

MERYL: Welcome everybody to the Rebel Nutritionist podcast today. We are, I am really, really thrilled to have Dr. Sherry green on, um, as you all know, I have been on my own soul searching journey. We've talked about the stuff and the work that I've done with Dr.

Joe, not with, but. I wish it was weird. — Dr Joe Dispenza, but the work that I've been working on personally, and we've talked a lot about quantum energy, what is the quantum and, um, my work and my meditations have really. Been kind of thrusting me into this direction of, uh, a little bit of unknowing, a little bit of intuition, a little bit of divine guidance.

And so I met Dr. Sherry. I think it definitely was a divine intervention. We met at a networking event. We happen to sit down next to each other, started talking and boom. The rest is history. I feel. We became really fast friends. So I'm going to introduce Dr. Sherry green. Uh, let her tell her what she does her story a little bit, and, and we're just gonna roll right into this, uh, Work of the, uh, work of the ethers. Yes. Whatever's out there, but Lexus. —

So welcome.

SHERRI: Thank you so much for having me here. I'm very excited to be here. And yes, we've had so many great conversations that we could have recorded even before we, my gosh. Right. So, uh, yeah, we met at that networking party. Uh, Um, recently moved to, uh, Fort Lauderdale. Uh, got here in September of 2022.

I came from 30 plus years in New York city. Private practice. And, um, my practice has really continually evolved, which is I'm sure yours has over time. Uh, through the years. And, um, my **background is in podiatric medicine and surgery**. And I got into holistic alternative functional medicine, really, really early on. Uh, recognizing that. — Uh, drugs and surgery were not enough. And we were so many missing pieces and that led me down so many different, uh, pathways of like alternative medicine and energy medicine and things like what you're studying right now. Working with different teachers and healers and, uh, got into nutrition very, very quickly and brought that into my practice.

Um, so yeah, my practice, uh, I **started incorporating a lot of nutritional work into my practice. And I started seeing incredible things happen with my patients. Just changing their diet. And all these people that were chronically inflamed with all these different types of injuries. Um, it was just a big aha moment.** Yeah. So, um, that really started me. Uh, on that journey of, you know, more functional approach and holistic approach to, uh, to chronic conditions, to acute conditions.

And my journey kept going. I just kept finding other things that I wanted to explore and learn about. And it was be like, I'd bring it back into my tool bag. Whatever else I would learn. It was like my tool bag was getting bigger and better. And I know that feeling. Yeah. And it was, it was really fabulous because it made it more fun for me and exciting, and it was much more, um, The results were like for themselves.

I can see all the results behind. So that was really, really great. And then more unfolded really with my own health and my own healing journey. And that led me going down more rabbit holes and deeper places of figuring out what was really going on for me. And I can go into a little bit.

MERYL: I think that. And I love the, you know, there's like a lot of parallels, right? As you start to do this work and you go deeper and deeper for me. It was I've started working. I was deep diving deep into the whole immune system because I knew just from the training and functional medicine, you start to say inflammation and you start. When you say inflammation, you see inflammation, you know, inflammation is tied back to the immune system. So I've been really honing in on that.

And I think that is when I say it's. Divinely inter intervened. Uh, I mean, I really do believe that because the work that now that you're doing and you, you and I talk about. Um, is based all on the immune system. And so let's yeah, I would love to hear the story. Let's talk about how you now got into where you are.

SHERRI: **So I had been seeing many, many different practitioners because I had severe endometriosis.** That was the biggest thing for me, but I had other symptoms as well that I had irritable bowel syndrome when I was, you know, a child and that. Was a story for me through my food, through my life of just always having gut issues. The stomach problems.

And, um, but the, uh, endometriosis was, was tough. And I had had a couple of surgeries at time. And I have been doing. You know, Immediately you get put on birth control. For pain, right. Uh, you know, it works until it doesn't work, but it doesn't really work. So it becomes a band that's a bit. I was just going to say, it's the band-aid.

So that led me to seeing so many different types of besides seeing five different gynecologists, because the way what was happening for me was slightly different than the next person. So it was pretty bad and it was unique. And my gynecologist was like, I don't understand why you cramped the way you cramp and the, amount of days and how it was happening for me. So, hence I end up having, um, a close friend at the time. Who introduced me to Anthony Williams. And she was

MERYL: Anthony William also known as the medical medium.

SHERRI: Exactly, exactly. And, uh, so it wasn't so far fetched for me because I had stunned done a lot of spiritual work and studied with spiritual teachers and. And was kind of tuned into the metaphysical, the energy world, you know, all of these things. So it wasn't so far off, but that is a unique story in of itself, but she introduced me to him at that time. And I think his. His first book wasn't quite out yet.

And. And then, um, because this was in 2015 and so I was really his first book. Wasn't uh, wasn't out then. Yeah, no, it came out in 2016. Oh, okay. Yeah, I think it was at the, I think it was the beginning of 2016 that it came out either end of 2015 or beginning of 2016, but I talked to him at the very end of, um, 2015.

Um, so. — It was a, a really phenomenal experience of having that conversation with him. **And, um, it just. Completely exploded my practice, my life, because it was all these missing**

**pieces. With patients that I've been working with that, um, there, there was more, there was more that was needed for them.**

And so it was really magical to see what was happening. And so I just dove deep into the books, as I know you are right now. And, um, it really just had it. I had to change so much of my thinking. And everything that I learned, I had to be open to relearning something else. So that was a, a journey and then bringing it into my practice and how to ground it a little bit for people. So that may not understand why, you know, that there's no double blind crossover study for this. And, you know, Um, I think that, you know, it, all of it made sense and I feel like anybody who reads his books actually opens up and says, it just makes sense. And they find themselves. That's. What I hear is like, I asked the question, so how did you find Anthony William medical medium?

