MERYL: So on today's podcast, Howie Kra and I discuss all things about where his **health journey has taken him over the past three years.** More about his, like, **if you guys are on medication and you want to get off medication**, you got to listen to this podcast. If you are struggling with finding some consistency in your life, you got to listen to this podcast. And if you really want to know what it takes to lead a healthy life and have a balanced life, you're going to want to take a listen.

Welcome back everybody to the Rebel Nutritionist, this podcast today, I have none other than how we cry with me. Uh, and so we are going to do a little bit of a recap because how are you? I think the last time you were on was at least a couple of years ago. I think he was on an episode 13, the first episode.

HOWIE: And then I was on. Probably a year later.

MERYL: I don't even know that it was a year maybe anyway, so now it's three and a half years later and I want to do a rewind, let's say, or a recap with him to really see where he is now and his journey, because we always say this is a journey.

So we're going to talk a little bit about where he started, where you know, what happened in the interim, where he is now and sort of the moral of the story. and, um, and I think that's yeah, so let's get right into it. Welcome.

HOWIE: It's a pleasure to be back. Hello everybody. It's great to be here.

Always an honor to be on your podcast.

MERYL: I love having him. Easy to talk to. So. So how many, and I have been together three and a half years who would have thought.

And when I first met Howie, I would say he was pretty healthy. I mean,

HOWIE: I'd say pretty healthy, right? I'm a little, um, Even to get pretty healthy on a harvest. Pretty good.

MERYL: So one of the things that we talked about early on was the fact that how he was on medication, he was on three different medications, right?

He was on blood pressure, medication stat, and. And, um, and, uh,

high blood pressure. No, I got a pressure stand and the allopurinol for gal,

correct.

And so when I usually, and this is, you know, when I talk to people. Uh, one of the questions that I ask is, you know, are you on medications? And if they are. What's your feeling about them?

Do you want to, you know, is one of your goals to get off your medications? And most people say yes, as did.
HOWIE: Who wants to be on medication.

MERYL: And let's talk about that. I **think that's a really important point because, well, nobody wants to be on medication. You didn't really question your doctors when they put you on the medication**, right?

Like what was your interaction with your physician?

HOWIE: So, you know, I, I've always been told this heredity in my family around high blood pressure cholesterol. And you know that this is a good way to bring the numbers down. And. I've trusted my doctors and, you know,

I, I would go on these meds and I would stay on the meds. My numbers were in check. And why, why ask any questions?

Till I met, you started asking a lot of questions,

MERYL: right? So, and like most people, right. **We go to our doctors, we think that they know best and I'm not, again, you know, you know me, I talk about this all the time. I'm not dissing doctors. I'm dissing in the system. And the system is stacked against us because doctors are not spending time really inquiring about what is your lifestyle?**

What is your diet? What's going on mentally, emotionally, they have. You know, eight minutes, 10 minutes, best to really get a picture of what's happening. And there's no way to properly evaluate someone. It's just, how do I manage the disease? I would say our healthcare system is about disease management.

So how do I manage the blood pressure? How do I manage the cholesterol? How do I manage the gout? Easiest thing to do is say, oh, here's a medication. And so we being conditioned the way we are as, as in our culture. Right. We don't, we don't question. We're taught not to question the doctor. The doctor knows best. And so I think the one thing we are learning is long gone are those days that we really feel that the doctor knows best.

Oftentimes it's just, here's a pharmaceutical. And like, we weren't meant to just be on pharmaceuticals. So. I think like many people, you didn't question until I said to him, well, why are you taking this? And do you want to be taking it? And then the answer was no. And I said, okay, so do you want to learn how to not be on it?

HOWIE: And I thought that was sounded really interesting. I mean, Obviously spending a lot of time with Meryl. I learned a lot of things. First of all, why is it that the United States of America. Our country, this great country. **We are the**

only country where pharmaceutical companies. Advertise now somebody who loves to watch sports. News current events, I guess. I'm that target market. It is just incredible. They're not just commercials. They have.

