

MERYL: Welcome back everybody to the rebel nutritionist podcast today I am really super excited to have Elise Wagner on and Elise and I met like a year ago at IFM and Like I felt we we had an instant connection. We were talking we were talking through the lectures We had it, you know move.

It was very funny, but — So excited to have you on Elise. Welcome

ELYSE: Thanks for having me. I'm excited to be here too. And yeah, when you, when you have that connection with someone, it's, it's so fun, isn't it? And I feel like when we got on, it's like we haven't left, you know, we didn't say, —yeah.

Talk about bending time. It feels like, Oh, okay. We just pick up, let's go.

MERYL: I love that. I love that. Right. But that's the amazing thing about energy between people. And you know, you, you know, you're in the right room with the right energy. I mean, I wish we were in a room together. That would be great next time. But, —

Yes, but Happened. am, so I want to congratulate you on your own, uh, — brand, your own, you're building this **a nourished life.**

It's amazing. And. Your planner that I have and have been working on. — kudos to you on bringing this, uh, project to life. ———

ELYSE: Yeah, it's like having a, another kid. —Right. Absolutely, is like its own kid in and of itself.

MERYL: Absolutely. So, so talk about your journey a little bit. In terms of like what, you know, we all have, I think that's what I love so much about this functional, integrative, holistic world is that we all come with a story of our own healing journey, right? Or our own journey of how do we continue on this trajectory then bringing people along so that we can help heal them.

Right. And so what is your, journey. What has your journey been thus far? Because I know there's way more to go. ———

ELYSE: Oh yeah. We're, we're on the journey. We're on the path. And you know, that's the fun thing is that we're all on a path to wellbeing, you know, and, you know, There's many different routes and ways and, uh, to get up the mountain I call it and then once you get to one peak, oh, you know, there's another one over there, right? —

Uh, **fortunately I've had a lot of experience with climbing my own mountain to wellbeing and so I. I get it. Um, and my journey started when I was really young when I was 13 years old, I was overweight, 50 pounds overweight,** I ate the standard American diet, you name it, anything that had, you know, cheese, bread, — that lovely golden arch, arches on it, you know, had my name all over it.

And what was really interesting now that I can look back and see, uh, is that I was, it wasn't eating all of that stuff, uh, — you know, just because I was hungry for it. Um, that was certainly a piece of it. There was definitely some mental and emotional aspects of it as well, but at the time I didn't really know it.

So, um, **I remember at 13 years old, — You know, being taunted and made fun of as obese Elise.** I never knew you could rhyme my name, but hello.

you know, I'm kids get really creative and instead of allowing that to define me and for me to take that on, know, how turned it inside. And I asked the question within me.

I'm like, well, at ask, you know, what's, Hey, what's wrong with me? Why do I look this way? Why do I feel this way?

But it really prompted this curiosity. And I went to my mom, who's always been my biggest supporter. And she still is to this day. And **I said, I don't like the way I look or feel, — and I want to change and I need help** and looking back at that, I mean, I have a daughter, I don't know, we could You know, anyone else listening, if you have kiddos, if they come to you and they say that, I mean, I also said, like, I know if I don't change this, we're going to go down a pretty bad path.

I mean, I don't know what that looked like, but, um, **I was definitely depressed. I was not feeling good. And so my mom, um, looked around to see, you know, who can work with me, who could help me. And at that time, this is like Y2K 2000, — none of the registered dietitians could, would, would work with, uh, an adolescent for liability issues.**

So we saw a holistic nutritionist. And really at that time, She was taking a quote unquote functional medicine root cause approach and I met with her. We spent about two and a half hours together. She asked me a ton of questions, not just about food, but about my relationships and um, my thoughts as well.

I mean, and so we went deep. And. At the end, it was a very collaborative process. She, we, we co created a plan together and I was ready. I mean, so when we look at readiness to change and changing behaviors, and I look back, I was ready, I was confident because I had the support, um, and it was important to me to make a shift and change, and now I had no idea. Like, am I going to change? Is anything going to change if I do this or not? So it just kind of had to take a leap of faith and trust. — **And within two months. — Well, there was some serious change. I lost about — 50 pounds and there was no calorie counting. There was no dieting. This was all about an eating lifestyle** and a lifestyle is going to fit, you know, my needs, my preferences and all of that.

And so, — yeah, this weight just like pop, like I just shrunk. And I literally said, Holy guacamole food is medicine. And I want to share this message with the world. I was so, — and still **I'm like in awe and so inspired of, whoa, we can feel so much better just by the, the small, sometimes almost, um, insignificant, but they, but it is really significant choices that we make with our food** every time we pick up.

Our fork or spoon or, you know, whatever we are drinking. And so — I wanted to, you know, everyone to know this while I was 13 years old, who, who's really going to listen to me, but I really started this journey. And, um, I was also ignited by this other question because it's like, okay, I realized this food is medicine, but I also realized like, wait a second.

And this is in the year 2000 now, you know, 20, For years going, uh, past this. I mean, — we have more information than we even know what to do with. — And we're, we are still a very sick nation on a lot of levels, mentally and emotionally and physically. Um, — and I still wonder, like, Oh my gosh, **we have so much information.**

Why are we not implementing? Why are we not making those shifts and those changes? And so — that's really been the, the fire that's keeping me going and trying to make — wellbeing accessible. None, not so esoteric and like out there and like having practical tools, like, like, you know, what you're holding in your hand and what you're using on a daily basis so that you can start to cultivate that in your own life from within.

I, so, you know, and fast forward, I, um, — decided, okay, I want to be, become a nutritionist. I did my undergrad in nutrition and nutritional sciences and dietetics. I'm a nutritionist. I'm a nutritionist. And realized, you know, wow, health, well being, it's so much more than just food.

