



Trim Healthy Podcast with Serene and Pearl
Episode #15 - Don't Pay More at Health Food Stores
(Get Your Blood Sugar Under Control, Part 1)

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene • P = Pearl • D = Danny

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O-D-D-Y.

D Brothers and sisters, friends and countrymen, welcome back to the PODdy with Serene and Pearl.

P Funny that you said brothers.

D Oh, there's brothers here.

S He's hoping.

P He's convinced there are brothers.

D I got one e-mail from one guy and now there's men everywhere listening as far as I'm concerned.

S In his head. In his head.

[00:00:26]

P Hey, we've got a quarter million people listen to us, Danny. How many do you think are men? Serene, how many do you think are men?

S I don't want to offend any guys out there, I'd say maybe five?

P Oh, we both going to say five.

D Can we do this, just for my sake?

P We got 245,000 women. No, 995 women...

S Yes, go back to school, Pearl.

P Plus five men.

D Could we just put the word out, if you're a male and you're listening to this, will you just write to Support@TrimHealthyMama.com.

S Danny needs the support.

D And just say present. Just say the word present. I just need to account.

D Hey look, we're so pumped you all are listening and we want to welcome you into our little cabin.

[00:01:06]

P Our PODdy cabin.

D Where we record. It's our PODdy cabin. We've got a diffuser going, it smells beautiful in here. We're drinking organic PODdy Tea, green tea and...

P Which makes you, the truth is, it does make you run to the potty for number one, cleanses you.

S Keeps us clean Pearl.

P Cleanses your bladder, it's very good. Danny actually came up with this tea and...

S It's this lovely cabin out here, our PODdy cabin here, on the hilltop where we live, and let's just...

P Well, where Serene and I live. Danny doesn't live here.

S Where he used to live, that's our history with Danny. He used to live up here on the hilltop.

P Actually one episode, we're going to take a whole episode and just like, "Who is Danny", but not now, because we've got other things to say.

D That's a scary episode.

[00:01:49]

S So yes, so here we are, and I'm actually wearing a tie-dye shirt from my neighbour who is Tie Dye Mary.

P Can we get it... hey, snap a picture of her shirt.

S Tie Dye Mary lives down over at, that's her name, she's...

P Listen, I don't know if she has another name, but that's all we've known.

S No, that's all we know.

P And she makes tie-dye.

D Hey let me get a picture of this and shall we throw it on the Facebook page?

S Alright, sure, mate.

D Serene's looking at me, are you about to take a picture of me?

S And so yeah... that's one of our neighbours. Our other neighbour, his name is Jorge.

P And they fight roosters.

S Yes, illegal cock-fighting.

[00:02:22]

P Did she just say that on...?

S Oh, sorry, we might have the neighbour on our doorstep with a gun.

D Big smile, Serene, and wave and we'll put on the Facebook page for ya'.

P We do live out in the sticks, out in the woods here. So that's where we record, we record where we live, because Serene and I don't like driving anywhere, leaving our children.

But, we actually have a topic burning on our hearts today. And I think it's getting back to the very basics of what makes Trim Healthy Mama work, what makes it successful. It's not about all taking these... it's not about taking collagen, I mean, sure that's a great thing. It's not about putting whey protein in your smoothie, sure that's a great thing, but what is the very basics of Trim Healthy Mama and what did it start with?

S Exactly, so yes, it's great that we have all these names like Fuel Pull and all these extra S-Helpers and all these little fun things and all the little specialty foods now that are coming out, but the basics, the very cornerstone of Trim Healthy Mama. Boy, I got so excited, I donged my nose on the microphone.

P It is two words, two words. That's all we're going to discuss today. Danny, you're going to learn a lot.

[00:03:30]

D I'm pumped.

P Here they are blood sugar. That's it.

D Those are the two words that define my life.

S That is the foundation. If you want to rip the whole, like burn the Trim Healthy Mama house down, and what is left? What's the concrete underneath? It's all about your blood sugar. That's why we're here.

D Are you going to, at least, if no one gets anything out of this, can I at least get some solution on some spikey-crashy from you?

S We'll talk about your spikey-crashy.

P Yes, we will deal with spikey-crashy and we'll get you some of that.

S But it's the, it's the reason. The blood sugar out-of-control, out of whack is the reason for the obesity here in America, for Diabetes.

