



Trim Healthy Podcast with Serene and Pearl Episode 39 - “Stalling & Stubborn Weight Loss” Part 1

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

S = Serene · P = Pearl · D = Danny

[00:00:00]

S Our Trim Healthy Podcast is sponsored by this awesome Life Insurance called Health IQ, this amazing company that actually helps out people who are health conscious, like people who run or go to the gym, or just stay home and exercise in their house, but people who are actually proactive about their health they get discounts.

P And with your diet too, if you are making smart blood sugar friendly choices, like you are you get a discount. So go to healthiq.com/trimhealthy to support the show and see if you qualify.

[00:00:33]

S This is the PODY with Serene

P And Pearl

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

D Ladies and gentleguys welcome back to trim healthy happiness with Serene, Pearl, and the little Mexican you've grown to know...

S And love.

D Danny

S Yes

P Danny, I have to give a shout-out to you today, though.

D Shout it!

P Because you've been doing, last week you weren't so good on your lunch.

D It was, what, a C-minus?

P Definitely a C-minus.

S It was like a microwave weird soup with little balls of weird chicken.

D Oh, I forgot about that, that's probably a flying flag...

S You had two half-teaspoon morsels of weird-looking rubber.

P You didn't have enough protein, and you need your protein. But you're doing way better than you used to, okay, but today you rocked up with Man Plan Danny food, full of protein, and look at your intelligence shining through your eyes right now.

D Oh, you see it?

S I see the focus, the ADD is gone.

P Oh, yes, the ADD is gone.

D Thanks, salad.

P I mean, it was all picked up from the grocery store, I mean, none of this you made at home because you had the Man Plan.

D Dude, it's packaged.

P He brought a salad, like, a Caesar salad, and no croutons, chicken...

D It was like a kit, it was a packaged kit.

P Yes, a kit, you didn't put those croutons on. Then he had a side, a little tubby thing that you pulled the little cover off, with cottage cheese.

D Yes.

P He had kefir, he was really doing his protein.

S A-plus plus!

D A lot of dairy in there.

P Yes, but that's, you know... ?

S Some people thrive on dairy.

D I thrive on dairy, at least at first.

P Well, see how you do later on.

S Hey, tell yourself that you do thrive, you will do better. I'm not being New Age, I'm not.

P We have a real important subject to cover today, just to let you in on a few little secrets here, we have been putting this subject off for weeks because we wanted to study more and learn more and grow more about it, we didn't

want to just come in here and spout off stuff that we weren't really doing ourselves.

[00:02:29]

S Yes.

P But it's so important, if, well, this is going to be a five-part series, the first part covers one of these topics today, but it's all about moving stubborn weight.

S Yes, and if you don't have stubborn weight and you just want to move stubborn health issues, or if you just want to move stubborn habits that just stink, dietary habits.

P Yes. If you just want to grow in health or if you just want to learn more intelligent stuff on how to eat and the way to eat.

D But what's the difference between weight that has a good attitude, and stubborn weight?

P The stubborn weight doesn't want to come off, Dan-Dan.

D Though you work...

P Though you work just as hard...

S Now you work harder, Dan.

P You feel like you're working harder than everybody else; two women start the plan, right, they're pretty much eating the same Trim Healthy Mama food, one loses 15 pounds in the first month and one maybe doesn't and gains two, you know?

S Or gains three.

D And she might be putting a little more work in.

P She probably is, yes.

D Okay.

P And my heart goes out to these women, sometimes there's hormonal issues, we have covered hormones in one of those, so go back and listen to the Hormone Poddy because you really need to get those addressed, but today we're going to learn...

S And we're going to cover some very interesting topics...

P It's going to blow your mind because today is not what you think we're going to say, you're going to think we're going to say, oh, remove dairy or eat more leafy greens, we're going to, wait, those are coming in other podcasts.

S We're not about food today.

P Today is about not what you eat but the way you eat, and that can actually rev your hormones...

S I'm telling you.

P It's all about, it can revolutionise and change your whole hormonal profile, if you're a slow food burner, if you have thyroid issues, please tune in

S Or if you're just the best little goodie goodie girl or guy and...

P You're doing everything right...

S You've got that stubborn eight pounds, stubborn 15, stubborn 45, stubborn more, this could be your answer. When I, I just fell on this information, it just, the interesting thing was is it's not new, it's not new information...

P No, it's not.

S Many cultures have been embracing this, the American culture has just completely, well, Western world, has just completely, like, lost it, but most cultures still hold these truths very, very sacred, and they're biblical, that's the main thing that hit me is, like, oh, my goodness, this is so biblical, these truths really originated with God.

P So what we're going to talk about today is you're going to take all the Trim Healthy Mama principles that you know, keep applying them, but it's going to be in the way you eat your food. We want you to slow down and stop stressing. Do you know that stressing about your weight, even thinking about, oh, these last eight pounds, man, how am I going to get them off, today I'm going to do it real hard, I'm going to eat less, oh, man, do you know that that can actually slow your thyroid?

S Oh, majorly.

P That can send cortisol all through your body and make it harder to lose those eight pounds.

[00:05:30]

S Basically what happens, if you're sitting there during your meal, and whether you're stressing out about your thyroid and your stubborn pounds

or just stressing out about the mess that your children are making with their lunch, or just stressing out about somebody who is just a major stressor in your life, you're basically turning off your metabolic power, you're slowing down your metabolism to a standstill, you're sending cortisol through your body and extra insulin through your body and basically sending less oxygen and less blood flow to all the villi of your intestines that are meant to be receiving the nutrients and basically everything shuts down. You stop burning calories, you stop assimilating nutrients and you excrete calcium. That's why America, rush, rush, rush, rush, has the highest rates of osteoporosis even though we eat the most calcium-rich foods.

P And guess what you cause, Danny? Gut problems. Bloating, gas, issues.

D Oh. So this is the chill poddy?

S Oh, this is chill.

P This is, and we have to get serious about chilling, I have had to learn this.

D That's such good news because one of my favourite sports of all time is chilling.

P Yes!

S And, Danny, the best way of chilling is to dine. Can I just say something really good, Pearl, and then you just take it from there but I just want to use this little example...

P Good, because I have to use the bathroom, so after that we'll take a little break.

