

Podcast why to work with us? Episode #149

MERYL: Welcome back everybody. The rebel nutritionist podcast today, I have Amanda with me. Yay. I love our new setup. So on the topic of reintroducing ourselves, I did that last week. Talked a little bit about who I am and my journey here and so forth. We are going to follow that with an introduction into what we do, how we do it, why we do it. And really who is a good fit for this practice?

So let's get into it. I want to introduce Amanda Schuh, who is our, one of our amazing health coaches. She is. I'm going to let you tell them what your certifications are, because I think that's really important coming out of her mouth and Michelle Barron. We will have to get her on the next podcast. And talk about one of her favorite topics. But she is also one of our coaches. And so let's jump right in.

Yeah, let's talk about who you are first. Since we talked about who I was last week. Yes, for sure.

AMANDA: So, as Meryl said, I'm one of the coach of health coaches here. , I got certified through the Institute of Integrative Nutrition. Several years ago when I was pregnant with my son, I just knew I had wanted to learn more about this space and how I can help to optimize my health and help those around me.

And then, I went on my own journey to healing and worked with a functional medicine practitioner. , and, she had a health coach on board who I also worked with, who was certified in functional medicine, health coaching. And so I knew I needed to learn more about that. And so I got certified through, the functional medicine coaching academy and, uh, it was life-changing and I learned so many amazing skills that hopefully my clients find also is very helpful.

And so, yeah, that's, that's my certification.

MERYL: Thank you. And we'll get into a little bit more of that as we go through in terms of, uh, you know, the work that you do. Yeah. How amazingly, well you do it. And so that's talk a little bit about what functional medicine is and you know, why seek out a functional medicine practitioner? What's the difference.

And, and we'll go from there. And so really **functional medicine is what we call root cause medicine** and people still walk around like, What do you mean? — So let's just say let's **contrast it to traditional, uh, conventional medicine. It is traditional medicine typically is looking for a, looking to diagnose you with a disease or an illness or a condition. And then they're looking to what I'm going to call. Band-aid that condition usually with a medication.**

And so I'm not dissing. I want people to understand, I am not dissing the medical community. I'm not dissing, Conventional traditional medicine. I mean, if it wasn't for traditional medicine, I probably would not be alive.

Right. I went through chemo and radiation and, and the whole nine yards. I mean, there's a debate on right. Could I have done it naturally? Maybe I wasn't in a position at that time in my life to even take that chance. And so **I will say that in my particular situation, traditional conventional medicine was life-saving.**

However, did it help me with the chronic long-term issue that I had as a result? — of the chemotherapy and the radiation. Absolutely not. And that's where my journey started.

And so oftentimes I say, people come to us. When they've been to every other physician because they're dismissed as, as being normal or there's nothing wrong with them or their lab work comes out normal.

So why would you come to us? Because we are going to go under the hood. We're going to take a deep dive into what is your own unique biochemistry What is going on? Like what are the clues that your body is telling us that we are going to be able to rebalance you And I always say, like, my joke is put Hpty Dpty back together. ——— Right, because it really is about when people come in and there's, there's so many conditions or they've got so many. Complaints and ailments and symptoms.

It's almost like they don't know where to start and they're trying to fix the ailment. And this is where we talk about root cause root caus is, looking to what was the thing that triggered that ailment in the first place. That's root cause medicine. And so you want to tag onto that.

AMANDA: **And that's why, you know, when we first work with a client, we do this 90 minute discovery appointment because we do this very comprehensive, thorough health history**, where from the day you were born and N before you even conceived, right? Like, what was the health of your mother? What was the health of you as a young child and up until now, and **we can piece together on this timeline of events that happened in your life, which often are, you know, the catalyst and the. The driving force for these conditions to start to yeah. You know, develop and for clients, oftentimes that's really helpful to see because then they realize, oh, okay, this didn't just fall from, you know, Right outta nowhere.**

And so, you know, it helps them to connect the dots a little bit. And then as a practitioner and as a health coach, I feel like, and I don't want to speak for you. , but you know, it helps us kind of piece it together in a way that, you know, we can help them make decisions moving forward and be really strategic about how to help move the needle forward for them.