P It is the reason for the Type 2 Diabetes, it is the reason for the list goes on and on. So much of it, even arthritis, even a lot of auto-immune conditions directly relate to blood sugar. When blood sugar is out-of-control, it's the beginning for the majority of all diseases.

[00:04:31]

S Hormones completely getting out of whack.

P It regulates everything in your body. It regulates your adrenals, it regulates your thyroid. Everything, it's the crux of everything.

S That, what is she talking about? What is the crux? A happy place for your blood sugar finding that control place for your blood sugar. That's where everything starts to sing and hum in your body.

P And I think...and we're going to discuss that in detail, and actually how it works today. But we won't.

S Can I just say one thing, big sis?

P Yes, Serene.

S Okay, so you go to some naturopathic doctor; they're wonderful and amazing and they know so much. And you can get on this parasite cleanse and this that and try and get, oh I've got to get my thyroid tweaked and this...start at the basics. Until you really get the blood sugar control down, all the rest doesn't matter. You're going to grow... the parasites are going to come to your sweet body.

P That is so true, it's fundamental.

[00:05:27]

D Why, because they love the sugar?

P Oh, everything loves sugar.

S Do you want to hear a real vulnerable tell-tale story on me?
D Always.

S I was a raw-foodist. I was a clean raw-foodist.

P For seven years.

S For seven years, like I've said this so many times, I didn't even take a taste-test at Costco of like some little brown rice pilaf. It was all... everything had to be raw. I was just a psychopath like that.

D Like from the garden to your mouth.

S Yes, and it was just like.

P Not cooked.

S No, I couldn't even use anything, except a dehydrator over at 105 degrees. It was 107, my brain had a spaz. Looking back, I was in total like bondage, right?

[00:06:03]

S At the time, I'm like, Oh no. I'm just a hippie, you know, and this is my hobby and this is all great. No, I was in complete bondage. But you know what? I was filled with worms. I never had sugar. Never had sugar, not a grain of sugar would touch my lips. But boy, I could sit on that couch with a whole bowl of dates.

D Wait a minute... filled with worms?

P They're called parasites.

S And I would just have organic apples for breakfast, and I was juicing greens and having yum coconuts.

P And you were filled with systemic yeast.

S Systemic yeast, like yeast infections like through the whole system and I'm telling, not little, tiny little worms, I'm talking some scary snakes.

D Dude, wait. Just, okay.

S Will anyone look at me the same way?

D Never, first of all never.

[00:06:46]

S Just take that picture with the Tie-dye shirt... just take that whole thing down, because now I've got tie-dye and worms in their heads and it's just... it's too bad.

D Like, like de-worming a puppy? Like that level?

S You know I didn't deworm myself. Do you know what? I just balanced my blood sugar, the yeast went away and then it all...

D And your body will handle that on its own?

P You see, you balance blood sugar...

S You want to know why I knew that I had worms; I just knew they were there.

D You could tell?

S I saw them. They came out.

D You saw the worms?

S Yeah.

P This is gross, but all I'm saying... even if you don't...

D Help me, please?

[00:07:12]

S You know, I went to a colonic irrigationist, right, once. And she said, do you know the most worms I see coming out of people, are raw-food, plant-food people, because they live on such concentrated fruit sugar.

D Oh my, gosh so, I just have to know this, because I have long went, do I have a worm? I've actually thought that, like...

P Yes, everybody has worms, okay. This whole thing...no, listen..

D Bring the vomit bucket. What are we talking about?

P No, no, no stop. You've got...you're living in life and environment with other creatures in your body, okay. They all have to live in harmony and things can get out-of-balance when your blood sugar is... how did we get to worms? When your blood sugar is out-of-balance, worms and parasites grow.

S I was at the confessional. That's why.

P Well, stop your confessional.

D She did the worms and then I freaked out.

S It was a powerful statement.

[00:07:56]

P All I'm saying is if you have systemic yeast, these things like that. Hey, it's just another word for worms.

D Okay, but wait, do they have eyes?

P Some worms do.

D So it's not just another word for worms, it's a dang-gummed worm.

S They have wiggly tails, Danny.

D Dude, it's a worm! I don't care what you call it.

P Okay, let's get back to this whole blood sugar.

