

MERYL: Welcome back everybody to the rebel nutritionist podcast. I have Dr. Sherry and she's back. Yay. So, um, I have to say that our last podcast together was one of our most watched episodes. One of our most downloaded app viewed, and we had the most comments. So of course I had to bring her back.

And. I'm going to be here and have this discussion. And really the whole topic today is the rebel me has gone. I'm going to call it hyper rebel and you'll see why I'm calling it, that as we get into this. Um, — But for me, I've really, it's been a fascinating journey. Thanks to Dr. Sherry, because for me to awesome. Um, Because I started delving into a world that was a little mysterious, a lot mysterious. A lot unknown.

It's not, you know, **this world of the medical medium is not, let's call it proven science and it's not mainstream.** And it's not mainstream. It goes against probably everything. Here's the thing. It has really. Um, **been a huge paradigm shift for me because it does fly in the face of so much of what I have learned under the construct of, you know, whether it's regular, you know, nutrition, whether it's functional medicine.** And for those of you that know me, I am like deep in the weeds in functional medicine. So it would, it would take a lot, a lot, a lot to really flip the switch for me.

And, um, and then I started reading the books and I had the real, the great fortune. And I'm sure the universe aligned this of allowing me to be able to really reach out to you. And every time I had a question, I'm like, I'm on the phone. I think, you know, the. First few weeks we were on the phone, like a lot.

Yeah. I mean, I want to say twice a day and I'm like, what is this? And I don't understand this. And she's like, she'd send me a podcast. And, um, yeah. As like the emergency hotline. Yeah, it was totally, it was like the backlog. You. The bat, the bat phone. It was like, um, for those of you that don't know. Batman right. — Um, But yeah, I was, it was the hotline.

And I think the more, I think that what really sealed the deal for me is in so much of what I was reading. **It did align with what I know in the world of physiology and the world of biochemistry. The way Anthony Williams speaks. It's like, All right. For a man who does not have a medical degree. He's speaking in a way that resonated. On a very, very deep level.**

And, um, and something, something clicked something intuitively and I always say, follow your gut. Right. And for me, I was getting these downloads of like, when I finished my functional medicine, I did my last certification in, in November, December. And then I did a certification in, um, immunology for dieticians.

And I remember at the end of that, thinking to myself, I'm missing something. Right. And what am I missing? There's something that's not connecting the dots. And then I met you and then we started talking and I'm like, okay, is this perhaps the missing piece, which is so unconventional? — Like it's beyond unconventional. And, you know, and then you were like, we'll just dip your toe in the water.

Right, right. Just dip. I don't know that I know how to do. I think. Exactly.

SHERRY: Um, but I would say that this is really like it for all practitioners that are. You know, who are into the science, not all, but the ones who get really curious and want to go outside the box. And then because they're looking for solutions for their patients, right.

MERYL: So, yeah, like in the books, they even talk about these physicians that have leaned into his work.

Yeah. Again, right up physician going against what their medical dogma is to try and get answers. And I think what also the icing on part of the icing on the cake, no pun intended. This can't really have icing, but, But, but part of it was that. People following medical medium protocols, we're actually getting better.

Yes. And in functional medicine, you know, we do heal people. Like I am very fortunate. I worked, worked as so many people who have had amazing healing journeys. But it's not enough. I wanna, you know, I mean, it's, it's enough. I always say if I help one person, right. It's enough, but there's so many sick people out there and we're seeing it more and more.

And, and it's, and it's just on such a grand scale.

SHERRY: And for me, what **I was seeing was a lot of people who are going to the functional medicine, doctors and practitioners, right. That were not getting better and that they were ending up at my door. And they had seen 10 or 15 different practitioners, a lot of them functional medicine.**

And there were, they were still sick. And they had bags of supplements and they had tried this and that, and this protocol and this Ivy and this situation and these, all of it and all the blood work, the sacks of blood work. And. And the functional medicine testing and they were still not doing well.

So that drove me to look.

