like, if they're throwing up about exercise, I just don't have time for that. And I always say, you will never regret a workout.**

You will regret not doing it. So, and it feels so good after whatever you do. Like Amanda said, if you love to dance, do your dance, right? Whatever it is, find your passion and do it. Even if it's 20 minutes, right? So not asking you to exercise for an hour, not asking you to put that time aside for an hour for your work, but **just make it a little bit and do it on a consistent basis.**

And you will feel like, Oh my gosh, I can breathe now. Right. You know, and those little changes will lead to other changes. Now I have time for this. Now I feel better to enjoy relationships. Yes.

MERYL: And I think there's, there's tremendous value in that. I think having people do it and realize it on their own.

Because I feel like there's a lot of these there's people are out there all the here's the advice, here's the recommendation. And it is chunking out those things one small step at a time, because then it becomes overwhelming.

MICHELE: Yeah, for sure. **Even like the meal planner. Like I always say, do not try to do this whole thing or you will float the computer and be done.**

Find two or three recipes you like, stick with those, go with that, we'll go from there. Like if you try to take on too much, you will shut down and do nothing. Yeah.

MERYL: And I think part of that when we go back to some of the, even in, in what Shari Kultoon has talked about, right, in, in the, at the, asking the right questions, I think it comes back to **ask yourself about the deservingness, your deservingness, right?**

I, there's so many, and especially I think more women than men, come in and it's that worthy. It is that **I don't deserve to take care of myself. I, and they don't say it like that. It's that subconscious.** Right. Do everybody else. Right. **I have to take care of everybody else. But really when you say, when you're saying I have to take care of everybody else, you're kind of saying I don't deserve to take care of me.**

And I think that's a really, really big conversation we start to get, like you said, right, we start to get into the minutiae of. — It's almost, it is the psychology of it. Yes. And I So much of it's cognize and I think that scares people. Yes. — Yeah.

MICHELE: Because you're taking an inner look at places that you've never looked at before and then realize they wait.

Maybe I'm doing something that I'm getting my own way. I'm the obstacle.

MERYL: Yes. A hundred percent. A hundred percent. So what happens in that light bulb moment when they're like, Oh, I am the obstacle. What are you doing?

MICHELE: Well, sometimes there are tears. ——— There's a lot of tears. A lot of tears. But then we're saying, okay, what are the little changes that we can make?

The little, little things that we could make to make yourself a little bit higher up on that.

Yeah. Total. Yeah. Right. And making those little changes. And then when it's like, wow, that felt really good. Okay. Let's think of something else we can do. Yeah. **And not throwing everybody else aside, but just lifting yourself up.**

Five minutes of meditation can do wonders. Things like that.

AMANDA: And that's where like the tiny habits comes into place. Yeah, I was just going to ask you that. Yeah, Dave Fogg talks about it. Start with like the smallest habit possible, and then you build from there. So like if you're, and what's also interesting, **there's research that shows that people typically have most routines in the morning. —**

So oftentimes that's like the best time to start thinking about creating a new habit, right?

So, **and then he talks about habit stacking.** So okay, every morning we know predictable schedule, predictable routine is you get up and you brush your teeth. What's the first thing you could do immediately after right to start stacking, right?

And you know, maybe it's okay I want to I want to start flossing my teeth regularly. Great. You floss one tooth Yes Start really small and build on yes — Get the momentum going, right?

And so it doesn't become overwhelming. Because it is. Often times our clients are sitting in here after their initial consultation, or after we're going through all the five pillars, and we're asking them, where are you at with stress? Where are you at with movement, nutrition, sleep? All of these things. And then they're like, that's their oh shit moment. Like, okay, wow, I'm really imbalanced here. I have a lot of work to do.

And then they sit in that first coaching session with us. And sometimes it can be a lot for them.

So it really is important to start really small and have attainable goals that are realistic and doable for them.

So that little success goes a long way. If you floss for one minute and you have success and it felt good, you're more likely to do it again the next day. Absolutely.

And celebrating the wins is.

