



Trim Healthy Podcast with Serene and Pearl

Episode #30 - Don't Say "Yuck" to Stevia

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, what's up boys and girls? And welcome back to the Trim Healthy PODdy with Serene and Pearl.

P Yay!

S And, Danny-boy!

D Yes! We're just rocking and rolling.

D It is a cloudy day in the cabin, but the tea is hot. And the topic is hotter.

P You've been practising your hosting skills haven't you, Danny?

P Just tone them down a tad.

D Yes, I just need to calm down. I have a question from a listener. So this is from Vestene Blackman. I like that first name by the way – Vestene.

[00:00:44]

S I like a real original...

P It sounds like Justine, but it has a V for va-va-voom. And I like it.

S Yes

D Vestene says my question, or topic for the Serene and Pearl podcast is this. Can you take a show and cover all things sweetener?

S Can we?

D Let me ask you.

P We can totes do it. So this is the whole show. We grant this.

S All right. Let's do it.

P You've been wanting us to grant this Danny?

D I'm hoping you'd grant it. I think that's like, I mean if you can't have it, sweet.

[00:01:15]

P No actually that's really good because there's so many practical things Serene we can talk about, with this. Like how we use the sweeteners, how we budget them.

S And how you don't have to go sweet free, it's such a deception.

S And it's such a, oh I have to get healthy; I have to completely enjoy anything not sweet. No way.

P A lot of people say, you know, okay I'm just going to stop. Cut off my sweet taste. You know? It's ruling my life.

S Do you know I hate that, and I hate it how, sometimes you'll read in places. Oh the sweet taste triggers you to eat more.

P We need to talk more about that.

S And the sweet taste actually raises your insulin. No, it does not.

P Well, there have been studies that show aspartame, it does.

S Yes, but that's because of the chemicals.

P Exactly but there's been other studies to show that Stevia does not, zero. It doesn't, and if it did, we wouldn't have had hundreds of thousands of fantastic testimonies.

[00:02:13]

S Exactly

D Yes, I think it's more of a mental game. If you're eating something you really don't like and then you pop a cookie in your mouth, I think mentally not so much physiologically, you're thinking I want to eat more now. And then you go back to the thing you hate and you're like, I'd rather have the cookie.

P Sugar does inspire more of a ferocious appetite though.

S All carbohydrates

P But stevia doesn't, and yet here's the thing, it's not just Stevia. God made other sweet things in nature that are sweet in taste but don't give rise to blood sugar.

S Monk fruit

P Yes, monk fruit. And we'll talk about that today. What about Serene, a very sweet pepper?

S Ah, super sweet.

P And yet it's non-starchy vegetable. You can taste a red pepper, it's so sweet.

[00:02:56]

S Now just think of this. The white potato isn't sweet at all.

P Not at all.

S And it way more spikes your blood sugar than a sweet potato, which is way sweeter. So it's not actually the actual taste.

P No.

S That causes the spike it's the starch content.

D This is a key point.

S It is the glucose content.

P I taste a strawberry – they are so sweet. And yet strawberries are pretty low in carbs.

S Almost like a non-starchy.

P Let's go from the very beginning then, Serene. Let's talk about all things sweetener. Well then let's talk about, if we're going to talk about Trim Healthy Mamas sweeteners, first of all... What about all the poor people trying to ditch sugar? Let's start with ditching sugar.

[00:03:33]

S Well, I just wanted to clarify as we went into this whole sweetener conversation. That we are not against natural sweeteners found in nature, we are just for understanding your season, and where you're in, right? Are you an athlete? Are you a growing child? Or, are you a woman that needs to lose a good 30 pounds or more?

P Or ten pounds.

S Yes or even just ten pounds, there are different things God has made for different seasons, and so we're about honey. Yes we are, it's a biblical sweetener. We're not against it. It's not like we say, in our households gone with the honey. We are only about stevia.

But see, there are people that actually flip the coin around that are like, we are only about honey, we don't believe stevia. And they almost think stevia is from hell.

P They think it's artificial.

S Yes, and they think it's not created by God.

P It's every bit as natural as honey.

S It's every bit as natural. You know honey has to go through a process.

[00:04:34]

P Yes, it does.

S It's got to get out of the comb. You've got to protect yourself with a big huge... Like our Grand-Dad had to wear a huge Martian suit so he didn't get stung by a billion bees and there's stuff that goes on.