S Hey, listen. I lowered... I humbled myself for that, for the cause.

P You did. I don't know if you improved anybody's cause here with the worm thing.

S No, I proved that it doesn't have to be sugar to be sugar, and, you know what, I was not feeling well at all. I was very sick and it's because of sugar.

P Okay, well let's talk about that topic right now. Because when we talk about regulating blood sugar, we have to identify what causes high blood sugar in the body.

[00:08:41]

S Oh, I think we should erase everything. What if my husband listens to this? I never told him that I saw worms.

D He doesn't listen.

S Okay, good.

P Don't think he is. If he listens, he's one of the five guys.

D Yes, no, I always make sure he doesn't.

S Okay good, don't make him listen. I want him to think of me as a wormless woman.

D Yes, because we want to keep it real here. We want to hear the truth.

S I'm wormless now, I'm changed and rearranged.

P Lets identify what causes this out-of-control blood sugar in your body. High blood sugar, which eventually goes to low blood sugar, Danny. That's you, you get crashies. It is not just sugar. Okay, it's not just a can of Pepsi. It's not just white sugar. There are so many things that raises in your blood sugar, it... flour, any white flour, unprocessed flour, many grains that are processed.

S Whole-wheat flour, the regular...

[00:09:32]

P Yes, are straight sugar in your bloodstream. Your body doesn't see the difference between that white sugar you're spooning into your mouth and wheat flour. It's both sugar.

S Now yes. If I had like a six-year old and I was only given two options to make a cake from for their birthday. Like white flour or whole-wheat flour, of course I'll choose the whole-wheat flour because at least there are some minerals in there; at least there are some vitamins.

P Bran.

S There's some bran. There are some things in there.

P The bran does slow it down a little bit.

S It does. Right. So yes, we're not saying go eat a Snickers bar, you know, even if you have the option between a Larabar and a Snickers bar, okay. We're not going to that extreme, but we're saying that...

P Your blood sugar can get to unhealthy highs, you know, above 120. It can get to 150, 160 or even more by eating concentrate forms of very, very what is considered healthy food.

S We're not going to mention any names most of the bars at Whole Foods.

[00:10:29]

P Most of the bars will take your blood sugar there.

S Hey, would you just empty your backpack there, Danny?

P We did the breakfast podcast two weeks ago, and you pulled out some blood sugar spiking bars.

S Don't say the names, we'll get sued.

P Are they still in there, or have they gone the way of the bye-bye?

D No, I have, thanks to you, I have replaced them with... if it has any carbs or sugars in it, I've made sure it has at least as much protein as well.

P Good job.

S Good job. Now just to clarify, we're not a low-carb program, and we believe in carbs. The gentle carbs that don't spike your blood sugar, but we're all about fruits with their fiber in it. We're just not about a bunch of fruit juice, right?

P Exactly.

[00:11:09]

S We're all about healthy, you know, slow-burning grains. Yes, we're just not crazy about the modern hybrid diets...

P And that's why people say, oh Trim Healthy Mama's a no-honey diet, and that's so not true. However, let's put honey into the season of life that we're in, and let's respect it at this time.

P I mean, raw honey, yes, it has medicinal values, but if you have a weight issue, honey does spike your blood sugar rather fast. Which raises your insulin levels, which causes fat storage? So in this season of our lives, why would we do that to ourselves? Yes, take a teaspoon medicinally - God made it, its wonderful food - but don't use honey as your major sweetener. [Overtalking].

S If you're at goal-weight, stick on some toast in an E-Meal in the morning, or a Crossover and good. If you go to my house right now, probably Pearl's house too, you'll see a big jar of raw honey in our cupboard. We're all about it, but we're just not about putting a cup into a cake.

P And we have to respect it and know how it works. It raises blood sugar fast.

S Now, in some of the instances, in the Bible, it's a Biblical sweetener, one of them was when the warriors were at the end of battle, and, you know, they needed that replenishment. They needed it fast and they got into the honey. And of course, you know, the wise saying, yes, eat honey. It's good, but just don't overdo it. It will make you sick.

[00:12:25]

D Yeah, or have some after, you know, six hours of furious battle. I imagine that it probably may not hurt.

S I take it during labor, I'd take it by the teaspoon during labor. Well, Pearl forces me to...

