



Trim Healthy Podcast with Serene and Pearl

Episode #31 - Stop Over Complicating It!

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 gentlemen, welcome back to The PODdy. Man!

P Are you referring to your 19 men, which is up two from last week?

D No, I meant like...

S No, he said man, like Australian like, mate.

D I meant like, you know, like dad- gum- mit...

S Oh, yes...

D Like rock 'n roll, kind of, you know, like I'm pumped!

S Good intro, Dan.

[00:00:24]

D Yes and I'm guaranteed that we've got at least a handful of extra men after the "sex-pisode"

P Ha ha ha! [laughing]

S Code word, Danny, code word...

D Is this a family show?

P Yes, it is, children listening. Code word zinc.

D Well, that's... Well, excuse me that's a family word as far as I'm concerned.

P Well, that's true, that's how families are made.

D Literally a family word.

P It's true.

S Agreed, agreed.

P But I'm glad that you referred to that, two weeks ago. It's been rather explosive, yes, so.

D That's fitting... I, yes... So I...

[00:00:59]

P Serene, I meant the reaction from people!

S I know, I know, I know.

P You've got a look on your face.

S It was your idea, not mine.

P What is on your mind Serene?

D Isn't it too bad that we can't edit any of this, anyways

S Keep going Danny, keep moving on

D Hey, I'm just curious, though, for this episode, what's burning on your heart.

P Oh, we've got a good one, but we've got to... I want to talk about... And I told this to Serene last night and she's like, "on it", needs to be done.

S Yes.

P I'm going to talk about stop overcomplicating Trim Healthy Mama. But before we get to that, speaking of that, in two weeks our new book launches, and that is all about not overcomplicating Trim Healthy Mama.

[00:01:40]

S Oh man, that's just so about simplifying it to the point where you can do this with the whole "Fam".

P Yes, it's Trim Healthy Table, right. Though, so many of you have pre-ordered like it's gone like crazy busters, which we're so amazed at and thankful for. But if you have pre-ordered Trim Healthy Table, be sure to get your goodies!!!

S Yes, yes. You don't just pre-order and us not give you something.

P So it's so amazing, our member site, that is chockfull of videos of yours truly, Serene and I, no Danny, thank the Lord. But and then there's just like custom menus in there, you can make your own menus. Tons of recipes, you can search them, favourite them. All the stuff that you need to know is all in there, and you get a free month of it.

P If you've never been in there before, we'll get you in. if you're already in there we give you an extra free month. So thanks for ordering Trim Healthy Table, and that's... And we want you to get what you deserve.

D The membership site is like this, because I'm a member, of course, is this vast world of like awesome. Like if this is... I don't know what else to say about it.

S I wish I was on there.

[00:02:52]

D Like if this is your thing, right, and you were like, I want to reclaim my table, I want to eat right, I want to reclaim my body, whatever it is your goals are, this is like a universe for you to be in. It's really cool.

P No, it is another universe. But, like we say, it's not mandatory and we don't say, hey people, you need to use the member site to be a Trim Healthy Mama, because that's so not true. It's just for fun and *kicksees*.

S Yes, if you're a person like me and you're just unplugged, that's just your religion, I am just teasing it is not a religion.

P Or if you don't want to spend the money and it... We made it so affordable, but if you don't even want to do that, good for you and your life, and... but because this is nothing that you have to do. You be your own Trim Healthy Mama self, and if that means being super frugal and not spending on things you don't have to, you own that.

S Yes, you...

P But if you want more help, and it is a great help, go to the dot com, because there is a page there that's when you can receive your goodies for ordering Trim Healthy Table and that's where you can sign up for the membership and all that stuff. <http://trimhealthymama.com/trim-healthy-table/>

[00:03:49]

D When you say go to the dot com, what do you mean by that?

P Trim Healthy Mama dot com. www.TrimHealthyMama.com

D Oh, as opposed to the membership.

S You are like the announcer person, Pearl. Like...

P I'm way better than you.

S We grew up at church, right?

P Yes. We're pastor's kids.

S And we were PKs, and you were given the assignment of piano player.

P Yes.

S You should have been given the assignment of handing out all the leaflets and announcing everything, you did it like such a PK.