So important every single session of the end of the session, **I recap the notes and I always highlight all of the wins, big, small, whatever they are, because they need to feel validated**, like, okay, I'm doing something. It's working. Right. And so I think, like you said, the wins are super important.

MERYL: Yeah. And then going back and saying, right, because I think the other piece of it is, is, is the success comes, **the ultimate success comes as we do stack these habits. And then in three months or in four months or in six months, you turn around and go, wow, look at how far I've come** — by. And so it's in hindsight, it's always easy, right?

And we can look at it and go, wow, look at how far you've come and they don't. Give themselves credit for that and the realization at the beginning is saying here, yeah, here's where you can go let's, let's do this and tiny steps. What are the other I know, Amanda, we work a lot on that in terms of the habits or.

Or the routines and the it, we could, you can call it whatever you want, right? But it's creating the consistency as well, like.

AMANDA: I also, I kind of want to tie it back to what Michelle said in the beginning, which is the why. **You can create all the smart goals you want with a client, and they seem so gung ho. You leave and you're like, yeah, we're going to start it, it's measurable, we're going to all the things, right? — And, and then they don't do it. It falls short. And then they show up really disappointed with themselves the next session. Oh, I didn't do it. And that's the story they tell themselves session after session.**

So I think what's really important is, yes, going back to the why. Why are you here? Why is this important? Why is this specific habit important to you today? Yeah. Okay. Well, I don't know. I've, I've really been wanting. to get out and walk. I know I feel good. Okay. **Tell me more about what that feels like when you do it.**

Okay. Well, when I walk, I just, my, I just feel calm it's my me time. And then it sets the tone for my day. Great. So having those questions where you're asking why, but in, in so many questions and **getting them to feel, Oh, okay. Imagining what do you feel like when you walk and then you build on that.**

And then we create a habit around that. But just going and creating habits, they're not, they're going, they're going to fall short without the buy-in and without the emotional, mental, physical connection to that outcome.

MERYL: Exactly. And part of what one thing you said, and one of the things that we work on with our clients too is **visualizing**.

Yeah. Right. **Having them visualize what that feeling is, right? What is that outcome?** And really doing I know that again in the work that, and **I think a lot of what we do with our clients comes from our own discovery of ourselves too.** And I always say I have been my best experiment for the last 20 something years because.

And I have habit stacked, every, every year is all right, what can I do to improve my health, my wellbeing, my financial situation, my living, whatever it is, my relationships, I'm always looking to be open to what that next step is.

AMANDA: And why is that for you? — What's your why?

MERYL: Oh, that was good. My why, I think because **it comes back to just feeling so good, like the satisfaction and the joy and the pride that I have in working with clients and watching them get to their goals and feel better, right?**

I always say it's about the healing. For me, when I get to help someone else, that makes me feel. Good. It just makes my soul sing, right? And so, — so, and part of it is **I want to feel good for me because being on the other side of that, being sick, being you face your mortality and you're going, wait a minute, there's a bigger purpose here.**

There's and. You know, what does that look like? And you know, one of the visions that I had, it was actually even this morning in my meditation, I had an awesome meditation and I was just reveling in the feeling of feeling so good. And, part of it, even being with my kids, like **I was brought to tears this morning of how wonderful I feel that I get to spend time with my kids and it's quality time.**

And they, we were together on the other night and it was just, It just was so beautiful. And so the more that I do the work on my inner being and being comfortable in that and just loving creating a loving space around me. — It's contagious. It's energetic. You know, I've really tapped into this year about the feeling about the energy and understanding the heart brain energy and all of that.

And if I'm stepping into the authentic self that I am living in, — my goal in 2024 is really to get into the authenticity and teach other people. How do we live that? Because when we're living that, we're feeling good. And it's resonating. I mean, that's how we light. That's how we make change in the world.

Yeah. Right. Not only spread the love and the light and, and that. Rather than it's just the me, me, me and the selfishness and the materialism. — Look, I want nice things because I want nice things, right? Because — there's a certain joy about having certain nice things. It doesn't mean I'm materialistic. I can have those things because I want them.

