Introduction and the all-or-nothing mindset

I'm about to sign up for your program for the fifth time because I know exactly what I should be doing. I just don't do it. But why is it that people get into this concept that diet is all or nothing and if they aren't perfect, they're going to fail?

It is the number one thing holding people back is everyone's all in. And then, I mean, it's just classic by the end of February, beginning of the March, everyone is already fizzled out.

I think that people are delusional in many cases about their effort. Now I know that doing the work 50% of time feels like you did the word 90% the time.

You know, if you mess up on Friday night, we're not restarting Monday. If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone.

I'm Dr. Jabin and on Redefining Wellness with Dr Jabins, we'll be exploring root causes like Lyme disease, mold and parasites, and I'll guide you with simple and practical steps towards real healing.

Hello and welcome back to another episode of Reddefining wellness center. And today I'm here with Amanda Nyberg, registered dietitian, and we're going to be talking about her signature line a little bit, which I love because I completely agree, don't eat like an asshole.

And also, Don't be an Asshole and prescribe crazy diets to people that makes them more anxious and more stressed, when in reality, it's not going move the needle enough to get them well.

So Amanda, thank you so much for talking with me today. Yeah, I am excited to So why do you have a tagline like that? Well, I just think that, you know, it really comes down to my clients and when I'm working with them and many of them will find themselves completely on track and kind of doing all the work and then they have a bad meal or they kind slip up and they just say might as well and end up eating like an asshole.

You know? Kind of eating all of the foods that they know that should be avoiding and You know, overindulging. So it's kind of like my little reminder to people, you know if you just don't eat like an asshole most of the time, then you'll probably make progress.

Yeah, and also not stress yourself out causing cortisol to go up, blocking dopamine function. GLP-1 function, which I know you talk about, also creating that negative loop that learns to burn out and overwhelm.

So I love it because to me, I get people in all the time that can eat no histamine food or maybe they can only eat four or five foods. Maybe they have done vegan and carnivore and all of these other things.

They keep getting told, well, you gotta eat better. And I'm like, what do you mean? You need to eat it better? You've got this, this you got fatigue, you've Got depression, anxiety, body pain all over.

Sure, dieting helps, but that's not the only part of it. And does that stress you out and make you sicker? Well, let's have that conversation too. I get into that a lot.

So, I'm just stuck on your title of your signature line, which I love. Why is it that people get into this concept that diet is all or nothing and if they aren't perfect, they're going to fail?

Well, I just think that, again, it's that whole mindset of I've got to be all in. And if I'm not all-in, then I might as well not do anything. Ultimately, as a registered dietitian, the narrative is all around being perfect.

in terms of, you know, how you eat and what foods you are allowed to eat, what food you shouldn't eat. And I think that people are getting overwhelmed with the amount of information coming their way.

So when I say, for kind of another angle, don't-eat-like-an-asshole, it's like sometimes just use your common sense. We're making it harder than it has to be.

You know that waking up and eating donuts and pastries and waffles and whatever is not a good choice. It's common sense. So look to make those healthy choices that you know are the right choices.

And I think that when people are able to kind of be like, OK, I know what I need to do be doing, then the next step is, all right, let's focus on how can I do that consistently.

Why consistency beats perfection

Yeah. And is that true also for your 40 plus, 50 plus individuals? Cause there's this whole idea that once you hit 30, whatever you were doing before stops working.

Yeah, no. This is another huge message that I try to get a point to my clients is the fact that at the end of the day, regardless if you're diabetic or menopausal or you've got cholesterol or obesity, whatever it is, there is this portion of foundational work that you must do, everyone must.

And if you're trying to make progress or change your lifestyle based on, you know, what I call upper level nutritional strategies on top of a broken foundation, it never works.

So, you know, people want to really hone in on the fact that it's like, well, I have PCOS, so I need to be doing something different, or I had Hashimoto's, and I needed to do something differently.

And at the end of the day, if your sleep is not good, If you're nibbling and grazing, if you live on sugar, you know, If your not optimizing your body composition, then it doesn't matter what you do, it's not gonna be effective.

So I think that the other thing that I try to get my clients to see is like stop labeling yourself, stop looking for the specific direction or the specifically diet that you should be following based on your condition, whether you are over 40 or whatever it may be.