And I was really into the behaviors and the psychology.

And so I did a dual master's in holistic nutrition and, and clinical health psychology. And, um, and that's where I got really sick again, uh, about 12 years after that. Um, and I finally got a **diagnosis of celiac disease, autoimmune disorder.** — And I remember like, you know, standing in my apartment, I was living in Seattle, Washington, and like drinking a smoothie because that's the only thing I could down at the time, um, that would not like inflame me and make me blow up.

Like I was 6 months pregnant — and, um, — I, you know, I was dealing with. — Obviously the inflammatory issues that come with autism diseases, I was dealing with leaky gut, leaky brain. I was dealing with body dysmorphia, — um, you know, cause my body looked very different after I would eat anything. And then there was a whole healing process and journey. And, um, I realized, okay, I've got a lot of education and information. I've made behavior changes before. — And if I'm struggling with this, — I can't even imagine what other people are struggling with. And I don't want people to struggle. — It's, it's painful. And, — and it causes for a long rocky road takes, you know, time.

Our bodies don't just, Swing back, like I think we expect them to sometimes. Um, so that's really, um, always been at the core and the heart of who I am and what I do is, is really helping people to tap in, um, to their own inner wisdom. I've never been one to say like, do this or do that or give advice or whatever.

It's like, — you know, **you're the expert of your own life. And, uh, — And it's time to take some ownership and responsibility for your, your wellbeing.** I mean, I, I really believe that. So, yeah, so it has been a journey and, and, and this is where it's led us today. Um, and, um, just, yeah, that's a little bit about me in a nutshell. _____

MERYL: to have that kind of awareness of yourself, first of all, to say it and articulate it the way you did. But to also **recognize the deeper meaning like food is medicine that it's not just oh, I'm Doing this plan for x number of months to lose weight that there's so much depth beyond that and so You know how that was pretty profound of you and pretty mature at 13 to do that.**

So, you know, You were destined for this journey —

ELYSE: So I look back and I'm like, wow, okay. Everything is like little breadcrumbs. Everything kind of was leading up to that. And, um, — yeah, I mean, I think that's, yeah, that's definitely one area I mature in for sure, — certainly others that I, I've got work to do. Um, but yeah, it was, um, I'm very grateful for those experiences.

You know, those, those were, those, Some of those things that were said and, and some of the things that were done were certainly hurtful, um, but I always am one to say like, okay, our **wounds become our wisdom, our pain become our purpose. And so I just. Like to kind of transform that energy and to fuel for, for positivity.**

Let's turn this into the most positive thing we can, um, so that we can serve others and help others. So,

MERYL: so tell us a little bit what does besides having this amazing journal and you know doing that What does a nourish life? What is your intention and your vision for this? And then how do people, you know, what are, what are people doing? How are they engaging with you to understand, you know, what, what you're offering, right?

What you are providing for people. —

ELYSE: yeah, so it's interesting because like a nourished life, what does that really look like? What does that really mean? And I, I. — **I think nourishment can mean so many different things to different people on so many different levels.** And really a lot of it is part of, that's, that's part of the questions that as you go through it.

So — **on a logistical level, a nourish life is a, it's a 12 week program.** — It's three months. That is really, um, — uh, a journey that guides you to doing a lot of things. **One is Really identifying and understanding your values — and lead first doing that so that you can lead from your values, um, and create wellbeing from your values.**

I think a lot of us, myself included, before I really started living this way, You know, we look at how we were brought up. Um, there's a lot of stuff coming at us all the time. Um, people and places and — messages that we're getting all over the place, social media, the magazines, you know, TV, all that, and that imprints on us. —

And so. This is, **this program is really a philosophy. It's a way of life. It's a way of thinking about our wellbeing. It's about a way of tapping to our, into our inner well, this wisdom that we have, that's available to us 24, seven, three 65** that, um, we're not necessarily, unless you grew up in like a family with maybe like a guru or something — necessarily taught that, you know, all. I mean, not at all. right.

So we've got to get it from somewhere. And so. Um, I feel like, okay, well, I've had these experiences and, and so perhaps maybe I'm one person to start, start teaching this and getting this work out into the world. So, uh, it's about understanding your values and living by your values. **And it's also about learning what are the beliefs that are running the show.**

I talk a lot about, you know, You're very familiar. And those of you listening like root cause medicine, well, **this is a root cause approach to wellbeing, mental and emotional.** And when we look at, go up to the root cause, a lot of people think, Oh, it's just around thoughts and beliefs and changing those things.

And that is a hundred percent true. But with this approach and a nourished life, We go even deeper. We go up to the roots, which are our values. And we start to shift those and change those. And then everything else starts to shift downstream. If you will.

So, I would say like, yes, in a, in a nutshell, it is a holistic approach at looking at your. Entire life from a mental, emotional, physical, and even a spiritual space as well, and creating a life that really nourishes you, uh, from the inside out. —

MERYL: Yeah. I think that's phenomenal. And you know, look, we, we talk the same language we speak, right? I do it a little more with when I say root cause mine is literally physiologic,

right? We're talking same thing. We, we address the pillars of health. You know, there is always that overlap. We've got to have that mental, emotional, and we've got to address right.

