



Trim Healthy Podcast with Serene and Pearl
Episode 60 - Storytime with Serene- There is Gold Down
Those Rabbit Trails

*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 Women and men, boys and girls, welcome back to the Trim Healthy Podcast with Serene, Pearl and me.

P Hello...

S Yay and he said my name first and I don't usually think about that but I have been gone.

D You have. And it's so good to have you back in your tiny, wonderful, peanut Solace.

S I know and I'm still... Don't worry. I'm here but I'm not fully here. I have socks on that have rice underneath the...

[00:00:30]

P Why rice...?

S Well, when you're in the postpartum stage of your life you don't put shoes on every day. You walk around the kitchen with your socks.

P Right...

S Your socks pick up things that shoe bottoms should pick up.

D She's straight mama.

P Oh... So you go around carrying food.

S And these are the socks that I have been wearing since Solace has been born.

D Those look funky

P Oh...

S They get washed occasionally but they're cozy.

P Are they Sam's socks, because they look masculine...

S No, actually, these are not.

[00:00:54]

S I stole all his and lost his and I've just said to start on my own pairs now.

D Those are funky brown, Mr. Roger's socks.

S And do you like my postpartum pants ?

P They're totally Mr. Roger's

S My postpartum pants...?

P Yes, they're... What are they? You would call them like...

S Bloomers...

D Indian...

S Bloomers... Indian bloomers...

P Indian bloomers, like the Bohemian people...

S Okay so guys right now think of M C Hammer, right.

D She's in her Hammer pants.

S Yes, but aren't they like shiny; like cool, black things. These are Bohemian.
These are hippy. They've got elephants on them.

[00:01:19]

D Indian Hammer pants.

P There are elephants on them. Okay, today it's going to be a little rabbit trailed. Let's just say up front right, it's going to be a little rabbit trailed. Next week there's going to be no rabbit trails because we're going to do one on Intermittent Fasting.

S Yes, and then we have some more on-pointers.

P We do.

S Like on-point PODdy's that we're planning, we're actually getting prepared.

P We are, but...

S There's no preparation for this one today. Sorry...

P No...

S Turn it off if you're already upset.

D Yes, but as you know...

P If you're a hater of our rabbit trails, switch us off right now.

[00:01:50]

D Yes, but if you've been listening for a while, you know that these rabbit trails lead to the rabbit house and in the rabbit house are the goods.

S Are the goods... Let me turn off this phone.

D Speaking of rabbit trails...

S It's just a cousin from the hilltop.

D Now today we have story time with Serene. Is that right?

P Yes...Story time with Serene mate

S But first of all I've been...

P There are some treasures at the end of this story.

S I have been gone because I'm just loving on my baby, but number two; I've been gone because I was so proud the last time I was here saying, ah, I just live on baobab and I and everyone around me has had the flu but not me. All of my family we are so pristine and pure and powerful. Well, pride comes before a fall. You can probably hear a little bit in my voice. I ran out of baobab and I just got busy with taking care of the baby and I wasn't

really like making good salads and meals. I was just like shoving nuts and cheese down my gullet.

[00:02:39]

P You were cheesy-bready. Right...?

S Yes, it was cheesy-bready.

D Cheesy-bready...

S It's just like survival. It was just like; you know baby's crying, she's got colic, she's spewing up. Just another handful of cheese will help. I came down down with the flu. Well my whole family came down with it first; my children you know who are running out in the cold and they don't know they're miserable and cold and they get the flu.

P Uh, now my phone.

S Yes, turn your jolly phone off.

P Sorry peeps.

S Anyway, we all had the flu. So that was... There are 12 of us living in the house so we were all coughing, hacking...

P No, Sam didn't get it.

S No, Sam didn't get it.

[00:03:11]

P And I just want to announce to everybody right here. Pearl never got the flu.

S But don't be so pompous, Pearl.

D Dan-Dan never got...

S Guess why

P Dan-Dan never got it.

S You don't live in the hilltop. The flu went through the hilltop.

D That's it.

S Don't think Pearl's so holy that she didn't get the flu. She didn't come near me. She called me filthy guts

P No...

S And wouldn't come near me. Filthy guts while I had the flu...

P She was so filthy in my mind, I didn't want to be any... Like even 100 yards was too close for me.

D No, I support that

S She wouldn't even talk to me on the phone because she thought my filthy lugies could come and jump her through the phone.

[00:03:39]

D I support that. You know sometimes we'll have friends you know and they have kids and they're like, hey, we were going to drop by. I never say it because I don't want to be a spaz but inside I'm like I wonder how many of your 18 kids might have some deathly illness

P 18 kids...

D Because most of our friends have lots of kids and oh no, they were sick last week.

P There's Serene.

D Yes, but it's fine. I'm like oh, really you've medically come to the conclusion and you know that there is not a chance.

P There was Serene on Sunday because she's like no, we're all better, Pearl. We're coming to Hilltop Church right. And so I'm like, Serene are you sure? She's like, yes, Solace and I are great. So she's like... As soon as I see her she comes up and talks real close talking. Hi Pearl...

D Some people have to close talk. That's the rule.

[00:04:21]

S Pearl, that was so funny. We're not like a Pentecostal church that way, but it was like I was about to slay her in the spirit or something because she kept walking backwards and walking backwards and walking backwards.

P And Serene would keep coming into my personal zone. Come on Pearl. And she'd get right in there like she's going to slay me in the spirit. Have you ever seen that remembering the old days? Okay, you weren't in the Pentecostal churches where you...

D I was totally.

P You get prayed for and you fall down.

D You fall down.

S You have to. If you don't fall down, they push you.

D They'll push you down.

P If you don't fall down, you didn't receive Danny.

D I almost fought a guy but that's another story. Please continue. The preacher was trying to shove me down.

[00:04:53]

S Anyway, Pearl was doing that walk-back trick with me you know.

P And she was like the preacher that I wasn't receiving her spirit.

S Yes, she just, the spirit of the filthy flu luga

P But this is really rabbit trail. So keep... Serene has an incredible story.

S Okay, so we were all sick. We were all hacking. Was there any hope for baby Solly, poor Solly.

P That's her nickname people, Solly Dolly

S She was only five weeks when she got the flu or was it four.

P Five...

S Five... No, it was four.

P Four weeks...

S She was four when she got it. It was so sad. And I tell you what. This thing was so... She went from the most perfectly happy baby to just wearing a furrow on her brow. It was so bad. Okay, so we thought we were good little children and we called our pediatrician and we tried to get the soonest appointment but that couldn't be for like three or four days.

