



Trim Healthy Podcast with Serene and Pearl Episode 49 - The Official THM Locker Room Poddy. Get Serious 2018.

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

S = Serene · P = Pearl · D = Danny

[00:00:00]

- S This is the PODdy with Serene...
- P And Pearl
- S Get it right P-O-D-D-Y.
- D Hey, welcome back to the Trim Healthy Podcast and more
 importantly, Happy New Year
- S The 2018 Trim Healthy Podcast...
- P Do you know, we've never said that before.
- S Danny sounded like the news reporter. It was like this is

fresh, this is new. Its 2018 and so I'm going to up the ante.

P Yes, up the ante.

D I'll take that as a compliment. I want my pro game.

P You've just done it.

D Am I doing...?

[00:00:20]

P Why not Serene? It's the New Year Danny is going to be a better Danny this year.

S Okay, well if it was 2017 he'd be sitting like a slob on the couch but he's got his legs crossed like he's being interviewed on 60 Minutes.

P He is. He's being interviewed right now. He's on the couch.

D Oh, oh

P We have got masses of stuff for you today because this we're going to call our locker room PODdy. This is like you're in the New Year. We know you want to get serious. We're going to help you but we're going to help you do it in a way so that you don't destroy yourself.

S So basically this locker room speech, there might be a bit of spit and spittle...

P Yes.

S We're glad we've got these things over our microphone. We're glad that you have some protection between us like, you know, that you're not in the same room. But the fact is we're not going to be loud and passionate because we want you to like get into the boot camp.

[00:00:51]

P Boot camp

S No, we're going to be loud and passionate saying hey do a sustainable approach this year, you know, so...

P And yes, this is really... I think we're going to strip this down. Some of you are new. Maybe you're listening to this podcast for the very first time and you're like someone's told you hey you want to, you know, we're all losing weight together, try out Trim Healthy Mamas, and now you're like looking into it and what the heck is this.

P We're going to strip it down today if you're a seasoned veteran still listen in because we're going to take you back to the basics. Maybe you've been doing things and applying things that aren't even Trim Healthy Mama. Or maybe you just need a pep talk in your soul and you need us to encourage you. Or maybe you're brand new and you're like what is this all about?

We're going to just walk you through this because this can be an incredible life changing year, not only for you, for generations to come.

[00:01:42]

S For generations, and maybe, maybe you just think well it worked great last year, I lost ten pounds, you know...

P Or 50, 60, 80...

S I know, but I'm just talking about a slow turtle here.

P Yes, yes, yes.

S And you think I just got to do something more extreme this year. So you're starting to think that you need to do more and we're saying hey let's just do the healthy approach.

P Yes

S If you're a turtle you just enjoy that. That was ten pounds down that you've maintained down and don't start thinking of more extreme because extreme is dangerous.

P Extreme ruins your hormones.

D And don't you give up after a good bout of extreme? Isn't that the end result?

P That's the end result.

D Every single time

S Every single time

P So I know so many of you coming in right now and like you indulged over Christmas/New Year, I mean you had sugar you sort of lost the plot. Okay, so some of you. And you're thinking I must purge.

S You're thinking wheatgrass shots. You're thinking barley green only until noon and then parsley, beet and carrot combos from then on out.

D Shots, shots, shots

P You can't skip this weight off fast because I hate myself right now. So let's just...

D Wait a minute. You girls are like little prophets. You are tapped into the female brain on New Year's.

S Its because we've been there, done that Danny. Oh my goodness.

P Danny

S Barley green till noon was half my life.

D Like its punishment time in the female kingdom

[00:03:09]

P It is exactly Danny. It really is. And you know what, and I'm glad you brought that up. You said it in one line. Punishment time in the female kingdom is exactly what's happening right now.

D PTFK

P All over the world

D Wow

P Right now, in the Western world, those who brought the New Year in. It is punishment time.

D Even more so than men

P It isn't congratulating. It is I hate myself time. It is a lot of that and we want to turn that all around and say no, it is not. It's do yourself right time. It's honour your body time. It's yes, let's get serious. But no, don't you dare hate your body and do things to your body that's going to ruin it.

S Yes

P And Trim Healthy Mama is not about the boot camp. It is about the sustainable, healthy way to lose weight that includes all the food groups, unless you have an allergy. It's not going to take one out which is bad for your body which stresses your adrenals, which ruins your hormonal profile. Listen, over and over we have seen this. Okay, New Year, let me do Keto that strips the weight off, or let me go vegan or let me do a juice fast. Yes, but there's nothing wrong maybe with a green juice fast here and there if you're doing it for spiritual

reasons but when you do these things because you need quick results fast, they bite you back.

S But let's just think about the sanity of it. Let's just think of other areas of our life. Okay, so my children have Christmas holidays. They get out of reading.

P They call it vacation.