I mean, it's just, you could sync. well, we call it beat whatever it is. They're like their themes. And the crazy part is if you've never done this next time, you see a pharmaceutical commercial. They eventually get to the risk factors.

And all of a sudden it changes to like a picnic or a fish being cold. Something really happy to take your mind off of it. You don't even hear it. So I now hear all the side effects and I hear a metal chirp in my ear saying, would you like to get off of these and we'll have the side effects. I'm like, sure.

What do I have to do? So it isn't just as easy as taking that and then taking the supplement. Well, I'm sure we'll talk about the supplemental much it help, but you really have to make some choices, lifestyle choices. And it starts with eating. It then goes into exercise. It then goes into sleep. How much water you drink?

So here I am three and a half years later, it doesn't seem so hard anymore because. The consistency, the discipline.

Over a long time. That's now my routine. So it's not hard. And in the beginning, it was a little bit more challenging because bigger changes needed to be made, but it is incredible that I am no longer on the pharmaceutical drugs that my doctor prescribed to me.

MERYL: Well, and I think one of the things is that, um, that I want to go back to is yes, it's, it's work. Two. Gotta implement these, um, initial changes, right? Like when I started telling you. Certain things and you're like, okay, like this. I don't know that there was resistance.

Like you did question some of the things, but it was more like, how do I incorporate this into my life? Like, I'm so used to doing this and this and this. And so. I think part of the message. And this is what I talk about all the time, but I want you to hit home is that **it's not just a change for a month or two months or three months, right?**

It is. You've got to look at this and say, okay, this is how I'm shifting from that to this. And now I'm just going to continue to build on this because these are habits, then you should implement your whole, like through the longevity of your life. And I think a lot of people think, oh, we're going to, you're going to come work with us and we're going to change around some things.

And then. It may not stick, right. **In order for you to have longevity and health and be off these medications and feel the way you want to feel and, and, and, you know, have the vitality and the stamina that you want to continue to have is. You've got to keep these things in place. Period.**

HOWIE: Absolutely. There are no shortcuts and unfortunately there's no magic pill.

Right. And you know, I talk to friends about this all the time and people always ask, well, how do you do it? And it's just like, How do you eat an elephant one bite at a time? How do you tackle this? So **I will late night snack. And who doesn't love to snack at night. But Merrill explained to me what it does and why it's not healthy.**

And you know what. I said I watched TV. I watched sports. It's it's just habit. And then when you realize that if you stop buying the stuff that you want to eat later at night, Well, when you go to the kitchen, it's not there. So if I'm going to break down and do something, I'm having an apple. Wow. So, you know, the things that, that probably didn't serve me well, I don't bring them in my house anymore.

So, you know, it's things like that. And, and, you know, exercise is just what we're going to do. For our time on this planet. It's not going on. Uh, you know, I'm gonna sign up for a 10 K or a half marathon, train free. Do it, get a metal one, then stop. It's just constant.

MERYL: And I think one of the things to that point.

So when I met Howie, you were really more just cardio, like. I had a lot of cardio, a lot of walking, you were running a little bit maybe. And I said to him, like, you need to put on some muscle, right? You have got, and he resisted, resisted. I think we were together. That's when he started dating in April.

I think it took till November. Right, right. Till he finally, and I go to the gym all the time. Like I would drag him like, nah, go by yourself or whatever. And he didn't, or I would take you and you didn't know what to do. So finally got a trainer, but really until you started with some consistency, even with the lifting. There was a little resistance, right.

So I think the message is, is that, and especially like for anybody. **We've talked about the semaglutide is the GLP ones. Right. And if you're on these and we know most people are because that's just the way it is right now. If you're on these, you have got to do the resistance training.** And I know people say, well, I'm going to wait until I lose the weight until I do the resistance training, or I don't want to do the resistance training.