Our belief system. And what, what is the store? I always say, what's the story we've been told. — And how do we perpetuate, right? That story. — So one of the things I loved about, you know, I mean, I, I love watching your Instagram, but you had a really vulnerable post the other day, um, that you were like, you know, that you were running late, you got up late, whatever it was, you were kind of not, — you called it in integrity with your values, you know, with your kids, you were, you were not, you know, whatever you were raising your voice and. — And yet, you know, you **took that moment to stop and go, Whoa, wait, what am I doing? Right? It was like that, that check yourself thing.** — Um, and, and you're, you're aware, I'm aware, right? We, we're very aware of ourselves and, and, you know, we, we're doing this work, right? How do we really get people? To stop. I feel like, you know, we're just that it's like, it's like that road rage and it the road rage incidents, right?

You know, you're on the highway, something happens and you just that adrenaline kicks in and you're just in fight or flight and you just want to kill someone. unfortunately, they do it. Right. But, but it's like this automatic. How do we, what are 1 of what is 1 thing? Because I feel like so many people get stuck in that. In that cycle of I just, you know, it's, **it's that spiral, like I'm starting in a negative way and spiral, spiral, spiral, you know, how do you catch yourself?**

ELYSE: Well, I'll say, I'll say this. Not probably not a super popular, uh, opinion, but, um, or you probably don't want to hear this, I guess I should say it that way is — it's practice. — It's, **it is a practice just like anything else.** You want to learn how to play the piano? You got to practice. You want to learn how to ride a bike?

You got to practice. I mean, **you want to learn how to control your emotions and your thoughts. You've got to practice those things.** And you know, if we look downstream at, so like, okay, **if our values are up here, we know our values precede our beliefs and our beliefs precede our thoughts. Our thoughts precede our feelings.** —

Our feelings are always connected to needs. — Sometimes unmet needs, right? What are you really needing in that situation? And those, um, feelings, you know, those feelings typically drive our results, our behaviors, which get our results. And so, it's like at any moment you can kind of pause. And I think that's kind of the message here is — **getting really good at pausing.**

I actually have a necklace. I'm not wearing it today. Right now. I'm wearing this. Uh, it's like, hope. Oh, necklace. Yeah. But, um, I have, I have a necklace that is like a little pause button. And so in that moment, you know, I've gotten really good at it. Just practicing like, wait, I got to pause here. Like, — who,

who am I being right now? And is that aligned with, you know, Who I am wanting to, to become my, the ideal ish, you know, self of, of what I say. And we're not striving here for perfection. That's totally not the goal. It's just progress. — And I think there's some really amazing lessons in here. I don't know about you. I mean, uh, I grew up with a, um, you know, very authoritarian dad.

Who would just, you know, yell at me, same thing. I wonder where I got it from. Right. They — fall far from the tree. And so it's like **unlearning and being willing. I think that's a huge, I want to underscore like the willingness piece, being willing to, to, to reflect and to be**

kind of an observer of your behaviors and how you're, Acting and responding and, um, and also like wondering, gosh, how, how, where is this coming from?

Where did this come from? And so like, I, I know right away where it came from. Right. And so then it's like, wait, do I want to, to keep, you know, behaving like that and acting **every moment of your life, you have a choice to make. And so that's where I go like towards, well, what's the most next. Nourishing or I don't like to use words like good or bad and put like a more, you know, put morale around it.**

But like, what's the most nourishing, most loving, most joyful next. Next thought or next action or next thing you could do, you know, and in that moment with my daughter, — you know, this is something I'm kind of looking at, like how my past and like how my, my dad, you know, would respond. Right. And, and he would just — blow up and then walk away.

And it's like, Oh, cool. Okay. And so there was nothing really said about it. And so instead it's like, well, I don't want that to happen. Cause I know that that didn't make me feel good and all that kind of stuff. **So with my daughter, when that happened, it's like, Hey, — let's pause for a second. I want to talk about this and I want to apologize to you.**

That wasn't, you know, and, and we make mistakes too. And so, um, I just think normalizing that and that. You know, we're all growing. I mean, even though we're grown ups, whatever that means, we're still all growing, right? **We're on this path to, to, to growing and evolving and, um, and on learning and breaking some of those cycles** and, you know,

MERYL: Oh, yeah. And I think having that awareness, — you said, you know, I think it's so profound. And when, you know, when we work with people and I say it literally is, and you had met right these teeny, teeny, tiny steps. It's funny. One of the coaches that we work with, sherry Colton, who's phenomenal, you know, in this work in the mindset work and the beliefs and all of that. She has a saying. She's like, **We're not going from A to B, we're going from A to A and a half.** —

Oh, I love that.

and, you know, and I think it gives people the pause of like, you know, and, and we all, you know, there's no A, we made up the A and she made up the A and a half, but right. It is that minute and it is that small and being able. To flip that and go, okay, like you said, what am I needing in this moment? What is this teaching me? What is this allowing me to reflect on in that moment of, of when you, all of us, you know, when, when it could go one way or the other.

Right. And that we take a moment to say, oh, okay, wait, where, where do I want this to go? And, you know, I almost think about it like, ———— And I know we've all had this happen, right? You're getting ready in the morning and I remember, you know, I was making a smoothie, right? And you're rushing around. — The top wasn't quite right on the smoothie container, right? And stuff falls all over. And you're like, Oh my God, now I'm going to be late, right?

And now everything just kind of cascades from there. And I remember just saying in the moment rather than going, Oh, this is how my day is going to be right. Like, Oh, what else is going to happen? Right. We, we generally do that as humans, right. It's like, Oh, wait for the other shoe to drop. — all right, I'm going to clean this up.

Take a deep breath. What, what do I want to vision? This is just because I was running right. It's when I take a moment to not get caught up in — the story of what that was or whatever I'm making it about, or, you know, — It was okay. ————

ELYSE: I love that. It's like you befriended the, — the moment in a, in a way to transcend it. ——— Yeah. That's so powerful. Cause a lot of times we just want to be like, Oh, you know, — I don't want that to happen. And let's just, but wait a second.

