



## Trim Healthy Podcast with Serene and Pearl

### Episode 43 - Happy Thanksgiving

*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 · T = Tim · J = John

[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

[00:00:32]

T Hi, I'm Tim and I work for Serene and Pearl. When I'm not preparing an E Meal or rushing out the door with my Yuk Yum Bitty you can find me behind the scenes of the weekly PODdy doing my magic audio editing. Hey, somebody has to make these gals sound good and when John trips over a mic cable or Danny says something highly inappropriate I have to be around to edit that out too. Now we'll return to Part 5 of the Weight Stalling podcast next week, right now, a very special Thanksgiving PODdy.

[00:01:07]

S This is the PODdy with Serene.

P And Pearl

S Get it right, P- O- D- D -Y.

D Hey, welcome back, ladies and gentlemen to another blast off episode of the Trim Healthy Podcast with Serene and Pearl.

S And Danny

P Danny Boy

D And I'm here too, and we have a killer podcast for you today because it's going to be timely and it's going to be stuff that you need that's practical to help with some upcoming events in your life.

S And I'll tell you what, it's going to be special and do you know why I know it's going to be special, because Danny is wearing a special outfit.

P Oh my goodness

S His button-up college shirt is perfectly placed beneath this, like, navy sweater that's just for graduation events, with pointy patent shoes and polished, I don't know why he's dressed that way.

P We have no idea because usually he's, like, "Bohemian Dan".

D You know I feel like...

P And today he's crossing his legs and he's, like, acting differently too, what's up.

D I feel like I've just come in here like filth for the past couple of weeks and I just, I needed some contrast.

P You dressed up for us?

S He's a little bit "Mr. Bean/ Mr.Roger's" Neighbourhood.

P Yes.

D Here's the other thing, the other thing is that a lot of my summertime gear is straight up a bum on the beach, okay, and all of my nice things, or really most of anything I would wear in the winter just happens to be nicer.

S It's job interview stuff, you look like you're here for a job.

P Yes, you look like you're at a job interview or else you have a trust fund and you're just coming from a meeting about what the lawyer wants to do with the rest of your 50 million.

S Yes

D Yes my, before my Dad went back to Mexico he didn't leave me a trust fund.

S And also the hair is down, like last week your hair was sticking up and almost afro.

D But I'm telling you...

P Today it's like, there's only a quarter about as much, is it the same haircut or did you get your hair cut?

D I don't even know when the last time I got a hair cut.

S He constrained it Pearl.

P Yes, you constrained it, it's like it's behaving, just like your outfit is behaving.

D Excuse me folks, my hair's not cut its constrained.

S But I'll tell you though, so I feel the specialness in the air, I feel like there's something good going to happen today in the podcast.

P Yes, we're going to talk about it, because it's happening, the holidays are happening, and Thanksgiving and Christmas, we say Christmas in this PODdy. And that's Mrs Christmas, Serene, sitting over there.

S Oh I tell you what, my children, my children are Mrs Christmas' offspring and I'll tell you what, all the, now they're like pleading, Mom, every time they open the door, I feel it in the air, I smell in the air, can we put our Christmas tree up today.

D Wait, Serene, do you love Christmas?

S I love it.

[00:03:37]

P She's beyond a lover of Christmas, since she was a little girl she lives from the day Christmas ends.

S I used to call myself Serene Christmas Campbell.

P To the day it starts.

S My first baby was due, it came a little early, but it was due a week before Christmas and I knew God gave it to me for Christmas, because of how special Christmas is.

P And Thanksgiving is around the corner and guess who we have to have in this PODdy today, Mr John, our producer, who is the Christmas Grinch, he hates Christmas.

S Oh he doesn't believe in it. He loves Jesus, but he doesn't believe in Christmas.

D John is a foul Christmas Grinch.

P Because he thinks it's a day, he thinks it's a day that you have to celebrate. Oh, he thinks he has to defend himself.

J Now let me be specific here, I don't hate Christmas, I hate the celebration of retail Christmas.

[00:03:45]

S I agree with that.

J Traditional Christmas is a beautiful thing, unfortunately I do not believe that the majority of people who celebrate, I'm putting my fingers up in quotes, "celebrate Christmas" are celebrating the "traditional Christmas." I think most people celebrate the "retail Christmas."

S And because of that he boycotts his own beautiful tradition

P Okay, a big round of applause for John.

D Yes, good job John.

S Yes, actually John I'm going to constrain myself as good as Danny's hair is constrained and not get into it. Usually every Christmas John and I get into a big whopping fight.

P Fight!!

D Is that like the Peewee Herman word of the day, constrained?

S And I know that it's probably not the right day. Don't, if you're there and you're on John's side and you're probably yelling back to me and I know that, you know, there's.

P The Wise Men didn't make it to the birth actually; it was, like, four years later.

S I know that, but guess what? I'm going to celebrate the birth of my Saviour. Do you know why? Without Him coming to earth we'd all be in a bunch of pain.

P We would.