Right? But I also want to be able to have abundance because I want to have the freedom to do the experiences that I want. Right? And one of the things that Abraham Hicks talks about is **You're entitled to have what you want without defending it — If it makes you feel good on the inside, then why would you need to defend it to anybody, right?**

There's so much judgment out there Yeah, so that might have been a long-winded answer to my why but that is really

AMANDA: well It just goes back to authenticity, right?

MERYL: Right, right and I think there's so many people now talking about that But — yeah, and it even goes back to the work that we do. I've often said nobody's really doing the work that we do in the way that we do it.

And I always joke and go the business model really sucks or

There hasn't been anyone open enough to embrace. The collaborative workspace that this creates, right? Because I know so many dietitians who are just like, what do you mean you work with a coach? Like, I could never work with a coach.

They're competition. And I'm like, wow, how, right? How enlightening. And how is it that we are in this space? So the more I think about it, and again, this is what I was thinking about it with my amazing team this morning. And as I was walking, I mean, I'm not even joking. I'm not making this shit up. Like I was walking and I'm going.

You know, I am leaning in to this work that we do because it is so good because you believe in it, and I know that it's not a bad business model, right? And, and, and we are, I always say I am on that wave. I am on the leading wave. I've always been ahead of the crowd. And I and I've made it wrong all those years, and I'm like, screw that. I am not making it wrong. I'm going to be the trailblazer, and we are going to be the disruptors, and we're going to show everybody how it works, right?

So, I think but, but that's where, when I was saying this morning, I did a little video, I'm like, it is not just me behind this. It is you guys. — You know, and and that creates the team.

I can't do what I do without my team and I really want people to hear that because that's where the sweet spot is in this work, in the coaching, in the ability to say, yes, as me, the practitioner, I am

able to look at your biochemistry. **I am able to look at the clinical piece and really do the diagnostics and take a deep dive and understand where the disconnects that are there. You know where they are in your body and how do we fix that but without — the connectedness of the habits and the mental emotional space. Without, — yeah, without connecting those dots there isn't success.**

AMANDA: Totally. I mean, and, and just even in a lot of functional medicine they have the best intention.

Like you said, as a practitioner, you're the clinician, you're the diagnostic you're going in and doing the testing and connecting the dots. And then you put together this really nice package of a customized plan of action to go out and just. — See you later. Go out into the world and implement all these things.

Go ahead. Good luck and it's like, oh, okay, well **now we know with behavior that it really does require like that connection that we are able to foster with them and that collaboration with practitioner and coach and client and we're all working together to help them reach their common goal.**

Yeah. And so, it is a really beautiful, unique collaboration that we're able to do. And I think the clients really benefit from that.

MICHELE: Well, **how many times do we hear our clients say they went to the doctor and they left? They don't know what to do. So it's so nice that like they come here. Here you go.**

Here's your plan and you can reach out to us daily, right? I'm not sure about this. Yeah, and we are happy. I'd rather have people asking all day long than be confused. So I always say that **I'd rather you have clarity. Then be confused. So reach out as much as you need.** So that's nice. It's so different. It's like a breath of fresh air for, I think, for our clients too.

Sure.

MERYL: Well, and that's, and that is the key. **I think people are so used to not — advocating for themselves, not asking for help. And the fact that they've got that here, that there's an advocate and someone actually really gives a shit. —**

And you know, I mean, because Even, — I had a client say to me, he was asking me about I don't know, a supplement that his friend recommended, and I went back and looked at it, and I'm like, okay, well, some science here, not so great, but do you really want to take another pill? It's not necessary, and this is a lot of money. And his response back was, okay, this is why I asked you, you're my guru, I'm guru, I'm listening to you. I'm like, okay, great. You know, it was very, it was a it was a great moment, but. Part of it is **I think in empowering the clients to also listen to their own intuition about how this makes sense for them, or it doesn't, right?** And that's the other piece, like you said, Michele, clients come in all the time and they're like, well, my doctor said this, my doctor said that. And. **Well, where's your, where's your voice in this? How do you feel? Let's go back to that feeling. How do you feel about that answer? And or lack thereof** or sometimes it's why they're here. —

Exactly, right? They didn't feel good about the answer and then they're here. That's right. They want the answer. But it really is about creating that collaborative partnership with the client and just empowering them to be able to say. Oh yeah. That I can do this. Right.

