

MERYL: Welcome back everybody to the rebel nutritionist podcast. Today I have back with me, Dr. Sherry green. Welcome back here. Thank you. So today we are talking a, about a really sensitive., timely challenging all of the above topic.

None other than the protein conversation. Ooh. Yeah. So we've gotten a lot of questions. We're going to go through that in a minute, but I kinda want to go through some of the history why we're talking about this today. And really the information that we've gotten, especially, um, as, as related to medical medium information, which is **going to literally fly in the face of everything that. You know, everything that I, I knew I'd have practiced for a long time and I'm, and I am pivoting on it.**

Be for good reason. I mean, I've been practicing this for almost four months. I've seen the difference. I've been. Uh, implementing this with my clients. Sherry's been doing it for a very long time and we're, we're seeing, I see the difference and Sherry's going to talk about her experience. So, um, why are we here today talking about this?

Well, it's, two-fold, it's probably like five fold, but really, because we get this question. All day long. I mean, the first question I just had a client, the first question is, **where am I getting my protein? How much do I need to get?** Um, so I think if we're going to address this question, we need to understand. How we got here, right?

**What is the history of why we have become so obsessed with protein in the first place?** So I think what I'm going to do in that, and then of course that's the first question, the first reason. Um, and the second is because it's just such a big topic, you know? And this protein really what's healing us. It's protein healing and that's, that's the bigger conversation.

**So that's what it comes down to is really protein. Doing everything that everybody is claiming. It to do.** And I think. Uh, or getting us all obsessed about. A hundred percent. We're obsessed. I just, you know, so. Yes, we are totally obsessed.

That too. All right. So I'm going to let Sherry take it away and kind of talk about how did this whole protein conversation even start.

Sherri: Protein conversation. Well, you know, we, I think on our last podcast we were talking about this just came up. Right. And I know it was a concern. Everybody that I meet, it's a concern.

It was a concern for me too. And you asked me, well, what am I going to do about protein? And there's the protein coming from. And so I think what most people don't know, which is something that Anthony Williams shed light on, uh, is about it back in the thirties and the forties when things were happening. We're getting sick and there were deals made. They were big deals. Secret deals made. Grandfathered clauses in between. You know, the meat industry and the dairy industry and like all of, uh, the pharmaceutical companies and the corporations and things like that. At work got us really being taught early on, like in, do you remember, like in elementary school, like, do you get, remember getting taught about the food groups?

MERYL: Right. I had to have this, right.

It was more, I think it was the pyramid at that point. It was a pyramid, right? But we did talk about the food groups. I mean, and then of course I studied nutrition, right? So you definitely talk about the food groups. Although I will say, um, **protein wasn't as big a deal then as it is now, I think it was still a big deal, but it wasn't like overemphasize.**

Now the. The recommendations for protein is just, are just outlandish. Yeah.

Sherri: And now everybody's wondering how many grams and how many grams do we actually need? — Right. So the people who are really trying to build muscle and then they don't want, you know, it ties into osteoporosis and like all of those things. You know, you're not getting enough protein. Then you go into a doctor's office. And you have a list of different symptoms and they say, well, and they'll look at your blood labs too. Right, right, right. And they'll say. I don't think you're getting enough protein, right. Because we would look at total protein, we would look at albumin. Correct. When I was in. And the bun, right.

And. So we look at these numbers and go, oh, right. You're deficient. You know, that's a whole other topic in and of itself because when people go

plant based, a lot of times their bun goes down because of the nitrogen and there's not getting. They're not going to just all that protein nitrogen. So it gets very confusing and people get scared.

They get very scared. So, yeah, I think, you know, the list, we have a whole list of like, I just pulled off the internet, just **the list of symptoms that can happen when you get diagnosed with protein deficiency and it's like hair nails, skin problems, brittle hair, nail skin, common signs, weakness, and fatigue. Uh, swelling, slow healing injuries, mood changes, infections.**

A lack of protein can make the immune system weaker. I mean some crazy stuff and cravings people with protein deficiency may crave protein and rich foods.

MERYL: And so, you know, all of these things are very confusing to people. If they just go on the internet and they say, **what does protein deficiency look like? Because it overlaps. So many other things, right.**

Hair loss can come from so many other things. And I think what we don't realize is your protein deficiency would have to be so great. Yes. I mean, you'd literally have to have this. Uh, protein deficiency is equal to what we're seeing or, you know, starving children in Africa. I mean, I hate to make that analogy, but that's really what we see in terms of symptoms when you're talking about true protein deficiency.

So I would, I think **for the most part, people in this country are not protein deficient. I think they're overloaded with protein.**

Sherri: They're they're really overloaded, but what they don't realize is how there's protein in everything, right. And that's, what's, that's a missing well, and we're going to get to that.

MERYL: So let's go back to in the 1930s, there was a deal made, right? So by industry. Yup. So understand that the recommendations were, the word had come out of some of them in part due to the fact that the government was in cahoots. With the meat industry. With the dairy and about the government.

Right. And so, but like it goes with the meat industry and the dairy industry and all of that, and that there were subsidies in place.

So it was really more about them wanting to promote the consumption of this to increase the sales of this. It was really all dramatic. The answer to all these chronic illness, right. Situations that women were having at that time. Right. Hormones, whatever. So they, right. So the hormone, so women come, would come in.

So why don't you elaborate a little on that? Because you mentioned it like all these things, but I think we need to hear a little bit more about, well, what is that? Right. Cause not everybody hears this. I think that's, this is information that if you read Anthony's books and you follow that, it really hits home.

