



Trim Healthy Podcast with Serene and Pearl Episode #27 - What's Up With the Keto Diet Craze?

*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 Hey, welcome back, everybody to the PODdy with Serene and Pearl and me, Danny.

P Hey, hey!

D Serene, are you here or are you...

P She's on my phone.

D Are you on the phone texting?

S Hey, I'm not on the phone texting. I'm just... You know what I'm doing?

D You're chatting with Sam, with husband?

P She's studying up, I told her what I wanted to talk about today and she's like, oh, let me study...

S Well, you know, I still... I had a lot of research in my head from years back. I just wanted to you know polish my brains a little bit.

[00:00:32]

D Yes, brushing up. Well, now's a great time. I mean...

S Good on you, mate. Danny, thanks for letting everybody know.

P Actually but I do have a topic that I want to talk about because there's... Oh, my goodness, it's all over the internet right now.

D What?

P Keto Diet is back.

D Oh, yes...

P Full strength, it's huge and it's funny how things circle around. Because when we first were doing Trim Healthy Mama when Serene and I first started doing it, it was like a big surge of it back then too and then it sort of let off and now it's cycling around again. So I wanted to talk about our thoughts on Keto because a lot of questions on Facebook about it too and we never want to bash other diets because there are always beautiful premises and things and obviously, you know, if a diet... You know, it wouldn't be famous if it didn't obviously have merits.

[00:01:26]

D For those like me who have no clue what the Ketogenic Diet is, please...

S The Ketogenic Diet is severely low carbohydrate to the point where you even restrict non-starchy vegetables and it's not a medium protein diet, it's relatively low to medium.

P Yes, so it's like a low carb diet but it's a bit more extreme where you focus on your fats, you keep your protein not as much because they want you to go on this state of ketosis which we'll talk about, and some, you have about 20, top 30 grams, net grams of carbs per day so that's not very high when you're taking all your meals and all your snacks.

D What kind of food are we talking, what does a meal look like?

S More fat than protein. So I think that your meals would be looking well Bulletproof Coffee is a very Keto kind of breakfast.

P Which is coconut oil, I mean things like that. And we love coconut oil of course and we love the fats. And let's first of all talk about the pros of the Ketogenic Diet. I mean it's giving you your good fats and it's obviously way better than the Standard American Diet. Wouldn't you say, Serene?

S Yes.

P Yes, they're not piling sugar into their gullets.

S I agree it is way better but like the Standard American Diet that's extreme on refined sugar, it's another form of extremity.

[00:02:52]

P Yes.

S And that... It's the extremity that's the danger. There's nothing wrong with healthy fats. There's nothing wrong with great grass-fed proteins that they promote. There's nothing wrong with the very whole food approach to a Keto diet. The problem and this is where I have gone, you know, into the thickets and into the most of the trouble in my life in dietary areas is the extreme. It's the extremeness that is severely dangerous.

P But I mean you're asking what a Keto Diet is Danny, it's not a new thing actually.

S Hippocrates 500 BC was the first...

P Well, no but it wasn't really a Keto diet back then. They found out that actually fasting could help people that were having seizures with epilepsy. And so abstaining from food for some reason these people that had epileptic seizures it would stop.

D This kind only comes out by prayer and fasting.

[00:03:49]

P Yes, I know, and actually that scripture someone took in the 20s and that diet became resurrected again for people with seizures and actually someone actually quoted that scripture, one of the founders of the Keto diet.

D I didn't know any of this.

P But it was interesting that they found that...

S But I think there's another point to that scripture. I just recently listened to a study on that, but that's a little bit rabbles trailing, but yes it doesn't actually...

S Yes, well it's another day.

P It's another day. Another day another dollar, but we... But what they found was that if taking your carbs really low your body would go into the same sort of state without actually having to starve from all food.

S Because starving is unsustainable.