And they say, well, you know, this person or this book, it showed up for me. And I was told about it five years ago and it came back again. And I just, it was me. I read myself in those chapters.

MERYL: So, so we're gonna, that was a lot of, uh, history, which is good because we're going to go back because. — For those of you that are not familiar with the medical medium, Anthony William.

Um, well, I'm gonna let you say what, what is, what is you, you tell it better than I do. So he tell, tell his story a little bit. So,

SHERRI: uh, Anthony is known as with a medical medium and basically what it is is that he, **since he's been a child four years, for five years old, that he hears a voice in, in him talking into his ear** and it's, it's not channeling it's, it's very, very different. — And everything has been about. Um, a lot of different things, but **his main work is about health and wellness and really coming up with the answers to mystery chronic conditions that people have been suffering with.**

And that medicine hasn't really quite grasped and doesn't know, but actually every day there's more studies that are coming out. Proving what he's been saying for many, many years already. So it's, that is just a little nugget. A nutshell, like he's got a whole story and it's really fascinating story, but the, uh, the thing is **the information that he brings through about these, um, conditions like Hashimoto's thyroiditis and Ms, and rheumatoid arthritis and endometriosis.**

**And. PCO S** and the list goes on and on and on about all these missing pieces that are helping people to get to the root.

Of the issue, the real root cause as well.

MERYL: And I think the, um, — Ah, — There's so many places I want to go with this, but, um, the reason I wanted Dr. Sherri to come on and talk about this is because it's not just anecdotal experience that you've got.

Right. She has brought this work into her practice and has witnessed and has helped. People really shift. And she works with really chronically ill people, right? I mean, you've got the most chronic of the chronic and they have healed.

SHERRI: People are healing. Absolutely. It's a journey it's never a straight long. No, it's never, we always say that right. It is.

MERYL: I always say my journey has been 25 years in the making and it's still going, right? Because it never ends really. It never ends. We. It never ends. And I think that is the beauty of, of this conversation, but, uh, just to give you some context, like I had been introduced to the medical medium many, many, many years ago. And the whole celery juice thing. And I found it hard to wrap my head around right in the science world, especially as a science person, right. You want a study to show something you want proof you want those double blind, right? Placebo crossover studies. Blah-blah-blah. And yet there wasn't any of that.

And so at that time I probably put it down and shelved it and, and now as I have evolved spiritually and energetically and all of that, I picked it up after meeting you and I'm like, wow, you know what?

There is something that definitely resonates. And I think in the words of, because part of what Joe Dispenza talks about is energy is that quantum the stuff that you cannot see and touch and feel, but we know is very real. Yeah. And that it does that. That your thoughts create your biology, that how you think and what you think shift your biology.

And so if there is, I do believe that there are. Merit, whether it's other life forms, whether it's beings, whatever you want to call it. Right. Um, that we get messages. I mean, there is no coincidence in even how we've met, how I've been doing some of this work, some of the symptoms that I've talked to you about and we've made connections on.

So. You know, you can be listening and go, oh, this is woووо. I will tell you this is anything, but. — Um, and so, and I'm excited. I'm going to start my nine day cleanse. Well, now I'm doing it tomorrow instead of Monday. — Um, — But I have found it fascinating because in the work that I've been doing with the immune system, and then I go back and read what he writes and the fact that he has no medical training. And he has not gone to school for any of this. And he's very clear about that.

The way he writes, it would be impossible for him to know what he knows. — Without having someone talking in his ear because he's, he's spot on with. Biochemistry he's spot on with the immune system. He's spot on. With so many explanations of how our body works.

SHERRI: Right. And there's, there's undiscovered science. That's in there. Right.

A hundred percent. It's kind of like when it's explained to you, it's something, some of it is something so new and so unique. And by the way, you know, there are a lot of doctors that actually consult with him. I would have called him.

MERYL: And that's what I, you know, and the thing is, is you don't hear about it, but you do read about it and you have spoken to him personally.

You ha you know, she's got like the hotline. Um, And, and I just find it fascinating. I mean, we've had hours and hours of conversation already about all of this and this. —————

I'm telling you. I said to, to Sherri yesterday. I'm like, I think our souls were connected in another life. There's definitely some kind of synergy that is again, inexplicably, but, um, but I think that is the beauty, some of this, especially if you're sick and you're being led down a path of just. Um, — A mess of, of doctors, Holly pharmaceuticals, right.

And, um, doctors who are just guessing at what's wrong with, you know, people come in and, and, and it's like, labeling, oh, I have this diagnosis and I have this diagnosis and I misdiagnosis and I'm like, let's take away all the diagnoses. Let's talk about how you're feeling. Right. You know, I had someone come in the other day and they were so hell bent on their diagnosis.

Yeah. The label, the label. I'm like, let's, **let's take away the label. Let's talk about you as the person. And how are you feeling?** And. — And I think there is a way, you know, that we can talk about **how do we bring in the synergy. Of what the medical medium work has to offer and even segue it in a way so that it's literally digestible for people.**

Exactly. We were talking and I think that's how you also started, right?

SHERRI: Yeah. I mean, it was like, you have to start somewhere. And not everybody's ready to jump full in. There are people that jump head first into it. Right. And some people, and I was baby stepping my way into it as well. So it takes. It takes time.