P Well, I can't rely on you to do it, Serene, because it won't get done.

S Yes, I'm not the organised type.

D Serene and I are like all chilled every time we come to record, like, why are we here again?

[00:04:18]

P Yes, totally. And it's like when Serene... We need to get to the subject too. But when Serene and I were on the road, because a long time ago, we're has-beens, we used to be musical artists that toured, okay, you have to do sound checks when you're... You know that, Danny, you're a...

D Right, of course

S Why do you need to do a sound check?

P Serene was like that, right there, no sound check, No, Serene.

S Why do you have to do a sound check? Because you do a sound check and you rock up on the stage and they're all different anyway.

P Well, that's true.

D Everything has changed.

P But Serene didn't believe in sound checks she didn't believe in going over the song list, she didn't believe in all that. She just believed in rocking up and whatever happens happens

S Wing it. Wing it.

[00:04:55]

P So that's really what our PODdies are like.

S And by the way, I apologise for my nasal voice. I have my once-every-three-year cold.

P Awe.

S Yes, no, I don't feel miserable, I feel fantastic. I just sound miserable.

P But you know what I like seeing, Serene, today, your little belly.

S I got me a little bells going, my little bump went from bloated to blessed, I think.

P It's not very big yet because... Should we share our TMI, too much information about our uteruses?

D Yes, please do.

S Okay.

P Okay, so Serene and I, not our other sisters, when we got pregnant we found out we both, it's a genetic thing, have tilted uteruses.

S So great, let's not call it Trim Healthy Mamas, let's call it Tilted Uteruses.

P Trim Healthy Uterus, girl.

[00:05:37]

D It's actually the Tilted Uterus Club.

P No, but that's why we don't show. Serene, I've been like, you don't look pregnant. Every day, you don't look pregnant. Finally she looks a little bit pregnant, but it's because the tilted uterus that takes a while for the baby...

S Yes and it's not my fault.

P Stop scowling, Danny.

S Last pregnancy, because, you know, it was the first pregnancy since the first book launch, Pearl was like, people are going to think you're starving your baby, it's going to look so bad. So we purposefully have to like dress me up in special clothes and have me tilted a certain way to make it look...

P Pregnant.

S Normal, but it's just the fact that it leans back, the whole uterus leans back, so it takes time.

P And then it will turn forward. So enough of all that. This has been too much information, the whole thing.

D So if the lady's been like extremely emotional or something, is like a tilted uterus like a possible explanation for that, or...

[00:06:28]

P No, it's...

D What do you mean by a tilted uterus? This is the first...

P A tilted uterus, where the baby starts to grow is towards, tilts towards the spine rather than towards the front of the belly. This is not...

D It tilts laid back?

P Yes, laid back.

S This is not why they tuned in.

P This is not why almost a million women tuned in; they did not tune in to hear about it.

S They didn't tune in to hear me blow my nose either. I'm just like, whoa, you guys need to keep talking.

D Who else out there has a tilted uterus, huh, show of hands?

P None of your men thank the Lord. Okay...

D All right, we should move on.

[00:07:01]

P Let's start on this topic: "Stop Overcomplicating Trim Healthy Mama!!"
[Shouting]

S I thought you were about to tell me to stop blowing my nose. We've actually brushed on this subject before. We need to take a whole PODdy, we need to take a whole PODdy on this because, you know, listen, I was staring at my toes just, you know, waiting for Danny to finish his super long introduction and all that kind of stuff, and they started looking really weird to me.

D Your toes...

S The toes, the whole idea became super complicated. But have you ever done that before? Even like with words. If you've said like... Have you said cliché over and over and over? And you're like by the end of it, it is the most psychopathic, weird, strangest-sounding word.

S It's like with Trim Healthy Mama. Sorry, my nose. But if you like concentrate on it to the point where you're analysing it and doing mental gymnastics inside your head on it, it's going to be the weirdest thing. It's just going to be an alien thing.

P I want to just share today how simple Trim Healthy Mama can be and how simple it is to Serene and I. We want to really give some precious truths here today, because... And in the new book we really lay this out, how simple it can be. But I just want to go into that a bit today.