MERYL: I mean, **it was really about reframing the energy because I knew if I went out and I was upset and I was putting out that negative energy, that's what was going to come back to me.** And I, and I think that we don't recognize that. I think there's so much. And I think what I love about the work that you're doing is it does give us that pause and that moment, you know, you're focusing on that too, to stop and recognize. The behavior that we don't want to perpetuate. And I think that's so important. You know, Joe Dispenza talks about that, right? What are memories their behaviors of, you know, and and so if you want to change your programming, you've got to change the behavior. From what it's like, right? You can't cut and paste.

Otherwise you're repeating the same things that you don't want to repeating. It's like cut, paste, cut, paste.

ELYSE: Yeah, and it becomes so, um, ——— **the pathways are, are so ingrained, the neuronal pathway. So that's where we get this just like reaction go from zero to 60** and. To have some patience to have a little bit of grace with ourselves to be like, okay, this is a new thing. Just like, you know, um, a few — years ago or a year and a half ago, I decided I'm going to get some roller skates, like insert roller skating.

And I don't know, the last time I roller skated, I was really like eight or something, you know, but it was a new thing to like, to challenge myself. And I had, literally just started out by like starting by my driveway and just going like halfway down the driveway. And then, you know, I worked my way up slowly, slowly, slowly.

And I think we need to have that same, a similar mindset with shifting our energy, shifting our thoughts, our beliefs, and those behaviors in the moment. It's just, it's like that go slow to go fast. — Because once you get it and once you can kind of identify, okay, here's what I'm doing. Don't want to necessarily be doing that or saying that or thinking that now I want to shift it. What do I want to shift it? I mean, we have to get granular about this stuff. I love doing that. That's so fun for me. Um, and **then when people get it, it's, it's good. Because then it just becomes new tracks and you can kind of run on those and speed up the pace.** So it's awesome.

MERYL: Yeah. And you know, and I, and, and, and along the lines of that, **I think when we talk about getting granular, it's with the food too, and what people, take the time to learn about creating a food foundation.** It's not just — follow X grams of protein and X grams of, you know, everybody's doing the macros and stuff like that.

It's, you know, **what also resonates that's going to nourish your body. You know, we don't talk about nourishment when it comes to food ever.** I mean that we talk about that all the

time. It's like ad nauseum. You know, I, when I say to people, We're going to come up with some recommendations of what your food foundation can look like.

But first and foremost, it is about nourishment and what does that look like? And so, and you know, that's everything that you're about, but I feel like, um, and especially now, you know, with all of the Ozempic stuff and we're doing a whole other podcast on that, and we can probably talk about that. Right.

But when you, you know, we're 13 and you said, okay, well, we didn't do the calorie counting and we didn't do any of that. What was your experience? Like what did the holistic nutritionist have you do?

ELYSE: So really good question. A couple things. We. — **We did a little bit of a 180. Um, so by that, I mean, we went from processed foods – to whole real foods. — And so that was like really the foundation was if it's a whole food, go for it.** — And, you know, and, and we didn't get it. I mean, there's levels to this thing.

So we were not until like the pasture raised the grass fed the. We weren't there yet. We were just like, let's just start here. Let's get out the pop or the soda, you know, wherever you're from. Uh, the cookies, the Doritos, the Cheetos, the Pringles. All that jazz. Uh, and let's put in some more whole real foods and, you know, so came up with some different meals around that and ideas because, and **this was really a whole family approach because, you know, I was 13. I wasn't out going grocery shopping and buying my own food. So my parents had to get really bought into it.** Uh, and I can share another really fun, uh, example about that and what changed with my dad, which is really interesting. But I'll say that for a second.

Um, so we did that really just basic in that sense of process fruits out, whole real foods in, and then she taught me something that has really stuck with me that probably I was like, — Probably really leaned, helped me to lean more into the, um, I would say intuitive side of eating and food.

She said, you know, we're gonna, **I want you to eat and then I want you to really kind of tap in with to yourself and how you're feeling after you eat certain foods,** love that. Yeah. —

I got really good at tapping into a — lot of things. **How hungry am I? Does this food make me feel groggy, tired, um, crabby, you know, nasty after I eat it?**

Or does it make me feel lighter and brighter and more energized? And like, I want to go and do things or, you know, and so getting really in tune with that. **And that to me was all about turning down the external noise, which was hard to do because I was 13, um, moving in from like, you know, middle school to high school.**

And so there's, you know, friend groups and there's people and you know, you're in the, and I gotta be honest with you, I'll be, I'll be really real with you. You know, I ended up eating lunch by myself a lot in the library. And the reason was, you know, I wasn't eating what everyone else was eating. And that was different.

That was weird. And I think it takes some chutzpah to, to do something different, to do what not, you know, to have the results of 5%, you know, this, this health success, you've got to do what 95 percent of the people are not willing to do.

MERYL: love that. — And a good, I'm stealing that.

ELYSE: Thanks. Yes, go for it. Because I had this — insanely profound impact because of food is, **there was no way in hell I was going to allow — popularity or this or that to get in the way of my health. I mean, that became my number one value. And I had to stand by that.** And, you know, if you know me, I'm, I'm loyal to a tea. — I will stand behind those, uh, that value of, of health and wellbeing and what that looks like and defined by me. And so, yeah, I ate in the lunchroom all by myself. I mean, — at that time I was eating gluten.