It's harder. I'm. Right. T**here's every excuse. I'm going to tell you right now, if you are on those and you are not doing any resistance training, I'm talking about like deliberate resistance training, at least three times a week. You are going to be in much worse metabolic shape after you come off of these, then even when you started.**

So that's like the caveat to that. But I think that I'm still don't lie. Like he needs a trainer to get him to go left. So I

HOWIE: **I definitely have a lot of discipline in a lot of areas, but when it comes to actually going to the gym and looking at all the equipment and saying, okay, I'm doing an upper body day to day. I need a little push.**

I need a little accountability. So you go out and you find yourself a trainer. Uh, it's, you know, I was always doing cardio. But realizing that, you know, as we age, it's really important to put muscle on your body. So I've kept been consistent now for a few years of going into the gym, doing the cardio also. It went back to swimming.

It's just, these are things that you need to do to get those numbers, to stay down because as. **As great as the supplements are and as good as My diet might be, you need to do it all. Lifestyle.**

MERYL: Yeah. I mean, even his sleep, we started working on his sleep and again, If this has been, and this is why I think this is so important to that.

We've got you on three years later, right? Because it's, it's taken a long time. I mean, you've been doing great for a long time. Don't get me wrong. I think that the point was is that, you know, where. We've seen so much change and there's been so much progress. That it was a perfect time to do this.

Um, but **this has been a progression over three years. I think the last thing. That we did was the medical medium nine day cleanse.** So we're going to talk about that in a second, cause I want to pick your brain on that, but, um, In the beginning when, and I'm glad you said, right? It's not just supplements because yes, there are supplements that we can, that I was giving him that were helping with getting him off the statin.

Right. You can't just come off of it. Cold Turkey or the, especially the blood pressure. You can't come up. I was making sure we had a blood pressure cuff. He was taking his blood pressure every day so that we had consistency there so that when we started doing the lights were when you started doing the lifestyle changes. And the supplements together that we started seeing a trend.

Right. But what happened was, and then he was doing great and his blood pressure was coming down and then life happens sometimes. And you will, you know, Maneuver off of that path and got off the supplements life got in the way. **And we started noticing the blood pressure was going up, right? So I'm like, wait a minute. What's going on? And we kind of recalibrated. And again, this is where it's so important that when you work with us or when you're working with anybody, you know, who's coaching you, then you keep up some consistency of that.** Like, this is the whole reason we created the membership because we want to make sure we have at least a tether, right.

Because we know. Look Howie lives with me. And. Yeah, there's nothing about perfect. I'm not perfect. But we support each other. We support each other. So. You know, veer off the path, someone's there to pick you up. Well, think about this. I**f you're working with someone like. And you stop, who's there to pick you up.**

And that's the beautiful part about why we created the membership because people were saying, well, you know, I am, I am human and things happen. And then I had a hard time getting back on. So touching base with my coach. A lot or me right. Allowed us to continue that momentum. While still living life without being in this bubble of perfection.

And I think that's something that I really want you guys to hear, because this is not about perfection. This is the journey of it. And so when, how he got off

and then I'm like, all right, we got to get back on. And again, right. It takes a little bit of time to ramp back up and whatever, but he did it.

And so, um, I think that's been the progression of how this journey has gone and then recently, right. Would you agree with that? I mean, Yeah,

HOWIE: something you just said too, is that because I'm around you a lot. Lucky me. And **I see people when we go out or we've run into them. And then rather than reaching out to Coaches. They get like apologetic that they slipped.** Listen, I've slipped the numb with her.

It's human it's life things get in the way, but if you have worked with marital law coaches, With anybody and you slipping. Don't slip, slip, slide away. Reach out and there's no judgment here. Nobody is judging you. Let's go to your doctor. If you put on 15 pounds, you doctor might say, Hey, maybe you need to lose that, but they're not judging you.