MERYL: Yeah. And there's enough people that I can say, look, we've had, you know, look, we do great with auto-immune right. We do great with gut. We do great with metabolic, like cardiovascular diabetes. Like we do great with those things. **And where we're still stuck as these people who are in chronic pain and an auto-immune right.**

That they call Nat, right. That auto-immune thing. And there's so much more of that. And so to be able to add cancer, right. **I think functional medicine. Is is not equipped enough, enough. I love functional medicine. Right. But I just don't know that we know enough to really get people beyond that, that cancer diagnosis.**

And that for me is a big one. I mean, I had cancer and. You know, you don't. And the statistics on the number of people that are going to get cancer. Yeah. Is mind-blowing. Already as well. But that habit, but even right as, yes, the young people, right. What we're seeing in the, in what is coming is **the rise in cancers and young people. And that is devastating.**

SHERRY: So, um, yeah. The chronic neurological, and **we're seeing a lot, a lot more neurological, you know, whether it's bill pausey, whether it's neurological fatigue, which is something we're going to be talking about next month more. And, uh, Or the trigeminal**

neuralgia, chronic migraines. You know, everything under the sun that rainfall. Yeah. A lot of brain fog for sure.

Memory. Uh, Yeah, a lot of that right now. The Alzheimer's Parkinson's. Yeah, all of those things that are happening. So we are really. Looking at. Wanting to take all these other pieces that we were, that I've been learning from medical medium information that I've applied into my practice, sharing a lot more with you, and you're fascinated by it and applying a lot of it yourself right now to your own world and your own. You're being your own experiment, which is, I always am. I've done it all my life as well.

I've always been my own experiment and trying things and noticing. You know how you feel what's different. Um, what's changing what feels good? What doesn't what's what's hard. What's, uh, you know, everything that goes along with. These changes.

MERYL: And I think, you know, again, we always, when I, whenever I start a podcast, I always ask my guests and we talked about this the first time. Right.

You have healed, you've gone on your own healing journey, correct. And, and you've healed in a way that you never healed before you did any of this work, right? You did go down the functional medicine route, you worked in holistic healing, partly because you wanted to heal your own self always. Right.

And so we study what we want to. Exactly. Exactly. So you did that and yet you didn't find any resolution until you started doing this work.

SHERRYL: Yeah, there was. And it's layers, right? And it's going through a process and it's never ending, and there's always things that we're getting exposed to when there's more bugs out there.

And there's more. Problems. **So we learn how to protect ourselves. We learn how to shore up our immune system. We know how to do it the right way we learn, you know, how food is medicine in a different way, maybe than what we've learned before.** And, um, you know, it is a fascinating journey. And for me, like, it's interesting for me to watch you. Because I went through the same things, like the same, like, but what about this, but what about that?

And like questioning everything and questioning everything that you thought you believed was true. And then like, well, wait a minute. Um, so it is a mind. Yeah, it's a mind. F F. | | All right, for sure. I,

MERYL: **so I'm going to let you in on my journey because I have been the reason we are doing this is because I'm going to be vulnerable, vulnerable and not, and share.**

Cause I always am with you guys share my own journey and, and why I am actually doing this with you today and why I've become so passionate about this. So since my, since I had gone through my cancer journey and my, um, And chemo and radiation few years after I finished rate, not a few, probably five or six years after I finished radiation, I started developing a thyroid nodule. It is benign.

It is not cancerous, but it was very large. I mean, if you go back and look at some of my old videos, you'll be able to see it protruding out. Right. And so, and it's never bothered me. But it

does, right. I I'm like, well, why do I have that? What did, what purpose is this serving? And can I get it to go down?

And when I was talking to you about it, and then, you know, one of our three hour conversations, you're like, well, it's Epstein BARR and dah, dah, dah. And I'm like, why this doesn't make sense. And then I started reading and I'm like, okay. So it's a viral encapsulated.

And. — All right. **I can wrap my head around this and I'm willing to lean into it and try it because in science book there's no science is all about experimenting.**

There's no absolutes in science. Right. There's no absolutes, right? That's a scientific study. It's trying to prove something, but it's not, it doesn't mean there's other there aren't other ways.

