



Trim Healthy Podcast with Serene and Pearl

Episode 62 - Just Because you Can Doesn't Mean That You Should... Straight Talk from Serene

*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 · L=Lesley

[00:00:00]

S This is the PODdy with Serene

P And Pearl

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

P Okay, Danny, do your women and men thing.

D Women and men, boys and girls, welcome back to another fantastic Trim Healthy podcast with your fabulous hostesses, Serene, Pearl and your host, Danny.

S That was so professional, Danny. I think it's because you say that a lot and

so, let's just do a different introduction.

D You want to do something else?

[00:00:28]

S No, I love it. But let's just see if... What if you could?

D Alright

S If you can sound as professional with a completely different...

D Without a rehearsed thing

S Yeah

D Trim Healthy Mamas and men, so glad you're with us on this fabulous Thursday. Welcome back to the Trim Healthy podcast with your host Serene, Pearl...

P Oh, it was so good until you messed up because you said, Thursday. Podcast comes out on Wednesday. So, dumb.

S No, but he's good. He's really good. That was professional. Just as professional as the one he said every time.

D Sisters, I can bring it.

[00:00:57]

P You can.

S Okay, mate.

D Hey, Serene's got... You came with something glorious, right out of the gate, when you got here, and I want everyone to hear what you had to say.

S Well, I didn't know it was glorious. Pearl was just saying, what's whirring

in your brain, Serene? And I just said, well, what's whirring in my brain right now is just some self-talk that I've been giving myself.

P Yes, love-yourself talk. I think we all need to hear it. And by the way, we're going to get into Serene's whirrings here, then, later, if we have time and I think we will, we're going to take a bunch of your questions because they're adding up, mate.

D Yes, adding up.

P And we're going to take one from Lesley here; Lesley our rookie.

D Les

S So, the whirrings that are in my head are just, you know, I've all been, kind of, telling you guys lately that I've been in a bready-cheesy mode. You know, just in the post-partum period of PPP.

P Can I clarify that for people though? When you are in bready-cheesy, for Serene, that doesn't mean off plan at all because Serene doesn't go off plan, she's Mrs. Perfect. It just means that Serene...

[00:01:52]

S I ain't perfect. It's, kind of, an O C D, OCD. We call it O C D for fun.

D O C D

P Well, it just means that, for Serene, you just, you know... Of course, your post-partum so, Crossovers are fine, but it's just a bunch of, like, ready-now foods, right? Yes, no, it's just, like, see it, eat it.

S Yes, and you know, the only thing in my house is healthy, so, it's not like

see doughnut, eat doughnut. But it's like, instead of thinking ahead, yes, you know what? I probably need to have a salad right now, and with lots of greens and, you know, some nice rainbow plant colours in there. No, it's like, see crust of sour dough bread, put heavy chunk of cheese on, eat.

D Oh, man. I walked through my kitchen the other day. There was fresh, homemade bread sitting next to salted butter.

S Oh, wow, what a good wife, did she make that?

D Yes, she made the bread. And I was like...

[00:02:40]

S Rock on Mrs. Valdes

D Look, there's cake sitting in front of me. I mean, it's cake!

P Yes, and then, you go eat that and you forget your protein and sometimes, something like that is just so good, you just keep on with it, right?

D You can't stop eating bread and butter.

S And it's like, I sit down to nurse, and I think I'm going to make a really great, great, lunch and I'm going to do that in about half an hour, and I'm feeling in control. And I sit down to nurse the baby and then, hunger strikes in such a hangry way in one second. And then, I'm like a psychopath and it's like, I can't even wait to finish nursing to go to the fridge myself to get the macadamia nuts. It's like, the nearest child, even if they're three, can you go to the fridge? It's on the third shelf, can you just, like, grab the big jar of macadamia nuts? It's, like, crazy. It's like I have to have it now. And

I just eat a whole jar of nuts.

P This is your period. This is your season, you're a post-partum Mama. She's six weeks, you know, probably, closer to seven when this comes out. You don't have shame or guilt over this do you?

S No, none, but I've been starting to do some self-talk and saying, just because I can, just because this season is good, it doesn't mean that this season should last.

[00:03:45]

P So, you're saying, just because I can, doesn't mean I should.

S Yes, that's profound, Pearl. Out of all the, kind of, like, rambles in my head, you made a profound line. Just because I can, doesn't mean I should. But, you know, I've been telling myself, okay, you know, just because nuts are a definitely-okay part of the plan, just because cheese is, just because heavy, kind of, caloric food is celebrated on Trim Healthy Mama, doesn't mean that the lighter fare is any less important. It is. Just because you can have steak with cheese on it on Trim Healthy Mama, just because you can have bacon and eggs in the morning, just because you can have pasteurised cream in your coffee, doesn't mean that you shouldn't have a light Trimmy sometimes. Doesn't mean you should have a lean chicken cut up on a nice salad.

P Yes, it's so true. I think that with Trim Healthy Mama, we celebrate the fats, alright? Because some of the fats that we eat have been so vilified, like, for instance, bacon, butter, cream, those things. It's like, you ate that! And, you know, so, we've pushed back, and we said, yes, you know, we eat these things. And I actually don't, you know, pork bacon is not a part of my diet, but yes, we've celebrated these. Butter certainly is.

S We've sung the chorus, we've sung their anthems.

[00:05:04]

P We have sung them because they got such a stinking bad rap and we're like, hey, these foods, God made them, I mean, they can be a part of our diet, we don't have to be scared of butter, we don't have to fear cheese and think it's a stinking bad food.

S Right, because before, people thought the only way to lose weight was to limit the cheese and to go skimpy on the oil. And now, we're saying, no, make Skinny Chocolate out of oil. You know, so, we're all about it. But just because we celebrate that, does not mean that the other part of the whole food kingdom shouldn't be celebrated. We're not talking about junk because that's not part of the food kingdom, that's not food. So, I feel like I'm telling myself...

