

MERYL: Welcome back, everybody to the Rebel Nutritionist podcast.

Today is a super special day because this is our hundredth episode. So I have my whole team in here. We are going to do a really fun round table today. We're gonna go around the room and talk. All things, nutrition, things that we're seeing trends and clients and all kinds of fun stuff. So make sure you stay tuned.

This will probably be a two-parter, maybe 100 and 101. So without further ado, welcome team. Thank you. So I have Michelle Barron, Kristen Flores. I've got Amanda Shoe and Jill Altar. And we are excited to get to it. So, What I wanna talk about today is besides the fact that I can't believe we're at the hundredth episode, I know what we hear the most and the most talks about wellness issues or topics of, of the time.

So I am gonna, who wants to volunteer first to, with the topic? Michelle has to. Michelle. We're putting Michelle, she's so excited about throwing there. You, cause she's so good at just being on the spot. So, Michelle, what would you say is a trend that you've seen that we wanna talk about and address and really share with our,, our viewers, our listeners,

MICHELLE: So let's talk about the trend that went through this whole office thanks to Kirsten here ProLon, right? Which was, everybody was looking for weight loss and a lot of our clients come with that desire also. And so that was something that a lot of us did as an experiment. Yeah.

And it was a big learning tool, so I know for me, I did it the, **it's a three round process. The first round I did it, I lost a bunch of weight and then went right back to my old habits** and that we came right back on. And so it was really eye-opening about. The things that I tell my clients and the life that we wanna live and have everybody follow examples of the things that we do, who we're working with.

And I was not doing that . So it was kind of interesting to see like, okay, round two, let's try this again and **take the habits that you want to enforce and really embed. My lifestyle.** And with the Help with Coach Kirsten here, she was like, well, what are you doing with this and that? And I really helped fine tune.

So for me, the hours from four to six are tough, and so ProLon helped me get that in shape. And then by round three, that was good too. But it's good. And now some of our

clients who are looking for the jumpstart, where **maybe they get stuck, like, so when people come and they're plateauing at their weight, Then it's like,**

**okay, let's come up with different things.**

It's not for everybody, for sure. Right.

But for some people it's a great option. And so that was a trend that I definitely jumped on board this year.

MERYL: Yeah, I, well, and so let me just backtrack a second. So we're talking about the ProLon, which is the **fasting mimicking diet**. And so, again, not for everybody, but ProLon is based on.

The work of Walter Longo, which is the longevity research about what, **what are the things that we need to do in our lives or that we should incorporate that help us live the longest and let's say healthiest lives**. So ProLon was really born out of the idea that we can do some kind of **fasting mimicking, which is different than intermittent fasting**, right?

**Fasting mimicking is a five-day stint of you basically. Reduce your calories each day.** So we start out, I think it was like 1100 calories or something like that. And by the third day you're down to 800 calories. And so I always joke and, and how he says this too, **this is more of an effort in discipline, understanding** and, and, and it's a head game rather than an actual right.

Hunger game because you really can, you have to outsmart yourself. But I loved your point, Michelle, about it. **It took you a couple of cycles to really. Adapt and accept and really pay attention. to the habits.** Yes. Right. So it's still not, the idea of ProLon is not about the quick fix. It really is about how do we create a shift.

I don't know. Jill, you did it. What are your thoughts on that?

JILL: Well, I feel the exact same way. I had the same issue the first time I lost weight. I was able to keep it off for maybe a few weeks, but when it was time for my second round, I was able to get back in. **For me it was more of a mind shift.**

Yeah. You know, mindset shift and so I was able to get back to my healthy habits.

after the second round.

MERYL: And I think that's Absolutely. Yeah. And I think, and Kirsten you do, I mean, you wanna, you wanna chime?

KIRSTEN Yeah. Look I'm the ProLon Queen in the office. So yes, you're just, cause it makes me feel so good. And fortunately I'm good with following rules and structures around food

So I wasn't too challenged with the with the small offering that I had daily, but I really felt energetic. E. Energized towards the end of it. And more than that, **I thought that it was a really helpful reset in terms of lowering cravings.** Yeah, like **I have a major sweet tooth and that comes up all the time in my life and I really felt like it really limited that craving for something sweet in the evenings.**

And by the time I did the second round, like that was starting to wear off a little bit and the cravings were coming up again. Second round. Yep. Got back straight on it and reset again. And I just helped find that **it really helped me to maintain a healthy relationship with food.** Right. In terms of not being so, like snacky in the afternoons mm-hmm.

and looking for something sweet in the evenings. . Yeah. So I've, I've, I've always just loved how it made me feel physically.

