



## Trim Healthy Podcast with Serene and Pearl

### Episode 61 - Intermittent Fasting- Listen Before Your Leap

*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 women and men, boys and girls, it's time for another episode of...

P Cats and dogs

D Of the best podcast you've ever put into to your eardrums. The Trim Healthy Podcast with Serene, Pearl and me.

S He's so famous he just has to say me.

P Look, little Dann-Dann.

D It's weird talking about myself in third person. It's like Serene, Pearl and Danny. I'm like aren't you Danny? Alright, but we've got a great podcast for you today. We are going to be so non-rabbit trail-y. We are going to get so to the point and it's going to rock your face.

[00:00:40]

P Absolutely, so we are going to talk today about Intermittent Fasting because it is all the rage these days and it's everywhere on the internet and you can stop at your supermarket and you'll hear somebody talking about intermittent fasting.

S Can I tell you something? It's nothing new under the sun, peeps because it was so the rage 15 years ago too.

P It was. These things circle around. So today I just want to be really balanced around intermittent fasting. I want to talk about it in a way so that you will know if it is for you or if not. We'll bring the good, the bad and if there is any ugly we're going to bring that too all out from underneath the rug. Because Serene and I get so many questions. What do you think about intermittent fasting? We're just going to cover it all today. If you know someone who is doing Intermittent Fasting to lose weight, share this video, share this podcast with them.

D Yes, I'm actually looking forward to this because I heard like two weeks ago and I was planning on asking you about it, so it's interesting that you are talking about it. About intermittent fasting to actually gain muscle

mass and weight as a man, that's off topic but we'll talk about that later.

P It's not off-topic. It's very on-topic. You just said the word as a man and that's what we are going to try and talk about today too.

[00:01:57]

S And try to use the anabolic growth factor too, yes.

D Okay, because I have no understanding of it

P So let's talk about Intermittent Fasting. And there's so many ways to do it. There's fasting where you just do one meal a day, or there's fasting where you'll just take a certain window of the day and you eat during that certain window and during the rest of the day you are not eating. There's day-fasting etc

D I'm feeling like, why would I ever not eat? I already feel like I crash out when I don't eat.

P Well some people, and here is what I want to say. Some people turn to it, not the majority of people. The majority of people have just turned to it right now because it is trendy. It's the latest way to lost weight. But some people turn to it because they have tried every other thing and nothing has worked for them. Literally nothing.

D In terms of losing weight

P In terms of losing weight, so it's like fasting is my last thing. Can I try it Serene and Pearl? Is it going to ruin my metabolism?

S So what I have to say about that is, maybe... maybe your metabolism has

already been wrecked by diets that are not intermittent fasting but are kind of miserable enough that they're close enough to fasting.

[00:03:17]

P Yes.

S Like the starvation, low calorie, HCG

P So if you already have a ruined metabolism and now you're going to try intermittent fasting, what is that going to do to you?

D How emotional is this? I feel hungry now that we are talking about not eating. I'm upset and my belly is like, no.

P Yes but let's talk.

S We're not against fasting.

P We're not, there is a time for fasting. The Bible calls for fasting. So there's a time for spiritual fasting but really that's to build up your own faith.

S Exactly

P And it's different from what we're talking about here, which is to abstain food to do something to your body.

[00:03:58]

P Now times of abstaining from food occasionally is not going to hurt you. But when it becomes your lifestyle, that's what we are talking about today.

S There are amazing things that get switched on in your body when you fast to almost a deathly point.

P SIRT1 gene, it's your longevity gene that gets turned on.

S It's the longevity gene because your body senses massive you are dying, danger. Your body senses something is wrong so your body has this big last leap to save your life and that's why this gene gets turned on. There are other ways of turning the gene on, even whey protein can turn the gene on.

P I want to start off with this. Know your season. If you are interested in this type of fasting, where it is quite frequent, analyze where you are in life. These are the questions I want you to ask yourself. Are you a woman in your child bearing years? And if so I would greatly caution you against it.