Correct. And, and I think **if you're really going to be a true scientist and you're really going to be a true expert, and you've said this. Then you need to always be curious and you can't. Just dig your heels in and say, well, my way is the only way, right.**

That my way is the only way. And there's nothing, you know, then that's ignorant. Yes. Right. That's ignorance and we're not serving anybody.

SHERRYL: And then it becomes dogma and it becomes, we're not willing to listen to somebody else.

MERYL: A hundred percent. I mean, look at the whole fat-free debacle. Right. Like in the eighties, we all thought that was bad.

That was bad. So we all ate the sugar and now, you know, people ended up with diabetes, right? So, so we have to be very careful what we lean into, what paradigm we choose. And the problem is, **is it takes a really long time to shift these paradigms. And what I'm learning is that it's also not always so clean and neat, and there's, there's money behind a lot of these things.**

Right? You go look at the pharmaceutical, I've said it over and over. Big pharma, big food, big government runs this country. Correct. And I will continue to say that. And the reading that I have done only. — At least substantial for that. Right. And so, and that can get a little scary and we're not going to talk about that, but go back to my journey.

So I was like, okay, well, what do I need to do to get rid of this? And you started talking and I'm like, oh, okay. And. I'm like, if I'm going to do this, I'm going to go all in. Cause I can't go half in. Cause that's not me. And so, you know, **the first words were. No dairy, no gluten, no coffee. No eggs.** No eggs. That was a big one. I was resisting the egg thing and then I read more and more about the eggs and I'm like, okay. You know, prior to the 1950s, we could all eat eggs. And then after what happened, it's like, okay, well, so we can't eat eggs.

So I have leaned into it. I will say the only part that I've sort of been a little bit on the kind of waxing and waning on is the coffee.

Although. You all know me? I am coffee. Like kind of sore. I am picky about my coffee. It's got to come from a certain beat and I like the bold stuff. Like don't mess with my coffee and I'm not going to Starbucks and I'm not doing Dunkin donuts. Like I'm making my own coffee and you're like, you got to give up coffee.

MERYL: So, but I haven't make you give it up. — **The coffee is really about the adrenal adrenals.** And I get that and I look, I've tested my adrenal glands. My cortisol was through the

roof. I need to, I need to not drink coffee. And how about your Tufts? That just recently happened where you just, you ran out of your chaga mushroom, and then you had a little more coffee and you actually felt. So, so that was the thing, right?

We don't know what we don't know until we stopped doing what we know what we're doing. So, so I did, I've been, so what I have been doing is **I've been doing half coffee and half of the chaga mushroom**. Correct. And so I was at. He's over the weekend and I didn't have my saga and **I had a full cup of coffee**.

And I want to tell you, I definitely felt it. I felt the adrenaline rush, which I've never really felt before until doing all this experiment. And then I'm saying, well, that's not really good for my body because what I was feeling was just this. I'm serving, you know, feeling right. So, what I can tell you is that eight weeks in it's a little more than a week.

Something like that isn't that much. I think it is. Uh, maybe it's six. Um, **I have given up eggs. I have not had eggs and I have not had dairy. Yep. Um, I have not had wheat. And I've minimized my coffee**. Excellent. And I have been doing celery. **I've been doing the lemon water. I've been doing my celery juice every day without fail**. I did it when I was an Aspen too. And, um, and **paying attention to the concepts of bringing down some of the radical fats** and they talk about that and yes, I know we all think we need fat, fat, fat, fat.

So there's a conversation around that. **I have decreased my flat. You know, animal proteins. Um, and I'm still in the gym**. I still got the muscles. So for those of you that think you need all that protein. ———

Um, And, you know, and so, yeah, and I've, and **I've not done the glutens and I'm doing. And I'm doing mostly low-fat in the morning**, um, and trying to, and doing my veggies and stuff. And I do have a little more fat. Uh, in the evening, when I say little more, more than in the morning. Which is much less for those of you, again, that know me, how I cook, you know, I used to take the olive oil and do that, and I would take the Ghee and do that.