P Yes, so obviously you starve you're going to die. Just take your carbs low, get out all carbs and then their seizures would stop too. And so that's in the 1920s they're like hey, we found something for epilepsy. It was huge. But then drugs started to come out 30s/40s, you know, and so they got more popular because it's hard to just stay on very limited carbs.

[00:04:52]

S But you know epilepsy is a sickness.

P Yes.

S There's a fallen world, so there are issues like allergies it's a fallen world issue, right. So staying away from your allergen, eggs or wheat or whatever it helps. So just because something is helpful for people with epilepsy doesn't mean it's helpful for everybody, especially nursing mamas or mothers who are carrying children in the womb. Women, even to keep their hormone profile flourishing, the Keto Diet is extreme. So that is the issue and it's basically a mild... It's not actually ketoacidosis, but being in a ketogenic state is a very mild shadow of ketoacidosis and ketoacidosis is the number one reason for dying of Type 1 Diabetes under the age of 25. It's not a state we want.

P Right.

S Basically what... Basically a Keto diet is putting your body in a state where it's burning your fat for fuel it's turning ketones from your fat, turning your... It's turning energy from your fat, energy from your fat into what you call ketones to burn as fuel.

[00:06:10]

P Yes, okay and so what Serene is that you take out all your carbs, your brain needs glucose to run, so function. You die if your brain doesn't have glucose, okay. And so your brain, I didn't realise this, your brain burns about 400 calories a day, just your brain. Isn't that interesting?

D Whoa, that's cool.

P And that equals about 100 grams of glucose. So your body needs that energy for your brain to work I mean. And so you take away all your carbs, where's your brain going to get that. So your liver says okay, I'll make it. I'll make your glucose for you I don't want you to die. And so the liver does it and then it makes these ketones that are the by-products. So all these people these days use it to lose weight because if you're in a state of ketosis they say that you lose weight and it does work for some people.

S Because you're causing your energy, your ketones to come from your own fat or the fats that you bring into your body when you're bringing in fats it actually can kick your body over to burning your own adipose tissue too because you're in the fat burning mode. So there is complete science behind it. It worked with the Atkins diet and everything, but its extreme you see.

[00:07:14]

P And not actually you don't need to be in a state of ketosis to lose weight.

S Bingo, breast milk is full of ketones. MCT, all coconut oil, it actually provides ketones.

P Right, but babies get fat on breast milk Serene.

S Exactly, but it provides...

P Oh, I see what you're saying.

S The ketones the fuel for your brain and like for people with epilepsy now they don't have to put them on a strictly low carbohydrate diet, they just add foods that provide ketones.

P Like MCT oil, the modified Ketogenic diet, but so all that to say let's look at the pros and the cons of a Keto diet.

S First of all let's just say the Keto diet is extremely dehydrating. At first people think oh I'm losing weight, I'm losing weight on the Keto Diet, but they're actually just losing a lot of water at first and because of that their whole electrolytes can get out of balance in their body, their minerals can get all out of balance.

P Yes and you see, and here's the thing of course yes most people do lose weight, especially at first in Keto diet because you're shedding water. Now you do shed fat too, Serene. I mean a lot of people have lost weight well on the Keto diet.

[00:08:14]

S I agree.

P But we're all about what's sustainable for the rest of your life.

S But have you noticed that Keto... Atkins Diet never worked as well for women and there was always a point where they had to turn into...

P Calorie counting.

S There was a point where they had to turn to calorie counting because their metabolism had slowed down there, you know...

P Well I want to talk about metabolism. Taking carbs out like Serene says it causes cells to shrink, okay, which... And you know you look leaner and everything like that but carbs increase cellular osmotic pressure and cellular hydration, therefore cell volume and that is crucial in keeping a healthy metabolism. When muscles are hydrated they have greater volume and this signals to the body that it's in a fed state, so if you add in carbs your body says I am fed, my muscles are full. So they fluff up, right, so they don't turn your metabolism down.

S Exactly.