S There'd be nothing, no light, no life, no hope, no salvation, no nothing, so I tell you what, if I'm going to celebrate human's birthdays I'm going to celebrate the Creator of the earth's birthday. And I don't care, and I never celebrate my children's birthdays on the day, because sometimes I have to wait for pay checks from husbands and...

P Oh you got John back.

D John's coming again.

J See, see I want to celebrate Serene's style of Christmas, that's the style of Christmas I'm all about, okay.

S But I don't care about presents and all that stuff.

[00:05:42]

J But I don't, yes, I don't think any of that can be found at Target or Wal-Mart or Amazon.com.

S Yes, but you know what I love to give away, I love to give, and I'll tell you what else, I do love that you can go to the mall, the retailers' craziest materialistic place, but they're "Joy to World" the Lord has come, let earth... What is the word?

P Receive her King.

S Receive her King. My point being is, even in the places where you could never even say Jesus hardly, it's put through the sound system loud, so there is some good things.

P Well, can I say something about that, though, I was at the mall the other day and I almost had a fit, it wasn't even Thanksgiving, when this goes live this will be a week before Thanksgiving, okay, but it, this was a couple of weeks ago and they were playing Christmas songs.

S That's wrong though.

P And I'm, like, no, you don't do that, why are you doing that, it sort of takes away the excitement of Christmas, because it's way too early.

S Well, I love singing Christmas songs all through the year, because I think half the worship songs can be Christmas songs, but there are special little nostalgic songs that I like to keep for Christmas.

D Yes, I'm with you, I don't like the Christmas music too early, we need to get through Thanksgiving.

P Exactly, get through it and then put your tree up and...

D You what it is? It's these retailers getting all zealous about making that change.

P Exactly, they want us to purchase and buy, buy, buy...

S And I know you can't put the lights in the tree because of the druids and all that kind of stuff, but I'll tell you what, the pure all things are pure, and to me He's the light of the world.

P Serene thinks all her own thoughts as she puts up that Christmas tree, okay these lights to me mean...

D That's good, and you know why, because there's not another author of your life. And see, that goes into a lot of stuff we talk about on THM, you know, and it's, like, well because the origins are like... And it's, like, I get that, I don't know, I can't research everything and even if I did I wouldn't be sure that the material I was reading was authoritative. So I have to be the author of what I do and why I do it.

[00:07:38]

S And don't go to church on Sunday and don't even call it Monday and don't even call it Tuesday, it's all pagan, this and that, oh you called it Tuesday....

D Or Sunday that we're worshipping the sun, yes

S Sun God and all that kind of stuff

D Yes who knows if any of that's even valid or real. Maybe it is, but...

S The devil has tried to pervert everything, and he's especially going to try and pervert the day that we celebrate Jesus.

P It's like music too, and drums, even drums will...

D Oh let's talk about drums.

P I remember, yes you do, Danny is a drummer, I remember when Serene and I did some albums for mothers. We did a lullaby album and we just had a little lovely bit of percussion in there, you know, because sometimes you need a little beat.

S Your heart beats right, Danny.

D Yes it does.

P Oh, we got so many letters, do you know what drums are, they cause a perversion in the body.

[00:08:24]

S They're called the base, base desires.

P Yes, they bring out base desires.

D Like to dance, do you mean?

P It brings about desires Danny.

D We just don't even want to dare find out.

P We don't know, but all I'm saying is, yes, you can, to the pure all things is pure, you can... Listen, if you don't want to celebrate Christmas keep listening, because we're just going to have some good info for you anyway.

S Because we love John, and he doesn't celebrate Christmas, but we love John.

D John doesn't celebrate.

S But I'll tell you what..

D Because he's the Grinch

S Vange, our sister Vange, she came back and she heard, you know, that we got a lot of albums sent back because of that, she's like I just came out of Africa and when they go to church, they start walking out of their village to the sound of a drumbeat.

P Yes

D Oh that's what calls them out.

S Yes, like, they march all the way from their tribe to whatever and, you know, the way they dance.

P Anyway, well let's stop our preaching and get to some teaching.

D Hey

S Oh my goodness

P And talk about how to get through these holidays, how to do it and own it, no matter what you're going to do, we're going to talk about it, and how to do it with joy, rather than guilt and how not to dread it.

S How to celebrate the flavours of the season and not have to, you know, deny yourself those flavours, but you can deny yourself the pounds, if you want.

P Yes.

D How do I celebrate the flavour of a Reese's Peanut Butter Cup?

S Oh we will tell you.

[00:09:44]

P Well, in our cookbook before this latest Trim Healthy Table, there's something called Treece's if you had read the book Danny...

S Danny, they're my favourite food, my daughter makes them for me, like, at the drop of a hat.

P They're incredible. You need to go get that book, go make some, Danny.

S Hey, just as a little side note if you're listening, if you've ever made the Treece's you can do a little alternative and make them with melted 85 at the bottom.

P 85% chocolate

S Instead of Skinny Chocolate and it makes it a little more like the normal ones.

P Or I'm telling you, our new chocolate chips, melt those... I'm so in love with our chocolate chips, I have this addiction.