But I think, uh, and again, it's very different information, at least, right. For me, Uh, reading it. And I know for you, when you first started very different than what we were taught. Um, And I believe it. I mean, I do, you know, if you look at where sort of the history is of this. And then you look at where we are at like corroborates everything from a very let's call. It I'll say intuitive place. Like it, it makes sense.

Sherri: Yeah, absolutely. And you know, so during that time it was, women were starting to struggle with different health conditions at that time. So you have to recognize it was also the, you know, the toxicity was getting, it was increasing industrial revolution, right? And then we were dealing more with viral issues that were starting to happen.

And so, and then there was more pharmaceuticals that were coming out and, um, you know, I don't know the exact timeframe of when they started prescribing different, right. hormonal, solutions for women, but I want to say, I thought it was in the forties and fifties. That could definitely. So I think that there was different issues that were coming out at that time for women who were really struggling with. Whatever issues that you know, were getting larger and louder at that time.

So, um, they were starting to label things and they were saying, You know, I think that's where they just fell back on. You're not getting enough protein at that time. Now. I don't know all these deals and how deep it went in. Into all

that, but I think it was like the beginning of what was, um, being thrown at, you know, women who were, um, having different symptoms, but they didn't know why they didn't know.

And it just all got thrown into like a big bin of what your.

MERYL: I think the protein, it was easy to say, well, just eat more protein. And either that, or they were just dismissed as crazy. That?

Sherri: Well, they were. They weren't. They were, yeah, they were, you know, It was in their heads, in your head or like hysterical or, you know, this, like their hormones were not right.

And you know, all of those different things. So I think. It, you know, we just kind of jumped forward to what, how bad it's gotten about our obsession with protein. **That's confused the heck out of people to know. What they need and what they don't need when they're trying to structure a diet for themselves.**

Right. What do I eat? And when they're confused and it's depending on if you're healthy, if you're not, if you're struggling with several symptoms, one symptom, two symptoms ten symptoms. It's a different type of story. Yes. Each person.

MERYL: Right. Like everything, it's individualized. Well, and I think the other thing that we have to realize, so, you know, we've done a lot of digging. I've done a lot of homework. I've done a lot of research. In this and the other, when I went back and also tried to figure out where did we get the, the information and the research on the requirements for like, **where did we come up with the requirements for protein?** It was sort of, it wasn't even all that scientific.

I mean, it was, but it wasn't, **they were basing it on nitrogen balance, which is the by-product of, of, of, um, Protein breakdown.** And, um, **the Studies were all done on men**, right? And it was back. I want to say it was around the 18 hundreds when like one of the researchers and I can go back and look,

you know, it was in Germany and, um, and we'll have all of that data for you guys if you want to go digging.

But it was essentially, um, they were looking at nitrogen balance and one researcher said you need, you know, X grams, a, it was like a very, very high level. It was like a hundred grams a day for the men or more than that. And then another researcher came in and contradicted that. So he went back. Back in the 18 hundreds.

They, and, and I don't know that the studies were so, um, you know, that they were designed so well. **It was very, very, a crude way to measure protein. And so it was sort of this arbitrary number that they came up with based on some of those crude studies and it was never really changed.** And then the league of nations comes in.

I think it was somewhere around the 1930s and starts shifting some of that. But again, the data, this. The research, it wasn't really based. On such any solid science. Yeah. Like it was today.

Sherri: And I think that's why when we, we take a study and you can give me a study about how great protein is and what it's good for. Well, this is what we were talking about. Yes, I can give you a study that says, you know, having a higher plant based diet and low protein.

MERYL: Right. So now, and I think this is a really timely topic as well, because we were talking about all right, so that was the studies with, so the bottom line is, is I will tell you **there's really no great data, great supportive, scientific data from way back when, when we first decided how much protein we needed that says, yes, you need exactly this amount.**

It was a very loose and, and I want to say in some cases, arbitrary number, and again, it was based on men and a. A lot of times it was based on some of the athletes. So again, a whole other area, you know, women very different than men obviously. And that, so. So that became confusing because I think at the get-go, there was really nothing clear. And scientifically proven that said yes, here is your exact number. So it just became more of a shit show from there. People I think just started to grasp on it was like, well, let me do

this study. So yeah. It comes back to the studies. And again, we, we were doing the research and I would find a study that says, well, yeah, animal bay, you know, this is what you need for protein.

And then Sherri would find a study and said, no, but this is what you need for protein. So the bottom line is, is there's, there's no solid evidence. I mean, there's people in the protein camp, the pro protein, **we need so much animal protein and you need a gram per pound of body weight. And then there's people on the other side.**

**And so I feel like it's like, Uh, confirmation bias, whoever you really want to listen to**

Sherri: and how you analyze the study and who funded the study? Oh, Yeah. And is there. Any real and that information and who's backing it. I think that's what gets, if we can keep throwing studies at each other. But I think one of the most important things we should go into is. — **What is protein? Isn't just protein, right? It's fat.** And so. So that protein, when you eat protein, it's also got fat in it. Cost. **And you can't, so you can't really separate that out.** And so the problem becomes is what is the root cause of chronic illness and chronic disease and symptoms that people are. Dealing with. And. Do they really need all that protein and fat in that, in those. — Yes.

MERYL: Well, and I think, do you need protein and fat in those large amounts? So, yes, chronic disease is one bucket, but I even think for, especially, you know, the conversation.

So the, the latest conversation is women need so much protein, right?

There's a few. Books out there now that are really purporting, you know? Uh, promoting that women need so much protein, so much protein. And, um, there's so the data that's out there is, is really very evident and clear on older populations and sarcopenia populations where their muscles are really just depleted.