[00:05:36]

S And so you know we've read the internet, we did all that worried parenting and you do the internet read and you realize that you've got to take your

baby in. Anything under two months... Any kind of you know cough or hack or whatever... You've got to take them in. So we decided we're just going to go to the emergency room after a couple of days of her being miserable, and I just went with my daughter and we went in. And she wasn't really that bad off at that time. She just... You could tell she had a cold. I didn't even think it was the flu. I thought; oh, this is a cold. So they didn't even... All I wanted was for the doctor to put the stethoscope on her little lungs and tell me if they're full of junk. I wanted maybe like a temperature taken and maybe you put that little light thing on their toes and it tells you...

D Because you've been down this road a million times...

S It tells you if they've got good oxygen coming into their lungs and what their heart beat it and she's just doing good. Nothing... The first question I got asked was; so are you up-to-date on all your immunizations? Now this Poddy's not against immunizations. Hey people if you immunize and you're listening, more power to you. You're making those decisions because you love your baby. We all are not immunizing or not immunizing because we're trying to kill our children. We're trying to save our children.

D Or trying to make points on social media

[00:06:44]

S So more power to the people who are trying to love their children and they're doing it in the way that they want to do it. Okay...

P Yes, no emails please about this.

S But we've chosen to not to, Sam and I, because of just some research we've done, but we're doing it because we love our children. So he asks me this question. Are you up-to-date on your immunizations? I said, ah we choose to not immunize. Now this is 2018 people. At least now in these recent years people know it's at least controversial, and so normally when I'm asked that question, I get; ah sorry, sorry, sorry mam...

D Support... You get support.

S We just have to ask. Well I got; excuse me, would you repeat that? I had to repeat it to him. So I said, oh, yes we choose not to immunize. He almost spat on the floor and he looked at me like; so were you immunized? And I said, no my Mom chose to not immunize me either. He looked at me again like I was some filthy gutter squalor who had this baby to another gutter squalor and we made a gutter squalor baby. He looked at me like... and from then on , maybe that's why he didn't put a stethoscope on. He was like, can't touch.

P He wouldn't touch her.

[00:07:46]

D I can't touch this zombie.

P I can't touch.

S So straightaway he said, okay, well we've to get the... We'll have to get blood work. We'll just stick a catheter into her.

P A catheter...

S Put an IV and we'll get the chest X-ray machine in. Blah, blah, blah... And I said, hold on. I can't go there. I just want you to just like put the little... The good old fashioned hospital stethoscope on her... and he walks out of the room. And I said I'm just going to call my husband. I said to Sam, Sam I can't do this. The last three babies we had you know; because they were born a little earlier. I just tend to go early. They weren't quite ready and they were... They had respiratory and issues and they had to go for the NIC. They were NIC babies. And you know what happens in the NIC. It's not fun. It's not nice for newborns.

S I said to Sam, I cannot see a needle be poked into her. A catheter... That's the worst, most painful thing in the world. I'm not doing that to my baby. She's just got a little cough. He's like no, no, you just walk out of there. So I said to the nurse, what do you think? The nurse said; she looks great. Just come back in the morning if it's bad but she'll do fine.

[00:08:44]

S So the doctor came back in with this big written-out thing. Sign this piece of paper because you're responsible for her death, sepsis, brain damage all these things that will happen if you walk on out of here. So I had to sign the paper to get out. But on the whole way home that's when I did my Pentecostal. I was like rebuking, oh Lord Jesus I break anything over my baby for signing that piece of paper to get on out of there.

D Signature...

P You are not responsible for her death or sepsis. I rebuke it.

S No, it's not going to happen, in Jesus name... So anyway I was being real Pentecostal. You know you don't touch a she-bear mama. So I got home and I'm like, okay we can make it through the night. And I woke up at like four in the morning to go to the restroom, too much information but hey...

P TMI... That's what the PODdy is all about.

S It's all about...

P Again....turn us off if you don't love it...

S Yes, so I... Usually I pass the baby on to the hubby and he holds her while I go to the restroom. And she usually screams her jolly head off.

[00:09:43]

S It's like I'm not in mummy's little arms. I can't take this. This is torture. But she didn't cry at all, and Sam said she was really kind of... It was just not her normal responsive self. So we did a big paranoid parental pizazz poopa. Like we went; get your boots on. Get the keys. Where's the keys. I can't find the keys. Okay... And like you're not even dressed properly.... Probably this is why the docs are treating me like crap because I'm dressed like a hooligan street kid. So we're like... We're just like boots on, zipped up, we're just in our Hello Kitty jammies; whereas... and we're racing to the emergency room. This was a 90-mile-an-hour trip because we... She couldn't cry. She couldn't cry. Well come to find out later she just lost her voice. I had no voice. I just didn't think babies lost their voices but they do.

D From crying so much...

S No, she just lost it.

D Oh, from the sickness...

P It was from the sickness.

S From the cold...

P But you sort of gave that away. Keep trying.

[00:10:35]

S Yes, but it was freaky. It was freaky. She couldn't cry and so... but I think maybe the nerves got to Sam and he had to stop halfway to use the restroom and I went, no you can't go to the restroom. He goes; well I have to. I'm like, no, this is our baby's life. We had a good old fight you know on the way to the hospital. That makes it all better? And so we rush into the emergency room. But I think the cold air and the cold car... You know because it's just... It was a freezing night and even though we'd turned the heat on blaring, it takes forever to heat up. So by the time we got there she was doing better. and we get into the room and the doctor said, ah, so what brings you here, and I said, well you know she's... Our house is filled with the flu. She's just a little baby. I think she's just got a cold but this is freaking us out.

P This is a different emergency room?

S Yes, this is different... We don't want to go to the same one with the psycho doctor who thinks I'm a filthy squalor, right, so I wanted a chance...

D And she'd married a filthy squalor.

S I wanted a chance that someone... The doctor thought the way I was dressed I was still a normal human, you know and I could create a normal human baby. So anyway, and not a non-immunized alien...

[00:11:37]

S So we turn up and he's like; why are you are? And I'm like; well you know I think she's got a cold. He's like, you don't know that. She looks fine. Why did you bring her here? I said she's got a cold. Can't you hear she's coughing and she's got snot running out her nose? You don't know that, he said, she's probably just learning to breathe.

P That's what he said.

D Oh, no...

S I said... I thought... I actually didn't say this. I thought she's not five hours old. She's five weeks old. She knows how to breathe.

D She's an expert breather.

S Yes, so anyway it went from a doctor wanting to do everything, catheter, blood work, chest X-rays, everything, no stethoscope, no simple stuff to this guy saying, just walk out or here, she's fine.

D Good stuff...

S And so he does a few normal things. He sticks her on the oxygen machine and her oxygen is 100%. He doesn't bring out the good old stethoscope but he put her on the oxygen machine. And he's like; she's fine. Just take her

home. And I said, but I read the internet and the internet said I should be worried; two months and under. He's like don't read what you read... You know listen to what you read on the internet.

