



Trim Healthy Podcast with Serene and Pearl
**Episode 70 - THM South of the Border Our Hair Raising Quest
for Healthy Chocolate & Coffee**

*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]

Announcer This is not a drink. This is the new Cascara Cold Foam Cold Brew. Craft liquefied delicately smooth. This is the Strawberry Acai Starbucks Refreshers beverage. Tropics chilled, my afternoon anew. This is the Teavana Iced Peach White Tea Infusion. Steeped, shaken, excited to refresh. This is the new Ultra Caramel Frappuccino blended

beverage. Whipped cream layers, perfect, and this your afternoon made at Starbucks.

P Big welcome to the Trim Healthy Podcast

S This is Serene

P And this is Pearl.

D What's up, women and men, boys and girls? Welcome back to another fabulous episode of the Trim Healthy Podcast with Serene, Pearl, and myself and...

P Guess why it's more fabulous, because I'm sipping my Matcha Nin with it.

D Oh, feel that.

S Hey, she must be really ninnified right now. I'm telling you, I've never seen my sister, Pearl, with her shoes off...

P What?

S With her feet on the coffee table...

D Oh yes

P It's true.

D She floated in today. I think she's feeling this spring-summer vibe.

S No, but it's something to do with the Matcha Nin. It's something to do with the comfort, the full comfort of it.

P No, I'm telling you, Matcha Ninnies, and I have to explain it here, or go Google our video, Matcha Nin, Ninny. They give me euphoria, without jitters.

S Well, it's just like Pearl's always...

D Oh, nice

S Had a foot hate fetish. She hates toes.

D Oh, I'm serious about feet, myself. Yeah.

P I don't like my own toes.

S No, she actually almost has to go barf when she sees anyone's toes.

D Yes, put your toes away. Yeah.

S And her's are the worst, she believes. Well, she's looking at her own...

P Yours are worse.

S Toes while sipping her ninny like she has no worry in the world.

P Serene, yours are worse, but hey...

S Mine are the worst.

P Great way to divert us off topic when we first start, we got to get on topic, because boy, do we have a topic for you.

P Oh, my goodness

D And I'm so excited to hear it, because this is technically our, us three...

P It's raining tacos...

D We haven't seen each other in weeks.

P All over the world, tacos...

D We actually prerecorded some podcasts.

P Tacos...

D You guys were in Guatemala, on adventures.

P That's why I'm singing my taco song, dude. You didn't even stop and listen.

S I didn't.

D Put... Yeah. I just...

P It was...

S Don't you love that raining taco song? Haven't you heard it and danced to it?

P I didn't eat one taco in Guatemala, Serene, so.

S Well, neither did I, but our husbands ate enough for both of us.

D Ladies, tell us about the Guat.

P And we did miss you, Danny. We missed John, and we missed Lesley, and we missed the PODdy cabin, but our time there was absolutely life-changing.

[00:02:18]

S I'll tell you when we missed the PODdy cabin, when we were up in the sky almost dying and we thought we'd never touch earth again.

P But let's go from the beginning. We went to Guatemala because, as you know, we have our Trim Healthy chocolate bars now and, as we've all told you...

S They're too expensive.

P Yes, for us.

D No, they're not. No they're not, but go ahead.

P Well, they're not necessarily for you. We've tried to get them down, but we're not really making what we need to make as a company.

D Yes

P And so we're going to bring it back, do our own manufacturing of the chocolates. Right now, they're at another place being devoured and it's costing us a lot of money, so we needed to go to the direct source, to these farms where the cacao is grown. Oh, my goodness we learned so much about cacao. So we also...

S And we want to first-hand see the organic-ness and the purity.

P And that's what, Serene and I and our husbands, that's what we care about. We might get products in, and people say a lot of things about products.

[00:03:10]

P There's a lot of stuff about it online, but until you go there and you see the way these are grown, you see who is growing it you see what happens to it, how can you really present it to hundreds of thousands of people and put your stamp on it?

D I love that. Yes.

S There is so much junk on the internet that, what I'm saying is junk is lies.