S And that doesn't mean that you are actively planning a child. It could mean that you just still have a cycle every month, because you could mess your hormones up.

P You can really mess your hormones up and we have actually got a few studies here.

[00:05:13]

P So if you are a woman, let's just say you are below 50 and you are thinking about, I'm going to jump on this whole alternate fasting thing because my friend lost weight doing it, be aware because it does have a very big impact on your hormones. It has shown that men do a lot better with this intermittent fasting than women. Even in studies on rats. Okay so one study, and I know you're saying rats schmats right? But it's interesting. One study showed that rats became less fertile when enduring fasting,

when there was fasting introduced.

S Because I suppose the body is saying I'm trying to keep you alive, how am I going to keep a baby alive too?

P Exactly

D Because if you are going to do a non-food dying state so to speak, you are not going to reproduce

P There are so many women on Trim Healthy Mama who come here because they want to balance their blood glucose and maybe have fertility issues so not a great thing to do. And ovary size dropped which indicates a lessening of fertility. And adrenal gland size increased.

[00:06:18]

S And not just in fertility right, wouldn't it be a lesser, aren't some hormones ... I'm not Dr Horm's but aren't some hormones made in the ovaries too? It would mess with your whole hormone profile.

P But adrenal gland size increase which in rats indicates exposure to chronic stress, one study showed that improved insulin sensitivity in male rat subjects and it is interesting Danny, that it shows this is easier on men than on women but female subjects saw no such improvement. In fact the glucose tolerance of fasting women actually worsened. Ouch. So actually this study, no that was for male... This is not for rats. This is a human study people.

S That was a human study?

P It is a PubMed study. So you can look this up. It found that intermittent fasting improves sensitivity in male subjects but female subjects showed no such improvement. Glucose tolerance of fasting women actually worsened.

S Why do this for women then?

P It makes sense though because as a species we are created to give life and women are the ones that nurture life inside our bodies and even if we're not pregnant, our hormones require food. On Trim Healthy Mama we eat every three to four hours, we have always said, so we don't get into a catabolic state where the body starts breaking down and does things to itself, starts hurting itself.

[00:07:58]

S Yes now if we want to do a little sane intermittent fasting, that could be healthy for your digestive system. But know your season for this if you are nursing or pregnant and starved right before you go to bed.

P This is not for you.

S And you can't sleep because you're hungry, well then just go and have some yummy Greek yogurt with some berries before bed or something.

P Or a snack

S But you can do intermittent fasting and finish your meal at like seven o'clock at night, having eaten very well during the day and have your

breakfast be a break of the fast.

P Breakfast means you “break the fast”. So I think with some people, intermittent fasting works for them because they are having that proper time, that normal natural time of not eating. When you’re going to bed and your body is not really doing anything, it doesn’t require fuel and your body is just absorbing all the vitamins and nutrients during that beautiful time. So maybe you’re doing Trim Healthy Mama and you are not losing weight and maybe you are post-menopausal, you have gone through menopause and your body just doesn’t burn fuel, as well as younger women.

[00:09:02]

P You can say to yourself, I’m just going to do this in a natural way, a way that won’t be dangerous and I’m just going to have a light dinner and stop eating until breakfast.

S So if you’re checking your emails at night with a bunch of roasted nuts and Gouda, you could check your emails at night with some nice herbal tea. You can say that this is my soothing fast time.

P That would be our approach for a woman to do fasting.

D So what about this, is this a sane way? Because I have done this and not thought about it until this moment but if I’m hungry at 11.15 am, maybe push it until noon before I eat. Is that sane? Does that help me? I’ve just done it just out of the top of my head.

S We have always said if you go too long in between meals, men or women,

you can get catabolic. You will break down your muscles.

P Well we have it, Danny. We have a three to four window. We don't want people to graze every one hour because it's just more and more fuel for your body and you can't burn the last fuel you ate so you never dip into your own fat stores.