I was having like Ezekiel bread, you know, sprouted grain bread, almond butter, you know, seaweed, all this. And so, yeah, it was different, right. It was different. But, um, **So I would say those are, those are the two main things that we did as whole row foods and started to get really in tune with, you know, what's feeling good, what's not feeling good.**

And so I, I gained, you know, a lot of inner awareness of. Okay. Corn affects me this way or dairy affects me this way. Well, let's maybe, you know, again, **not from this restrictive point of view, but like, maybe let's just take those out for a little bit and let's see how your body responds. How does your body talk to you and listen to you?**

So it became a much more like intuitive approach. Yeah.

MERYL: is so important. I, really, almost want to rewind that and play that back three or four times. Like I want people to really hear that because **this is really, it is the foundation. How do foods make you feel? Right. And, but, but more importantly, the real food, real unprocessed food.** If we could just get people to, to start with that and then tune into how does this make me feel? — You know, Yeah.

solve so many problems, right? I mean, we, you said in the beginning. We have all of this at our fingertips. We have so much more information. We've got research. **We've got all of this technology at our fingertips, and we have never been sicker, more unhealthy, and we're seeing it younger ages.**

You know, I can't tell you how many young kids I have coming in who are pre diabetic. I've got some as young as 13 that are diabetic because of this, right? And so. horrible. It's horrible, right? And then the mental emotional stuff that comes along with all of that or precedes it or You know, it really is —

So I feel like yeah just tuning into You know, eating real food, how does it make me feel and stopping long enough to, to make that connection for people I think is so important. And, um, but, but it's no different than, you know, okay, well, **I need to stop long enough to take care, you know, to, to recognize my values.** And the problem is, is — **society just does not embrace, our culture does not embrace — hold on and pause.** It's just — go, go, go. And you know, we're feeding ourselves on adrenaline and coffee and chocolate and sugar because everybody's so tired. —

ELYSE: I know. I know. I know. I think we all need — a pause button. You know, we all need to just like take a break and, um, and, and whatever that looks like, you know, in your life, I, I try to

make these things accessible and doable and realistic and practical. And so like, the question would be like, **what does a pause?**

Look like in your life — and it doesn't need to be this whole, like, I mean, sure, if you want to, and you can, you know, take a vacation, that's great. I don't know about you. When I take vacations, I feel like I need a vacation from that. ————— But so my whole thing is a nourished life. It's like **you are living this life.**

It is a life. It is not just. — a moment in time. I mean, it is strung together, but how can you make this more of a lifestyle for you instead of just, Oh, I'm going to do this. Didn't really work. So I'm onto the next thing. Yes. And it's like, you have a little bit of this, um, — you know, the shiny object syndrome that's everywhere.

And we wonder, well, why things are not actually. Um, Sticking.

working for us are clicking and I have a little bit of a theory and because I've realized that in my own life, um, and I call them vitamins different than nutritional items that are more like **self leadership vitamins or nourishment, which is vitamin C and D and that stands for consistency.**

Discipline not from the punishment standpoint, but discipline from — how, how can I stay disciplined like one of the disciplines I have, or it's really just a habit now, uh, or whatever you want to call it, that you can change the name if it's, if you don't like that name, but, um, you know, it's making my bed every morning.

I got to make my bed. You know, I just have to do it. But before that, I, I've got my little routine down. And if some days I wake up late, like that one morning, — you know, I'm still running that routine because of the why. And I think that's a third, um, point I would add to that. What, why, um, that's one of the questions I remember my new Carol and she's still my nutritionist to this day, Carol.

she said, you know, why, **why does any of this matter? Why is this important to you? And, you know, when you look in the lifestyle and self care journal, there's questions that say, okay, what's your goal for this part of your lifestyle?** Whatever it is, if it's, um, the career part or the health part, and then it's **the question underneath this, why does that matter to you?**

MERYL: So, me a long time to, I spent some time with that. I'm like, what is the why

ELYSE: Oh, you did. I'm so glad that you, yes. And sometimes it takes a time, some time to get to the core and to the root of like, why are we really doing this? You know? And back **when I was 13, when she first asked me that question, it was like, I want to lose weight. That was the, the initial response, which I'm sure you hear that a lot.**

I just, I just want to lose the weight, but why let's keep digging. Why does that really matter to you? You're going to lose weight. So you can, you know, and for me, it's like, I just want to feel good. I want to wake up and just feel alive and good and energized. And so that now, you know, we can do our purpose, right.

What we're here to do in this world.

MERYL: Yeah. And, and, you know, that's one of the things, I mean, as you know, Amanda went through that amazing coaching program, uh, right. It is, we do, I mean, even before that, right. But asking the why and the why is never just weight loss. And we, we do have our clients really think, — is your why? And then what is your vision?

And, you know, For yourself and your health. And, and, you know, one of the things that I think, um, you know, with the consistency, I love that the consistency and the discipline, I talk about that all the time, right? It's like, I am so ridiculously consistent, but people always say, I want to do what you want to do.

I'm like, all right, come hang out with me. And it's kind of boring because I do the same thing, you know,

I am doing my lemon water and I'm doing it right and I'm and I am at the gym and like, you know, if someone wanted to stop me, it'd be pretty damn easy. Yeah, **doing the journaling and doing the meditating for me has become non-negotiable because it allows me to set myself up and and still hold on to those values, right? And hold on to the things that I want to maintain and that are purpose driven in my life.** And so, you know, You know,

one of the things that I think comes that we hear about so often, all, you know, every day, right. Is I always say, you know, you and I have done, have come to this place because you and I have, uh, we have a story, right. We have a story. I had cancer. You have, you know, you dealt with, with your weight loss, I mean, weight issue, and then you had the celiac, right. We, and everybody has some, something where nobody gets out of this life without, you know, something. How do we. Encourage people to use that more preventatively. You know, like I always say to people, look, I do this work because I don't want anybody to hear the word cancer, right? Nobody that I know and love should ever be diagnosed with cancer. And that translates to the people that I work with, too. And it's not just cancer. It's any chronic disease. Yet, you know, how many people do you meet who have an ache, who have a pain, who have a We call it the whispers, right? Those body whispers. And I say, you know, this is your body whispering. And when it gets to a roar, that's tough, right? That's a tough place because it's either a chronic disease.