S Okay, vacation, literally your younger ones, yes, they forget how to read or go back to the couch to sit and train them like on home schooling. I'm like, this is a. say a. Sss. All of a sudden they start calling it z. We say zed in Australia, z. it's like they forget everything right.

S If I was like okay, this is ridiculous, we have just thrown in the towel and we've just done all this vaca-time. I'm going to get serious with them. We're going to get up at four. I'm going to drill them and they're not even going to have a proper lunch break because we're going to school through lunch and then... Can you imagine in any other area of your life when you go that extreme how long is that going to last? And you will make them hate learning.

[00:05:25]

S So if you do this with your health you will hate the whole process of getting healthy. You will hate the journey which is

going to be the biggest part, right, the journey. Because even when we're healthy, we're still on a journey to get even healthier and its different parts of our life just wanting to... It's always growing in health. It's just, and taking joy out brings cortisol and cortisol makes it all the more harder. So if it's insane in any other area of your life, it's insane in your health area.

P So do why do we think that you have to go insane in the health area when we know it's crazy in other area, Serene, such a good point. Why do we think it's okay? There's been so much insanity in this whole health area. If your mind has been thinking okay a new year, let me get up at four to do the gym for an hour because yes, I don't have time later and I've got to do that. If your mind has been going there, quit it

S Yes

S Four in the morning is no time to exercise. It's time to be in bed.

D Actually that's good that you mention the exercise thing...

S Unless your job starts at maybe, I don't know, five thirty or six....

D If you were getting up at 4:15 am, 4:00 am isn't extreme, but

if you get up at 7:00 am and then you're like this is the New Year, get up at 4:00am, get real.

S Yes, but if you're getting up at 04h15 to exercise and you're still going to bed at 10:30 pm at night that's not okay.

P No, no, that's worse for your health and it will...

S So that's not okay.

P I'm telling you right now it's not going to shred the weight off you. Eventually it will cause you to gain weight.

D It will.

P Because your body needs rest, your body needs a healthy thyroid, adrenal and cortisol profile.

S Yes, because it's not about calories in and calories out. And it's not all about calories burnt. It's a whole lot more complex.

D Hey...

P You've got to honour the beautiful endocrine system. Yes Danny?

[00:07:11]

D Yes, I think another reason extremity equals weight gain or whatever other failure in any other area that you're doing something extreme in is because it's not sustainable, and if you can't do it for life, and that's really what the THM thing is all about, its sustainability for life, not temporary spikes.

P And the temporary thing, it thing looks good. It's like the carrot dangling right in front of you...

D Oh you get to Instagram it. You get to Instagram it.

P Its instant you know, and that's not to say that if you do something extreme, let's just say you do a 500 calorie, just something extreme, take your choice. It's not to say you won't see some results real quick.

S No you will. You can. They can't last those results.

P They cannot last. So why are you doing that yourself?

D Hey, I had a good guy tell me a good quote; if it's not a lifestyle, it's a lie.

P Yes, Danny. Danny, you're on fire.

S Oh, it's his new 2018.

D The guy is on fire.

S So let's just all take a deep breath.

D I just sang my song. Gross.

P Yes, we're going to get you healthy. Yes, you're going to find your trim this year, or you're going to go a long way towards it. Who cares if you don't meet goal weight? I don't care, but if you're going to be on the journey that is what we want for you.

S And hear our hearts. We are not saying give yourself that pitiful kind of grace that's like oh well I really feel like Fruit

Loops this morning and it's been a harried time getting all the children back at school, or whatever, so we're just going to drive through Micky Dees on the way. No, that's the other extreme. That's not grace. That's doing your body harm. We're about honouring it right.

S That's just stupid right. Sorry, love you.

P Yes, but hey, locker room

S Yes, its locker room, locker room stuff.

S So we're just talking, yes, get us some ideas about movement in your life, whether it's walking if you live out, you know, where you can go on a nice walk in our neighbourhood or whether it's cold still and you just want to learn to get some, a woman honouring female workouts, awesome, great.

[00:09:15]

P Workout under 20 minutes, do a workout programme, or you don't have to do our workout programme. In fact you can just listen to music and dance around the house or...

S Yes, you can.

P Or if you're just starting Trim Healthy Mama, if you're listening to us right now and you're a newbie, I don't even want you to worry about actual, you know, doing a half hour programme.

S All that we care about is that you're not sitting on the couch all day.

P Yes. Yes, just be active at first.

S For when you're beginning.

P Once you've got the food programme eating down for maybe a month or two, you'll be more ready to say hey I'm ready to do something four times a week now for half an hour, 20 minutes. And then you'll be ready. But don't put too much on yourself right now because remember we're talking about sustainability.

S Yes, it's so good

P And that is going to get you to your goals and that is going to get you through the rest of your life in health and at a healthy weight.