You gotta meet people where they're at and, um, it's a journey and you peeling away layers of an onion. **And depending on what the symptoms are, how long somebody has been sick, what their toxic load is, what their viral load is, what all of these things are. And, and it really takes time to unravel when somebody has gone through.** Right. You know, I usually see people who have been through at least eight or nine different functional medicine, doctors, other doctors, it's, it's heartbreaking sometimes. Totally.

So it's like you, they come in with the, you know, they, they email and send me all this big stack. I'm sure you do get it of all these. — And the supplements. Yeah. And, um, and then they're still suffering. And they're still struggling. And so it's like, we're missing something here. Right. And, and most of alternative medicine and conventional medicine is missing it. Yep. And so there's these pieces in parts that. I really have found in the medical medium information that has been just life-changing.

MERYL: Yeah. And, and that, and you, you hit the nail on the head when you said we're missing something. So when I did my immune course, and then I go back and I'm trying to kind of put these puzzle pieces together for my clients and I'm like, I'm missing something. — I'm missing something.

Not that I'm missing. I mean, look, people get better. And the work that we do is so beneficial. People get better. Um, but what is the longevity? You know, **you want to make sure that you're giving people the tools for the long haul and that they understand, you know, how do I support my immune system?** Look, I had cancer. I, yeah.

And there is nothing to say, God forbid of course, a million times that, you know, I'm, there's no guarantee I'm not going to get anything down the road and with our environment, the way it is and our food supply, the way it is and the chemicals that we're exposed to. And all of that, forget

about our, you know, toxic thoughts, right? Um, not that we have any of those. But, but with everything that we are are dealt with, Um, what was that thing?

Where, what are the things that, that, that I wanted to add in here that would. — Solidify or bring it all to congeal everything that I'm doing. Yeah.

And I do feel like so much of what Anthony talks about resonates, and I think that's the key. It is. It's got to resonate and feel intuitive and it's got to feel viscerally, right?

Yeah, it does. It has to fit.

SHERRI: And you know, we all have doubts as we go through journeys, right. Because if we're not getting better, Immediately immediately that doubt comes up. Right.

MERYL: So. Oh, yeah. I've worked with, — I want to feel better tomorrow. I. I want to see results. You know, next week I've been doing this a week.

Why don't I feel different?

SHERRI: Exactly. Exactly. So, yeah, that's where the coaching comes in and be able to, you know, — Step people through the process because some of what happens, like what I say a lot is that what we're doing with medical medium information is very different from everything that's out there. ——— A hundred percent. You've experienced it now.

So what happens is your body might be responding in ways that you're not gonna be able to read about in a book like. I don't know. I mean, there's so many levels. So I call you Sherry. Wait, I have. — Thanks. ———

And help me make sense of this. Yeah. I mean, we all need those people in our lives to help us through that journey. I had it as well. And so **it is a process of, of trust and, um, having somebody help guide you through it. Yeah. And also being able to. Troubleshoot when things don't go perfectly because there are times when you might be like, it could be detox, but a lot of times it's a flare and the difference between the two.**

So that.

MERYL: Yeah. Yeah. And, and that I think is the beauty of the coaching. And we've been talking about, you know, how do we incorporate this work together to be able to support people in that way, because. It is a very different paradigm. It's a very different way of thinking, but it's different, but it's not, I that's what I feel like it's like different, but there's some familiarity in it that resonates in the way.

So one of the philosophies and the way that Anthony relates back to things is that. **Our immune system really gets triggered from two things. Yeah, injuries. And pathogens.** And this we know, because I learned about this in my immune court. Right. We know that's how the immune system gets triggered. Yeah, inflammation.

Right, right, right. It's either a pathogen or an injury, right. And then the immune system gets activated.

SHERRI: Exactly because, you know, we're dealing with mostly, we're dealing with the different varieties of toxins that people don't even realize. Like I was, we were talking about earlier, like my exposure recently to like those dryer smells that keep coming into my apartment and what that does.

And so you don't, you may not realize it right in the moment, but that just adds to your toxic load. **And some people are very chemically sensitive and some people don't even know that they're chemically sensitive and is acting as a trigger.** Yup.

MERYL: Oh, yeah. So, and I think, uh, you know, again, I mean, we can go on so many tangents with this, but, um, — One of the things that I don't think we think about enough. Is our toxic exposure.

You know, we hear about. Oh, I need to change my diet. Um, I know Neo, how do I meet? You know, how should I be eating or I should be exercising. And I can't, I don't, **I can't get the results I want with, with my diet. I can't get the results that I want with feeling better. I can't. And what we're not talking about is toxicity.**

So it was interesting. I got an article about, you know, was it easier to be skinny in the eighties than it is now, right? Because. I was talking about some weight loss challenge, not challenge, but difficult. You know, people were having a hard time. And so the article talks about the food and the article talks about the gut microbiome.

Okay. Those are all relevant. But what the article does not talk about is our toxic load, right. And **our toxic load. Is it, it affects our liver. It talks and hang out in the fat cells. So the more you are exposed to, the more we hold onto. And I always say like, toxins act like a, a. Uh, insulator four or fat acts like an insulator for the toxins.**

Right, right. And so it's hard to lose body fat. Like we have to wake up and say, maybe why I can't lose weight is because I'm so toxic. Maybe be. I don't feel well is because I'm so toxic.

SHERRI: Exactly, exactly. **And a lot of that toxicity is sitting in the liver, right? Yup. So that's all, we don't know. Because all these people are walking around with sluggish and fatty livers, and then don't even know that they are**

MERYL: well, look at the number.