They're telling you because they want you to get. You know, healthier. So I think that's a big thing that I've noticed when we've run into people in the community that have worked with you. They're immediately. They'll get defensive because they let you down. They. Wouldn't let you down. They let themselves down. So, you know, I'm lucky to be around Mel a lot and her discipline is contagious. And that's what this podcast should really be all about. There's no magic pill.

If you want to get your health in order. You got to put the work in, but the work is not that hard. It's just pick levels that you can do when you can achieve. And if it's working around a block, You don't have to run a marathon. So with the block, right.
MERYL: Pick your hard. But being sick is hard

or what's. I only see that. You know, hard, right? There's something about, if you don't. Do it today. You'll see at the doctor tomorrow with.

Right. If you don't invest in it today. And if you didn't write it, if you don't invest in your health today, you'll spend it tomorrow. I don't. I mean, right. Like someone will pop that up, but, uh, but it's true, right. We say, oh, I don't want to write **if you don't take the time to be well, you're going to, well, you're going to have to take the time to be sick,**

right?

That's a big one right in.

And so we don't often think of that because prevention's not cool. Prevention's not sexy. But the fact is is i**f you're on medications, you're not doing prevention. Anyway, if you're on medications, guess what? You've got something going on.** That's your way. That's your body's way of saying, and we talk about this all the time.

Those medications are treating a symptom. Guess what. Those symptoms, whether it's blood pressure, whether it's high uric acid, whether it's cholesterol issues are **all underlying symptoms of inflammation. And guess what inflammation is triggered by something**, right? We've got something going on in the immune system, some kind of toxin, some kind of pathogen, some kind of virus, something that triggered that. And so when the, the **bigger question, the more important question B is, what is it, the root and why do I have these symptoms? And why do I need to be on my medication in the first place?** And this is what we talk about all the time is advocating for yourself. One thing I had said to Howie is, you know, he had to go back to his doctor and he's like, well, what am I going to tell them that I'm off my statin. When I tell them the truth, tell him that you don't want to be honest, and you're working on your diet. And you know, and that this is your choice.

You, this is your body. You get to advocate for what you want. It's not like the doctor has got, although many of them think they are and that they have the right to say to you. You have to do this. I mean, oftentimes they just put the fear of God in you, right? Like they, they, it's a fear basis. A system. Trust me, because if you don't do this, you're going to die.

Okay. Well that is not true. And I don't always trust them because again, do they have your best interest at heart? Not if they're not asking you about your lifestyle and your diet and your sleep and your relationships and your emotional health zero. Because all of that is, is integral to what makes a healthy system.

So advocating for yourself and saying, you know what, this is my body, my choice. I'm going to go off these meds and let's see, I'm going to prove you wrong because oftentimes I hear doctors say, Food has nothing to do with it.

Well, I'm sorry. That's right, because we know food is medicine. Like that was the first tenant that had properties led off with.

And we know food is medicine and we know food heals, and we also know food can cause illness. Right. And we're hearing that all over social media as a blade, and we're not going to get into that on this podcast. So really advocating for yourself and, and standing up for what, you know, intuitively to be true.

It is going to be, you know, pretty important. And so I think there's that part of that. That is that going back to the doctor and saying, Hey, you know, I'm not doing this. And I think she gave you. So actually I spoke to the doctor. She gave me some pushback on that. Oh, do you know, the statinis so great for inflammation, right? Didn't she do that

HOWIE: a little bit? Yeah. I mean in hard defense, I think she knows what she knows. She cares. She's great. And. You know, but, but **when I went there**

and told her I was coming off these meds and showed her the list of supplements I was taking. You know, she's not used to seeing that.
She poo-pooed that.

Yeah, but she, uh, she's I still see her and she's proud of me and she loves the numbers. And, um, I again, it's just, uh, I think that people, yeah, they don't advocate. No, we, you know, we, we believe in what we hear. And what I hear so many people say too, is that, well, this pills not working.