P There are lies about products, about this country and that country, and we've found out that, I think 75% of what is said about products is junk.

D It's fabricated, and you can pay your way in to claims on your bag, right?

P Yes you can. And so we really care about finding these things out for ourselves. Also, we have been sort of throwing the idea around for a while about a shade-grown, organic Trim Healthy Coffee.

D Oh, gosh

P And Guatemala has the best coffee in the world.

S No, actually, she's not just saying that. Central America is known for having the cleanest coffee in the world. Why?

[00:04:06]

S We're not going to do a big hate PODdy about mycotoxins, that they can be in coffee, because it's actually more in raisins and peanut butter and a bunch of other foods. But coffee can have mycotoxins, right, It's on our skin. It's everywhere. It's a toxin that a plant or a body produces to fight against mold, right. But Central America is known to have the cleanest coffee, as far as mycotoxins. Why? Because of the elevation. Because there's less mold in the nice, cool elevations, and in fact, we were dropped out of the sky on the highest mountain in Guatemala.

P Serene, you keep on missing all the steps to get there. We're going to talk about that.

S No, we're going to go back. I'm just throwing it out there and then we'll say...

D But you were dropped. What, did you parachute in?

P No, we dropped. We'll tell you the story, because we almost died, Danny.

D Woah

P We almost died. But anyway, to do with that coffee, also coffee grown at higher elevations that is naturally shade-grown, and we'll talk about that too, has half the acid of regular coffee. It is so incredible for you. We found out about the health benefits of coffee in such a big way, that I...

[00:05:18]

S Your Matcha Nin is like.

P My Matcha Nin, I love my Matcha Ninny, and now we've just got our THM Matcha, which I'm really enjoying...

S Woo-hoo

P But I can't leave my coffee either.

D Wait, wait. We have matcha?

P We just got it in, Dan Dan. We don't have the packaging yet.

S We're not selling it yet.

P You know what? When we go...

D You guys go to Guatemala and I miss all things.

P Hey, I'm going to give you some matcha today, Danny.

D Please

P THM Matcha

D Yes

[00:05:36]

P I've got a big bag full of it.

D Yes

P All right...

D That stuff's so hard to get for the price

P Let's go from the beginning, Serene, because this whole PODdy really, I hope you take away, get excited about the products and what we discovered and learn a little bit about chocolate and coffee, but there's something bigger here that Serene and I learned...

S Well, let's go from the beginning.

P And changed. We were different girls at the end of this journey than we were at the beginning.

S We are. We're changed, Danny. You don't know us. Would you like to meet us now, because we're different.

D I do. But have you seen the show, a missionary friend of mine downloaded it to my computer, where this guy goes on these adventures all over the world to find the best coffee?

P No, I haven't hadn't seen it.

[00:06:14]

D It's a whole TV show. There's seasons and seasons of it, and he goes into dangerous... It's called Dangerous Grounds.

S Well that's the name of this potty then. PODdy, sorry.

P PODdy, yes, but we can't. We have to think of a better name for ours.

S On the subject of potties, Pearl was very pleased at Guatemala...

P Why?

S Because it was not drop holes, it wasn't squatty potties.

P Oh, China was so hard with the squatty potties. That's why... I loved China, but...

D Drop holes!

S She was fearful and in trepidation.

P It was really, really worried to go back to China. I know we will have to, but oh, Guatemala, I love you for your toilets.

D Okay

P They're normal.

[00:06:46]

S No matter where we went, even if the toilet was in a treehouse in the jungle, Pearl didn't have to squat.

P It was still a toilet. No, and that was lovely, Danny. Just saying, that was one of the good things on the trip.

S Let's go back to the very, very, very, very beginning. We got into the car and Pearl could have feared...

P Oh Serene, where are you, darling?

S We're leaving my farm. Okay, in Tennessee.

D From the top

P They know where we were.

S Charlie, it's Charlie Straight Pant's, Pearl's husband, and Pearl pick Sam and I up in their Cadillac, and Pearl's first thought is, should I fear, should I not? Because there's snot hanging out my nose and my husband is hacking his lungs out.