S Okay. You know how I said how many cultures still hold these truths as sacred, well, there was one American excavator that went over to France and he had this particular dig that he needed to do, and his company didn't really give him adequate time to get the job done, and so he noticed that the French excavators, the guys on the job, would leave for two and a half hours come noon-time and just be gone eating and dining at the village, because that's what they hold sacred, you know, they think lunchtime is a special event, it's not something you rush through.

S So this guy is, like, oh, freak-out, I'm not going to get it done so I'm politely going to say, hey, guys, do you think you could bring your lunch to work? And they all talked amongst themselves and they were, like, yes, I think we can. So the next day this mysterious truck rolls up and the guys are, like, I wonder what this truck's got to do with the job we're doing, you know, what tools are in it, what is this truck all about? He never thought that come noontime the big back of a truck rolls up and out comes tables, tablecloths, flowers, wine.

[00:8:03]

D Nice, yes!

S Wine and all their lunch in beautiful bowls and they sat down and dined for two hours and they were so proud of themselves that they'd brought their lunch to work.

P Now, I know a lot of people are thinking, well, I certainly don't have two hours at lunch, and this is our problem, so we're going to make this doable for the everyday, everyday person with harried lives, with chaos.

P Serene told a story, actually, out of this book, and we would love you to get this book because it's really changed our lives, there are beautiful, such gems, such nuggets of truth in here but we have to sort of also say the author, Marc David, he did a wonderful job, there's a reason he wrote this book, I'm so glad for this book. You know, some books are just written to earn a buck, this was not written to earn a buck.

S This book had integrity and it had care behind, this guy has heart, he has heart.

P He does. It's also a little bit New Age so, you know, take all the gems...

S Hey, some of you out there just may just dive in and think, hey, this is the best thing in the whole entire world, every single morsel of written word in there. Now, Pearl and I, we had to read around it because we didn't necessarily agree with some of the stuff but there are nuggets of truth in here that are foundational.

P The book, Danny, you want to know the title, right?

D Well, what's the name of the book, yes.

P The Slow Down Diet, Eating for Pleasure, Energy and Weight Loss.

D And who's the author, again?

P Marc David, he's the founder of the Institute for the Psychology of Eating, I've looked him up.

P And he's incredible. But I feel like someone coming and reading this book, are, just from a standard American diet would have a much harder time applying the principles than we Trim Healthy Mamas who already have the eating down right, I mean, he's right in sync with us there, although he believes maybe sometimes sugar is bad, you know, be he does not call foods bad.

S Well, basically what he's saying is once you call it bad then it's triple the bad because you're basically in guilt.

D Oh, yes, yes

S Because, you know, there's a part of our brain, the limbic system, that kind of, it basically takes all the emotional information and sends it into physiological messages and then there's a part down here which is the hypothalamus, which is a bunch of tissue at the bottom of the limbic system that basically turns all that information into things that run down your whole nervous system and affect digestion, that your metabolic, they affect your physiological body, and then it affects the pituitary gland, that was a mouthful, the pituitary gland...

D You're good, yes, you nailed it.

S Which basically then sends information to your hormones, so basically, you know, what you think while you eat is affecting your hormones and affecting the physiological functions of your body.

P But that's why I feel like with Trim Healthy Mama we have so much good in the sweets that we allow ourselves and when I do allow myself an off-plan treat I am not going to sit there with guilt, because it's going to be so much worse for your body than if you sit there and say no, it's okay.

S Because you're sending cortisol through your body and you're sending, you're turning off your assimilation of your nutrients by thinking this food is just poison.

P Yes.

S Well, then, it's going to be poison, your body responds.

[00:11:27]

D So in the Trim Healthy Mama Plan and cookbooks we're talking about what to eat but right now we're kind of talking about the manner in which you eat, how to eat...

P Yes, Danny, and if you...

S It's the next piece.

P It's the next piece that we want people to learn. We've tried to say it in our books before, and we urge you to get the book because we don't want to just plagiarise him and say everything in his book, however, we've had this

ourselves, for many years we've been trying to grow on this, like, in our last book Trim Healthy Table, we said whenever you do get a chance just sit down and eat your meal, you know, because it stops you from stressing and when you stress you get gut problems and everything like that, but he just goes into this science...

S He goes into this science because he's a doctor and it's amazing, but these are things that we had noticed along our journey, because I had noticed to Pearl, if ever I rush through my lunch I will want another lunch because I'll be, like, do you know what, I don't remember chewing that, I don't remember tasting it, I don't remember any of the pleasure.

[00:11:35]

S And so even though I'm actually technically full I am starved for the event of lunch, and I will be bothered by hunger for the rest of the afternoon, not because I nutritionally need it, except I probably didn't absorb most of my nutrients in my food in that stressed state, but I'm starved for the event and the pleasure.

P And what he realised was that, he deals with a lot of people and he realised, you know, obesity, he thinks, is not always overeating, in fact he said it's not overeating, I find, with a lot of my clients, it's not eating, and by, when I say not eating it's because no one remembers eating. You have to sit down and tell your body I'm eating. And he talks about how oxygen, oxygen is

metabolism, and when we're, like, gulping food and on the run and this, we're not putting any oxygen in our bodies and we're not burning that fuel.

S And that's something I'd notice, I would tell Pearl, when I'm just, like, still home schooling my children during lunch and barking out no, do this, no, that spelling words needs to be repeated and, you know, page 99, and things like that and then, you know, like, then stopping to change a diaper and all this, you know, interrupting my meal, I get out of breath, and it's not even because I'm doing a lot of, I'm not even exercising, my mouth is moving, but I'm getting out of breath in this stressful, almost fight or flight way, and I'm not taking in enough oxygen, that chill pill.

P And Serene and I have developed some practical things amongst ourselves that are going to help us do this because, like, how do you do this in a fast-paced well with our crazy lives, but I do want to quote from his book here at the beginning, he says, "as you'll see, we can eat the healthiest food in the universe, and in the perfect amounts, but if we consume it in a state of anxious rushing, the psychological stress response will cause a dramatic rise in nutrient excretion and a deep decline in calorie burning capacity.

What you eat is only half of the equation of good nutrition, how you eat it is the other half". –Marc David

D Oh, my goodness!