S They're good.

P Because they're so smooth

S Oh I know.

P Did you notice that, Danny?

D I need to try these chocolate chips.

P Hold on, excuse me, you don't have them yet?

D I'm sorry, no, I have tried...

P They kept the packet from you.

D Yes, it's just been kept... I've tried a little bar of chocolate back in the day.

P Oh the bars that will be coming yes when we were testing

D But I've not tried a finished product chocolate chip.

P What's wrong with him?

S Danny, your hair's going to get unconstrained if you get upset, so just keep it, keep it cool.

P We'll bring you a bag next week.

D Yes, I think we need to do that.

P You can try it live, okay.

D Hey

P Live

D I'm saying, hey, it's not the word of the day, it's constrained. Sorry, back to the point, Pearl?

P And I just put my braids on top of my head, because it felt right.

S And you look like who, the little girl from the Grinch movie, it feels good, because it's holiday-ish. Yes, I just do things. Some people's hearts grow around Christmas, even if they don't have those kinds of hearts.

D Look, it's really easy to eat wrong, starting with Thanksgiving. Starting, sorry, starting with Halloween. My kids brought home some candy...

S Don't even talk about Halloween, we'll get into a debate, because I don't do Halloween.

P Oh that's one day that Serene makes evil.

[00:11:16]

D Oh yes, now Serene...

S It is evil, you don't celebrate the Day of the Dead, what, I don't even, my children...

P You are a hypocrite.

S No, because...

P You're a stinking hypocrite.

S No, there's nothing pure about Halloween.

P Oh I can find some.

D And then the podcast went off the rails.

J Well, I guess some retail holidays are better than others, huh.

S No, I don't celebrate Christmas as a retail holiday. Listen, to me there is nothing redeeming about ghosts and scaring people.

P Serene, a lot of the people that don't celebrate Christmas, that are listening right now, have their reasons, you have your reasons...

S No, that's why I love you all and you go ahead and do it for you. I'm just saying, I've not my reasons for not...

J I'll tell you what, [sound slip] are coming out of the woods [sound slip].

[00:11:22]

P John's yelling now, he doesn't have a microphone.

S I'll tell you what I tell my children when they try and scare each other, like they'll wait outside in the corridor, they'll wait for their little sister to come out of the bathroom and they'll do a big scare and I said, do you think Jesus is honoured by that.

P Well Serene, this argument's going in, but now we're going to start teaching and everyone can just leave Serene to the ones she accepts, the holidays she accepts, the holidays she rejects.

S Celebrating the life of Jesus and then, and then dressing up in scary stuff...

P Okay, stop preaching.

S It's just a clear negative.

D I can hear the voice of the narrator coming over now and that's when their podcast career ended.

S Hey, Danny was fired a few weeks ago, why are you firing me, how can you fire me?

P I'm about to fire you.

[00:12:38]

D Hey, we've already got the book out of you, what else do we need.

P Yes, just so you know, it will be the Pearl Show.

S A Christian version of Halloween, she does a Christian thing.

P Exactly, I do my Christian version, it's called the Harvest Day.

S Yes, yes go ahead, and we still love each other okay, so if we can still love each other, I can still love you and you can still love me, okay...

D I think the world is schizophrenic, we have to, like, wrap it up whatever way it works.

P Oh look she's hot, she's...

S I'm getting hot; I've taken my jacket off.

P She's, like, hold my jacket and purse please, while she goes and attacks her sister.

D She's all pregnant and sweaty.

P She's totally, she's got a sheen of anger on her.

S No, I'm saying...

P She does.

D Like, her forehead's red.

P Yes.

S No, what I'm saying, if you hate Christmas and you love Halloween, I still love you and you can still love me, because Pearl and I are still friends.

D Hey, listen folks, at the beginning of this podcast we said right upfront this is the unscripted, no one's, no publisher has filtered this material down into a final product, this is, somebody's hitting record and people's mouths are opening and...

S You guys thought we just fought about Drive Thru Sue and microwaves.

S No it goes deeper.

P And way deeper, and you talk about theology, Serene and I...

S Oh yeah, the Pre-Adamic race and all of that, Pearl and I could be at each other's throats.

P When did creation start, was it a 1000 years or was it 6000 years ago or was it six days, oh Serene and I could go over that for hours.

S We used to actually...

P We used to get mad.

S We used to give the silent treatment for a week and not let our children play together, but now... You just grow up and we just love each other and our differences.

D And that was the recording when all the advertisers pulled their money from the Serene and Pearl Podcast.

P Oh my goodness, actually that was fun. Serene and I, honestly though, we even did a PODdy about this, Serene and I have learned to fight and love. As we did say, we actually used to stop our children from playing with one another for, like, three days.

S Oh yes

P If I was mad at her...

D You'd fast the kids. You'd fast the kids.

P Yes, fast the kids.

S It's the best way to hurt.

D Now you've got a hurt sister.

P If you use your kids, it hurts more.