First, you have to fix your foundation. So it sounds like you're saying keep it simple, stop being perfectionistic, get to the basics, and it should theoretically work.

And if it doesn't, maybe we need to do some different things and look under some stones and maybe not be purely just dietary, which I tell people all the time when they come into my clinic, if your complex chronic illness, your hormones are an absolute disaster, where we can see progesterone low, estrogen high, cortisol bottomed out, C-reactive protein which is inflammation, just a mess, you have a ton of inflammation.

You're not eating your way out of this. Yeah. Like, there's some realities to it. And if you're already doing all the good things in diet, hey, let's look at some other pieces of the pie.

But, all right, so what is the attraction to the all or nothing? Have you figured that out at all? Like I know you are not a therapist and a psychiatrist or whatever, but do you have an opinion?

What is attraction the to all of nothing. Why do people always go there? To me, it is the number one thing holding people back is their inability to be consistent and follow through with the healthy habits on a daily basis.

I had a conversation with one of my clients just the other day and she's like, I'm about to sign up for your program for the fifth time. And she was like I don't know why because I know exactly what I should be doing.

And so it's really that concept of just not dialing into the strategies that you need to do in order to show up on a

daily basis. Because at the end of the day, it is the lack of consistency that's holding you back.

And, so why are people, you know, more so less consistent, and then I think the what allows them to fall into the all or nothing mindset. Their belief that something is not as effective as everything is just the life that we live.

The things that prioritize as Americans, the hustle, bustle, job, commitments, children. We allow any sort of inconvenience to throw us off, to through us of.

And then again, again it just simply comes down to that understanding of something's better than nothing. Yeah, I'm just thinking through I've seen a visual of this is somebody building a brick wall.

It's two people. You got a perfectionist who they got started, but it got every brick perfect. They got to lay the mortar down perfectly and they're going and then you've got just the person just starts and goes and it's not perfect, But they've Got a wall built to the ceiling and They're done and there and their good and that's weight loss too is like just taking steps and health is far better than being perfect in health and the plan, but never starting.

Yeah. I mean, the perfect time of year is January. Everyone is dieting or assessing their health come January, everyone's all in. And then, it's just classic by the end of February, beginning of March, Everyone's already fizzled out.

You know, where if you really set off the year, and that's, again, it's a real big message that I try to explain. It's like, you know in January, stop looking at the next four weeks and start looking what will happen if I commit to the 365 days.

You now, everyone is so eager for quick, fast, right now results. I always say sometimes getting your results is the easy part, losing the weight is easy.

Keeping it off, keeping your health at a good place is a hard part because that requires the follow through.

Building habits and resetting after setbacks

You're really motivated to do the work when things are moving, when you're feeling better, you are less bloated, the scale is moving and you sleep better.

But as soon as those types of feedback kind of subside, you're not getting that positive reinforcement on a weekly basis, a lot of people just stop doing the work.

And I really try to explain that you have to be willing to get up and do the regardless of the results because that's ultimately what maintenance looks like.

is checking the boxes. I'm really big on habit trackers. You know, did I do the job today? Did I not do job the day? Checking the box most days of the rest of your life.

Well, I want to get into some other topics here coming up like GLP-1, insulin, maybe a little bit of that hormone piece, but I don't want to totally move away from mindset right now.

So when somebody walks in and starts working with you and they're looking for the perfect week, like you said, they have this slip up. How do you get their head wrapped around?

It's okay to make his mistake. It is expected. What are you doing to help them with that mindset? So the first thing that I really try to get my clients to understand is that, you know, if you go into your goal to improve your health and wellness, thinking that you're about to on day one change everything, then you are setting yourself up to fail.

So having them to establish small goals, you know, let's focus on one or two things the first week, maybe the 1st month, and let get really good at those things.

And I'm a real big proponent of just showing up. Again, You don't have to do the thing perfectly, but you got to show up for the things on a daily basis.

So that's kind of number one is kind starting small and getting them understand, This week, we're going to focus on steps and we are going focus not skipping meals, not nibbling and gracing.

We're just going do those two things. I don't care what you eat, I just want you to do focus those things and then once they find momentum there, it's like, okay, now let's add another.