[00:09:11]

P So your metabolism actually gets turned down when you're not adding any carbs over time. And so that's why part of the reason, not only... It just doesn't make sense to us because we were created to burn these two types of main fuel. We were created to burn carbs. We were created to burn fats. Protein's there in the middle. And so what happens when you're just burning one kind?

S The fat creator... If God gave us two forms of fuel let's use it. I mean He gave us two kidneys, let's keep them in.

P Yes and that's like trying to fly a plane, you know, just using one engine when there's two. Why do it? It's stressful. And so that's why a lot of people find after being on an extreme Ketogenic Diet they find that they get adrenal fatigue and things like that. It has actually been shown in studies to suppress thyroid function. I've actually got some notes about that.

S Read your notes, Mrs Pearl.

P Yes, okay. You can look up this study, if I can find it shuffling papers and everything. You can look up this study yourself. I would look... I just Google it's a PubMed study, significant fall in triiodothyronine and rise in reverse triiodothyronine.

S I think you need to say that...

[00:10:26]

P Thyronine okay so they're your thyroid hormones, okay. So when carbs... Carbs raise your thyroid hormone, your active thyroid hormone, which thyroid, what's it all about. Danny?

D Only time I've ever heard that word used it's in context of weight.

P Yes its metabolism.

S And hormones.

P Yes so thyroid is like crucial in how you burn weight and if you can or if you're not. So an extreme low carb diet in studies it shows that it supresses that thyroid hormone and... But it also raises your thyroid blocking hormone. So not only does it pull down your active thyroid hormone, it actually puts this little blocking thing in all your cells so it can't even actually receive what you have of the thyroid hormone. And so we need carbs for sustainability and it's like... We always look at like this, Serene. You know when we started Trim Healthy Mama we thought, hey we're in our childbearing years here. If we can't do this when we're pregnant and nursing we shouldn't do it at all.

S Exactly, exactly, because it showed that it was... It's a harsh, unsustainable approach and why would we want to do something so miserable that's harsh and unsustainable.

[00:11:44]

P Yes and most diets when you're on diet well they say well don't do it when you're pregnant and nursing. I mean even as someone who, you know, has Gestational Diabetes while they're pregnant, they still need some carbs.

S I love you. [laughing]

P What did I say?

S Gestational bêtes [laughing]

P Gestational Diabetes, they still need some carbs, right Serene. I mean your baby needs carbs.

S Majorly, yes, exactly.

P And obviously we don't want to spike our blood sugar and go to the other extreme of pouring sugar down our throats, but there's such a beautiful balance required.

[00:12:13]

P Hey, you're listening to the PODdy with Serene and Pearl and I'm Pearl and who are you?

S Serene...

[00:12:20]

S It's so funny because as I was researching a little bit about the Keto Diet it kind of a lightbulb went on in my head because I remember when I went low-low-low carb I constantly burped. It sounds so...

P Oh, really...

S Yes, I had like a GERD thing, like an oesophagus issue, like indigestion. And when I was researching one of the symptoms of going to low carb and the Keto Diet it said, you know gastrointestinal disturbances and GERD. So it's like kind of like and it was kind of like a nauseated feeling that I had. Yes, so it actually is more inflammatory too.

P But what do they say about that... Hold on. Oh, the Keto breath too.

S It's the acetone ketones.

P Yes that the liver makes.

S Right, is part of the acetone family, you know, so it can have a sharp almost nail polish like acetone...

P Yes, like a lot of people doing the Keto Diet will have Keto breath.

D You're talking about your breath? Your breath gets funky?

P Yes and they want this. I mean people on the Keto Diet, they want to be in the state of ketosis but it will make your breath super funny.

D So the breath is kind of like for them... So maybe when they get together amongst themselves with fellow Keto people...

[00:13:25]

S They might not smell it so much.

D Or I was going to wonder if that was kind of like a trophy, like oh...

P Oh, maybe...

