



Trim Healthy Podcast with Serene and Pearl

Episode #24 - Serene's Big Announcement

*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 Ladies and 15 gentlemen welcome to the PODdy with Serene and Pearl.

P Welcome!

D Today is a very special PODdy. Dare I call it a “party”, as we celebrate Serene and Pearl’s new book **Trim Healthy Table**? It made it...

P Danny...

D Can I say it?

P You're reading.

S Danny, are you memorizing?

P Danny has a Teleprompter.

D Get a grip. He doesn't.

P He does. He's so excited about what he has to say.

S I was wondering whether you were going to say anything.

[00:00:37]

S I was just zipping. I was being polite and zipping.

P It totally sounds like you're reading it, but go ahead. I'm letting you.

D Listen, he may have show-notes.

S You know why? Because it's a special day for Danny!

P You've never read something on the podcast before and here you are.

D Well, yes, this is important and it's because...

P It sounds so intellectual.

S Dare I say it, the party, he had jokes in there.

P He wrote a joke?

D Oh no, I didn't write a joke. That's not written.

P Oh, that was you ad-libbing?

D It may have been.

S Liar

[00:01:04]

P Okay, go, go keep going. Keep reading.

D I can't believe I didn't get through that. I'd pictured a glory-moment in the hot sun. I did, I had it all laid out. But here's the deal. Here's what we're celebrating, right.

S&P Keep reading, keep reading... [Pearl and Serene speaking together]

D No, I'm closing the book, okay.

P No, read. I love it. I want to hear what you wrote.

S I want to hear your little palm cards.

D Alright, the point is, we're celebrating Serene and Pearl's new book Trim, Healthy Table which made it again to number one on Amazon's bestseller list.

P Yes. What are you talking about, again? We've never been number one.

D Because of the first, because the first, because the first book did.

P No, no, Danny, you've got it a bit wrong. We've been number one in like the weight-loss category, cook book categories, plenty of times

D Yes, that's what I mean, with Amazon though.

[00:01:49]

P Yes, but we've never been number one overall.

D Oh overall

P This is a first.

D Oh, that's a key point I would have loved to have known.

P This is a big deal.

D No, that is a very big deal.

S But, do you know, it's not us. It's thanks to our army of awesome mamas.

P&S Yes, Trim Healthy Table is awesome but it's our wonderful people, our mamas are the coolest, amazing people. [Pearl & Serene speaking together]

P Our community, as you know Danny because you're starting to read all this feedback that comes in every week, is the most amazing, loyal, enthusiastic

community. Do you know what everybody did? They went on Amazon, and they ordered so strongly and so fiercely that they shut down, basically, a link to Amazon. It broke.

P Trim Healthy Mamas broke the internet.

[00:02:30]

S And somebody called up right and said, I want to order, and they're like: No, go to Walmart. They said, it's broken, order somewhere else.

P She's like, do you want me to tell 250,000 Mamas to go and order at Walmart. And they're like, no, let me talk to the supervisor, and it was right back up.

D Wow! Well, this is such a cool deal. I mean I, coming from the music industry, when somebody does a number one, they have, like, parties in high-rises in downtown Nashville. I mean, they make a huge stink about it. All we're doing is recording a podcast.

S I've got my Yuk-Yum Bidy here and we're in this cool poddy cabin. It's an awesome celebration.

P We didn't go anywhere, we just stayed on our land, but hey Danny, you're with us. John, our producer's right here so we are having a little bit of a party

D And that's good enough for me. And really, you know, our listeners as well are, kind of, grafted into this. And really, they're a part of it. That's the reason it's number one.

P They did it. They were determined to push us to number one.

S Wasn't it at number 11 or something, and they're like, let's go.

P Let's do it.

[00:03:30]

D They're like on the team.

S They rock, man.

D It's absolutely incredible.

P I love you ladies. You're all awesome because this is getting the word out there. This is changing people's lives. This is bringing freedom. This is bringing hope.

S Yes.

P Here's the thing right. This book is not even out yet. So these are pre-orders doing this.

D Yes.

P And so, on September 12 it comes out, and I'm just amazed at what God is doing.

D This is the number one party on The PODdy.

P And so this time around this book is over 300 new recipes. But the really... Yes, there's a lot in there for single serves too if you just want your own little meal.

[00:04:10]

P But it's really about how to incorporate this with your family without pulling your hair out. So we just teach you how... It's nothing weird. It can be as simple as what you are doing now.

S Because a lot of the people think, okay, well, I can do Trim, Healthy Mama for me. You're like, how am I going to make a meal for my family at the same time? That's just going to be a slave in the kitchen. I'm just going to be cooking three different things. And we're saying, no, it's the main meal, and we just tweak the edges for all the different little meals.

P And this time around, for the first time in Trim Healthy Mama history, we wrote this really concise, Easy-Start Guide. So you know, hey, we've got the big, thick book that we started with. We've got the plan book that really explains all the details. But for those who really just, give me, how do I really start and make it easy? Serene and I just knuckled down and did our best to do that. And so I think people are just going to lap that up.