I mean, if you look at the incidence of fatty liver disease, — When I was training nonalcoholic, fatty liver disease, you saw maybe once ever, right. Right now I have people coming to me and I have young people being diagnosed, coming to me and they're like, we have fatty liver and I'm like, oh my God.

So like, let's talk about that.

SHERRI: Well, that, that is one of the things that, you know, Anthony has really shed the light on. And in the book liver rescue, where he's really talked about the idea of like, when you're having, when women get really, really stuck being able to lose weight. It really, you got to look back to the liver and

MERYL: you hear that ladies, when you get stuck losing weight, we got to look at the liver. It's not about reducing the calories. It's not about spending any more time in the gym. I mean, maybe, but. But it is liver. —

SHERRI: And it's not, and it's also the opposite of not going keto or paleo and being high fat, high protein. And that's like a real nuance of like **eating the foods that are really going to help deliver. To start to cleanse and to start to detox and lowering the fats.** That's the difference. And so there, you know, that's when the food wars come about and, uh, we have that long discussion about it.

MERYL: Yeah, I mean, and I was resistant.

I'm like, ——— Yeah. Um, but like I said, I'm going to do my, my nine day cleanse and obviously report back to everybody. But, uh, I've already started incorporating some things, right. I've been doing my celery juice just this week and I've been kind of. Teetering. And of course the big one is giving up my coffee, which I will do for nine days. And then I'll see. ———

And then he makes a very compelling story for getting rid of coffee. Yes. — But, um, but I do, you know, again, the, the principles behind what he talks about, make sense. If you take a step back and yes, **you don't dig your heels into the food war frenzy.** Yeah. That I, you know, oh, I got to go Quito and I got to go paleo, don't forget these philosophies. I have really, **there isn't one philosophy that has been proven, tried and true over and over.**

**That works for everybody. And, and then some of these work for a short time for some people, but then they don't work for a long term.** Right. And so again, most of these just came about because of the. Uh, really the industry diet culture's desire for a quick fix.

SHERRI: Yes. Oh, we all want quick fixes, right? Well, true. Yeah, ——— we really do. Is it is. That's that's part of the problem and not really understanding the nuances, all of it. Right. **So the nuances of, you know, not necessarily putting you into a category of being plant-based or your vegan or paleo, or let's really deal with what's underneath. And if we can clean that up first and if we can work with people and then basically let them decide where do you want to land?**

MERYL: Yeah. Yeah, exactly. And I think that's the beauty of it is okay. Let's start here. Yeah, it's a little restrictive. Right, but there's the means to the end. And then it's like what I say to people all the time. Cause they'll be like, you know, they come in here and we always meet people where they're at and **it's not about deprivation and it's not about starvation.**

**It's really about, let's talk about how you are nourishing your body.** Let's talk about nourishment and so. The principles of what Anthony talks about in doing detoxification is about cleaning out the liver. And it's not a three-day juice cleanse people. It's not just like. I'm going to drink some green juice and I'm going to be cleansed

That is, is that we're talking about really physiologically allowing the liver to detoxify everything you eat, drink and breathe.

SHERRI: Right. And the things that have been like kind of sitting, you know, these pathogens that have been right in our environment and in talking about. You know, COVID and all these



things, problems that are people that are having, like once they get COVID and what gets triggered and why it becomes a more of a complicated case for a lot of people. Yeah. Cause they need to, there are certain things that need to happen. With the pathogens that were already there. In the body, right.

MERYL: So when we're talking about, um, pathogens, we're talking about basically. Yeah. Back viruses.

Right? If you will, that we have been exposed to that are kind of underlying, they're like lying summer lying dormant, right. I guess, is that the best way to say it right there? Dormant. And in the body. And then something happens in our life that triggers. Yes them. Them to come up.

I have no doubt. And I'll just relate this back to me because I can, it for me, you know, when I look back at my whole cancer journey, and again, you can never say exactly why, but I do see these tremendous correlations to. — Um, I used to get strep throat when I was young. And a lot, I mean, to the point where, when I was eight or whatever it was, I got my tonsils out and then I write, and then you get chicken box and you get all these things and you have these viruses. Oh yeah. And then I had HPV, right. Because what young woman, when you're in college and you're 20, doesn't have HPV now. Right. And so I have all these viruses now. I never had any issues with them. Once I became an adult or whatever that I knew of. Right. I was fine. Um, and then lo and behold, I have three children within a very short period of time.

Right. I had my kids. Boom, boom, boom. Within four and a half years, I had three kids. And I had a miscarriage in between one of those. And then, oh, by the way, I lived on a golf course. Right. That I was on the back end of the golf course, and I remember smelling. The Pesticide I remember there was, so we would complain to the golf course that there was this awful smell.

There was actually like a pile. I want to say, almost like a mulch or whatever the hell it was right behind my house. And we used to complain that it's smelled so bad. Wow. so low and behold, I'm living in this house. A year and then I have my baby and then six weeks later, I get diagnosed with lymph. You know, blood cancer Hodgkin's lymphoma.

And then you go back and **look at the correlations with toxicity, environmental chemicals, right. Like the ground up and all of those things. And then, oh, by the way, being pregnant, zaps your immune system.** So all of that coming up. So I am sure, you know, The new system is so into the reproductive is protecting the baby. Exactly. The baby, just protecting the baby.