P And then the book just goes into science upon science upon science about how your metabolism works and how your organs and your thyroid and your cortisol interplays and, oh, my goodness, it's a good, good read.

S And being present with your food, being present with your food. And so you may not be under stress during a meal, you may not be thinking of past abuses and thinking of, you know, like, really stressful situations or thinking about your financial budget or whatever, maybe you're just zoned out watching a movie...

P Or on your computer doing emails.

S Or reading. When you are not present, now, he says, invite people over, fellowship, because conversation and stories and people, that's not the distraction he's saying are bad, but the zoning out kind of distractions, or even...

P The not zoning into your meal, the zoning out of your meal.

S Right. Because when you have people you enjoy your meal with someone, you enjoy it more,

P Well, hopefully, you know, if it's good company

S Yes.

D Or chugging it down because you've got to get the kids to football practice.

S Right, right, right.

D Did I just confess about those Valdes family sins, I don't know?

S But what happens is there's a cephalic, right, which means the head, so cephalic phase digestion time, okay, there's a name for it, he...

P I'm amazed that you remembered all these terms, because I didn't.

S But anyway, this is amazing because it is, up to 40% of your metabolic power of digestion is in the cephalic phase, do you know what that is, it's the head phase, like I said, so it's the senses, it's the smell, the aroma, it's taking in the sight, the visualness.

S It's the rolling of the food around your tongue and remembering how it feels to chew and feeling the sensations on your mouth, that, actually, all the senses send messages to your digestive system and says there's food coming, get ready, send blood, send oxygen because we're going to assimilate all the goodness out of this stuff, you know, and it starts everything going, it revs the metabolism, but when that cephalic head phase is missed out because you're watching a movie...

S They did scientific studies, they had, like, audio books going in people's ears with, like, financial reports, and then they did other studies where they were watching just cartoons or movies, and they missed out the cephalic head phase, it didn't, actually, all that information didn't get

inputted right into the brain, it was like 40% of the digestion was gone, and...

D Wow!

S And they actually said that calories burning actually stopped for an hour and a half.

D Oh, my gosh!

P And I tried this little test with myself recently because I am so guilty of eating while at the computer, okay...

[00:16:43]

D It's called distracted eating.

P Yes, no, my thing is eating at the computer because I think, okay, now I can get to those emails, now I can get to those messages, you know, okay, the kids have been fed, they're doing their schoolwork, okay, now here I go, I'm going to eat my breakfast, you know, so I take it to the computer, and I, you know, I think I've got a good meal here, but I don't remember eating it, because I am concentrating on the email I'm writing, and then I'm done with my breakfast, I look down, oh, it's gone, okay, well, I guess I ate breakfast!

S Yes!

P But I'll have these hungry thoughts, you know, because my brain doesn't remember eating it and so I said to myself, Pearl, I know you're busy, but you can jolly well take 15 minutes to eat your breakfast at the table, okay?

So I did, I just sat there, I looked at my food, I smelled my food, maybe it's even ten minutes, okay, maybe I took ten minutes at doing an email, I don't remember it, but I experienced it, well, I wasn't hungry, I was satiated, I ate it slower. Serene and I are going to tell you some tips, for even if you don't have time, for at least putting oxygen in your body while you're eating.

S Yes.

D I protest we have time.

P Okay, yes. And I just realised, I didn't get those munchie crunchies urges, I didn't think, well, what's next, what do I have to eat next, I was satisfied because of that, what is it, Serene, that...

S Well, there's cholecystokinin, which is...

D Yes, cholecystokinin, which, actually, you didn't know that.

S It's a chemical that gets released when we have pleasure and when there's protein, hopefully protein and fat in your meal.

P Yes, protein.

S Okay. That, actually, when you have pleasure and you have these nutrients in your meal your body says do you know what, appetite, you can just shut down because you are so satisfied you just feel pleasure, and it actually sends pleasure, that chemical is responsible for, the pleasure chemicals, for appetite suppression, and it's responsible for proper digestion and assimilation, and that comes not just when you have the healthy

components of a meal, which is the protein and the fat, the satiating components, but do you know what it comes with, when you have had pleasure.

S Now, if you don't have pleasure in your meal, if you do not assent even mentally to the pleasure of your meal, your body will constantly crave it, you will want another meal until you get the pleasure. That's why dieting never works, and actually what happens is, there's another chemical called the YES, what is it called, Pearl the Y... ?

P No, I'm not as good as you at remembering all this stuff, sorry.

S I'm sure it's outlaid in the book, but basically your body will hunt down the pleasure until that chemical is received, and they said that hunt for that chemical is especially strong after dieting, and in the morning, naturally, because your body is meant to eat breakfast, but it's especially strong when you have been denying yourself pleasure in food.

D Wow.

S But they say, but if I just eat something fun I won't be able to stop. Uh-uh, if you really enjoy your food you will have more self-control.

P Yes.

D Yes, because the chemicals inside your body are actually firing, they're doing what they're supposed to do, you're getting satisfied feelings, so it just permeates everything.

[00:19:47]

S Bingo, Pearl, and I'm going to be quiet here in a second, because I feel I've been rattling on, but I did the same thing as you, Pearl; the other day we were running off to a meeting and normally I'd just wolf it down in the car and, you know, just be, like, freaking, oh, there's a truck coming our way and just, like, not even remember, but I decided, do you know what, I'm going to have a Trimmy on the way to this meeting and then when everything's done I'm going to sit down I brought my salad and fried eggs and I enjoyed it slowly, made a little mess...

P Talking, we were sort of at the end of a meeting and we were still talking but you decided, no, this is a time where I feel I can eat my lunch without a lot of stress.

S And I decided to chew the first bite before I added the others in, normally I'm chewing a few mouthfuls at once, like, I just keep shoveling even though the first one's hardly started, that's just my normal...

D Like your pace, yes.

S Yes, but I decided to enjoy. And normally I, as a pregnant woman right now, I just get starved, one and a half to two hours later, well, it's not starved, it's thinking of food, like, well, I'm bored, I need the event of eating. I was so satisfied, it was just, like, the memory of that event held me over until a normal three hour period where I just ate a lovely protein-rich snack.