D And if someone's never read the first book, is this book...?

S It stands alone.

P This one stands alone. And then we tell people: Hey, start with this. Then when you've got some time, go back and get more details.

D Yes.

P Hey, so this is the show of huge announcements, right? We had that one, and now we've got some more, Serene-y.

[00:05:19]

S What? Don't look at my granny stockings.

P Yes, now why are you wearing granny stockings? You share you're announcement. I'm not going to do it. You share your own announcement.

S Oh, well, well, well, I am a grandmother.

P Yes, you are.

S So I'm wearing my granny stockings.

D But that's not the announcement.

S No I, well not me... My husband and I... we're having a baby.

D Yay, Serene!

S We're so excited. We just found out. We actually found out in China.

P I know.

S And that was really interesting.

[00:05:46]

P So, I have been holding my mouth shut this whole time, since we've been back.

S It was so interesting because I'm, like where am I going to find a pregnancy test in China? As you know, no-one's really allowed to get pregnant whenever they want to so I thought; maybe the government issues it in the mail. When they get the letter, they can have a baby or something. So it was a miracle. I found myself a little pregnancy test with Chinese instructions.

P And Serene played this huge joke on me because she was feeling pretty sick there. She was feeling some things, so she was like, I don't know. I took a test before I left. It was negative. And then so one morning I went down to breakfast, and she's like, Pearl, tell me if you can see some sort of line because you know,

Serene's always taking pregnancy tests and looking at the line, like, if you put it in this light, is that a line, Pearl? And I'm like, okay, I'll look. I'm good at this Serene. I'm good at looking at your lines. So I look and it's bright red and I'm, Oh my goodness.

D Obvious, in-your-face, double line.

S Well you see. Let me explain the Grandma stockings.

D Is it double...?

[00:06:46]

S Yes, double's good. You're a father, Danny you've done this a few times.

D Yes I've seen this line four times.

S Yes, yes. Anyway, just to explain these granny stockings; I'm wearing these ugly things. I'm going to get some trendy one, I promise. But, yes just to support a little varicose...

P Yes well, let's talk about this Serene because we've got a lot of questions. We've saved all the pregnancy and nursing questions until today. We knew that at some point, Serene was hoping to get pregnant again, and this is fantastic Serene. You're 40, right

S Yes, it's so exciting.

P This is a blessing.

S I am so pumped. My whole family, we are just over the moon.

P Yes, and so, you know, thinking about that and how your 40 and stuff, and I know we get a lot of questions come up too, well, didn't I hear that stevia stops fertility or something?

S Not with me, not with me.

P And you know, you say, not with you.

[00:07:42]

P You know, you're still a very fertile woman at 40, and we look at 10s of thousands of women who have come to Trim Healthy Mama and before couldn't

get pregnant. And then there's a baby boom. And so, I even said to Serene: Serene, do you think you should share this announcement yet because you're not 12 weeks? You know, what is something happened? You know Trim Healthy Mama will get blamed like, it's the stevia.

S We so want to be honest with you. We want to be real. And I want to celebrate this baby's life. I believe it's going to stick and stay and be a healthy, bonny baby. But you know, we just want to be real. I saw the two lines and we're excited, and we want to tell you about it, and I'm not worried about stevia. So I'm ready to make my announcement, you know.

D Do you have an official due date?

S Yes, it's February 5, now talking about being Grannies in granny stockings, Pearl.

P Did you explain why you're wearing the granny stockings? Oh, you did, support for your legs.

S Yes, I love to exercise a lot and walk and do all that kind of thing. And I have a little varicose behind my calf, that when I'm pregnant, you know, pops out. So...

[00:08:39]

P Also, do you want me to go with my announcement then?

S You're not wearing the granny stockings, but I mean...

P No, no...

S Is there any Granniness to do with you Pearl?

P So my daughter, Meadow, is pregnant too. So Pearl's a granny. Serene and Meadow are a week apart.

S Yes, so exciting.

P And no, I'm not going to be called, Granny, Serene.

S No, she's not.

P Because like Charlie, my husband, and I, we discussed what can we be called because we're like so cool and hip and young, right?

D Oh, that is what I have always thought.

S And I'm Nana already, and my mum is Nana, so I'm small Nana and she's big Nana, and Pearl doesn't want to be huge Nana.

P Yes, that's funny, Serene's grandchildren call her, what, small Nana, little Nana?

S Just Little Nana

[00:09:18]

S And so because my mom is almost, she's in her late 70s, almost 80s, they call her, now they call her Big Nana.

P Big Nana... And you're little Nana.

S I'm small Nana.

D So what are you going to be called Pearl?

P Well, my second name's Priscilla, right and I sometimes go by Pearl Priscilla. It's my alter-ego name, so I think I'm going to be called Prissy.

S Okay, but hold on. You were telling me it may not be... oh, hold on.