D Did you smell Mark's breath? Keto for sure.

S Well, you know, they say, you know, there's the Keto flu when you first get on the Ketogenic Diet and, you know, that should go after a while and... But I was just recently researching and they're saying that the Keto Diet doesn't just have adverse kind of reactions in the first few months. It's actually issues that start to extend the more that you're involved in Keto.

P Yes and that would be like thyroid issues.

S Well the gastrointestinal disturbances they become more acute. Inflammation risk, thinning hair, hair loss, kidney stones, muscle cramps or weakness and that's because of the dehydration and the whole imbalance of your electrolytes and minerals.

P Yes, when I go too low carb too long, if I just get in an S rut and I'm pretty good about not doing that anymore. A couple of years ago I was finding myself in an S rut, I'd wake up with cramps.

[00:14:21]

S Charlie horses.

P In my legs and I was like Pearl, you need some carbs girl.

S You know when I went on the cruise, you know, we went on the cruise all of our families a couple of years back and it's harder to eat healthy carbs out. So I basically S'd it all week. I would wake up with the terriblest Charlie horses in my calves.

P Oh, really.

S Kidney stones, muscle cramps or weakness, hypoglycaemia, low platelet count, impaired concentration, cognition, impaired mood, renal tubular acidosis, and this is after long-term. This is going two years in. Nutrient deficiency, disordered mineral metabolism, poor growth in children, skeletal fracture, osteopenia, osteoporosis, increased bruising, sepsis, infection, bacteria overgrowth, pneumonia, acute pancreatitis, long QT intervals, cardiomyopathy, shift towards atherogenic lipid profiles. If I was a real professional I would say that perfectly.

[00:15:14]

P Yes, but you know what it sounds like one of those ads on TV where they're listing all the things that can happen.

S Heart arrhythmia, myocardial infarction, but it's true of all of these things.

P Doesn't mean that you're going to get all of them.

S Menstrual irregularities and amenorrhea, death.

P Serene, I bet we've got some Keto people right now listening to us who thinks hey I don't have all those.

S I agree, but I'm just trying to say not everybody who crosses the road gets killed either, right.

P I know, exactly.

S But there's risks to these things.

P No, absolutely.

S And anything extreme.

P Anything extreme, it's so true. It comes down to common sense.

[00:15:40]

S So I'm saying there's a list of things that can help the Keto diet, but there's a longer list of issues that can come of it.

P And I mean and you mentioned nutrient deficiencies. You're not eating half of the foods on the planet.

S Exactly and it's not like we have to like fly around the world eating everything God ever created, but we are meant to have a balanced diet.

P We are.

S That's why the jolly sailors got scurvy, right. They started eliminating things and...

P And let's talk about that Vitamin C. Now on the Keto diet you can still have leafy greens and you can still have a certain amount of veggies, but you can't go whole hog like we do on Trim Healthy Mama. We have never wanted to say limit even in S Meals, you know, where we would get our fats and we do limit our carbs in those meals, we've never said pull back your veggies to one cup. No way.

S No, we want to have bowls and bowls of spinach we could have bowls and bowls of spinach.

[00:16:28]

P Yes, because the Vitamin C is crucial. You get your Vitamin C from your greens and you get it from your berries and if you're limiting those you're not going to have enough Vitamin C and you have to have enough Vitamin C to shed weight.

S Exactly.

P So over long-term if you're pulling back your Vitamin C then you're just going to lower your metabolism.

S Amen. Hey! God created such diversity and it's so beautiful. We get the seasons. We get the summer, the autumn, the spring, the winter, it's beautiful. We don't want to just say hey winter's it. It is it. We're just going to be like polar bears.

P We shun summer.

S Yes, exactly, and we're just going to go, you know, like cold ice diving and that's it. We need to just enjoy, you know.

D Is it pretty safe to say that if we find ourselves in an extreme diet and we're miserable that we may have gone off course?