MERYL: Oh 100%.

So part of that, just to just finish that thought is you, you think of it like a puzzle? I always say it's like me as I'm listening to you talk and creating this timeline. And sometimes I write it out. Sometimes I do it in my head. I think the better. Yeah, the more I do this, the more of a

diagnostician I've become, I'm able to do it in my head and sort of connect these dots and these pieces in my head. Sometimes I show people.

And when we do our genetic blueprints and our genes, and we're going to talk about genetics in a second. But **I will give them the roadmap so people can very clearly see like, wow, this is my genetics. And here is the tie-in to what's going on. And you know, then what moves the needle forward.**

But when we look at it like a puzzle, **I always say, you get a puzzle, you get the box and you look at how pretty the. The picture is. And then you dump out the puzzle and you have to turn all the pieces over and then you have to re. Arrange the edges. And then you got to get in all the colors, that takes time.** And so does this process of really digging deep, right? Whether it's testing, whether it's really, you know,

these, your symptoms that led you to us. — May have been new when I say new, maybe they're a year or two years, but they have been years and years and years in the making, which is why your history. You were pre-birth you're, you know, when you were growing up, if you had ear infections and you were on antibiotics, if you had strep throat and you had your tonsils removed, like **all of this impacts your gut health, it impacts your immune system. So we need to look at that. It is not insignificant. And even the mental, emotional connection to a lot of this,** and this is where people often. Disconnect, because I used to tell you, this head of yours is connected to the rest of your body. So, what goes on up here is affected here and, and that's so much of the work. That you do as a coach.

So part of when I, when we talk about root cause. Root causes also the mental, emotional components. Of the. Trauma that you've been through. the events that you've been through in your life, and **that's where working with a coach and, uh, you know, being accountable and having the support of someone like an Amanda, someone like a Michelle really moves the needle for our clients.** A hundred percent.

And this is why I actually have coaches in my practice because it's not enough to just say, okay, I'm going to listen to your story. And then I'm going to refer you out. We both listened to your story, whether it's the session with me and Amanda, whether it's the session, each session with Michelle and I, **you are in with a coach and we're both listening to your story.**

So my role is as the diagnostician, I'm putting these pieces together saying, okay, how, what is this look. Look like in terms of what are the, this, the systems, right. We look at things like methylation and detoxification and all of these systems inflammation. I'm organizing that. I'm saying, what tests do we want to do?

I'm then interpreting the tests for you. And then I hand it over to one of the coaches to be able to implement. And we talk about the pillars of health and I, and I want you to talk about this in a second, but so we have five that we've identified, but really, I would say it could even be six or seven, but. Yeah, nutrition, obviously, right?

Food first always we look at movement, so movement could be exercise, but it's how do you move your body? Because not everybody exercises. It is sleep. It is stress. It is our

mental, emotional capacity and our relationships and environment, I would say. And so in that, uh, we really need to take a deep dive into the mental, emotional piece.

And so I'm going to let you kind of, tag on to, to that. And. Yeah, definitely.

AMANDA: All of those are important. And I feel like, you know, often clients who are working with us, you know, because of your background is in nutrition. They're really hyper, hyper focused on nutrition. And I will say even from my own experience, **in my own journey, I have been, you know, eating a very clean diet and being very mindful about how I eat and what I eat for the course of 10, 15 years now, but that really didn't move the needle forward in the way that dealing with the other pillars that Meryl mentioned mainly the mental, emotional aspect of things really that's where the magic happened for me.** And so when I'm in sessions with clients, often, the focus for them is always nutrition.