D Go ahead Serene, we're just going to keep recording here, no big deal.

P Just take time out.

S Hey... I'm on the PODdy... It's my daughter... Is everything okay?

[00:09:49]

P I'm on the potty.

D She's on the potty.

S Are you there?

P Yes.

S Must have been a bum call. Anyway, so you were saying that it may not be such a good idea.

P Well I was just saying, like, Grandpa; my husband wants to be Grumpa because he pretends he's grumpy right, which is so cute.

S I think it's so cute, instead of Grandpa, Grumpa. I had to explain that just in case.

P Don't you think that suits Charlie, Grumpa?

D Oh it's perfection....

D But you're Prissy?

P Yes, Prissy.

S But we're not sure anymore. We shouldn't do it. We shouldn't do it.

[00:10:16]

P But the baby, they don't really say their Rs, so I know I'm going to get Pissy.

S That's what she's going to be.

P I think. I think I'm going to go with it.

S You're going to go with Pissy?

P Yes.

D Every now and again, a Granny's got to get pissy.

P Yes, I know.

P Anyway, excuse our language.

D Did I just take that PG-18?

S This is terrible, especially on the PODdy. This is getting naughty, and we're on the Poddy and it's too much.

P Yes, I know I'm going to answer to that because will that be cute with a baby saying that?

S It will be cute.

[00:10:42]

D Yes, hopefully, if I have any say, I'd like to lock that in, Prissy.

P Okay, you're locking that in.

D In fact, could I call you Prissy myself?

P Yes, but you can't say the... You have to say the R.

D No, I'll put the R in.

P Okay good

D I'm an adult.

P Okay, so now let's... Serene's like, doing this huge announcement.

S And Pearl...

P Let's tackle some of these questions we've got coming in on pregnancy and nursing, Danny. We've got a whole bunch of them, right? We've saved them up for today.

S We want you to answer these for us.

D Come on and I'm glad I was prepared for that.

S Danny was showing us his pregnancy belly

[00:11:16]

P First page, Danny, what are you doing? What are we paying you the big bucks for?

D Okay, alright.

P Are they not big bucks? Oh, alright.

D Moment of silence for Danny's bucks, alright, so we're going to jump into some audience questions on pregnancy. Since you've had several children, have you ever experienced that morning sickness is not as intense when pregnant with a boy versus being pregnant with a girl?

S Pearl?

P Oh my goodness, I was way sicker with my girls.

S Were you?

P So much, but what about you?

S No, I'm the same every time, same kind of sick, boy or girl.

P And this is Serene sick, unlike my daughter Meadow. Meadow is like, she is doing some, like, throw-up episodes, but then she throws up and then she feels fine, but Serene never throws up so Serene never gets out of the nausea.

[00:12:05]

S Yes, I'm just nauseated all day, all night.

P Let's talk about nausea Serene because I know we've got a lot of questions about it. Danny doesn't have to read them. I'm going to say the questions that are coming in are about: Is there anything that we can we do about nausea? Why do I have nausea? Does THM help nausea?

S I feel like I just want to clarify when we're talking about nausea here, I think we're excluding, there's a type of nausea, I don't know the full name, I think Gravidarum, something or other. Danny must know because your wife had it.

D Yes, the extreme is Hyper-Emesis Gravidarum.

S And that's not what we're talking about here because I don't think that we're equipped to help with that at all.

P That is constant where you almost have to be hospitalized. You can't move because, and you can't...

D Yes, it's soul-wrenching. You go to sleep, you have dreams of nausea. You wake up, you have nausea. There's no escape, it's debilitating.

S Now, I have that too but it's not debilitating to the point.

D No, you can't get out of bed.

[00:12:54]

S Right, no, I can.

D You just like frisbee granola bars to the kids all day.

S Yes, you're on the floor or just between the bathroom threshold that's where you are, right? So when we give pep talks here today for the queasy mum, we're not trying to, you know, like, Navy Seal those women. That's a whole different,, just wanted to clarify.

D Don't listen sweetheart if you're tuned in

S So anyway, yes, the nausea thing, I just find that I've tried to give in to the things that I've really felt like. I mean, I know that if I ate a Taco Bell burrito everything would just... It'd just settle my stomach. It would be awesome. And I've given in to that before in previous pregnancies.

S But you know what? I feel just as sick the minute I finish the burrito and worse because I feel out of control. I feel, oh my goodness, I'm letting my health slide and I feel icky, you know because it didn't give me the nutrition that white wrap and all that... It didn't give me the nutrition I needed, and so, of course, I feel more lethargic and icky and yuck. So my ideal is just to suck it up. I'm going to be sick no matter what so I'm just going to stick to anything that's healthy.

P Well you, sort of, like it when you feel nauseated.

[00:14:00]

P I mean, you don't like it but you tend to think it's a good sign. Like a lot of people try to fight the nausea.