P I do, because it helps. You know, labor is a huge thing that your body has to go through, and needs that energy. It's a very concentrated form of energy. But let's talk about some of the things that we don't realise are sugar. This is fundamental THM.

S Most things...

P Like pasta, okay, even if it's called whole-wheat pasta...

D Oh, I love pasta.

S Can we just tell...?

P Pasta is sugar. Just think... take the word pasta, cross it out and put sugar on that, because that's what it is in your bloodstream. And it can spike your blood sugar close to 200. Now when your blood sugar gets up there, above 120, your

body says, I must reduce this. If you don't reduce it, you'll die, you see. So your body is all about sending out insulin to pulling this blood sugar out of your bloodstream. It cannot stay there.

[00:13:22]

D Wow.

P So you...go, Serene.

S So the body's like, after that big loaded carb pasta meal, the body's like, I have to deal with all of this sugar. I have to deal with it, I've got to put it in the cells, I've got to put it somewhere, I've got to do something with this or I will die, right. The body will die. So, it's not going to deal with that Alfredo sauce and all that cheese, that's where the premise came in about separating the fuels.

P It has to deal with the blood sugar first, so it sends out insulin. Insulin is the thing that takes the blood sugar from your bloodstream, puts it in your cells, right. But let's just say this is dinner time for your afternoon snack, you had pretzels and maybe a fruit bar. Or sugar sweetened yoghurt, and maybe you thought, hey, I'm having a really good snack here, but you didn't realise you're eating sugar.

D Sugar again.

P So your cells are already chock-full with sugar, so here's what happens. Insulin, your hormone clears, tries to clear as much of the sugar from your blood as it can and goes to your cells and it says, knock-knock. Hey, I've got a load of blood sugar here...

[00:14:19]

S But it's not a normal kind of blood sugar, it's not back in the good old days, where it was maybe like sprouted wheat or, you know, a sourdoughed bread. This is white floured pretzels...

P Yes, so there's a lot of it. So your insulin gathers as much of it as it can, it can't gather it all. Goes to your cells and says, hey, open up. I've got to get it out of the bloodstream. Come on. And the cells are like, I'm full, I'm full, I can't, I can't...

S I wish you could see Pearl's face, it's stellar.

D Pearl, what are the cells like?

P I'm full. I've got [inaudible], okay...

S Take a picture Danny, can you please?

P I've got my cheeks blown out. I'm just saying that in the cells, the muscle cells are already stuffed full.

D Show me how they're stuffed.

P So, all... any cells that you had... [Crosstalking].

P Oh no, let's deal with...so it can't even go there. What does it do? It goes to your fat cells because they're always, always, always willing to take. [Crosstalking] Bring... it... on!

[00:15:18]

D So the fat cells are like that girlfriend who's just like, anything you want to do tonight, I'm down with. [Gasping and laughing].

D No, no, no. A girlfriend like for you. Your girlfriend...

P Oh, yes. Okay, good.

D Like your buddy.

S That was saved. I was about to just chuck you out of the door, Danny.

P G-rated show, Danny.

D Oh, come on, come on.

P It's back to G.

S You've got a B there.

D Why am I always the one in the room that does that? I'll say something like, wait a minute!

S He's just pure, you see. He's just so innocent.

[00:15:46]

D That's what it is.

P But yeah, exactly. They're ready to party all night long.

D Yeah, like your fellow girls.

P Fellow girls.

P We're going to part-ay.

P So the fat cells always like, yeah, let's go clubbing. And so that's why this epidemic of obesity is happening, it's not just because people are piling spoonfuls of sugar in their mouth, it's just because of our lifestyle. Our cells already have too much blood sugar.

S And it's not because they're eating 24 hours a day, or they just must eat so much. No, many people who have weight issues are not overeaters, they're just eating the wrong things. They're just choosing the wrong things that are so high in sugar, the body cannot deal.

[00:16:25]

Honest Tea Advertisement

S I have great news! The Honest Tea Company... have you heard of that before??... They have come out with these zero calorie teas and Honest Fizz Sodas. That is what they are called - Honest Fizz. They have Trim Healthy Mama approved sweeteners.

P So, they use stevia and erythritol, which we are cool with.

S You can check out the ingredient list and they even pass my approval, Mrs. Purist...