Cause that's why they sought us out. Usually in the first place. But we always touch on those other pillars, you know, and, and it is very client focused. So if nutrition is really important to you and we want to get you to a point where you feel really good about what you're eating and how your body feels eating these foods, that's good with me.

And we could spend 5, 6, 7, 10 sessions. We can spend the entire. 12 sessions together talking about that. **But I do try to remind them that there are other components here that really tie into their overall health and wellbeing. And that nutrition is just one piece of the puzzle** and a hundred Merrill talking about the puzzle pieces.

Really. I always emphasize it. This is a puzzle piece we're trying to put together and that we can't neglect certain areas because you know, that is just as impactful often times as. Nutrition. So, so yeah, I think that's a really important, takeaway, I'd say if you were somebody who was interested in working with us that nutrition yes.

While it's so important. And it's usually always the first thing we tackle, it's only one piece of the puzzle.

MERYL: Right. And I think, , You know, in listening, it's not about, you know, people will be like, **oh wow, there's so much to pay attention to. Right. So it's not about the overwhelm. I mean, sometimes it can become overwhelming just because we talk about a lot of things. Sure. But I think the beauty of the way we work is that we do chunk it down.** And we do break it down into let's call it digestible, pun every bit intended. Exactly. Uh, bits that make sense for, for you, our client. And it really comes down to, **we are going to meet you where you're at. We are going to create a plan that is sustainable and realistic for you.**

I think where we, what really sets us apart from so many of the programs out there, and look, there are some amazing programs. There are amazing practitioners. We are certainly not the only ones. I think the way we do it is very unique. And obviously combining the genetics is unique in terms of not everybody is doing this and not really everybody is looking how that connects between what's going on now.

And. Your predispositions and longevity. Right. **Longevity is this buzzword that everybody's using, but here's what I am going to tell you. And I've said this over and over. You can do**

all the cold plunges you want, you can have all of these wearables that tell you about your heart rate variability and your sleep and all of this stuff.

But if the basic foundation of the things that we talked about, if your sleep is not on par and is not, you're not getting restful. Re recovery during your sleep. Then that is a huge space that we've got to work on. Everything backs into sleep. So we're going to spend time on that. And we may forego something else we may have.

We're go, you know what we're talking about on a nutrition piece that week? To really dive deep into let's get your sleep routine down, pat. And I think that is the beauty of how we work is that **we make sure these foundational pillars. Are really solid before we move on to the next thing or weave in and out of those so that you really understand how important it is to your overall health.**

It's not about moving from one pillar to the next. It's not even that we do it that way. Oftentimes we're combining things. — **It really is about making sure your foundation is stable. Your foundation is rooted and that if you fall off, which people do, we're human, that you know how to get back on.**

Right? This is not a fad thing where we're just saying, follow this for four weeks and you're done, you know, this is a, I always said when I said it last week, I am a 25 so far and going. We're a year, **25-year work in progress. I am not done yet.** And that's how I really want you. And we really want you to think about this process.

No, you don't have to stay with us 25 years when. Great. If you did. We are doing a membership model. Keep your eye out for that. But it is about you. I say, well, **come back for your nutrition checkup. You go to the doctor annually. You want to come to us at least annually, if not, semi-annual to make sure that you're on track** because, uh, it,

it is inevitable people, oftentimes without support, without accountability, fall off the wagon and that's human. That is expected. But who is your go-to person to come back?

And we've been very fortunate to have people like when they fall off, come back and we've even heard from a few people recently, like, oh, I. **I kind of lost my way and I was embarrassed to reach out and I'm like, oh my God, please don't ever, ever, ever there is no judgment here. And that's one of the things I think that we really do so well, is it is a judgment free zone.**

We are. Not going to say, oh, we're mad at you for eating the chocolate, right? We're not going to say this is a deprivation mentality because it's not. we are going to say, what is realistic and sustainable and let's bring you back. If you've fallen off. And figure out how to regroup in a way that makes sense.