Thank God it protected my baby. Right. But, um, so when I go back and look at what Anthony has to say about Epstein-Barr about these viruses, how they really then rear their ugly heads and trigger everything else. That for me, for me, maybe not for you guys, but for me it made total intuitive sense. Yeah.

Yeah.

And, and, and even though I feel amazing, there were some symptoms that I was sharing with you that you said, well, that kind of ties back to EBV. So I'm like, okay, I think I want to get rid of this. ——— Once and for all. So that I can arm myself in the best way possible. Moving forward with my longevity and my wellness. Right.

I mean, and I said to you, like, thank God, I'm not sick, but I'm doing this preventatively. And there's not enough of us that are doing it preventatively. Like you were also, you know, you had this debilitating. You know, you know, you had these debilitating illnesses in your head. So tell your story a little bit.

I know you mentioned the endometriosis, but like walk us through, what did that look like? Cause you had the endometriosis and you had Lyme and you had IBS. Like what was your journey? And then. Because you did a lot of things and still weren't feeling better.

SHERRI: I was, I was doing so I was very deeply into nutrition and I was eating quote, unquote, healthy. And I was doing it all. And, um, for me, when I got diagnosed with Lyme disease, uh, what year was that? It was back in 20. I think, well, I had it.

I definitely had it. Um, for a few years, because I was starting, everybody was saying, oh, it's your hormones. It's this? It's that. And I was so chronically fatigued and, um, I remember walking up subway stairs. In New York city and feeling winded when I got to the top of the stairs and I would work out, I was a big workout person. It's just like. Why is this happening and why can't I breathe?

And, um, I also had terrible brain fog. I would be sitting in my office trying to write a note on a patient. And I would stare, I would just like stare at the wall. And I was like, I kept saying like, focus, focus. And I remember how hard it was for me to like, — You know, um, feel like my brain wasn't working the way it should. Yeah.

And so I, it was all these little things that were really, really happening for me, but so when I had, **there was three very, very stressful events in my life.** At the time, it was a very bad breakup. And it was, um, a tax thing that was going on for me at the time. And then it was a, um, the diagnosis of Lyme and it was **those three things that actually caused the, um, endometrial type of cramping to just off the, off the rails.**

And that's when. It got really, really bad. And that's really what led me on this journey to keep exploring and keep exploring and figure it out. And then when I met Anthony in 2015 and explained to me really what the root cause of that was, and I remember sitting there at that moment being like, — How is that possible?

Cause he didn't touch you. He just basically did it. We were no, we were on the phone.

Right. He was right. That's what I'm saying. You were on the phone and he basically told you what was going on. Yes. And you're like, ah, you're crazy. He told me

what. And I did it. So here's what I'll explain what, so he, for me, and this is not all endometrial, most of the time. EBV is involved. Strep can be involved.

Streptococcus.

But for me with the type of pain and discomfort and with the other symptoms that I was having, which I didn't. Go into all of that. **It was really shingles. It was non rash shit. So it was shingles in my uterus and shingles in my intestinal track.** Hence me having all kinds of intestinal problems growing up and I easily could have been diagnosed with Crohn's or colitis. And, um, so. At that moment when he told me that I was kinda like. I never had a rash. I don't understand. And can we talk about this a little bit more deeply? And, um, he did explain it to me really well and everything that he said made complete and total sense. And, um, and that really

started my, like that awake. Like when you hear something that kind of just changes your world and be like, yeah, — Wait a minute.

How's. How's that possible. And is it possible? And if it is like, oh my God. Right, right. What do I do now? Right, right. And it turns everything around. And then we just, our conversation went further and further about, about things and about patients that I was working with. And I'm like, so explain to me this explained to me.

Yeah. And so, um, it was really just that moment of like that divine intervention of something coming else into your, because for me, it was always about, I want to find solutions for patients and I know that's for you. Yes. — Like, you're so driven to help people serve people and to figure out what is wrong.

Like why can't this person get better? And so when you get these, this new. And I don't, I used to say like, when I would introduce this to patients, And I'd say, you know, um, it would really be malpractice for me not to share this information for you. So it was that important, even if it seems so outside of the box. And it doesn't make any sense and yes, we don't have this study or that study, but you know what, it's free information that's available and it's there.

The wisdom. That's in. It is.

MERYL: Well, I write and I feel, look, if you've been to eight or nine doctors and you're on a million medications and nothing has worked and you are at during whatever. Like, what do you have to lose? You have nothing to lose. You have absolutely nothing to lose, except from.

Discipline and judging. Some things.

Yeah. But I'm saying in terms of like, There's no downside to trying it, what would happen?

Okay. You're disappointed that it didn't work, but from what I gather from the reading and I have thrown myself into these books. —————

Um, because I just am a voracious, like I, my appetite for learning and for understanding this stuff is voracious. — Because we're very similar to that. — 'cause I, because I just, um, I want to help people. Right. And if I know that and if it makes sense again, One thing that I have learned in, in the course of the last five years, since I've been divorced and doing my work on myself is I'm trusting my intuition. I am. All in on my intuition because it's been right.

A hundred percent of the time.

— So good. And so there is something that is. That forget about the divine intervention of it. All right. That intuitively you feel it speaks to me. Yeah. And I if I'm doing my meditative work and I'm saying, show me literally like, show me the way guide me. Right. I don't need to know the how, but guide me and everything is. All roads are converging in this way.

Yeah. Then how do I not pay attention to it?

Right, right. And that's what I'm saying. Like, I, you know, maybe I was going out on a limb doing this podcast with you, but I'm like, God, I really feel so strong about this. I know that if you know, Hey, I am the rebel. So. ——— We need to be talking about this. Um, but right.