D The Dorito pyramid.

S Sweetie, celebrate salad again. So, yesterday, don't think I'm weird, but I really was craving it, I had salad for breakfast just to start myself. I had to

because I knew I was going to bread-and-cheese it out if I didn't just, like, remember how delicious it was. And I was eating it, I'm like, this is my favourite food in the whole entire world. It was so delicious! I put the Superfood Sprinkles over it, you know, with the flaxseed and the nutritional yeast and...

P What was your protein.

S Oh, it was two hard-boiled eggs.

[00:06:16]

P Nice

S And it was just a bunch of greens from my garden, bouquets. But it was just so delicious and I'm like, I remember the joy, I remember the love. And then, I was craving it so much, I had another huge one for dinner. So, I had two huge salads yesterday.

P Yes, so, it kick-started you.

S But I hadn't had them for, like, six weeks. I had heaps of, like, greens and, like, sautéed this and that, but I hadn't had a salad. And I'm just like, wow, this is delicious. So, I'm celebrating plant food once again because I was a raw foodist for years and I was a plant maniac, and I was vegan and vegetarian. When I first started enjoying animal foods again, it's like plant food fell off the face of the earth.

P It was almost inferior, right?

S It was. It was almost inferior because living on plant food alone wrecked

my body. So, it's almost like you incapable...

D Do you care to share what ways it wrecked your body?

[00:07:06]

P Yes, for new people in the room, Serene, we get new people all the time to this podcast, can you explain a little bit about what years of veganism and raw food did to your body.

S Yes, well, I'm an extremist and once I start down a path, I just keep going and keep going.

D I'm the same way.

S Yes, so, I started out, you know, at about seven, deciding never to eat sugar again. And so, at birthday parties, I would, like, if somebody gave me candy, I'd, like, stick it in my pocket and throw it on the trash when I got home and things like that. And then, I went vegetarian and then, that wasn't extreme enough.

P When you were 14, you went vegetarian, right?

S Yes, 14, but for years before that, I was sticking the meat in my pocket, you know, at the dinner table, and no one really knew I was vegetarian. But then, I, kind of, announced it at 14.

D Hold on your dinner table with Mama and Daddy. Family's eating meat and you're pocketing it?

[00:07:54]

S Yes, because I used to go out and read the health foods books in my sister,

Evangeline's bedroom and she had a bunch of, like, health food books and stuff. And I, kind of, started getting, you know, a little bit derailed at that age.

D Were you getting grossed out?

S Yes

P Grossed out by the meat.

S But anyway, so, about 14, I went vegetarian but I'm like, well, this isn't extreme enough, this is not the pinnacle of extremism here. So, I went to veganism. Then, I'm like, there's more. So, I went to complete raw veganism and ended up just eating only raw plant food for seven years.

D And this is where I met you.

S Yes, and I had three babies through that stage but, you know, I had teeth crumbling out of my mouth, it wasn't enough nutrients to be pregnant and nursing around the clock for all those years and not have any animal food.

P Your muscle tone was gone. I remember seeing your arms and there was...

S I was skinny, but I didn't...

[00:08:45]

P Skinny, but she had no tone. You know, Serene's a very toned person. You look at her now, she has beautiful muscle tone, but she had nothing. She had cellulite on her body.

S Yes, on my arms.

P It was weird.

S It was so weird. And I remember feeling like a bloated, roughaged goat. Like, I was skinny and emaciated but I had a tummy; it wasn't fat...

D The old bloated, roughaged goat

S It was a tummy of roughage, it was really weird.

P Yes, so then, when you came and, you know, we stumbled upon this whole Trim Healthy Mama thing. Actually, we found the premises in the Bible that all food groups are in. And when this lightbulb happened, like, what? You mean meat's not going to kill us? You mean we were designed to eat it? What? So then, it was this big... Serene, you were like, meat? Oh, protein. But vegetables, you're, sort of, like, well, yes, vegetables harmed me, right? Isn't that what you thought?

S Yes, exactly, so, for years, I just went really heavy on the animal, animal, animal. But it's so fantastic; the animal foods, they were designed to keep our bodies strong. They're the bricks and the mortar. It's awesome. But I forgot about the life-giving, you know, just the enzymatic, just the...

[00:09:49]

P You had some veggies still, but you didn't delight in them, did you?

S Oh, of course, I did. I didn't. Yes, didn't delight in it. But now, it's like, I mean, for years now, but I went into a bready-cheesy season, so, now, again, I'm just delighting again in plant food. I'm like, no, it is to be celebrated. They're equally as important. So, just because we can have a

steak, doesn't mean we should only have steak and forget the big salad on the side.

P Exactly

D That brings a question. So, obviously, bacon can be on plan. Is daily bacon harmful?

P I want to talk about this.

S Yes, you go, Pearl.

P Okay. I fully believe that bacon can be celebrated, if you eat pork bacon. I eat turkey bacon and, you know, my belief is because there's a biblical reason. Okay, so, that's just mine, I don't push it on anybody else. And even on vacations though, I might have a little bit of real bacon if they're serving it. But I don't believe that bacon and eggs every morning is the optimum way to eat.

[00:10:53]

P To me, it's more of a celebration meal. And let's just talk about cured meats itself. You know, you've got bacon or sausage and your eggs, okay, for a breakfast. Now, we say, you can have that on Trim Healthy Mama, absolutely, you can. But if you're having that for every morning for breakfast, you're missing out on other things. And I do believe you're overdoing certain things because processed meats, and you'd call bacon a cured meat, wouldn't you? Do you consider that? What is it called?

D I would put it processed because most bacon has nitrites in it.

P Yes, you can get the nitrate-free, right? And some people, like, fatten the pig in their back yard and, I mean, that's all nice too. But even if you've got the most healthiest pig in the world or your most healthiest turkey bacon, I say, you don't always have the meat with the eggs because you're proteining and then, you're proteining again. So, you got your double protein without your veggies.