S I feel guilty as a new nursing Mum. I'm hungry every two hours.

[00:10:10]

P That's different. Like we said, know your season. If you're a nursing Mum you'll probably sometimes have to eat before the three hour mark. It's okay. Maybe if you're pregnant too. And during pregnancy I would never suggest to anyone, ever to do intermittent fasting, or if you are nursing a child, or if you were pregnant.

S And I purposefully won't have a Fuel Pull meal right now because I know my season.

P You're a nursing Mum.

D Is the hungry feeling, this is a beginner question. The hungry feeling I've often wondered, does it need tending to or not?

P That's a brilliant point Danny.

S That's brilliant.

P That is why we suggest on Trim Healthy Mama that you eat every three to four hours. While you are awake. You don't need to while you're asleep, get up and eat. Let's be natural here, but ghrelin is your hungry hormone. You

hear ghrelin, it sounds hungry, like grr.

S Your stomach growls

[00:11:13]

P And leptin is your, oh I'm full hormone. And as you are on Trim Healthy Mama for a while and you are balancing your blood sugar, you learn to tune into those actual signals in your body. It takes a while. Sometimes some of us don't hear that I'm full signal. Because of the crazy diets we have been on or sugar consumption. Sugar stops that I'm full signal. We can't hear it, we can't hear leptin when our bodies are full of sugar and our cells are full of sugar. So once you start to balance your blood sugar you can finally hear it and you tune in and hear, okay I am full. Now let's look at intermittent fasting with this. Your hungry hormone, you continually suppress for long hours at a time.

S You suppress and ignore and ignore. You know with the friends you ignore, they go away?

P So ignoring your hungry hormone...

D That's how I lost them.

P That in turn also affects your I-am-full hormone.

D Your what?

P Your I-am-full hormone.

S Because they work together in harmony

[00:12:18]

P These two hormones work together. So when you are constantly doing this fasting thing, you have to sort of ignore your I-am-hungry and then what happens to your I-am-full, it's not in this beautiful balance again. So we're all about sustainability right? Is intermittent fasting sustainable for you? I would say, maybe it is if you are a 65 or 70 year old guy who just wants to eat two meals a day and you don't need dinner. And you're past that stage of life where you are doing a lot of physical activity, maybe it works. If you are a 37 year old woman, I'd say no.

S Or if you're say Danny and a 37 year old guy, there are ways to turn SIRT1 thank you Pearl, intelligent woman.

P SIRT1

S There we go. You can turn that on in other ways. There are other ways where it's not that starving yourself is the only way, there are actually more healthy ways.

D Why do I want to turn on this SIRT1 hormone?

P It's the longevity gene, it fights diseases. So there's something to that, and we'll talk at the end about our original idea that we put in our first book of doing a healthy way of fasting. But I want to get to some other things first.

[00:13:32]

P Your hormone and some other studies have shown that for women, fasting can turn cortisol up. That's your first sign, because it's stressful on your body and that is your fat storing hormone.

S And you know where it likes to store fat, cortisol, on your middle, on your belly.

P This is not to say though that fasting can't help you shed weight. Because you are taking your calories way down so that does happen. But we are talking long-term here.

S We're talking long term. So when you start eating again.

P One study in America, the American Journal of Clinical Nutrition found that for women, alternate day fasting could actually lower glucose tolerance and potentially crash your metabolism. That same journal showed some benefits, like we are talking about, that when you ate one meal a day, that women also had significantly increased hunger and blood pressure and total LDL and HDL cholesterol concentrations. So even their LDL which is considered your bad cholesterol, your lousy. Although there is some debate over that these days. That went up. Blood pressure went up.

S So basically you may be getting a few good points but you are getting a bunch of bad with it. So why do it?

[00:14:47]

P I just think it's just this new thing. It sort of goes along with the Keto Diet and paleo because it's like...

S You are meant to run and hunt the tiger and that takes about eight hours.