S Yes and we may not even realise we're miserable. That's the thing with me. Like people that do extreme diets they're usually extreme personalities, okay. Because Pearl's never been on an extreme diet because she just...

[00:17:24]

P No, I tried... Serene, I tried the Atkins thing for a while...

S I know, but you got so tired.

P Because it was so annoying.

S But, you see, I'm a little bit more of a Spartan kind person and I'm like if I'm miserable it must be great.

D And you're going to persevere it.

S And I would tell myself I'm not miserable, this is a hobby. I'm not miserable, I'm focused. This is... You know, it would be mind games.

D These are stepping stones, not road blocks.

S Yes, mind games all day long. So somebody can be actually almost like half can't even walk up the stairs and be telling themselves they're just the healthiest thing that have ever been born. I mean my teeth were crumbling out of my mouth on my raw food, you know, 10 year straight raw food.

D I remember these days.

S I had so many root canals being done. I lost my muscle mass. I was getting a round shoulder. My skeletal structure just was not... I mean because I was nursing through all those years, it was just breaking down and I was telling myself I was like the pure of the healthiest health queen.

[00:18:17]

D So is a ketogenic state desirable though?

P Well for people on the Keto Diet, yes it is.

D No, but I mean just as a normal...

P No, listen it happens. It happens naturally. Your body can go in and out of ketogenesis... Is there such a word, like you can wake up in the morning, Danny

S And have ketones in your urine if you get it tested.

P You might have a few ketones, but then you break your fast, you have breakfast.

D I thought I noticed some ketones earlier.

S Hey is that why everyone's breath stank in the morning?

P Maybe, I don't know.

D Is it because of the fasted state naturally in the night?

[00:18:47]

P Yes, naturally your body will go into some states of ketosis and probably in, you know, olden day times when they didn't have access to lots of carbs and fruits and vegetables in some seasons they might have been in it for longer than other periods, but then they got the carbs, they had the harvest. And so it's not something that we should be constantly in because when you're constantly in it that's where the problems arise.

S Exactly.

D There seems to be any time someone, a health expert or anyone really learns something new it seems to be the whole world goes extreme with that one new thing and really maybe it's supposed to just be an added bit of knowledge to a more balanced...

S Amen, Danneth...

P It's so true. There's so many gems and treasures in all these diets and that's what Serene and I wanted to find you know with Trim Healthy Mama.. There are merits to raw food. There are merits to Keto, absolutely let's not spike our blood sugar.

S Well basically we don't really call it Keto when we deal with it. We call it hey, let's celebrate healthy fats.

P Yes.

S Yes and let's celebrate non-starchies at some meals instead of having to always add a root vegetable. Yes, this is part of the balanced approach. So, yes, we are about a lot of the foundational truths to the Keto.

[00:20:00]

P Absolutely.

S But we're not about staying in a dangerous extreme state.

P Yes, but what about people, Serene, though they say but I have a blood sugar problem, I can't do carbs? So I know that we have a lot of people come to Trim Healthy Mama then they think, no carbs actually make me gain weight or I can't keep my blood sugar down with them, but here's what I say about that, that's actually not true. You can adapt yourself to carbs.

S Exactly.

P And the healthy ones and it's all about how you use them, be smart with them. You don't have to go piling two sweet potatoes in your meal. Start with a half, see how you do. Maybe you spike with sweet potatoes or an apple. Maybe you should do beans which are a very, very resistant sort of starch.

S Yes and oatmeal.

[00:20:41]

P Oatmeal and...

S Adding a little gluccie.

P Absolutely.

S You know some helpers out there.

P Glucomannan will help with your blood sugar. So if you're going to do an E Meal maybe have some gluccie pudding or something with it and Chana Dal is an amazing amazing legume. It's like... What's it like, Serene? It's like a...

S It's like a yellow split pea. It's delicious.

P Yes, but it's creamy and it's excellent for diabetics.