S So okay, for you guys that are listening, and you vets who know the Trim Healthy Mama approach, you're not going to be starting to think of starvation at this point.

P No

S At any point

P We are just going to fuel our bodies in a smart way, okay.

Fuel. No hunger please. So we're going to start off, you know, we're in the New Yea, let's just think about the very basics of Trim Healthy Mama again and then, Serene, I want to talk about queen weight and I want to talk about...

S Oh please, that's important.

P Something we saw the other day, a picture, and I want to discuss that.

S Yes, as we were walking through the airport? No.

P It was a painting. I want to talk about that one.

S Oh yes, we need to discuss that too.

[00:10:40]

D Hey, I've got the New Year's quote of the day. They shall hunger no more. Neither shall they thirst anymore.

S Oh that's so good Danny.

P Where's that from Dan?

D I think that's straight out of The Bible.

S Yes, but I'm talking about, you know...

D You mean chapter and verse? You got the wrong guy sister. I can't take you there.

P Yes, exactly Danny.

D I just heard it.

P We're not going to starve ourselves to be trim this year. We're going to do it wisely. So let's talk about the very basics of Trim Healthy Mama. And if you're listening and if you're a newbie, you know, we're going to help you through this and if you're a vet...

S Just remember that starvation not only makes you miserable, starvation is stupid because it slows your metabolism down.

P Yes, you love the stupid word today.

S Well it was locker room.

D So do you not believe in intermittent fasting?

P Oh that question comes up a lot and Serene you might have something say about that. I do too but...

D And is that for some people but not others or...?

S No, I believe in fasting for spiritual reasons. I do believe that fasting, for physical reasons, can turn on certain stress hormones that actually...

P Longevity genes

S Make you... Longevity genes. However...

P SRIT1, how did that come into my head?

S Do you know why it does it?

D No

S Because your body feels like it's almost dying and it's its last ditch effort just to stay alive.

D Oh it's trying to survive. Wow.

S Trying to survive, there are better ways to turn on that gene.

P Yes.

D Okay

S There's smarter ways to turn on that gene.

P Can I talk to you about this? Oh this question comes up a lot. What do you think about intermittent fasting? And they've done studies that men do a lot of better with it than women. Women were created to give life, to nurture life, so we need food more often. Now having said that, it's not a part of Trim Healthy Mama but Trim Healthy Mama is so adaptable to everything. We all do it in unique ways. If you're post-menopausal and you really think, you know, I don't care what Trim Healthy Mama actually says, intermittent fasting works for me, I mean you could try a very mild form of it.

S Well I talked about it in our first book and it's called Up Days and Down Days... What did we call it in our book?

P Well just having up days and then down days, pulling your calories up, pulling them down. But some people even like to go, Serene, they like to eat their meal at night and then not

even eat breakfast and then start again maybe at lunch or in the afternoon.

S Yes, but we know though, through other studies, Pearl, that the Sumo wrestlers didn't really have a different diet than the rest of the skinny Chinese but they ate all their calories at night.

P Well some people decide to eat breakfast and then lunch and not the dinner at night you see. Intermittent fasting is varied and there's lots of ways of doing it. I say personally that's not my choice to do that and we don't promote it.

S In fact for most people I'd say stay away from it unless you've tried everything and you are post-menopausal and you just want to shock your... Your hormones are already declined anyway so you're not trying to protect them.

P Yes, that's what we're saying. You see post-menopausal you've already had a decline in hormones. If you do this before, while you are still menstruating and your hormones are still there in a raised manner we don't suggest it. And studies show that women...

S It slows the metabolism down.

P It slows the metabolism. They're affected negatively. It wreaks havoc on them. So yes, you just brought that up.

S That affects me too because my husband goes off to work and he gets one-track focussed and he gets like, you know, he can go more hours than me without eating and it's almost like a natural approach to his life. But to me I would have to be forcing myself into an unnatural situation to go many, many, many, many hours without eating.

P Some people feel they can do it but...

S I know.

P But I don't like that way either.

S No, but studies do show it's not as healthy for women. Men can get away with it more. It doesn't mean it's the healthiest approach either.

P No, it doesn't.

P But where were we?

D I side-tracked you

[00:14:23]

P Yes, you totally did.

D Yes

P But that question comes up so it's answered now.

S Yes, that's good. Newbies.

P Yes, newbies. Protein, let's start with the basics, Serene, of Trim Healthy Mama.

S Yes

P Because you can start out with gusto with that but even me occasionally can get like well, you know, with Trim Healthy Mama you're going to balance your blood sugar and the way we do that is centering our meals around protein. And then you're going to either add a carb or you're going to add a fat, if you're in a weightless mode, because when you add carbs your blood sugar rises. So you don't want fat there as well, so that will be stored.

P So you're basically going to have a protein. Always start your meal with a protein, whether its chicken breast, tuna. You can even have a vegetarian protein which would be like cottage cheese or Greek yoghurt. They're nice and high in protein. And we don't really want high. We just want adequate.