S No, I really celebrate it. For me because I have had a miscarriage before, and that was the baby that I wasn't sick with, so whenever I'm sick I'm like, oh yes. And my Dad will sometimes come over and he's like: I'll pray for you Serene because I don't want you to be sick. And I'm like; no don't pray the sick away. The sick is what's keeping me relaxed because I know that the hormones are there, and they're strong, and this is going to be a healthy baby.

P A lot of people have a lot of theories about morning sickness for pregnant women. Some say it's the bile, and that if you eat enough fibre it will go away.

S They say, like, do a liver cleanse before you're pregnant or something because it's a toxic liver. I just think there's so many.

P Some say it's Cortisol. The latest thing is that it's Cortisol. What do you think?

S Oh, I just don't believe it at all. I did so many cleanses and all that, and they were my sickest pregnancies. Like my raw food pregnancies, where I was just like pure as the driven snow, like that colon was white-washed walls. I tell you, they were my sickest.

[00:14:58]

P White-washed walls, white-washed colon Danny

D I just perked up completely. Well, I've never heard the phrase, put together; white-washed colon. It's the first.

S Well, I'll tell you what, they were my sickest pregnancies, even though I'm quite sick right now. But the thing is, is that I really believe it's a sign of a healthy pregnancy, I really do. You've had a miscarriage before. Were you less sick?

P Yes, I was less sick with that one. I mean I just believe it's your hormones rising. It's your hormones are doing whacky things to you. It's like birth. It's going to hurt. Yes we need to obviously not push against it and go with it. But you go with those pains. I've read so many different theories about why we get sick and nauseous. And now I just think that it's one of those things that we go through, and I don't think it means you're toxic inside.

S Nope I don't at all.

D What do you think about prescription medication for nausea while you are pregnant?

P Well, if you can't function, then...

S Yes, if I was one of those Gravidarum, what do you call it? It sounds so intelligent.

D Hyper-Emesis Gravidarum

S You sound so intelligent when you say that, Danny.

[00:15:58]

D We just go, we in the area of that, just call it hyper-emesis...

S Okay hyper-emesis, if I was a hyper-emesis lady, and I'd tried everything, and my children didn't have a mum, and my husband didn't have a wife, I would think that it would be a beautiful thing to take the medication, you know.

P Quite beautiful indeed, right, so what about other questions that you've got there? But I was going to say something more about the nausea.

S It's important to keep food in, and food nourishes the baby, you see what I'm saying.

P It's so true.

D And at least, the doctor we talked to showed us his versions of studies that said that some of those are very mild. They just deal with nausea. They don't really trickle into other areas.

P Yes.

D Not an expert on it myself

[00:16:44]

P Well, you see you've got four really healthy children, Danny.

S That nausea was really trickling into all areas.

D Well, having said that, Lisa didn't use the prescription medication.

P She didn't?

D No, she was concerned. She said, I'd rather be sick the whole time rather than, if something were to happen to the baby, she would always be riddled with that guilt.

S Well, she's an amazing lady. We know a lady, a friend of our sister, Evangeline, who does this big pick in her arm the whole time. But it's her only way, otherwise she gets down, concentration camp, skinny levels, and her body is just eaten up and she cannot function. She has the most beautiful, healthy babies, a whole family of beautiful, healthy babies.

P But nausea... Do we have any questions about what you can do to help it? Like, is there any...?

S Well, do you know what I feel like doing now guys? I feel like getting a doona and covering myself

P Doona is the Australian word for a cover.

S A blanket, yes, a soft blanket.

D I was picturing, like, you were mispronouncing doula.

[00:17:41]

S A duvet.

S A soft plushy blanket covering myself in a cave, and just going: Blah, blah, blah underneath it. That's what I feel like right. And I don't feel like exercising, and I don't feel like doing it, but you know what that's not going to help me. And again, I'm not talking about those extreme nausea cases, but I find that in the later pregnancies that I've had, I've just decided, you know what, I'm just going to pull up my big girl socks and do that little bit of exercise. 15 minutes here or there. It gives me oxygen. It gives me energy, and I feel like, I feel better, even though the nausea doesn't go away, I actually feel...

P Well, not spiking your blood-sugar goes a long way. And you know, people talk about, well, there was a study back in the 1950's that it lowered fertility in rats, using stevia. Well, we're not really talking about stevia right now, but all that to say, okay that's been debunked. But what hasn't been debunked, and keeps coming up in studies over and over again that is true, is that blood-sugar, spiking your blood-sugar with, not just sugar, but even white, devitalised foods, does have an impact on the baby and your pregnancy.

[00:18:50]

S Yes, and the baby's brain...

P Yes.

S And incredibly, too much sugar during pregnancy affects the baby's brain negatively.

P And it makes you feel lousy. So when the idea of it sounds good, it doesn't make you feel good.

S So you can see that sitting on the couch all day because you're exhausted is not good for your blood-sugar either because you're not burning anything.