AMANDA: And that's, you know, so important that you touched on the foundation because really the goal here. **Because oftentimes clients come in and they're like, just tell me what to eat. Tell. Tell me how to exercise. What do I need to do? Map out my schedule. And plan. And I say to them like, okay, I can do that.**

But like, you need to learn how to do that for yourself. So that when we're done here for our coaching sessions, that you've signed up for, not to say that our door, my door is ever closed, there's always open. And I hope that I continue to have retaining clients, but **really the idea is that you have this foundation. So that, and the knowledge and you're building these skills that you're putting them in your tool kit, so that when you do go out into the world and I sent you free.** —————

Library fly that you feel confident. In how to build your plate, how to move your body, how you have these tools in your toolkit that we explore, we dive into we co-collaborate on. And that, you know, you have this autonomy within yourself that you trust yourself, that you feel confident in the decisions that you're making. And, you know, and if, if you're having a tough time, then Hey, we're always here for you.

But that really is the goal. I feel like for me as a coach with each client, is that I set them off into the world, free as a bird and they fly and soar. And, you know, they have a lot of tools in their toolkit that they can utilize when life throws your challenges, because they're always going to have the challenge with some ways, somehow in some factors.

MERYL: So yes, a hundred percent it's it is about giving people the tools. I would say it's the tools. It's the strategies to really help you. Move forward in a productive way and continue to recognize the things that you can shift. Yeah. Every day, you know, it's about that. So one, let me explain a little bit also about when we talk about, so we, we, uh, Yeah.

Explain the basis of functional medicine. So **we also do functional testing, and I do believe that it's important to do this testing. Not you don't want to over test. We want to, I always say do the right test is for the right reasons. At the right times.**, what's going on metabolically so we can look at. We do more comprehensive testing, than let's say your physician will do. Not only do we do more comprehensive testing.

I look at those results with a little bit of a different lens than most traditional physicians. Right. So if you're looking at ranges and you're looking on your lab results report and your doctor's like, oh, okay, you're in range. Well guess what, if you're not in what we call that functional range, then you're out of range and you are not balanced.

So I'm going to use thyroid for example, because it's a real easy one. So when we look at TSH thyroid stimulating hormone, it's not the only thyroid marker we use. And. And, and I would caution you about that, right? Your doctor is mainly looking at TSH. Yet there's three or four or five other markers that we're going to want to look at to really assess thyroid function.

So if your doctor's not doing those most of the time, they're not doing them because they don't really know how to read them. So TSH, for example is very, very tight, meaning it's from **1.0 to 2.5. That is your functional range.** And if you are out of that range, you are either subclinically hypo subclinically hyper. On some level, your thyroid is not working as optimally as it should be yet.

Most physicians. I don't even blink until you're in for the fours and the fives and the sixes. Well, by that time, there's a whole lot of stuff going on in your body. So that's just one example, **ferritin, which is a marker of iron status, which is so important. Most physicians aren't**

even looking at. And then, you know, if it's, if it's in the low range, if it's less than 40 or 30, they're like, oh, you're still fine because it's in the range.

Well, no, you're not. So. Uh, **really important to make sure that we are doing these right tests and that we're looking at them through the right lens.**

So we do micronutrient testing to see where the levels of your vitamins are, because guess what? Vitamins and minerals are co-factors in reactions in the body.

Meaning. We need vitamins or minerals at certain levels because they facilitate. The actions in our body that make our body function the way it's supposed to. So when you have deficiencies, You know, it's not just throwing a general B vitamin. When you've got a b vitamin deficiency, there's other things that are involved.

So. — Looking at lab testing, uh, whether it's a stool task, looking at gut microbiome, we can look at breath testing again, microbiome expanded, right? Hormone testing, adrenal testing. Like we want to look at these things. Why?

Because these are all going to give us information about the systems in your body. Meaning when we look at systems, we're looking at things like detoxification, we're looking at inflammation, we're looking at something called oxidative stress, and we're looking at methylation.