S Yes

[00:15:14]

P You know, and so then

S For a meal 25, 20 or 25

P Yes, sure.

S Perfect

P I mean I'm not a counter ever but yes, I mean, if you want to count.

S You don't ever really want to go under 20 for a meal. You're not anchored.

P No

S Not that we're about numbers

P However if you decide to have a meal just of beans or something and it was rare, you're going to be about ten, and you'll be okay.

S No, but I'm just saying that's your rare.

P Yes.

S But the majority of your meals...

P The majority of meals are...

S More heavily anchored.

P About 20 and above usually but you don't need to go up high, high, sky high to... This is not like a high protein diet. This is a good protein diet.

S It's just a sensible...

P Yes, protein balances your blood sugar and it is your Samurai sword.

S But what I find too when you overdo protein, you're under doing your veggies.

P Yes, Serene.

S Because you get so full

P So true, you know, you don't have that extra side of broccoli, you have just the larger ounces of meat.

S Yes, you have another whole chicken breast.

P Yes, exactly.

[00:16:04]

P Not saying you can never have two chicken breasts but we're just saying this is balanced. This is the good thing about Trim Healthy Mama, its beautifully balanced. It goes with the natural order of things.

S Yes

P So you're still having your carbs. So an E Meal for breakfast would be where's your protein? Let's have some egg whites because they're lean and let's have two pieces of really good sprouted bread or some sourdough bread, and there's your carb. And maybe put some spinach in there. Delicious, or tomatoes right?

S Oh, it's so yum.

P Or let's do an S Breakfast, a satisfying breakfast. Where's your protein? Have some eggs or sausage or something.

S Yes

P And then lots of non-starchy vegies.

S I love in the book the big non-starchy eggs scrambled. What

did we call it? I'm not good at remembering things.

P Big eggs, what? what?

S Big bowl

[00:16:54]

P Big Bowl Egg Scram in the Trim Healthy Table book.

S Yes

P Yes, but it can be as simple as an omelette. You know, you've got your protein which is your eggs. If you don't like eggs there's other protein, you know, have some breakfast sausage or something.

S Smoothies

P Smoothies

S So quick

P Yes, and then your protein in that is your scoopful of your whey protein or your collagen. So that protein is going to balance your blood sugar which is going to help you shed that weight off. Because that's what it does. It releases glucogen in your body and that releases that.

S Yes, it tells your body to release the fat cells.

P Yes

S Release the fat from the cells.

P Yes, and so if you're wanting to do the right thing this year and you're going to get up and you think oh man I want to do a carrot juice and then I'll spend an hour at gym...

S Use the protein.

P I'd rather you do this. Get up and have eggs and veggies or have eggs and bacon and have a cup of coffee with cream it. I'd rather you do that.

S Yes, it's more slimming.

P And your bodies going to enjoy it, it's going to release good weight loss chemicals.

S And it's hard to get around it in the New Year because you think but that's too soothing, that's too yummy.

P Yes, that's not Spartan and miserable enough.

D That's exactly what was is my head, is people listening to that would be like wait a minute that something I love.

S I love that. Life is meant to be love. Love.

P God helps your hormones and love releases vitamin P pleasure, vitamin pleasure, which helps you shed the weight. We want you to love your meals.

S Yes, that's another big point for 2018. People, love your meals. Take time, slow down, enjoy it.

D Well, and the reason is....

S What's with that chicken breast throughout your plate?

D Yes, and it's not just because actually you'll just have a better experience with your food but scientifically we've talked in previous podcasts about the real scientific data behind what happens when you are eating a happy meal, not the traditional kind of happy meal, but a meal where you actually are having joy...

S Yes

D Where you're slowing down and being conscious of what you're doing, not hoofing it through to race on to the next thing. There is actually real scientific data that talks about the cells that change in your brain and what signals they send down to your gut and down to other areas. It's actually physiological.

S It is.

P Absolutely

S And one of the interesting studies, which I find so interesting, is they took... Was it a group of Thai women

P Yes it was.

S And they had their rice and their curry and all their traditional foods that they loved and they tested their body for the metabolic force of their body, how many calories were

burnt, the nutrients and vitamins and minerals that were absorbed from that meal. They tested that meal and there was a certain amount that was all absorbed and it was good.

S Then they took the same meal, the same quality of food, the same everything, and they blended it in a blender. Not that smoothies are bad, but no Thai woman wants her curry, her beautiful, you know, whatever her favourite dish is, blended up. And they had them drink it, and because it wasn't their happy meal, Dan, it wasn't their happy place, they absorbed half of the vitamins and minerals and their metabolic rate was weaker.

P And their calorie burning percentage went down.

D Because they were already repulsing it in their mind

S It was repulsive.

D Yes, it was repulsive. So they didn't enjoy it.