Right. Atrophied. We're not talking about even women in their Forties 50, 60 seventies. Who are not atrophied, you can't apply that data base to women

who are active and not sick. And, and so, um, I think we're, again, extrapolating information and it's not always in the right context. And I think. Sherri: Because they're also trying to get them into the fear is becoming sarcopenia.

Right. Is. — **Fear. Muscle loss, right. — And so that's what gets people like, I don't want to lose muscle and I better get my protein.** Right. Well, I think that's a good point.

MERYL: And I think there's that point, but the problem is is if you are not. So the protein requirements are really commensurate with how much are you really exercising? So if you're, **if you're lifting weights as a woman, two times a week, And saying, I need a gram per pound of body weight. You're getting so much more protein than you need and protein at the end of the day is structural.**

**Those amino acids go to the structure of muscle. They don't go to building muscle.** And this is something you wanted to talk about, right? We'll talk about this and then we'll get into the healing part. Cause I kind of want to give people just sort of a foundation of what are we talking about even when we're talking about protein and muscle.

Sherri: Yes, but we always have to keep back.

I think back in the back of our mind about the idea that I think the idea to get people less protein, obsessed. Is recognized. Healing isn't about protein.

Right. True. Well, and I think we have two camps. We've got the people who are the healer he wants to heal, and I think that's important. And then the people who are just saying. I want to know muscle.

I want to build muscle. I want to lose weight. Yeah, right. You've got the weight and I, so I think we've got two very different camps on that. And I know both, both, both the audiences are listening, right? The people are saying well, and what I'm going to say, just to address that, because I think we'll spend much more time on the healing part.

Right. And, and I want to dig into that because there are so many people who need to heal. Um, **But the part about that amino acids really go to the**



**structure of the muscle. And there's other things like glucose that feed the muscle, right? That you can only use so much protein at one sitting really the, the amount that they say is somewhere between 17 grams, 17 to 20 grams for what per of, of protein per, per feeding.** Well, you know, and so there are people who are doing way more. But I'm saying, if what I'm saying is the literature, again, depending on who you're listening to is clear that you **can only really absorb. 17 to 20 grams per sitting,** but yet women are being told.

Is that true? And. And is that true? And, and, and women are being told. Go eat 30 grams, 40 grams. I had a friend of mine, a really good friend of mine said to me, my trainer told me I should be getting. Yeah, 150 grams of protein a day. She goes, I tried it for two days. I almost want to throw up. I, you shouldn't be getting that much.

So I think the data is just all over the place. I think we have to be very careful on who we're listening to. And more importantly, does it. You know, resonate with us. And if you are not out there doing strength training, Four times a week, five times a week, and you're really working at it then. That is even overinflated like a hundred a pound. I mean a gram of protein per pound of body weight is beyond overinflated.

Even if you wanted to take. A gram per kilogram of body weight, right? Kilogram is very different. It's half of that. So if you want to find kilograms, divide your weight by 2.2. So your weight in pounds by 2.2, that gives you kilograms. So if you're, you know, if you needed, — if you were at 54 kilograms as a woman, you weighed 54 kilograms. Even at one pound, one gram per pound, you're at 50 grams of protein.

Right. Very different than 150. Right. And not that you have to strive even for the 50, I think that's also overinflated. And if you listen to Eric Gardner, who's one of the researchers who's, who's done this work. Um, because we think. And we'll get into this, that protein is only from animal sources.

And again, we know it's not. So, um, the idea here is not to create more confusion, but it's really to get you to think, are you, why are you listening to what you're being told?

Right. I always say advocate for yourself and start to pay attention to the things that are. That are going to move the needle for you and just focusing on. Macros, which is your protein, your fat and your carbs is not going to get you anywhere, even from a weight loss perspective.

Sherri: So if we shift it to the healing perspective, — And we can also look at it. **Like what if we flip the whole thing? And we actually looked at the idea that, um, in order to build muscle that you need glucose. You need mineral salts and you need to move the muscle** you need to do. I need to move and you need to exercise.

**But what we don't realize is that even when we're eating plants and we're eating fruit, we are getting protein.** And I think it's still, even these numbers that we're throwing around these 50 grams or 75 overinflated is. Killing your liver. It's too much for the body to be able to process. So if we are getting, um, these mineral salts and, and the glucose, meaning **mineral salts, we're getting greens, lots of greens, lots of leafy greens.** And we're driving the **glucose, strives the minerals into the cell that actually expands the muscle and helps the muscle to grow.**

So I do know a lot of, um, people plant-based bodybuilders that do exactly that, or build a ton of muscle without, you know, animal protein. Right. And because of the fact that we're so brainwashed about needing. You know, chicken, Turkey, fish, eggs. ——— You know, all of the cheese, whatever it is that, you know, we have to just be calmer. I think. That's a great way to say it really not worrying during the day that you have protein at every meal.

And then we go into the whole thing about like, if you are what you've been told and what I was told and what **I was taught about being hypoglycemic, and you need protein at every meal to balance your blood sugar. And that was something we all knew and that's not correct.** So when you have blood sugar issues, you have liver issues.

When you have weight issues, you have liver issues. So when you start doing. Protein, which is high protein, which is high fat. You wind up. Tanking your liver. We're time and you hit a tipping point. At some point, like you

might lose weight at the very start. And then all of a sudden, you find you're not losing weight.

MERYL: And that's what I've seen with my clients.

Right. We get to the point where some of there's been a whole bunch of them who were like, give me the macros, give me the macros, give me the macros. And we did it. And now they're like, okay, I lost, but now I'm.

