**The Good Clean Nutrition Podcast**

**Episode 21 Show Notes**

**Episode 21: Meditation & Mindful Goal Setting with Jill Wener, MD**

When setting health goals, mindfulness is a tool that can help make them more achievable. In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN, is joined by internal medicine physician and Conscious Health Meditation Instructor Jill Wener, MD. Listen in as Dr. Wener shares her inspiring journey from practicing physician to meditation instructor, the health benefits of meditation and how to incorporate it into your daily routine, and the many ways self-compassion and mindfulness can support the achievement of goals. At the end, Dr. Wener takes listeners through a guided self-compassion practice that you won’t want to miss!

**In this episode we’ll cover:**

[1:50] Jill’s journey from practicing physician to meditation instructor

[3:52] Why people struggle to set realistic health goals

[5:47] How self-compassion fits into goal-setting

[8:03] Getting started with setting a goal

[11:28] About the Emotional Freedom Technique (EFT), also known as “tapping”

[13:47] Research-backed benefits of meditation & client stories from Jill

[18:05] Difference between meditation and mindfulness

[21:54] How practitioners can share meditation with patients or clients

[24:05] Guided self-compassion exercise

**About Dr. Jill Wener:**

Jill Wener, MD is an internal medicine physician and Conscious Health Meditation Instructor. Dr. Wener completed her medical training at Emory University School of Medicine and meditation training in Rishikesh, India. In addition to her online and in-person meditation courses, Jill leads meditation retreats all over the world. She is also the co-creator of the Conscious Anti-Racism training programs, in which she combines her insights from her own anti-racism journey with her mind-body expertise and 10 years of experience practicing medicine.

Connect with Jill on [Instagram](https://www.instagram.com/jillwenerMD/), [Facebook](https://www.facebook.com/jillwenerMDmeditation), [Twitter](https://twitter.com/jillwenerMD) and [LinkedIn](https://www.linkedin.com/in/jillwenermd/), and visit her [website](https://www.jillwener.com/).

Watch Jill’s new Orgain Professional Education Series webinar, [Nutrition for the Mind: How Meditation Helps to Manage Stress and Improve Health](https://healthcare.orgain.com/webinar/course/view/id/118), available for 1 CPEU for Registered Dietitian Nutritionists and Dietetic Technicians.

Check out Jill’s online and in-person [meditation courses](https://www.jillwener.com/meditation) and [tapping courses](https://www.jillwener.com/overview-of-courses), such as her CME-accredited online meditation course designed for doctors and healthcare professionals, [Meditation for Doctors: A Guide to the REST Technique](https://www.jillwener.com/online-meditation-courses).

Learn more about the [Conscious Anti-Racism Training Program](https://www.consciousantiracism.com/).

**About host Mary Purdy, MS, RDN:**

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, Serving the Broccoli Gods and The Microbiome Diet Reset. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](https://bigboldhealth.com/), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](https://www.instagram.com/marypurdyrd/?hl=en), [Facebook](https://www.facebook.com/MaryPurdyRD/), [Twitter](https://twitter.com/marypurdyhere?lang=en) and [LinkedIn](https://www.linkedin.com/in/mary-purdy-ms-integrative-eco-dietitian-3094065/), and visit her [website](https://marypurdy.co/).

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