These are all the systems. And then we've got things like blood glucose control, and we've got hormone imbalance. All of these systems in your body. Work together. They work synergistically. And they talk to each other. So if you think you go to an endocrinologist, who's working on your blood sugar and your thyroid yet, you're not paying attention to your heart health and your hormones.

Guess what? — There's a problem, right? Because they all work concurrently. Oh, and guess what? Yes. What goes on in your mind and your brain is connected to all of it. And it is a two lane highway. It goes back and forth and sleep affects it. And mental effect, a mental, emotional, and all is this. — This, this pot, right.

That we mix up. It's like, here's my witch's brew of things. so it really is important to understand that **in functional medicine, we are looking at how these systems, not only how are they re. Responding to, to what's going on, but how are they interacting with one another?**

AMANDA: And I think that's really important because I find that often clients and like you, you had mentioned like we're **in conventional healthcare, they're treating all systems separately, right? I headache.**

You go to the neurologist, you have heart palpitations, you go to the cardio, like they're all isolating these systems. Nobody's talking to each other. It's not like, they're like, okay, we're all at a round table piecing together. How is this all connected? Which is the benefit of working with a functional medicine provider practitioner, who can piece those pieces together, right?

Because it is all connected. And so I think that's a really important message, for anybody who's listening or interested or in exploring this a little bit deeper and feels a little frustrated and feels like, yeah, I relate to that. I go to all these specialists and nobody's talking to each other and we're treating all these symptoms as isolated symptoms.

So, yeah. I'm glad you mentioned that.

MERYL: Now it is so important. And, uh, and I often say be your own advocate. **Be your best advocate. I have so many clients that come in and I will say it's probably the older generation because they really were taught. Uh, to just trust the doctor,** trust the doctor.

—— All the science is a whole other. You know, blank show that I won't even talk about. — , right.

Trust the doctor. And yet. **You get to spend two minutes, if you're lucky, five minutes with a physician these days** who, oh, by the way, they don't even touch you to do a physical and you know, they're putting inputting into the computer what's going on. So how do they know your life story? How do they know what's going on?

How do they even know how to best support you? They don't. So how can they say, oh, well then they blindly put you on a statin medication, which by the way, research has shown good science has been showing for a long time and it's been swept. Swept under the rug that stat and medications have a link to a diabetes and blood sugar dysregulation.

We've known that. I want to say I've known that since at least 2010. And when the research started to come out and it gets swept under the rug and swept under the rug and new studies have since come out, validating it yet again. Yet doctors first-line therapy is go on a Statin. I feel like people, you know, we're not born with a statin deficiency. All right.

Mark Hyman says that all the time, we're not born with a statin deficiency. **So it's really important. That you a) know what you're on and why you're on it. And b) do you need to be on it? Is there some kind of lifestyle thing? Like the goal of what we try and do is get people off of their medications.**

If possible, if that's something you want, right. It should be something that you want, but people say to me all the time, well, oh, I should. I need to ask my doctor. Okay. Your doctor doesn't know you from Adam, but you can go ahead and ask them, but better yet. Why don't you show them? — Right. Let's let's do the work put in the work. — Let's. **Let's lower cholesterol. If that's what's going on naturally, let's get blood sugar in check. Naturally, let's get blood pressure in check naturally. Guess what? We can do all that through lifestyle, through diet, through all these modifications that, , or you know, system checks and, foundational, practices that we do.**

That's how we fix this. Yeah. Right. It's not a medication that is going to fix it to end your practitioner. Does not know you and your practitioner does not know your story. I mean, how many times do we hear. A client come in and they say, oh, I have a client coming in today. As a matter of fact, who has kidney disease?

And the doctor's like, oh, well, you know, I don't really do nutrition. Excuse me. I don't know. I want to bang my head through a wall, but anyway, that's, I'll get off my little soap box on that.