P And in this book he talks about slowing down, we'll give some methods of our own that Serene and I have come up with that are not even in the book, slowing down, and he said this is not for you to eat less, he said maybe you will eat less, if you have an overeating problem maybe you will, I'm telling you you will because you're going to be satisfied, but it's the slowness that's going to boost your metabolism, it's the breathing, it's the sensations, so all of you out there who feel like your metabolism's stuck and you feel like you're broken, your thoughts and how you do this can actually fix it, is that not incredible?

S Yes!!.

D Wow!

S And it's something I'm passing onto my children, I said to my children this morning, because normally I'm, like, quick, eat breakfast, quick, you've got to start school, I said, hey, guys, enjoy. And they're, like, what's happened to Mum, like, oh, doesn't that feel good, chew that, ah, and feel that creaminess on your tongue. I was, like, really, and they're, like, what, you've changed, mum.

S And I said to my daughter Gedi, you know yesterday how I told you to, like, she likes to watch her food as she prepares it, so she'll put a little bit of milk on her granola and then she'll stir and then she'll pour a bit more, and she'll do it, like, three or four times to watch the milk go around every kind

of, like, crunchy part of the granola and I'm, like, just stick the milk in and do one stir and eat, you know?

[00:22:11]

S I said, you know when Mummy said that, I was wrong, you can enjoy that whole, because the prep is important too.

D Yes, she was enjoying the whole...

S Yes, the whole experience.

P But you're a bit of a rusher, aren't you, Danny?

D Oh, psychopath.

P And then you binge in the fridge at night and you're standing up and walking around, and what can I scarf down my throat while I'm walking and thinking and, you know..

D Like as if you watched a video of my life.

P Yes, so I feel like we can all do better, I feel like we don't have to be perfect. You know, I've been trying this for awhile and I really messed up the other day, I just really scarfed my food, I don't know why, it was old bad habits and I thought, I could get down on myself here or, hey, it's like the Trim Healthy Mama thing, I've got three hours, next time I'm just going to slow down a little more, we don't have to be perfect with this but we can practice this.

P And like today, okay, we always record this poddy a little ahead of time just so that we make sure we've got one to keep coming to you, so we usually record, we start at 12 and I always bring my lunch, we all bring our lunches, and so I bring my Yuck Yum Bitty and usually I'm drinking it not knowing what I'm drinking and I get a bellyache afterwards, and so today I brought it, you know, I still drink the whole thing, I was still hungry for it, but now I taste it, I'm, like, I took a few deep breaths, you know, even though we had to talk about what we were saying here I just realised I am having a meal, I need to do this a little differently.

S And there's something that he didn't mention in the book, but what Pearl and I feel like is such a huge thing, and this is where the biblical aspect comes in, the act of giving thanks, like, we're Christians, right, believe us, Pearl and I, but unless it's, like, a sit-down meal around my table I forget to give thanks.

P Me too.

S So it's, like, I'll take a few moments and really give thanks, but not like a robot anymore but, like, I am so thankful, and that thankfulness is that cephalic head phase, it's, like, look at what you've provided, Lord, look at the freshness, the colour, I can't believe I get to eat this, I some so blessed, that thankfulness.

[00:24:11]

S And just another little quick thing about the biblical thing is Jesus took time, He came, and the other men came, they sat eating and drinking, the Bible, it says eating and drinking, and He loved to eat, and that's when He shared His parables, His stories, He would share with his disciples, He would teach them, He would sup with them and teach them, because He took time because the meal was an event, it wasn't a rush, and they reclined, they reclined!

D Chilling.

S John said I reclined in his bosom as we ate, and I was thinking of even the five thousand, he fed the five thousand and, you know, they're out in the desert, it's uncomfortable, you know, he wasn't, like, eating pita as he was talking to them and then sending them off, you know, he sat them down...

P To have a meal, yes.

S It says in the Bible he sat them down and then he fed the five thousand. So another key that he actually says in the book is don't eat while standing up and rushing around, sit down.

P If at all possible, and these are some things that we can do, practical things in your busy life, so when it comes time to eating, take a little internal check, okay, how do you feel right now, right now as you're about to eat this meal, do you feel stressed, do you feel a little harried, are you, like, ready

to wolf this down because you've got to do all this? Yes, your life is busy but just take some beautiful deep breaths right into your diaphragm, maybe just three or four, and just settle yourself,

S And that's not just for the chill pill experience that breathing gives but it's because your intestines need oxygen for their best metabolic force.

P So whatever those stresses are just shove them aside for a while, because they're not going to do you any good anyway, I mean, the Bible says, you know, take no thought for tomorrow, I mean, Christ does not want us to worry, but this checking yourself before you're eating is just one little way to make sure you're not worrying, and so that's what I do now before each meal I'm, like, okay, am I in a stressed state, if I am, cut it out, relax, because I want to digest this food and I don't want gut problems.

P The other thing is while I'm eating now I make sure I take, obviously we don't have all the time in the world but I make sure I take some mini breaks where I put my fork actually down and take some breaths, oxygen in, remember oxygen is metabolism. So just look around, like, smile at your children, do something but don't keep the fork to mouth the whole entire time going.

D Sisters & Brothers!!

P Yes.

S We noticed this phenomenon. We've got to let Danny talk...

P When we went to China...

S We noticed this, Danny, it is so huge, and we all came back from China lighter, we ate more than we ever ate in our lives, cheats, treats and all, okay?

P Not to say that the Trim Healthy Mama Plan doesn't work, it was just a little, we gathered something, we experienced something.

S But do you know what happened? Every meal was an event and every meal, because over there the Chinese business culture, when they're celebrating a partnership, they don't go over contracts and talk business at the event but they go and they encourage each other, they sit down and there's toasting and there's, each meal took about two and half hours. Now, that's not possible in our lives today, but if you wolf down your meal in seven minutes, try for 14.

P Yes, just try for that extra little bit that you can. We learned something from China, we learned chopsticks and because we're not the best at them and they slow us down, so that's one practical thing that Serene and I do now, I eat so many of my meals with chopsticks.

D With chopsticks?

P Absolutely.

D That's cool.

S We love it, and you get the beautiful ones, have you got those?

P Yes, they are a thing of beauty.

S Yes.

D Like owning a pair of fantastic, like, black with red Chinese letters on it chopsticks.