S Yes, when you cook it it kind of breaks apart.

P And it's a carb but it's not going to spike your blood sugar. It's just not. And so, you know, there's incredible carbs out there that you just use wisely and you can do it. I mean don't have your body in that extreme state. Here's another thing that you miss out on without carbs – serotonin.

S Amen. Amen.

[00:21.25]

P Serotonin is our feel good happy hormone. It comes from... Yes, your body makes it, but you actually get it from carb food.

D So male and female.

S Absolutely.

D Okay and is that where comfort food comes from?

S That's why we crave. Women on their cycle crave more carbohydrates.

D You want some Mac and Cheese.

P Yes, because as our estrogen goes down, so does... You know, just before our cycle so does our serotonin go down and we're like chocolate, please chocolate. You know, and so now obviously with a sugar high, you know, people like do too much and then their serotonin will spike too high.

S And then it will completely crash. So, you know, it's the cat chasing its tail. But gentle carbs just keep...

P Gentle carbs give you that nice serotonin.

D But is that the ice cream crave? Is that a big carb sugar punch and then... Because there's real happy feelings come right?

[00:22:12]

P Absolutely, yes, it does.

S But it's just, you know, it's a catch 22 there because you're going to crash it straight after.

D You're going to crash.

S So it's more intelligent to do a gentle carbohydrate that's just going to keep it in a nice happy state...

P Yes, but if you go too low carb too long you're not getting the serotonin from your foods.

S Well one of the things remember that I read out loud in my long list of like freak out was the mood, unstable moods and mood swings.

P I notice that myself. If I'm like eating too many S Meals and S Meals is our fat meals for those new people to our podcast, we love you, but I actually get in a low mood. I can...

S You get the cranks Pearl?

P I get the cranks, Cranky Pearl. I feel...

P Nobody likes a cranky Pearl. My husband least of all.

D I sure don't.

[00:22:58]

S But I can tell even when I believe I almost got Keto adapted because I got this... And I didn't even mean to, I got into this skinny chocolate addiction binge where...

P I remember that.

S I would make it and I'd have to have like four before my feet hit the floor.

P I was mad at you during those months, wasn't I.

S Yes and then I just... Pearl, I said I just want my eggs and coffee after that. I don't want any carbs. I just don't feel like any E's and I just kind of got this addiction going on, which is my favourite foods that I was eating. I wasn't really trying to do the Keto approach, but I tell you what I... And it was after even a couple of months I mean I really just did this for a season I could tell I could hardly walk up the stairs properly. I mean my energy for... When I needed to

have a push, like if I needed to, you know, sometimes do a quick push of energy like my child was, you know, climbing up the park and I needed to catch them before they went down the slide wrong and I had to really like bust out a sprint for a little bit, I could tell I just did not have the same gusto. I just didn't have the same gusto.

[00:23:56]

P Yes and I read a study this morning that for, you know, intense athletes they perform... They have less performance if they're on Keto than they are including carbs in their diet.

D Oh, interesting...

S I think the ATP cannot be made as fast, the energy, the cellular energy. It cannot be made as fast.

P No.

D What do you think is the allure of extreme diets? Why does that seem to be the go-to? And rarely do you see someone, you know, on the hip new normal balanced way of eating.

S You know what I think, Danny...

P That is so true.

S You know why I think it Danny, because it's like the too good to be true, like really, I can have chocolate cake for breakfast even though it's got the healthy sweetener and all that stuff, really like don't I have to be miserable for something to work.

[00:24:38]

P Yes and actually a lot of people on the Keto they're not miserable. They're making all the desserts and things. A lot of them are very happy.

S I know, but a lot of them...

P But it is extreme.

S It's a mind-set though, because I told myself things like that too. But you know what...

P People think... I think they do think I need to go extreme for something to happen here. I've got to get it off.

D You're saying it establishes validity.

P Yes.

D It's clearly something's happening, I can feel the pain, right.