But the bottom line is, is in this work. This is a collaborative partnership. Yes. This is a relationship I want to listen to you.

Amanda wants to listen to you and we are going to come up with a solution. Again, make sense for you realistic, sustainable in your life. **It's not our journey. It's your journey.** I always say that. Yeah. So that's really, uh, so important and, What else do we want to cover? I think. I want to dive into genetics.

So let's talk about genetics and clear some things up, because I think this is a really confusing place for people. And we get this all the time and I think this'll be a really good platform to explain it on. **So when we are talking about genetics, I am talking about nutritional genetics or what we call genomics.**

It is different than genetics. Like when you're looking for a specific gene that is either present or not present like a BRACA. Right. Which is the breast cancer gene, or if you're looking at things like genes that are chromosomal, meaning you're talking about like down syndrome or. Right. Those kinds of things are actual genetics.

And there is a problem with that. Either the chromosomes there, it's not, there's an extra chromosome. Different type of DNA testing. And this is where the world of biohacking and longevity really is muddled because people talk about DNA and we're not really clarifying what we're looking at. And I have been working in genetics for many, many years.

I have become certified. I've done three different certifications in genetics. I like to think that I am considered an expert in this area. Because I've done the work, I've done the research and I work with it with my clients and we see how it moves the needle for them. And myself, right. I've done the testing on myself and my kids.

And so it, it can be a beautiful therapeutic approach that allows us almost like a crystal ball, if you will. Right. And so when we're looking at nutritional, let's call it nutritional genomics or our DNA when it comes to understanding predispositions and, , Really. ——— **Targeting how we look at what you're predisposed to, what you can potentially express as you move through. Uh, your, your health journey.**

And so we're not diagnosing you with anything. We're not predicting anything we're saying, oh, look in your DNA. You have a predisposition towards elevated cholesterol.

Well guess what, when we look further in that DNA, it might be that you're not actually making too much cholesterol, which is so many people, so many people, when we look, it's not really what's going on, people are not manufacturing too much cholesterol.

If that cholesterol is not getting detoxified and it's not getting, getting, uh, removed from the system in an efficient way, that causes the buildup. And there's, so there's a much bigger story about cholesterol. **Cholesterol really is not the cause of the. The issue it's sort of the back, the guy who's on the who's left. To clean up the crime scene** kind of thing. , so the cholesterol is not causing the damage that the cholesterol is sweeping up the damage. And that is going to be for another podcast, but we can look at those things.

We can look at one of the things we touched on with the, with the coaching was **mood and behavior. We can look at predispositions for things like anxiety and depression and mood disorders. And then we can validate it with the testing that we do so that if you're predisposed to dopamine issues, we can help support dopamine actually through food or even some supplements. Serotonin is another one. Serotonin is that, you know, that neurotransmitter that makes us feel good and its mood and, , and serotonin is made in the gut.**

So guess what, if you have a gut. Gut imbalance. You're going to have a brain imbalance. And so I know you're shaking your head because you've done your genetics and you're like, oh my

God, it was so validating. So let's talk about that because I think it's important for people to understand, like, what is it when we're talking about genetics?

AMANDA: Oh my gosh. Just. You talking about mood and behavior. Being a high impact like that. I had a very high impact for that on my genetic report. And I just remember being like, thank God. This makes sense. So much sense. Now that does. **I don't express that anymore because of my lifestyle, because I healed my gut because I do the work.**

I do the mind body piece. I exercise, I eat while I nourish my body. But. For the bulk of my life until I was probably in my mid twenties. I didn't do that. And guess what? Severe anxiety, severe depression. I mean, Like a Gora phobia anxiety where I didn't drive for two years. Like it. So seeing that and not expecting it, I didn't expect that.

I didn't know what to expect. I will say. But when I saw that, I was like, oh my gosh, that is so validating. And, you know, among other things that came up. But I do feel that often clients there's, you know, I see it happen in the session. I see it happen when we're sitting in our result session afterwards.