[00:12:33]

S So we're walking out and all of a sudden he turns around and he starts snapping his fingers in front of Solly's face. He's like, ooh, you're right. There is something really wrong. And I said we didn't think there was anything really wrong. We just thought there was a cold and we wanted to be proactive you know. We've got an appointment with our pediatrician but we wanted to be proactive. He's like, no, there's something really wrong. I don't know what it is. I don't even know where to start but at least we need to have MRI's. I'm going to call Vanderbilt. We need a children's' hospital right on this. We're going to get an ambulance and so get ready. And I said, well we're cash pay... We'll just drive up. We can get there just as fast.

P What did he think was wrong?

S He was like, I don't know. I'm not a pediatrician. I don't have any children myself but there's something wrong because she should be looking right at me. And I said, she's a newborn and she loves that light behind your head. She is like so switched on.

D He concluded this because of her focus...

[00:13:29]

S No, because he wanted to get his jillies, he wanted to get like a special combo going and have her smile at him. He wanted to be like, ooh, I'm the big baby doctor.

D Like me when I want to submit a cat

S Yes, he wanted to just have like a big... A special moment with the baby...

P Oh and she wasn't...

S She wasn't giving it to him.

P She wasn't feeling good.

S Well, she's a newborn. She wasn't feeling good. She loved the light behind him. But she, out of even all my babies, is tracking so super early. But you know babies don't track when you want them to all the time. Well even up to 10 weeks... Mine do around you know four or five whatever, even up to ten weeks. If you research it, a baby won't perfectly track all the time. Sometimes they even go cross-eyed. But he's like, there is something majorly wrong. And we're like so what gives you this knowledge? And he said, no, no knowledge... It's a gut feeling. So he's like, I'm calling ahead to Vanderbilt. And so he called and gave this placebo junk that there's something majorly wrong and to at least start with MRI's. And she needs major testing. So we went from... She doesn't even have a cold, she's just learning to breathe to there's something majorly wrong with your baby. He said; I think it's newborn seizures.

[00:14:32]

P Oh no, seizures...

S And we said; our baby is perfect. She has a cold. So anyway we were driving up to Vanderbilt and we're like what are we doing?

P And for those of you who don't live in Nashville, Vanderbilt is the major hospital.

S Children's hospital

D Children's hospital, yes.... They're actually amazing.

S We looked at each other and we were like what are we doing? We're going to walk in there and they're going to be having the big magnetic like jumpstart your baby back to life. Like waiting for her and all the needles... Waiting to jab in her because they've got this terrible call. Like this baby is in need of assistance. We don't know where to start but we've got to start all the tests and we've got to start them know.

D Run them all.

S We're like; we can't do this. But then we're like; but we have to.

[00:15:08]

S If you don't bring a newborn in and there's like calls from a hospital to a hospital, maybe DCS may come and take your baby.

P They could take your baby.

S We were like freaked out. So we were like well, we've got to be smart here. We've got to work this out. We thought we'd go to our midwife; good old

midwives. You know they come to you any time in the middle of the night. So we arrive at her place at like five in the morning. And we say, can you get your stethoscope out and just look at her lungs because that's all we're worried about? This other doctor's worried about tracking blah, blah, blah. She's like, there's nothing wrong with the tracking. You know we went through the whole thing. She checked all the little new-born...

P Yes...

S You know you pull... You do those things. What do you do?

P Vital signs... All that...

D Finger nails and stuff...

S Well that you just do those tests to make sure that they have...

P Reflexes...

[00:15:49]

S Proper reflexes and that they're not listless and all that stuff. Everything was good, like neurologically she was just great. And I knew that already but... And then we decided. We all made this plan that we would go to Vanderbilt but it would be just like an aftercare pediatric place. But it would be Vanderbilt. But it wouldn't the Vanderbilt they called.

D Yes, yes, that's smart.

S We found out that there was a Vanderbilt after hours pediatric place opening later on that day. So we go all the way back home. We'd been awake for hours. Then we wait until later and we go all the way back into

Nashville which is hours away from our home.

P Or an hour and a half... Sounds better saying hours.

S Yes... And we go in there and we put our name into the information and they were like; ooh, you're the Allisons. They've been to this hospital, that... We're all in the system.

D You have been flagged.

S We had been flagged and we had a lot of missed calls because we didn't turn up straight away you know. And we're like we're here. We're here at Vanderbilt.

[00:16:42]

S We were told to go to Vanderbilt and get a pediatrician to look at her; a child's doctor. We're here. So anyway, we get this lovely doctor and she's like; do you mind if I just put this little stethoscope on her? We're like, please. She's like, do you mind if I just swab her little nostril for the flu? We're like... She's worried that it's too invasive. I said could you please just swab her nostrils? Please, please...

D Yes, you've dialed back from...

S Yes, from MRI's and catheters and blood work and craziness... And she swabs her nostrils and comes back ten minutes later.

D Celebrate...

S It's not some neurological brain...

P You actually celebrated the flu.

S Yes, exactly... So anyway you know we did our good little parental thing and watched her so closely and brought her back every day to the pediatrician. And we're just like, you know, we did our thing. But we just learned so much through that whole... First of all I love doctors. Please, if you're listening and if you're a doctor or married to a doctor or you've got a son who's a doctor, I love doctors. I mean if I am squashed on the road, I want a doctor. And you know I went and had my baby at the hospital. I'm not against hospitals. But I learned a lot about not listening to everything.

[00:17:58]

P Labels too...

S They're labels. You know because if I was a first-time parent, if Sam and I were first-time parents and we hadn't been down this road a few times, I think that we would have been so full of fear. We would have gone down to that Vanderbilt. We would have started the MRI's and all the testings and all the freak-outs.

P And first of all someone saying that there is something wrong with your baby. There's just something; you know gut feeling. I mean that's a huge thing to just say over a baby.

S I know. It's huge, and also the invasiveness... Why start at all the needles? Why can't you just put a stethoscope on first? Like why start with all the high-need testing when the symptoms are showing that it's just a cold or a flu? So we just learned so much about; yes, there's so... Balance is always

beautiful no matter in what genre it is. And even with hospitals... You don't go to the other extreme where you never go near a doctor because that's dangerous too.

P It really is.

S God gave people the talent to be physicians and stuff and they have their place.

[00:19:00]

P Absolutely...

S But...

P I think though in this day and age that place has risen to a place... I mean agree with me or not. Where sometimes that authority is way more than it should have been...

S And it's not every doctor.

P It's not but...

S And it's actually sometimes not the doctors. It's the people giving them a God-status.