S Oh, I love it, it's just so, you're just, like and then the other thing is I went to Walmart the other day and bought myself some lovely tablecloths for our special dinners!

[00:27:57]

S Hey, shout out to you guys! We mentioned this awesome sponsor for our Trim Healthy Podcast, called Health IQ to you guys, and they had such a response they were so thrilled, they were like hey, can you just tell them again about this, because you guys make things happen, you have made things happen for us...

P The Mama's in the Trim Healthy World are world movers!!

S You guys are game changers, we love Health IQ because they take into consideration your steps, your hard work that you are already doing

P You know how some auto insurance companies will reward you if you are a safe driver, well see Health IQ does that in the same way.. if you are a smart eater and you are if you eat Trim Healthy Mama or if you move your body, they reward you...

S It makes sense and I love companies that make sense!!

P So to see if you qualify go get your free quote today at healthiq.com/trimhealthy or mention the promo code trimhealthy, if you

talk to a Health IQ agent. You can take your Health IQ quiz there and if you score well, you get lower rates

S Up to 33 percent

[00:29:03]

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

S I'm Serene.

P A lot of our women are working and things like that, and so obviously sometimes they have to have breakfast on the go and things like that and we've got a lot of fast meals, we've got smoothies, we've got muffin cups on the go. Yes, you can't change your life but you can change your mindset, you can change the way your brain is acting while you're eating,

S Even if it means you have to get up a little earlier so maybe you can sit there for the ten minutes. But if you can't, if you can't, that's okay. Don't do it during maybe the Interstate part of your drive, if you know there's some roads that don't make you as psycho, like road rage.

P And remember your breathing, remember, just chill out, just take a few beautiful deep breaths of oxygen, that oxygen's going to help with broken metabolism.

S I've got another story for Danny, do you mind, Pearl?

P No, but I have to go to the bathroom.

S Well, you go to the bathroom while I say it.

D Let her go, I'll listen.

P Okay.

S You know, you've got those ears, Pearl, I know you've heard all my secrets.

D We've got ears, too, so keep it down in there.

S Like, whispering to my friends in the room, you'd tell Mummy and Daddy because you know how to eavesdrop, so eavesdrop now and continue.

D Serene, we can kind of hijack this whole poddy at this point.

S Good, we can hijack it. Okay, let's tell all the things about Pearl... No. Anyway, okay, so, Danny, you'll love this story. It's another story that came from the book *The Slow Down Diet*.

S This is this man who was actually a Chinese doctor and he was helping other people nutritionally but he was just so busy in life that he was hijacking his own health, he had, he'd drive through McDonald's and eat two Egg McMuffins for breakfast and then he'd drive through another fast-food place at lunch and have, like, a burger, and then at night he'd go home and have a couple of slices of pizza but it was all on the go, on the go, on the go, and he went to Marc as a, what's the guy's last name, do you want to just get it again?

D You forgot it again?

S Yes, Marc

D Yes, it's Marc David.

S Marc David.

D Two first names

S Yes. And he went to him and he was, like, I'm just, I'm having the worst indigestion problems, I just feel so unhealthy and lethargic and he's, like, okay, we can fix your diet nutritionally but we're not going to do that at first because that will take care of itself, he said we're going to just have you slow down.

D Wow

S So I want you to drive through and get those same two Egg McMuffins, but then when you get to work I want you to sit there for ten minutes, before you go in, so even if you have to leave a bit early, and I want you to savour your two Egg McMuffins in ten minutes instead of ten seconds while he's driving, right?

D Right.

S And then at lunchtime I want you to take the 15 minutes you'd normally have for lunch, make it 20 and savour that burger outside of the drive thru, don't ignite your car, you know, don't start the ignition until you've savoured it. So this is doable, this is 20 minutes for lunch, ten minutes for breakfast, and then at dinner take that couple of slices of pizza and make an event out of it, invite some friend over who's really good company, don't sit in front of the TV and just, you know, don't, like, go over your papers from work, just dine for half an hour. Well, the guy called the doctor up, this Chinese doctor called Marc David up..

P Marc is not a, I don't believe he's a doctor, he has degrees, so...

S Okay, well, hey, if you've got degrees you're a doctor.

P And you've got the story a bit wrong.

S Okay, just wait, okay?

D Any letter will do.

S This is a good story no matter how I tweak it. Okay, so, no, the story is amazing, basically I've got it down.

P No, you've got it down, just some details are...

S Yes, but listen.

P Okay, go.

S He called Marc David up and said oh, my goodness, all my bloating and gas and indigestion is gone, and he said, guess what, I hate Egg McMuffins and I hate burgers. And Marc David knew this would happen, that's why he didn't tweak his nutritional thing at first because he said, guess what, you cannot savour them.

D Wow. You can't savour them.

S You have to wolf them down, especially the burger with a bunch of ketchup, you have to, because it's fast, greasy, gross food and he's, like, I couldn't savour it, so I realised I really love slowing down because my digestion hugs me for it, the other reason is I want quality food because it's the only thing I'll be able to savour. Isn't that a great story?

[00:33:05]

D Wow, that is huge!

P Yes, that is huge.

S And that's you, Danny, because I just feel like, you know, you've started to appreciate healthy food more and it's when you're, like, you know what, when I sit down I really, when I really think about the cucumbers I eat it, you know? You've been savouring healthy food lately...

D For sure.

P And you've been coming to think about it, it's a great thing.

S We should let him talk, give him one minute. What do you have to say?

D Do I get a minute, a full minute?

P Yes.

D Well, I mean, I don't need to talk because this podcast was for me, I mean...

P So you feel like you can, what do you feel in your head, your life is busy, okay, do you feel like you can take doable steps, because I'm thinking what you're feeling now that you've never heard this, Serene and I have been saving this, what you're feeling now a lot of people are feeling, what are you feeling?

D Yes, I, for sure, am a listener today, and I'm not, like, when you're talking about, you know, well, maybe you can't, you know, have time or that, I'm just, like, stop it, stop it right now...

P What if you could.

D Yes.

S I love Danny!

D I'm, like, quit it, because that's not what I need, maybe somebody else needs to hear that, I don't need to hear that because I'm already telling myself, you know what, you've got kids going in too many directions, you've got, I'm thinking about, because I've been in this place, like, yesterday, I called it Zen day at my house, I said, before I went to work I sat everybody in a circle and I said, kids, today, because they're off for Fall break, today...