S And it's not that protein is bad, it's just that you're filling up on something great and leaving out something great.

D Yes, so, it's a balance issue.

P I believe it's imbalanced to have that every morning. I do and some mornings, certainly, enjoy it because life is about enjoyment and joy, and if it brings you joy, go ahead and have it. But if that is your daily fare, you're totally missing out on that beautiful balance.

[00:12:14]

S And maybe that's why Trim Healthy Mama maybe worked at first, and now, it doesn't.

P For people

S And maybe it's why Trim Healthy Mama never worked for you at all. For some people, I'm just saying, maybe, it's just because you need to find that balance between light food and heavy food, animal and plant food.

P Oh, so true

D You know why I think Trim Healthy Mama may not work for... I don't

mean it won't, I mean, it doesn't because of how they're practicing it, is that it is, in a sense, a limitless approach to food.

P Yes, it's not a... Yes, you're right.

D And so, in that, it's, kind of, like, when you go in and you've got a thousand options, you can get overwhelmed versus, just tell me I can't and what I can.

P I know.

[00:12:56]

P There's only two things we say don't eat, and then, you know, even then, if you eat them, well, come back to plan and, you know, you're not not a Trim Health Mama, we say, you know, sugar...

D Hot-pockets and macaroni and cheese

P Well, that comes into the sugar and the white flour. I mean, you know, your starches. So, everything else, you're right, Danny, is all there for the taking. So, and this is what I want to say, we start out and we're like, let's take, I can eat my steak, I can eat my cream cheese, and we start out as little kindergarteners and we do our best and maybe, we even lose weight, we get our sugar under control. But then, we have to become masters and then, we have to become artists and we have to, you know, know the nuances of how to paint that shade of the tree. And we grow into this art of fuelling our bodies and then, we learn about the light and the shade and

the heavy and the light and all the components. And it grows as we mature.

S Now, that was deep and poetic, Pearl.

D That's good.

S And I was just doing my Pentecostal; yes! No, listen, I really feel it is so true because even in situations... and I completely lost my point because I was just praising you that I lost my point.

[00:14:02]

P Like, you were praising me.

D This is what happens when you listen.

S And I had such a great point.

D Take a note, never listen again because you will get hurt.

S I was going to just keep diving in with my words and see if would just fall out of my mouth.

P Oh, well, it might come to you but...

S And it just...

P I mean, I remember Serene and I had this conversation about six months ago about, you know, the beauty of plant food and we were like, let's really start pushing that question...

S Oh, I've remembered it.

P Okay, bring it in a minute. Where are my veggies, to people, I think that started about six months, a year ago because we noticed some people were just cream cheesing themselves out.

[00:14:32]

D Cream cheesing it

P Where's your stinking veggies, and said to Serene, you know what, Serene? I really consider myself a meat-eating vegan. I mean, just because vegans eat so much plant food, right?

S Yes, I loved it.

P And the berries and all these good foods that we fuel our bodies with but hey we eat meat too, but I love that meat-eating vegan word because it means that the plant world is mine.

D Wow, because the vegans put such a beautiful emphasis in some ways, right?

P They do, and they celebrate, and they praise it.

S And do you know what good way... This is, actually, not was I was going to talk about because it's going to be for a five minutes later because now, with...

P Oh, okay, but you better write, it's going to go out of your...

S But now, we're talking a little bit... We're just keeping on the band wagon of plant, you know, celebrate it as well as animal foods, and also, of course, the light versus the heavy all the time.

[00:15:24]

S A way that I've been doing it is snack time, you know, especially because there's more snacks for me now I'm nursing, and maybe, it's not snacks for

you, it could be just to begin your meal. I always think, to bridge my meals, it's plant food. It's like, grab a carrot.

P What do you mean to bridge your meals? Oh, right before you're about to eat?

S Well, like, for me, I need to have a snack. I can't go more than two and a half hours and I'm just, like, famished because nursing. So, I'm like, instead of, like, grabbing that hunk of cheese, uh-uh, where's those yummy rainbow peppers in the fridge?

P I saw you grabbing them out the other day, yes.

S Grab that crisp organic carrot. Where's that delicious, refreshing celery? You know, that's my bridge, and I make sure that in between the meals, it's just yummy, yummy, yummy crudités.

P Yes, and it's not like you're grazing on them all day because that's constantly roughaging. But it's just like, hey, when I'm really feeling that hunger and when I've gone a couple of hours...

D Yes, 2:30

[00:16:18]

P You know, and she's nursing, so, she's going to feel that hunger much more frequently, let's start it with a veggie.

S Yes, and what if you don't have to bridge, you're not in the nursing stage? Sometimes, it's like, when you're preparing that meal and you're really, really, hungry or whatever, you don't want to ruin your meal, but ruin it

with veggies. You know what I'm saying? Like, because sometimes, you think, okay, well, I will have a salad, but you get into that steak and then, you can only half-finish your salad or something like that. It's like, let's fill up on some veggies first.

D I've got a tub...

P Yes, and that's not a rule but it's a way, it's a tip.

S No, I'm just giving a tip. While you're frying up your steak or something, put a bowl of rainbow peppers next to you and snack on that.

P Yes, because at least you're getting your veggies in. Yes, Danny?

D So, I've got this bowl of... Not a bowl, it's a tub, one of those plastic tubs of spinach in the fridge and a little habit I've been doing lately... Because I don't like to stop and eat for something, I just want to go...

P Oh, Danny, we've had the slow-down once, right?

[00:17:11]

D I know. Oh, yes, actually, every time I eat, it's literally in my head, slow down, because of our podcast we did on slowing down. But I have a tub of spinach and I've begun to, kind of, reframe my identity about boring spinach with no dressing. I'm, now, the guy who takes pride in just fuelling at 2:30. So, I have these 2:30, like, I'm-so-hungry-and-I-got-to-eat-bread, and I want to open a survival bar.

P Man bar, yes.