D Now, what about... Doesn't sugar grow out of a cane, just a good old bag of white sugar?

S Oh, sugar is totally processed. And yet some people..

D By the time you get your white bag of sugar you mean?

S But people aren't concerned about that. They're just concerned about the white stevia, all of a sudden.

P We can talk about the process today because we've been in every single process of the stevia. We flew to the Orient.

S We did.

P To follow every step, but, and you were talking about it Serene, so no, we can talk about honey. Raw honey is a fantastic food.

S The honey you get in Walmart is not...

P Yes, it's processed.

[00:05:21]

S Yes, it's processed more than the normal process.

P And it's not raw. Raw honey has the medicinal value.

S And it is filtered.

P Yes.

S And sometimes they can't even... The pollen has been removed and they can't even find the origin.

P You're not talking about raw honey now?

S No, we're talking about Walmart honey, plain...

P Not necessarily just Walmart.

S I love you, Walmart.

P Don't pick on my Walmart.

S Bless Walmart.

P Bless Walmart, God. Serene goes there for her dates with her husband.

[00:05:45]

S I do.

D Yes, that's how it happens in the country.

S He gives me a wink in the cheese aisle and I wink back in the honey aisle.

D So romantic.

P Well, what about, there are other things too. So that's a natural sweetener, honey. There is coconut sugar. Those have impact on your blood sugar. On the glycemic index, they're in the mid-thirties. So, here's what happens.

S There's agave too.

P But agave; I'm not big on agave Serene.

S No, I'm against...

P Because it has a lot more...

S High fructose

P In common with high fructose corn syrup, it's just in nature you don't find anything as high as fructose as agave.

[00:06:23]

D So the THM sweeteners specifically, I think you mentioned you wanted to start with breaking out of the refined sugar and in to... And obviously it's not just THM sweeteners, we just happen to be using sweeteners that come from the earth. So can we talk a little about...? Take xylitol, erythritol...

P Yes, stevia.

D Where do they come from?

P Well, that's what I want to talk about. We use sweeteners that are also natural like honey, coconut sugar and those things. But we prefer to use the ones for people who are trying to... In the season, where they have a weight issue, or... Even now I use them; I don't have a weight issue, but I do it to maintain my weight. We use these things because they have no impact on your blood sugar.

S Exactly

P So you've got your natural ones that do impact your blood sugar, you've got your natural ones that don't impact your blood sugar.

S And my children don't have weight issues, but I balance their honey and their maple syrup out with these, stevia's and little Gentle Sweet mixes and things like that because I believe we have been accustomed to a lot more sweet.

[00:07:29]

S There's baking, cookies and everything coming out of our house. And maybe people back in the honey days didn't...

P In the biblical times you mean?

S They didn't maybe just have cup after cup, after cup of baking...

P Yes.

S Honey poured into baking and things like this. And so I think it's good to balance even for children who don't have weight issues. Just balance it so it's not... Everything is not rising their blood sugar.

P Right, exactly. So let's talk about why we use stevia.

S Let's start with stevia because that's what we started with.

P Yes.

S We didn't have any blends.

P And stevia is your most economical sweetener. Out of every sweetener, pure stevia is even more economical than sugar. It's more economical than honey. It is so economical because of how potent it is.

[00:08:16]

S And let us just say really quickly, we stand by our stevia. I'm a purist to the jolly core and Pearl has a lot of integrity.

D Pearl's all right too.

P Pearl's okay too.

D But when it comes to keeping it real, Serene is your go to [laughing]

S No, no, no as far as purity she may not worry about it as much as me, but she has a lot of integrity, that if we say that it's pure she wants to make sure that it's pure.

P Oh come on, I'm just chopped liver when it comes to it

S No listen, we went. We wanted to see for ourselves. We went to the factories, we went to the farms. I tell you what everything is organic from the very seed. They don't get their seeds for the stevia from the open market.

P Well, this is our stevia, a lot of people do.

S No, I'm talking about our stevia that we can vouch for, our stevia that we can use. It is so... Everything is organic. They don't even use diesel gasoline run powered machinery on the fields because they don't want that in the soil. It's all hand maintained. It's absolutely amazing. It's a water process.

[00:09:15]

P The water that it is watered with comes down from this Alpine mountain, way...

S Well not Alpine because we're in the Orient

P What does Alpine mean?