P But there are some things that I think, little tricks that you can do, like when you first wake up sometimes first thing in the morning, it's horrific. Like Meadow, she says Mum sometimes I just wake up and I have to go throw up. And I'm like, Meadow you just need something right there next to your bed, before you even get up. So there's crunchies and although it sounds crazy, she took baby carrots, and she has them by her bed.

S Oh, that's cute.

P And she just like crunches on them before she gets up now, and it's that crunch. And she can get up now without throwing up.

[00:19:35]

D So needless to say, the blood-sugar stabilisation certainly helps.

S Yes and you know what I have just decided to, I don't believe that you can just take it away mentally because you physically feel bad, wanting to hide under that plushy blanket, and just completely go to sleep for that whole three months that you feel sick or more. But I believe that I can mentally concentrate on it more and make it worse. And so sometimes, I feel all these waves of nausea, and I, like, really think, yuck. And I think of all those gross foods that are coming to mind. I think about my refrigerator that is coming into mind and all the smells in it that are coming into mind, and I can just become 100% more sick, or I can think of a cool stream and taking a cup of water under my hands; like, cupping it under a waterfall and a cold mountain stream. And I picture all these things that, like, help me feel...

D Refreshing wonderful things, yes.

S So I do mental games, mind games all day long, but if we go with those feelings, they're going to be there, yes, but if we go with them, they're going to be 100 times worse.

D Well, hats off to you pregnant ladies because if I'm nauseated for 30 seconds, I feel as if my world's crashing down around me.

[00:20:48]

P Can you imagine if men got pregnant?

S My husband was trying to be gentlemanly about it and trying to have a heart.

D There was a Cosby Show about that.

S But I could tell he wasn't quite getting there right, and I reminded him of a kayak trip he took with our sister, Vange and he was just so nauseated. All he wanted to do was climb up on the beach and just sleep there for a million years. And just, like, vomit on the sand when he needed to.

D Just wash up. Just starfish it

S Everyone needed to leave him alone, right. But the beach was still three miles away. And he had hours to get there. And I said, remember that kayak experience. And he said, that's all you had to say. Kayak is all you had to say. So he's got all the sympathy for me. So yes, men, I don't know, Danny, how are you with your wife? She had the Gravidarum thing. Were you sympathetic?

D Oh yes, I was sympathetic. You know, things like that have, kind of, given me the opportunity to be the rock star husband with her because you know, I do cool stuff then and I just keep fighting through with her.

[00:21:50]

D And I think at the end of massive trials like that, it communicates love in a much deeper way than maybe when you don't face things like that with your spouse.

P Yes, you were a rock star husband through those, Danny. I remember. And I remember it being very trying times. And the fact that Lisa had four of those is just incredible.

S Yes, it's amazing.

[00:22:10]

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.

S [Laughing]. Pearl, this is honesty for me. I used to think that matching socks were like all important, right? When I first started having children. But now, if I can find two clean ones of any kind, I'm like...

P Oh, you're celebrating...

S I'm like 4th of July. It's fireworks. It's celebration!

P Oh, me, too. Matching socks... they don't exist in my drawers.

S Huh uh...

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.

[00:23:50]

Announcer: Hey Mamas! Do you have a question for Serene and Pearl?
Send your email to support@trimhealthymama.com

P Here are some other questions that come in. One is about, like, people want to know: Can I use special "special" in quotation marks ingredients with a pregnancy? And we got some questions about Serene. What do you do? Do you use collagen? Do you use whey protein? What sweeteners do you use? Do you only stick to Stevia, or do you do Xylitol and others?

S Well, I'll tell you what; personally, I think always get your nutrition from whole foods. So I'm not going to stick to my protein from whey and collagen because that's just not whole foods, right.

D Not the store, not the store

P Why are you saying not the store?

[00:24:38]

D Because you mean whole foods from the earth not the chain Whole Foods

S Not the chain, I mean, you're going to get your protein from eggs and fish and a piece of meat, and so I'm not just going to say that whey and collagen are my protein. You know, that wouldn't be normal, right. But I do think, especially in

the early stages when you can't even look at meat, and fish would just be, like, absolutely repulsive, you've got to get your protein in. So a shake is sometimes so easy to do. That's what I'm doing right now. I'm sipping a strawberry whey shake because it's all that I can do right now. But as the pregnancy progresses, and I can eat more food, I would just take one scoop a day of those things. I wouldn't really overdo them. One's all you need.

P And here's a thing. When you are pregnant, you have such a bigger requirement for protein. So it doesn't mean that you shove some scoopfuls of collagen and whey all day, like Serene says.

S I wouldn't feel like I was poisoning my baby if I had two whey shakes a day; not at all. It's just that I want to make sure that I'm balancing my diet.

P Balance is what it is; just beautiful balance. And that's the thing with Trim Healthy Mama most diets drop you straight away, as soon as you're pregnant.

[00:25:47]

P Or it's, come back after you've weaned, you know. We'll leave you over there. This is a diet. But Trim Healthy Mama is for all seasons.