Going back to, what do you have to lose? So you, you, so when, when he's okay. So you dove in,

SHERRI: I dove in and changed everything. I actually took out. All the animal protein at that time. And I, you know, I was, so I had been plant-based. You know, for a period of time, I was actually more, I was all raw food and, and I remember when Anthony. Wanted me to do this. And I had said, you know, I did that and it didn't work. And that's when the whole fat conversation came. Right. And so it really was about understanding about the fat I was eating, even when I was plant-based it was so high. And so when your fats are that high, you really can't deeply cleanse and it wasn't working.

And so the idea is you've got to go after the pathogens, you got to, you know, start to cleanse your liver and you can do this. And I stepped into it very gently, like a caffeine didn't come out of my diet right away. That's a really tough one for me. And, you know, it was slowly okay, next layer. Okay.

**Next layer, take this out. And as I went along, you know, as things were shifting in different symptoms that I'd had in the past and digestive systems symptoms and things like that. So it was, it was a process for me.** It really was for sure. And it is for a lot of people. There's other things it has to be. Right.

I mean, Where were you going to say there's other people, there's other people that, you know, there's some people that really have a hard time changing their diet. There's just no. ———

Yeah. — I would say most people. — I somehow easier.

MERYL: I don't know. I guess maybe people who don't love food. I don't know. You know, Andy. — Um, — true. Yeah. I don't know. Maybe there are, but, but some people just do it and they're just eating the same thing every day. And so for them, it's not a big deal. Right.

SHERRI: But when you love food and you're a foodie and you're out and about, and you're going to restaurants and you're socializing and you're doing all these things, then all of a sudden you go into restaurants and you're like, oh God, you know, they're using this or they're using this kind of oil. Now, but yeah. It's a tricky in the, in the restaurant world and, and being with family members who want you to eat. Like they. And they're, they're kind of conflicted when you're changing so much and yeah. Yeah.

They don't really know where. — Exactly. What box do you fit in? What table do you go to? Yeah, exactly. And so, like, I, you know, It's a journey and a process, but it's so well worth it because what if we don't have our health? What do we have? Right. Right.

MERYL: So, so how long was it that you, so again, that was the transition that was slow. Like how long was it before you started to really notice. Yeah. What was that? Ooh. Ah, I feel, you know? Yeah. I mean, it's a very different process when you like how you feel and you can sort of feel some of those changes already where you're taking out certain foods that, um, are maybe not, are like that.

We call them filler foods, or they're just like, they're not really giving you all the nutrition that you can get all the hydration you can get. Pita chips. Yeah. ——— And then you start to feel differently in your mind, body, spirit, like everyday. ——— And so certain things were getting

better, but for me, honestly, the, the, um, the cramping and the endometrial, because remember I was diagnosed, well, you don't know this, but I was diagnosed with endometriosis when. Right. When I got my cycle. Cause my mom had it. So we were looking for that immediately. And I had extremely painful cycles periods, and I would miss the first two days of school and the amount of what was happening for me. So. I was in there right at the start. So this is, you know, a lot of years that that went for me.

So, you know, there are certain, you know, You have to recognize there are certain, um, tissue changes over time. Right? It's not so simple to reverse. Right. Right. So, um, it really was a very, very painful, difficult journey. I got to the place where, you know, when I met Anthony, I had every month, 16 days of pain.

Wow. Every day, every month. So it wasn't just. Ministration. It was. Way pain. Wow. Yeah, it was way more. And I was taking pharmaceuticals and I was getting shots of Toradol and, and I mean, it was a lot, so it was a lot. So for me, it really, you know, it's been this long journey of. Reversing reverse. And I fully believe as I know you do that the body can heal from anything. And, um, but what is healing and, and, and how much healing and, um, so I would say it for everybody is a different story.

Yes. Uh, I see miraculous changes within six months with people. I see. Changes that take six years for people. Yeah. So it's a really different story. So it took, it was taking quite a while for things to like shift in my body. And that's where I feel like, um, I'm really good with helping people. That it's, it's a law and **you gotta be patient.**

**You have to be patient when you're looking to heal a chronic illness that you've had. For a long time. And that's the people that end up actually finding this work is that they've searched and they end up with this information and they've been searching for years** because most of the people that I work with have been sick for like, 5 10, 15, 20 years.

MERYL: And then what happens? Right? You start with one thing and then the immune system just keeps going. Right? You end up with another thing and another. What happens?

SHERRI: You think so you heal one thing and you're like, I got it. And then three years later, something else shows up and you're like, well, how did I get, you know, diabetes?

All of a sudden. Why. You know, that kind of thing. Yeah. So it's tricky. It's everybody's journey is that it's so unique, but this, but this particular journey I feel is it can be for everybody. Right? It's just a matter of where are you at? What are you looking to heal? Let's get to the real root of what the issue

is. I think that's the key is the real root.

MERYL: And not that what we do in functional medicine is not right. I mean, — It's a piece of that, right? Um, and I feel like I I've said to Sherri is that, you know, she's had people who have had experience with the medical medium. We have people who maybe don't and are listening to this and going, okay, you've really lost your marbles. ——— Hopefully not. No, no, but I feel like, again, there's a way to integrate this because it does make so much sense and, um, a way to integrate that you could, we could still meet you where you're at and bring in some of these

principles. ——— So many tools and, you know, that's, that's just, um, peel away the pretense of what we think we should be doing.