S Doesn't Alpine mean the Alps? Switzerland?

D You mean snow-capped?

S I do! That's like calling a baby deer a Bambi. They're all a Bambi. And a snow-capped mountain is all Alpine.

P It is, I call all baby deer's Bambi's.

S So do I.

D Yes

S So, all snow-capped mountains are Alpine?

P Yes, that what I think of them, with the snow on top.

S Okay, good on you mate.

P Thank you.

S Okay home-school girl

[00:09:44]

P Yes. But that's the water it is... The snow melts all the way up, and comes down

S It's amazing.

P All that to say, some stevia... Listen, all stevia is on plan in our opinion. We're not saying you must only use Trim Healthy Mama Stevia. But I'm telling you, we tried hundreds of stevia's when we searching for the one, the one.

S And we don't make a lot of money from our one.

P No, because it costs us a lot

S We just wanted you guys to enjoy your sweets.

P And, we finally tasted this and we're like, okay that's it. Let's research the integrity that this is made with.

S It sounds trite. We don't make a lot of money.

P No honestly

[00:10:27]

S We don't. And Danny, you've heard those board room meetings.

D Oh sure

S Around our office where we're just screaming at the guys, no!

P They're like...

S No, no, no, you can't charge what needs to be charged for this because our Mama's don't have the money for it. So we don't care that we don't make a lot from our stevia.

D It's a constant debate is our accounting department is saying, do you want to continue as a company? If so, we have got to squeak this up a little and the girls are constantly like, not on our watch.

P But we know what people can afford because we've been there. But a lot of Stevia, and we have had the opportunity. Opportunity after opportunity to purchase this which is most stevia I would wage. Even though it might say organic in the grocery store, most of the stevia is enzyme modified.

P Which means it goes through a process with maltodextrin and things like that. It doesn't say maltodextrin on the bag. But it's been processed this way. It's a lot less expensive. Some of it actually tastes great. I have to say.

[00:11:33]

S Yes, the enzyme modified because the modified it to take the bitter out

P Can we do this? Sam gave us some. We had some samples. Serene's husband...

S He's like this we can make money on this girls

P He's like we can finally make money.

S But guess what? We looked into the process and we're like no. No, I am sorry. So that's why it says on our stevia product – pure stevia extract because that's what it is. That's all it is. It's a water process. Now why is it white, because the

stevia side is white. It's the chlorophyll that's green, they have just removed the chlorophyll and separated it.

P So it's separated. But all that to say, stevia is so economical because it's so potent. And so Serene and I, when we started Trim Healthy Mama, when we realised we wanted to go to stevia because it had zero impact on our blood sugar and we wanted to have yummy cakes and stuff where you're piling in fats.

P If you pile in carbs, or something that has a rise to your blood sugar at the same time, your cake is not going to make you slim. It's going to not take the weight off you. And we wanted cakes to take the... You know. We wanted slimming cakes.

S We wanted no guilt about cakes!

[00:12:33]

D Have your cake and eat it too.

S Yes.

P Yes, exactly, and we thought, stevia man, this can do it for us. So now stevia, we used to bake with the extract itself. It was hard.

S It was.

P But we were happy, we were sort of used to slightly sweet streaks because if you bake with it and you put too much in, it can get bitter.

S You can get a few kerosene bites.

P Yes.

D Kerosene bites?

S A few here and there

D You're saying that the over-stevia'd sweet can be

S Yes, if it wasn't quite mixed.

P But we had so many people begging us for... Girls, I want to bake and these baking things do not taste like my traditional baking things. And we need like

a sugar that we can bake with. And so we came up with Gentle Sweet, and Super Sweet.

[00:13:17]

S Super Sweet first we came up with.

P Yes, and I'm telling you. Those of you who have never tried Gentle Sweet, here's what I recommend. This is going to save you money in the long-term. Have yourself a bag of stevia because it's perfect for drinks.

S Do you know, mostly I just use a doonk.

P Yes.

S A doonk of stevia.

D Yes, I use Stevia mostly.

P It's so great. If you are having Good Girl Moonshine, or any of your sippers or tea or a Kefir Smoothie maybe not coffee okay. I can do it in coffee, but some people can't. Or just even Cottage Berry Whip. These things that aren't chocolate. Use your stevia, it tastes fantastic, it's going to save you so much money. You don't need Gentle Sweet in those drinks.