S And collagen, one scoop of collagen a day or every second day is fantastic for your baby, and fantastic for your collagen for forming in the baby. But also for your body as it's stretching. All that skin is stretching. And it's just brilliant, just, kind of, keeping you all glued together.

P What do you think then about sweeteners? What do you do personally?

S Oh I really don't like sweet things when I get pregnant. I just really don't. So I just stick to a doonk of stevia. But I have no problem eating a piece of cake that somebody's made for me you know, with Gentle Sweet or Super Sweet, any of our sweeteners. None of our sweeteners are going to hurt the baby.

P No.

D A doonk of stevia is really sweet though...

S A doonk for a quart...

D I guess, I was picturing it in my tea. That will blow your mind in a little cup of tea, you know.

S A doonk everything I drink is a quart.

[00:26:42]

S Yes, that's true. I sounded like a seal then. That was weird. I don't know why.

D Yes, I was thinking seal actually.

S Out of nowhere, I just became seal-woman. It was so strange.

D No, I had seal-woman in my head too, so I think that's confirmation.

P Okay, so we get other questions a lot, coming in about pregnancy. And this is it, do I have to eat, all Crossovers, for when I'm pregnant? For those of you who are new to our plan, a Crossover is when you take our two weight loss meals, S where you use the fats, and E where you utilise the carbs.

S Good girl for incorporating the new information

P I know. We've got the little poster on our wall: New people in the room. We can't forget. And we are going more and more. And Serene, we can't just speak to our old vet's all the time. So some people think you have to do a Crossover every meal. And then others think: Well no, I'm going to stick to my S and E because I want to lose weight. Where's the balance?

S I don't believe you want to lose weight during pregnancy. I don't think that's a good mind-set.

[00:27:40]

D Can you do it? Is it even possible?

P You can.

D You can lose weight?

S It's okay if you start off heavy. And it's okay if you do when you're very, very heavy. But it shouldn't be your mind-set. It should never be your mind-set. But now, if you have weight to lose, I believe, you don't have to do Crossovers all the time. You can throw them in here and there. But everything you need to nourish your baby and your body is incorporated in the S and E Free Styling.

Now I don't think you should do a bunch of fuel pulls when you're pregnant. A snack here and there is fine. But meals, stick to the S and E Free Styling, and throw in a Crossover here and there. But if you are already at goal weight when you start, a few Crossovers a week is great.

P I think so.

S If you're a skinny person, you could live on them.

P And I do think there's something about a Crossover that a woman needs here and there that is a full scope of the nutrients.

S Oh, definitely...

[00:28:31]

P And it doesn't make you think that your body is lacking for anything. So you know, then you'll have the reserves you need for nursing.

S Well, because if you're a heavier woman, and you're on the S and E, and you have everything there because you've got all the nutrients and the fuels that your body and baby needs. But when it needs to suck into those reserves, those reserves are there. But if you're a person already at goal weight, it can be stressful on your body to not do the Crossovers.

P I agree, but I just even if you're starting a pregnancy, and maybe you are heavy, I still don't think there's anything wrong with having some Crossovers here and there.

S I agree with that Pearl, I agree.

P So I think we're on the same page. Here and there

S The problem comes when someone says: Oops, pregnant. Now I'm going to do Crossovers 100%. And then, I just feel like there could be, even to the point that they could be gaining more than just the baby.

[00:29:22]

P Yes.

S If they are heavy to begin with.

P Exactly, but you know, a good 20 to 30 lbs, everyone's different. It's just a healthy weight. And I just think everybody is so unique with how they put on weight that I think it's an individual thing. And I'll tell you this much though, I would also say if someone says, I'm pregnant. I'm going to do all Crossovers that's way better than saying, I'm pregnant. I'm going to go off plan.

S Oh 100% ,100% and if I have any advice to give a pregnant woman, Pearl I want to hear yours too because you've had five amazing pregnancies, but I just... My advice would be... Like I said, we're not talking to the extreme cases, but my advice would be: Stick to it in those first three months because they are the, almost the, getting you in the right direction where you just know that you're stuck on that train, stuck on that track.

P But the first three months are the hardest.

S That's what I'm saying; the first three months, set that willpower there. You are going to feel gross, no matter what. A Taco Bell's not going to make you feel all better. You know like, the Panda Express white rice and egg drop sweet and sour weirdness isn't going to make you better.

D Ice cream and pickles

S It's not going to make you feel better.

[00:30:31]

P That's what all men think.

D That's all I could come up with. That's all I got.

S If you're a nauseated type during pregnancy, you're going to feel it.

P Well, it's not just nausea it's cravings.

S Yes, I know. But the thing is that the cravings, you can find healthy replacements for them.

P Yes, that's so true. But let's say that you do go off, right. Maybe, you feel so yucky, you go off. I think more people go off in their first three months, and then it's easier after that.

S I agree.

P I think they should just not feel shame, and should just get right back to it.

S They should not feel shame. But this is my advice. I have advice to give.

P Love it.