[00:08:16]

P It doesn't mean we can't learn more as we go along. It doesn't mean we just, you know, learn the basics and then we say, well, I don't want to over-complicate it so I'm not going to learn anything more. No, we grow and mature, but we don't start getting frazzled and, like said Serene, you know, think our toes are wonky. We just mature in it.

S Yes, study and learning and going deeper is not over-analyzing.

P No.

S It's almost like when you study the Word, right, there's so much. We will never, ever, ever come to the end of the riches and treasures of knowledge in the Word, right?

P The Bible, yes.

S But the Bible also talks about not like going to the point where, you know, you're adding.

P Yes.

S You're adding a dot to the, i and you're adding a cross to the t that weren't there.

[00:09:02]

P And also, it says unless you can be like a child and just have that basic faith, easiness, like when you think of the Christian life, it's so easy to understand that we're sinners, Christ died for our sin, and I need that. I mean, that's the basics.

D You know here's what I love about... Because I love deep dives I love even over analyzation as long as it's bringing me great excitement and interest in the topic. But the second it crosses that line and now I'm anxious, now I'm freaking out and that's a source of stress for me, I've overanalyzed in a negative way.

S Exactly, and, you know, we're going to get onto Trim Healthy Mama. But just because we were on the zone there, on the Bible there for a second, I want to go back to that, where, you know, a scripture can clearly just say something so simple like, I am the God that heals you, that healeth thee, right, for Pearl, the King James girl, I had to say healeth thee.

P I'm the King James girl.

D Pearl, the King James girl.

S Okay, so that could be simply believed. I'm going to take that. Or it could be, well, sometimes He does and sometimes He doesn't and...

P Yes, and be like healeth thee? Does that mean past? Does that mean He will only do that in the New Testament? Does that mean...?

[00:10:13]

S We just, we believe what He says and we don't try and fit His incredibleness into our finite human brains, and try and make it all make sense to us, right.

P Yes. Now, Serene, we're not saying our Trim Healthy Mama plan is the Bible...

S No, I'm not saying that...

P Or that it's divinely written

S Actually, that's the completely like... No, I'm not even trying to even slightly. I'm just trying to talk about overcomplicating at this point.

P Yes.

S Sometimes there's just this simple...

P So can we, for everyone, just really outline the basics of Trim Healthy Mama, I want to do that today. Yes, we want you to go to the books for more, and we want you to learn and we want you to mature as you go along on the plan.

P But this is how Serene and I look at this plan, right. For any meal I'm going to pick a protein, because we always ask ourselves, where is my protein? So I'm going to pick that protein...

[00:11:04]

S Preach.

P And then I'm either going to add carbs for E or I'm going to add fats for S.

S Preach.

P And, oh, my goodness, that's easy.

S That's it.

D Now did you say either?

S Yes.

P Yes, for weight loss... Now once you're at goal weight or if you're pregnant, or in a different season, maybe you're really doing a lot of athletics or... You might need some Crossovers which is here we go, pick a protein, add healthy carbs, and...

S And healthy fats.

P Healthy fats.

D Got you.

[00:11:31]

S Isn't that simple?

P Easy.

D Got you. So it's "**either**", or it's "and"...

S Yes.

P Absolutely, and...

D But the protein remains.

S Yes, the protein is the rock.

P Yes, and you know, basically you start doing that and then you think to yourself, well, since I did the “either” I’m going to use fats in this meal for an S Meal for my lunch. Well, let me not go an hour and a half later and have a bunch of carbs, right. So that’s why we suggest waiting about two and a half to three hours so that your “either”, your S fats, gets digested alone and then your body can, you know, work on your own fat. That’s how you slim down.

P So that’s why we say, you know, don’t be constantly grazing and eating every half to one hour. Let your body digest that fuel and then choose another one, or you can choose that same one again. So that’s not complicated either.

[00:12:18]

D That’s so simple.

S Yes.

P Really, that’s it.

D I’ve actually... I’m like here...

S Like the whole book could be two sentences.

P Yes, I mean.

S Like really.

P We could end this podcast now.

D People... There was like a little silence where people were like, they just... That’s it? That was it?