D And so, what I do is I just ease into the kitchen, open this tub and just

horse a big handful of spinach, just...

P And that's the start of your snack, just so that you get a...

D No, that's my only snack.

P But what about your protein, Danny

D That's dinner. This is just my get-me-to-dinner...

S But how many hours has it been since you ate your protein?

D Oh, I will say this, I'll start with that, but now that I'm thinking about it, I might also take a spoonful of peanut butter.

S Oh, there you go.

[00:18:15]

P Well, that helps you a little bit.

D But you see what I mean, but I'll go in there and I'll start with that and it kicks that big desire for a cheesy-bready thing in my mouth because it's putting something in, you feel it in the stomach, and it's like...

S And you appreciate the natural sweetness of the spinach when you just haven't barred out first.

P It sounds absolutely horrific to me. Listen, I'm just being honest.

D But to me, that's what I'm saying...

P Stuffing my face with dry spinach but...

D But I've reframed, right?

P But what if you could, Danny

D Yes, for me, that's...

S But, you know, to just, kind of, like, you know, feel where you're at there,
Danny...

D Just to try

[00:18:48]

S When we had a family movie night and they're all, like, chunking down on
corn chips.

D Horse it in.

S You know, hey, they're organic corn chips. But anyway, I'll get, like,
yummy masculine spring mix and have a yummy dressing and just be, like,
taking handfuls of the greens and dipping them in the dressing and just
eating them down like good wholefoods, yummy, not Wholefoods, the store,
but, I like a good healthy dressing made from good whole oils.

P But I understand what you're saying because it sounds horrific to me
because I want my food to taste good but you're not someone who's going to
go and make yourself a salad ever in your life.

D No

S Actually, Sam prefers to just take his veggies straight.

P And also, you buy a salad and bring it here to the PODdy, but I've never
seen you make your salad. So, what you're saying is, on my Man-Plan, as
Danny-the-man, Dan-Dan, man-man, I have to just...

D Please, calm down.

[00:19:38]

P Horse spinach into my mouth to get my greens

S Well, I think it's more than one man here because my husband actually appreciates it. And then, when we were down in Florida, doing our vacation that we thought was wonderful and you thought I was having a horrific time because I was camping, remember that whole thing?

P Oh, it's revolting.

S We had some Zadok, you know, Evangie's eldest son and his friend, what was...? My brain is really PPP right now. What is the...? The friend of Zadok's who's always up here?

P Yes, I...

S It doesn't matter, people don't really care anyway.

P No, people, they're like, rabbit trail, Serene. Come on back.

S But listen, they were sitting around the campfire eating... They were like, we feel like a salad. And I'm like, oh, wow, they're going to make a salad. No, they sat around the campfire and they opened a bag of spinach and they were just horsing it into their mouths.

D And they horsed it in.

[00:20:18]

P It's a man salad. So, it's a man salad, Danny. You've started it.

D Yes, because I...

S Huffing handfuls...

D By nature, I don't want to prance around my kitchen, oh, and there's the dressing and there's the shredded carrots. No!

S Let's get it done, let's conquer the salad.

D I want to get it done and move on.

P But you've fuelled your body, you've got your... I'm starting to see where you're at. I couldn't do it myself because I love a salad, like, a salad is beauty to me and I enjoy making it.

S I love this about Danny. He's got a great metabolism, right? He could probably eat doughnuts all day, but this is the deal, just because he can, it's the whole mantra of this PODdy, doesn't mean he should.

P So, he's huffing handfuls of spinach, people! Because that's, we'll say the little caveat, huffing handfuls of spinach, I love it, I want that for you, also just want a little bit of the protein in there too.

[00:21:05]

D I say, horsing handfuls of spinach.

P Okay, but huffing's better, man.

D So, what should I add then? Is the peanut butter spoonful enough, or what?

P It's not really enough for a man of your caliber.

S Hey, how many hours had it been? How many hours ?

P It's not enough for Dan-Dan, man-man.

D That is the first time I've heard that phrase, and I have to say, I like it.

P Man of your caliber

S So, man, special Danneth of Caliber, sounds like a special, like, Duke of...

D Duke of Errington

S Yes Danneth of Calibre, how many hours has it been at this huffing spinach time since your lunch?

D Lunch is probably 11:30-ish.

[00:21:39]

P And at 2:30, you need to have a...

S Ok, so, you're hungry. 3 hours. A whey smoothie, please, with peanut butter.

D And that's what I... Yes.

P You need to... You know what? You could just huff some of your kefir, that will give you some protein.

S Can't you add...?

D Oh, I'm missing it. I start out with the handfuls of spinach, yes, I take a big old graze of kefir, a spoonful of peanut... So, I'm doing stuff.

P Then, you're good.

S What happens if, on your Man Plan, you can just horse that spinach into your blender with your whey and peanut butter?

D I mean, what's the difference?

S Make a whey smoothie.

P Yes, but had a smoothie for breakfast. He's like...

D I'm done.

[00:22:07]

P He's done with actually cooking things; he wants to huff.

D It's huff-time. And a little shameless THM plug which I'm flipping out ready for the chocolate bars.

P Oh, my goodness, I had one yesterday. Oh, my goodness!

S Oh, they are amazing.

D Because that's going to be my new 2:30

S Well, I tell you what, Tootsie, Sam's Mum...

P You're going to love our protein bar.

S Our grandmother, you know, not yours...

P But don't forget your huffing spinach, even though you...

S I'm telling a story, you huffers.

P Sorry, okay

S Tootsie, Sam's Mum, so it's my mother-in-law, came over the other night and we're like, here, taste this, little chocolate bar, I think you'll love it, you know? And she loves it a really yummy sweet chocolate bar and she took one bite, and I noticed that she didn't, like, say... When we give tastes to her, she usually gives it back, you know? No, she, kind of, put it to the side of the chair and kept patting it to make sure it would stay there, and she ate the whole thing.