S No, it just doesn't suit chocolate. Especially Skinny Chocolate.

[00:13:58]

P No stevia doesn't, but have that bag. I also suggest having a bag of Super Sweet.

S Yes

P Because it goes so much further than Gentle Sweet. Yes, it's a little harder to bake with. Although I think that those of us who are really good at working with stevia can do it. But it's so good for smoothies.

S And it has less calories than Gentle Sweet.

P It does. Well our new Gentle Sweet is xylitol free is fine

S Oh yes exactly, xylitol doesn't have a huge impact on your blood sugar. No, it just has a few more calories. Big whoop, but it's not going to raise the insulin.

P But Super Sweet, Serene, have a bag of that too. I know it seems like I'm telling you to buy more things, but I'm actually saving you money.

S Yes, because if you have a gallon of tea that you want to sweeten up. You're going to be putting a lot of table spoons of Gentle Sweet.

P Yes, you don't want to do that.

S You just put a couple of teaspoons of Super Sweet.

[00:14:46]

P Or even a doonk of stevia.

D I do stevia with... I'll make a whole gallon tea and I've learned not to – my wife helps me learn, to not measure everything. How to sprinkle what looks right. So I know how to sprinkle that stevia where it's just right.

P I'm telling you, a whole gallon of tea and half a teaspoon of actual pure extract. Start with a quarter, but I think that's about right. Pure Extracts stevia, it is delicious tea. But, Super Sweet I love Super Sweet the best of all in all my smoothies.

S Yes, Super Sweet is great.

P I had a banana smoothie yesterday. I was making one for an afternoon snack right, just banana, peanut flour, almond milk and whey protein.

S Lets bust a myth man you can have bananas on Trim Healthy Mama.

P It was good right. And I made it and I put three-quarters of a teaspoon of Super Sweet in. Well my son Rocky, who's a banana smoothie nut, he makes his with honey. He's a growing boy.

D Banana peanut butter kind of thing.

[00:15:39]

P Yes, and he thrown in a lot of peanut butter. And he needs to use honey. He's skinny as a rail

S Oh yes, sometimes you just got fatten those kids up.

P So he made his, and I made mine. And I'm like let's swop and taste one another's. So I tasted his, it was pretty good, I mean. And he tasted mine and he was like Mum, yours is better. It was the Super Sweet, it made it better.

D You know bartender's will have syrups and mixers that they add to make... Super Sweet for me is like that, it's like this on-hand it's not so concentrate. You can be more liberal.

P No it's, but it's got oomph.

D I actually like the granular-ness because it is granular like sugar.

P It is.

D And so smoothies baking it into things, Super Sweet is awesome.

S You know what guys I have to go to the bathroom.

P Okay, you go and...

S My pregnancy is making me...

P And I'll have a chance to keep talking, yeah, okay, take your time.

[00:16:27]

Announcer: Hey there, Mama's! Do you want to win an autographed bundle of books from Serene and Pearl? Well our friends at Books for Better Living Books dot com are giving ten lucky winners the opportunity to win a library of signed Trim Healthy Mama books, including their highly anticipated new book, Trim Healthy Table.

For your chance to enter, head over to BooksforBetterLiving.com/mamas and enter the drawing for a chance to win! Good Luck!

[00:17:02]

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

S Serene...

[00:17:15]

D I used to have chronic nausea and I think I was heading down pre-diabetes ally, and so for me I had a very strong motive for not being so picky on that the stevia doesn't taste exactly like the sugar I remember.

P Right.

D It's like I pushed passed that because of the results I wanted.

P Absolutely, and I want to... That's what we were going to start out talking about. Ditching, how to ditch sugar and that's a really important point Danny.

D Well your goal. What is your goal, what's your motive? How bad do you want it? That's what I came to. I began thinking about what happens with diabetic people. And I had friends who were diabetics and I was having chronic nausea which made me not a fun Dad. And so it was like the pain of keeping my habit, started to really outweigh what I could have.

P Right.

S Yes.

D It was literally like... We talk about doing these brain-games. It wasn't like I have to wean from sugar. It was like can I find any place where this Stevia is good? And of course I could. And now it's...

P Now you're adjusted.

[00:18:26]

D I'm telling you.

P You love it.

D A week, it took like a week of me just going, this is not cool-aid. This is not the cool-aid I remember as a kid. Once I got passed a week... Now sugar tastes like chemicals.