P They would hunt and have a big feast and then they wouldn't eat for maybe

one or two days if you go back to Grock.

S I don't come from Grock. I certainly don't.

D Who's Grock? You guys actually made the point to me because you guys made the point that surely I can go and find my food but you are like, what, you never stored food? There is no weight from the month before even?

S Yes from jerky and turn those grapes into raisins.

P You know, Keto or Paleo or anything like that because there are merits there. There are merits to all of these things. We don't just paint a broad brush and say, well that stinks and never do that. Know your season, that's what we're saying. Have you ever heard of Mark's Daily Apple? I mean.

D Cal told me about it.

P So that's some really good information there. It's a good forum, a public forum. And isn't he a Paleo guy?

[00:15:54]

S Yes

P Okay. He brings some good stuff. Paleo, Keto and all that stuff.

S There's such great parts to that diets. It is non-starchy veggies and healthy fats. Really good, clean grass-fed proteins. There's some awesomeness to it.

P There's some good things. We just think that as Trim Healthy Mama's, we just want to be balanced. We say that God made all food groups. So we're not afraid of carbs and we're not afraid of grains or dairy. Unless there are sensitivities and even if there are sensitivities we can even heal. What a

notion. But, even Mark says this and I respect Mark. But he says as it stands now because he was promoting fasting because he actually as a man had some good results with it.

S And he's older too.

P He is older. He says as it stands right now, I'd be inclined to agree that pre-menopausal and perhaps peri-menopausal women are more likely to have poor or at least different experiences with intermittent fasting, at least as a weight loss tool.

S Yes and I used to read a lot of that when I was into weight lifting. Read a lot of the Paleo alternative eating, very much into working out women blogs out there, Pearl. Women gone strong and different groups out there and their experiences on intermittent fasting.

[00:17:16]

P All over the internet and I've tried to bring you some studies at least so we're not just spouting a bunch of stuff out of the top of our head but if you go over the total experiences of women, it messes up their hormone interplay. A lot of times, if you go onto the internet there's just story after story of [overtalking].

S Fasting just kind of miserable and messes things up. Like training for a marathon is miserable. Like my sister-in-law, years back she trained for a marathon and all of a sudden her perfect cycle that used to come every month was so beyond messed up, she didn't know when it was going to

come, it was all cray-cray and then she had a bunch of miscarriages all in a row.

P Well because these are extreme things that happen, remember we have talked about the book, the Slow-Down Diet before and we recommend everyone get that book, it's so incredible. He talked about all of these people he was able to help by just saying, listen slow-down. Because as you slow down and breathe during your meals it raises your oxygen levels and increases your metabolism, you think good thoughts. He was able to turn people's lives around because they were scarfing food. He said I couldn't help this one person. This person kept gaining weight no matter what I did. She was a marathon runner. She was a marathon runner. She was doing so much exercise that her cortisol hormone was always pushed. And once again she was a woman. It was too stressful.

[00:18:41]

S He could help plenty of the people who were like not even doing exercise.

D If we slow down and eat balanced and sane how Trim Healthy Mama teaches, is fasting even necessary for weight loss? Is that kind of the point?

P The point is, we're doing it a balanced way that is sustainable for a lifetime. You are going to fast for the rest of your life? That's a question to ask yourself.

S My name is SAG, that's my nickname Danny. You may not realize it but I'm "Super Analogy Girl", I just wear a cape running around saying

analogies all day. Half of the analogies are junk, jack. I finish them anyway. I've got a SAG analogy here for you. There are many ways to get to the bottom floor. I could jump out of the window. I would get to the first floor of the building, I sure would. I'd have a few broken legs.

P You know we're on the 20th floor right?

S I could take the elevator. But I could have jumped out the window I really would have got to that floor. So you can intermittent fast as a woman and you can get one result or two results. There are certain results that you will get. There will be positive results.

D But there will be consequences.