MERYL: Yes. Right. And I, yeah, it was the same. I mean, I, I did, **by the third day, I was like, wow, where'd this energy come from?** Mm-hmm. By, by the fifth day you're a little hungry, but at least for me, but.

I do also, I, I, I echo those same sentiments. I don't think Amanda's ever done it.

AMANDA: I haven't, and it's not cause I don't wanna do it. It's because some of the food in the bar

MERYL: Oh right, you have an allergy.

AMANDA: I was trying to find ways to modify it, but I don't think you can.

MERYL: Right. No. Right. Those, there's nuts and stuff or whatever that was in that, but but the takeaway on this is it, again, it is not meant to be a quick fix.

**this is not meant to be, I need to lose 20 pounds to get into a dress or for, it really is how do we reset our mindset around the idea of changing the way we think about food?** And, and that's what I like so much about ProLon. You're on this regimented plan for five days, **it takes the food equation out.**

So you start to really say, well wait, I'm gonna start to tune into my hunger signals. **Am I really, really hungry? Do I need that much food?** I think that's a big one, and I think that's a big one for a lot of people, like. Wow. After they come off, they realize I don't really need as much food as I used to eat.

That's not, and I think in our American culture, it's all about over consumption. And so we tend to over consume. So, I think that's great.

MICHELLE: Yes. I like, I found myself like after it was over, like walking myself into the pantry and then I'm like, what am I doing? I don't mean it, I went through five days not doing this. Like stop, like change, change your mind frame around and. , that for sure happened with me. Yeah. And that's been a great takeaway.

MERYL: Yeah. I think mindset again, we go back when we have a client in here and part of the work that we do when we're doing our initial consultations and we're talking to people, we're spending the time getting to hear their story and many times it's that mental emotional piece for them that needs to get, get addressed and then overcome or, or find some balance there.

So that they can start to reset. So I feel like it gives every, it gives a nice reset in, in many different ways. All right. So that was Michelle's. Who else wants to throw something out there?

KIRSTEN: I can throw something out there. I don't know if this is coming up on my Instagram feed, just because I'm looking for a little bit , but like all about just **being clean in terms of the products that we're using in our household.**

I'm seeing it all over my Instagram, so right. Backing into that whole clean clean piece. I've already tried to ramp up my house a little in terms of what I did and what I'm trying to do better. But more than that, **there was a great documentary on HBO called not so Pretty**, Uhhuh . I don't know if anybody's watched it, but if you haven't It's only, it's only

four episodes. Okay. And it's all about just the environment, but more than that, **it actually gave recommendations on apps that you can download. To check on the clarity of products. The one was called Detox Me. The other one was called Clear, C L E A R Y A. Okay. And then the, the other one, which is pretty common was the E W G,**

Yes. So I just, yeah, I found that it was helpful. Like each episode is only like 40 minutes long., so it's not long, but it really does open up your eyes because like the one episode they spoke about, like Nail polishes, uhuh and like the ingredients that are in there. And like, I'm an el freak and I do my nails like every two weeks.

I'm like, what am I doing? But I'm like, pick your poison. . Right? And they talk about like lotions and hair products. Too. So I think that it's, it's a nice offering to people who are interested, right. In learning out a little bit. Learning about being clean and the dangers of some of these products and what they're doing on our like endocrine system. So yeah, go and check it out if you have hbo O

MERYL: no, and I, yeah, so that's a great idea. I think we're gonna all write that down cuz I'm always looking for, I love those kinds of things. Yeah. Provided that there's truth to them. And I, and I think there is, and I think it's interesting, I did a podcast this morning.

and one of the things we talked about is **the fact that our environment is so toxic.** And over the past 20, 30, 40 years, how we live in this milieu of toxic. Garbage. And it needs to come out. We need to hear, this more and more, and I think we are hearing it more. Obviously social media is bringing this to the forefront.