S Yes, exactly, any change over, even when we went to China. The Chinese peanuts just didn't taste like American peanuts. By the end of the trip we were like hey we like these better, they were crunchier, they were amazing. They were just different they got some getting used to.

S Well, when my husband switched from honey sweetened tea to the stevia it just honey tastes different. It has a different twang to it right, it just needs that adjustment. It's not that stevia tastes bad or that honey tastes bad. It's their different. It's that adjustment period.

P Yes, so when you're ditching sugar, it took you one week. I think it takes some people a good three weeks of saying this is different but I'm going to keep going. I can learn to open my mind to this. Your taste buds actually change. But it takes a while.

[00:19:33]

D Yes.

P And I think it's best to not start off with chocolate sweetened stuff at first because chocolate is the hardest one to get right. Although Gentle Sweet goes a long way but I think starting off with desserts like Cottage Berry Whip. Those of who are new to plan, is just half a cup of frozen berries, half a cup of low fat cottage cheese. Put it in a food processor. You can use two doonks of stevia, it's so economical. Or you can use half to one teaspoon of Super Sweet. Perfect!

S You know what it's like cheese cake ice-cream.

P Yes, it is.

D Oh, stop it.

P And if you're having trouble and saying, you know I can't find anything that tastes good on Trim Healthy Mama. Just start with that and just allow your brain to know that it's going to take you a while for that sugar to flush out of your system and your taste buds to change. And then these stevia sweeteners are going to rock your world

S There's nothing better than not removing sweet, but removing the guilt.

P Yes.

[00:20:34]

S That's what is happening here. You're not removing sweet. You get to have more. Because of instead of, I better only have that one thin slice. No, you can

have the full large slice. You can have the whole bowl of Cottage Berry Whip. You don't have to have a few mouthfuls because there's no guilt here.

P Right, exactly.

S So you're not removing sweet from your life people, you're removing guilt.

P People make the whole sweet thing, the whole sweet taste, the demon. Whereas God gave us savoury, he gave us bitter.

S Have you tasted breast milk? It's sweet.

P You and your breast milk

S That was Pearl that I was asking by the way.

D Oh you're drawing a difference?

S Well, I was trying to make sure. People aren't seeing me point. Making sure I wasn't pointing to the wrong person. Pearl!

P What?

[00:21:20]

S It's sweet!

P It is.

S And that's the first food given to man-kind.

P I know. And God made many natural things. Fruit is sweet. Fruit is fantastic. You know you can finally taste fruit after you get off sugar?

S Oh, yes...

P The sweetness of fruit is incredible.

D Dude, I could tell you all about that.

S And mango, isn't a mango just so switched on sweet, amazing.

P Oh, switched on man.

D Like aggressively sweet, yes

S It's amazing.

P Okay, so we've covered Stevia, we've covered Super Sweet, now Gentle Sweet.

D Funnel cake powder

[00:21:48]

P Yes, funnel cake powder.

D Listen, before I was... I was friends with you guys and the family; it's been over a decade, before I actually worked with you, Sam, brought me in one...

P Serene's husband

D Serene's husband Sam yes, brought me and... He's like you've never had our products? And I was like, no man. I was still drinking Coca-Cola at the time and he opened a bag of Gentle Sweet and handed me a plastic spoonful.

P Did he, Sam does that stuff!

S What a man thing to do

D He gave me a plastic spoonful and honestly I was just like okay clearly you don't know how OCD... I don't like to be handed things, I don't... Especially food out of a bag that's clearly been opened, but then I was like, what the heck. Then I tasted it. It took me to a fair in my mind of those funnel cakes covered in funnel cake powder.

S Yes.

[00:22:40]

D And I was instantly like, dude, and this is good for you? And he was like, a hundred per cent man. And it was mind-blowing. Gentle Sweet was what... That was the hook for me.

S I can't keep the little packets in my house. I actually won't bring them home from the office.

D Because they'll eat them like candy, the kids

S Yes, they'll want to keep them in their pockets for little...

D For treats.

S Putting them in their mouth on the their tongue. I'm like no, that's not what it's for.

P But we needed something for the hard-core people that really couldn't switch over from sugar. We need that candy pop taste. And so we developed Gentle Sweet because hey, it's better to be having...

P Even it's more expensive to have to use more. It's better for you that you're getting off sugar. And you can start with Gentle Sweet, and once your taste buds have gotten over that sugar taste you can then go back and try Stevia and Super Sweet and save your budget.