SHERRYL: And because **we learned right about the lowering, the fat really helps deliver, and it helps the glucose get into the cell. Right. So when you're staying more low fat, or like fat free until noon, you allow the liver to cleanse and the liver to detox** and throw out some of those toxins so that your body can heal.

So it's kind of like doing a mini detox. every day, right?

MERYL: It's totally doing a mini. And, and so that's where, you know, so much of it resonates because **it is about cleaning out the liver. It is about. ——— Getting rid of the bugs, right. That are harbored in your system**. I mean, it is much deeper than that.

These books are like that thick.

SHERRYL: what you said they are. The neurologist is huge and there's so much every line there's so much information and every line. Yes. And we talked about, you said to me, you know, **every single book and every single podcast doctor and every single person platform on it has a detox, right. Yes. They all have their own**.

Yeah. And so how confusing is it for people out there to figure out what direction. Yeah,

MERYL: I think it's all confusing. And I, and, and it really, **it is all confusing. You go on Tik TOK, you go on Instagram. Um, you know, as a practitioner has been doing this 20 year old, I sometimes look and I'm like, why. What do I even believe?**

You know? And so, and if I'm saying that, I can't imagine what you guys are saying. And, um, and you're

SHERRYL: also looking at your science stuff. And what, you know, And when you go back now, **you're looking at it and with a little bit of a different, critical eye**, are you? I am well, that's the thing like when you, when he talks about liver detox and the glucose getting into the cell, like if you can wrap yourself around that as a prep, as a scientist.

Yeah. In a more open-minded way. It makes sense right now, maybe it's not what the mainstream science is showing, correct. Necessarily all the way through. But, but it does make sense and it makes more sense because I'm actually living it right. **So I'm doing it and I'm feeling better.** Yeah. And that's what I was feeling bad.

I just think energetically there's a different level of energy. Um,

SHERRY:but so that's the thing we could talk about as well, just because you may not be like, I treat a lot of people who have a lot of chronic illnesses, chronic disease. I do really sick people. And um, every once in a while I get someone who's not so sick, but also when you're, when you could say **I was feeling well, but you still had a thyroid nodule, you still have little, you know, maybe some sleep issue.**

And there might be some other little things that are happening for people that these are like the little warning signs. So it's the preventative medicine that even if you think you're feeling okay, these are really good practices to correct.

MERYL: Yeah. Yeah, yeah, yeah. I mean, one of the things that I would experience, I never really talked about it, but we had talked about it is **I'll get, you know, sometimes that hearts flutter, right.**

That, that atrial tachycardia. Right. I've had zero of that since, and I wouldn't get it often, but I would get it if I had alcohol. Yeah. That's the other thing. I'm not really drinking alcohol, um, which I was giving up anyway, before I even started this, I just didn't love how I feel. Right. The science on alcohol sucks anyway. It's just bad. It's bad for you. Um, and so popular opinion, but. No, it is not a popular opinion, you know, but again, I was out the other night I celebrated our third anniversary and I had a little bit of wine.

I couldn't even finish the glass. Honestly. I was like, he's like, aren't you going to finish? You can have the rest of it. I didn't even want it anymore. — You know, and so

SHERRY: **it's interesting when things naturally fall away, that it's not an effort. That's what — happens for people.** Well, and I said to you, right?

MERYL: I resisted coffee. I've resisted giving it up yet. Now. I'm really okay. I need to find a way to. — Yeah, I'm playing around with the shotgun. I'm playing around with some of these other mushrooms because **now I don't love how the coffee makes me feel. Right. Right. So it really is my body. I always say, you've got to listen to your body's talking.**

SHERRYL: Sometimes you can't, when people say I'm intuitive eating you, actually, when your body is a little more filled with more toxic or whatever it is, you can't always know for sure. — Yeah. **When you're cleaning out a little bit more, then you get to have a more heightened response to your intuition in a way.**