So all they do is double, double. You know, they just increased the dosage. Yeah. And, you know, any, anybody that knows is the pharmaceutical industry is so broken. I mean, it's called, but it's not coming. It's a different, it's just, it's all crazy. And it's just the drug companies on TV. Are just, they blow my mind cause. I don't know how many billions they spend a year. Billions.

MERYL: Right. So it's, it's that piece. Um, and then the other part of that is sort of like, so let's go into, because I think we've covered the medication, so yes, how he is off of all of his meds. Uh, he takes his supplements consistently, although I think now he really, um, and I think it's, since we're together, you're really taking a little more ownership of your diet, of what you're eating.

You're more cognizant of how it makes you feel. And I think the big tipping point was when we just recently did this, we did the medical medium nine day cleanse. And I think you've noticed you had said a couple of things like how he was much more of the meat eater than I was. I can do, you know, vegetarian, vegan and be very happy.

I think you were more used to that. And since doing that, you feel less. Incline.

Less inclined to have that. Like, if I do a vegetarian dinner, you or a vegan dinner, you're like, oh, you were fine. And you were satisfied and it was, and then you said something about your appetite too.

HOWIE: Well, so. So definitely the nine day cleanse, which I could have never done on my own because I'm not a real chef in the kitchen. But having a chef. Uh, and following instructions, I'm sure I could do it if I had to do it, but. Uh, I'm telling them.

So even the novice will want to try

true.

Um, it was, it was really, um, it's incredible because it's a mindset. You know, I can do anything for nine days. You know, we had tried ProLon last year and that was five days. Yeah. And I know people didn't like, and then it's five days. **So nine days without fats and oils and protein and, and, um, And caffeine it's it's a lot. But. After a few days you enjoy those meals you eat and then you're done. The biggest, I think the biggest change is what goes on after dinner.**

MERYL: And then snacking in between.

HOWIE: Well, the snacking and the after dinner. Um, cutting that out has made a huge difference. And would I like to have a bowl of ice cream every night?

Absolutely. Uh, do I have it once in a while? Sure. But it's just not all the time. And when I have it, it's special. It really resonates with me. I enjoy it. Guilt-free. And we look forward to the next time.

You're looking at me. No, no. You still ask. You know,

But I think the biggest takeaway from the cleanse was. That I wasn't as hungry when I came off the cleanse. I'm more portion control. You know, I remember I had gone somewhere once, um, and it was centered around healthy eating and exercise, and I'll never forget this guy said that what he does is when he goes out to a restaurant. He orders what ever he wants. And then he says to the way to, but I have a starving son at home and I'm only going to eat half of it here.

So take half of it and put it in a, to go box and just bring me half. And I did that for a little while. You'd be amazed the portions in half the size.

Right. You're. Totally. They're

still filling. **So I think that portion control. Is so huge and having the discipline to know when to stop eating**. You know, a lot of times I want to keep going, but am I hungry or am I just doing it?

Because it's there. So another thing that you really want to learn is portion control and, and, and knowing when you're full and you're hungry. And when you're not hungry and not just eating with snacking for the sake of snacking. And again, if you don't bring it in the house, you can't snack it. And like we go shopping. You know, we're on the perimeter of the store. And I just, I Marvel at the people that go up and down those aisles and just all the processed food now. I don't know if it's good. A bit, but I've learned how to read labels.

And no it's bad.

I put everything back then. Stuff that I literally thought was healthy. I don't know what a sunflower oil or canola oil. And soil? No, no, they were good. Singles in their oils. So. **Being a little bit more aware about what you're putting in. Has a lot to do, not just with your weight. But with your blood pressure or your cholesterol levels. Or whatever it is that you're trying to keep at good levels.** So it's a combination.

We talked exercise. Now we're talking food, we're talking portions, uh, just getting in your water every day. Drinking a lot of water. Yeah. And you know, I don't, I don't know. I've always heard drink half your body, weight and water.

Yeah. Uh, I have completely gotten awful. These, all the kind of drinks that I used to drink. And, you know, your vitamin C that I mix with my water or your electrolytes, they give the water a good taste. And frankly, it's, it's very satisfying.