P They are all USDA Organic and Fair Trade certified... And the best of all, Serene, they actually taste fantastic.

S And the cool thing is for people like me, if sweet is not your thing, they also have unsweetened tea flavors with like a little bit of lemon...

P Ooo... I love it!

S But it is great... because now you have the option when you are out and about of chugging something healthy instead of going thirsty or giving in to junk.

P No, exactly... And they are growing, they are like every where. Now they are in most grocery stores, and of course on Amazon, you can go to [Amazon.com/honesttea](https://www.amazon.com/honesttea)...

S We are joining Honest Tea and celebrating being refreshingly honest.

P Yeah. And in the ways that we are less than perfect. Because... look, we might be authors and you know we got the picture on the back of our book and all that...

S All poised...

P We look like we have it together, but we don't...

S Noooo...

P We don't have it together. So, hey, here we go. We are going to be honest. When I see mothers with children that have matching socks, Serene, I mean... I have to stop. Honestly, I have to wonder where she is getting her super powers from. [Serene laughs.] I have never been able to manage to put my children in matching socks!

S They're not my super power, no...

P Are you refreshingly honest? Share the fun and funny ways that you are also less than perfect. On social media, use the hashtag #refreshinglyhonest, and learn more by visiting [honesttea.com/podcast](https://www.honesttea.com/podcast).

[00:18:00]

Announcer Hey mamas, do you have a question for Serene and Pearl?
Send your e-mail to Support@TrimHealthyMama.com.

[00:18:11]

P Let's take a look at a regular you know what is sort of an almost healthy

breakfast. You've got your glass of OJ, that's concentrated sugar. You've got your two pieces of wheat toast, concentrated sugar. You've got your cereal, even if they say not much sugar, or they pull the sugar back, oh hold on, your cereal is sugar. It's processed grain, so it's sugar.

P So there you go, you've got that all, you know, food pyramid friendly breakfast, and it is spiking your sugar.

S Yes.

P Maybe you'll have a little banana on it, and nothing wrong with banana, but that just...

S It just shoves it over the top.

P So then let's go to lunch. Let's do a good, I'm-trying-hard lunch, okay.

S Oh, yes I just think tuna on wheat, and then you might have...

P Some pretzels because you're not eating potato chips, you're trying to be good.

S Hey, let's just put the Subway in there, you're out in town and you're choosing Subway over McDonald's. You're a good person and you are choosing the wheat salad sandwich, maybe with some chicken or tuna on there. And then you've had the pretzels.

[00:19:11]

P Yeah, there's the pretzels.

S And then you drink, maybe, the juice.

P Maybe the juice, and then you've got a whole bunch of the sugar, although you can do Subway sometimes if it's a last resort. You can take a little of that bread out and do some turkey. Get some protein in there.

S I agree, but I'm just saying, on the whole, on top of your breakfast...

P That's sugar.

S And the big huge 12-foot.

P Now you know you haven't any sugar, but trust me you got sugar.

S Yes, it's just a hybridised flour wheat.

D So is this, you know, what you're talking about, this stage... because I've so been, I think I'm just now coming out of that stage where I'm doing the... I'm doing better, but in reality, when we really boil it down, I'm spooning sugar into my mouth all day.

[00:19:49]

P You're spooning sugar.

S I mean I love the fact that you're doing better, Danny. We'll always take baby-steps, but the first step to take is the sugar thing.

P Is balance the sugar.

S Before the organic, before the, oh, I think I need to go get my thyroid checked. Like I said before, before these further-down-the-road steps, balance your sugar.

P Number one fundamental, how do we balance our sugar?

S But first, Pearl, I mean, we've talked about this so many times when we've walked into Whole Foods or different health markets.

P Nothing wrong with Whole Foods.

S People have got the idea, I want to feel better, I want to feel rejuvenated. That's why they're there, right? That's why they're shopping at Whole Foods.

P Because they're spending a lot more.

S They're spending a lot more. But they haven't got that first step down. You look into their carts, it's organic sugar.

S Non-GMO, kosher-free, every perfect stamp on the label of sugar.

[00:20:35]

P Rain-forest approved sugar.

D Get your rain-forest approved sugar.

P What do you call it, Fair Trade?