You've got cancer. You've got some kind of immune disease. You've got something. And, you know, then they look at me and go, I wish I would have done that. And I wish I would have done this. Like, — I think even the work in the vet, like all of this work that you do, it would lead someone to live such a preventative life yet.

We don't embrace that, right? We embrace the, let me just wait until I beat myself up and get sick. — know, what is, how do you, uh, yeah. What's your thoughts on that?

ELYSE: I have a couple thoughts and I want to back up too because I want to underscore a few things you said. You said like those are your non negotiables and **I just want to underscore that like self care is a non negotiable at this point.** We've been taught and we're told by society and constantly reminded that self care is selfish and Don't do it and put everyone else first besides you.

And it's like this, **it really is a paradigm shift, you know, of we put our self care last and we've got to, to turn it upside down.** And so it's, I think a lot of it is, is a way of, of thinking and being in the world, but it first comes with a decision and a choice of, you know, looking at.

Your life and how you get to design this, you have this beautiful canvas in front of you and you get to live it.

However you want to live that out. And so what does that look like? — And kind of almost reverse engineering. This might sound a little morbid, but a couple of years ago, I went on a little retreat just by myself, me, myself, and I, and, uh, I was at a spa and I actually wrote my eulogy.

—

Yeah. Okay. —

I wrote it. I was like, I want to not like, this is who I am.

This is what I want to have stood for in my life. This is the gift that I want to give to the world.

And, um, that really created a lot of meaning and purpose for me. So I could reverse engineer it. that, yeah. — Yeah. Yeah.

I mean, that's something we want to talk about, right? All the,

MERYL: know, I feel like, **because then when you do that, it's almost like the minutiae of the shit that we worry about goes away.** You know, like I'm thinking about a few clients that, you know, they can't even get out of their own own way, and I don't mean that in a negative way. Like, **they're so stuck in their story and they're so, so stuck in that.** — **Loop that negative loop of whatever they've been told,** right? Whether they it's a trauma from very young, you know, I was not good enough. I was right. That whole enough thing. I mean, I can't tell you how many women and men, but I will tell you women more.

So right of the you're not enough or you're not this, you're not smart enough or you're different, whatever, right? Or and you know, in their fifties, they're still not able to shake that enough. — get beyond, **I need to take care of me and I owe myself and I deserve — to take care of me.** So I feel like, you know what, you go write your eulogy and, and — like, okay, I got it. I got work to do here.

ELYSE: well, it's so interesting. I want to like hop in here because it's, it's, — You know, you talked about like the woman who is stuck in this belief of I'm not enough. And so that starts, you know, she starts living that out

Yes. Yes.

That starts coming out in how we talk, — in the thoughts that we think, in the food that we choose.

And how we choose to move our body or not move our body. You know, we know we should be probably, I hate that word should, but, uh, for lack of a better word, we, you know, if we have the choice, like when to go outside and be in nature and be in the sunshine and all that, our, Most people would opt to sit on their couch and binge watch Netflix with a bag of chips because it's easier and it also perpetuates that same cycle, you know, so it's, um, but again, the choice is always up to you.

And 1 of the things that why I get really revved up about it, and I love being in this energy space with you because I just know you are someone of integrity and you walk your talk and you live it. And you've, because you've been to that space. I've been to that space where I haven't had my health and you have a purpose here.

We all have a, if we are here and breathing, we have a purpose. **And so if I'm not able to do my purpose and like live that out and sing my song and give that gift to the world. And if**

you're not able to do that, then that dies within us. And — what good were we, what good were we for the world? I don't, it's like, well, we have these beautiful gifts to give.

We're here to give them. But I also believe we're here to do it in a space where we feel — our most healthy and happiest, you know, self. And that truly is a gift in and of itself to give to ourselves.

MERYL: Absolutely. Right. We have that to feel that gratitude. Like I, you know, it's funny. I, um, so I'm growing this like tower garden thing. I'm so excited. — So I pulled out a big bok choy. I was growing this bok choy and I cooked it and my daughters were over and we, and they're like, this is like the best bok choy you ever made.

And I said, that's because I grew it out of the garden and there's a lot of love in that bok choy.

I was going to say, tell me, did you talk to it every day? Did you give it? I

I'm like, oh, you're looking, you know, I went and I had to go out this morning. My basil's looking a little sad. I'm like, what do I need to do for you? You know, tell me — please water me. But, um, you know, but it, it is, you know, energy is in so many forms and, and it was really more about the gratitude of being able to grow my own food and, and cultivate it and enjoy it and eat it, you know, and, and taking that moment to reflect in that and go. — Wow, I'm so lucky, you know, and I feel like that's part of, right, the purpose is where's our gratitude to be able to serve and to be able to do those things, too. —

ELYSE: want to talk to you about gratitude first. I was joking. I was, so I totally believe like, you know, We all need our own. We all need our own support. Right? So I've got a nutritionist. I've got a therapist, all that, you know, got my people supporting me from the health side of things. And so I was joking with my therapist. —

And I said, Oh, you know, Susan, I, I was micro dosing the other day and she goes, You know, she just couldn't believe it. What do you mean you're micro? What is that? You know, I don't drink I don't you know partake things and I said, oh don't don't get all crazy. Don't get all wild I said I was micro dosing on gratitude She's like, oh, we just had the best laugh and I said no really it's so um It's so fun.