Plateaued and I'm stuck. And so I have, might have other symptoms that are all right, and then there's other stuff that's going on.

And I might say joint pain. I might have, you know, my hair is not right. Or, you know, something like that. Even though they tell you your PR your hair needs. Right. — Again, So some of this is just debunking. And, and, and just flat out saying, okay, well maybe what we learned was not, um, — Was not accurate in the way that we thought it was.

And, and, and this will create quite a stir . Right. Here's what I can say though. I can confidently say that after me doing this. Right. So I always say we are on my own and I've won and I'm my own experiment. And I often say that. Yes, even though I am my own lab. And even though I'm an individual, you're an individual, but what I can say is for years, I was the protein, the protein, right.

We got to get the protein. And now again, four months in, um,

**So, what I can say is after four months of doing this and listening to talk to Sherry and not freaking out and calming down about the protein, I stopped counting.**

I just stopped counting how freeing show freeing. Right. And, um, and I stopped counting. And I've said this before that **I am as strong, if not stronger in the gym, I am leaner than I have ever been. And don't count calories.** Don't do any of that. Um, have been, you know, really making sure I'm getting my greens and my mineral salts and the glucose and all of that, uh, have really brought down the animal protein.

I think. I'm **I eat. Animal protein, proper, whether it's fish or some kind of meat or something twice a week now.** And I'm doing mostly, you know,

vegan, vegetarian kinds of meals. And I, you know, do. Dairy and the egg. **I took out the dairy, the eggs, the gluten, the sugar.** —————

Uh, the joy. No, I'm just getting a, actually, I love what I'm doing. And, and it's funny because Howie, I made him, I was making meals and he's just like, okay, I'm just waiting for the new thing that you're making, because it's also really good, you know? But, um, and I keep experimenting. I'm like, oh, do you want lentil burgers tonight?

He's like, whatever, you know, So, um, — and I'm finding I'm satiated, I'm feeling, you know, I feel great. So I think the proof is in. —————

Sherri: satiated for a minute, because that's a big thing. When people start to switch, they don't. It was, yes. It was a shame because here's the thing.

**When you start to lower the protein. Uh, which is the fat. You are lowering your calories. That's what happens with people.**

**They're just not getting enough calories, right. And that could feel like I don't feel fed or satiated.** So it's a well, And that was a struggle for me too.

In the beginning. Right. I was like, oh my God, I need a little bit of the fat just because it makes it taste good. And there's still some days I'm like, okay, I just need a little more fat, but I think you balance it.

Right. It's all about balance. And it will about the healing journey. What is your healing journey? So for me, I was really resistant to getting rid of the fat because it was just everything that mouth feel. It tastes good. Right. I am so much better now. And now it's. I mean, it's just, it's, it's becoming, it is a process.

Like everything. I always say, **it's just the process of getting used to something new and the food tastes delicious and I've been making different concoctions and doing things with lime juice and zest and herbs.**

And I, and I'm growing all these herbs in my garden. I just keep throwing them in everything.

Sherri: And so, uh, it really is just a new way to do things. And so it takes your body time to adapt.

And if, you know, you can say, as you've gone, you've an in your car, your cravings are different, right? I have like no cravings. I, I really, I mean, I didn't

have much. And it was funny. I, um, I had, it was, it was my birthday a couple of weeks ago, we went out and we had this, whatever, and said, this really great.

They made this avocado chocolate mousse thing. It's where we work. And I literally had a couple of bites. I'm like, this is so rich and so sweet. I mean, it was delicious. I love chocolate. I can't even eat anymore. Right. Just become, so it's just so interesting how your taste buds start to start to shift even with ice cream.

Like, I love, love, love ice cream, and I've had a habit have had it maybe a couple of times in the past four months. And I'm like, oh, okay. That's enough. Like my stomach started rolling. —————

You know, I was like, okay. Maybe not so much on the, you know, it's sort of like ruining that, that, that, um, ——— I don't want to say obsession, but you know that, oh, I love my ice cream. And now I leaned on that. Like, yes, I was an ice cream person. I'm like, Hm. Maybe not so much anymore. So. You know, it is. I think there's that piece as well.

Is that like Sherri said, If we just calm down about it and not freak out and **lean into learning how to nourish ourselves**. I think it comes back to that and it still comes back to have. Who can you lean on? Right. Who is the expert in this that we can lean on to give us this kind of advice rather than just, okay, well, I'll go Google this and go on the internet here.

And this is the other reason Sherri and I are doing this is because **we are literally working on bridging the medical medium information with the medical information and the way we were trained to be able to bring it out to you guys in a way that is deliberate, intentional, and meaningful so that you can implement**. This yes, right.

Sherri: That it becomes that you can implement it in a way that's realistic for you and, and less fear and has less. Absolutely for sure. Because I said there is a lot of fear around, you know, all of it, right. And I think what's so important is to understand, like, I think the whole idea of about building muscles, I think is really important to recognize that, um, how. Ch, you know,

— Uh, first of all, there's amino acids, right, right in. **Amino acids are the building blocks of protein.**

You have to put up. You know, assets together to make a protein. Correct. So they are in plant foods. They're in spinach. They're inspired Lena. They're in Nori strips. Like there, you know, besides all the animal protein they're in plants all over lentils, sprouted, lentils, and like, **these are incredible bioavailable forms that are so absorbable.** For your system. It's just, it's easy.

It's really simple. And it's ways of still getting protein in without being protein obsessed. And I think that you understand, like when you. — **Sometimes when people get leaner, their muscles look smaller because the layer of fat over the muscle has actually come off.** And, you know, there's a lot of toxic fat that we hold.