[00:19:52]

S There could be some... a bunch of negatives along with those positives. Did I get there with that one Pearl?

P I got it. I totally was seeing broken arms and broken legs.

D Totally

P Yes, you nailed it Serene.

S But the fact is she got to that floor.

P You can wear your cape all day long.

S Thank you.

D All day

P I want to talk about exercise too, it's like hey body do what you love.

S I thought you were going to say move your bum.

P Move your behind. Do what you love but don't overdo it. We keep saying don't overdo it because if we overdo it you mess with your hormones.

[00:20:27]

S You so do.

P Okay. So let's talk about exercise and we like to move our bodies. And we don't overdo it we like to do it and intermittent fasting. Can you exercise in a fasted state? Not very well.

S Not very well

P You've got no fuel to burn. Your body burns up any glycogen.

S You can and I've done it before because I used to be, I've kind of tried everything. Like Pearl's tried everything and I've done Keto. You can do it. Because you can think all kinds of like, if I stop exercising, all the crocodiles in the world are going to eat me. You can play the mental games and do it and get through but I can tell you you're turning on your cortisol to peak max because you have got nothing in your body giving you energy, it's all mind games.

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

S Serene

P You know what you're doing? You're lowering your metabolism. If you're trying to exercise, so people on their fasting days they won't exercise right?

[00:21:24]

P Because first of all they don't have the energy but if you do, you're using up all the glycogen in your cells, you're pushing yourself so all the cortisol levels are pushed up and that messes with your thyroid, it messes with all sorts of things and it lowers your metabolism.

D Can we go deeper for a quick note?

S Please Danny.

D I promise it will be worth it. So the state of mind that.

S I just love the visual I have of Danny right now, his hands, he slid them from his brow all the way down to his chin. And it's almost like his skin stayed down there.

D But the state of mind... Can we talk about where you are at in your place, in your space inwardly where you come to the point of concluding that not eating food is the way to accomplish a certain goal, is it?

S It's desperation.

D Desperation, is it, I hate to use this word because it sounds so negative but can it be laziness? I feel like I would rather fast than do a lifestyle of eating well.

[00:22:39]

D I'd rather eat junk all week and then just starve. It almost feels easier than doing all of the work.

P Well Danny to be honest and to give these diets the credit, they don't tell you to eat junk all week. They say have a healthy meal.

D The diets don't but me, the normal guy who's approaching fasting, I don't really follow the book. I'm just thinking about not eating.

P It's the easy way, I can see that it could appeal to people on that level  
Danny, like well I'll just fast and do my thing. So yes it could appeal to people on that level.

D So I just, backing up, thinking about the motive for wanting to... Fasting hurts man.

S Also it could be sadistic people like I have been in the past who, we think the more extreme thing that we are going to tackle for our health, it will give us the best results. The more miserable I was, the more things I could remove from my diet to the point that I was eating blades of grass and juicing them. The more I was at the pinnacle of health.

D It was like a trophy in life.

S It's a trophy.

[00:23:42]

D Like I get to put on my Instagram that I run and also all my friends know how I am empowered over food.

S You can wear the T-shirt that says I'm an Intermittent FASTER.

D I know some people are not there.

P And I know some people are just jumping on it because it's trendy and their friends are getting results, but I do have to talk about the women that are

desperate. They're like this Trim Healthy Mama thing may be working for hundreds of thousands but for me, I can't lose the weight.

D They genuinely want to know.

P Genuinely want to know.

S And you know what, let's talk about those people. We talked about a way of lowering the calories.

P So the first thing you can do is, try what Serene and I said first. Try to do very safe forms of intermittent fasting which would be to have your meal at night, don't stuff yourself with it and then fast right through the evening right until the morning and then break your fast. See how you do with that.

[00:24:38]

D That's so good.

P That's not dangerous.

S That's not dangerous. It's actually so sane. If it doesn't, we talked about our up day.