I think. The issue that, um, or I don't think, I know one of the things is there's so much information on social media. And then yeah. That there's so much information. I had a woman come in yesterday. I swear. I kid you not. She started saying, well, I heard this off of Tik TOK, and I heard that off of Tik TOK.

So I bought this and I bought that. And I, and I'm just looking at her like, and, and how, how is that helping you? And first of all, she hadn't started a half, you know, A few of the supplements. I'm like, why, why did you buy them? She goes, well, it sounded good. And they sounded good. You know, we are such suckers for And I mean that in the nicest of ways, Uh, the most respectful of ways because we're searching right. Because we are searching and. Don't forget, these companies are appealing to your emotion.

They know exactly what they're going after. They know exactly your vulnerability and they get you right there. And yet we buy it hook, line, and sinker. It's a good presentation. It's a great presentation. You know, there was a doctor that was talking about AIG1, the athletic greens every day here, that right. And everybody's aging greens and she was finally saying Agee greens.

Aren't all that people. They're like a good multivitamin. ——— You know,

Like we ended up people come to me. Oh, I'm, I'm,

you know, I decided to take this and this and this. And I'm like, do you, you're spending a lot of money on a lot of nonsense. So. — That's great. I feel like we also have to peel away this layer of every like no people on ticktock are not the experts.

You can't get a diagnosis in a minute. People, you can't get results just following. Yeah. It's the foundation of, of, I would say it's the pillars of health.

And I know, you know, when it talks about this, right, you could try to biohack all you want. I mean, I feel like the biohacking community just keeps growing and growing and growing. And I'm not knocking it.

Look, there are some great devices out there, you know, heart math and some of these other things. And you know, that's part of the biohacking world and look getting feedback. You've got an aura ring on, right? Like **getting feedback about what's going on in your body. I think it's valuable.**

SHERRI: Sure. It can be as long as we don't get too, **like the CGM, the — continuous glucose monitoring is a little, I feel like it's getting a little out of control. — We're getting, you know, you're look, you're looking at a snapshot and you're getting so scared about like, if you eat a piece of fruit and all of a sudden, you know, like you get afraid,** you know, the people it's. I think I have one more frame.

MERYL: Just making people more afraid.

**And I have people who they're just the stress of eating is sending them. — I said the cortisol being released because of the stress is making their glucose. They're like, I didn't need anything, but I was all nervous. I'm like, because the cortisol just, you know,**

**shot your glucose up.** So, yeah, I mean, So I feel like, you know, we, yeah, you can get lost in the conundrum of all of the information.

And I think it's still it's, it's almost like an, and I think Anthony talks about this. We've got a, oh, I know. We also talked about it, Bruce Lipton, who I also like **we have to come back and slow things down.** — We are just on these, this. This crazy vortex into no man's land with the biohacking and oh, the diet wars and all of this, like yeah. It still has to come back to the N of one.

You are your own best experiment. You are an individual. This work has to be individualized. There is nothing out there in the Tik TOK, Instagram ether that is going to cure you. — In a day one. \_\_\_\_\_

Right. If you're not looking at your sleep and you're not looking at your stress and you're not looking at the food that you're eating and you're not moving your body and you're not looking at your environment and you're not looking at your mental, emotional stuff.

Sure. Like that's the foundation

you can biohack all you want. Yeah. Yeah, absolutely. Got to start with that stuff.

Absolutely. Absolutely. So I want to take a second because I mean, time is flying. I want to take a second. To say, to offer people some kind of guidance, like, okay, what would be a good jumping off point?

So, um, yeah, I would love, and I'm sure our listeners would love just some simple tips. Um, if you're looking to stick your toe in the water, what are some basic foundational things that we would want to at least start with? I mean, I know there's bigger conversations.

We actually are going to have a whole protein conversation because everybody's talking about protein and I got my girls calling me all the time. My lady's like. — Am I getting. I had a conversation today with a woman. I can't get enough. Yeah, I think, you know, when you're going to have to have this protein. — So that'll come next, but, but just for people who want to dabble, right?

Like for me, it's going to be a big step to get off the caffeine people. Yeah. — You all know. Oh, I love my cup of coffee in the morning. I am going to do it for the nine days and I'll report back. But so I'm short. So caffeine is one thing.

SHERRI: Caffeine is one thing. Definitely. I mean, if we're looking at what, what do we do?

**What's doable and. And what's doable to one person may not be doable for another.** —

Right. If you were talking to me for the very first time, I'd be like, yeah, no, I'm not negotiating caffeine. What's the next thing. The next thing

I would say. Okay. Meryl. **How about if you have a glass, when you first wake up before your caffeine, if you take a nice tall glass, 16 ounces of water, purified water with a half lemon. You start your day with that.**

So you start your day with that. So you flush your system because you're basically cleansing overnight, your liver's cleansing and you want to continue with that process when you wake up. **So you will flush and you want to flush all the toxins that we're going through. So you do that. You wait 20 minutes.** — And then. — You know, I, I probably wouldn't say to have your caffeine. **I would say to introduce people to celery juice.**

Cause I think celery juice. Um, is, is a game changer for a lot of people, for people with digestive issues. It helps your adrenals it's mineral salts for your brain. There are so many things not everybody's ready to jump into the celery juice or has a juicer, but it really is something that's very powerful baseline.

MERYL: So two things I did start my sorry guys. So I'm going to give the rep and then I'll let you continue. So, because I've been doing this right. So I think people want to know. — **So I've done the lemon water. Um, and it's been fine, although I, and not to be gross, but I will tell you, my morning, bowel movements are definitely more productive.** — Um, I have still done the caffeine this week.