[00:23:33]

S Hey guess what guys? We need to talk about this. Xylitol, it starts with an x, erythritol. These names can make people think, well they sound really...

D They sounds like chemicals, I thought they were.

S Yes.

P To clarify those are the two things we mix with our stevia for our blends.

S Yes exactly. We need to clarify what they are. Because honey it sounds more like it's been a generational word, right.

D Sure.

P Yes, that's true.

S Xylitol is not anything weird, and erythritol is not anything weird, erythritol is a ferment fermented off of pears, right?

P Yes.

S And it's not...

P Well, a ferment – it's found naturally in pears but it is fermented erythritol. They ferment it on different things.

[00:24:17]

S Right, yes exactly and we use the non-genetic...

P Just like nutritional yeast, it's fermented on different things. Lots of foods are.

S But it's found in nature. All ready erythritol.

D It's not a man-made chemical. I didn't know that.

S It's perfectly found; erythritol on a pear. But they have made it now, a natural process of ferment, of growing it. It's grown on a natural food.

S Now xylitol, is grown on non-genetically modified, is it birch?

P No, the corn, no, here's the deal. Xylitol is grown on birch or corn. We get ours, once again we're very proud of the fact we get it from China. There are so many myths about China that are not true. I'm sure some of them are true but not in our case because it depends who you're dealing with in China.

D Sure.

P China has a no GMO policy. If you're getting your xylitol from America it will probably grow on GMO corn unless the corn is organic. But ours is grown on non-GMO corn, the reason we don't use birch...

S Birch is more processed.

P Birch is a lot more harshly processed and there's chemicals used that we were just not okay with, so that is why we use non-GMO corn.

[00:25:32]

D And I love that we go to China for purity, not to save money.

P Exactly.

S And do you know what I do with xylitol for my children, because they actually say that the glycerine. Is it the glycerine? I think it is, in the children's toothpaste. It can be in a lot of adult's toothpaste too. It coats the teeth and doesn't allow them to re-mineralise, and so I actually just get out a xylitol, dilute it in a teaspoon of water and that's my children's toothpaste.

D Nice.

P So what is it doing to the teeth Serene?

S It helps with the bacteria.

P Okay, yes.

S It helps fight against the bacteria.

P Because it's a prebiotic isn't it?

[00:26:09]

S Xylitol is an excellent anti-bacterial product for the teeth, and so yes.

P And obviously xylitol is toxic to dogs and a lot of people say maybe we shouldn't have it if it's toxic to dogs.

S So is cocoa and chocolate is so awesome for you.

P Yes, there are a lot of things dogs can't eat ...

S And so is chocolate

P And there's a lot of things dogs can't eat that we can.

D So is dog food.

P A lot of it, a lot of it is junk.

D Hey, I actually had an idea as a – I wanted to take off xylitol from the name on our bag and just put dog poison.

P That would help sell.

D I think it would be kind of a hip way to sell and then people would then know for sure.

[00:26:45]

P But that's why we came up with xylitol free Gentle Sweet which tastes exactly the same actually. We just upped the erythritol for people that have dogs.

P But I've got them both in my kitchen I can't actually tell the difference. I use them interchangeably.

D I like the original better.

P Do you? Okay. You like the xylitol, you can detect it.

D I can totally taste the difference.

P Do you have a dog in the house?

D Not in the house.

P Right, well it's outside then, it's going to be fine. I have three dogs in the house. And I've never had a problem. But I am careful. I don't leave baked goods that are baked with xylitol out. I always put them in the fridge.

S My dog's super dog. I love it but I am running around protecting children right.

P Yes but I don't know how your super dog lives.

[00:27:24]

S I am not protecting puppies and my hands are full taking care of children so I'm not super, super careful. If I throw stuff in the trash, it's in the trash and...

P See I don't do, I won't throw any xylitol stuff in the trash.

S Yes, and our puppy, he's probably got nine lives.

P Your dog, I don't know how he survives.

S I love him, I pet him with my foot.

P Serene's not much of a dog person.

D My wife has come around. She's a lot like Serene. I've got babies to take care of. What is this beast? I don't have time to talk to you and train you.

P We're going get so many people, dog lovers, writing in right now because Serene says...

S Listen, you were not a dog lover until your child got passed the toddlers. And then became a dog lover.