So adding things kind of slowly helps them to be more successful. Number two, I'm definitely a huge proponent of tracking your effort. I think that people are delusional.

in many cases about their effort. So we have a habit tracker. We track on a weekly basis. we track a monthly basis and it's just simple things like did I get 10,000 steps?

Did I drink my water? did i hit my protein goal? you know, eat three to four meals a day, no snacking, whatever it may be. And so at the end of a week, you can look back and say, okay, well, I didn't see any progress this week but I really only checked the boxes 50% of the time.

Like, all right, i shouldn't expect progress, and even more so, at You know, someone may come to me and be like, I'm frustrated. I am not seeing progress.

And I've not seen results. Okay, send me your habit tracker. They send it to be and we're able to actually quantify their effort. Do you think that you're going to make progress doing these habits 50% of the time?

Okay. Yeah, you know that. Now I know doing the work 50 percent of time feels like you did the 90 percent time, but that visualization to quantify what that effort looks like.

So tracking habits is really key. In addition, it's really beneficial to track habits, kind of like what you said. People want to put all their stock in diet.

And in reality, you may be checking that diet box every single day, but your sleep sucks. It could be the only thing holding you back. You know, you could check the diet box every day, but you only get 2,000 steps a day.

That's what you need to focus on. So it really allows you to identify, I know the habits I should be doing, often. And what are the habit that I show up for effortlessly and what other habits that don't.

The third strategy is really one that I'm obsessed with Atomic Habits. I am not sure if you've ever read that book by James Clear, but I think that he really focuses on mindset change and it's the power of never missing two.

So when you have a habit tracker, when your focused on consistency, you see yourself, okay, I didn't get my steps in on Monday. I did get it on Tuesday.

If I let myself not achieve that goal on Wednesday, Thursday, then it's no longer a priority. Okay? I am definitely backsliding on that goals. So it is like, Okay, missed two days in a row, don't make it three.

So learning strategies like that, like it's okay. I was busy. You know, I didn't have an opportunity. Sprayed my ankle, whatever it may be. But that third day, you figure it out.

And ultimately, when you look at, for example, programs like 75 Hard, You know, what is that program? That program has no dietary recommendations. It has not exercise recommendations, it gives you no framework to do anything.

it just tells you, pick a diet and do it every single day for 75 days. Pick a workout, do every day, for every 75 day. And that's why people are successful, is because they just follow through.

Simplification allows for success in so many cases with everything in our life, right? Like you don't have to do the most intricate workout to get the absolute best outcome.

You don' have do do have the perfect supplement protocol to deal with the condition you're dealing with. you just have doing good enough to reach a result.

And I think that's a piece of psyche that we all run into. So then, okay, let's get to some of those hot topics. GOP1 is a hormone we all have. How does food affect this so that we don't have to inject ourselves with stuff every day?

Well, yeah, that's the million dollar question, right? But ultimately, I think that people are looking at GLP-1s as something that is unique and something you can only get from an injection in order to be beneficial.

But a lot of people don't realize that it's actually a hormone that we make in our body. And one of the most effective ways to stimulate GLp- 1 is to focus on your gut health.

The healthier your gut microbiome is, the better your GLP-1 production is. The more fiber you eat, exercise promotes GLp- 1. Again, it's a lot of those foundational habits that people overlook that create a healthy production of GL p- one.

So then what, you said healthy habits, right? What are some healthy habit you recommend for people to improve this hot topic, this coined word right now?

Well, I mean, at the end of the day, the things that I think are most ideal, maybe not specifically for the stimulation of GLP-1, but for management of blood sugar, for improvement of your insulin regulation, you know, your hormones, all the thing would be number one, stop nibbling and grazing.

GLP-1, gut health, and blood sugar basics

Get down to three to four solid meals a day. Eat to fuel yourself at those meals. Breakfast is not an 80 calorie yogurt cup. You know, breakfast is three 500 calories.

It's 30 to 40 grams of protein. it's five to 10 grams a fiber. And if you eat solid meal, I work with a lot of women and they eat like birds all day long and then they wonder why they're starving at three or four in the afternoon.

while they're starving at dinner and they wanna eat all night long. Well, because you've had a salad with nothing on it for lunch and you got a yogurt cup for breakfast.