You know, one of the Food Babe does a great job on, on all of that. We did a podcast with Eric Malka on the ingredients, right, on the products there. So it's definitely a conversation that's coming up. I think we all see that, but I think we also try to address it in, in the work that we do.

Amanda's big on that in terms of, and I. Speak to that in a minute, but we have got to pay attention to our environment. It is way overdue. We are way overdue in, in really addressing this and talking about this, because this has to be at the forefront. When we **look at things like cancers, they develop because of the toxicity, the endocrine disruptors,** and, and, and not if you're, if you're paying attention, you hear it.

So many people are like, I don't even know what that is. Like we have got to pay attention. To the cleaning products we use to the skincare products that we use, the

household products, all of these things, because they do. add up in our system, and I'm with you on that. Right. The nail polish. I mean, I don't, I don't do the keratin and all that kind of stuff.

But we know there's a link to those kinds of things in cancer. I know. I just saw something about, right. They keep talking about the UV light and the cancer with the nails. **it is a matter of decide where that balance needs to be**, because unless we live in a hole . Right. Right. We're never gonna get away from it.

But, but the thing is, is **if we wanna have health and wellness and longevity, we have got to pay attention to it**. Yeah.

AMANDA: And we have to educate. Absolutely. Yes, absolutely. And share that with other people, right?

MERYL: Everybody makes a differe difference. The louder, the louder, the noise. I mean, Amanda, this is your big area, like, you know.

AMANDA: Yeah. And, and I think **the more you become aware, you, the more you start to see it show up everywhere**, right? Yes. And then, but then **you have knowledge and you can decide how. You choose to use that information**, right? Like you said, pick your poison, right? So like, I don't get my nails done, but I do buy like the most non-toxic brand of nail polish that exists because I do wanna have my nails done on occasion.

do I wear a nail polish every day? No. But it's just like having the awareness is, so that's, that's the first step here. And then you see how it's showing up everywhere, right? in your beauty products, in your cleaning products, in your cookware. And it can be overwhelming, but I think as long as you start to get.

That, that those juices turning and, and the wheels spinning now you'll, you can make decisions that are better in your health because you have the knowledge.

MERYL: Well, and I think a lot of people poo poo it because you're like, I don't feel it. I don't feel it. Right, right. And the problem is right.

You, you do feel it because everything has to get, every toxin has to get processed through your liver, through your kidney, through your skin, right? Through our digestive system. So those toxins. Our liver, our kidney, our skin, our digestive system. And so if

you have symptoms of, it could be allergies, it could be skin conditions, it could be different kinds of digestive issues, like people don't think, oh, that could link back to the toxins that are building up.

**We are one system. I always say, right, we are one body. Everything that goes in. and comes out, affects our entire system.** Yeah. And so all of these things, and the scary part is it becomes cumulative. So when, when I was talking to Dr. Connolly about the endocrine disruption, right? We were talking about hormone cancers and one of the things she mentioned is all of the toxins in our environment and that hormones, I mean, and this is a big one, people always say, well, oh, if I can't take hormones they cause cancer.

And we both have this conversation. **Hormones don't cause cancer. It's the endocrine disruptors. And the toxins that actually cause the cancer.** So, or Right. You can't say that unequivocally. There's exceptions to every rule, but, but for the most part, so I think that, that, that is huge and people really. Need to be aware and pay attention. So thank you for the tip on the documentary. What was the documentary again? Not so pretty. Not so pretty. So yeah, guys. Hbo. I'm gonna go download that or cue that up tonight. ,

MICHELLE: I was gonna say also, but like it's hard to even think, like go cold Turkey, everything.

And we always talk about like, oh, I can't get rid of my Lysol and things like that. . But like the, like **the tiny steps, like, I know for me, like I started using different cleanser.** Started changing, right? My what? My laundry. Exactly.

Like little by little. And then it sort of catches on. Yeah.

what's the next thing? Okay, I'm ready. Yeah. So like, yeah, you not trying to do it all at once, but little, little things and they add up to make a big difference.

MERYL: Yeah. Well, listen, I have that, I have that whole argument with my fa So I, and look and me here, I, I do this every day and this is my work and I still learn, right?