S Oh yes, oh yes, because then you can go home and say to your husband, how dare she do that to my little daughter, and little Susie is crying in the corner, and she can't play with her cousin and it's got nothing to do with her.

P But we've come so far, we can fight, like, with smiles stay on our faces.

D And the kids can still play.

S About this podcast, when we were deciding to do a podcast, I said I love you Pearl, but this is going to take over my life, I'm not in that season, I've got toddlers all around me, I love you, but you're just asking too much.

P And she got a sheen and red head, a red forehead. But anyway, we've learned to, yes, all theology, all that, you know, Halloween and Harvest Day, we're all good. Hey,

so let's give some practical tips on how you get through this season, how to love it, how not to fear it, and let's just start, okay. Yes, there is going to be sugar galore.

[00:15:20]

D Truth

P Sugar galore come on, Dan, you've been about a year sugar free now, right?

D Yes

P Doing your THM Man Plan

D Yes

P Have you had thoughts about these holidays and what you're going to do when you're at the Cool Danny parties, people invite you because they think you're cool, right?

D Yes, everybody thinks I'm cool, come on, come on.

P Yes and Danny's going to be invited to the parties and what are you going to do about the sugar there?

S He's going to do the Pearl move.

P Yes, you can do the Pearl Dance.

D You know, I'll be honest, I've never faced a holiday pre, you know, really full on point, so I've not thought it through.

P So when we talk about it today you can take...

D I'm glad we're talking about it, because I would have probably gone in and dumped bowls of Reese's Peanut Butter Cups into my face and gone, oh it's the holidays after all and I'm not this way all year, so...

P Yes, and you know what that can do, Danny, you see, lots of women are right where you are, you know, they may be starting THM or maybe they've, you know, done it for a few years and fell off and it's the hardest time of year for some, for some women. And it can either do two things, you can get through it and you can maybe cheat now and then or you can be a sergeant like Serene or it can so derail you...

S Do I look like a sergeant? It's just not in my brain space.

P No, you're not, we'll talk about that, or it can so derail you that you find yourself so far gone and so riddled with guilt and shame you can't find your way back. And that's what we're going to stop today, we're going to nip that in the bud so hard.

S Oh yes

[00:16:48]

D Well, you know, it's interesting, I say, well, maybe I'll cheat a little on the holidays, wait a minute, the holidays October November December, that is a fourth...

P That's what we're talking about.

D It's a fourth of your year.

P Yes.

S Yes

D You can't cheat on the holiday's that means you're giving a fourth of your year away.

S That's like what I've said about us here on the hilltop, we're all, my husband will be like, well, I'm just having a little ice-cream and birthday cake on a birthday, I'm, like, there's 50 something gillion cousins, that means you're having birthday cake every night. Like when there's something that's just a lot, you have to make some more defined plans.

P Yes, you have to make... And that's what we're going to talk about, defined plans, like, we'll talk about the differences between us, but there are ways that you can get through this. I am not going to cheat November December... What is it?

D October, November, December

P October November December, I'm not going to do that, because, as you say, you'll ruin anything that you've done and you will come into that New Year feeling defeated, your blood sugar will be high, you'll be feeling lousy and then you have to start again. And sometimes you won't start again on Trim Healthy Mama because you think, hey, that's not quick enough; let me do something intense, then you'll go ruin hormones.

S You'll get on the New Year's resolution, like, 30 days to shed blah-blah-blah sites, you know.

D Yes, and since THM is all about lifestyle freedom and that could be long term for many.

P You'll think that's not good enough, right now I need to purge my body, I need to bash my body, I did something wrong, let's whip it...

S Then you will do a two week wheat grass fast....

P Yes and so we want to avoid all that at all cost, so I'll share what I do, then Serene can share what she's going to do and then we'll give some more pointers, but...

[00:18:19]

S And Danny, feel free to not be constrained.

P Feel free. Feel free.

S There you go.

P I do take, the actual days, there's two of them in my opinion, Thanksgiving and Christmas, and I don't say no holds barred all sugar is pouring down my throat at that point, I don't say that, but I do enjoy Crossovers, I don't think, well, I'm going to stay S&E, because that's not for me, okay. Maybe you want to stay S&E and you just know that's what you need, and all the more power to you.

S And you've created beautiful dishes that are going to make you feel very satisfied on those days, that's fine.

P I know lots of people do that and I am just so proud of those who do that. For me, I'm Crossovers and for me I choose to eat just a few family traditional favourites.

S Oh yes you do.

P Our sister-in-law makes the most amazing cheesecake in the world; she makes some Australian things that we grew up with, Pavlova and things like that, I'll just have a little bit of those, I do like to just taste and celebrate.

S Mum makes plum pudding and custard and you like to taste that.

P Yes, and I won't just, like, oodles and just shove them down my throat, but I'm not going to deny myself. And then I choose to not get overwhelmed with, like, failure about that, I own that, that's what I do. And if you're going to do that, you own it and you shove that guilt and shame so far away, because that's going to wreck your hormone profile.

S And now we've learned, recently, about how a little bit of Vitamin P...