[00:20:16]

P They did that with a lot of different cultures.

S Yes, yes.

D Wow, now that's interesting.

S Every time it showed that it's...

P Yes, and that's interesting and that brings the point too, be who you are on Trim Healthy Mama.

S Yes

P You know, if you're not the person that likes smoothies in the morning, if that's not you but you think oh I'm going to be a Trim Healthy Mama, I better drink my smoothie in the morning, you know, and...

S I wish you could see Pearl's face. That was just awesome.

P This is not you. You're not going to receive that vitamin pleasure so yes maybe you're addicted to sugar. Maybe things are a little different at first, but find the things that make you love your foods. Do THM with your style.

S Yes

P Yes, be open to trying different things, maybe you don't like something, give it a break. See how your tastes change in a month. I swear you are going to like it more, especially when it comes to sweeteners. But you know we're all going to look so uniquely different. And once again this is why this is sustainable. Serene and I are so very different with our approaches.

S Oh yes, oh my goodness

P And yet we've made this plan work for us for over a decade

now and with beauty and just with joy. I wake up in the morning, I am thankful for what I get to eat. Man, I woke up this morning and I got to eat my eggs and I got to have my coffee and I had a little bit of cheese with them and I was just thank you God. This is good.

S I know, I know.

P This is still good.

S It is.

[00:21:38]

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

S Serene

S Food is such a gift. It's such a gift. I mean we don't have to just pop a pill for nutrition. We are not airoterians, just having air for sustenance or like the trees that just get sunlight and water or whatever. We actually get to partake of all these different textures and flavours and it's amazing.

D And our rooting, I say our, I count myself a Trim Healthy Mama, very strange.

P Yes, your Man Plan.

D In our alternate universe, but we have a saying, Trim Healthy Mama My Way. And because it's not an extreme diet it is adaptable to your specific lifestyle, your specific schedule, your specific amount of children. I found that there's just not a big long rule list, and if you find yourself leaving the freedom zone...

P Yes Danny

D You've left the Trim Healthy Mama plan, because never ever, and I've heard ladies you know...

P Is Danny on fire today or what?

S My goodness, I give him an A plus.

D Thank you. Well I've heard people at times, because they know I'm a THM dude, and they're like yes but I feel like I can't do this or that or they will express some perceived restriction. And I'll say oh, then you've not read the book. You've missed it, because there are no food restrictions. The only restriction is don't put chemicals in your body.

P Yes really.

D Don't put things in your body that are going to poison you and hurt you and bust your waistline.

P Yes, there are things off plan like sugar is off plan but even if

you choose to eat that in that meal you're still a Trim Healthy Mama.

D Sure

P You just decided to go off plan that meal. In three hours you're back on plan. It's short. You go there. So yes, these rules that everyone makes and binds them in chains, let's release those chains this year. Lets...

S Yes, the only thing we do say though is you choose to go off plan twice a day you might be just...

D Permanently off plan

P Because what you're doing is you're just not giving yourself the tool. You're just not doing yourself any favours are you? You're not making it work for you.

D Yes, and by on plan we mean eating right. So it's not our plan, right, it's not something that Serene and Pearl made up. And that is a really unique difference about this. If you're coming in thinking I want to try this new extreme diet, you've come to the wrong place.

S Right

D This isn't a new extreme diet. This is a lifestyle of changing back into the real way to eat food.

[00:24:21]

P Yes and that's true. Now Danny having said that yes, it is whole foods, and that's how you eat because you're a man with a high metabolism so your man plan, Danny, is all Crossovers.

S So you're seeing this whole food and it's all good.

P Whole foods and...

D Yes, yes.

P And you know, always balanced by protein and don't spike your blood sugar. That's it.

S So it's simple for you but there are some tweaks that we do as women.

P When women are losing weight it's a little more plannish because like I said they are not spiking their blood sugar, and they're starting with protein. But then on the weight loss they're either pairing their protein with carbs or pairing their protein with fat in a particular meal. That's it.

D Right

P Danny, so you're right that it's not some weirdo space planet plan. I mean you're just separating your carbs and fat.

D Yes

P So yes, that's all to do that. But I want to talk to you all about if you're new...

S Can I go to the potty please?

P Yes, you go to the potty.

D You have our permission.

P She's so close to having this baby, she is.

S Don't say that.

P Oh what? No, no, no, you're going to go really soon.

D If she comes back with the baby that would be insane. Pearl, do we even have anything of worth to say? I mean Serene's gone.

P You see I actually do.

D Oh you've got something?

P I have heaps.