P Serene and Sam got a very bad cold the night before we had to go to Guatemala, caught it when they were down in Florida from some people who had had it there...

S But no, no, they caught it because Sam like...

[00:07:35]

S Sam caught it, I think, out of adrenaline, because he had a kayak accident...

P Yes.

S It was down in Florida...

P That's a whole other story.

S Did you hear this, Danny? Yes, and he had these deep fishing sea poles, and hooks on them. And when he went, the sea was very, very rough, and he got kind of turned out by the waves, and he got hooked in about seven different places, like coming out of his ankles and it...

P Different arms and different legs were hooked at the same time.

S And he had to rip these deep sea hooks out of his flesh. It was a whole lot of adrenaline. He had blood all over his kayak, and it was just a miracle that my children were with him, my elder children, to be able to help him to shore and like...

D Deep sea hooks, what is this?

P Large hooks.

[00:08:10]

S And then Howard, our brother-in-law, Vangie's husband, Howard, we call him the hill doctor, he was down in Florida and he was, like, right there helping him sew him up and all that kind of stuff. It was pretty freaky, but he was shaking and he got a terrible cold that night...

P He got a fever.

S And of course, he gave it to me.

P Yes, so all right...

S You can still hear it in my voice.

P Sorry everybody, this is the way we tell stories. We do jump around a lot, but it's going to be good, okay? So yes, I thought to myself, Serene and Sam have a cold? Great and I have to sit so close to Serene this whole time. But we were like, okay, who cares, we're going.

S It wasn't a normal cold, Danny. It was copious.

P Yes, you can still hear it in Serene's voice. Oh, man. But I have to say Serene and Sam, their colds, and they were pretty bad, did not deter their enjoyment. They just determined to be troopers.

S And that's the first PODdy truth that we want to reveal to you today.

[00:09:03

S There's too much fun in life to just look at the pits. We had to look at the cherries, and there were so many wonderful cherry moments in Guatemala. Our cold couldn't dent it, mate.

D This is a fruit analogy, right?

P Yes.

S It couldn't dent it. So what I'm trying to say is, you know, hey, you might be struggling with certain things in life, but there is ways to look at the fun,

P Oh yes, so we got there and we were going to meet this missionary guy, Nathan Hardman, who we'd never met before. So we get a text when the plane touched down. He said: Do not come outside. You will see a big, tall, white man.

S And a sea of five-foot tall Guatemalans

P Yes, he said, do not come outside. Well, this was Guatemala City and there's quite a bit of crime and we found out, in Guatemala City, lots of guns everywhere. So he said, once I give you the nod, I'll come up, I'll take you. So that was pretty freaky. Oh, man. But anyway, we ended up at this amazing hotel at the foot of a volcano, and this volcano roared all night.

S Danny, have you ever seen any of those Disney movies? Now, don't write me letters about watching Disney movies because I don't even watch them anyway...

[00:10:13]

D Nor will she read your letters.

S But back in my past, back in my childhood...

P Yes, I watch them.

S There's these, like, movies of these families. There's always some kid with freckles all over his nose and red hair or whatever, and their families and they're staying in these places with, like, volcanoes blowing up and...

P Can't think of any Disney movies like that, can you?

S Carnival Cruise ships, I don't know, it's in my head. It's in my head. Lesley's whispering something. Oh well, I couldn't hear. But anyway, we were at one of these places where it was almost surreal. It was just like...

P It did not even feel like real life.

P It was so beautiful, and all night this volcano would just, like, Rrrrrrrrr!
It's like, it was from its bowels, and it would erupt and send plumes of
smoke and it would get red at the top. It was just so amazing, but they say,
because it kept erupting it wasn't dangerous.

D Did you get video of any of this?

P Yes, we got some.

[00:11:01]

S We did. And it was so beautiful, and the rooms were so beyond fantastic.

P Hilarious

S But!

P Couldn't get hot water.