P Yes exactly... Don't do anything without your doctor. Did you doctor-sanction that? A doctor is a doctor for your health but a doctor is not God of your life you know.

S And not every doctor is a good doctor. Sometimes there is an idiot and their brother, Moron which I encountered.

P Yes, I know; exactly.

D And there are some... You know as time progresses, there's becoming more and more people with MD's, medical doctors, who are doing things just a little differently. And when we say differently, I actually mean a little old-fashioned. Where they start with the most likely, the simple... You know you probably don't have a freak weird thing happening. You probably have something common.

[00:20:00]

D When I was a carpenter we would do that. We would have to diagnose problems. Often people wanted me to tear out the sub-floor and get down in there and start rooting around. And I would just be like; you know, why don't we just try the obvious, most likely? And it was like 99% of the time, very simple. They didn't have to rebuild their house. You know it was a slight repair.

P But I think with... these days it's not... Sometimes it's not even the doctor's fault with all the lawsuits and all the things that they have to cover and they have to rule out.

D That's true.

P And like they made you sign that thing Serene I mean to cover bases. That's the way so much testing is done.

S Oh, I forgot to tell you.

P And I want to talk about some invasive testing as we go on here, but yes, go ahead Serene.

[00:20:37]

S I almost forgot to tell you. I had to sign a piece of paper twice. Twice

P So the next one...

S It's actually not a printed out form. The first doctor actually wrote it in his little scribble, wrote all those death, sepsis, brain damage and all of the things. The second thing I think was a printout but we had to sign it twice.

P So you were responsible if any of that happened.

S Yes, basically yes... And you know what? It just made me realize. Oh, my goodness, the cousins on the Hilltop.

P Do you not know how to turn off your phone, Serene.

S That's Vangie's children. Anyway I don't know how to turn off my phones; the new phone. Ah, there it is.

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

S I'm Serene... Okay so the other thing is that it just made me realize; yes we have to not just immediately swallow the things that are told to us. Because like I said we don't want to go the other way where we don't... We stay clear of doctors and hospitals because that's a little bit extreme.

[00:21:34]

D They're not the enemy.

S That could lead to great danger.

P It totally could.

S But then the other extreme where you just listen to everything... Solace could have gone through... It could have actually... because she had the real flu... To be stuck with all those needles to put a catheter in her... She wasn't even wanting to drink at the time because she was so in pain. She had a sore throat, she had laryngitis. I think she could have gone into like being way... Her immune system so much more suppressed...

P Yes...

S During that time when she needed to fight the flu... And she could have gotten pneumonia or anything because it would have been so emotionally stressful to her.

P Absolutely... but labels... And you know beyond... Taking it beyond in this little story that you told us... I mean there's a bigger picture here for all of us. I mean what have we been told over our lives? Just because something looked a certain way or you know... I mean a label... Well...

[00:22:22]

D Diagnosis...

P Things were being diagnosed with and then well that's me. And we've said this so many times on the PODdy.

D Things we diagnose ourself with...

P Yes...

S That's true.

D I am such and said.

P Or my Hashimoto's...

S Oh yes, take the my out please.

P Yes...

S It's not yours.

P No, it's just that you know the Hashimoto's that came back and the blood work which I am walking out from...

S Yes, exactly...

[00:22:46]

P When I had that issue, and I've spoken this before. You know I took a lot of iodine because I was using myself as a guinea pig and I elevated my thyroid hormones to a dangerous amount. They pronounced Graves's disease over me you know. And that's something that you should... That's with you for the rest of your life they said. It's an auto immune disease. You know for the first couple of weeks I was like, ah this Graves' disease that I have my Graves' disease. And then I was like; ah, ah Pearl, you will never say that again. It's not your Graves' disease. I'm walking out of that. And so I would say, yes, when I talk to just Serene and Mum... Yes, they said I have Graves' disease. Of course I'm not accepting that and I'll be free from that.

S Exactly... You were always saying, I'll be free from that. And Pearl you have to tell the story about the Graves' disease groups.

P And when I first was diagnosed, I went on the internet because you learn

from a lot from groups on Facebook. I mean that's where you... Obviously Trim Healthy Mama groups... People are all there discussing it and talking... You know encouraging one another or just consoling one another... And so I went on. I thought well, I'll learn from the Graves' disease support groups you know. But I quickly decided I wouldn't go there after a while because there was one thread, fill in the blank; how has...? What has Graves' taken from you? People would say; Graves' has taken my energy. Graves' has taken my metabolism.

[00:24:11]

P Graves' stole my relationship. Graves' took my marriage. Graves' took my job. And it was just lists and things that people listed and what Graves' disease no, no, I am not speaking that over my life. I am not thinking that over my life. I'm not going to let it take one little darn thing from me.

S 100% agreed... Now, Remmy my little two-year old now, because he was in... It doesn't happen to every baby but some NIC babies, in their first three weeks of like, if they don't get to suck for real and swallow for real and everything's tube-fed for a while,

P Put your face close to the microphone

S They don't get that important suck-swallow learning in the first three weeks in life which is so important for them neurologically to get that swallow... There's so many stages to swallowing and to get it all timed right. So he you know... He's walking out of them. There's some issues with

swallowing water. He's getting so much better.

P Yes, but he's doing so great now.

S So much better... But I looked up on the internet too. And it can also be anything too thin you know. And so you have to feed... Anything chunky, chunky... You have to feed kind of just smooth stuff for a while. And he's amazing now. He chews on meat and everything. But in that season, I looked up on the internet support groups too. I tell you what. I was so depressed and crying at the end of an hour of that research because it was like my life is so hard. I have to blend everything up for my child.

[00:25:36]

S And I'm thinking to myself, I love smoothies. I basically live on them myself. My Yuck Yum. This isn't that bad, is it? It was like, oh my life is so terrible, and I'm thinking to myself, what about the mothers who have to get up every ten minutes and turn their baby over because they can't even move. You know they have to turn their 17-year-old over because... You know don't know exactly... Muscular dystrophy or whatever it is, just because you have to feed them yogurt and mashed potatoes... Who cares? Your life is great. And so I decided to myself, this is a depressing place. Just like you with the Graves'. And so let's not go to these depressing places. Let's not put these depressing labels over us. Let's walk out.

P Absolutely...

S And even if we don't actually walk out, we walk out the depression of it and

we be there with the joy.

P We be there with the joy and then joy strengthens your body. Joy itself... the joy of the Lord is my strength, the Bible says and I believe that and I quote that over myself. And you know with that Graves' disease, I stopped the iodine obviously.

[00:26:33]

P You can listen to a longer Poddy of why that happened to me. It won't happen to everyone that takes iodine.

S You have to be a Kiwi from New Zealand.