So when we, sometimes when people go and, and. Venture on this path. They people lose weight really fast. Some people do, and some people don't, it depends on a lot of issues. A lot of things, viral load, toxic load, say to their liver, um, whatever else is going on. But you know, when those muscles start to lean out because of the fat overlying, the muscle, you get to really see the muscle.

Yeah. Right. ———— It was funny. Cause my brother who's lost a decent amount of weight and my mother is like, Everybody is leaning into him. So you know, about the weight loss, by the way, a loss. And I'm like, I had to convince my mother. I'm like, no, he's really, he's healthy. He's fine. He doesn't mind. ————

Um, but that's what he was leaned to begin with.

So now he's been doing this and he's much leaner and he's like, you could, he says, I can be that anatomy poster. Like you could see every strange. It's actually stronger. Yeah for him. He feels strong. It feels amazing. Right. He feels amazing, which is why I said to my mom, like lay off my brother, you know, he's fine. Um, oh my God.

I'm not losing as fast as you. I, you know, whatever anyway, story of my life. But, um, but I do think that, and it's not saying, look, the bottom line is, **I'm not**

**saying that you have to be vegan. That's not the intention here. Right? You don't want to have to completely come off of animal protein.**

**Part of it is, um, it's, it's really, what is your vision for yourself? Is this about healing? Is this about muscle growth?** And I think we have to be very clear and it's impossible to address all of. This at once, because it's always based on the individual in front of us. Right. So if you're listening and you're saying, well, you know, what camp am I in?

What do I need to heal? I mean, look, we all probably have things that we need to heal from, right. I mean, my intention with starting with this journey was always about getting my thyroid nodule down healing. Some other things that I had in my body. The secondary benefit has been some weight loss, meaning the muscles, you know, just from that. Uh, but, **but the people who are looking for weight loss, I think we do have to look at what is, why is there a layer of fat over your muscles?**

**And it comes from liver and toxins.** So you still have to peel away the layers. We still have to go deeper. It's never just calories in calories, out protein in protein, out, exercise in exercise out. —

Sherri: This is why we really need not to be so obsessed about protein, because we really should look at what type of are you not sleeping? Well, Digestive issues. Are you going to the bathroom? Well, every day, Uh, are you having, uh, you know, hormonal issues or you're having. Hair loss. So you having, you know, rashes or you, I mean, there are, you have anxiety, depression. So like, I think the least of the worries is the protein. And really to think about where's the root of what's going on.

Right? Exactly. Exactly. Approaching conversation and just not be, I think that's what we really wanted to do was get people, not so concerned about protein

MERYL: **because the whole conversation is the root is getting back to healing. And protein. Is not healing your condition. And that is the bottom of. — It never healed anybody.**

Yeah. You know, I mean, it's not like anybody who's losing their hair said, go eat more protein. I guarantee you, if you're eating more protein, you're not your hair's not coming back. Okay. And so, um, or at least not coming back in the way that you think it should. So if we're talking about healing, what are we focusing on Sherri?

When we're saying, what is, what is the first modality of healing that we need to look at?

Sherri: Well, if we're looking at depending on what the symptom is, right, right, right, right. But you are right. We talk about the liver being sort of the first well, so yeah, absolutely. You know, we're looking **most illnesses start in the liver.**

**That's where conditions are beginning.** And so if we're looking to really deal with any kind of autoimmune conditions or whatever that we need to track back to say, okay, we might need to do some. Liver healing and people are probably like, well, what is liver healing actually. Right. And that leads into more of, you know, **aspect of cleansing and peeling away foods that may be causing you more problems than you actually realize** that people aren't so happy about taking out their eggs or taking out their dairy or taking out some wheat.

**And we're not just taking this out for, just to take it out. And it's not that you're like allergic to wheat necessarily. It's actually feeding the pathogen that most people are struggling with.** And so that's where you're looking at the underlying viral load of people that they don't realize is part of their condition, whether. Toxic load, their heavy metal load.

All of these things need to be considered when, and I'm sure now I know when you look at your clients differently now when you meet them and you're like right away, you're like, oh my gosh, like this, this, this, this not like, you know, it. And you see it. And that's basically what happened to me and my practice as well.

It was became like, oh, we learned certain things in school. Like I **learned things in medical school. I learned things in alternative medicine training. And then what I learned with medical medium information just blew. Oh,**



**The roof. Yeah. Off of all of it and put all these missing pieces into place,** which is what you said when you were like, I'm looking for the missing piece. And when I introduced you to this, you're like, oh, This is a missing piece. So it became, it made more sense.

MERYL: It made more sense. I think where the struggle is now with people as they getting them off the protein conversation, but B getting them out of their own way when it comes to the supplements that they're taking or the reactions that they're having.

So I have one client who I have, you know, all of a sudden she's having celery juice and she's having these reactions and she comes back and says to me, I can't do celery juice anymore because I'm having this reaction. Or I have another client who's no, no, I have, you know, um, um, histamine issues. You know everybody now, everybody, I can't tell you how many people. Mass activation cell, right?

Uh, mass cell activation syndrome. And, and, oh, I can't eat the histamines when we really know it's from. All of the toxins coming out into the blood. And so, so it really is.