[00:31:08]

S My advice is to try your best in that first three months to not derail. Because you're going to feel like a rock star when you get into that second trimester and all your energy comes back, and all your nausea goes away, and you've got that foundation of nutrients in there, in your own body and in your baby's body, and you just haven't gained like a bunch too quickly. You're going to be like, I've got this under control. This is awesome. And you're going to be rocking it. And you're not going to feel like, oh, I've got some work to do, and I've got to slow down this weight gain, and I feel ultra crappy and lethargic because I binged on too many Doritos.

P You're right. In one of my pregnancies, I was craving salt and vinegar potato chips. Remember them from our childhood, Serene, in New Zealand? It's like one of the biggest flavours, salt and vinegar. But I bought a big family size but I thought, hey, I'm pregnant. I'm allowed.

D You whooped through that bag didn't you?

P Oh man, the whole thing, to think a family size.

D It was painful.

P It was awful. I felt shocking because there's no sugar in that, but the white potatoes and the frying. It didn't do my body a favour.

S Well, it became sugar in her body.

P It did. But I learned from it.

[00:32:13]

S This is what I want to say to the world too. Your body, if you're a woman, is created to give birth. It's created to create a baby. You were made to do this, and it's awesome, and God wants you to be healthy. God wants you to be in shape. God wants you to not feel like, oh my goodness, now I've got this lovely baby but

I've got 100 lbs to lose you know, from the pregnancy. I mean, some people can just gain that much.

P Maybe not that much, that's a big number. But I suppose it's possible.

S Some people. I've seen it done.

P Yes, I've seen it done.

S Or even just 60, you know. But I believe the point is what you said: I have a right. I'm pregnant now. I don't have to be pulling in my stomach for my jeans. This is my pregnancy belly. I can blame it on the baby. Well, the fact of the matter is that you don't have to do that.

P And it's not doing your baby or you any favours.

D Plus, if you're suffering or nauseous or sick, you almost want medication in some way, you know so food can be like that too, I think.

[00:33:15]

P That is so true.

S It is just not worth it.

P But, did you know, we're at 33 minutes, and Danny has his announcement. We didn't get through enough pregnancy and nursing questions. We'll take them again.

S Well, can I say one thing though?

D You have to. It's your podcast.

S I'm not in to selling our products though. You know that. We are like anti-selling our products. It's like, go to Piggly Wiggly. Please use whole foods.

P Oh, are you saying it again. She means...

D Not the store

P You're saying basic foods.

S Yes, not the Whole Food store chain. But you know, we could say: Yes, four scoops of collagen a day because we want to sell more products. But we're like:

No, no, please real foods; real foods first. But I do want to say, if there is something you would like to take, you want to take something just to be sure you're being covered, Baobab powder. Now, we're coming out with it soon. We don't have it out yet, but you can get it online, Baobab powder.

[00:34:06]

S Baobab powder is an absolute boost on all levels of nutrients. It's unbelievable. You can put pomegranates and blueberries together; still Baobab has more antioxidants than both of them. It's amazing.

P And it's rich in Vitamin C. And because you need protein when you're pregnant, it helps protein do its job more effectively.

D Vitamin C does?

P Yes.

S And all that collagen, the growth of collagen in your body, and to synthesise collagen, you need Vitamin C. I mean, I take a pregnancy whole food, health food, real food, pregnancy vitamin.

P Yes, what do you take? We all... You've got 30 seconds to tell us; do you believe in, like, a multi-vitamin when you're pregnant?

S I used to not. I used to stick to real foods, but then I thought, I'm 40. Let me make sure I've got everything in there, and so I take a real food pregnancy multi-vitamin.

P And you were telling me...

S With folate instead of folic acid

[00:34:57]

S And then I take, because some people have this methylating issue where they cannot methylate folic acid. They just can't absorb it properly, so they need the natural form which is folate. And you know Nutritional Yeast is great. Nutritional Yeast is great for nutrition too. So I take a real foods multi that has folate instead of folic Acid. And then I take Baobab; two tablespoons a day, mate. I feel great with that. And then I take some Cod Liver Oil.

P Awesome

D Do you have a recommended brand for this vitamin?

S Oh magnesium, I take magnesium.

P It's not a vitamin, Danny. It's Baobab powder.

D No, no; the multi

S It's called **Baby and Me** or something from **Mega Foods** or something, I think.

D Okay because I just know how you do your homework and find the best of the best.

S Oh yes I do my homework. I spent like three days looking for that multi

[00:35:42]

P Hey, we need to wrap it up, mates. So you said you had an announcement.

D Lets get out the wrapping paper. Well, I have an NSV.

P Oh, this is your announcement- NSV.

D Yes, Non-scale victory and for the new people in the room that just means I don't step on a scale and see the results. I don't know if I've ever been on a scale by the way; other than when the kids get one out: Look let's see what Dad weighs.

P But you know you go by how you feel.

D That's my victory, is how I feel. 4th of July I was at a party and in this huge cooler, it was filled with water and Gatorade. Instinctively, I reached for the Gatorade.