S I was trying to tell the people that the water wasn't hot enough. You know
how some hotels, they'll put it to where it's safe, and Pearl and I like a heat
buzz when we have a shower.

D Yes, it's just vaguely hot.

S We wanted that, almost burn ourselves, you know?

P It was sort of lukewarm, like my husband likes showers that are lukewarm.
I found that on my honeymoon, and...

S That is so evil.

P It was blah, man.

S It's like lukewarm where I'll spit you out of my mouth, right. It's like, be
hot or cold, right. Not lukewarm.

[00:11:30]

D God himself is against your husband's showers.

P I reckon.

S And my husband's showers. They're awful. They're three seconds long and
they're lukewarm. I like it to be so hot. And then when I get used to that, I
had to keep turning it up and turning it up. Well, I tried to tell the
Guatemalan staff there, it's not quite hot enough and they must have
thought it's too hot. They turned it all off. We had freezing water the whole
time.

P Yes.

S We couldn't get right.

P Yes, I had no water in mine, but it was a beautiful indoor, outdoor sort of place. But so the first day, we had to we had to see so many of these farms to try and figure out, you know, what source we were going to get for our coffee and our chocolate. It would have taken us three weeks to do it by van or car, so we had a helicopter, Serene's and my first time in a helicopter. It can be, I guess, pretty normal in a lot of countries that are flat, but the area we stayed and was so mountainous and these mountains are like, 9,000 feet high. You have to have clarity, because if there's any cloud, you can't see, and so you might be just going along smack into a mountain. And you can't go too high. because then there'll be more cloud above you.

[00:12:41]

S And guess what we decided to do? We decided to book our trip in the beginning of the rainy season.

P Yes, so we go into this helicopter, which, Sam, Serene's husband, used to work on helicopters in the Army. He gets in there and he was like, this is not right.

S Well, he used to work on the Chinooks, you know, those big buses in the sky.

D Oh, I remember those days.

P It was a little tin can, okay it was tiny and it was sort of light, and it's got stripes and it was sort of sporty, like, I don't know.

S And we had, like, a Guatemalan MacGyver.

P He couldn't speak English.

S He kind of looked '80s, you know, in the '80s. He kind of had the sneakers and the ripped MacGyver shirt.

P He had an open shirt with some hair and some chains.

S He had some chains.

D Excuse me.

[00:13:21]

P Yes, just like Danny today.

D Yes, just minus the chains.

P You could tell he lived for the thrills of life.

D So good

S But can I tell you, we were in the MacGyver movie, people. Now, I want you to know that there is an instinct that happens when you enter or exit a helicopter, where you are in a movie. You know how in a movie, you see

them, even though their heads are like four feet from the blades, you have to do the duck run.

P You duck when you come out of there.

S You have to do the duck, where you're kind of holding your head and you do the run.

D Yes, don't you casually exit that helicopter.

S No, or enter, and we do it. I felt like James Bond's wife.

P We felt like James Bond the whole time, because this was not normal living. We got into the helicopter, ascended. It was just majestic, I mean, the scenery, but Serene and I looked at each other, like, okay. It started off fine, and we look at each other, like, we can do this. We are girls of faith, you know.

[00:14:10]

P I used to be scared of planes, but planes felt like nothing compared to this. We look at each other, it's like, no, let's just hold ourselves together. So then we go up higher and then we start to get into the mountains, where you have to go up higher and higher in the helicopter. Well, things started to shake.

S Yes, and the wind kind of caught the 'copter blades in a way that it was just like, ching-ching-ching-ching, sounding wrong, people.

P Oh, then it started to do some bad noises, Danny. And you know if a noise is constant then it's okay, but this noise wasn't constant. It would go, Brrrrrrr, and then stop.

S And our Guatemalan MacGyver pilot, he kept on doing this like, he had gloves on, maybe so that the sweat didn't go near the steering, and he kept on doing this glove handshake, like he would shake it. He'd go shake it, like an anti-stress motion.