[00:23:01]

P I know. Well, these are our butterfly chocolate bars coming out pretty soon, but man, they're good. Oh, boy.

D I've had a sampling.

P Did you get them

D Well, this was when they were first being developed, I've not had a final...

P They came in the packages yesterday.

D And we're close to...

P In the beautiful butterfly packages

D And are we close to launching this?

P Right around Mothers' Day, mate.

D Oh, my God, that's going to be my travel 2:30, that's probably not going to be my home 2:30.

[00:23:28]

P Yes, and you'll like the protein bar too but that's coming out a little later. Hey, Serenie?

S Yes, but I just remembered the point.

P Yes, can you get to the point? And then, we're going to take some questions.

S Yes, the nuances, that deep, poetic, little chapter that you were saying about how the light and shade, and then, the nuances and you paint the picture so it's just right, you know? Your Trim Healthy Mama picture, well, I was just thinking, you know, even in the plant world, in your

carbohydrate world, you know, when you're having your sweet potatoes, or, you know, your salad or bread, your Ezekiel bread, let's change it up. Just because you can have a sweet potato every day for your E, your E, I mean, your carbohydrate meal, doesn't mean that you shouldn't throw in a whole grapefruit occasionally instead of a sweet potato. Or change it up and have a blueberry whip or something, because it's about the balance.

P I know, just because I can have my Sweatpants Oatmeal every single morning for breakfast, I have to change it up sometimes.

S This is the whirring of my head because I love our Artisan Sourdough Bread that we make and because the smell of it's in my house constantly, I would just have that for E forever if I don't watch it. So, I have to whir in my head about, Serene, no, you're going to have a grapefruit instead of two pieces of toast.

[00:24:41]

P And for new people in the room, our E Meals mean our carbohydrate meals.

S She's so good, she's Big Sister, she's bringing it around to everyone

D Big Sissy

P Somebody's got to do it.

D You know, just because you can go to Walmart in your sweatpants, doesn't mean you should.

P Oh, you saw me?

S I feel like my brain...

D I saw that. It said, hottie on them or something. Was that you?

S I feel like that's such a Walmart thing.

P With the Rhinestones, it said Hottie

S Yes, that's such a Walmart thing.

D That is a biggie Walmart thing.

[00:25:06]

S I feel like my brain is sweatpants. It's PPP. I really believe, like, today, I couldn't really, like...

P Do you need more pumpkin seeds for the zinc.

S Stay on the point

D Hey, speaking of, like, identity and such and, like, what are you believing about yourself, when I put these shoes on, I'm more productive and successful that day.

P And you sit like a man of caliber

D Danneth of Caliber

P He's sitting right now with one leg, like, not crossed, I seen you cross your legs which is a touch feminine.

D Thanks.

P But this one, is, like, just one leg and the ankle sitting on the other one and you have pen and paper, and, your black shirt. Your hair is, like, maybe, a little product in there today, Dan?

[00:25:44]

D A slight tap of product.

P No, it's all about the shoes, you see, the shoes made him do it.

S He's got product.

D And he's not afraid to use it.

P The shoes! He put those shoes on and it made him go put product in his hair.

D When these shoes are on, you can be sure stuff is getting done.

S That could be a whole conversation about men and product.

D Well, I thought you were going to say something else. I thought you were going to go a little deeper. I thought it was going to be a whole conversation about what you're putting on and your identity and, you know, being successful because...

S No, but you're Danneth of Caliber, you're thinking deep. I'm Sweatpants Brain.

P Hey, to say all this, now, we're on rabbit trails. So, we're going to bring it back after this, but this is funny. If you are the people that love our rabbit trails, hey, you can get a lot more of them. We just got a radio show that just got picked up, people. So, we will be on the radio...

D Terrifying

[00:26:28]

P Doing all sorts of rabbit trails.

S Hey, it wasn't our idea, just so you know.

D We were forced into this.

P But yes, station's probably coming to you soon. So, hey...

S And all it is, guys, is rabbit trails.

P Pretty much

D Yes, Rabbit Trail Radio.

P We're going to have a Trim Healthy tip every hour and then, some deep stuff every bit but a lot of rabbit trails where we could've gone, like, right there, man and product. Who does that?

S And the precious Dan the Man is coming with us.

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

S I'm Serene.

P Hey, Danny, let's take some questions though, to wrap this thing up.

[00:27:07]

D Okay, got a question for the ladies. My teenage daughter doesn't need to lose weight but does want to eat healthy and likes many of the THM recipes I make. When I stick to the plan, I don't need snacks very often but as she is doing her schoolwork throughout the day, parentheses, we home-educate her, close parentheses, she frequently gets in a snacky mood, pretzels, chips, cookies etc. I'm very willing...

S I'm just jumping to answer the question.

P Oh, can we jump? What's her name first? Because I feel her, what's this lovely lady's name?

D Genita

S Genita

P Hi ,oh, Juanita.

S Juanita

D Juanita

S Oh, sorry, because we just showed that we don't have a good...

P Danny, you're of Spanish descent. You got that a little wrong.

[00:27:50]

D No, it is Genita.

P Oh, it is Genita.

S Oh, it is? Because I was going to apologise.

P We messed up your name.

D It's, for real, Genita. I'm not mispronouncing the J, there's a G.

P Oh, okay.

S Okay, Genita. Okay, awesome.

P It's not Genita?

S Can I just jump in?

D It's Genita.

S Big Sis

D Go ahead, talk to Genita

P Go, jump [overtalking].

[00:28:08]

S Okay, I'm jumping in. I feel you.

P Me too

S And your pain because I home-educate too and the thing is my children will just each lunch. And then, because the fruit bowl is on the table where they're schooling, they say, hey, Mum, can I have this apple? And I'm like, you're full. You're just wanting it because it's there, and then, maybe, somebody who is... Like, one of my children who, maybe, was mowing the lawns for a neighbour or something comes home and is having lunch late, the smell of that food will entice hunger again in my children and they'll be like, oh, can I fry up, you know, left over noodles from last night or blah, blah. And I'm like, you just ate. You are not hungry. And I always tell them, the problem is, is you school in the kitchen, you school at home. Or the loungeroom, if you're schooling there, is ten feet from the kitchen. And this is the issue because even for me, being at home a lot, I think to myself, Serene, are you really hungry or are you hungry because you live around the kitchen? You know?