D And I mean, to be fair, to play off of your word. To be fair, most of us are probably driving around going to work, at-home mom, whatever it is you do, most of us are probably eating sugar most of our day. That's kind of what I'm hearing. I mean, as I really think about where the sugar source comes from, like you said bananas, and I'm sitting here with like a box of oranges on the table in front of me.

P No, I love that. That's okay.

S That's great.

P That's a part of, and we'll get to that, where the carbs fit in.

S It's just throwing that on top of all your carb laden meals.

P It's like if your meal, if your diet is already unknowingly full with sugar, then throwing the banana and orange on top, it just sends it over the top. Once you get the basics down and you learn to regulate, which we'll talk about, that banana, that small banana or that, you know, that orange is a great natural part of it.

[00:21:31]

S So we're just giving understanding. So a lot of people would have that banana, have that orange at the end of their carb-rich meal thinking, oh, I'll put my fresh fruit or veggie in for the day. They're actually, like Pearl said, was the unhealthy choice because it was just more sugar. Now if you had that banana or orange...

P On a protein-rich meal without a whole bunch of other carbs or hidden sugars, hey...

S Perfect.

P Then you get the goodness from it, because, yes, look at a banana and orange full of minerals. God made it just bursting with goodness, right. But you see, if you're having it at the end of a meal where you're just spiking your blood sugar, your body can't even absorb all of that.

D We're just overdosed at that point.

S We just can't get rid of the stuff that it's already trying to deal with. Now there are... let's just talk about just in case people get the wrong idea, mamas who

have children running around, they can handle more than us. So, my children, I might think to myself, well, you know, I've had an orange, I don't need to have six. I'll speak to myself, some saneness. But my children can handle more than me, they're just burning all day, but I try and teach them to regulate and teach them that you don't abuse it. But children can handle more...

[00:22:44]

P Well, they have less insulin resistance. As we get older, we develop something called resistance to insulin that's usually, though, because many of us have spent a lifetime of high-sugar eating, so our blood sugar has to send out more and more insulin, and then our cells start resisting it.

Remember that picture where I said, I'm full, I'm full? That's a cell, resisting insulin and that happens the more we get older.

S I think we'll post that picture because, if I talked about worms, that picture's got to go up.

S But, sadly, Pearl, there's a lot of children that are saying I'm full, I'm full with the sugar around seven these days. Is it because of a genetic?

P No, no. It's because of...

S No, but what I'm trying to say is that sometimes they...

P Lifestyle.

S Like we might have seven year olds that can handle six oranges - not that I let my children do this, that's abusive - but...

[00:23:31]

P Oh, mine have had three.

S Yeah, that's fine. But, you know, some children that, from toddler on, they're just dealing with the fact that they can't take as much carbs.

P Absolutely.

S Talk to me about that Pearl.

P No, that's true. Some people are genetically more insulin resistant when they're

born, that just was their lot in life to deal with. So, those sorts of people. You know, we all have a different threshold of carbs that our blood sugar can thrive in, and for all of us it's a little bit different. You get to know yourself, and yes, sadly, some people can't handle, even a child, couldn't handle two oranges.

S Yes, so I wanted to clarify that. When I said children, it's not all children.

P There is an absolute epidemic of Type 2 Diabetes starting in children these days for the first time in history.

D Wow.

P Never before in history has this happened, and now it's happening.

[00:24:19]

P Type 2 diabetes usually, comes on in mid-life to later age, and now it's happening in children. It's because of this high-sugar lifestyle.

S So, basically what I'm trying to clarify for our listeners, guys, is that, when it comes to your children, you don't have to have them be as strict as you with the gentle carbs. You don't want your children having the crazy carbs anyway, except for, you know, treats. You can't be like a legalistic freak, but you may see that one of your children, or some, do have to be as strict as you.

P Yeah, yeah... if they have that tendency.

D Yes, so, you know, you had mentioned pasta. Still love my pasta, I'm Italian, right. So... at least partially, I like to claim that I'm more Italian than I am.

S You do look Italian.

P You're Spanish, right?

D Spanish and Italian, not as Italian as John, but...

S You could play both, you know.

[00:25:14]

D Yes, I could play both. Yes, so of course I want to eat that cheesy, delicious pasta.

P Say what, Danny? Then do it.