Yeah. So you can see, like, you didn't know that coffee was feeling a certain way until you started to reduce it. And then you still, like, when I can see what it was doing. Yeah. Right. And, MERYL: and, you know, it is the same thing with the gluten and the dairy or whatever, and, and whatever I'm doing, **I'm definitely leaner than I was.**

Right. I always say weight loss is not, was not the intention. It's always nice to lose a little, but, um, you know, but I'm definitely leaner and I'm feeling that, um, and I'm feeling strong in the gym. So for me, it's like, okay, that whole protein conversation, we have to have that today. It's a longer conversation. — But I think the bigger piece here is I'm going to tell you **this nodule, and this is the ice.**

This to me is everything this nodule and Sherry can vouch for. This has come is it's not gone. It is not completely gone, but I can barely palpate it. Like I can feel it, but it has gone down significant. And when I asked you a few weeks ago, I said, how long is this going to take. You said, I don't know.

It could take six months. It could take a year and then like literally two weeks later. And we have you on some supplements as well.

Yes, not just the celery juice in the wind and water. It is not just the diet. I am doing specific supplement, correct? Yes.

SHERRYL: To help the antiviral program to kind of work on the underlying root cause of what the original cancers were and, you know, just to help that body. Uh, kill and die off of some of that other stuff that's going on.

That could just be like, In the tissues in your body somewhere and cause more issues down the line. And that's why you have a specific program for you.

MERYL: Yes. Yeah. Got. She said. — Um, yeah, so, so on. And so my impetus to keep going is, is okay. Yeah. Yes. I do feel so much better. Overall, um, but is to get, you know, is to get rid of this and then any, you know, the idea is to, to cleanse my body and have it. Be as healthy.

Yeah. I always, I often say we don't embrace prevention. Yeah. Uh, and so until there's a crisis until there's a crisis, right? And **so I have lived my life this way for the last 20 years in prevention because I was sick. So I want to prevent anything else from happening.** And I know with this information that I'm reading, right.

That even though I did feel good, that's what people always say, but you felt so good and you ate so clean. Yes. So. Right, right. Yes. I have been doing that, but **I also know we live in an extremely toxic world. I also know our food supply is not amazing.** I also know, you know, what w what are we exposed to?

And so, and, and **I also know that you can't, you're not getting rid of a hundred percent of the back, the bugs in your system, or you're exposed to them all the time.** Right. So it's about me. It's about the maintenance.

SHERRYL: So then talk to me about what the, the, the challenges of the dietary changes, the challenges of. Reading the information. And how it conflicts because of all the things that you've learned and same for me.

Yeah. Um, how do you, what, what drives you to keep going?

MERYL: Well, I think a that I've seen this reduce, right? So clearly something is working. It is not just the supplements. Right? I know in my heart of hearts, it is not just the supplements. Right. And I'm not, and I'm doing the tinctures. I'm not doing a lot of the pills.

I do lysine as a pill. I do the MTHFR as a pill. I'm using, you know, mostly the other drops. And what is it? Five or six. You know, five or six different ones, something like that. I'm doing the heavy metal detox smoothie. So, um, so I know it's a combination of both, but, but **what has been most challenging from giving up a food perspective?**

Yeah. Oh, the dairy without a doubt, like I could do without gluten. I don't give a crap about gluten. Yeah, whatever right. But the dairy and the eggs for me. Um, because I, you know, again, if you follow the teachings of Weston a price, and if you follow. Right. I follow that science. And I do think maybe that was spot, right?

Sally Fallon and Mary Enid. Like these are the pioneer women in the world of that. And in the world of. Whole food and nutrition really. And I think maybe that stuff was accurate. Way back when, when our food supply wasn't adulterated, when we didn't have these viruses and these pathogens that, that are really not natural. — Um, right.

I mean, I think that when you look at. And ancestral tribes. This is how they ate

SHERRY: and the manufactured pathogens that we're working with right now in this world. We are causing more. Right. You know, issues and the amount of chemicals that we're exposed to that.

MERYL: So that's what I'm saying. I think there are theories from, from, you know, prior to all of this industrialization and all of the new stuff.