And actually **it's one of the ways that gets me into a space of awe right away, you know, and I almost I like — I can almost like envision myself like You Prancing around, walking around my house. Like I've got this little, you know, invisible basket of like gratitude** that I just get to like, — so grateful. So grateful for whatever it is, my feet, you know, I can stand on my feet.

I have legs that can help me walk. I've got eyes that I can see. I have this beautiful, you know, — some people may think it's beautiful voice, you know, right. So, uh, this, this power of gratitude. That is also very healing. And, um, also I think showing gratitude. I had someone I was speaking with the other day and, uh, she's, um, she's working with a functional medicine provider and she's got her health and all that set up from the mental emotional side.

Um, she's dealing with hypothyroidism and, and she has a goiter. And, uh, I said, you know, work with me here on this little bit different, going to slide something over to the table for you to think about. But have you ever thought about what is this here to teach you? — Have you ever shown it some gratitude?

It must be here for a reason. And I don't know about you when you were struggling or overcoming cancer with me and celiac disease and my autoimmune disorder and the way my body spoke to me. I mean, I was, I certainly, there was some very rough patches, but I also. Try to incorporate and weave in this gratitude of like, wow, you're speaking to me, like loudly, what do you need here? Holy cow.

Gratitude that our bodies can obviously, they're not going to converse when that'd be like you and I, but they do talk to us and we have to listen.

MERYL: That's yeah, that's why I say, you know, any symptom, anything that's going on physical that you can see that you can't, you know, it's like, Oh, what is this lesson here? What do I need to stop and pay attention to? And so, you know, and I think all of the, you know, and that's what I, I love about your journal and I love about the word it is, you know, you're just getting people to stop, take that mirror, turn it around and go, okay, you know, what do I need to give myself and what do I need to teach? And I think those, Yeah, like you said, like we weren't taught. — Any of this when we were younger, I mean, I'm, I'm, **you know, fortunate that I had, you know, I have three kids and we do have these dialogues and we do talk all the time and, you know, and, and cause I knew I didn't grow up with great communication from my family** and I didn't grow up, you know?

And so I was like, okay, what, what is my purpose in, in being a mother to them and really teaching them what they need to know. And, you know, and, and every day, you know, I'm grateful that I get a phone call from my daughters. Like, We haven't seen you come over for dinner. I was like, you know, hold, drop the phone, you know, like, right.

And, and that my son who's graduating med school wants to spend a weekend with just me — one on one time. Like, to me, nothing else compares to that. There is, like, I have done my duty in this world. really, because I still have a lot of healing to do for, you know, help others, but in terms of my own personal, right?

So the gratitude is like, overflows for that. And I, and, and you and I want that for other people too. And we want them to be able to take time to stop enough to do that.

ELYSE: Yeah. And I want people to know it's possible. It's total Yes.

her perspective. Possible. And, um, **even if it doesn't seem like it is, or you can't really see like a model of that, I think that's why it's so important for those of us who, you know, can be modeling** this out, you know, and, and there's no right or perfect, or, you know, you're going to find someone or something that will resonate with you and you can kind of.

Attached to and you might find some, you know, but to find those models in your life, I call them empowered models. You know, what, who can you kind of look to? And, um, I like the way they do that. Or I think I want to pull that out and we need more of that. And so that's why I just, I love this space and connecting with others, you know, especially you, because that's, you know, you got to really live it out.

You know, **I talk about like living in your values. Well, We've got to figure out what those really are, which ones are serving you, and then how can you really live that every day?** And I have a question for you. I mean what you talked about your planner and how you — you

know when you use it I'm curious two things like how do you feel once you are like — You know, working with it and you've, I don't know, maybe sat there and plan like the month, or at least you're part of your different self care or lifestyle for the month.

MERYL: Um, you know, I think it, it allowed me, um, because I actually put like words, you know, I had words on certain days, like, okay, here's my, my focus. And this is what I'm looking at. And, you know, where do I need to pivot on? And, and because I do such deep, like I really do this deep meditative manifesting, you know, energetic work. ————— I, it's really about building on that and what. And, and that **if I go to a negative place that I don't stay there nearly as long. Right. So like giving myself the grace** and writing that or, you know, and just sort of, it's like more like for me, it's like almost like a stream of consciousness, — you know, a little bit, like, here's what I did, but don't do not don't do, but right, okay, well, what do I want to work on or what's the next thing?

ELYSE: I love that. You know, — and that's one of the reasons why I, you know, people have asked me like, oh, **why is this, you know, paperback or whatever? And I said, you know, if that is very conscious, that's a very conscious decision, you know, we're so on our computers or on our phones every day. This gives you a little retreat back to yourself, whether you do it in the evening or in the morning or whatever time works for you.** But, um, to turn off the other things and to kind of get you into a little habit of like, just be with myself and my own thoughts and my own consciousness, um,

MERYL: I am that old school, you know, I take notes in meetings and I'm writing and I, you know, I, we, we've lost so much of that fine motor skill that we you need our hands for people always say, why do we have cognitive decline? Well, partially because nobody's using their fingers to do anything. —
Right? Like, nobody is like, even cooking, **cooking is a fine motor skill that literally connects to the brain.**

ELYSE: Yes. You're so, so right. Oh my God. I never like competed those two together, but that is so true. **That's why we got to get our kids back in the kitchen.**

MERYL: we got to get our kids right. And, and, but that's also why I like the journaling too, in a journal, in a paper, right, I can, I can write. So yeah, it's been, uh, it's Cool. Oh
okay, we probably need to wind this down, but I'm like, I feel like, okay, we're going to have to have a part two.