P I didn't hate them, now I love them.

D I am a dog lover. I will just lay out on my stomach and hold my dog.

P Oh precious, Danny.

[00:28:16]

D So just for the dog lovers out there, so they know my wife has actually come around now. She has come closer and she now appreciates the majesty of the helper dog that protects us.

S I appreciate it Danny, I really, really do. I have some feelings going on for that dog.

P Oh, actual feelings.

S Yes.

P But I want to say this. Can I just address the letters that are going to come in that Serene doesn't put her xylitol baked goods up, send them to Serene, not Pearl. Her address is...

S Listen, listen, listen it's just. Hey, it's a farm. You put trash in the trash, and not...

P You were saying survival of the fittest. More letters are coming as we speak, people are writing.

S He survives, he survives. This dog has been around for forever, and I love him. He's great, and he's going to get a pat from my foot when I get home.

[00:29:03]

P More letters!

S That's not a rough one, that's just a nice little around the collar, just nice, with my toes.

D Before we leave Gentle Sweet. Do you know what I mostly use Gentle Sweet for? You throw it on some cereal, it's pretty amazing.

S Yes.

D But I'm often not eating cereal. What I'm often doing is pouring palm-ful's of Gentle Sweet in my hand and eating it like candy.

P That's just odd.

D I don't mean like huge palm-full's, I mean like a dime size, and I'll pop two. Bam bam. Pop two.

S Were you like one of those weird seven year olds that put palm-full's of salt and then lick it?

D For sure, like little Pixie Sticks.

S And then little palm-full's of sugar and then lick it, one of those little funny toddlers.

P Yes, I don't do that Danny. You're on your own there, but thanks for sharing.

[00:29:41]

D Yes, I just wanted to confess a little bit.

S Gentle Sweet mixed with a stick of butter, Gentle Sweet for the right thickness and a bit of vanilla is the best icing in the world.

P I know. Hey, so the budget thing. Here's what I'm going to say people to help with your budget. Have a bag of all three. I know it's more money upfront but it's going to save you money.

P Guess why, just save your Gentle Sweet for things that really need it. And then don't use, if you're on a real tight budget, don't use as much Gentle Sweet as is called for in the recipe. Use about half and then use – either get your stevia and put a couple of doonks of stevia in there, or put two teaspoons of Super Sweet in there, depending upon your recipe.

S Yes, you kind of stretch out that Gentle Sweet.

P Stretch it out with those other two economical ones. I'm telling you, a bag of Super Sweet can last you a good two or three months. And one ounce bag of stevia can last you over six months.

[00:30:34]

S Hey, if you're a real sugar-a-holic and you're freaked out about the change. Just give yourself a splurge and start with Gentle Sweet.

P Start with Gentle Sweet.

S Do it the right amounts. I don't care I've just got to get off this problem. This problem is going to cost me more money in the end with doctors' bills and sickness.

P Exactly.

S And then once you're used to it, that's when you start this. Because you don't, it's not sustainable.

P No, you're right.

S Yes.

P No, exactly, once you're used to it, once you're mature in the Stevia thing. Then start doing what we're saying. Start saving your budget and adding these other things.

P Now let's talk about people that cannot do stevia. There's a few out there.

D Do you mean taste wise?

P No, they might have sensitivities to it, and allergies to it. But let's

[00:31:17]

S But they're... It's very, very rare.

P I think it's a little more common than you know of Serene because you're not on Facebook. Serene can't imagine anyone being sensitive to her beautiful, pure stevia. Some people are. But make sure that you're not thinking you are when you're first coming off sugar and you're having sugar detox, and you have a major headache.

S That's what I'm thinking.

P And you think it's the stevia.

S This is what I'm thinking. I just want to be honest because I was throwing some faces. I think there is some true issues out there.

P There are.

S Just like there is true gluten celiacs, right.

P Yes.

S But there's a lot of people that think that they're sensitive.

[00:31:53]

D Yes.

S That's not necessarily the gluten. It's you know the spray on the wheat, or it's just other issues.

P But some people, you can be sensitive to dairy but not allergic. Some people are just sensitive. I'm just saying.

S Just give yourself a while to realise is all I'm just saying.

P Give yourself a while and make sure it's not a sugar detox.

S Once I got a sore throat when I ate a carrot, and it was like...

P Oh, I remember you and carrots.