S Listen, where’s your protein? Am I going to have it with fats or am I going to have it with carbs?

P And then if you’re going to have it with carbs, keep your protein lean, I mean, you know, because you don’t want a fatty protein.

[00:12:46]

D Does that simple rule apply to morning, noon, night, pregnant women, nursing women? I mean, where... What about customising it?

S Yes, no, that's a simple rule, as long as you remember that it could be an "and" in some of those seasons.

P Yes, so your Crossovers would be the "ands" such as carbs and fats. Not carbs **or** fats.

S What Pearl was going on about with the don't graze constantly, because, you know, you've got to keep enough hours to keep them "either" instead of "and". Do you see what I'm trying to say? So if you're not in that Crossover season, then you don't want to... If you're eating every hour and you're eating different fuels, well then you're making it a constant Crossover, because maybe you ate an E lunch and then an hour later you're eating an S snack, well then it might as well have been a Crossover meal.

P Exactly, but that is basically the premise of the weight loss part of our plan, which is not the "and" it's the "or", carbs or fat. And then the maintenance or the special season, like growing children or maybe you have a fast metabolism or you're at goal weight or you're pregnant, that's the "and" that's carbs **and** fat, not carbs **or** fat. Isn't that easy?

[00:13:51]

S This whole PODdy should be just called **Or or And**.

D **And** or Or...

S **Either** or **And**. **Either** or **And**. There you go.

P You could just say **Either** or **Or**, choose which one.

S You know I'm so overcomplicated with these little words right now.

P Oh my goodness, you might as well look at your toes.

S My toes are looking so weird.

D You know what my one, oh my gosh here we go. Hopefully she's not listening.

P What, Mrs Valdez, Lisa, you're going to talk about her?

D We are. We were on our way to a little get together, maybe a party of sorts, and she goes, uh-oh. I'm driving she's in the passenger seat. She says, uh-oh, my toes are a little cray-cray tonight. And I was like, what? And she goes on this whole monologue and she's like, ah, you know, it will probably be dim there. Keep that in mind for next time though. And she was just mumbling to herself and I'm like in tears, just loving that she called her own toes cray-cray.

[00:14:44]

S That's so funny.

P I have a thing with my toes.

S Yes, Pearl has a thing with toes. She can't look at toes.

P Oh, I don't like toes.

S She'll freak out if... If she actually was aware that my toes were up on this coffee table right now

D Put them away!

P Serene especially has some interesting toes that I don't like to look at.

S I know. I broke my toe. I was standing in front of the McDonald's electric door, you know the doors you stand in front of and they slide open?

P Serene in front of McDonald's and this was when you were eight.

D You got caught up on the toes?

S This was because I was in front of McDonald's. I know it was the consequence of the sin.

D It was, yes, that's clear.

[00:15:12]

S I stood in front of the door and I was teasing the door, like, you know, it was a novelty back then that I could stand there and then the door would like obey me and open and...

D Your mind was blown, so to speak.

S Well, I was teasing it and jumping back and forth, and somehow my toe...

D Got snatched up in...

S Got caught and got pulled back into the mechanism. And I remember being run back to bathtub and everything like that, and...

P Because it was bleeding

S Running water underneath it yes, but it's crooked to this day.

P It is really crooked.

S Yes.

P Hey, but another thing, back to the topic...

D As fascinating as this

P Is you know...

[00:15:46]

S But that's the point. When you get to over stressing about things, you get off point.

D You get a broken toe, is what you get.

P Yes, you do. But these are a lot of the questions that come up that tend to overcomplicate things, I think. Well, I see some people saying, ah, man, I quit Trim Healthy Mama because I just couldn't keep that eating every three hours going, you know.

S You don't have to eat every three hours.

P And I'm like, when... We never said you have to eat every three hours. This is what we said. And this is what I want you to let sink into your soul. We think it's great if you have some sort of protein snack or a meal, but every three to four hours. Did you hear that, to four, because if you're not hungry at three, don't force yourself.

S No. if I'm not hungry at three, I go all the way to four. We just don't want you to go much longer than four because your body gets into a catabolic state, and then you actually store more of your next meal.

P Yes, and you'll be hungry and you'll probably make stupid decisions.