P Yes, which is?

S A little bit of Vitamin Pleasure, just goes to really undergird and really strengthen your metabolism and your caloric burning power. So, Pearl, you're not going to be thinking anything, like, oh yes, look at Serene over there, she's not eating this pie and I'm eating this pie, blah-blah-blah, no you're going to be thinking, oh man, this is my decision and I'm loving it, right.

P Absolutely

[00:20:12]

S But I notice your job every Christmas is to make traditional pumpkin pies and because of all the grandchildren, you know, you make a couple for all of us that are that are all THM, but because of all the grandchildren you make traditional ones too.

P I do.

S I notice every year that you might take home your green-bean casserole and stuff, just to have the leftovers, but you never take home your traditional pumpkin pies.

P My sugar loaded ones?

S Yes

P Yes.

S See, that's another plan that you have, I'm going, I'm going to eat these things on Christmas Day, within grounds, but I'm not going to take them home to tempt me during the week.

P Oh no, you mean take them home, leftovers, never do that.

S That's what I, I'm just still talking about you, I'm not talking about me yet, I've just been seeing, I'm picturing it in my mind, what you've done every year, and I noticed that you never take home your sugar stuff after the day.

P Oh right, that's one of my tips and tricks, that's how I do it. I will enjoy sugar stuff at certain times, and I choose them, sometimes, yes, anniversaries, when I go out to dinner with my husband for special occasions.

S Tiramisu you love.

P Oh come on I do do that, I never will box up anything like that and take it home, ever, because why have it in your house.

S Even if you made it and spent money on it

P No, I don't care. But it, listen, it's trash, right, so why don't I use my body as a waste can. And listen let's just say that you're the host for Thanksgiving or Christmas and you do make a bunch of sugar stuff, you're good at that, that's your love language, feed your family that. Let's just say it's second, third, fourth day, it's the fifth day, it's still in your house and you're being drawn to that fridge every day and you're having

that left over pumpkin pie and green-bean casserole, I'm telling you right now that is the time when say no more in my body, I'm going to give it to a needy family or some young metabolism boy that needs it, but I certainly don't need it, get it out of the house.

S Or it could be day two and you say to yourself, as the people are, like, leaving, so that you're preparing for day two, hey all, let me bless you, take this home for your family and you just pile it out with people.

P You do. It's the hugest thing, give it away.

D It's better to give than to receive.

P That is so true, Danny, and my next thing, and let Serene take over after this, what I do is, I don't the next day, as soon as I want to change and get back to my normal THM of eating, and that is usually the next day, although sometimes there's after parties things, like, we travel to my, Charlie's parents, we have to, like, stay there, there'll be more off plan foods and maybe it's two or three days before I can fully back, but I try my best. But as soon as that meal comes where I'm getting fully back on it, there's a Deep S to reset your body and get the excess blood sugar out, because that excess blood sugar keeps you craving the sugar.

S It does, it does.

P So I do fried eggs in butter, three of them, very simple, that's my breakfast, it gives me this reset and it's like a sign to me, I see them on the plate and it's, like, Pearl you're back, I love you Pearl.

S Yes, it's so fantastic. It is so fantastic, but also from we learned from that slow down diet book, Pearl, if people, people will be better to choose to do, like you, if they really

love to have that piece of Aunt Marge's traditional pecan pie, it will be better to let them just go and have it on the day than for them to be fantasising about it all day and then miserable.

[00:23:23]

S First miserable, you're going to be lowering your serotonin, you're going to be craving the sweet stuff to get your happiness back up, right, so it's just going to be, it's just an unnatural craving. But then they say if you're dreaming, it's so interesting the human body, science is so amazing, if you're denying yourself pleasures like that, but you're fantasizing about them all day, you can actually have insulin spikes happening in your body, because of the fantasizing of the cake.

P Right and so...

S So rather just have the piece.

P Yes and own it and say, no this is my choice, this is what I'm doing and I'm not going to destroy my health or my life during this time.

S Or you could be the type, like me, and I just make on-plan stuff that rocks my boat, so I don't have to fantasize about nothing.

P I know, and exactly Serene, here's something I will say, and I think you do this naturally, Serene, not that you need to lose weight of course, you're at goal weight, but I look at the time from Thanksgiving to Christmas, stay on plan but don't try to shed the weight off your body during that time.

S No, that's smart, yes.

P Have so many wonderful Trim Healthy treats during that time, so you don't feel deprived, and just look at it as this time of celebration, who cares if you maintain the same weight because you're having a lot of cream cheese or whatever.

S Yes, look at it as a plateau time.

P Yes.

S Don't try and shed, just be happy if you maintain it and just think this will be my time for Heavy S's, a bunch of them, you know, and...

P Yes and still eat your veggies and, we've just done a four part podcast series on stubborn weight, but that time from Thanksgiving to Christmas, hey, don't even worry about that, just get yourself through it.

S Because it's so biblical too, and you may not even be a biblical person listening on, but it is, from our point of view, even in the Bible, feasting season, it's so part of the matrix of life. They have whole seasons wherein it's, like, hey, we're just going to live a little.