D Okay

P If you're new, I also don't want to put you off thinking well Trim Healthy Mamas not going to shred the weight off you, you know, this is too relaxed, it's too good, it's too easy and it's too yummy. No. Trim Healthy Mama, this way of eating is powerful. This can absolutely revolutionise your life and your health and we see the testament in these every day and we see the proof and blood work. And we see it all. Maybe you're a fast loser, maybe you're slow, maybe you're medium. This is going to be your journey and yours alone and I want to talk about goals here. If you have a goal set by a certain time, let's

say you're thinking oh you woke up this New Years and you're like okay 30 pounds in three months. I must do it. I think you're setting yourself up for failure because that's not the Trim Healthy Mama way.

P Yes you've got goals, but we really don't want you putting time limits on them because your bodies going to lose in a different way to someone else's and that can be so disheartening and then you can get all sorts of chemicals in your body because you feel like a failure and then it's so easy to give up.

S I hundred per cent agree, and probably the whole world would wish it was that simple, that we could tell our bodies exactly what to do and know exactly how our bodies are going to respond. But we don't know that our body can do that 30 pounds in that amount of time.

D Yes

P I know.

S So it's just...

D It works for the...

S We need to work with our body as a unique thing.

P And be kind and give yourself grace. You know, Serene and I have talked about this before but we want you to find your Queen weight.

S Yes

[00:27:07]

P You know when you're in your college years or maybe early twenties, you know, that was a different weight. That was your Princess weight. But as you get older in your thirties, forties, fifties, sixties, there's going to be a different weight. And it's going to be a Queen weight. You're going to wear it with class, with grace.

S Can I tell one thing?

P Yes.

S I want to say just quickly, just in case the bucket thought is entering into your head, it does not mean that you've let yourself go.

P No, no, no

S It does not mean because you could be just as wonderfully proactive on your health journey but there's a different hormonal profile.

P Yes. And you've been through things. You've had babies, you know, you've gone through life and your body may not respond as quickly or it might want to be ten, 20 pounds heavier than what you were in your twenties, but it's going to look

wonderful and healthy on you.

[00:27:55]

S I don't even want them to think its negative, like it's not responding as quickly. But we're designed in different seasons. Our bodies are designed to act differently and it's not that they're rotting bodies, or they're getting any less healthy. It's just a different season. And it's a good thing. You don't want to have your 18 year old body embalmed for forever because that would be weird.

P That would be psycho.

S Yes, so there's beauty in the fall.

D I love you calling out that let myself go little imp with wings that flies about the community of women and whispers the same thing in every single one of their ears, you've let yourself go, you're a failure, you don't care about your body. None of that's true.

S Well it's not true if you're being healthy and proactive and you've just had six children or whatever, or even three children or even two. And your hips look a little bit different. Hey, they look better.

P Yes

S For your season

P Yes, and sometimes it's...

S For your season they look better.

P And sometimes people haven't had the tools. Now we're giving you the tools. So now we can take you to that place that's a healthy weight for you. But if you are just whipping yourself because you can't get those extra ten pounds off to be what you were in your twenties, just stop. Please just have joy. Please just look at what you've accomplished.

S Yes, because why would...? Can you imagine? So what's insanity in another area, like we said before, should be insanity in all areas. What would we do if we were looking out the window; it's still winter, the leaves are off the trees and say disgusting, yes, we're the blossoms. Yes, should be a blossom. No, we respect the season and we find beauty in the season. We honour the season. And that's how it should be with every season that we go through as a woman's body. You know, and even my father, he has this beautiful grey hair, he's a hoary head right, and he's almost 80 but can you imagine if he tried to put on like a brown toupee and like tried to be what he was in his twenties?

P Right

S It would be so wrong.

D I would openly mock him. I'd be like there he is, get over here!

S In The Bible it says the hoary head is glory. There is glory in the hoary head. Now you know I'm going to be colouring my hair. That's why I used a man as an example, but I'm just trying to say...

P Some women don't want to colour.

S Well exactly, there's different personalities.

D What are you saying hoary head?

P That's The Bible's term for grey hair.

D Oh wow

P It's in King James, Danny.

S He said that is their glory, right. So what I'm trying to say is we start to think of our body as getting decrepid and our bodies just like rotting and giving up. No, it's a different season and God calls it glorious.

P I like it Serene. Oh totally.

S Your cells renew themselves every seven years. Every cell in your body, even when you're 70 you get a new set of cells.

D I thought it was one year. Is it seven?

P No, it's seven.

S Seven

P So basically you're not like this... When you get in your sixties

or seventies or whatever, you're not like this old rotten body, this flesh that's been around here since 1941, whatever. Uh uh, you're been renewed every seven years and if you eat healthy food you're renewing in the right way. You have just got a new set of instructions from God for what your body is meant to be portraying. Your season.

S Yes, and there's glory in it too.

P And I love that, Serene. And I want to talk about this painting you and I saw recently.

[00:31:15]

S Yes

P And we were on a little trip away for Trim Healthy Mama, We had to do something and we saw this painting and then we realised there were lots of these other paintings and it was an ancient painting of, you know, they always have naked people in them.