MICHELE: And the accessibility, I think is really nice too.

They know that they can reach out to you. They can reach out to us. It's not like, okay, let me see when I have to make an appointment to talk to you. Right. To like, I think that's really nice. It's like such an open feeling, you know? Right.

MERYL: Well that's, and, but that's what it is. It's the collaboration.

And I don't think there's many models that are like that. That create the collaboration between the coach or the clinician and the client. and. That is what makes for the long term success of the connection between all of us and and the willingness to explore. Look, we don't always get it right the first time.

And it's a process because everybody's body is so different and things respond differently. But I think what people can really count on us for is we keep digging. Right. We keep digging and we keep digging until we get to the root of what's going on. It's not just try another Supplement or pill because wait a minute.

What did we miss? Right? And I think that's where the genetics I know we had a session with a client the other day who was not feeling well, and we did something in her genetics and the light bulb in her head went off and she's like, Oh, my God, my whole life. This is maybe what I was dealing with and never knew.

And wow, now I have a whole different approach to what I'm trying to make a change for. So that. Yeah. I think is big, you know, and then and then teaching the habits and customizing a plan. And from there.

So what else in terms of habit, whether it's habit stacking or that you wanted to mention that we didn't mention. —————

MICHELE: I don't know. I'm just thinking like just **really being committed to yourself and your health like finding, you know What is going to drive you what your goals are and stay committed stay consistent and like just keeping them on track**, right?

Yeah, that's really like a big thing because a lot of times they're like, oh, I really know what to do Like but I don't do it Okay, let's do those things like little by little so that you feel the success and you do it Yeah, so whether it's like taking away the diet coke little by little from you Six cans to one to zero, whatever that is we meet them at their level, right?

AMANDA: And you meet them where they're ready to start. Right. You know, and so I had a client who was drinking Diet Coke every single day, multiple times a day. And they didn't want to touch that. It was like, okay, let me know when you're ready to touch that. Like it's I'm going to put it on the back burner, but like, let me know when.

You know, slowly but surely we, we made enough progress in other areas where they're like, okay, I'm ready to do this. Right. And then you, you ask them, okay, well, what about diet coke? Do you enjoy? Oh, like the bubbles. It's that sensate, it's popping the can hearing that. So, okay. How can we recreate that experience?

But like in a way that you're not drinking diet coke. Okay. Well, maybe we're drinking bubbly seltzer water. So. **It is so customizable. We meet the clients where they're ready to start. And you know, the other thing is is figuring out ways to weave it into their day.** Maybe for somebody an hour of commitment in the morning to doing whatever it is that they want to do is overwhelming and daunting and they just can't do that.

So, okay, maybe we do little like snack breaks throughout the day and do whatever that is you want to do like have you heard of this **exercise snack where like for five minutes you do an exercise. You know, a couple hours later, you do another five minutes.** So they call it exercise snacking. I love that.

So there's so many ways to weave these habits into their crazy life because most of our clients, like you said, high-power professionals, they have no time in their schedule. How do we weave it in?

You know, I had a client who was like, I really want to start stretching and doing this. And he's in the office all day. I'm like, okay, well, you're in the office all day. Maybe we set a timer on your phone for 10, 15 minutes. Every hour and you know, you're, you're getting stretching in your office. There's always ways, creative ways obviously they have to be open to it and wanting to, but, we, we customize it to where they're at and where they're ready to start and how it can be achievable in their crazy lives.