P Well, again, it's just because you can, doesn't mean you should.

S Exactly

P It's the same thing we started with.

[00:29:13]

P And I feel for you too, Genita, because I home-schooled, and it was like I had to say to my children, no, the kitchen is closed, we just had lunch. It's closed 'til snack-time. You don't have snack-time every half an hour or an hour, or you don't actually have your snack while you're doing your school. I feel like, as home educators, we can actually create bad habits.

S Yes and we can actually educate our children...

P To graze all day

S To not graze all day too, we can tell them what's really happening and if they're informed, then, they can have a game plan. If they're informed that they're not really hungry, they're just living in the kitchen and, you know, the whole...

P Well, it's snacking. Like, if you're doing your math, right? And that's hard and we don't like it, so, we have a little bit of...

D Preach.

S You mean me.

D And no one in the world likes it.

P You need your comfort so, you want your pretzels or your chips while you're doing your math. But, you know, some things in life are hard and sometimes, that teaches us to self-sooth with food constantly.

[00:30:14]

D It's so true.

S Because I nurse all day, my baby's a barracuda, and just nursing signals,

you know, the snackies, just straight away. I mean, it's just a biological signal. It's just so that I can make more milk for her, but it doesn't mean that I actually need to, it's like a signal. And because I was thinking about it, I was telling myself, okay, working women maybe, because I'm at home, working women that's pumping out of the house or whatever, they're not in their kitchen. Every time they pump doesn't mean doesn't mean that they have to go to the kitchen and graze. Not at all! Let's think of the old-fashioned women, years and years Biblical days maybe, way back when. They had to jolly well start a fire every time they were going to heat something up and cook it and they didn't have a refrigerator. Maybe, it was down at the bottom of a hill in a creek staying cool in some kind of a...

D I bet they could put handfuls of spinach in their mouths.

P Yes, they probably could but they had to go to the garden.

[00:31:09]

S But my point is, is that when the kitchen was closed, they didn't have even electricity. So, when the lamps were all turned off and snubbed out, and that fire is out, I can't go 12:00 at night, you know, back then and get a...

D Yes and it was bedtime first of all; when the sun goes down, you're getting sleepy because there's no artificial light.

P So, there's where I feel like we've become a culture of grazers, of instant gratification, but that what I tried to tell my children too. Now, we believe in snacks. We believe in wise snacks at your three to four-hour mark. Have

some protein, have some good. But just constantly, just because, you know, you can, meaning I should go to the refrigerator because it's there or I should go to the pantry and get my chips because I'm feeling that sudden urge.

S But is the urge real? Or is the urge mental because you see the fridge?

P You hear that crunch? Danny's getting into my okra chips.

S You see the bowl of fruit. You see the packet of nuts.

D Oh, yes, that's real.

S You see what I'm trying to say? That is so huge. The senses... I mean, when we talked about the slow down PODdy, we talked about how the senses are so involved in metabolism and desiring food and...

[00:32:09]

P So, what are we telling Genita here? We're saying, we feel you, we had the same issue with our children, with ourselves, actually, being at home all day.

S Is it at the kitchen table? Maybe, it should be in a room a little bit removed from the kitchen or...

P Or maybe, we teach our children, you know, why snacking is fantastic but sometimes it's just your senses and sometimes, it's just habit.

D No, I just got a little convicted, like, my kids see me graze all the time.

P Yes, but Dan, you're doing better, right?

D Oh, of course, but I'm saying, there's a time when I break down and graze

and I'm not aware I'm doing it until my stomach hurts.

P Yes, I know. Well, we all go there, we all do that sometimes, but really, we need this wise guideline in our heads that, hey, it's going to hurt me, it's not good for me, let's do this wisely.

D Well, I saw my kid going to drink out of the jug for the first time. I was like, we don't drink... Well, maybe, you... I guess I, kind of, do sometimes.

[00:33:07]

P Isn't that the way you swig your kefir?

D Exactly

S Well, it's been winter and winter's hard but sometimes, I'll tell my children when it's nice weather, hey, get out on that swing out there and, you know, read your book or learn your math tables or...

P Absolutely, do you know that I find if I go even jump on the little rebounder or actually take a brisk walk outside or do something, the sugar in my bloodstream gets pushed into my cells? I'm not as hungry as I once was.

D True, yes

S So, maybe, we're just too sedentary. So, maybe...

P My cells get a nice drink, or food.

S So, maybe they need to go outside and jump on the trampoline or if they're a teenage girl, go for a nice walk. Even if it's in the winter bundle up, go on a nice walk and the energy that is, you know, trapped in the body comes into the bloodstream and starts to, you know, feed you.

D Do you think the belly eats because it's trying to exercise or something?
Like, you're sitting there, you got to move, let's eat. I don't know.

[00:33:57]

S Could be science. What's the science behind this, guys?

D We don't know.

S If I'm starved at night and I'm just getting the snackies, oh, it's about 10:00 at night and I'm getting the snackies, I always tell myself, crossroads Serene, you could snack now and then you know you're going to end up with a whole jar of peanut butter or you could go take a hot shower, like, a nice shower. And it's something to do instead of snacking and somehow, I'm not hungry when I come out the shower. I don't know what it is.

D What about swigs of water? My wife turned me onto that. Like, she'd be like, what? You're hungry? You just ate. Yes, I don't know why I'm hungry. She's like, drink some water, man, you're probably dehydrated. And I'll drink water and I'm good.

S It's true.

P That's the whole Good Girl Moonshine thing. Water doesn't do it for me but hey, let's go on to the next question.