D So what do I need to take my little fistful of pasta, but make sure I've got my meat over there beside it? I mean, how do we get our pasta?

S Why take a little fistful of the white stuff, when already that fistful is going to be on spike, when you could take a whole plateful of something that's a lot more gentle.

P Like on the Trim Health Mama plan we would use, like you know, zucchini noodles for pasta. It's still so yummy when you have you're creamy sauce, or we use konjac noodles. Now for some, they think, ewe, they're chewy. But actually, once you get used to them, you can't go back.

P Normal pasta feels slimy and yucky.

D Let me stop myself right there, I guess I should back up. You know, I'm talking about pasta like it grew out of my garden. I mean pasta, isn't it like enriched? What is pasta, can we [laughing].

P Well, it is flour and then it's dried and then it's extruded through these little machines.

[00:26:13]

P We're not doing a big, oh pasta's bad, because I'll have if I choose to go of plan maybe I'll have some pasta.

D Oh, okay...

P I don't know, it's not the big evil, but it's just so constant. You know, when you think of a family meal, you think of lasagne and that's why waistlines are exploding all over this country, but make our Lazy Lasagna and do layers of spinach. You see, you don't have that layer of the noodles.

D Okay...

S Now, we touched on a little bit before, but we kind of just skimmed the surface, when Danny was saying, I just can't look over that cheesy, greasy, yummy, like, you know, pasta. See, that's the issue right there. The sad thing is, you want to enjoy all that cheese on it you want to... it's not the same if it's going to be like these dry little worms.

P Speaking of worms.

D When these mic's go off, we're going to talk about that again.

S I'm trying to put people off of pasta, see? No, I'm joking. Umm... But, like we said, the body cannot even handle that sugar and it has to deal with it first. It's designed to deal with sugar first. What's it going to do with all that fat fuel?

[00:27:15]

P Yeah, the cheese. Then it stores that as well.

S What's it going to do all that butter and the cheese?

P It stores the sugar, then it stores the fat and that's why people are exploding and dealing with this obesity and they don't know why.

S And that's the reason right there why we start to separate the fuels in Trim Healthy Mama. Of course we're going to use the gentle carbs, because that makes sense, and because this is all a weight-loss program, but when you add fats on top of any kind of...

P Carbs.

S You know, carbs. You're just double-fuelling.

P So that's why we started separating. We thought, hey, but we still want our fats. Don't take them away from me I still want my cheesy pasta.

S When I make konjac noodles, Pearl, I drizzle that oil all over and grate that sheep's cheese.

P I make an Alfredo out of zucchini noodles just right there in my skillet. And I'm getting all goodness, all the yummy, yummy taste of the sauce, but I'm not having the spiking sugar explosion in my body.

[00:28:10]

S And you know how we said it's just so about the brain, a lot of the stuff. You know, whether it's just going from sugar to honey, whether it's going from honey to stevia, whether it's going from anything to anything, it's just mind acceptance. It is.

P It's a change.

S It's just a little season where you got to adjust. When you adjust to zucchini noodles.

P Once you adjust and embrace.

S Oh my goodness, there's no turning back.

P It is, you're right it's an adjust. And then it's adjust, okay, this is different and then it's an embrace. Then it's like, bring it on. How much am I loving this?

D I shared a cool story about that with Serene, is, one of the days here she said: Wow, I can really taste the tannins in the tea. I remember thinking that day, I can too. But I remember there was a day where I wouldn't have had a clue what you were talking about, I would just know that it was unsweet, gross tea. Okay, but now, what's really cool is I get these new tastes from the earth that I've never had before, and I begin to crave them. So it's not like I don't get to have my pasta, or I don't get to eat this [inaudible]. I don't...it's like, now I get to taste what a tannin tastes like.

[00:29:21]

D You know, I remember, probably five years ago, lettuce to me had no taste. Right now, lettuce tastes like earth greens. You know, it's just like, when your taste-buds begin to change like that, and they... you actually unlock some of the most beautiful things the earth has to offer. A tomato can now be plucked off the vine and put straight into your mouth, and that's a beautiful thing. I think that's something I never captured, is that all these trees, I could eat from. Just leave the sugar tree alone, it's the one dang tree. And yet we act like someone is stealing our child from us when we start to consider weaning ourselves from our... I even got disgusted with myself five minutes ago, and I was like, well I love my pasta. You know, and then, as soon as I said that and I saw the look on your face, and I went, quit being a baby.