P Yes, I had some issues. But anyway, I walked out of that Graves' disease. I'm telling you I have no symptom. It's supposed to be for like. I experience nothing of that. But it was a two-year process you know. Sometimes even a year later I would feel the pounding in my heart. That's one of the symptoms. I'd go to bed and it would just pump, pump, pump. And I would just like say to myself, heart, you settle down right now. You just soothe yourself heart. The joy of the Lord is my strength.

S I love it.

P I just wouldn't accept it.

D And how did that work out?

P Well I don't have a pounding heart today, Danny.

S She's perfect.

P I mean I don't have that.

S She doesn't have any of the symptoms.

[00:27:18]

P I don't have any of the symptoms.

D Do you feel, because I have no idea what Graves' is... It sounds serious.

S Well the doctors wanted to take her whole thyroid out and do crazy stuff and have needles put in for biopsies every two weeks.

P No, I'm not saying... Some people have genetic... There's different reasons for Graves' but once you have it, you know it can keep... There's... You know they say it's something you'll have.

S But who's they anyway?

D Did someone with the last name Grave discover it or are they calling Graves' to terrify you?

P No, it's G R... I don't even know how you spell it.

S It's A V E S.

P It's just that it's a hyperthyroid caused by an immune situation. But yes, there're so many symptoms. I had swelling in my right leg. I mean I had all these things. There were many of them.

[00:28:03]

P And even a year later, some of them would still be there and I just wouldn't let that take over my life.

D So, I have a question. As the body grows and matures I feel like... I'm 37 now and I feel like I remember at age 30 some different stuff. And at that

time I thought I have something now but I realized; you know what? It was kind of more of a growth phase, a growth pain. And now those some of those things are gone. New things are here you know and I'm sure there's new stuff on the way. And I'm just curious. Is that a normal part of life?

P Yes, our Mother always says... Serene will have to say it.

S I was just about to say it, but you say it, Pearly.

P This is how she's lived her life and she's a 78-year old I think in May, who is in robust health. You know my Mum.

S It sounds better saying almost 80. 78... She's almost 80.

D She won the Hilltop race.

P Oh, my mother... She can work Serene and I...

S Can I just tell you something? She still speaks all over the country. She gets up at four because she runs this big ministry, right? Anyway, she just came back from Europe talking about six sessions a day with interpreters.

[00:29:08]

P With an interpreter...

S And then, guess what? She comes home so late in the night with jetlag, and then the next day she goes to an American convention.

P A big convention... Straightaway... I mean if that were me; like I'm too tired.

D Well I got tired on the way here.

P But Mom... She is a strong person genetically but it's in her mind. It's the

way she thinks. She always says to me, Pearly, things come and things go, and like you were saying, Danny. She's like... She gets symptoms like the rest of us but she completely... She's only been to the hospital a few times in her life and that's only when Dad makes her go because then it's real serious. She needs to get something taken care of like something got infected or... I mean one time she had a hernia. She got that taken care of.

S Yes, she'd had it since a newborn.

P Yes, but some... Pearly, things come and things go. She'll get little things but she won't let them overtake her life. She's like; oh this will be gone soon.

[00:29:58]

S Sometimes I'll walk into the office because that's where she just basically lives here life. Even though she's got children and grandchildren running everywhere, they're all in her office. They're all in her life. She doesn't let her work overpower her family. Her family comes first. But she's always busy; always working. I walk in and I'll just... She'll have a smile on her face but I'll just see she looks rundown a little bit. And I'll be like; how are you feeling, Mum? Great... But you look a little tired. No, I haven't had time to stop and think that I'm tired. Like she doesn't dwell on her... She doesn't get in touch with her body too much. Now there's a balance to that.

P There is a balance to that too. And we're not saying you can never have a disease. Like Serene has walked through Arden who had stage four cancer.

We're not pretending this world is just butterflies and roses.

D Stuff's real. That's right.

S But you don't listen to everything you say. You do sometimes. Like we appreciate the doctors and what they've done for Arden. We believe that God has been over that, and so we thank the Lord for that. And we've done alternative measures for him too. Now... So we thank... We're happy for doctors this far forward. But now there's coming a point where they're just wanting to do stuff just cuz... Just cuz it might come back... Just because we may not have gotten everything... Just because blah, blah, blah... And they want to do some stem cell... I don't know all the details because I've kind of stayed out of the doctors. I let Arden and his lovely wife deal with that.

[00:31:23]

S But Arden was telling me how they wanted to do this big stem cell thing and take them out and put them all back. It's quite invasive and it's quite extensive. And they're like... And there could be a chance that you'll get another kind of cancer in ten years but we'd like to make sure we've taken care of this cancer. He's like how about we not and how about if it came back in ten years we just do it then? And they were like, um... They didn't have an answer for him. Basically they wanted to do it now which would be crazy. So the point being is; you don't listen to everything. What's the whole point of this PODdy? The whole point of this Poddy is; be pro-active.

Do your duty. Don't run from doctors and hospital. But don't also believe everything they say. Don't be labeled. Don't believe labels you put over yourself. Don't believe labels the doctors put over you. Don't believe labels that your friends put over you, or your past puts over you.

P And don't be bowed down by all these labels and say, hey the joy of the Lord is my strength.

D Hey, I...

P Yes, you go, Danny.

[00:32:22]

D May I?

S You must.

D Well all this reminds me of a story. You asked what the point of the podcast is. A point I'm really feeling too is how no matter happens, comes your way, sickness, setbacks, where's your mind set in your move-forward plan? I had a friend whose Dad had a stroke and he was basically in a wheel chair for life. And the Dad kind of became a miserable person and was fussy and get me this and if I don't... I'm in a wheelchair. It was kind of like an identity. He was the wheelchair guy and he had rights you know, and people needed to know that he was weak and don't you love me? It was a lot of deep stuff.

D And they went to a doctor finally and the doctor said, take his wheelchair

from him. This is a guy who had a stroke and was in a wheelchair with like a soft cushion because he was in it all the time. Like a proper pro-wheelchair. The doctor said take his wheelchair. And they were like; how is he going to get around the house? He may not for a while. He may be hungry sometimes because he doesn't have his wheelchair.

P Ah, but then he'd be so grateful for his wheelchair. Was that the idea?

D This man is walking today.

P Oh, really...

[00:33:45]

S Now that's the kind of doctors we celebrate.

D Because they took his wheelchair and he had to go to the bathroom and he had to go get food.

P Oh, I get you.

D And his family helped him and they worked through that. I'm not... Obviously the balance, right... Who... Like I'm picturing the emails coming in... But we have a sick... We don't know all of your situations.

P No, we don't.

D You may, but don't write off that sometimes you need to lose the thing, the identity, the thing that's even... Like all the MD's have even said it... And all the weight of how could you is all there.