Sherrri: **And healing foods are going to push a lot of this up to the surface. The healing foods, the foods that, you know, immediately, we think I'm allergic or I can't eat it. And it doesn't mean you keep it in if it's causing a lot of issues, but you have to work with a practitioner. And to understand what's happening in your body.**

MERYL: Absolutely. And that's why, again, having you has been so supportive, but, and then I'm also doing this program with you, right. The ask the docs, but, uh, which is awesome, but here's the other interesting thing, right? And then people who have food allergies and sensitivities. So for the longest time, I'm like peppers would literally repeat on me. Like I couldn't eat peppers, couldn't eat peppers. So now as I'm doing this whole thing and a couple of weeks ago, I ate something that had peppers and I'm

like, tell me, I feel fine. That's great. I never told you this. Yeah. Yeah, but, and then I had something else with peppers and I'm like, oh, I'm actually doing okay.

So whatever was going on with the pepper thing. Is, it seems to be resolved. Not that I'm eating a ton of peppers. I don't necessarily love him. I think I've just been on from them. But the issue of having that burping that I had. It's not there. It's not that. That's great. You know, so it was, it's pretty interesting when you start.

So again yeah. You add in these healing foods and, and again, right. Food is medicine. Yep. Absolutely. And. But food. Like we, we always use that word food is medicine. For years, right. But I think this takes it to, like, this is a whole other level of food is medicine. This is a lot of food as medicine. Right. There's a lot of the plants. And you know, now I almost feel guilty if I don't have like two proper salad is like my greens. I'm like, where did I get my grades name? Right. And. Get my greens a day, you know?

**Sherri: Every single food log I look at that's the biggest missing piece, and I'm sure you see that too. The green ——— people's side and that is what's gonna help you build your muscles.**

MERYL: So talk about that. So basically, I mean, it'll heal. And so that's the thing it'll heal and help you build your muscles. Yeah, because **you're talking about mineral salts, like in the middle salts that like most of us really don't like, we'll, we'll create a meal and we're not thinking leafy greens.**

We're thinking. The car.

Or like, you know, whatever else you're getting and, you know, you can have vegetables which are phenomenal and healing in of itself, but **it's those dark leafy greens. It's the kale. It's the spinach. It's the rugala. It's. The watercress.** It's the, yeah. What are colors and yeah.

MERYL: So not to interrupt you, but I think there are going to be people out there and go, what the hell are mineral salts? Oh, so. | | |

Sherri: So mineral salts, Charleston, celery juice, and I really understood mineral salts on a much deeper level when Anthony William brought that to the surface about these certain types of mineral salts.

**There's these cluster mineral salts in celery juice.** So these minerals, you know, that are there just that science has really delved into.

MERYL: But isn't it sodium potassium. Like all of the minerals that we know of, or

Sherri: the micro there's macro minerals and there's micro minerals. So there's like, you know, there's chromium, there's iron.

There's like all of those. — Yeah. All of those things that are in that you're getting that your, **your cells crave as much as they crave glucose. They crave these minerals, your brain needs it.** So your brain needs the middle of salsa. Your brain needs the glucose. It does not need the fat so much. So. It's real, there's micro fats in everything.

So when people get nervous, can I be so low fat? Am I going to get my, my hormones going to be okay. Am I. Uh, cells getting my body going to be okay. Yes, you can be okay by lowering your fat. You know, Uh, significantly, **but it's a process. Doing it gently, slowly to let your body adapt. But when you do lower that fat, you actually allow your liver to start cleansing. You take the burden, the protein fat burden off the liver, which allows your body to start to get rid of. I start to pee out the poop out, all of that toxic, uh, heavy metal pesticides, herbicides, fungicides.**

Rodenticides like all the toxins that we're exposed to on a regular basis. Uh, that we don't, we don't see it's hidden. It's silent. It's the silence. It's in the body when people say I feel okay and they're okay until they're not okay until that first other toes. Right. Or people live with symptoms, right.

That they just don't even recognize as something just because they're functional. They're out in the world.

MERYL: I mean, I talk to people all the time. Well, I had this symptom and I'm like, but that was your body's way of saying, like, it was something that seemed to my new, right. It could be a, uh, reflux or indigestion.

It could be a bloating, it could be a rash. It could be. Uh, sinus things, it could be drippy nose. It could be right. It could be any of these things. --- I have allergies right. Those are all symptoms. Yeah. Those are all symptoms. Yeah. People think a symptom is, oh, I've got cancer. That is not a symptom. We're not supposed to feel this way. Right, right, right, right. I write, I just don't feel as energetic, but I'm getting older.

So that's, you know, we think that we are supposed to do that. So it's supposed to feel about. I'm like, hell no, I want to wake up every freaking day. Like if I don't wake up, like hit the ground running, I feel so good today. I'm like, what the hell did I do yesterday? That I can't, you know, so like the expectation for me is always, I want to feel a hundred percent on and if I'm not, why am I not?

And what am I not doing to do that?

Sherri: And then the other topic that we throw into the system adrenal glands, right. When we have. — We have a load of protein we're actually running. That's why people, when they do. — You know, get off of, um, they start to lower their fat or they get off of animal protein and they're like, I don't feel like I have so much energy and they add it back in.

Like, **I feel so much better on protein. What they don't realize this. They just got a shot of adrenaline from that.**

MERYL: So what you're saying is protein triggers, adrenaline release. Oh, the fat, which is separate. Right, right. So **the fat in the protein yeah. Triggers, adrenaline release.** Correct. And then if you're stressed on top of that, and you got more adrenaline, you got this funky adrenaline going through your body and it's poisoning your system.

Sherri Yeah, yeah, absolutely. So it it's really, uh, I mean, adrenaline keeps us going with natural. We have. Yeah. You know, uh, 56 blends of adrenaline

that Anthony talks about, which is fascinating and, or, uh, wait fifties. Is it 56 of the.