MERYL: Good. Yeah, I think the other, uh, there was something else, uh, Oh, I think mindset is also right.

I mean, we're meditating, you know, how you get your beliefs around. I always talk about that. Right? How do you, what is your vision for your health, for your health? So that's the other thing when we talk about, you know, advocating, but **what do you want for your health and your longevity?** If you have symptoms, if you're dealing with chronic illness, like any of these things that we talked about, whether it's blood pressure issues or cardiovascular, even things like cancer now, or chronic or auto immune diseases, thyroid things like. Hormonal imbalance, they become chronic.

And so how are you dealing with those symptoms and your belief around whether you can get better? Or can I ever get off my medications? Right. **Your mindset has everything to do with your trajectory for health.** Right? So looking at that and bringing that into play and your belief systems around that and the, and the. And your own barriers to like your self sabotage, right?

We we've talked like, how do you, self-sabotage on, yeah, you've had a bad day and you're, you've been, you know, you've been so good and consistent. It doesn't mean you can't go off every now and then this is not about perfection, but you string enough of those bad days together. And I just want to eat and I just don't want to pay attention and whatever.

And then all. How it breaks loose, right? So it's really about **how do you catch yourself in those moments and say, hi, you can have a pity party for a day, but, but getting back on. On that wagon and on that, that path of health and wellbeing I think is so, so important**, you know? And, and because it's, it does, it's, it is sometimes this rollercoaster. But if you could have more of the straight, you know, sort of even days and the consistent days, then. You're ahead of the game.

HOWIE: I think something too, is that, you know, again, being around you and watching your work and your cultures work. I think people sometimes are intimidated. That they have to change this ward, but change stimulates growth. So. You know, it's baby steps. I find myself. Because I do lead a healthy lifestyle. Giving advice to friends and family, and it's really start with baby steps. Th, you know, I'm a marathon runner. Y**ou don't just say, I want to run a marathon You go ahead and you train and you learn how to do a mile and three miles and five miles and 10 miles.**

And. You know, you build up. And that's kind of like what this journey is about, but I think the biggest misconception. About people who age gracefully, who age. Nicely and able to do things and have the mobility to travel and play with their grandkids and be able to, you know, really get the most out of life. Is that. It's a, it's a long game.

It's a marathon. It's not a sprint. And again, The diet industry, which I know we don't even like to talk about because as much as Meryl helps people with their weight, I believe her specialty is helping people who are imbalanced sick. I don't want to use the word sick.

Very sick. And, you know, they, they really love to get to that root cause and give them their life back. And, and that that's a journey. Another thing you always tell me, you know, **somebody at 60 years old. Gets God forbid, a**

heart attack. They didn't get. Sick at 59, right? They ignored things for 20 years.

And if this resonates with you, if you know anybody that's battling some bad stuff, Are they healthy? Have they been lifestyle cognizant for the last 5, 10, 15, 20 years. And, you know, I thought when I met Meryl that I've been living a healthy lifestyle, but as always, you could improve, you could up your game, you could learn more and you could do more. So again, three years in this journey with you, um, I go through highs and lows. I go through periods where I'm phenomenal in the gym or phenomenal and cardio great with my diet. My diet really hasn't slipped. **I would say the one area that is challenging for me to do consistently all the time is the supplements.** And that's just because you run out of them, you order them, you travel.

And if I could be better somewhere, I'd be better there, but I'm better now than I was last year or the year before. And. It's it's work, but it's great. Work. Anything that's good in your life. Is work. I mean, the relationships you have with friends or family or raising your children, the rewards that you get out of that comes from hard work.

Lots of love, tough love. So be kind to yourself. And **if there's something that you want to change. These are change experts right here. They guide you through it. It's not one size fits all. It's it's about. Your numbers. It's about your blueprint. It's about what your ailments are, and then they build around that and they meet you where you are.**

And I think really. There's no judgment. never. And, you know, and, and, and if you were on and you slipped off. No judgment, come back.
You get back to it.