Yeah, you're gonna be starving. So again, getting back to how my grandparents ate. They sat down and had three solid meals and there really wasn't that nibbling and grazing between meals.

I think that's important. The makeup of your plate is important, When you sit down, you want to be focused on, I mean, obviously, whole foods, but as many fruits and vegetables as you can.

Again, fiber is really probably one of the most underutilized, well, it's not really a macronutrient, under-utilize nutrient in our diet. Our diet is grossly lacking fiber, so any time that you focus on increasing your fiber intake, whether it be through basil seeds and chia seeds, and flax seeds.

And obviously fruits and vegetables and whole grains. There's gonna be a ton of benefit in that. Plus quality protein, plus carbs to kind of balance it out.

So that kind meal makeup, learning how to not rely on recipes, just to be able to go in the kitchen and have steak, broccoli, a baked potato. Everyone is kind over thinking what nutrition used to be.

Our parents didn't have recipes. We just put ingredients together. So it's like stop trying to find a ton of recipes, just learn how to curate the perfect meal.

Dietary-wise, those are two big things that I focus on. Obviously, hydration. I think people underestimate the importance of being well hydrated. If you're drinking 40 ounces of fluid a day, you are going to feel like shit and your body is going not function very well.

And that's a really low-hanging fruit. Like it's free. Don't tell me you can't drink 60, 70, 80 ounces a water a days because you cannot. So staying well-hydrated is kind of another aspect that I think is important.

When you aren't hydrated, your thirsty. Thirsty becomes hungry, then you eat more. Grazing, it's so interesting you bring up grazing because I remember back in my days of high school, I'd work out at a gym.

I had all these bodybuilders there and they're like, oh, five, six meals a day, crank up your metabolism by eating all of these small meals. Now that wasn't grazing, but it was definitely recommended to do a lot, right?

So then by increasing your eating, your quantity, You're increasing your hunger, which spikes your blood sugar, as you mentioned. And can you explain a little bit more, just go a lot more in depth on blood-sugar management through diet and why that may decrease hunger?

Yeah, no, absolutely. And just kind of getting back to that six small meals a day, I always tell people the first set of nutritional guidelines was developed in 1977, and they did two things wrong.

They created a food guide pyramid where the base was carbohydrates, breads, pastas, rice, And they put all the good stuff, the healthy fats and the proteins at the top to eat in.

and moderation. And I always tell people, when those guidelines were developed, we didn't have a really good understanding of the endocrine system and how it worked and really this impact on glucose and blood sugar and insulin in relationship to fat storage.

In addition, those guide lines are what set forth the six small meals a day and it's basically based on what you were saying is that the notion is, is eating food actually increases your metabolic rate because it costs energy to burn, you know, to break down digestive food.

But again, we didn't really understand what the impact would be on our blood sugar and our insulin when we went from eating three meals a day because prior to those guidelines, We ate breakfast at eight, lunch at noon and dinner at 5.30. I mean, I'm 50 and I remember coming home from school asking for a snack and my mom would say, no, you're going to ruin your dinner.

And nowadays it's like if we don't feed our kids every two hours, they're gonna die. Then we sit them down to chicken and broccoli at 6 p.m. for dinner and they don t want to eat it.

We wonder why. Well, because they've been eating goldfish all day long. So in addition to those guidelines that took away these kind of meals and just left us eating all day long, is the third thing that happened was a whole entire food category was created, and that was snacks.

Prior to these guidelines, if you wanted a snack, it was an apple. It was in orange. We didn't have these 100-calorie snack packs and individual chips and all these, again, this whole snack food category until those recommendations came out.

And now, everything's a snack. And we're no longer snacking on an apple or an orange or something like that. We're snackin' on kind of high carb. you know, high sugar foods.

So, big issues there. Now, we know that our nutritional guidelines have radically changed kind of since the development of the food guide pyramid. And a lot of that does have to go into play with the fact that we have a better understanding that fat doesn't make you fat.

You know? Carbs, sugars, your blood sugar response, insulin. is probably driving a lot of the health conditions that

we have today more so than kind of, the consumption of fat.