Uh, no, it's the hydrochloric acid. Okay, so, but are a dream. There's a adrenaline for, every activity, right? You. All these activities. And so, um, it's really important to, um, **recognize that adrenaline is our normal way to feel, but we can over on journalize ourselves in things. And that's what we do with caffeine and chocolate.**

**And. Too much fat** and things like that. So there's a way of balancing that out for yourself and, um, feeling good. No. Yeah. Depending on what you have going on.

MERYL: And, you know, what's the interesting part about that is I, since I stopped coffee, — And I notice. I actually do feel like I, **I feel the natural adrenaline versus what I was doing with the coffee, especially when I'm at the gym.** Mike.

And there was a couple of days where I was like, I don't want to say I was low energy. It was just a different energy than I was getting from the caffeine. Right. And it finally hit me. I was like, Oh, my God. That was so not good for me. Right, right.

Sherri: When you're swimming in it, you don't know. |

MERYL: No. And, you know, and then I had tested my gr I mean, look, **my cortisol was through the roof because of what I was, you know, and because the way I was eating, I was going too long without eating.** So I can say now how I feel during the day, even it's such a more, even energy. And I can, I could literally feel it in my body.

That's great. You know, so, um, but right. You don't know it until you pull out. Oh it right. Do you want to address some of those questions? Yeah, because we're at we're w I don't want to lose all our time. Like we could sit here and talk, so, okay.

So the first question, cause we, we did ask for questions, so **can too much animal protein affects our hormones?**

Sherri: So it's you don't, I don't know if that's the best way to look at that. You know, like saying that animal protein affecting our hormones, that's not what really affects our hormones. — In a way indirectly. So what affects our hormones is our adrenals. Right. You know? And so, um, people need to understand a little bit more about, you know, progesterone and testosterone and all. — And, and so, but it's not the, **what animal protein does is high animal protein. Indirectly can cause problems, but it's not going to like decrease your hormones or increase your hormones.**

MERYL: Right, right. And then more months, I think it depends on what stage of life are we talking about hormones and menopause and perimenopause. And again, we know some of those symptoms are really more related to liver. Yeah, right. Rather than necessarily even hormone. So then I know, or are we looking at, you know, menstruating women?

Are we looking at PCOM? We looking at all of these things, which again is a whole other bigger question. So I think the answer is too much animal protein doesn't necessarily directly affects hormones, affect hormones, hormones are affected by the result of too much animal protein because of the liver. And if we have a condition that's lowering. That's crazy. And we need to look at diet and more specifically, so that's, that's how you'd have to tease that out. Yes.

Yes. So, um, **can too much protein even plant protein negatively affect you.** I think it was sort of talked about that, but yes, you can. Too much of anything is no good. And not, then not that I'm saying everything in moderation. Because that's sort of gone out the window, but because there's no such thing as that, but, uh, **anything that you have in excess of what your body needs can negatively affect you,**

Sherri: it can, and, and, you know, **everybody gets afraid of eating too much sugar, right.**

Or too much fruit or. I need that. So then that's a whole mess for people too, because you know, it, there's so many factors in that, you know, when you are, you need, **when you're under a lot of stress, you actually need more glucose. You need more minerals.** So you. You know, so I think there's so much more fear around fruit. You know, then there is about too much protein in a way.

So that's a brilliant question. I was like, even, you know, so yes, I think that causes issues for the liver. Cause we don't need that much protein. Exactly. Exactly.

Uh, this is a good one. Right. How much protein do we really need? I think we address that. **Do I need supplements or protein powder.** So there was a day that I would say yes, I don't know that. I would say that today.

Sherri: I do believe. So it really depends on who's asking the question. Yes. So for certain conditions, people can change their diet. Maybe they have some celery juice, you said maybe they just, you know, they start looking at their diet differently than maybe they, they don't necessarily need supplements or they need minimal supplements.

Right. But if you're dealing with somebody who has a tinnitus or you're dealing with somebody that has a colitis or Crohn's or someone who's dealing with. Uh, other digestive issues or there have migraines, you know, they, **these people might need supplements. I'm not saying protein powders. I don't think anybody needs really a protein powder.**

And I know bodybuilders are, are always putting. Protein Patterson to their shakes. I don't think we're lacking in protein, honestly, but I do think we, there are times where we need and when we say supplements, it has to be it's quality supplements. There's so many. Supplements out there that are not quality substance, they're just bad.

They have fillers in it. They have natural flavors in it. Citric acid that are everybody as a reacting to, and that the other stuff that's in it. Yeah. Things that are in there. So that's what we don't need. Right. But quality

supplements. I would say some basic supplements. Yeah, right. But not necessarily protein. No. So, so the answer on the protein powder is probably not, but, uh, right.

Uh, **what is the best protein source?** Uh, so I think, you know, again, a loaded question, I mean, Um, **You can get protein from. — Plants, you can get protein from animals.**

**Is there. A better one. I think that's where the debate is still out.** We're going to say you can still get all your or your, or your, all of your protein from plants. Um, is there one better over the other?

Sherri: I think **spirulina is one of the top plant-based — protein sources** for sure. Right. Um, and we can get them from beans and, you know, uh, — And things like that.

Right. But. But as far as the best. You know, I get, I don't know if that means, is that, are we talking about an animal or are we talking about a plant? break it down like, oh, and then it comes back down to right. Not to interrupt you, but like, **if you can't break it down, what's going on with your digestion.** Yeah. So we've got to really look deeper at, it's never just as simple as saying, you know, how much of this do I need? It's what is my body assimilating it? And so, yeah.