P It becomes your precious. My precious...

D Yes, it can become your precious. So maybe you haven't had a stroke and you're in a wheelchair... Whatever it is that you're walking through that has come into your life... Like the girls' Mom says maybe it's not here forever. What if you could get up and walk out of that wheelchair?

[00:34:34]

S What if you could, Danny? What if you could? And I would like to say one thing to... Danny, that was good. We've got to do our duty and we have to... You know. We're going to eat Trim Healthy Mama meals instead of McDonald's. We're going to get out and get moving and not be sedentary and sit down on the couch. We're going to think positively and speak life into our bodies. But let's not look under the hood too much.

P Oh, I wanted to talk about that because we were talking about testing. These days it's like the hippest thing to go be a pro-active test to get every like DNA test you jolly well can. And I'm into testing hormones maybe if you can't lose weight no matter what you do. Let's get your hormones checked. We can do something. But man, these days even ads on TV; go get your... Go test your... Send away your stool for colon cancer.

D I saw this one.

P And then the tiny little words at the end... This is not indicative for people at risk of colon cancer. It's so weird. It's a money-making scheme. And then all the... You know... All the genetic DNA testing...

D It's for people who actually don't have cancer...

P I know...

S Yes...

[00:35:37]

D To buy a product...

P Yes... The other day I was at the dentist and they said, so now we're going to do your oral cancer screening. And I said what? She said, now we're going to test for your oral cancer. I said, no, you're not...

D What? For oral cancer...

P Going to test me for oral cancer...

P I don't have oral cancer. You want your \$260 or whatever it is. They didn't say but that's what they want.

D No doubt...

P I'm not at risk for oral cancer. I don't want that fear for five minutes waiting for the results to come back. I don't want any of that over my life. I don't have it in my family. I don't have it.

D You know I almost feel like the E R is sometimes the best bet because you know they're not incentivized. They don't make extra money with tests. They don't...

[00:36:17]

D It's not their business.

P Well, unless you get doctors like Serene did...

S Yes the moron, yes... There are great doctors out there that are amazing.

P There are great doctors at ER's and I've had them.

D But I feel like for the most part, the ER doctors seem like it's... They're not personally attached to you doing certain things and not doing certain things. They're like; we're just going to save you and...

S Unless they think you're squalor...

D Then you're dirty and you're labeled.

S And you're squalor.

P But you know... And then... I was reading some stuff from... What was it? Doctor Carolyn Dean. She's that magnesium doctor. Have you ever read any stuff from her, Serene?

S Love it.

[00:36:46]

P She's got some interesting stuff.

D And aren't we also pro doctor? Can we say for the record how great...?

P Yes...

S Yes...

P There's some good doctors.

D Because it could sound like we're the anti-vaccine and the anti-doctor.

P No, mate...

D Like a bunch of Hillbillies...

S No, that's crazy because that's when you can end up letting your own family die around you.

D No doubt...

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

S You know what I mean? That's the other extreme.

D And we've got those stories too.

[00:37:05]

P But I was reading stuff from Dr. Carolyn Dean and she... Those of you that are into magnesium... I've been really studying magnesium lately and I think we should do a podcast on it, Serene, sometime.

S Good...

P She was saying all of this latest invasive... It's not really invasive. It's called pro-active and it's a very hip thing to do with the anti-aging community. People just want to find out more about themselves. They genetically test. What are they at risk for? What sort of immune disorders do you have? Or what are things wrong with your body? So you could have a high risk of that. And she's like; first of all it sets down fear. Second of all, it doesn't mean you're going to get that just because you have that DNA little... just because it's... You're made...

D Because you have the propensity

P Yes, just because that test said it doesn't mean you're going to get that. And so you don't have to live your life waiting for that to happen. You live your life in the healthiest way you can. You eat right.

S Amen...

P You take some good healthy supplements because put the power of some of his healing in the herbs of the field.

[00:38:00]

S That's right.

P You do it right but you don't just sit there and wait. Ooh, I'm actually at a high risk for that. Oh, my goodness, what am I going to do?

S It's so true... And you know what happens when you think? You can think yourself right into stuff. Like I used to have panic attacks... And I actually had reasons to have panic attacks. I had adrenal fatigue but I now wore the label. But then I decided that I wasn't going to wear the label and I walked out of it with the mind of Christ just speaking life and saying, no. But the funny thing is to this day I've learned how to have a panic attack. I could do one right now.

D Could you break into a panic attack?

S My throat could start closing. I could get the hives all over. I could do it, Danny. I got it down, why? Because I know how to do it... You just work yourself into it.

D You've got a PhD in panic attacks.

S You just work yourself into it in your mind. You get a little bit more dithery, a little bit more worried, a little bit more worried and you think about this and you get introspective and start thinking about... Ooh, that fuzzy

feeling in the back of my throat. I think it's closing. Ooh, it clamping down.
Ooh...

[00:38:56]

S You know like you can start it.

D And not only that but ooh, this is my thing. I'm going back into my thing right.

S Yes, that's right. I don't have adrenal fatigue now but I could do one right now for you. So it doesn't mean... Even if you have it or you don't have it. Sometimes it's just your head space is... It leads me to another thing I want to talk about.

D You actually learned the skill...

P The skill of panic attacks...

D By destroying yourself...

S Some people have a real skill getting their labels to come to pass.

D I told you guys these rabbit trails were leading to the rabbit house of gold.

S Well this is the rabbit house now. You may not... You may have something, have an issue and not experienced anything negative because of it, right

P Right...

S And it's hip and trendy to start looking at the hood... Under the hood that everyone's looking under. Now with my baby Remmy, you know he had eating issues like I said because of the tube feeding and everything... For

him... It seemed to affect him. He was having issues. So he was skinny as a baby and I started looking under the hood and I thought, ooh, it's tied tongue. And it's very trendy. It was very trendy to check for tied tongue. Tied tongue was the problem for every baby. If they were slightly skinny, it was tied tongue.

S And then if it wasn't tied tongue it was a posterior tied tongue. It was the tied tongue you couldn't see. It was the tied tongue that only specialty doctors could see. It was the tied tongue that every doctor was missing. And then it was the tied frenulum of the upper lip and then the lower lip. And it was all; that's the problem.

S So I flew to New York and I did the whole deal and I got it lazered; you know his frenulum above his lip and under his lip and under his tongue. And his was the one you couldn't see but only he could see. And then after I got the surgery, it was so sad. You have to stretch those sores open so that they heal open and not heal with more scar tissue. It was the worst. I would just cry every time I did it. But you know what? He... I couldn't even see a tied tongue at the beginning. And neither could my lactation consultant at the hospital. Nobody could see it. It was just this one particular doctor.