[00:16:42]

P Like when I go five, I'm sorry, even as like the author of Trim Healthy Mama I make stupid decisions because I'm hangry

S And your metabolism is slowed down by then, it's slowed down. So we want to keep a revving metabolism. But it doesn't mean you have to eat every three on the dot, ding, set your timer and the timer goes off, no.

P I don't set any timers.

S No, no, I actually do personally, not set a timer but look at the watch, only because I... When I'm not pregnant I have more of an appetite and I would be one that would eat every hour and I need to tell myself, you know what? It's only been half an hour, Serene.

P You can wait.

S You can wait.

Announcer: Hey there, Mamas! Do you want to win an autographed bundle of books from Serene and Pearl? Well, our friends at BooksForBetterLiving.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. That's BooksForBetterLiving.com/mamas for a chance to win. Good luck.

[00:17:52]

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

S I'm Serene.

D There's a lot of side issues surrounding eating, and what I mean by that is I've got kids going to sports practices, I've got to be here, I've got to tend to my house and the lawn and this and that, and I don't know why but the last thing on my mind, until I am depressed and hangry is food.

S Yes, but I think... Is that a guy thing? I don't know.

P No, I think some women are like that too, but...

D Most males and females I know seem to... One of the biggest obstacles and eating right is the rhythm of the day and children, etcetera.

P But you're going to have to eat, right?

S Because I think, especially if you've got children, that is actually more of an anchor to thinking about food, because you've got to think about their nutrition...

D You've got to, right? Yes.

[00:18:46]

S So you end up thinking about yours too. So I think that's only a helper. So let's not add that as a complicator, to be like, oh, you know, I'm rushing around after these children. How do I focus? No, that helps you focus, so that's a plus, that's a positive.

P Listen and you can be a planner. And because like you've got to eat, Danny, you've got to feed your children, so you think to yourself, what's my protein? Let's get these kids some protein, let's get myself some protein.

P And then like you don't need to lose weight, Danny, so you're going to have a good carb, let's say, you know, you're going to have some brown rice. And then you need some fats, okay, so you're going to have, you know, butter, avocado.

S Chicken with skin on it

P Whatever, and throw some veggies in, for goodness sake. Okay, so that's easy.

S You always kind of ask where your veggies are or where your fruit is, like where your plant food is too.

P And that's a Crossover for Danny. Yes.

D So salads have kind of saved me.

[00:19:29]

P The skinny people like you and growing children. Now let's just say a woman comes to our plan and wanting to lose weight, so...

S No, but you always ask where your plant food is, no matter who you are.

P Absolutely, yes, where are my veggies? I like to answer that.

S Yes.

D Well, and I think the point I want to make is that I've really had to watch all the things I say yes to and all the things that are keeping me busy, just as a person in America. There's always... I feel like we fill our lives with so many things that, when you really break it down, so many distractions that may not be important. Maybe I'm speaking for myself.

S Well, I agree, Danny, but I think life has to be fun and people don't want to think now I'm tied down to Trim Healthy Mama.

P I can't go to soccer.

S I'm tied to the kitchen sink. But this is what I think. We're super busy, Pearl and I are like super busy. But really, it's just a little tiny bit of a training, a habit in your life that says, before I leave the house I'm just going to think, have I turned the crock pot on, or have I got a few zippies in my bag so that we can make it home without stopping at the drive-through, you know? And so

[00:20:31]

P But even if you don't, look I think it's fantastic to be prepared, and Serene is. She thinks ahead.

S Like in my bag right now... And I ate lunch just before I left to this podcast, but in my bag... I thought, well, I don't know, maybe this will go on an extra little bit long, or maybe I'll take a walk to my Mum's before and I could be really hungry before I get home. So I've got some seaweed like little crisps, whatever they're called, in there, I've got some dark chocolate, I just, I threw in some supplies.

P Can I talk about that, because you are amazingly genetically good at preparing ahead, Serene, I'm not. We have both been successful on Trim Healthy Mama...

S Yes.