Sherri: And I think that's. It's an interesting thing to be like, what is the best? I, um, you know, you talk to a vegan and they'll tell you something. That's the thing. It's a loaded question. No matter how you say it's hard. Depending get good protein now. But when we look in the meat industry and we look in the fish industry and we look at the waters and how toxic our oceans are, and it's not easy to get the cleanest sources and even. When you've had the best organic grass fed, there's still stuff. Their stuff.

MERYL: And we have to be careful that our plants, right.

That you're eating organic. That it doesn't have as pesticides and herbicides. Non GMO. So, you know, and I did a whole podcast last week, or whenever,



you know, on, on the quality of our food and why regenerative farming is so important right now, why we should really know where our food is coming from more than ever.

Yup. Absolutely. Absolutely. So I think it **it's more than just, you know, what is the best protein source? It's where is it coming from and, and how clean, how clean is it?** Right. Exactly. I think we should go over the, uh, kidney disease. So go right ahead.

### **Can overeating protein cause kidney disease.**

Sherri: I'll let you handle that. So, absolutely. **Uh, one of the worst things for somebody who has, you know, polycystic kidneys or, um, they have chronic kidney disease or any type of kidney issue.** Absolutely. The idea is for the protein to stay low. And it's, that's not in conventional medicine, told too.

MERYL: Well, it is in kidney disease, but you have to be like staged.

I remember talking to one of the kidney doc. I don't know it was a while ago and one of the doctors, so he sent me a client who is in kidney disease, kidney failure. And I'm like, well, how much, you know, I'm just confirming how much protein they should not be eating. And. Or should be eating and they're like, oh, no restriction on protein.

I'm like, are you out of your mind? Yeah. That happens more a fact that it's always about vitamin K and not. Eating so much green. Right. I get vitamin K because of the clotting, but, um, But they don't want, but there there's other issues with that. When it comes to kidney disease, they don't want the meeting.

They take them off of cause their potassium sensitivity. Hi right. And they can't break down the night. But you're not getting down to the root cause of why that is happening, correct? Right. Correct. So it comes back to, and then I'm going to take one more. Um, we'll protein. Well, —— This was

**will, protein powder become denatured If it's cooked.**

**Here's the thing about protein powder. I think protein powder is actually already denatured by the time it's in the can.** Okay. Or whatever it's in the canister that it's in. Why? Because anytime you heat, amino acids. It becomes the nature. Yeah. So I don't care. What kind of protein powder you're using, it's processed.

And if it says 30 grams of protein, if you're getting half of that usable bioavailable, you're probably lucky. I guarantee if they go. If they went and tested. The available protein and half of these protein powders. It would not be bioavailable. I think the other part of that is yes, when we cook protein.

**So like an egg, when you cook an egg. And you're cooking the white, when it gets white. It's actually denaturing proteins.** So like when you over cook an egg, when you make it well done. You're actually denaturing the protein. It's the same thing. If you're cooking meat on a grill and it's now charred and really, really well done, you've denatured that, that amino acid.

Sherri: Yeah. If you're, if you're cooking protein powder, You know, so I know a lot of, you know, even vegans that do protein powders. Right, right. I do pea powder, right. I think what happens. Some, some people can digest that a little bit better than others and some people just can't like just it very well. So there's, you know, there's hemp powder. There's. Um, pumpkin seed powder. So these, I think sometimes those are a little easier to digest than some of the other ones, but it really depends on. Why are we still being obsessed with protein. --- | Exactly. Can we come back full circle. And say, you know, **let's try to be. Lots of fruits and vegetables in our diet and not worry so much about getting protein in every meal and that if you're working out and you're getting enough glucose and you're getting enough leafy greens and you get your celery juice use that. I'll actually give you those metal salts that will feed your muscles.**

Like nothing else. It really does make a difference. So help. Alkalize your body and all of those great things.

MERYL: I mean, **it'll help with the inflammation. It'll help with joint pain.** It all right. I'll help with all the stuff that you're actually trying to accomplish and

that you figure accomplishing by throwing in more proteins. — Um, so that's it for the questions?

I think one was how much protein at every meal. I think we talked about that. Yep. Uh, any last, um, words from you? Um,

Sherri: let's see. I think people. It would be, you know, putting.

Getting on the food war side, right? Yeah. Uh, putting either being the. — Fight against animal protein, vegan, all of that. I think it's a waste of our time and energy. And **I think we should look at what we're trying to heal in our**

**bodies and being a little more ease around it all. And if you're struggling with symptoms, if you're struggling with how to lose weight, like there's a missing piece for you that might be beneficial to work with a practitioner.**

Who is, you know, knows this and right.

I, ain't going to look at the whole. The whole picture and can help you sort through that. **But I think if you have a little less worry and fear around and stop labeling anything. And just enjoy food and enjoy what you need to eat, but also recognize the healing benefits and powers of fruits and vegetables.** What it can do, right?

MERYL: Exactly. So let's go back to the healing and focus on that. And less about these little macronutrients, great conversation as always. And then we're already. — Excuse me almost at an hour. So. — Uh, as fun. Uh, you always, uh, as always know,

Comments like subscribe, share this information with someone. Definitely, definitely right in ask. Uh, share this with anybody who you think would benefit. And, uh, again, it's always great having you on this.

We're going to continue these because we get so much great feedback out of these and want to really address your questions.

So we're gonna, we're gonna keep doing it. And, uh, — Make sure you're looking at your healing. Always look at that. Not, not focusing so much on the protein. And that is a wrap for today, everyone. And this is your rebel nutritionist signing off. Make it a great day.