S And I went through all the surgery; blah, blah, blah, blah, blah... It didn't help him at all. That was not his issue but Solly Dolly is getting fatter by the day. Her tongue I can see is tied. And remember that baby who was

president of the Fat Club?

[00:41:07]

P Yes...

S He was like so fat. It was like when Remmy was skinny. We went to a baby shower and there was this big baby the same age; four months.

D Wait a minute. He be...

P It was Jamie's baby, Danny.

D Oh, I know this kid.

S He was president.

D He looks like his grandpa.

P He was so fat, Serene said to me... She was at the party with Remmy who was skinny at the time. She said, I feel like every woman's looking at me thinking, that girl's got water for milk in her boobs.

D Hold on, did he beat...?

S Emory...? No, Emory wasn't born yet. Emery, Vangy's granddaughter she beat. She's from a different planet.

D Rashida's baby... That's who I was trying to think of.

[00:41:42]

S But anyway, all I'm saying is... And our brother, Rocky had a tied tongue. He even had it so tight he had to learn to speak his own little way. He speaks normal but anyway, he was a huge baby; fat and then Haven...

P Your other daughter...

S When she went out to get checked out for something, I don't know how she even talks, her tongue is so tied up. But she had no trouble getting rolls on her thighs. So my point being, you may even have something but it doesn't mean you need to even suffer any of the symptoms.

D But that's your thing for life and... You know know what I did...

S So look under the hood, get the testing and it may not even... You may have it and it may not even help you.

D I got so tired of having a problem with dairy. That's right. Shoving milk in my gut...

P You're right. You got sick.

D Get used to it, gut and it's like; I can drink milk now.

S I love it.

[00:42:26]

P Kefir did help you though with it

D Yes, we have to... Yes, that, good balance... I did maybe wean up with kefir.

P Hey, should we...? Oh we were... it's 42 minutes. We've got to do the spotlight on the food.

S I know.

P But who's supposed to take a question?

S I wanted to say, balance is beautiful, isn't it, right.

P Isn't it?

S So it's the balance between completely saying dairy is evil and I'll never have a drop of it again, and it's the balance between shoving it down your gullet even though you've got red spots coming.

D I just got mad you know. It just was like; I'm tired of this life.

S Yes, exactly... It's like, do your duty when you have to but don't say it's for life and don't you know... Ah, Solly says everyone's sick of it all.

D Solly's done.

P Solly's done.

[00:43:04]

D She's announced the end of this podcast.

Announcer Trim Healthy Mama Super Food Spotlight.

P So today, I wanted to spotlight oats because, Serene, you've been out for a week or so.

S More than a week...

P Remember when I shared that Sweatpants Oatmeal and you were like, Pearl that's... No one's ever going to do this. You're making it the most complicated thing in the world. Well... Oh my goodness. 1000's are making my sweatpants oatmeal and it's the best oatmeal they've ever had.

S Do you know what? When I was sick with the flu, let me just tell you.

P I should have taken you some but I didn't want your filthiness.

S All I was dreaming about was your Sweatpants Oatmeal. I couldn't even remember that cool name. But I was thinking... I was thinking about those

drizzly coconut oil droplets on top.

[00:43:50]

P It's so amazing, Serene, like you know me. I love my eggs and now I have to force myself to eat my eggs for breakfast because of my sweatpants. They just do it for me.

S I want to come over one Saturday morning.

P We're going to make it tomorrow for a vid.

S Oh, good...

P But I wanted to talk about, since so many of you are eating it... And listen. You don't have to. It's not part of a Trim Healthy Mama must do but it's so awesome. I was going to say all that. I want you to know what's happening to your body when you're eating oats. Why do this? Right...?

S Yes...

P So oats are so fantastic because they contain beta-glucans and beta-glucans is the fiber in oats. And it is so fantastic. It's steadying your blood sugar, of all the grains...

S It's soluble fiber and what it does is it swells with the water and makes kind of a gel, right, Pearl?

P In your stomach to keep you full... And that's why I can go to lunch with this oatmeal. Usually oatmeal makes me so hungry. I don't know why but when I... Because we add the extra fluid in this particular recipe of Sweatpants Oatmeal...

[00:44:48]

S And most people add the sugars and the sweetness that quickened the desire to eat more.

P You know those little instant oats packets? And they've got a little sugar and cinnamon in it. I used to love them, right? But I would be so hungry half an hour later. And it doesn't give you a big enough bowl full. But oats... What else are they good for, Serene?

S Oats... They are so high... Not only in the fiber like we said but they're high in protein.

P Yes, I know.

S More than other grains... But you know what's awesome about them? They're rich in anti-oxidants including one called avenathramides. Now avenathramides...

P Thank you for talking about that because I was going to say that and I didn't know how to...

S They lower blood pressure.

[00:45:26]

S And what happens is they dilate the blood vessels because of the production of nitric oxide and so they're absolutely amazing. And do you know what else? They're anti-inflammatory, the avenathramides. They cause an anti-

inflammatory effect on your body. And it's so interesting because what happens when you have hives?

P Get in a bath of oats.

S Of oatmeal

D You mean like standard oats from the bucket? Quaker oats...

P Everyone knows that if you've got hives or skin issues, get in oatmeal. It's the same thing it does internally in your body, Danny, it heals your gut too.

D You know what? Could I say something about oatmeal?

P Yes you may.

S Yes...

D I love how with oatmeal... First of all it's so cheap.

P I know, right.

D There's no fanfare, right? It's not...

[00:46:01]

P So humble...

D I mean it's the same Quaker Oats box; or whatever your brand. Your Quaker brand or whatever brand... It's the same shape... It's the same thing that it's been literally.

S That your Great Granddaddy ate in the Depression...

P I know. I love that. It feels like you're eating a piece of history.

D You are. It's the common man's food.

P Yes, it is.

D You can fill up families with this stuff for a dollar. Please continue. I love oats.

S But it's so full of these amazing anti-oxidants that scientists are just like coming to realize is in the humble oat, right. So we talked about the avenathramides. Now it also is rich in ferulic acid. Ferulic acid is another anti-oxidant found in large amounts in the humble oats. Isn't that awesome?

P Let's talk about what it does for breast feeding Mums.

[00:46:43]

S Ah, yes, Pearl. It's... I don't know what the mystery and magic is. I thought it was the beta-glucans but I... We're finding out now that it maybe something else that causes such an ample supply of milk.

P Yes, oats are incredible for increasing milk production. So if you're a nursing Mama, oats every day...

D Nice...

S Yes, but the beta-glucans... Getting back to that... That incredible soluble rich fiber, it increases the growth of good bacteria in your gut. So it's like a...

P It heals your gut, Danny.