ELYSE: my gosh. This is so fun. I know. Um, so Talk about spending time. Yeah.

MERYL: Um, so a couple other things, right? I mean, we, we talked about values and vision, but you know, and you talk about that inner wisdom. And I think we talked about that, like, what is your body saying? And, and right. And, um, and, and because 1 of the other questions **does my health, uh, and well being bring me even more joint and purpose in my life?**

And I, I do want people to take that time to say, okay. is my health? — You know, what is, um, we have a, I, you know, I have a friend who, um, who, so it's my boyfriend's friend, right? Who had some kind of medical incident this week. And, um, and I've been saying to him, you know, you, you need to take care of yourself.

You need to be doing this. He works too much. He doesn't have enough self-care. You know, go, go, go, whatever. And so he had to take this time to. — in the hospital and take care of some stuff. And then he finally reaches out to me. Okay. I think I'm ready. Thank God it wasn't really horrible and he was, he'll be okay.

And, you know, but it's just, **I just wish people would be a little more proactive than they are. And I, I think it's, look, that's not our culture. — I wish it were.** Um, but can you just real quick in the last, you know, not real quick, but — know, how do you speak to that? Because I'm sure you see people in this work too, — right?

ELYSE: I'm glad you're kind of bringing this back up and, and because I think one of the best things that we can do, um, and it really is, — it comes out of, um, ——— you know, positive — psychology, um, it, it really is about, I think, pausing for a moment and asking the question — found that, um, Um, I, I'm not like an advice giver.

I was probably like the antithesis of a nutritionist. I mean, actually when I told people I was like a nutritionist and a therapist, they'd actually run the other way because they're like, they go analyze me and judge what I'm eating. Um, and I'm like, Oh no, no, no. That's just like that. say that to me too. Yeah. I can't eat in front of you. Oh my God. Oh

Oh, please. I'm not judging you.

yeah.

but the thing I think, um, is very important is, is this. I do have asking these open-ended questions and I, I don't know about you, but when I've been able to, it's easy. Cause **when we're outside of it, we can see the, we can see, we know the answer. Oh, you just got to do this and oh, dah, dah, dah.**

But sometimes when you're in it. — You're so in the weeds, you can't see what really needs to be done. But that questions, the right questions, I think the, the open ended questions where you're starting with what, or tell me a little bit more and you're allowing what you're doing right there is you're asking a question.

You're creating some space, some invisible space between you and that person. So instead of just saying you should do this, or you got to do this, — I mean, listen, we've been shit on more times than anyone, right? And so I think it's less about the shooting and more about the asking the questions and just saying, — what do you think is going on here?

I mean, you know, there's a million and one questions that you can ask in the moment. But what I found is that is what creates some really cool space. — Um, Where you can, — as the asker of the question, and this is where, **you know, we have coaches and what they, what they're so great about, uh, you know, you can hold space for people that is safe.**

That's nonjudgmental and they can now they have an opportunity. What I found in personal and professional, — like looking at my husband, it's like, — uh, you know, personal, professional, um, conversations and things like that, is that **people are then now able to step into their. Own. To take ownership, which is really what I stand for.**

Take ownership of and responsibility for your wellbeing. And part of that is, you know, we're so used to asking, — you know, Google, whatever, or, uh, — MD or, or reaching out to everyone else. And yes, there are people who have different knowledge and expertise. And at the end of the day, it comes back to like, well, yes.

And what are you able and willing to do right now to shift and take an inspired action step? So that would be my. **Even if you have to kind of coach yourself on it, ask yourself that kind of a question, like, Hmm, what do I need right now? Or, Hey, what's going on?**

MERYL: And that's, and that's amazing. And yeah, and that's why I, I, I'm so glad you're in this space, right? That people can reach out to you. I mean, that's what we do in our coaching, right? I mean, we, we are asking those questions and we're asking them to reflect and, — and asking those hard questions and asking them to, you know, yeah.

Are you willing to do this for yourself? We're just going to support and guide you and hold you accountable to it without judging you, right? Without judging you. So, um,

Yes. Oh, I love that. And sometimes that can be the hardest thing.
yeah. —

Thank you so much to everyone else. And you know, some people will take the shirt off their backs for everyone else, but they won't necessarily

Yeah.

first. — So. Yeah. —

my gosh. So thank you. Yeah, we could go on and on. Uh, we'll have to find time to do this again. But any last things that you want to share with our audience.

ELYSE: Oh gosh. I would just say, um, — **just keep moving forward on your health and wellbeing and just know that you do have this inner wisdom that's within you that you can tap inside.** And so. If you need to get some support to help you access that, sometimes we do need to, to figure out how, how does that really work?

What does that look like? So I just encourage you and, um, you know, and, and to **take some ownership of your wellbeing, you know, what does that look like for you today? Which is one small thing you can do and just success begets success. The more you can do it, the more you're going to see some momentum and things shifting and changing.**

MERYL: And a good way to start is to write it down. So we will have the link to your planner — here,

Thank you. in the show notes and all that. And, uh, and, and, you know, wherever you can find you and — you for your time and your energy. — And, uh, this has been awesome. —

ELYSE: Awesome. I hope this served you and served your community. And yeah, I would love to stay connected with anyone who's, you know, wants to transform your, your wellbeing, live a nourished life. So thank you.

MERYL: Yes. All right, everyone. Yes. We will have all of that information, uh, attached show notes links and, uh, and you can reach out to, to Elise. So without, um, yeah, I think that's it. We, this is a wrap. This is your Rebel Nutritionist signing off. Make it a great day, everybody.