[00:25:18]

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 Healthy 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](http://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

[00:26:16]

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            And so all around your house, instead of bowls of Reese's Peanut Butter Cups...

P            He keeps going there, doesn't he?

D            That's...

S He focused right on the Reese's mate

S Yes, he's not constrained on that. That's another thing, I walked out of that movie, we should get fighting on that one.

P Oh, let's fight about Lord of the Rings.

S Some of them, like, will preach sermons off of it.

P She totally make it biblical.

D One of the greatest productions, first of all, from a production standpoint, secondly, from a spiritually applicable standpoint, of the parallels...

P You and Serene are going to argue about that for two hours.

S My husband allows all of my children to watch it, and I love my husband, and we've learned to just really get along. His father died years back and it was their father and son tradition that whenever a Lord of the Rings movie came out they went together on this special grand opening night. So his father died one particular time, one particular time...

D Just once

P Oh my goodness, that's not supposed to be funny, but, it's funny.

S So it was, like, the next day when the matinee came, like, when it came out, when the big, grand... So I said to myself, Serene, you're going to go with him, he can't be sitting there alone, that's just awful.

D Yes

P Yes.

S You go with your husband and you be that comfort, because he's going to really, be looking at the empty seat next to him is going to make it worse.

D Yes let hear how you comforted him, go ahead.

S So I went there, with the best of intentions, I lasted all of two minutes and I walked out.

P Yes she can't take it...

S I tried to do it for my husband and...

D Because the creatures...

S And I let my husband show my children, it's just my own personal thing.

P See, Serene doesn't like spooky evil stuff, that's why she hates Halloween.

S Oh no, I just can't take it.

D My wife is your twin.

S It was the scene where that one guy was, like...

D Golum

[00:28:00]

S Was, was, no it was, well that's bad too, but the scene when he was, like, choking the guy.

D Oh

P There's plenty of those.

S The scene when he was actually murdering the guy, but it was a long scene, he was holding the hand over the neck for a long time.

D Yes, it was rough, yes that was a rough one.

S I can't do that that was just too much for me.

P Yes, it doesn't bother me at all. But hey, what way to the point of...

D Yes was asking, so I was just, you know, I was wondering about my precious Reese's...

P Reese's, Reese's.

D Just having tons of plan approved awesome goodies all around, is really the survival method.

P Yes it is, Dan.

S Well, I'll tell you what, and I think even Pearl when she says, oh next day I go back on plan, she's not thinking I'm going back to the middle of the year.

P No

S She's going back home and I bet you, you've got little Autumn making up all kinds of, like, raspberry glazed chocolate muffins and...

P Yes I have Trim Healthy Mama treats in my house, you bet.

S Oh yes, you bet.

D That's how you survive the holidays, right there, that's the secret.

P Oh yes, because I, I choose to and it's with joy and celebration and for most of the time I'm thinking, I get to eat all this and it doesn't pack pounds on me, woo-hoo.

D Yes

S Yes, and so, but you see, I'm so for Pearl's style because I think that is just so wonderful, the only reason I don't do it is because of my head space. I'm not doing it because of willpower, I just... I, my brain says ooh toxins, ooh poison, and I cannot enjoy it, like, I just can't. So I really enjoy my Trim Healthy treats and I make a lot of taste seasonal things like pumpkin pie.

P You do and you're a good...

[00:29:25]

S The new one in the book that the, the Custard Pumpkin Custard Squares.

P Yes, they're good. Serene, Serene because you don't, and you don't receive any feedback you're not on Facebook.

D But you're a purist like my wife, if it says on the can this product contains a chemical known in the State of California to cause cancer, she's like, why is it invented. And I'm like well, because it, once it dries it protects your table, you know, like polyurethane or some- she's like, it shouldn't be seen.

S Yes, I know, exactly.

P But Serene gets to baking around that time, those custard, what are they called, Serene, Pumpkin Custard Squares, they've been very popular.

S Especially the light ones, I do that, I make those and, like, literally, my sense of freedom at that time of year is, I will make that...

P You're baking every day.

S And I will have it for breakfast, I will have it for a snack, I will, then I'll make a Pumpkin Pie Sipper and be tasting the flavours all day. I have Cranberry Wassail on the stove simmering and all the anise and the cinnamon and clove coming into the steaming air. I will be making all, I even make traditional plum pudding out of, like, flax and all that, kind of, stuff, and, like, steam it in the crock, I'll do the whole thing, I'm into Christmas.

P She does, if you go to Serene's house from November to December it is Christmas paradise.

S It's not all about the non-starchies and I go to Costco and I buy every cheese under the sun.

P It is, like, full on so Christmas you can barely walk in the door from the decorations, from the smells, she just goes insane with it and it's fun, I love going to her house at Christmas.

S So to me I am treating, I'm not eating my normal fare, Christmas time is so not normal fare. From Thanksgiving on through to the first week of the New Year, it's not normal fare. Like, I will definitely throw in non-starchy veggies and a good salad here.