S A pre-biotic... It sets the stage. It gets the environment of your colon all

ready to receive.

P And it just soothes you. You know I eat my Sweatpants Oatmeal; such a big bowl. And you think when it goes in there, you think, well that's going to bloat me because that's such a volumous amount of food.

D Right...

P But it doesn't go in there. I'm a weird person that I try not do this but in the morning I can. I look at my stomach to see how far it's sticking out, right? Just out of interest and curiosity...

[00:47:42]

D To check what you can eat for the day...

S Well you have to. You have to in the morning because we have a rule you don't check after lunch.

P You don't check after lunch and at night you don't check because that's just a whole bunch of food in your stomach.

D It's unfair.

P But in the morning I check you know. So after my breakfast I check. So how much did that explode and bloat my stomach?

D None...

P Zero...

D Nice...

P It just soothes those intestinal linings and it doesn't like cause a big volcano explosion of air.

S No, it doesn't. That's good

[00:48:11]

D That's good.

P You know...?

S That's good, Danny says because Danny is concerned about the bloat.

P Yes, I know.

D Oh, when you talk bloat, Danny's ears perk.

P You can have volcanic explosions of air but not with the oatmeal.

S But you know what I love, oatmeal in the morning Pearl's way, which I'm yet to try. And I'll get her to do it quickly, okay. But I can sense that it's an experience; that it lasts more than just the shove down a piece of toast.

P It is absolutely the whole experience of it. It's like going and doing coffee at a coffee bar. It's not just the eating of it, it's the smelling of it. It's the soothing of it. Okay, now for any of you who haven't tried it, I'm going to give the quickest version possible.

S Just before you do it, I just want to say, we talked about how that soluble fiber swells and causes a gel and it makes you satiated. That's why it helps with losing weight too because it makes you satiated so you're not like a Grazing Grace every half an hour from breakfast till lunch. But it also... The other reason it helps with the weight issues is because it improves your insulin sensitivity.

[00:49:11]

P Exactly...

S It actually lowers your blood sugar levels. It's the bomb. Go, Pearl

D Oats do?

S Yes, oats...

P Oats, Danny... So you haven't done the oats for breakfast yet. It might become another of your Sweatpants Meals.

D You know what? We used to do oats like way too much.

P And you were poor, right?

D We've just gone off the oats. No, it wasn't a money thing. It was an ease thing.

S All right, yes.

D It was so easy.

S I love a big pot for a big fam.

[00:49:27]

P We used to do it because we couldn't afford anything else. But now I do it just because I love it.

S I used to tell my children, don't worry, I was raised on oats too. You have to have your times.

P But Danny was crying poor because he wants everybody to tell us to buy him a blender. He did his video on the chocolate peanut butter...

D Why can't a man get a blender?

P And he's like oh, yes, all I have is this you know and his blender's falling

apart.

D I work for the greatest food company to ever hit planet earth and I own an inferior blender.

S Do you want to see my blender?

P The Admin's bought me a blender, Danny.

D Finally...

S Do you want to see my blender? My blender is shattered to smithereens and I have to time just how many seconds I blend my Trimmy before it all falls out so I get at least a bit in my cup.

[00:50:11]

P Poor Serene... Do you want to buy her a blender, Danny?

D Well you know, we need to get into the blender business...

P We are going to, right.

D So then everybody can have a nice, shiny blender..

S That's true.

P Hey, Sweatpants Oatmeal... Half a cup of oatmeal in a small pot... Put one cup of water and half a cup of nut milk. I use unsweetened cashew.

D Collagen, please...?

S Oh because she's Target, she ain't Wal-Mart. It's cashew not almond.

D Ah...

P No, I can do almond, Serene. I just prefer my cashew.

S I know. It just sounds more gourmet.

P Don't hold it against me. What did you say, Danny?

[00:50:36]

D Cashew is the exotic of nut milks.

S It is. It was so the Tarje.

P I just find it more creamy.

D I was just saying you know I guess whatever the simple recipe is the base.
But then you want to throw collagen, baobab...

P Yes, absolutely, collagen and baobab are awesome.

S Oh, yum...

D I love those two on everything.

P But this is the simple one. You love your special ingredients, Dan-Dan.

D Yes, that's true.

P Some people are against them.

D Okay, fair...

P Okay, and then put that... Turn it to high. Get it to boil. Let it boil and then to medium for about three minutes. Now this is when the ease comes in because I hate standing over a stove. Take it off. Don't cover it. Take it off the heat. Go do something. Go brush your teeth, make your bed or get ready for the day. Take your shower. I don't care. 10 to 15 minutes later you come back. It's swollen. It's big. It's soft but it's not watery. It's gooped together. I actually put 12 raisins in it while it's cooking but you don't have to.

[00:51:24]

S Can you choose another word other than gooped?

P Did I say gooped in good way?

D I got stuck on that as well.

S I don't know. Gooped just derailed me.

D Thanks for bringing that up.

P I said it's gooped?

S Yes...

D Yes, gooped

S It's harmonized. It's... This is how we write the books, guys.

P It's congealed in a glorious way.

[00:51:41]

S No, congealed is like Blood Pudding from Scotland.

D It's creamy. It is creamed up.

S It's creamified.

D Creamified...

S Can we do that?

P Yes... It's creamified in a wonderfully gooped way.

S You are sending a word.

P Anyway, so then now comes the magic, people, a generous pinch of salt and
I mean generous.

D Yes, now that's, yes...

P And then two teaspoons of Gentle Sweet. This creates a caramel effect.

S Are you doing cinnamon?

P Pour cinnamon generously over that.

[00:52:04]

D Are we talking about cake in a bowl at this point? I mean it's really good.

P No, but you can. You can do caramel actually or vanilla. I don't because I'm simple. Now quarter cup... Two to three to four tablespoons of water... Whatever you want... It's hot water.

S It's boiled?

P I get my taps very hot, Serene, because we've got a new house and you have hot water.

S And don't worry. We have water that comes out of the spring so that it's not silly tap water.

P No, no, no, yes but stop making it more complicated for people. I just said water; hot water.

S Yes, you goop girl...

P Yes... With half a teaspoon of coconut oil... Stir that. Now you pour that over this wonderful oatmeal with this topping. Don't stir it in. Each glorious succulent...

S I wish this was videoed because when she said don't stir it she got violent.

P You don't stir it in Danny. You let it sit on your glorious gooped oatmeal.

[00:52:53]

S Stop it.

P And you just take a spoonful and let a little bit of liquid and a little bit of
oats.

S And a little bit of the oil droplets

P Yes...

S See, that's where I'm sold.

P That's the end of our podcast, ladies and gentlemen

D It's over.

P See you next week.

[00:53:17]