Amanda's, I like, I look at Amanda, I'm like, I wanna be like Amanda when I wrote I mean, look, I finally found a good deodorant after trying to keep million deodorants that irritate me, so I'm gonna get, but I just recently, I mean, I was using non-toxic stuff, but then I went the extra step and started using a branch basics, which I really love.

We talked about that in another, and they have everything, right? The district detergent, the laundry detergent. , but it, the hardest thing was, is my, to get my kids to get away from the, they're like, we just want the downy, smelly stuff. And I'm like, **if it smells, if it's got that fragrance, it's affecting your liver.**

Yeah. Well, lo and behold, and I'm not divulging too much, but there's, my girls are having hormonal issues right now and I love them. I'm like, you gotta clean up your act here. And I, and, and we've got a detox, you and **part of detox. Is getting rid of all that toxic garbage.**

AMANDA: **But how lucky are we to be mindful of it now?** And we see these brands that are really stepping up. Yes. And providing these type of products for us. You just have to go outta your way to seek it. That's the part that makes it challenging.

MICHELLE But if you want it bad enough, you find it. Absolutely. And the good thing is, is that everybody's watching. So once you Google it once it shows right.

MERYL: And listen, and **this is why we're creating community,** right? Because we want people to be listening and saying, Yeah. You know what? **They've done their due diligence. We trust them because they've done it.** It's not like we're just throwing things to the wind and saying, oh, we'll do this cuz we think it's good.

Or some influencer. Yeah. Right. You know, like, whatever. So I think that that's, that's pretty important. All right. Who's next? What other topic do we wanna touch on?

AMANDA: I, I'll say I, **I noticed a trend in confusion around like food and what to eat,** right? There's like a hundred different dietary theories out there and everyone shows up like, I wanna do the ketogenic diet.

I wanna do **they come in with their mindset on a specific diet. But I think What is most important is just getting back to the basics, like eating real whole food.** , like starting there, cutting out the processed food, drinking more water. You know, like the basics. We've really lost touch with what that is and what real whole food is.

Yes. You know, and I think **there's so much confusion around what diet they should be on and really you fine tune that as you go through our, our program,** right? **Where you're doing specific testing to see mm-hmm. and then you can tailor it to the individual.** But I think just in, in general, there's so much confusion around the topic.



MERYL: Well, right. And that brings me, so I kind of wanna bring Jill into that part of the conversation cuz you were saying right. Again, people come in here with the idea that we're gonna change around their whole life, change everything about their diet, do it in one fell swoop and, and oh, and they're gonna be fixed and they're gonna lose 20 pounds in a month.

Right? Right. And that's not how our bodies work. That's not how this process works at all. And. . One thing that you said was, and I think the other part is **people come in thinking they need to be deprived and starved**. Right? That they have to be on this restrictive diet in order to have success.

**and that's part of the confusion with what diet culture puts out there**. Yeah. Right. Because diet culture says, well, I need to be restricted. And I, and, and so not only does it create the confusion, now we're looking at all kinds of disordered eating behaviors, right? And so it sets that whole snowball effect.

But Jill, I want you to, to talk about, you just mentioned something about a client who was feeling so good and, and talk about

JILL: it's not just one client. It's since I've been coaching it, I have several clients, well, most of my clients, **after two or three weeks, I'm hearing how much energy they have**.

They have so much more energy. A couple clients, they don't have to nap anymore. . And then I have clients who are telling, **I can't believe I'm losing weight and I don't feel deprived**. Right. And they're, and they're eating food and they're eating real food and they're cooking real hearty meals and they feel great.

And it's, that is the common thing that I'm seeing right now.

MICHELLE: It's also like **taking the numbers out of it** like, they're, maybe they're used to counting calories, counting points, micro, micro, macro, all that other, all that ,all that other stuff that they're so used to counting. Now it's like sort of like, Like a relief.

Like, oh, I can eat these things that I really like. I can eat carbs.

And I'm losing weight. Oh my gosh. I don't have to weigh my food and plug all the numbers into my house. Yeah. It's freeing, right?

JILL: It is freeing. Yes. And, and we're seeing, since I've been coaching, I'm just seeing such great success and people are very happy and they feel great, right?