P Yes, I've got Keto breath, whoo. It's something I can measure. They buy the strips.

D Oh, you too have Keto breath? Yes, smell this.

[00:25:05]

P It's virtually too. You can buy the strips at the pharmacy, you go pee on them, they'll show you if you've got ketones or not. That's fun stuff.

D Yes, that's results, right.

P Results, mate, and you're like... And then it's like okay that's going to keep me doing this because I can see that I'm in ketosis so I'll go pee again and...

S You're part of a movement, people.

D Hey, guys, new product alert right. It's a pee strip. All it does is tell you that you're not doing extreme junk in your life.

P I know it's awesome.

D It's just like hey you're eating right, well done, you know. If you need a pee strip we got pee strips.

S Those Keto pee strips become addictive too because Keto makes you pee and I'm busting by the way, I've been holding for a long time. I really need to go.

P We've only got four minutes left. You can hold it.

S Freak out.

[00:25:45]

P Okay, speaking of such, you were saying Keto does make you need to go.

S Yes, because it's dehydrating.

P Hey, there's one last thing I want to talk about and then we close up. When we're talking about, you know, just Keto's majorly fat, just a little protein and very, very minimal carbs. Most of the protein used is very, very fatty protein. Hey, ain't nothing wrong with that. We love our fatty protein. But again let's talk about the beautiful balance, okay. You've got lean fish, white fish that God made, naturally are fat free completely fat free and yet they're a natural God given food. They're a wonderful food and you can eat them. Look at the miracle in the Bible what did Jesus feed the 5,000.

D Fishes.

S The fish and the loaves.

P The fishes and the loaves.

S And the loaves, people, grain.

P Yes and it was good grain back then, but that was like listen we didn't get our plan from the Bible of course like that, but that was an E meal.

S It was.

[00:26:40]

D Oh, nice, that's cool.

S But I don't want to tell you to. God just made it too jolly easy to separate the egg white from the yolk too.

P Yes.

S I mean just a little shake with that shell back and forth and you just separate. It's just too... That's just a great God given trick.

P So with milk... With milk fat rises to the top.

S You strain it for butter.

P You take it off, you use it for butter. What have you got left? Low fat protein milk.

S And back in the Bible days, hey it all curded and made yogurt.

P They didn't have refrigeration so it was either kefir or yogurt.

S And they stuck it in the skins, goat skins which had a natural rennet in it which caused the curding to happen.

D Deal breaker.

[00:27:14]

P Yes, so those things were lean, lean proteins. Lean proteins have a beautiful important balance as well as the fatty proteins. So what you said, you know, before like why do people do extremes. I think that we can get really caught up in the wisdom of man and what's the latest... Like you read something and it's like all this evidence for this stuff, but you know my gauge is to go back to the Bible. What did it show us? What did it tell us? Yes and it didn't just say lower your carbs. It actually talked about carbs.

S And the evidence of God's creation, hey there's fruit dropping from the trees, a gift.

D Laying around on the ground, man.

P What a gift, it just makes sense. Fruit dropping from the trees, why wouldn't you eat that? It's made for you.

[00:28:01]

Announcer: Hey Mama's, do you have a question for Serene and Pearl?
Send your email to support@trimhealthymama.com

[00:28:10]

D Alright, this comes from Kate. Kate says, Dear Trim Healthy Mama – that's us by the way.

P And you. Danny considers himself a Trim Healthy Mama.

[00:28:21]

S Hey, he's trim.

D Yes.

S He's healthy.

D I'm healthy. How do you get your numbers for the different macro meals such as eating only exactly 10 grams of carbs for S Meals, 15 grams of carbs for S Helpers or 45 grams of carbs for E Meals, only exactly 5 grams of fat?

P Pick me. Pick me. Pick me.

S Pearl, I'll let you go first.

P Oh my goodness, Kate, we don't actually get those exact numbers. People begged us for numbers. We did not have this only 10 grams of carbs business.