MERYL: So true. So true. Uh, well said, I don't know that I can say it any better and you sound almost as passionate as I am now.

HOWIE: Well, I know what. You've done for me and I've watched time and time again. What you and your coaches have done for people? I mean, you know, you, you see some really sick people. That you know, have like gone everywhere. And, you know, you've had him on the podcast. They're there to fine. And you've given them their life back.

And what price would somebody pay? To not be constipated 80% of the time.

You know, I mean, I had that once that was painful. You know, but thankfully it was only once.

MERYL: Imagine people walking around with it all the time. I'm not happy. Right. And nasty and whatever, but yeah. Yeah. I mean, there's a lot of things, right? I mean, all of those, **all of those symptoms that have lingered on and on and on, and there's no resolution to, and maybe you've been to doctor after doctor and tried supplement and medication after medication and you haven't gotten better at. Well, maybe you just haven't found the right. Right. The root cause.** So those. You know, that's what we look at it.

When you said, you know, you weren't consistent with the supplements. I think the other thing where you're not as consistent. I think you are. Yeah. The nice thing is, is the more balanced you become, like you think about it, you started, I had you on a lot of supplements. To get you off of those statins and a lot to get you off of blood pressure.

And now you're on much fewer than you were, and you can maintain, you know, the goal is to just beyond small amount so that you can maintain, right. You're not always on handfuls of supplements. And I think that's important. People think, oh, I'm going to be tied to my supplements forever. Like the goal I always say is get in treatment.

You need to treat, get out and do as much as you can through food and through lifestyle and so forth. So

HOWIE: yeah, food food has really, like, I just, just had lunch with my daughter. And we had great salads. And we were in a place that had all these goodies afterwards. You. You know, and it's like, I'm not getting the scone.

I'm not getting, uh, Um, you know, a muffin. I mean, I had my salad.

Your muffins, a killer. Uh, they're really great, but yeah, I I've become so much more aware. Of. What I'm putting in my body and, you know, and you could eat out anywhere. You really can. Maybe you don't know what oil they using, whatever, but you could always get steamed veggies, fish, chicken. I mean, you, you can eat. I love the people say, wow, I can't eat healthy.

I'm going to XYZ Italian restaurant. You can, she has proved to me, **you can order well where every you go now**, but once in a while sure. What or whatever you want. Enjoy it.

MERYL:: Yeah, absolutely. And that's what we do. I mean, in most times he'll be like, let's go out. I'm like, I'm cooking.
And then what do you say after I've made it

HOWIE: so glad you've cooked it so much better than when we would have went out

MERYL: What goes into your body and what goes into your mouth? The better off your body will be.

That's just plain and simple. Right? You can have the same meal. You know, out that you would at home and if you make it with the right kinds of oils and. Uh, quality oils and quality organic food. Your body's going to be much

better off than if you, if you ate it out because you don't know what they're putting in there and this salt and fat and, uh, extra ingredients.

And it's, it becomes a problem.

HOWIE: I was always told in the back of the restaurant there's salt, there's oil in this butter. Yeah.

And all the foods.

Yeah. And, uh, the one that why it tastes so great.

MERYL: Exactly. Uh, what else did we miss? Anything? Did we cover everything?

HOWIE: I really think that, you know, what it takes. To keep your lifestyle. Healthy. Well, where do you want it to be? Is discipline. Consistency. Uh, **game plan, knowing what you're doing. And, you know, I'm, I'm all about working with coaches.**

I don't like the gym, so I have a trainer. And, you know, there are different periods in my life when I have hired coaches. Uh, you know, when I did a triathlon, I didn't know how to swim. So I have to hire. A swim coach. And then, you know, we got into this biking and, you know, it was a different kind of bike.