P Me not preparing ahead and you preparing ahead, I think preparing ahead is good. Occasionally I'll remember, especially when I'm writing for the cookbook, to turn that crock pot on in the morning, and when I do I'm like blessed. My whole day is blessed because I know that supper is ready. I've got chicken breasts in the crock pot and a jar of salsa in there, or something. It's rocking, okay.

P But a lot of times, man, it's my nature. I don't want to call myself slack but...

S Yes, but that's what I want to address, the nature.

[00:21:33]

P I want to show you how I can do it without preparing.

S I agree, but I want to address the nature too.

P Okay.

S I think in the end it's simplified. Just because you so, well, I'm just a naturally fearful person, that's just my lot in life, you know...

P I know.

S People are like I'm just naturally an unorganised person. Well, hey, if it keeps your blood sugar more stable, it's keeps you less hangry, it keeps your weight loss moving, then a little bit of pre-thought takes two seconds, maybe it's a good habit to learn...

P It is excellent and I do want to learn from you, and I feel like I have. Do you feel like I've come a long way, Serene?

S Yes, I do. I do. And I've come a long way too.

P Okay. I'm not stagnant and saying here, I'll always be unorganised and I can never change.

S And have I come a long way?

[00:22:13]

P Yes, you've relaxed some.

S Yes, I've relaxed some, yes.

D You guys, I'm proud of you both.

P Okay good, but I want to show you that... Let's say you have days where you don't throw something in the crock pot and you know it's going to be crazy. I have days like that a lot and I still make it work. I mean, I come home, okay, let's just say I didn't do anything.

P This is what I did last night, I had that, I got home. My husband and I are building a new house and we had to do so many things for it and meet this person, meet that person... And so I got home and it was like 5:30, no food on the table. Well, I had frozen chicken breasts in the freezer. This is frozen, they're not thawed. And the kids said, please can we just go out for dinner. I'm like, no, I can do this.

P So I shoved those in like a pot of hot water just to get a little thawing, and then I just put them in a fry pan and just with a little couple of tablespoons coconut oil, Cajun seasoning fried them. It didn't take long. It was like less than 15 minutes to get them cooked.

S Hey, to drive to the restaurant, to order, to wait...

[00:23:13]

P It would have taken me way longer. Put them on, wonderful salad, and we had grilled chicken spicy Cajun, salad. Yes, sure I didn't make a beautiful homemade dressing. We had ranch but we had grated cheese. But it was a great meal. My kids had a good carb on the side. I made it an S meal. We were all happy.

S I agree. See, Pearl, I'm all into that, and I'm actually not a brilliant crock potter myself, but...

P You're a soup maker.

S Yes, I'm a soup maker, but the deal is... Yes, there's always a huge cauldron of Trimmy Bisques in my fridge, which is always there ready to go

P Trimmy Bisque is coming up in our next Trim Healthy Table book.

S I do want to say this. The only thing I'm really perfectly prepared at, Pearl, is my zippies.

P Yes, your snacks.

S It's just throwing in the snacks for the children and for me. That's simple. It doesn't have to be thinking about the meal.

P But let's say we don't, okay, Serene? I can find snacks anywhere. I can find snacks at a gas station. I find cheese sticks at a gas station.

[00:24:08]

S Yes, you can.

P I find nuts.

D Nuts, yes

S There's the Bai's

P Yes, the Bai drinks.

D Drinking one now

P Gas stations, oh my goodness. They even have that beef jerky.

S They have beef jerky, where the carbs are in line

P Yes. Find a jerky, the lowest sugar you can find. I mean, or have an apple and a low-fat cheese stick, there's an E snack. These things are doable.

D Yes.

P And it doesn't have to be complicated. Let's talk about special ingredients. That's another thing. Well, Trim Healthy Mama is too complicated because special ingredients...

[00:24:38]

S Do you use, yourself, many special ingredients now, because I don't, because life is too busy right now.

P I really... I use a little bit of sweetener and Baking Blend for... My husband likes desserts, so I make him the Trimtastic cakes or... But people don't have to do that.

S No, because I'm in a season right now where I've just been off food, right, so my poor family hasn't really had me being the baker right now. But I've been doing Trim Healthy Mama, I've been staying on the plan, and my family have been sticking to the good healthy Crossovers and everything, there's been no special ingredients going on.