Yeah, we figured out that just because fat or cholesterol can be in the heart doesn't mean that fatty diet necessarily directly correlates which oh man cutting fat out my goodness look at the diabetes epidemic that we live in now went from 1% roughly in 1950 and sure we probably didn't have everybody dialed in on what that meant so there were some missed but it wasn't like it is now where 33% of us are diabetic and 66% are including the diabetics in that category.

66 percent are pre-diabetic now. Yeah. It's incredible. Mind-blowing. The collapse of health within the American and westernized cultures within our diets.

And you're right. I mean, I just love hearing what you were talking about, which is simple truth, simple realities of What'd your grandma eat? I mean, I talk to people all the time about what'd you grandma ate in a different way.

It was less toxic. There was us fillers, there was as contaminants, or as plastics, as pesticides, but also there were fewer ingredients per meal because they weren't taking 40 ingredients, slamming it in through a compact or in factory somewhere.

but they're real ingredients. They're complex ingredients that didn't spike your blood sugar so high. So just keeping it simple. I love a lot of what you're talking about.

Keep it Simple. Yeah. Again, I mean, just think with the advent of social media, it's ruined our ability to keep it simply because everyone's fighting for the punchline, the controversial take, because that's what gets, you know, clicks and views.

And so, at the end of the day, we forget that it's… What you need to be doing and what you to need be focusing on are the incredibly simple things. I call it the boring stuff.

Man, I've got a social media following that has grown pretty well, but you look at what I talk about to my actual clients, people I actually sit down in front of.

And the first month, two months, three months sometimes is just the boring stuff. Do you eat enough calories for your body to actually be able to make gains?

Like to be to improve in health. do you regulate your nervous system enough that you're not in fight or flight so that your can improve on health? It's like, it's not rocket science.

Simple nutrition, hydration, and meal structure

It just simply being you know, accountable to the most basic of needs of your physiology so you can get a result that we're looking for. So in your program when you're working with people, the Lean program, right?

Lean coaching program. Are there some like just, I know you're gonna say this, keep it simple, don't stretch yourself out, but are there's some factors of people that could listening right now, they could grab from you and go, oh, and implement this today, tomorrow or the next week and you go man, those are some game changers.

Yeah, one of the biggest things that I try to teach my clients is the ability to reset fast. We talked in the beginning about the importance of consistency and the all or nothing mindset.

My client base is basically, my average client is 50 to 60 years old. And they've been starting and stopping their entire life. Ultimately, things have gotten even harder as they get older for all the reasons that, you know, age impacts your body's ability to burn fat.

But that's kind of number one is, I want them to understand that we want to look at every meal as an opportunity to do good. You know if you mess up on Friday night, we're not restarting Monday.

We are restarted Saturday morning. And if your mess-up Saturday, morning we are not restarting, Monday we restart Saturday at lunch. Because ultimately it's not, If you mess up on Friday, whatever that may look like, that meal or that action, or whatever you did, did not make or break your success.

It's what you chose to do after it that did. So if you can get in the habit of giving yourself grace, yes, I fell off track. I didn't check the box. no sweat off my back because I am right back on track whether it's the next day the, next meal you create that consistency.

So that's kind of you know definitely lesson number one is teach yourself how to reset fast. The other thing that I think that is really powerful is for people to develop what I call your core four.

And that's kind of just like a fun way to put it. It's really like your Core 10. What I mean by that is you need to stop looking for 50 recipes to cook.

You need to stop looking for the newest, latest, greatest kind of fad diet. And what you need do is you sit down and you get 10 go-to breakfast options, 10 lunch options and 10 dinner options.

Those options need make the foundation of what You know, those are the recipes. And I mean, again, it might just be steak, broccoli, and a baked potato.

But those were the things that you rotate through, that they're automated. You don't have to think about most of the time. And then the other 20 to 30% of the time, sure, throw in a new recipe, you know, throwing this, but you've got to be able to find a way to cook at home in an efficient and fast way.

Because the more I can get you eating from home and the less you're relying on restaurants and Fast Food and DoorDash and all of that processed stuff, the better you gonna be.

And really dialing into this kind of core four message, those kind go to recipes, will make your life so much easier. Structure, reality, right? Reality check, mindset.