S Oh, sorry, carrot's give me a sore throat.

P You used to say that.

S No, they did not. I just happened to get a sore throat the same day I ate a whole bunch of carrots.

P That whole year of you and carrots, I was like stop with the carrots and sore throat.

S Yes, it was a whole mental thing and I just told myself.

[00:32:30]

P Oh man, we've got to wrap this up, but if you can't use stevia, monk fruit is a fantastic option. The reason, people ask us, why don't you sell monk fruit. It's so expensive.

D It's a sweetener?

P Yes.

D Where do you find monk fruit?

P It's like monk fruit extract. It's another thing that tastes sweet in nature, it's natural. But it doesn't impact your blood sugar.

D Okay.

P And so people can mix it with erythritol or xylitol, too.

S Yes.

D And you can find it wherever?

P Yes, you can find it wherever.

[00:32:56]

S Usually the product is more expensive and it's not any like... Everything in nature has... An apple has different nutrients than an orange, but they're both healthy. Stevia and monk-fruit may have different properties but they're both healthy.

P They're both fine. If you can only use monk fruit more power to you. We'd actually love to carry it, but we only do... We've got this thing and Serene only wants to do really the best of the best. Carry the best of the best. We can't afford to do it right now. It is costly, even wholesale to do monk fruit.

S And we also have this kind of this head space that we don't want to carry anything that wouldn't have been able to do when we first started Trim Healthy Mama, and we were dirt poor. We've got to remember who we were and remember that there are a lot of other women in that same position.

P Exactly, hey, last thing. Before we wrap up, and we really need to. What if your mind-set tells you, maybe you're not allergic to stevia. But what if you don't want to do for whatever reason; I'm not going to judge you because you've got your reasons. You don't want to use stevia, you don't want to use erythritol, you don't want to use xylitol, you don't want to use monk fruit. You're just like, no I'm sorry...

S God only made honey.

P Let's just say you've got your reasons and convictions. You can still be a Trim Healthy Mama.

[00:34:13]

S Oh, you can.

P You really can. I think having a rare treat. And I don't mean daily. On Trim Healthy Mama we enjoy our sweet treats daily. But you could just have a sweet treat now and then and have some honey in it. Go you!

S Go you. In fact, on an E Meal in can be very helpful to have a teaspoon of the raw medicinal honey on your sprouted bread. It actually helps digest.

P And guess what? Fruit is sweet. You get your wonderful sweetness from fruit. So if you're not a person that needs a lot of sweetness in your life, you can totally do Trim Healthy Mama without these sweeteners we've been talking about.

S Yes, you can, yes you can.

P Absolutely, and I think I was going to say one more thing before I wrap it all up. Man, I can't remember.

S Maybe we get Danny to wrap it all up. He always closes well.

P Danny's a closer.

[00:35:00]

D Coffee is for closers. You all wouldn't even know what I'm talking about or... It's an old movie.

S No, that was over top for me Danny. You could have come up with a better closing.

D Well, here's the close. Thank you all for listening and again, we are really enjoying doing these podcasts. We hope that you're enjoying as much listening to the podcast but more importantly it's actually really helpful for you.

P Yes, keep your questions and feedback coming too. Because we look at them, we answer them.

D And I can speak for the girls, I know that everything... Sometimes they'll say controversial things, things that you may not agree with. But you know that's okay. People can say things that you don't agree with. You're still going to be

helped. Eventually there's going to be things that you do agree with and that really blow your mind and help you.

S Hey, I don't agree with half the things Danny says.

D Exactly.

P With what you're saying actually, we got a bit of flack for our Keto post last week that we did. And from the beginning though...

S A bit of flack...?

P We got a lot! Don't touch the holy Keto.

D Do you mean verbal abuse via email?

P It's okay. Listen we've said from the beginning of this podcast. Everything we say here is blurted out. We can't go back and formulate it so that it won't offend this person, and that person. This is Serene and Pearl unplugged with Danny too, who's way worse. So, hey, we love you. We hope we don't step on your toes.

S We're not trying to, we're just being us and real and you know what? We can agree to disagree on a few things.

P We totally can. If you love your Keto, that's cool. I'll stay with the fact that we need carbs to thrive.

D But, we can still be friends, right?

P Let's be friends.

S Yes.

D We're on the journey together.

P Love you guys. So, hey, see you next week.

S See you.

[00:36:50]