Right. Which was before. — | — Right. So I think their ideology. I was spot on. The problem is, is fast forward to, you know, 2024. Yeah. And those principles don't hold true because so much has happened.

SHERRY: And the livers are tapped out and the livers are tapped out.

MERYL: So for me, it was dairy. It was eggs. That was hard.

It still is hard. You know, I'll go out to a I'm with, yeah, we'll go out with friends, whatever. I'm looking at the eggplant parm and I'm going. I love my fish or I love my veggies. Right. And so that is, is still something, um, that, so, you know, your, why. But I know my why and I, and I'm. I'm luck and truth.

Be told there's some really good vegan cheeses. | I've now embraced the vegan cheese world. And so I will use some of the vegan Parmesan and actually it tastes good to me, you know? And so I don't use a ton of it cause. We don't have nutritional yeast in the, I have not used. That was the other one I gave that wasn't so hard to give up.

I was just sad. I'm like I used to use nutritional yeast, right? Is that. So I gave up that, um, and I think just. — Preparation, right. I mean, time, it takes time. It takes, there is no question. It takes time. Look, and I love to cook, but there are days where I'm like, oh man, I just didn't have enough time and I'm getting better at it.

I'm definitely getting better at it. I can make my heavy metal detox smoothie in no time. Now I'm just like, shoot. — Um, but I think the. Having right. It's the greens it's having the greens. I'm trying to figure out a way to juice. The greens. I was, I was telling Sherry, I tried to juice, kale and collard greens, and it was, it didn't work. I think it was not, it, maybe it's my juicer. So I got to go back to that whole drawing board of things. Um,

SHERRY: but let's talk about then, you know, from this. Uh, your training and functional medicine. And. Embracing all this medical medium information that you're like, you have every book now. And you're you're. And in the middle of every single sign, literally.

You're going from book to book to look at these concepts.

And I think, you know, what I've been passionate about, and I think you are now as well is how do we combine all of it? **And we don't have to throw anything out, but we can actually take all of the, these wisdom pieces that Anthony has brought forth and we can integrate it.**

And then we can look at it more. Where there's, um, just giving us more information about the Y with some of the things that we're, that we don't have enough information on.

And now with some of these root cause, like we're looking at root cause way differently than in functional manager percent.

MERYL: And I think, especially with the auto-immune piece, right. That we're so stuck into the. You know, and I love how he says it, the body does. Why would the body attack itself from a, from a, from just a survival perspective, right.

And when you take a step back and go, oh, all right. Just that makes sense. Now I don't understand the why. So I think putting that together and then again, seeing where it's working with me and then saying, okay, I am willing. To try this with a client that I haven't had such great success with because. — El it'll up their food ante get right there, nourishment game.

Like they're going to be. Better nourished and oh, what if they happen to do better? Like, well, that's a no-brainer right. And I think that's where I'm looking at what you, who you've worked with. Right. You've had so many people you've worked with. Who are better, there are better. And.

SHERRY: Uh, there's a lot of people that are in process right now because some of the, some of them are more complicated.

And when you're using, you know, **when you're peeling away, all these layers from years and years, like pink, seeing people who have been sick for like 10 or 15 years and what, how to repair the body and the tissues, it doesn't, it's not, you're not giving them a drug. You're not giving them a quick fix.**

And that's the thing. This is like, I always say that this is, um, not a sprint. It's a marathon. And it really is taking, looking at it that way. It is a lifestyle change and it's not simple by any means.

MERYL: Yeah. And Amanda and I, so Amanda, I'm going to out her a little bit. She wouldn't care, but because we're going to do a podcast on this.