D Oh, the ancient ones

P All the old paintings all have naked women.

D The Renaissance paintings

S Yes

P No, this is still PG just so you don't have to...

S Its PG, yes, you don't have to send your children out.

P But I was looking at the women, right, and sometimes I find myself when I look in the mirror I'm oh your stomach is sticking out today Pearl or, I mean, what's with your hips you know.

D I know where you're going.

S There's one extra dimple on my... Oh my goodness, disgusting.

P Well, better going to work on those thighs, you know, and then I was looking at these women and I'm like, I'd better not say that. Obviously now back in those days they were eating good food. There wasn't all this sugar around okay.

[00:32:03]

S Right, there wasn't McDonalds.

P They were curvy these women.

S And this was like early ancient history. This was like back in the Roman times.

P Yes, and I'm thinking to myself they had little womanly stomachs. They had them. They were portrayed as beautiful.

D Yes

P They had good hips...

S And they were feminine.

P They had thighs. And this was not because they were eating

too much sugar, because sugar wasn't even around. They were probably having some dates and things like that, but that was normal, okay. So I think today we need to give ourselves some grace. Yes, we want to be healthy. We don't want to have our sugars out of control. We don't want to have, you know, extra fat that's harming our health. But we shouldn't have these false images in our heads.

S No

D Yes, that's so good.

S The false images that say we can't portray any femininity. Get those curves off. Like, you know, shred them off because it's actually... Do you know what I think? I think it's really devilish. I feel like there's this, I'm going to sound really super spirit, like demonic...

P Go for it Serene.

S But there's this whole kind of like spirit that crept into the world where it's trying to make men and women look like a neutral gender thing right. So you have even the fragrances that can go for both men and women. You're getting the guys looking more emaciated and doing the whole skinny jeans and cardigans and soft hands that never worked right.

P You never had any sons working your chains.

S I'm alright. I'm just doing my own rant here.

P Yes, yes.

S You can completely tell them to edit and then I'll scream no don't edit. But then you get the women trying to get the six pack and take their curves off and it's just like men and women, the lines are getting so melded and there's not this celebration of the woman and the man as separate, different, unique physical things.

[00:33:56]

S Yes

P Do you see what I'm saying?

S I do see what you're saying.

D I can speak from a man's perspective too because women might be thinking well there's women telling me this, I wonder what men think. I'll tell you what men think. Hey, hit your goals that's great. But don't lose all your curves.

P No, right

D No man wants you to lose all your curves. No real one anyways.

P No they don't. And some of us you know we're curvy in different areas. Some of us are more pear shaped but that's beautiful.

S And if God's made you skinny by nature then that's beautiful

P Some of us are heavy on top, that's beautiful. But you know, when I was looking at these paintings I just thought how hard we are on ourselves. You know, anytime... If I wake up in the morning maybe a little bloated and I do the little mirror test, well how far is it sticking out, my belly? But I looked into those paintings and that belly, no it wasn't unhealthy, but it was celebrated. It was part of the curves.

S But you know what it was though?

P What?

S That was an artist portraying the most beautiful that he could muster up or you know...

P Yes.

S So those painters and those artists back then they weren't thinking let me just... You know, the Mona Lisa was to show this beautiful, serene face, not Serene. Oh my goodness, that's so wrong.

P She means a peaceful face.

S I meant peaceful face because that is famous for the peace on her face right. He wasn't trying to think let me just put any boring expression on her face. They went for art right. So art to them, the true beauty of a woman was not shredded to

nothing.

[00:35:21]

P No, and having said that, these women still had, you know, curves but they were healthy. They weren't big insulin bellies from excess sugar and from abuse of foods and soda and things like that. You know, so we're talking healthier. We're not talking well, just curves, just for the sake of curves. Curvy can sometimes be another word used for even unhealthy weight.

S Yes it can be.

P We want you to find a healthy weight that's good for you.

S Because some people are born with a hormonal profile to be naturally curvy and some people are born with a profile that meant to get those kind of curves they have to be extremely unhealthy.

P Yes. And so all we're saying was these women weren't shredded in this painting and they were healthy. And so, you know, as this New Year starts can we just tell you to make sure your goals are healthy too. Make sure that you're not trying to find something that's sort of beyond finding even or not even a healthy thing to find.

S Or if you're beating yourself up because you have an 18 year

old daughter in your house and you remember being like her because you're the same genetics and you're just not that anymore, you're a Queen. Let her be a princess and let you be a queen and you just not feel like... I want you to feel healthy in your new season and not have to think oh I can never be happy because you're not back the way you were once.

P Exactly, and this doesn't mean we don't want you to do these things that we're giving you, these tools of Trim Healthy Mama. These basic easy tools, which is eat your protein, eat your greens, have your carbs and have your fats but have them in ways that, you know, don't promote weight gain. I mean that's the basics of Trim Healthy Mama. Yes, there are special ingredients if you want them. If you don't want them you don't have to use them. Tens of thousands of people have dropped weight, slimmed down, gotten healthy, without one special ingredient.