MERYL: And I think just saying I always talk about the commitment to doing it, right? **The commitment to staying the course, right? Because it's easy to do for a day or two days. And yes, that feeling is really good. But it's okay. How do I make the shift, right? And I know when I changed, like for me personally, I used to get up early and would do a shorter meditation in the morning.**

And then when I started to do my longer meditations, I'm like, How do I fit this in so my commitment was, is I really had to start getting up 15 minutes earlier, but, but now if I don't do my meditation, I feel like something is left out of my day. It makes me feel so good that when I don't do it, I really, really miss it because that's what allows me to help center.

So I do think, as you guys have both said, like, how do you create and **we are such creatures of habit that sometimes it becomes. There's fear, there's anxiety in changing those routines.**

I think that's the biggest obstacle for so many people is that. Even though they know their routines are not healthy or their habits are not healthy, there's an, there's, there's this, there's this barrier to preventing them.

And I think also that's where the coaching comes in. It's like the little voice in their head going, you got this, you got this, you got this.

AMANDA: It's also asking them, okay, well, what happens if you say exactly the same as you are right now? Right. Okay. Nothing changes. Yeah. **That vision of what you want to feel like, is that possible if you stay exactly the same?**

Right. Or, what happens if you change that one habit? Yeah. Does that get you closer? And I know you say that a lot. **Is this getting you closer to your goal or is this getting farther away?** Yeah. That's, those are the questions you ask them when they're They're resistant. Yeah.

MERYL: Right. Well, and I think a big one too, and we can probably maybe close out with this at some point, but, or whenever we do it, I don't know, I feel like it goes on and on.

I think one of the things that people also don't give enough I don't want to say credit, or really ——— **think about enough, is that mental, emotional, describes everything. It does, but I often feel like that, and that is, that's the hard work, right? And because sometimes there's trauma back there, and sometimes that's their defense mechanism, and sometimes it's in the subconscious. ———**

And it's like, wow, that that's hard, right?

MICHELE: That's sometimes their protection. Like, I don't want to touch that yet. Yeah, right. And then slowly but surely, it's like, okay, that's all that's left. And if we don't get in there, we're not going to get there further out to your goals. So we have to have to dive in there where it's not always so pretty.

MERYL: And I think that's what **we go to where it's not so pretty. We go to where it's not so comfortable and it's kind of. That's part of my authenticity is pushing people.** I did a video. I didn't post it because I was like I Again, I love what I do and I feel like no I don't sugarcoat anything because here's the thing.

I got work to do. I gotta get you better We gotta work in getting you back. Yeah, so it is fashion it is and so why would I sugarcoat it? Like here's what's going on. I mean I do it and I'm not mean about it, right but it's like, yeah, we don't work to do. Let's get to it. And and some people like that and some people don't and that's okay.

That's why you guys are a little more gentler. You know, it does take a village, but part of when we're looking at someone's and I think again, this is where when you become. When you've been doing this work for so long and you see people come in and for me, I guess maybe it's partly connecting into the intuition that allows me to do that and be the diagnostician that I am is that I just I get these hits from people, right?

You're like listening to them and you're like, Oh, wow. Okay. And, and being able to kind of feed that back to them and say do you hear this? And is this resonating? And. You know, we had a client last week that we were talking to, and you know, she's got a lot of pain, and there's inflammation, and she's recovering from this, and she's recovering from that, and was **listing all of these physical symptoms that she was having, and then we started to dive into her relationship, — and started to realize that there's a toxic, there's a toxicity to the relationship that she's in**, and that's creating a physical trauma.

A physical manifestation and so I **think there was a little bit of a light bulb that went off. But the question is, is. It was a big light bulb. And are you ready to deal with that?** Right. And that becomes an even bigger you start uncovering stuff and people are like, wow. And sometimes they run for the hills.

Yeah. And hopefully they come back when they're ready. You know, but these are the big conversations. That we shouldn't be afraid to have.

I know, Michelle, you go in that. You go deep.

MICHELE: I have watched some clients leave their job, work things out, or not work things out with their spouse. Like, because **they start realizing, wait, these things are really affecting me.**

And I didn't really know that they were until we started talking and uncovering things.

MERYL: Yeah, it becomes big.