So Amanda also is on this protocol because Amanda's got her own stuff, right. Um, — And, you know, we'll, we'll, we'll, uh, banter back and forth. She and I, because we're like, you know, we, **we know more than the average person we do more than the average person, and we find this difficult and challenging at times.** And so we lean on each other and have support and support each other on that and say, oh, maybe we can give a little here, give a little there. Right. And, and where we can finagle and, you know, without really messing it up. But it is nice to have that support, but she's also seeing a shift. She is right. And she was frustrated because she wasn't, and then you shifted around some things for her. And we made some tweaks and, you know, two, three weeks later, she is starting to feel that shift and. So, yeah. Yeah, it is definitely a marathon. And again, the proof is in the fact that someone is feeling better and it's not there's I could tell you a hundred percent is not a placebo. This is not a placebo. I could not make this go away by waving my magic wand that I don't have. Right. And, um, and, and, you know, again, my energy was always pretty good. But **I think my energy, a lot of times with. Right. Was adrenaline. Yeah, energy. Now, what I feel is like different.** Yes. That's the difference, right?

SHERRY: Yes. When you saw, like, that's what I felt when I had to get off. Poppy after a while. And I was a coffee person. Lima. I was the connoisseur of coffees and I'd make my own, and it was my special day. All that stuff. And it took me a while.

It really, really took me time and I, every time I had gotten off of it, it always found its way back in always. And so when it finally got. I feel like I got free of it **to really understand what natural energy feels like and to feel like you can wake up and you don't feel like, oh my God, give me that cup of coffee.** I can't. I need to do and the turn my brain on or energy or go to the gym or whatever.

And, uh, it w it was just such a. It really is a sense of freedom and to have natural energy like that, and just to feed your body differently. And I always say, and I was like, taste buds change over time. They just really, really do. So when you feel like I hate this food, or I hate that food, or this is not enough.

I'm not satisfied. Yeah. I need that creamy texture. And like all of a sudden, the longer you go in, the more you shift it's like your body feels different in your mind, feels different. Everything starts to change. And **it's gets easier at first. It's tough,** right? Yeah.

MERYL: Well, I tried to go in at two. Too hard to be jumped in, really jumped into a 360. I jumped into. Four days.

I was like, yeah. Okay. I'm done with that. But it is a process. I look. | Actually they do. I still do that, but yeah. God bless them. I can't do that, but, but, um, but, but I do, you know, again, I am still like, I'm not totally fat-free maybe I won't ever be totally fair. I didn't know. I'm not, I'm not saying never say never because I mean, I am saying never say never because I don't, I don't know what this is going to look like.

I never would've thought I would've been off dairy and eggs, so go, go figure. Right. Bye. Um, SHERRY: and no one's, saying, you need to be that way. You know what I'm saying? You need to be fat free to heal. Right, right, right, right. Everybody's got their own level. And I think that's the beauty of this is there is the leeway, you know, I don't want you guys out there to feel like, oh

my God, I have to go follow this, you know, verbatim. And I think that's the beauty of what we're going to be doing.

And then what are we going to be doing? So excited. I totally forgot about that. So **we are going to be doing a three day, um, medical, medium cleanse.** Is that what we're told? Let's do a three lane TRO reboot your system. Yeah, like reboots. —|—|—

SHERRY: And **an intro to these principles and helping you all to be able to, uh, start to tip your dip, your toe in the water. For, um, seeing how you feel and integrating, and maybe you have some symptoms that, you know, are these niggly symptoms that are just really bugging you, or you have a diagnosis that you're looking to heal, or you're having medication that you'd love to get off at some point, or you have, you know, there's a laundry list of things that you could possibly wanting to correct for yourself and feel better.**

And so **Meryl and I are planning to do this three day event. To support you, introduce you, educate you and get you inspired and really excited like I am.** And now you are. Um, and make it fun and, and do it in, in a group and community. . Yeah. This beautiful space.

MERYL: I think one of the things we've talked about often, and I've talked about here as well is we want to **create a better sense of community and supporting. People who need, who want to heal and to want to feel better at, without having that stigma.**

Uh, you know, I remember reading in the brain in the brain book about people who are sick and, you know, having that stigma around being sick and that. They may not look sick and they, but they feel sick. And yet they're invalidated by the medical community and they're invalidated by their family and their peers.

And just like, it's all in your head and get over it. And we know that it's not that correct. And so we also want to be there for you out there who are struggling and suffering and, you know, and I am very optimistic that this work. — Really works. I mean, Anthony William has 4 million followers for a reason.