S No, we didn't.

P Or only 5 grams of fat business.

S We had kind of foods in our mind. Like, you know, have only a couple of pieces of toast or have one medium sweet potato because we saw the food as fuel and we understood the food.

P And when we first came out we did have that one 45 grams of net carbs. Net where you can take away the fibre first, so you're left with that.

[00:29:10]

S Yes, that's lenient.

P Only because we want your blood sugar to stay stable, that was the only number we had. With the S Helper or the 15 grams of carbs, it was just an example like half a cup of quinoa. But now this whole 10 grams of fat with S meal and this five grams of... Oh no, 10 grams of carbs with S meal, five grams of fat with...

S Fuel Pull meal, yes.

P Fuel Pull meal or an E meal, that came later and it was very reluctant from us.

S We fought it. We were mad.

P People kept asking us for numbers and we're like we don't live by numbers alone. Man shall not live by numbers alone. But we just, we think in terms of food if I'm going to have a S Meal I'm going to have my great greens, my good fat, my good protein and I'm not going to throw a bunch of fruit or bread in there. That's the way we thought.

S Yes, it's exactly.

[00:29:55]

P But then people were like I need numbers. Some people just...

S They came from numbers.

P They process differently and we had to understand that we all learn differently. And so we thought, what does a meal look like. If we can just throw a few tiny

carbs in there, what's that cut off number? So we came to "about"... Hear that word "about"... "about" 10 grams.

S Yes, if it's 11 or 12 or if it's eight.

P Yes, 10 net grams, that fat amount, that's the teaspoon of fat that we say generally don't go over for an E Meal. So that you're not double fuelling. You burn your carbs, you don't want to burn fat as well because you try and lose weight here. And so it's really about you're still a Trim Healthy Mama if you have two teaspoons of fat in an E meal, come on.

S Yes, you are.

P We don't live by really strict measures. We just follow the food freedom.

S Okay, you're free.

[00:30:43]

Announcer: Trim Healthy Mama Product News and Notes

[00:30:48]

P So why collagen, why do we have this as a product?

S Why because it balances your amino acid profile Now THM is centred around protein. It's awesome for weight loss. It's awesome to balance our blood sugars. That's great, but concentrated protein all the time that's not balanced is aging, but it can be anti-aging when you balance your amino acid profile. What we mean by that is methionine and tryptophan are amino acids found in skinless boneless muscle meat.

P And in some dairy.

S Yes, but, you know what, if you're always having that, that, that, that and never the other amino acids of protein out there like glycine and proline then you're not balancing it out and, you know what, when you have the full picture like back in the old days where they had their chicken and made their broth out of

the bones with it, it was anti-aging, it was healing, it was medicine. Protein was wonderful. It worked for them. Why? Because it was balanced...

P It was complete.

S Yes.

[00:31:48]

P And so these days the way our world eats protein is incomplete, so.

S Now if you don't eat protein that's anti, that's aging too. So if you think well I'm just going to be a raw foodist and just eat no protein at all and just be a plant foodist that is aging as well because you need muscle. So the answer is not just well to limit protein. No, the answer is to have the full complete picture of protein.

P Yes and so some of us don't have the time to make stock and so that's why we have collagen and gelatine powders because it's just easier and they're not only complete protein but they do other wonderful things for our body, such as they cause us to grow wonderful, thick hair. They beautify our skin. They raise our immune system. They cleanse our liver. Serene, you name a few, mate.

S Well, I'll tell you what, they calm you. They relax you. Because I tell you what, glycine which is such a potent amino acid in our collagen is calming.

P It is anti-anxiety.

S Yes, it is. They're actually using it in medicine for mental issues that are because the brain can't stop worrying, so.

P And as mothers our lives are not very calming a lot of times.

[Giggling].

S So take a little collagen in a Trimmy before bed and snooze...

[00:30:43]