And that, and, and, And, I want people out there to listen, like **it's okay to confront these big things and we also will help you in the baby steps of that. And look, we're connecting with the right people.**

Look, I, I was just going to say that, right? We know, we very, are very clear with our boundaries and what our scope of practice is. Yeah. That's the other thing that I think we've become so great at is being able to connect people with the right people. 'cause it does take a village and **we do need collaborative relationships with other healthcare practitioners.**

That's so important.

You know, we, I recognize we can't do it all. We can do a lot, but we can't do it all. And being able to put. Passing the baton are the right fit for them. And I think that's the beauty of it as well, is being able to say. I care about you. Let's get you in the right place.

Where so many times these people feel lost because the practitioner just looks at them and says, Go read this book and follow this diet or go take this pill. Yeah, well, the pill, of course, right? Amanda, what were you going to say to that? I know you had something to say. No, going in on the deep conversations.

AMANDA: No, I was just listening. Oh, I think of what I was going to say, but just — piggybacking off of what we've kind of already been saying is just that **we start to ask those questions where they start to then question things right and now it's on their radar whereas maybe before it wasn't, but at the end of the day, it always goes back to like when the student is ready, the teacher appears** so like oftentimes their windows and then our goal and our objective is to get them to start going deeper.

And so those are the tough questions and the hard things that happen in these sessions, but also sometimes very beautiful transformations that come out of that, you know?

MERYL: Yeah. I'm thinking of one in particular, one of your clients, who's a male client who came in really his whole affect was down and he was depressed and wasn't leaving his house. Yeah. And where is he now? Wow.

AMANDA: I mean, when you talk to him, **he is beaming with just energy and excitement and motivation. And he's inspired and you know, his window was open. He was desperate. He wanted to feel good. And every session we built on little, little baby steps.** And I mean when I last asked him, he said 80%.

He feels 80 percent better than he did when he started. 80 percent in a short period of time. Yeah, four months. Yeah, —

so, I mean, beautiful things happen in these sessions. You know, like, what we have such a it lights me up, it fires me up. That's my why. That's why I ask what your why is. You know, when I get up every day and You know, I journal, I meditate, I work out, I do all my little things. I ask myself, like, why, why, what drives you to do this? And really, it's, number one, **I want to feel good. That's my number one, right? That's the motivation. But then also, I want to lead by example. I don't want to just tell you all the things you should be doing and not do them myself. Right. So that holds me accountable.**

Yeah. And knowing, also, we didn't talk about that. **What holds people accountable? Right. I like to ask those questions. Like what, what are ways that you like to hold yourself accountable? Because that's important to know when working with each client. It totally is. Everybody's accountability is different.**

So those are also some fun little tidbits on how to. Create healthy habits, knowing those things, that's all I got.

MERYL: Yeah. No, I love that. All right, Michelle. What's your why? You know that!

MICHELE: You know what? I want to, again, **I want to feel good too, but I also want to make the people around me feel good.**

People in my family, my friends, the people that I work with. I get such joy from my clients when they tell me how great they feel. Like it's like I'm bursting inside. Yeah. So like

the connections, everything, like my why is for everybody to feel good, including myself and to create like a light that you wake up excited to start the day.

Yeah, absolutely.

MERYL: All right. I said, I started one of my videos on my. Gee, if I don't wake up and I'm springing out of bed and I'm feeling awesome every day, I'm taking a look at you and going, why? Why am I not feeling like that? I and so Yeah, it's, it's, it's a pretty awesome feeling to get to do what we do every day.

And, You know, as we close out 2023, I just want to say another year, well done ladies.

Yeah. Every year is It's better than the next and I feel like great things continue to come our way.

And so here's to an amazing 2024. Yes, we already know it's it's going to start with a bang.

That's right. Lots of good things in January.

So yeah, I think make sure that you are starting your year and taking a look at the habits that, – that you get to practice every day that bring you one step closer to attaining your why. All right. Anything else? Cheers to 2024? Absolutely. Make it a great year, everybody. What is your vision? What is your why? How can we help you get there?

Yeah. With that, this is your Rebel Nutritionist signing off. Make it a great day.