You know, he has the, the first 10 pages of his books have testimonials about people healing. Yeah. His Instagram. You know, all of these stories of healing. I don't know. And I think that was the tipping point for me. I don't know of any other site. Yes, exactly. I mean with all due respect. Yes. You know, the big docs out there.

There are people who have gotten better. Yes, I.

SHERRY: Because remember you change, there's always going to be, people get better with everything. Something. Yes. And, but **there's a lot of people out there that are not getting better, doing all the things that other these are, that they're being told.** — Because again, it goes back to what is the root cause.

MERYL: And we've really got to look at root cause and the root causes is something is. Invaded your system. — Something added. Clinical. We can't under the hood. You can't see it. You can't test for it. And, um, or at least Not yet. Just enough, right? You.

SHERRY: **So we can look at things, but we don't have enough. So why wait for science to catch up? And why not just do what we know works now in a really smart. You know, uh, affective way. To have guidance. From some practitioners that really know their stuff and be able to help you.** And also not feel like an island to yourself. That's why this community where you feel like your, your eyes hear this from patients all the time that they feel like they're alone.

Yes. Because they don't, they might be the only one in their group. That's not feeling so well. So they feel that isolation that they're. Yeah.

MERYL: And, and, and look, this, this work. It can be isolating. I mean, we talked about that in terms of even just, you know, food prep and. Yeah, how you want to eat when you go out and it's different.

Yeah. And **you need to be willing to commit to your, you know, what is your why to do this? And are you willing to put in the effort to get there?** Because it is effort. I am a hundred percent gonna tell you it is effort. Do I think it's worth it? Yeah. — I look, I don't think you have anything unless you have your health.

SHERRY: Yes. What else do you have? You know, So, if you're not healthy, you can't be living the life that you want. And if you're not healthy, Spending the money you want. And, you know, you could be rich, but if you're not out of the. They can't do anything about it. So. Um, I think it's just important than ever right now.

Right? Yes, a hundred percent. So, uh, we have to come up with the date.

MERYL: We don't have our exact, we have to come up with a date. Um, I will tell you may is a shit show for me, but in a great way. Cause I have two kids graduating from school. I got another one starting school. So it's awesome for me, but we may, maybe we pick a late may date.

If not, I think we do. We look at early June so that everybody can get themselves organized. Cause I know for a lot of people may is, is a big month. But, uh, but stay tuned, right? Graduations, all that kind of stuff. And so, um, Memorial day, right. People are traveling. So stay tuned. Uh, we will let you know what we're doing and I promise we'll give you some lead time. We won't just bring it on you and we're going to continue to do. Uh, we'll do short versions, right. More. More talks I was going to today was supposed to be a short version. It's like 37 minutes. That's not so short. We'll do a little quick little. — | And we want to hear from you, you know, We have had great feedback, lots of great questions from clients.

So please send us your questions. And maybe one day we just do a live Q and a. We're launching a membership and that's going to be announced next week. So I'm super excited about that. So we will have you on one of our Q and a. Our monthly Q and A's and we can, you know, it would be great. Yeah, I think the more that you let us know what you want to hear about, we'll talk about it.

Yep. Yeah. And as I continue to learn, I can answer like she's answering.

Well, yeah. Anything else that we didn't cover? I. I mean, like I said, we'll get back to you on the three-day thing. Please let us know if you're interested because we will have capacity here. Um,

you know, we, we don't, we have a small amount of capacity here. We are going to stream it. I think we decided. Yeah, live stream it.

SHERRY: So we'll be in touch with you every day. We're going to give you support every day. And so, I mean, it would be great to have people show up together with us. And we can do little demos and then we'll, we'll stream it, like you said. And then just like build this new community of like-minded. Uh, Soul's here just on the same journey of healing and. Passionate about life and living. Absolutely all. All of it.

MERYL: Absolutely. Yep. Cool. Yeah, there you go. All right, everyone. This is your rebel nutritionist signing off. Make it a great day.