Like, **what were your takeaways from the genetics? And there's so much validation there and then it gets, it's your blueprint. So then, you know, It for life. I know that my predisposition to having that gene express itself is there. So it fuels me and motivates me. And, you know, as a driving factor as to my why as to why I continue to live in balance,** as best as I can and why, you know, I'm not somebody who's like. Ah, just I'm going to live on, you know, I do fly by the seat of my pants, but I do it with intention and, you know, so for me it was, it was, it was a big piece of this.

And that's why I feel like what, you know, **in the functional medicine realm, the genetics piece is, is, is really unique. And, you know, the fact that you offer that to clients I think is, is amazing.** Yes.

MERYL: Thank you. And it is very validating rather than I want people to use it as a tool and not be afraid of it.

I think there's so much fear like, oh, you're going to tell me I'm going to get Alzheimer's or, oh, you're going to tell me I'm going to get breast cancer. No. **We are going to say. Oh, we see inflammation and inflammation predisposes you to cancer. Yeah. Inflammation predisposes you to auto immune diseases to these problems.**

And then we look at detoxification, if you are exposed to chemicals and who isn't, and you know, you're not eating so clean or whatever, and your body is not getting rid of that garbage it's recirculating, the garbage right. Well, we would want to know why is your body not genetically getting rid of the garbage and all of these things and what can you do to support that?

So again goes back to the foundations. We've got to look at these systems. — These top-line systems and say, Ooh, there's a genetic misstep here. There's a genetic impact here. How do I help support that? So that I'm not going to express these things because yes, having runaway inflammation is going to lead to disease. Not detoxifying.

Your toxins out of your body will lead to disease. Uh, not methylating, you know, methylation is a big one. Gary Breck is talking about it and he's talking all about methylation, but here's what I'm

going to tell you. Methylation is not the only process we have got to be looking at all these other things.

And that's why **I think it's so important that we really do expose genetics for what it can do for us and for our future. Uh, wellbeing.** So. — I think that, , that covers and genetics is easy. It's a cheek swab. It's not even. It's not even a blood test. So, uh, definitely exploring that option and allowing us to be able to really support your health from the most, , specific of ways

Right? **When we talk about personalized nutritional medicine, because that's truly the work that this is. You don't get more personalized than doing your own DNA blueprint.** So, uh, definitely reach out if you have questions about that, we can answer more of that. I think, you know, I mean, , look, we can probably talk about this all day long. We're so passionate about this work and we love it.

The other thing is who come, who, who should **who's our ideal client.** Right. I think, I think we've got to talk about that because. But **not everybody's going to be a fit for this kind of work. And this work takes work. You have to be willing to put in the effort** for your own. I mean, like what, who better to do the work for who better to invest in than yourself?

Because if you're not healthy for yourself, if you're not taking care of yourself, ain't nobody else will. Okay. And B. But if you want longevity and you want to live a long time, if you're not taking care of yourself, if you don't know what is going on under the hood, then. Chances are, you're not going to be able to optimize your health and wellness.

So someone who really does and is willing to put in the work. I didn't say it had to be hard work. — I just said it's work and it's consistent work. What else do you want to say?

AMANDA would say, and **just being open to the fact that there is going to be a lot of trial and error.** Yes. And that, you know, sometimes you, you, you know, you, you, you go down one path and then you realize, okay, there's the, I'm missing a little something, or we need to course correct.

And we go down another path. Yes. But I think, , you know, **having a coach that's in your corner, who's like talking you through it and there to support you and there to brainstorm and co-collaborate with and in conjunction with Meryl's input, I think, , is the sweet spot. But, but it is. Just having that open mindset that like this is trial and error,** right? And it's a process and

MERYL: it's a process. It's not that, you know, we get it wrong.