P No, I know.

S We're still a Trim Healthy Mama household.

P Absolutely, see, sometimes I just don't use them at all, and then sometimes they just bless my socks off. But you so don't need them.

S You don't and when we first started this book...

P Yes, we didn't have any.

S Nothing, we just had NuNaturals stevia extract and that's it

[00:25:25]

P Yes, I know. And so this is how easy it can be, guys. As you mature on plan, or if you come to some problems that, maybe you feel like, okay, I must not be doing something right, or you learn maybe that you're not doing something right, you can progress, but don't let it frazzle you. Just keep the basics simple.

P Like you might think, okay, well I was having an S Meal and then I had, you know, a full cup of yoghurt for dessert and my carbs went over the S Meal...

S Who cares?

P No, if you're not losing weight, you can think to myself, well, hey, maybe I'll pull that back to half a cup of Greek yoghurt and see what happens.

S I agree.

P But that's not... It's not this huge thing to be frazzled over.

S No, it's not a frazzle. That's just a little conscience hey I'll try that next time, see if that budges the scale. And, yes, Pearl and I, we have talked about this before, but we were so not excited about using numbers in the book.

P We weren't.

S And in our life, Pearl, do you ever think numbers? I never think numbers.

[00:26:22]

P Maybe...

S Maybe you do now that you've had to...

P No, no, no, No, no, no.

D Are you talking scale? What do you mean?

P No In the foods

S No, numbers like carbs, like, ooh, my S Helper went to 11 instead of 10, ooh.

P Never do I think that.

S No, I mean, we just think...

P The only time I'll ever think about it is if I want to use a fruit as well as a grain into my meal and I think, oh man, am I going over 45 grams here? And I rarely think that, but sometimes I'll think, man, I really want some more mango, where am I? You know, then I think, okay, well, I'm having the bread as well as the mango, maybe just have a little bit of mango. That's the only time I'll ever think about it.

P I don't obsess numbers. And I think that people that start to obsess the numbers, their joy gets taken away from them very quickly.

[00:27:00]

P Because, listen, even if it takes you longer to shed the weight but you're having a grand time and not obsessing numbers, and it takes you five years to lose 50 pounds, you, guess what? Why, you're winning. You're going to stay on plan.

S And guess why you're winning? Because your cortisol is a lot lower. You weren't like exuding this stress hormone through your body. And you know what? Just to simplify why we care about not going too high on the carbohydrates? Hopefully you're not seeing it as a big number freak out in your head, but you're just thinking about, okay, well, I've had my portion of grain or I've had my medium-size sweet potato, you know, I've had a little...

S However you think about it, hopefully it's a simple way. We just do that to make sure we're not spiking your insulin by having too much glucose in there.

P It's the only reason for that number it's not because we love numbers.

S It's the only reason. It's not because we hate carbs. It's not because we're scared of anything. We're just thinking, hey, we're just going to be very conscious about this so that we keep our blood sugar stable. It's so simple.

P We actually love carbs, they rock! Hey, last thing before we close here is, when you first start, I'm not saying that it won't feel different. Anything different takes a little getting used to and you might feel a little bit overwhelmed in the first couple of weeks, because you're looking at food on your plate as fuels rather than just food on your plate.

[00:28:23]

P So you're learning what an S Meal is. You're learning the fats that you pair with protein and non-starchy veggies, and maybe you don't even know what a non-starchy veggie is. And so these things that you're learning can feel overwhelming.

S And sometimes you thought something was just a food. You didn't even think of it as a carb.

P No, you didn't think of it as a carb or a fat, and now you're starting to think of, hey, this apple is a carb, hey, this avocado is a fat, hey, my nut is a fat, and so you're learning that. And you fall down, you know. It's like a baby learning to walk and they're walking, such a great thing, but they fall down and they hit their bum and they cry, you know, but back they go up. And then in a month's time they are running around.

S Yes, but guess what? If they didn't, if my baby...

P Move your face closer to the good girl, Serene.

S Yes, big sister, if my babies didn't do that, fall and stumble and cry, I wouldn't even think they were normal human beings.

[00:29:15]

P Exactly.