P You know what, you can still love your pasta, you're right. You just got to think about doing things differently. You just got to look outside this box you've been in all your life - how's the box working for you, I mean, how are you feeling?

D Yes, how is the box working for you?

P I mean, if you're stuck in this box and you're having these issues and you're struggling with your weight, how about getting outside that box and looking at it differently?

[00:30:38]

S Because there's a great world, and you know, we talked a little about blood sugar, we didn't really talk about how we would balance it, Serene.

P We do that by protein... I think there's a Part 2.

S There is a Part 2, I'll tell you why, because once we get rolling on sugar.

D Yes, I'm feeling the Part 2, because we just dove in.

S But listen, it is. To get out of that box, because it's just not working for you, but there is a huge, wide world - like you said, with the tannins - we're not taking things away and just leaving you with nothing.

P No.

S We're just saying, we want to introduce you to a world of wonderful flavours, and foods and textures that's just going to rock your foodie brain.

P And where you won't feel deprived, and we're also saying, yes, we're not leaving you in the box, but we're steering you from the wrong other boxes too. Like if you want to go to the Health Foods store and say, well I'm going to get healthy. Let me buy my organic macaroni and cheese, we're saying, hey you're wasting your time, it's still glue. It's still glue in your system. It's still spiking your blood sugar. Don't spend that extra \$3 on that box. Do it differently.

[00:31:35]

S And yeah, just go to like Walmart.

P Any old store, Walmart.

S Or Piggly Wiggly and just get the regular junk if you're going to eat junk.

P Yes, it's cheaper junk.

S The fact that it's organic is not going to help once your pancreas is all inflamed and your body is all freaked out because your sugar is just running rampant.

D Well, and I love that, you know, you're putting out cookbooks, you've got... you're not just saying, hey wean yourself from that. You're saying, hey look at the beautiful world of possibilities. And that's one thing I've always loved about your books. What about, you know, you've got products - Baking Blend. You

know.

P Yes, exactly. These are all replacements for these things that we thought we needed in that old box. And it's like, hey welcome to the new box, but yet there's no special ingredients options too. Like if you don't want to buy the gluccie noodles, or the Trim Healthy, you know, Not-Naughty Noodles make them with zucchini and spiralize it into beautiful noodles. You know, once you've try it, you won't turn back. But we need to wrap it up, and we'll do this Part 2, because we've got stuff to say.

S I've got stuff to say.

[00:32:36]

[Music playing]

[00:32:59]

Announcer: Trim Healthy Mama Product News and Notes

S So why Baking Blend... Because you can make yummy, yummy, yummy cakes that taste like Sara Lee.

P Get up in the morning and eat cake for breakfast that is celebrated! Problem with a lot of low-carb bake mixes is that they're just very heavy with either almond flour or flax, ground flax.

S Or they're high in blood spiking carbohydrates, it's just that they may be gluten-free.

P Yeah, well you've got the other side; it's gluten-free.

S Tapioca flour, or its white rice flour, or potato flour.

P And so, but what do you have in the middle? There's actually nothing before Baking Blend. You've either got the heavy almond flour, which... almond flour, there's nothing wrong with it, but remember, our almond flour is just simply ground up almonds. So if you're eating almond flour think of yourself stuffing...

[00:33:45]

S With pads of butter on those bunches of almonds.

P Stuffing almonds down your throat.

S It's stuffing almonds and butter, because you're going to slather something on that muffin.

P Those... there is nothing wrong with those foods, they are good foods. But they must be treated with respect. They have to be...

S Yes, exactly, but the other thing about Baking Blend is we have thrown it in a sort of food collagen in there. So you're getting a balance to your diet, with the glycine-amino acid, which is missing sadly.

P So, it's a protein rich flour, which stabilises your blood sugar. It is low on fats, low on carbs, low on calories. So then you make your beautiful muffin, or your cake, or you bread your meats with it, and then you can put fats with them. And so that's the beauty of it. People asked us for so long, please say. What flours do I have to throw together, and what do I have to do. And it was a long drawn-out process - we took the work out of it for you. And, we use Baking Blend like every day.

S Yeah...

[00:34:37]