It seems like that's the thing that you're helping support people through. Obviously, I know there's more to it than that, but just bringing reality back to diet, back physical body weight loss and not allowing all this junk.

You're too old to lose weight. What you're doing before didn't work because most of the time it feels like there's just so many, as you said, Instagram viral posts that get people in their heads that they don't know which way is up.

Yeah, I mean, if you're in the supplement market, you are making billions because people are just ready to buy a pill, they're not willing to, again I don't want to be hard on people but I work with a lot of people and at the end of the day I just feel like people just give up.

They're just not willing to put in the work. And unfortunately, in The United States, we do not cater towards health. It is what it is. We do no live a lifestyle like they do in other countries where you're walking everywhere, and you know, getting 10,000 steps a day without even thinking about it, you are eating fresh food, even at restaurants and things like that.

So it does take a lot more effort. So you've got to be able to find ways to make those things that you know matter as easy as possible. I love it. Well, I think we've covered a lotta ground on both the myths of dieting, the Well, let's call them the star words out there right now, GLP-1, insulin, fad dieting, and that I think this is just helpful for people to hear in general, just to remove some of the mystery and the excitement around all the junk you see and just the reality.

the boring, simple reality that's effective that I completely agree with, because I tell you what, I have to educate on a day-to-day basis clients on, okay, know you saw this TikTok reel.

I know. You saw. This or that. It's interesting, but it's not going to move the needle for you. It is not valuable enough

to spend enough energy on to go do that.

That one supplement is going not to be the game changer. My mom is so guilty of this. I did a summit with someone and a part of that summit we sent out an email form.

She listened to one of the talks on the summit. And somebody said, cinnamon is a game changer for diabetes.

Core routines, supplements, and closing thoughts

Get on cinnamon, you're gonna see huge results. And I'm like, Cinnamon can help some, but you are diabetic on three medications with a poor diet. There's some other areas that are going to be more important.

That's what it comes down to is, again, people, that's, what I'm trying to say is people aren't willing to address the foundational issues. You know, they're looking for the band-aid, you know?

That, oh, I want to take cinnamon and it's going undo it all. Whereas cinnamon absolutely could be a good supplement. But if you're not doing the bare bones, then those supplements are just not as effective.

I think one way I started to say it to people is they come in, they're like, you know, doc, what if I shift from organic, whole food, macro balanced, calorically set, all good stuff, right?

diet and I go into an anti-histamine FODMAT diet. Is that really going to move the needle for me? I'm like, like three or 4% maybe. Yeah. But because you're living in mold and you have SIBO and your parasites, it's really not going do a whole lot.

So yes, we can do that. I also gave you three steps to do last time. You did one. Let's start with those other two steps that we missed. We'll come back to this on the next conversation.

How about that? Yes, yes, they're just jumping to the next solution without fixing what needs to be addressed to begin with. Yeah. And a lot of this stuff can be really cool.

I mean, shoot, GLP-1s work at stopping appetite, but they don't work when your cortisol is so high and your CRP is high that it blocks even the GLp- 1 from doing the job.

You get cranked up on 10, 15 milligrams a day of trisepatite. Now you're having bone loss, headaches, diarrhea, and not weight loss. at least not at the pace you think you should.

So I was like, is that really the thing you need to do or is there something in the way? So, I think that's where, like you said, getting with somebody that has an expertise like a functional medicine provider for those complex chronic illnesses that can help you to get an understanding of deeper than the TikTok you saw, the Instagram you said, hey, I'm guilty.

I got a decent following at this point. Me too. me too I am guilty of putting stuff out there where it's like I could not educate you on all things in the 30 second reel that they allow me to make.

That's why we do these podcasts. So come over here and listen, and we'll give you a little more context, then come see us. And we can give hours of context specific to you.

But Amanda, how do people find out more about you to get what sounds like a reasonable, executable, And hopefully also successful program to work with.

Yeah, so you can find me on my website, amandanybert.com. I'm on every social media platform. AmandaNybertRD on Instagram, TikTok, Facebook, YouTube. If you search me, you'll find.

Absolutely. Go find her. And until next time, Amanda, it's been a great conversation and we'll get this posted out

there. Thanks for listening, everybody.

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