P Well, you used to be a sugar nut.

D I used to be a sugar nut. And Gatorade's marketing is kind of, unique because what they are selling is hydration. Okay, they are saying, the electrolytes in here, we scientifically made this down in Florida for the Florida Gators football team, and if it's good enough for pro-athletes, that was, kind of, the origin of Gatorade. So it stuck in our heads and in our culture's heads that this is going to hydrate me more than water.

[00:36:51]

D So I reached for it still with that branding in my mind. But willpower kicks in.

S You couldn't get past the bright blue.

D Oh it's so gorgeous. It just calls out.

S This is like, so fake.

D So I turned it around and of course it's got as much sugar as a Coke.

P Do you remember how many grams?

D I think it was 32g.

P You see that's extraordinary, and that's in liquid form and liquid form hits your bloodstream way worse.

D And I wanted to ask you, okay, it's got electrolytes in it.

P Did you chug it, did you chug it ?

D No, no, my non-scale victory is that I set it back in. And listen, I had all of the excuses. It was the 4th of July, and I was hot and sweating. Actually, I was working the grill at my friend's party, so I was just blazing hot. But I was feeling like trash, and I just thought that Gatorade is just going to ruin me, my blood sugar is going to go through the roof, and I was going to crash and vomit. Let me just grab a wa-wa. So I got the water, and I must have pounded four waters in a row.

[00:37:54]

P Yes.

D And felt like a champ

S I'm so proud of you because that Gatorade wouldn't have been hydrating. The deal is this. Because hydration is also meant to be cleansing, helping your kidneys, helping to clean everything out. Now if your kidneys have to deal with that artificial color, and all that other weird preservative, high sugar freak-out stuff, your body has to get more water from somewhere to rush it through.

P Exactly, and the sugar, especially in liquid form, causes this big surge of adrenalin which causes your body to work harder, so you're dehydrated, so it's just cray cray.

D Why did they lie to me and tell me I was going to be more hydrated? That's so upsetting.

S Good marketing, but I'm proud of you, Danny.

P That was a good show of announcements. And I loved yours to end with Danny. You are just coming along by leaps and bounds, mate.

D Yeah, I am just on plan.

[00:38:43]

Announcer: Trim Healthy Mama Product News and Notes.

P Serene, do you know what the first product that we started using, aside from stevia extract, was when we started this plan, Trim Healthy Mama?

S Yes, it's gluccie!!

P It's sentimental, right?

S It is. We were just talking about it just before we pressed play on recording this little thing. And I almost wanted to cry. It's like our first little friend. Glucomannan. You know that little poem Mum taught us, you don't forget your golden friends.

P New friends are silver. Old friends are gold. It's like our old friend because it helped us so much. I was going to say what it was, but Danny, what are we talking about when we say, Gluccie? This is a test.

D Oh, gluccie, gluccie, gluccie, gluccie is an easy one, gluccie is short for Glucomannan.

P Oh, my goodness! He got it right, I totally thought he didn't have that...

S I thought he was going to say, like, the glue that you put on your keys so that you don't lose them.

P Oh, my goodness! I cannot believe you got that right!

S He is trying real hard.

D So Glucomannan, glucomannan is when you've got glucose problems. There's the glucose there, and you need something that's going to come after it. It's going to rustle it down and take care of it in your body.

[00:40:06]

D So, you just add your Glucomannan, it mans-up on that stuff.

S The scary thing is, is that he's right.

P The scary thing is that it is true.

D And it lowers it... Did I nail it? I can feel that right now.

P You did actually

S It's a Diabetic's like medicine.

D I'll take a raise, I'll take a raise, it's fine.

P And why we love it, yes, it does tame high blood sugar. Yes, it helps you lose weight. It's extremely beneficial at helping people lose weight. We love it because it is a thickener you put it in a smoothie. It thickens that thing right up.

S It makes it taste like you put half a pint of cream in there.

P Yes, because it gives it a fatty mouth feel....without the fat. Gravy, sauces, anything that you used to use corn starch for... It works beautifully without a carb. Zero carbs, zero calories.

S That's why we gave it a nickname because it deserves a nickname.

P Friends, if you don't like have a nickname, with Serene and I, it means that we don't really like you. Danny, that's why we call you Dannath the Mannath and other things because you are on our like-list, especially today since you got Glucomannan, right

D I nailed it!

S The only thing we say about Glucomannan is to keep it up, far away from your toddlers so like you don't have it down on the bottom shelf of your kitchen like where they play with other things.

P It is a viscose fibre, so if you have it without water it can get stuck in your throat. All of our recipes include liquids.

S There is absolutely no harm, no danger, no worries at all, when you blend it with water.

P Yes, and so any liquid, not just water. I use this every day so it stays in my cupboard because I've got it in my shakes and smoothies, I've got it in my sauces and gravies.

S And don't forget Slim Belly Jelly.

P It makes awesome jelly...

S The best jelly...

[00:41:52]