P Up day, Down day. There was this book called The Judd Diet and it had some good premises but we didn't like the whole thing, because you basically could eat whatever you wanted.

S Yes, like have pizza with spaghetti.

P But the idea was that instead of fasting completely for a full day, he had clients, this doctor, men and women who did really well by just taking their calories down on their second day. And it didn't lower their metabolism

because every other day it'd pull them back up.

S They were basically hugging that day of light caloric load, hugging it with richer calories so the metabolism never felt scared or vulnerable. It never thought, ah, I'm going to have to hold onto every ounce of fuel that comes into this body and store it as fat because I'm starving here.

[00:25:37]

S Our parents did it with great results.

P They did it and we shared with them how to do it in a Trim Healthy Mama way. But for those who don't know anything about Trim Healthy Mama, maybe somebody shared this podcast with you. It is just very light eating on one day, what we call Fuel Pull, so barely any carbs and barely any fats, like maybe chicken breast and salads with light dressings.

S With lots of non-starches, big

P Brothy soups

S Broccoli, with a little bit of lean chicken so it would be lean protein, lots of berries and non-starchies. Not blueberries.

P Lots of water content, brothy soups. These things really fill you up. But you're not starving. You're still eating so your body says.

S Heaps of cabbage

P Your body says I'm eating but those calories are low then on the next day, you do proper Trim Healthy Mama meals which we call S and E Meals and you're having your fats and carbs. You're nourishing that body. And so

people that maybe just took three days out of the week to do these what we'd call down-days.

[00:26:36]

S Never together

P Always surrounded by the Up-days. You know they did well and we feel if you do want to do intermittent fasting, that would be a much safer approach.

S Now if that scares you, you might want to do a half day down and a half day up.

P Yes absolutely and all that to say though, we still don't really encourage that for women who are still in their child-bearing years

S Exactly, basically so if that scares you too, what we're saying, you could do our Fuel Cycles, which is kind of the safest way of intermittent fasting. But still, if you're nursing a baby be very careful when you start doing that.

P Yes so the question and we're sort of circling now to end this podcast is, know your season. If you're just jumping on this to be trendy because your friend had results, be careful of what this may do down the road because this is all about sustainability. You look at your life right now at 35 and say, can I do this fasting until the end of my days? And if I do so, what will it do to my hormones? Is it going to keep lowering my metabolism? If I'm a woman, studies look like hey, maybe this is going to mess me up a little bit. So think before you leap.

S And we hear you. We've heard many women that are desperate, emails that are a desperate cry for help. I know it can be so hard when you've tried everything, but in the trying, in the looking for the next thing that is going to get you over that hump, try something that... Keep your joy, is what I'm trying to say. Is that there are things that can work that aren't so miserable. Because miserable is cortisol.

P And then sometimes fasting will do this and I've seen it with people on my own life that will jump on this fasting thing, deny their hunger hormones and when they go to eat, it is just.

S Corn chips

P You are so desperate at that time that you overeat or you have too much of a glycemic load at that one short period of time where it is hard on your adrenals.

S That's the side of it. When your fasting ends, well not always ends but intermittent fasting tends to have feast meals and then fasting meals, and what happens with the feast meals is what Pearl said, it's too much of a glycemic load. It's too much of a high blood sugar rush through your body.

P And then for some people, maybe they can just have a regular meal and be okay but for a lot of people, it's like their body says, I'm desperate, feed me, feed me so then overeating comes into play and these habits start coming into your life of overeating and undereating and not eating and then...

[00:29:24]

P Where is the balance, just like you said before Danny, eating healthy the slow and sure way of getting there.

S And maybe you are not at that perfect weight that you feel that you want to be but you are healthy and you're happy.

P I mean it's hard but some of us are forever trying to lose those last ten pounds and with the body to do it.

S I'm hearing the cry of the women who are up to over 300 and are desperate. And all of that. So it's hard for me to say, you're healthy and be happy.

P Be happy, yes.