S It sounds like you'd be best friends with Marc David, Zen day.

D Yes, I called it Zen day, I said today we are going to be instruments of peace, you are not going to strive with your brother, you're going to try to get the football so that you can have it, you're going to try to give the football, you're going to...

[00:34:42]

D And I just walked through it and I had to a little revisit after, but it goes right along with this because this is kind of where I'm at in my life right now, is that everything is just at a frenetic, insane pace, and I'm completely guilty of, while my family is sitting at the table I'm pacing in circles around the table...

D Eating food around my wife and four children, like a psycho person, like a psycho, like, needs to lie on a couch and have Marc David talk to me about my childhood, it's crazy.

P Yes, he would!

D It's crazy. And my Mom, I think, had, like, early onset osteoporosis, who is also a psycho eater and keeps a psycho frenetic workplace, mum, if you're listening, we love you, you know, and she knows this, we talk about this, we talk about how we are both wired the same way and we're losing our minds together in work, and so, boys and girls, it is not just what you eat, it is how you eat it. Marc David, this author, and I love this book...

S You need to read the book, Dan-Dan.

D Let me just hold that, because...

S We actually did him a disservice, really we did it the wrong way, we should've, we brought one book, well, Pearl brought it and read it and then gave it to me, we should've brought three, the next time we'll do that.

D But you know what, he's the founder...

S Next time we come across a good book, Pearl, we'll get Danny to read it.

D He's the founder of the Institute of the Psychology of Eating, and I love that phrase, the psychology of eating, because there's so much, and we've talked about it on podcast before, there's so much of your state of where you're at in your life, but then specifically now we're talking about where you're at as you sit down in the moment to eat, that's a big, big deal, and I've never realised that until now.

S Yes. And can I just extend that, let me extend that for you, Danny, just to make it a little bit more complicated, sorry, it's really not complicated, but

when you sit down to eat, yes, that's the most important, that's when digestion is initiated, that's when all those chemicals and hormones start flowing, but you know what, why does Trim Healthy Mama, why do we say separate your fuels if you're trying to lose weight, three hours, two and a half to three hours apart?

S Because you're still digesting two and a half to three hours later so you've still got to be a nice person two and a half to three hours later, try not to be a freak-out, so basically it's the rule, cast all your cares, the beautiful Bible verse, cast all your cares upon me because I care for you, basically don't be a freak-out, you don't have to be.

P I know, and I was reading, where was I, in John or Luke, John and Luke parallel each other a lot...

S Yes, I love it.

P The other day, and Jesus was talking to his disciples, He's, like, don't worry, and he said it again, don't worry, he's really emphatic about us not worrying, he doesn't like it, and what do we go about all day doing, worrying and stress, stress is worry, but...

S So when I read this book, and the psychology of eating, it sounds really tripped out and New Age, right, and like I said, some listening will just think that's great, but to Pearl and me, we want to take a more biblical approach, that's the foundation of all our truth, but, really, the psychology of eating, the psychology of everything in the Bible is cast your cares upon

me, don't worry, this is biblical truth that the world has just taken, but it started with God.

[00:37:54]

P Before we go, and I don't want to plagiarise his book, we want you all to get this book and, you know, those of you who are not Christians and not New Age, we just wanted to give you that heads-up, but please, still, this is a fantastic gem of a book.

S Oh, it's a gem. In fact, I'm going to give it to children to read, I'm just going to photocopy the parts I want them to read and give it to them.

P Okay. But, look, I'm not going to plagiarise this, I'm just going to say a few things that he lists here; the biochemical burden of stress on your digestion, okay? Quickly, nutrient absorption goes down, nutrient excretion goes up, blood cholesterol goes up, serum triglycerides goes up, it affects our lipid panels.

S This is under stress.

P Yes! So you could think, hey, I don't know why my cholesterol went up, maybe you were stress eating. Maybe you were stressed when you were eating breakfast.

S But remember stress doesn't mean an anxious or worried thought, it can mean the natural fight or flight of just a harried, busy life. Even if you're

listening to feel-good tunes and you're still hurrying around and hardly remembering your food, that's still considered a stress on your body.

D That's a good point. Wow.

[00:39:00]

S Yes.

P The swallowing rate goes up and a fast swallowing rate is a likely factor for digestive upset, gastric emptying time goes down, I mean, it goes on and on with all, sex hormones go down, inflammation goes up, mitochondria goes down, kidney function goes down, this is just eating while in a state of non-relaxation. He talks about, in one of the chapters the metabolic power of pleasure, and he calls it Vitamin P...

S I love it.

P How it raises your metabolism when you experience pleasure when you're eating.

D Whoah!!!

P Yes. But so many of us don't take the time to experience pleasure.

S So we're you saying even if you're on a strict diet and you're, like, blending everything up into some slim, fast, like, cardboard chalk drink, it's really not doing anything for your metabolism, and if you made something that tasted a little bit better, maybe it wasn't even as slimming, had more calories, had everything, you would burn through those calories and it would be healthy. Now, that's not to say that you can just eat ice-cream

and fudge all day and if think that it's pleasurable, you know, it's going to, it's just saying, hey, can you imagine how much more healthy your healthy choices are going to be if you...

[00:40:09]

D Yes.

S Yes.

P So to finish up here, we need to round off. Oh, can I say one thing, too?

S Yes, ma'am.

S But he also says that true pleasure is not just in the brain, yes, it is, but it's also, like, cellularly received, when your body receives, like, the key in the lock nutrition, you know, cellular necessities, when it receives healthy, vibrant food, your cells receive those pleasure chemicals, so it's not just that the fudge is, you know, and all the things that you really think are pleasurable are the key, it's also...

P It's not just the taste, your body knows nourishment.

D It's the nourishment of the cell.

S Yes.

P Nourishment and taste, that's why Trim Healthy Mama is great, right?

[00:40:51]

D Yes.

S Nourishment, and we also can eat our chocolate cake for breakfast and we have the taste going with the steaks and all those chicken wings.

D That's so good.