S But if you are dehydrated, you will feel the need for a peck you know?

[00:34:38]

P Genita wanted to know good, healthy snacks. We didn't really tell her that, but I think you have the idea, you're a Trim Healthy Mama, you can give her good, healthy snacks, but I think it's a bigger picture Genita, and because we've faced that with our children.

D It's always a bigger picture.

P Okay, next.

S Danneth of Caliber knows that.

D Hey greetings, Pearl, Serene and Danny, first of all, I just want to say thank you from the bottom of my heart for sharing your experiences and advice with us. With that said, I have a question-slash-topic that I would love to hear you discuss on the PODdy. About a year ago, my husband and I started this Trim Healthy Mama journey. Congratulations.

P Woot hoot

D And yes, Danny, my husband is on the Man Plan. Well, tell him I said, hello.

S Oh, my goodness, so, you know who he is? He's Barney, from Andy Griffiths.

D Oh, great

[00:35:26]

S Oh, come on Andy.

P He didn't put those shoes on to be Barney today.

S No, but that was just straight Barney coming out. I think he is Barney.

D I can do a good Barn.

P Okay, keep going.

D Alright, Barn, that's Andy. My husband has dropped a few pounds and his cholesterol is now great! Quadruple exclamation points on that. I'm almost to my goal weight, which is a huge victory for me, having five and under. So, now, looking towards the future and we were wondering if you could speak about maintaining! Another four exclamation points.

P Oh, maintaining, okay

D I'm most nervous about this and it has been wonderful to feel healthy once again and I want to stay this way. Thanks in advance, Janelle.

P What a nice, positive one. I like it.

S You know, I just love it.

[00:36:08]

P Janelle, maintaining is fun, Janelle. It's where we are at.

S It is so fun.

P That's where've been at.

S Yes, it's fun because you have a lot more freedom.

P But once again, it's like, just because you can, what if you...? What? Just because you can, doesn't mean you should. Oh, my goodness.

S Maintaining doesn't mean you go off of healthy food. It doesn't mean maintaining means, well, you have your doughnut afternoon because you can now. No.

P Just like Danny. He could live on doughnuts and not gain a pound.

S But it's not healthy. And it's about Trim Healthy Mamas. So, it's not like you ever like... We're seeking health, even though we're at maintenance still. You see, we're not just trying to maintain this satisfactory adequate level of health. We may have reached where we want to be with weight, but have we reach where we want to be with health?

[00:36:56]

P I know, like, I look back, Serene, when we first started this Trim Healthy Mama thing, I feel like I'm in better health now after all these ten years and I'm ten years older. Wowzie.

S So, you don't weaken. It's not like, okay, now, I don't have to be as strict with S and E, S and E, I can do more Crossovers, yes. But it doesn't mean you don't have to be as strict with health. And strict is an awful word. Puke, puke, let's rewind.

P Let's rewind and not say strict.

S I hate it!

D Strict, oh

P Let's say, maybe...

S Focused.

P Maybe focused or passionate about

S Yes, passionate is the word, sister.

P You know, and keeping our health, you know, eating wisely, it's respect for ourselves and respect for our body. And so, you know, what you do practically is you've been separating with these S and E Meals and now, you're going to put some together. You're going to put your carbs and your fats together in Crossovers and only you can find out how many you need.

[00:37:42]

S What you do is you do as many as you can get away with because they're so good for your metabolism without gaining weight. And once you start gaining weight, pull one back. You still maybe, like, gaining it but gaining it a little slower, pull it back again and then, you'll end up with the amount you need a week.

P And I go through different seasons too, but I do quite a few crossovers, maybe, almost half of my meals are probably crossovers now. Maybe, a third are.

S And a good Crossover full-day Sunday too

P Oh, we Crossover all day Sundays, mate.

S Bread and butter

P So, you'll know what to do, Janelle, and you'll find it, and it will be, once again, we're talking about this mastery of eating. And you'll grow in that, you'll mature in that and you'll find out what your body needs. But hey...

S But remember, the profound point in that is, if I may say so myself...

D You may.

P Oh, you've been profound.

S We don't ever maintain health; we always seek for more health.

[00:38:34]

P Oh, I love it. Why do we ever call it maintenance, Serene? It's more. It's not maintenance, it's more. Hey, come over here. Lesley, lovely Lesley. She's still rocking the Trim Healthy Plan.

S She skipped over here.

L I'm trying. Well, this is, kind of, fitting for today's subject also because...

S Yes, everybody say, fitting.

L Because I can only talk about alcohol, and, like, I'm not... No, yes, I mean, I do.

S You do?

L Because life and...

S That sounds real alcoholic, because life.

L No, I mean, and I'm really can stand here honestly and say, I'm not a big drinker. But there is an occasion for it and, you know, you have a hard day at work or you have a stressful situation, you know, and not that it should be what you go to, whether people go to food or alcohol, whatever. But...

P You want to know where it fits.

[00:39:32]

L Well, I hear you guys talk about having your glasses of wine. I've just never

been a big wine drinker and when I did actually talk to a friend about, oh, well, I'm actually going to try, like, I'm going to get some wine, so... Well, and I'd, sort of, explained the plan, and she says, well, wine is full of sugar, so, I mean, how do you...? Like, what is...? You know, so...

P Good questions, Lesley, you want to know about wine, you want to know about other alcoholic drinks. You want to know about what you can drink.

L And I have one more. Before you answer my first question, I love beer, like, a cold beer. I'm from England.

P Yes, beer-drinking.

L I grew up, my last ten years, I spent on the road, like, in a very, you know, music, man-dominant nature, you know, there wasn't wine around. It was, kind of, just a cold beer at the end of the day. And I'm also European, so, I'm really, like, lucky to have experienced, like, good beers.

P You care about your beers. Oh, boy.

L So, I'm not really looking for a, you know, American light beer and I'm not going to be specific.