S You're meant to have that time of, the fall is the teacher, right.

P Yes, and so in that first few weeks, you know, give yourself lots of grace. Don't expect to do this perfectly. You mess up, you think, you no I had a Crossover, I mixed my carbs and fats.

S Who cares? Crossovers are a part of the plan. They're still not... They may not be as weight loss friendly, but they're not excessively weight gaining, and they are...

P Healthy.

S Incredibly stable for your blood sugar.

P Yes. So really, that's all there is to it. Please don't overcomplicate it because, you know why? It makes Serene and I so sad. You take away the beauty of this plan. You stress our plan. Our plan was made for freedom, made for you to enjoy your food and your freedom to eat carbs, to eat fats, to eat protein.

S Yes, let's just say, just bust the myths right now we are **not** a low-carb plan. We love carbohydrates. We're just conscious of not spiking our blood sugar, but we love refreshing ourselves with apples and...

[00:30:17]

P We do. We love fats.

S Ancient grains and beans

P We love all the good foods that God made for us.

S All of the food groups

P So, except sugar has been abused so we're kicking it out. And, you know, if you mess up and have some sugar now and then, it's not the end of the world, too. You just get back on plan. This is the way we look at things.

S You get back on plan and it doesn't have to be three hours later. It might be four, four hours and 60 seconds. Who cares?

[00:30:43]

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

[00:30:53]

D Serene and Pearl...

S Yes...

D I've got a question for you from a listener.

P Hi, what's the listener's name?

D Her name's Kelly.

P Hi, Kelly...

D All right, so how could someone do THM with IBS? Doctors recommend a plain diet full of simple carbs that are not hard to digest, and that seems against what THM is about.

P Yes, some doctors do, but actually recently some doctors have been saying that actually doesn't help, they found out.

S Well, the simple carbs turn to sugar, and sugar is inflammatory to the bowel.

P It is. So that's probably why they're finding out that it doesn't help. However, soothing foods, it makes sense that they would work for IBS when your bowel is very agitated, and there's plenty of soothing foods that you can use on Trim Healthy Mama. Think about the soothing vegetables like zucchini, things like those summer squash sautéed...

S I think...

P Go ahead, Serene.

[00:31:48]

S Continue. I will honour you and let you continue.

P Especially, when they're sautéed or steamed with a little butter and salt and pepper. Those are so soothing, unlike your veggies which we mention a lot, like broccoli, it can be a little rougher on your digestive system.

S And a lot of salads, they can be rough. But baby lettuces are soothing.

P They are.

S You know the butter lettuces and the baby lettuces. And hiding okra in your smoothies is very soothing.

P Okra can be so healing to the bowel.

S Yes, and of course, as far as supplementation goes, collagen and gelatin, glycine, is very soothing and healing to the intestinal linings.

P And then, of course, there's nothing wrong with some brown rice on plan. We don't want to just brown rice ourselves all day long till our blood sugar spikes through the roof, but there is a place for it along with some protein. You know, you can eat chicken breast and other proteins with IBS, and then your more soothing veggies.

S We actually have a sister who is not actually diagnosed with IBS because she really hasn't had the money to go to the doctor.

[00:32:49]

P But Vange has a very sensitive stomach.

S She has a very irritable bowel.

P Yes.

S And she doesn't pig out on simple carbs at all. She just sticks to very soothing veggies and stocks, a lot of stocks. Sweet potatoes do well with her.

P They do.

S Sweet potatoes and stocks and...

P Homemade bone stocks can be so healing...

S And MCT oil, she said, was very, very key in her healing.

P A lot of beautiful soups, nourishing soups, made from bone stock. If you're more of Drive-Through Sue, just put your gelatine in there with your broths.

S Trimmy Bisques, people, will be coming out in the new book.

P But these soups, you know, and just put your soothing veggies in there, and I think that you can do a Trim Healthy Mama with all these foods that we're describing. Oatmeal is another soothing food. I don't know if you can tolerate it well or not, but it is soothing for some people.

P It's very unique, IBS is very unique to each person. There's not just a list that does well someone and doesn't for another person. But I hope we answered your question and I hope that you make some great improvements.

[00:33:51]