P I was going to round off and say so if you're struggling with that, you know, that 20 pounds that won't budge, or whatever it is, just take some of the things we've said today and just apply them, maybe you're eating superfast, or maybe you're a slow eater but you're eating in a state of anxious, like, these 20 pounds, I just can't rip them off my body, oh, I hate my body, I mean, that's going against your metabolic power. Turn on your metabolic power.

S And he also says if you're saying to yourself while you eat, you know what, my thyroid is just so messed up I'm probably just going to...

P Not going to burn enough.

S I'm not going to burn through this even though it's a perfect Trim Healthy Mama Fuel Pull snack.

S No, he's saying that you can actually give your thyroid a little boost, your thyroid can actually search thyroid hormone by thinking, hey, thyroid, you know, like, I bet you're going to just do great on this snack.

[00:41:55]

P Yes, and breathe deeply and get that oxygen into your thyroid. And this is what I felt really validated about, Serene, when I read his book, he talked about exercise, and you and I have always felt so strongly about how over-exercising ruins metabolism, we've seen it over and over, and he has a chapter on, he said that, you know, he's helped so many people but the people he has struggled most with, that even that they do all his principles and still they couldn't shed the weight, were the people that were over-exercising. The marathon runners, and some that were, like, just, you know, taking that hour early in the morning into the gym and he's, like, yes, exercise is great, it can be stressful on your body not to exercise but there's got to be this beautiful balance where your body is not in that state of stress if you're going to harness your metabolic power.

S We just want to say we don't believe in no pain no gain.

P No.

S And I just want say, too, that...

P You mean that's not our mantra.

S Yes, it's not. You know, I...

P You're going to feel a little bit of pain when you're doing some reps.

[00:42:51]

S No, but I don't think exercise has to be horrific.

P No.

S I don't think it has to be trauma, I don't think it has to be, like, something you dread, I think it's something that you look forward to because you're not going to be, like, doing it to the point where you're a dying cockroach on the floor, like, you know?

S But the other thing is is I want to say, when I reading about how this Vitamin P, you know, the vitamin of pleasure, you know, I had this little thought cross my mind, ooh, but, you know, I was thinking of, but, you know, the pleasures of the flesh and blah blah blah, but do you know what, God is the giver of good gifts, he created the taste buds on the tongue, he created salty ones and sweet ones, do you know there's more sweet ones than any other taste buds on the tongue?

D No way! Wow.

S I wonder why? There's salty, and there are all these taste buds on the tongue, He created, like, the sun to warm us and the wind to revive us, and He created the pleasure, all the things, music and all the things He didn't have to create but He created, He wants us to not rush through life just completely not even taking notice, He wants us to, for every single thing that He's given us, be present, enjoy it.

[00:43:59]

P And do it with wisdom, like, eat pleasurable foods that are also good for you. Like the pleasure of, you know, marital intimacy, God gave us sex for our pleasure, yes, but he also put it in a beautiful place, a healthy place.

S And we don't think about our taxes in that moment, right, we're present.

P Yes!

D That's a very fair statement.

S And we think about the one we love so much, right?

D A very fair statement.

S I think all those health benefits we've said about sex wouldn't be coming if we were thinking of taxes.

P Right.

D That's a very fair statement.

P Yes. And we're talking about the Foxy Mama PODdy 1 and 2 there, please go and listen.

[00:44:33]

S And if you're going to eat Aunt Marge's piece of Chess Pie on Thanksgiving, tell yourself that this is such an amazing piece of Chess Pie and you've chosen to treat yourself to it, and this is a great pleasurable experience, because if you tell yourself I'm probably going to gain ten pounds you will.

P You know, if I eat this, I'm going to eat three more, that's what I do.

S You know, scientifically, and I've tested it, your metabolism will slow down, you will stop burning calories for an hour and a half or whatever he says in there, and you will gain a lot more weight than you needed to if you just chose to enjoy it.

P So, guys, don't let this be condemnation, don't let this be, oh, but I can't, I don't have time, just take baby steps like Serene and I are, and walking this out. Danny!

D Hey, and that might be breaking a little bit of the pace that we've learned to keep from our childhood and maybe adopting just a new pace in life.

P Yes.

S And do you know what I've started doing? Because we're a busy family, one night a week we have a special meal, the candles come out...

P Yes, I've been thinking of doing that.

[00:45:33]

D Yes, candles!

S You know, and the wine goblets come out for me and my husband.

P I don't have any chairs around my dining table, but we're moving and I'm going to...

S I buy the, like, taboo 100% Concord grape juice for my children, it's just one night a week they get juice, but it's, like, we have a special event and we sit there and we enjoy. You know, we like to sit down at the table, you know, every night, it doesn't always happen, but it's not as special, but I'm just all about events now.

P Yes, and I have teenagers and we're running in and out and we rarely, I mean, I always have dinner, but people are eating it at different times a lot these days, and I've been really convicted to do that one night a week.

S I yelled at my husband in a nice way as he was going out the door and I'm, like, giving him his little lunch and I'm, like, remember to take time, enjoy it, chew every mouthful slowly!

P Oh, I've been preaching this to my husband and he won't read any book and he's looking at me while he's scarfing down the food, but that's okay, hey, each to their own, in their own time.

D Hey, you've got at least one convert over here.

[00:46:26]

S Oh, good.

D I mean, I love it, I love the chill speech that I heard today.

S Danny, when I'm finished with this book, because I haven't really fully got it, you...

P Danny can buy his own off Amazon, he's a big boy.

S Oh, okay.

D No, I'm going to stay tuned for the next four little episodes we do where I hear the cliff notes and probably much more passion...

S No, this one is done today.

P Well, we're going onto different subjects now.

D Oh, I see.

P This, was Part 1 our Slow Down and Stop Stressing...

D It's a Part One kind of thing?

P It's all done now.

D I see.

Hey, Mamas, do you have a question for Serene and Pearl?

Send your email to support@trimhealthymama.com

D This one's from Dana A, you are always so cautious about suggesting economical solutions for us but I think there are so many Mama's who don't know about the THM Membership site, can you talk about all the wonderful resources there? Hey, she lives in Whitehouse, by the way, that's just down the road.

P That's close. Thanks, Dana, for the shout-out, actually, that we try to always be mindful of budgets.

S Yes.