S Try the least miserable things first. There's more to life than a number.

D I've found too, not with health or any sort of eating plan but in any goal that you have, if you don't really do the thing daily and consistently, and really change and adopt the new practices, it's easy to think well it didn't work and so I'm now going to do this extreme thing. It's so simple to forget that I didn't really do it properly the first time. I wasn't really being sustainable and balanced, I wasn't really on plan in the first place.

S Right so try, we have had other podcasts, are you really doing Trim Healthy Mama or are you trying to tweak the plan? So try all the saner approaches first.

[00:30:58]

P Before you leap into the very big step of intermittent fasting, we do call that a big step. It's a big leap people.

S Because it goes against natural instincts, do you see cows out there, intermittent fasting?

P They graze all day

S That's true. But they're grazing on leaves.

P Hey you missed it on that analogy Serene

S Do you see children doing intermittent fasting? They are humans.

D I thought you were about to add, be like the cow. Wait what? Not the cow.

P So that's our thoughts on it all. I do think it's an extreme way to go.

S It's not natural to deny a natural instinct to eat.

P Yes, eating is for our health and eating shouldn't be looked on as a naughty thing to do either. It's a thing to celebrate, it's a beautiful thing and if we do it wisely, if we space it out in the right time for our body. Maybe you are a person that can't burn as much fuel as others but like we said, try the sane things first.

[00:32:02]

S Try sticking to a proper breakfast.

P Have a proper breakfast and break your fast in a really nice way.

S From breakfast, try half-up, half-down days. Try the full up-down days surrounded by very nice nourishing calorie days.

P Just eat. Eating is a blessing.

D It is. And I'll tell you, for me the cheesy, bready, sugar addiction, break that and then come back and look at fasting. Because the thing is, as long

as that cycle of drugs, of sugar and cheesy, bready, sugary, that whole thing is constantly in your week. You can say well I didn't do that today but in your week it's kinda riddled. Break that addiction and then come back. Then reassess before you jump into extreme stuff.

S So true Danny because I can say without any kind of deception to all of you, I did Trim Healthy Mama all the way in this post-partum period with my baby. But guess what, it wasn't the whole weight-loss friendly way because it was cheesy-nutty. So there are different ways of doing Trim Healthy Mama. So I wouldn't be doing the get over the hump weight loss protocol the way I've been eating. You can say, I've been doing Trim Healthy Mama and it's not really working but you may not be doing it the weight loss friendly way.

[00:33:38]

P You're like constantly into the cream cheese and the nuts and the cheese, forgetting about all the wonderful vegetables or all your wonderful healthy carbs and your oatmeal, so just analyze what you are doing first before you say well this is not working for me too. I guess that's what we're trying to say, right? We don't want you to mess up your hormones. We don't want you to lower your metabolism. We still want you to be able to move in the day, still be a mother to your children. So fasting can make normal family meal-times even just non-existent.

S Yes, not just meals but family relationships

P Yes.

D Oh man.

S It's only Jesus that gets me through fasting when I'm doing it for spiritual reasons, because if I just had to rely on normal earthly things, fasting is a miserable low blood sugar state of angry psychotic-ness.

P Oh yes, I have done it for spiritual times, like I have to rely on my Jesus. So that's it, you asked for our honest thoughts on fasting and we gave them to you today. I do think that this is out there rampantly, I do think that this is harming people, everyone's jumping on there. Maybe it's not harming men as much as it is with women. But I do believe it's harming many women.

[00:34:52]

S Well we are one of the gentler sex, we're gentler.

P And we love that scripture in the Bible. He gently leads those that are with young. And a gentle way to go about it is to not suppress your natural desire to eat.

D I feel like the tone of this podcast has gotten very gentle as well.

P Well it has to be because if you are going to take that leap into this, it's a huge leap and it's not gentle.

S And I think on that point, so we don't be rabbit trails weirdos, so let's close up.

P And we'll see you next week.

[00:35:42]