[00:40:33]

P You're not going to be happy with that. Well, then, let's talk about your questions. Let's take them all one by one, starting with Serene. Wine. I don't see that there... There's not a reason that you couldn't learn to love a really good wine and when people say wine is full of sugars, wine can be full of sugars if you use a sweet wine. But the grape is fermented, so, the

sugars are eaten up if you have a dry wine. And it's like a Danny, what if you could? I mean, we're going to talk about beer, but if you're not going to like a low-carb beer and you are into that art of beer and...

L But I'm also not drinking six of those beer either, you know?

P No, but if it's one a night, it's going to affect you because beer is the most weight-promoting drink when it comes to sugars. People say, wine's full of sugars, no, beer is full of sugars. Unless you're using a low-carb beer and that's not going to do it for you, right?

L It's not going to satisfy my taste.

P So, if I were you, then, I would have the very rare one just to celebrate that art of beer.

S Yes, because life is a celebration.

[00:41:31]

P I would have that just because, you know, that will be your choice to have it now and then. And then, if you wanted to, you know, have something, if, maybe three nights a week or something, a little more often, learn to love and appreciate the beauty of a good red dry wine.

L Okay. So, yes, I guess I'll...

S And maybe, she doesn't want to appreciate it. Maybe, she wants to skip it altogether and then, just look forward to that...

P You don't have to drink on plan, of course.

L Okay, and I know we're running out of time, but wine is super intimidating to a lot of people, like, even in a restaurant, like. So, when you say, a good dry, red wine. I mean, I literally walk away, like, even...

P Like a cabernet or a...

S You don't taste sweetness to it. If you do, it's a blackcurrant, almost tart...

P It's like a rich coffee, and you grow into it. Or you could do, if you're not into the red wine, even a chardonnay is dry and that's a white wine.

L That's all I need, I know a cabernet or a chardonnay. Because then, I can start with basics.

[00:42:29]

P If you just ask in a restaurant, I'll have a cabernet, I'll have a cab, or I'll have a chard, you're good. You're going to have a nice dry wine to go with your meal and it's not going to spike your blood sugar.

S And just know this isn't, like, part of plan, it's just trying to help those who enjoy wine.

P Yes, we don't tell people, go ahead and start drinking.

S No, I mean, because I enjoy, like, a centimetre at a wedding or something like that.

P Yes, Serene's not much.

S But my husband likes a good glass of wine

P And the other thing is on plan two, spirits, and I'm not a bit spirit drinker, but I know that they're very low carb and so, things like vodka, you want

to put it with orange juice, but those sorts of drinks can be made to be on plan-friendly. So, there you go Les.

L Thank you. I will...

[00:43:14]

S Do you know what's so funny? Wrapping up with a joke, well, it's not a joke, it's actually awful. But it was a funny situation about vodka. Because, like I said, I don't drink at all really but a centimetre here and there, of wine.

P Well, an inch here and there

S Yes, but this is so funny. But we had an incident, because, you know, we...

P Sometimes, it's not funny if you say it's funny ahead of time.

S This is so not funny. Actually, this is so super not funny, it really isn't.

D You're going to hate this, guys, get ready.

P Pretty much

S Yes, you're going to hate this.

P You got one minute.

D Get ready. In fact, turn it off.

S Okay, so, you know, sometimes, when you have a large family, DCS gets in your life from time to time.

[00:43:48]

P No, never had that.

S Well, they can, occasionally. Well, we had DCS come and just check our family out, just, you know. And I was making...

D Just a check-up

S Elderberry

P Hold on.

D Did we just speed past the government coming and putting on a white glove and heading into your house?

P Excuse me, sometimes, when you have a large family, DCS turns up.

D You know, just DCS. It's Tuesday, and DCS showed up.

S Hey, it's a long story. It would be 15 thousand PODdies to do my story, okay?

P Okay, it doesn't happen all the time. It happened once because of when you adopted children and some things happened but it's all good, in the past.

S That's a long story. It's all good, we were cleared, they love us. We, like, go and have, like, parties together. We're cleared by every DCS in the whole jolly state they love us. My point being...

[00:44:34]

P All our sponsors dropped us today.

D You know how it is when your dad gets arrested for tax evasion, right?

S Okay, DCS turns up on my door.

P When? But this is many years ago.

S Many years ago, many years ago...

P In the land far, far away

S And Scot Gilmore, you know, and Kathleen, who did the Kit Naturals

creams, you know, we've, kind of, like...

P Yes, all our skin creams, yes.

S Yes, originally, were Kit Naturals with them.

P Oh, really, so, she didn't start down this...? Even start...

S Okay, but listen. I was like, I need to make some...

P She's continuing.

[00:45:06]

D It's going.

S I need to make some elderberry tonic, you know, it's the elderberries and you make a... What are those little herbal things?

D Vodka

P Yes, you use vodka

S Tinctures, I was making an elderberry tincture for cold and flu season. Well, I had just been given by Scot, a big bottle of vodka. Huge! And they arrived, DCS, at the door. And I opened the door and I hadn't put it away yet and Scott had just been there that morning and gave it to me. And they opened the door and here I am, you know, stay at home mum, with all these raggly children all around my ankles. I had a big bottle of vodka sitting on the table.

P Did they ask about it?

S I was just, like, trying to run and hide it straight away and that looked worse.

D And that looks worse as you run...

S But anyway, they still love me now. So, don't worry.

P Oh, you and the DCS are just soul sisters.

[00:45:51]

S Wasn't that a great story? Wasn't it funny? Everybody clap!

D Yay

P It's the worse story ever told on the PODdy. Look, can we wrap it up?
There's nowhere else to go.

S Hey, Tim, you can edit it out if you want to.

D Don't do it. Not a chance. Hey, listen. You guys have been listening to the
Trim Healthy podcast with the meat-eating vegan, the proper purist and
Danneth of Caliber and we hope to talk to you next week.

S Oh, wow! He needs a Grammy!

P Grammy, Grammy's for music.

D I'm done.

[00:46:19]