P And have a soup occasionally.

S Oh yes, I will because that's just, you'll actually have a, it's kind of, like a built in thing when you eat healthy food. Within your body you have this built in thing when you're

like, I just need something light. Actually you just have these natural shut-offs and stuff like that, so yes I'll have that, but majorly, majorly I'm opening up the recipe books, which I normally don't, like, I'm opening up our Trim Healthy Tables and our Trim Healthy Cookbook, I will be, and the books from the past and I'll just be, like, baking, baking, baking, baking, baking.

P So Danny, what do you think, this is your first, actual first, because I guess you....

S Oh, the other thing that I let myself do is I let myself eat at 12 o' clock midnight and stuff, like normally during the year I think to myself, Serene, you're just hungry because you're tired, you just need to put your little self off to sleep and all that, but if I'm still up and I'm talking to relatives and friends, out will come another piece of Trim Healthy apple pie.

D But now you're, like, Serene, you're just hungry because it's Christmas.

P Yes exactly, it's all rules go out the window. So what are you thinking Dan, it mean you're going to, what about this Christmas season, what do you, what are you thinking for yourself, are you going to stay true to your no sugar or you're going to maybe do my thing or do you feel like you could just, like, what, could you binge? Do you have that in you, are you scared of that or what are your thoughts?

D Well, here's my thoughts, you said, you know, like your occasional anniversary tiramisu, etc, I may have an occasional Christmas Reese's Peanut Butter Cup, but you know what, I found that if I eat more than, these days, because at Halloween, you know, I had a Reese's Peanut Butter Cup and I had a belly ache.

P Really

D Yes, like, I felt it in my stomach, it was like an alien in my body. And it was just, and then I laid down and I could feel it, like, move to that side...

S It's a parasite.

D Of my gut...

S I think half of it in his head too, but that's good, good for you.

D Maybe so, maybe so but it just, I don't know, so I definitely am already conscious of the sugar and...

P Do you think you'll just do it, if you do it, just a little and then go right back because you can tell it does, it feels awful in your body?

D Yes I just get punished and also a Reese's Peanut Butter Cup used to be a very rich decadent savoury treat and now they taste really cheap to me.

P Okay, yes.

D And at first my thought was, oh the company is going downhill, but that not it, it's that my taste buds are going uphill.

[00:33:25]

P And you have become accustomed to real quality food.

D Yes and real, what real sweet taste like, like the sweetness of plain kefir, for example.

S Yes I can agree to that.

D And I think maybe I'll have a bag of the chocolate, the THM Chocolate Chips on hand just to...

P We need to make sure you do.

D Just to obsessively put one at a time, for an hour, in my mouth, no I'm just kidding.

S I'm just thinking of something though, we have to say this, if we're going to help you with the season of temptation, and that is, go listen again if, if you need to, to the slowdown for the, the podcast that we did, what was it called, Pearl, I don't know...?

P Yes it was called, the surprising thing to bust your stalls or something.

S Oh you have a good memory.

P Hey, we can give you the episode number. John, what was the episode number of the slowdown?

S While he's looking the number up, I just want to say this, be present for every choice that you make to eat that bad piece of pie or be present even with the yummy THM Chocolate Double Layered Volcano Mudslide Muffin, be present because then you might just be so satisfied with the one piece you don't have to go back for the three. Because when we go to Christmas, that Christmas party, at Auntie Kate's, the week before, you notice the people that are sitting down and really enjoying their piece, they don't go back to the table very much. But the ones that are, like, standing up and they're talking to a million people and walking and scarfing....

D The teenage boys

P They keep going back.

D The teenage boys want, like, nine pieces of cake.

P Yes, so true, and that's what I tell my son, he doesn't know he's eaten, because he's eaten while he's actually standing at the fridge and wondering the next thing he's eating, he wolfed it down but...

[00:34:57]

D Hey, are you ready for confessions from Hypocrite Dad?

P Yes.

D So, one night after Halloween or whatever....

S How dare you say that word, Halloween.

P Yes okay, that was it, but, Episode 39 was the slowdown and stop stressing one. Okay, you again Dan.

D Yes-yes so, so one night after Halloween I found myself hiding in the corner eating the Reese's, this one, the Reese's I've been telling you about...

P Is this recently or a year that have gone by?

D No this was a week ago.

P Okay, you were hiding. Okay.

D I was hiding from my children because I want to be an example of solid eating and I'm hiding in the corner, like, wolfing down a Reese's Peanut Butter Cup, which I don't know if I chewed.

P Exactly

D But think about the maniac inside my head, because it's, like, why am I swallowing this like a pill I'm not even enjoying it at this point, what's the purpose then.

P Exactly

D If I'm not enjoying it.

S And sometimes when you slow down and try and savour, like Danny said, you can't really savour cheap stuff without realising how cheap they are.

D Yes

P I had noticed this too and now I practice this, Serene what you said, if I'm going to choose off-plan, I do slow down with it, because when I used to eat sugary things I'd feel so guilty, I'd eat them so fast and always end up with a stomach ache.