And, you know, I got a bike coach and they're like a bike coach. You just get on a bike. But there were some really great things that I learned so that I could be on that bike for 7, 8, 9 hours for endurance. Well, I just don't understand why so many people shy away from getting themselves a health coach and to help. To get better health to learn lifestyle tricks. To learn how to cook better. You know,

MERYL: to hold you accountable and support you. I mean, that's the big, biggest one.

HOWIE: Accountability is great. No matter what you do with anything, you know, I like mental said, I'm trying to be a better meditator. Melt. Yeah. Meditation. I'm trying. So I have a friend and we text each other after we meditate, Don. And he says done. So then I'm like, if he texts me, I'm like, oh shit, I got to do it today.

And so any kind of accountability is great, whether you get that with your family or friends, but you know, I'm all about. Coaching. And, you know, I mean, Um, you know, What do I do every night right now? Watch baseball. Oh, gosh. And the coaching is unbelievable. Last night in the Yankee game, in the second inning, they took their best pitcher out Cleveland.

It was a great coaching move. And, you know, you. The Yankees won and that's, what's important, but there's so many games within the game. And it's hitting coaches and pitching coaches and agility coaches and nutrition, coaches, weight training coaches. Yeah. Tom Brady. Had all of them. Talk about a guy who watches. Nutrition and his lifestyle. And, you know, there's no mistake that he looks the way he looks. For as long as he did. Yeah,

he played. Wow. But at the highest level. So, you know, and, and that all comes from incredible work. Unfortunately. Uh, there is no magic pill.

And I'm going to tell you that when Ozempic came out, I was so curious about it. Mel suggested I go on it for a month just to see what it was like. And I tried it. **Lost five pounds, but I will tell you. The way I felt that month. I didn't feel like me. It took me away from wanting to do my exercise routines because I had, what was it? Bloat?**

And it just, I get it when the food came. I have no interest in eating. If I was lucky, if I could eat a quarter of the food on my plate. Now I did it for a

month. I tried it and I know millions of people are on it. I hear that song in my head all the time. But just like most diets they fail, but they give you results now.

But if you don't change your lifestyle It's just, you're going to put it back on.

MERYL: **And you did end up putting it back on and then we, you know, then again, today, But you took it off because of all of the things that you've implemented since they didn't, it wasn't a result of that. And that's what I say to people.**

If you're on these medications, you still have to implement all the things that you just talked about that are hard.

HOWIE: Right. But I think people think if they do those medications, That's all they gotta do. Because, you know, somebody has got a wedding, they need to get in a tuxedo. They need to lose 35 pounds.

It's in five months, they go on one of these crash programs or an OSMB or whatever. Whatever. And then they get to the wedding. They fit into the tuxedo. And the next night they're eating Rocky road. Right back.

MERYL: Well, that's the thing again. So this goes back to that consistency. And I think the note that I want to end on is that I talk about the three CS.

Number one, have clarity, clarity in what you want from your life, for your life. What is that vision for your health? That's the clarity that you need. You need the commitment to it. Right. So that's the work you mean? We've got to be committed to yourself. This is all about the commitment to you. What do you want for your vision?

You've gotta be committed and you've gotta be consistent if you remember nothing else. Those three CS clarity. Commitment consistency,

because that will get you to where you want to be. Whether you're wanting to be off medications, whether you want to get to the weight you want, whatever. Wherever your health goal is, that's what you need to look at.

So thank you for being with us. It is

HOWIE: my pleasure. I want to thank you for taking me along this journey with you and your coaches and everybody in your office. It's just such a great environment. And I think the other thing that we could add to see is **be open for change. Change is good. Change is hard, but change is good**. Change clarity. Consistency.

Commitment

and commitment.

You do those things. Small steps. You give it a year, two years, three. It's your lifestyle. So good luck to everybody. Meryl. Look forward to being back on here again. And everybody have an awesome day.

MERYL: This is, and you are. So that's a wrap.

That's a wrap.

Hey there, and this is your rebel nutritionist.