That will be tomorrow is Saturday. I am going to give up the caffeine Howie. Good luck. That's all I got to say. —

I know, I know, but how he has to deal with me. —

Um, And so, but we have a, we have a solution for the headache, so we'll get, get to that. But cause I know I'm going to have a headache, we're going to do it, but **I have also been doing celery juice every day in the morning. I am feeling very energetic in the mornings** and.

And I have a lot of energy anyway, but it's a different energy.

It is a different feeling. And I don't know if it is because it's healing the adrenals and, and I know minor a little tired because of that.

Turning on those minerals salts.

Yeah, your brain brain definitely is, is better. So anyway, so that there's a little, just, you know, caveat to the celery juice.

SHERRI: Go ahead. So that's celery juice. And I would say if there was one other thing to start, that's so easy to do is like, I'm always saying, **how do we bring in more fruits and vegetables?** How do we bring one salad into your day? Like just commit to saying either at lunch or a dinner. **You're going to bring in a big colorful salad with tomatoes and cucumbers and carrots and sprouts and radishes.**

And you're just going to try to maybe do more, if you can have a salad and combine that pair that would, whatever else you're eating. I think those are like the easiest, you know, **hydration. Possibly bringing down the caffeine when you're ready for it. Um, and you know, the introduction to celery juice and how do I bring in more fruits and vegetables and maybe lowering the fat a little bit?**

MERYL: Yes. Yeah. Yeah. I mean, I've done a lot of that this week, other than the caffeine part, but, um, which is what I big. It is big. And I am going to, like I said, I am going to do the caffeine, but I do want to also let you know, for those of you that are interested.

So I think the big shift for me, of why, you know, normally I've done cleanses and I don't even take out the caffeine.

Like that's how, how much of a ritual it is. And I don't even want to say that. I mean, I love the process of even having coffee. You'd like, for me, it's the ritual of getting up and making my



coffee and then I sit and I meditate with it and you know, not on the coffee, I meditate with my coffee. Um, So it's been more of the, the ritual of it.

SHERRI: So you can have a ritual with chaga mushroom. And I remember I talked to you a little bit about that, so.

Yeah. So we got to talk about the chaga mushroom. So yes, I'm definitely going to take you up on that. I got to do the chaga mushroom, but, um, but my point is that. Uh, what was my point? Actually?

the nail on the head for me with the caffeine is I listened to a podcast that shot. Uh, Sherri shared from Anthony. It is about caffeine. I don't know what number podcast, but it's called. It's like titled. It's caffeine macha. I mean macha and chocolate. Yeah. So it was a really fascinating, fascinating podcast. So you can go on to the medical medium and find that's on apple podcasts, Google

podcasts. And go to the website and find it. But if you go to apple podcasts, Yeah, I was on apple podcasts. And, um, it was, I mean, it was sad for me because it was. For me, it was very sad. But then you listen to it and you're like, oh, but you know, Wow. It makes complete sense.

So, um, yeah, we're going to keep going down this rabbit hole. So I just want to jump onto what Sherri said of yes. **The lemon water I think is important. And I think dabbling in the celery juice could be great. Um, and the hydration piece is great.** I think if you, you know, look at the sugar you're eating, you've got to cut down on the sugar intake, the process. Processed sugar, right?

I'm not talking about the fruit. So we're going to have to have a protein conversation and a fruit. We're going to have to have fruit conversation. Um, yeah.

Can lead into the, the protein conversation. A hundred percent, but it's all like tied in, but again, I'm going to be living, breathing at this week.

So I'll let you know. And, um, so we'll have to continue those conversations as well, because it's just fascinating, but yeah, we're going to just continue going down this rabbit hole. Um, because I have such a willing participant. ———

Guide me through it. And, um, to talk about it, but to really talk about it, it's not just anecdotal. And I think that was the, the, the crux for me is that you are doing this work. You are helping people who are so sick and have been so debilitated and they're, they're finding the light on the other side. And I think that was huge for me because that's what we want to do.

You know, that I am. When we talk about like, that's what lights me up, testimonials. You're just like, oh my God. Kind of see what's going on over there. Yeah,

because it's like the first few pages of the medical medium book that revise one the first, I don't know, I want to say 10 pages or like testimonials from not just, you know, they're from like movie stars and, you know, and, and, and Hollywood people and billionaire people and entrepreneurs like. Well known people who are putting their name to this.

SHERRI: Yes, absolutely. And then if you go on his Instagram, you'll see thousands of people who are. \_\_\_\_\_ that are sharing their stories. Those are, those are I'm blown away. Every time I see something.

MERYL: Yeah. I was watching a woman who was talking about her, Ms. Yes. Yes. So, you know, Yeah, Young. And is she a hundred percent cured? No, but man, she is doing so much better and the work continues and the work continues for her.

So I really feel like part of. My. Obligation, like you say, right? Like **my obligation as a healthcare practitioner is to be curious. Well, it's to be curious and to really provide support and, um, uh, what is the word, you know, support and guidance and opportunity and healing to the people that need it, because God only knows we are in need of some serious healing.**

We are. We are in need of this. Planet. For so many reasons and only going further down

the road this way. So this has been an amazing conversation. Thank you. It was an hour, has just flown. I don't know where it's gone. It's been great. And we're going to continue this conversation. So let us know what your thoughts are, let us know what you want to more, want to hear more about, and, uh, we're going to keep it going.

You got it. Awesome. That was fabulous.

This is your Rebel Nutritionist, signing off, make it a great day