D You eat fast, you're, kind of, sneaking it, even to yourself, you don't want your own eyes to see.

P You don't want yourself to know you're doing it, so you then you eat more, because it's fast, you didn't realise you're eating it, give me two more pieces.

D Yes

S Yes exactly.

P Anyway, I think we're good, we covered it.

S Yes, but I was going to say something and I, what was it...

P Serene, put your face to the mic.

S Yes, it was going to be another helpful tip...

P Your brain is constrained.

S It's like Danny, it's constrained.

D Tell a joke.

P It's gone, I think, I think it's pregnancy brain. I feel like we said everything nicely and summed it up.

S Oh, yes, but I wanted... This is not what I forgot, but it's another thing, some of the beautiful pleasures of Christmas food are so perfectly on plan anyway, yummy roast of meat, like, just so done with the sage and the rosemary or whatever and yummy gravy done with the drippings and the fat, that's so on plan.

P Yes, and I suggest this too...

S And Crossovers are on plan on Christmas for everybody. We just want to give, we want to give, what do you call it when you give covering, you give...?

P Blessing

S Blessing, Crossovers are on plan anyway, because they're not spiking your blood sugar, they are on plan and even people trying to lose weight should throw them in occasionally, once every couple of months, to just be part of the juggle of the changeover of calories. But we want to say, blessing from us, for crossovers for Thanksgiving and Christmas, even if you're just beginning.

P Exactly, but I do want to say this too, if you're going to know that you're a person that does, still wants to eat maybe some sugar stuff, some traditional foods, okay, here's

a way to do it without really ruining your day. Still have a lot of THM foods there for your main, like the meat, of course it's wonderful, take this Taste of Home casserole from Trim Healthy Table 145, it's like your green-bean casserole, have that, maybe have some mashed cauliflower instead of mashed potato, have all those things and then maybe decide, okay, I'm going to have a piece of that pie, but I'm not going to have the white buns.

[00:38:13]

S So true

P So you don't actually have to have the white buns and the mashed potato and the macaroni and cheese and the piece of pie and the potato chips, you see how you can do this.

S That's so good.

P You just pick and choose.

S Yes and it's, kind of, fun and then you get to pick out what's your real, or your most favourite.

P And then you actually feel great by the end of the day, because you, because you realise, this is what I feel, I'm, like, oh I indulged in both, I indulged in absolute health and I indulged in some traditional things but it didn't derail me.

S And you're proud of yourself because you had a game plan and you were smart, you know, I love that. And I'm forgetting everything I want to say, it must be pregnancy brain thing, because I had so many things while you were talking just then. Oh but the other...

P Put your face near the microphone you're so terrible at doing that.

D Just post them online tomorrow, on your social account.

P We can do another, we can bring them next week, it will be too late, it will be after Thanksgiving, no it will be the day before Thanksgiving.

S But-but-but, oh yes, but you could do, there's other things, but this wasn't the one I'd forgotten, it just came to mind.

D I was going to tell a joke, but go ahead.

S If you have issues, like you are a diabetic and you're just starting out and you really do have issues, hey, maybe you have a little gluccie pudding, chocolate pudding or something before you go to your Christmas party where you know you're going to have a slice of that pie. That's going to cut down the speed with which that sugar enters your bloodstream and it's going to really help, it's going to help with how many, how much insulin stores, how much fat...

P Exactly, that's a good tip.

S And also, Pearl, what you and I do too is we never arrive at Christmas parties where there's cheap food starved.

P No

S We actually have a protein rich snack before we go, like a handful, let's keep it Christmassy, a handful of our favourite snack such as some roasted nuts and a bit of Gouda cheese, I would still love me some cheese.

P We're still splurging here, right.

D That's a key point.

S But we go with that protein satiating a lot of our psycho, like, rabid hungers, that when we get there we can make those smart decisions for the one piece of pie.

P Can we talk about alcoholic drinks, it's a big thing during these holidays and we actually need to do a whole PODdy on that.

S And don't hate us and don't send us letters if you don't believe in all that stuff.

P But all I'm saying is... No, you don't have to have alcohol, but avoid the sweet alcoholic drinks, if you're going to have some, the dry red wine, you know, that is fine, obviously don't overdo it, there's health problems if you do, but they, they will be fine for you, they're not going to spike your blood sugar and you can have them with your meals, they actually make you slow down too.

S Exactly

P Okay.

D Boys and girls, thank you for constraining the past 40 minutes of your day with us.

P Oh gosh

S I bet you they're not constrained though, I bet you they're already writing letters for Halloween, against Halloween, why I should hate Christmas, trying to turn me into an anti-Christmas girl and all that. I bet you they're already writing

P Well, not all of them Serene.

S No-no-no, see they're going to write letters saying they're not.

D We will be happy to over think with you next week as well.

P Yes, we will love your e-mail and letters, no matter what they say.

D And, yes, thanks for that, we, hopefully it's been encouraging, we had lots of awesome tips to bust into the holidays.

[00:41:18]