It's just that everybody's body is unique and individual, right. So we may come up with a plan and then you respond some way and then we've got to figure out how to, like you say course. Correct Yeah. And so we'll get you there, right? I always say everybody's journey is a little different. And sometime, and **it's no less than a three or four month process.**

That's the thing. This is not a get in get out. It is. I am willing and I am looking to invest because I want to know what's going on in my body. Like I said, this has been a 25 year journey for me

and every year. And every, you know, I'm just like, wow, what did I learn this year about my health and how do I move the needle on my health? In a way, you know, my, my new thing. , that I'm really, , tagging onto here lately has been this whole, the field of quantum biology and energetics, because we are just now understanding. Literally how deeply the energy in our mind and our brains and our bodies is connected in a way that is like, not even, you can't even see it with the eyes, right. So the work about energy and mindset and manifesting all of that stuff. Is really my next trajectory of where things are going, because it really does tie everything together so beautifully.

So yes, someone who's, open-minded someone who is willing to put in the work and, you know, **you're tired of being sick and tired. Yeah. Right. You've been told that everything's fine. And that it's in your head and you keep being given medication after medication yet intuitively you know, something is not right.**

Yeah. — Uh, you know, and **if you've been on plans and you fall, you've gone on and off and on and off and on and off, like, wouldn't it be nice to not be on something? Oh, wouldn't it be nice to find something that resonates with your body that you can do for the longterm** and make it part of the fiber, you know, embody those, those, , behaviors, embody those, uh, habits and not have to feel like you're constantly struggling. — And I think

AMANDA: you also have to be lastly to tie into that.

I think you have to be ready. You have to a hundred percent, you have to be ready, right? Yeah. — Yeah. Because that's the type of results you'll get. **If you want massive results, you kind of have to take massive effort.** That's just how life works in finances and business and your health and relation. And it's like anything else, you know?

MERYL: And then people say, I, and it really is investing in yourself. Yeah. Right. I mean, this work is book. We've done the training we've put in the time and the effort and there's value to this work. Yeah. I think that's what people just, sometimes don't always quite connect that. Well, wait, what am I paying for?

Well, you're paying for our expertise and our time and our energy and our commitment to make you better. To not make you better to help you heal yourself. Yeah. I think that is the real goal. Do you help yourself? And so it is an investment. And so **you need to decide that you're worth it. And that you're with. Worth the investment in yourself and the time investment.** And it's not, we're not talking about forever. We're talking about months, we're talking about maybe even years, depending upon how ill and, uh, imbalanced you are. Yeah. But. At the end of that. Like you come out a whole new person.

AMANDA: And let me, I guess, like to wrap things up. Yes. So let's say somebody is listening to this and they're like, this sounds amazing.

I don't know that I'm ready to commit. What is something we can.

MERYL: Great question. So one of the pro **we have many programs go check out our website. We've got a program called the new normal. It is all about creating that**

foundation. So if you don't know where to start, you're not ready. You want to dip your toe in.

It is called the new normal, some really good resources there. We've got another one nutrition for optimal immunity. There are videos in there. It's self paced and there's meal planning in there.

So great to look at if you want to support your immune system and you just, again, need a little bit of boost there and. And then rebel. Uh, 30 day **rebel nutritionist, 30 day.**

Your way. 30 day meal planner gives you. Meal plans gives you recipes, give you, gives you guidelines on really how to put a healthy foundational meal together. And look, **you can add on coaching with any of those, right? So there's any price point for any of those? If you're not ready to do one-on-one as always, we offer a complimentary 15 minute consult** with me. Uh, or Amanda to talk about what's going on and see if you're a good foot fit.

So make sure you check that out. So reach out to us with any questions. I think we've done a fairly good job. Covering what we do in a comprehensive way. And we really look forward to serving you. And then, you know, that's it? I think so. Awesome. This is your rebel nutritionist and sidekick. —————

Signing off, make it a great day, everybody.