P Our member site is so awesome, but it is completely optional.

S Yes.

P You can totally do Trim Healthy Mama without it, you just need a book, you just need the knowledge.

[00:47:38]

S You just need a library, you don't even need to buy the book.

P That's right.. now that we have established that.

D Yes, wow, okay.

P The member site was all the things that people asked us for, for more, and it is an incredible, fabulous place of resources, of tools. So, like, you go in there and then you can just see recipe after recipe, I mean, there's over a thousand of just Trim Healthy Mama recipes that are all vetted, all of them have the S, E and FP, and you can favourite them, and so get your whole list of the ones that you like and then you can go and make menus on our custom menu builder with them, and that would generate, spit out a grocery list for you, so if you like things like that...

P I mean, it's going to rock your world.

S And you can get questions answered from our Admins who are just awesome.

P Yes. If you're not, like, a Facebook person and you want a private place, there's chat groups, there's a library of resources where you can just scroll, like, for days on just articles, things like that, and then, that's the biggest thing, I think, Serene and I continue to do videos for our Member Site, we've just loaded three more up this afternoon, and so they should be coming out, where we cook in our kitchens and make these meals and just show you how we do the plan.

[00:48:54]

S In our own personal real kitchen.

P Yes, and we're not Martha Stewart and so you us make mistakes, but you see us make meals out of just basic stuff, this is how we live this life.

S I made you pancakes this morning, Pearl.

P Yay!

S The special dairy-free ones.

P The dairy-free ones that we're just putting up.

S They rock.

P And the list goes on and on, yes, you get 10% off our THM products, too, if you're a member. So it's a pretty cool place, actually, and we talk about budget but it doesn't cost you much, it's less than, like, a couple of Starbucks per week, it's, like....

D Did you mention the menu builder?

P Yes, I did, where were you?

[00:49:29]

D I was looking in my bag for food.

P I think I left stuff out. But some women found that that's actually the tool, the menu site was the tool that actually enabled them to really do this, because that's sort of human, and they need that structure.

S But do you know what, I don't think I was that kind of human, I haven't used the menu site, but I've just recently started, like, giving myself, like, a menu, what I'm going to have every night for that week planned; I tell

you what, my family is so much more nourished because I just have my go-to simple meals

P Yes, like me.

S And it was just overdone and time for refreshing, so...

P Yes, I'm not a big menu person, but, Serene, just in the last couple of weeks her life has gotten too crazy, she's, like, Pearl, I have to do menus.

S It's so exciting, though! A menu is, like, a peaceful time now and not a stressed out, okay, what are we going to eat?

P Thanks, Dana, for the question.

Trim Healthy Mama Product News and Notes.

P Oh, let's talk about chocolate chips. We finally have them!

S Let us drool, let us completely, like, dream...

S Let the dream be real.

P Because we finally have Trim Healthy Mama chocolate chips, and why are they special, Serene, because they don't have filler junk in them!

S Well, let me tell you, you just put one of those chocolate chips in your mouth and you know why they're special, the smoothness will just completely dance around in your mouth, it will yell smooth, it'll scream smooth, it'll say I'm a different little chocolate chip and I'm worthy of my own special praise. Listen, there's no inulin, there's no dextrose, even the other brands that are so-called healthy because they've got stevia in, they're filled with about two or three different fillers that taste chalky to the mouth.

P And let me, can I be totally transparent here?

S And it's cheap when you have fillers.

P Can I be transparent?

S Yes.

[00:51:17]

P This has been hard, trying to get our own chocolate going, I mean...

S Do you know why it's been hard, there's been bad blood, not between Pearl and I, but Pearl and my husband, because my husband is the one that does all the...

P The finance, the pricing.

S Now, he loves Pearl and Pearl loves him, but he does all the pricing and all the, what do you call it, production, he's Production Manager.

P I'm happy with the chocolate chips...

S And he's, like, Pearl, we're losing money, why did you even decide to do this?

P I wanted to bring a chocolate chip, Serene and I wanted to bring a chocolate chip to the world that didn't have those fillers that are in the other one, that were stevia sweetened, but that could be...

S That could beat the price, or be at least the same price as other brands.

P Yes, I wanted to beat the price of the major other one, you'll all know what I'm talking about, but we don't say brands here, hey, it's blessed a lot of people, I've eaten it.

S Yes.

P But I wanted to beat that price but I didn't want to put inulin or dextrose in ours so we had ours perfectly pure, okay? We paid to get this in our hands almost for what you can buy the other one in the store.

[00:52:18]

S Cocoa butter and cocoa beans and all of that stuff is just such a, it's gold, it's like what you trade with.

P So for now we are actually not making money on these but we want to put them out there, I'm just saying it, but we want you to have them because...

S We've got a better price now where we're just not losing, but we're not making.

P No, we're not making a cent, but we're going to put them out there, but we have plans to build our own chocolate facility like we'll all be Trim Healthy Willy Wonkas, and then we might make a small mark-up, but we just want...

S No, no, meaning, we're not going to make the price higher, we're going to make the price lower, or...

P I'd love it, yes!

S Keep them here so that we can at least make five cents off of each bag.

P Yes, I'd love to make the price lower in the future, but we will have to be doing ours and some other people's to make that happen, but that's coming.

[00:53:04]

S But the reason why I was saying this is the price is for the purity.

P And I understand if it seems higher because when you buy chocolate chips off the shelf what you're buying is sugar and junk...

S And when you're buying the chocolate chips off the health food shelf you're buying a lot of cheaper filler.

P Yes. So that's all I'm saying, so I want you to understand...

S They're just trying to make a living.

P I know, they're great!

S They're just trying to make a living.

P We're not putting down anything, we're just saying why things are, the reason they are, and this stuff is pure, this stuff will not spike your blood sugar, this stuff will melt on your tongue...

S Oh, my goodness!

P And we're very proud of it.

S They're a little more melty because they're so pure, because of the cocoa butter content.

P So we're going to work on that, tell us what you think. Hey, we're going to start our own manufacturing facility, so we will be guided by what you think, and we're open to change.

S We're going to listen.

P We're going to listen.

S Unless you say add inulin and dextrose, then we ain't gonna listen to nuttin'.

P Yes, then we're not going to listen! Okay.

[00:54:00]