S And some people love to be bake on Trim Healthy Mama. They love to make the sweet desserts. Other people...

P They don't care. Don't even care about them. No, they just have like their meat and their veg and then some brown rice, basic stuff. So, oh you can do this. This year is going to be powerful.

S Yes

P I believe it.

S So do I.

P And so hey we are going to come here every Wednesday, come in. Keep coming back, because we're going to be the pep talk for you. We are going to help steer your brain in the right direction and we are going to encourage you and we're going to encourage each other. Danny, Serene and I man, we have it out here and we pour it all out and we encourage one another.

S Hey Pearl was encouraging me before the podcast, before we pressed record.

P I was.

S And she got in my face.

P I was totally in Serene's face.

S Some spittle landed on my shirt.

D I saw that. That was awkward.

P It was like we had a major but it wasn't like...

S It was love.

P It was love. I was loving Serene. I was like you know you need more crossovers Serene for your baby. Okay, and that was just sister love.

[00:38:20]

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

Send your email to support@trimhealthymama.com.

D Hey, I got a question for you from one of our awesome, awesome, did I mention awesome, listeners named Emily. She says dear Pearl and Serene, hey Pearl welcome to the question forum.

P Thanks for including me Emily.

D Dear Pearl and Serene, I would love to hear more about the research that backs up the separation of fats and carbs so that your body can focus on metabolising them each separately to help with weight loss.

P Well Emily, there are no books about it. You will not find a clinical study about it. But it absolutely works. And let me tell you there is science to tell you that your body will metabolise carbs first. It has to. Okay, that's why your insulin gets released to sweep the blood sugar right out of your body.

S And there is science to say that insulin is our fat storage hormone.

P Yes.

S And there is science to prove that the more carbs you eat in one meal, the more insulin is pulsed out.

P And there is science to tell you that while your blood sugars being swept away and while you're burning those carbs your fat actually goes into storage to wait to be burned later.

S And there is science to prove that the more fat alone by itself that you eat in one meal, the more you start digging into your own adipose fat tissue.

P Yes, so all those things put together, and you can research them because there's a lot of science out for that, we sort of came up with our own guinea pig style of doing this. I mean this was trial and error. Now to tell you the truth though, let me tell you something about bodybuilders okay.

S They know their stuff.

P We know they're bros and they have bro talk and you know they're not the most civilised people. You might have this idea in your head they know their science.

S All that they know is their ups and downs of all their science.

P So Serene and I as we were actually studying all this we used to go on bodybuilding forums and the language was not nice I tell you this. But man they knew their stuff and bodybuilders...

S Especially about hormones

P They know how to use their body. They knew how to cut their

body. They knew how to build their body and often times what they would do was to build up their body with carbs and then go into an almost low carb state and they'd...

S To cut fat, cut, cut.

P And they'd do these cycles between low carb and then adding some carbs. And it was harsh, very harsh, and it was detrimental to their body and it was aging. It was extreme.

S But we kind of thought how can we make this friendly, anti-aging, and work for us?

P And so we decided to make it Mama friendly and we started, you know, changing up our carbs and fats. Not like the way bodybuilders do it where you go extremely low carb for a week and then spike your sugars for one day. But we did it in a way that... So it's really a one-of-a-kind thing I guess. I mean there's nothing new under the sun but Serene and I just used ourselves as guinea pigs.

[00:41:11]

Announcer Trim Healthy Mama Product News and Notes.

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

S Why, because it balances your amino acid profile, now THM is centered around protein. It's awesome for weight loss. It's awesome to balance our blood sugars. That's great, but

concentrated protein all the time, that's not balanced, is aging. But it can be anti-aging when you balance your amino acid profile. What we mean by that is methionine and tryptophan are amino acids found in skinless, boneless muscle meat.

P And in some dairy.

S Yes, but you know what? If you're always having that, that, that, that, and never the other amino acids of protein out there, like glycine and proline, then you're not balancing it out. And do you know what? When you have the full picture like back in the olden days when they had the chicken, they made their broth out of the bones with it, it was anti-aging, it was healing, it was medicine. Protein was wonderful. It worked for them. Why, because it was balanced.

S It was complete.

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

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

picture of protein.

P Yes, and so some of us don't have the time to make stock and so that's why we have collagen and gelatin powders because it's just easier and they're not only complete protein but they do other wonderful things for our body such as they cause us to grow wonderful thick hair, they beautify our skin...

S Yes, yes.

P They raise our immune system. They cleanse our liver.

S Yes

P Serene, you name a few mate.

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

P It is anti-anxiety.

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

P And as mothers our lives are not very calming all the time.

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

[00:43:26]