P Yes, and his head was all about the helicopter looking for paths to go through that we could get around all these clouds, beginning of rainy season, and it was cloudy and the mountains were high. And so we'd go through, and then you'd see a little patch and it'd go this way, turn that way, and then we connive around that way, just trying to find the ways to get over these mountains. And sometimes I was like, I know that there's a mountain there. I saw it there. There's cloud in front of us. Why won't he go higher? Why won't he go higher?

[00:15:22]

P And then he'd go around there and then the mountain would be right in front of us and we'd go up, you know. And oh, my goodness, it was freaky.

S And me, the rebel, I wasn't wearing my four-point harness seatbelt half the time because I'm trying to feed Solace, right? You got to be a mother first before you're, like, helicopter professional.

P Oh, it's impossible to feed with this up there.

S And then there was times we're like, okay, okay quickly, hold the baby. I'm putting on my harness now.

P Serene did amazing, because Solace was just there, we had to hold her, this thing was shaking. Then it started to rain, right, and it was pelting the helicopter, and we thought, this can't be good.

S Hail rain, it was like...

P The clouds just started to come in, and we were just dropping over ravines. It went down into gorges with rivers from high mountains and every time we'd just go over a mountain, when you get into a ravine, the wind would just come and shake and toss the helicopter around, man.

D Man, it says right in the Bible: Lo, I am with you always.

P I know.

[00:16:17]

D Don't go up there.

S When we finally dropped out of the sky, to this place in Huehuetenango...
It's a mountain in Huehuetenango...

P No helicopter had been there before, and even our guy, who was a thrill-
seeker said: Only monkeys come here.

S Yes, our MacGyver Guatemalan said, only monkeys come...

D What's it called? Huehuetenango?

S We were clapped out of the sky by this village, okay?

P Oh, my goodness, my heart is still in this village.

S Oh, my goodness, they'd never seen a helicopter before and then we land
on their mountain. It was a moment, we were like, this is our place, and we
hadn't even tasted the coffee yet, but it was just so remote and so pristine
and so beautiful. They had tamed the mountainside. It was almost vertical,
and all their coffee was growing right down this steep mountain.

D Did you get pictures?

[00:17:58]

P Yes, and we're going to put together video, but we're telling it here first,
okay

D Okay

P These were families... First of all, it brings tears to my eyes, when we got there, they were just hugging us. No one had ever been there before, no white person, just to taste their coffee.

S I was nursing with my nursing shawl, right, all protected and all safe and southern modest, and all these ladies were just there with their, like...

P Out with their boobs and nursing the baby

S Out with their boobs, nursing their baby, it was so the real thing.

P It was going back into a time past, but these families were beautiful, and differently, because there's actually a lot of obesity in Guatemala. I wouldn't call it obesity like here, but you can tell everyone's living on corn, rice, and beans and probably because there's a lot of poverty there, too. It's what they can afford, you know? But in this village, they couldn't have access to stores or anything. They grew everything that they ate. They were so remote, they were cut off from the rest of the world. They lived on this coffee. In fact, I asked one of the men through interpreter: When do your children start drinking coffee? He said, about one.

S That was so funny.

[00:17:58]

D Yes., in the bottle

P Yes, but these people were healthy and trim, and really...

D You were talking about coffee. I'm deeply craving coffee right now. Do we have coffee here?

P Oh, my goodness, so these people, they just...

D I'll make it.

P They were clapping us. No one had been there before, okay. They had been growing coffee here for generations, for hundreds of years...

S Can I just say one thing and just jump in? The Grandpapa of the whole place... Because this was, like, an original group, and then they kept on reproducing through the generations...

D Oh, they had elders and... Yes.

S Yes, the original guy, the Grand-Pop, he was like: When we first started here, we would put the coffee in sacks on our back and walk it to the highways.

P Yes, and that was like, miles and miles and days.

[00:18:37]

S That was days and days.

P They walked for days...

D To sell it

P All of them, the men, and then they'd come back.

S He was he was almost crying when he was saying it because...

P Yes, now they have some trucks that they have, there's about two trucks for the whole...

S Well, that's an interesting thing. That wasn't actually the truth...

P We heard that it wasn't the truth.

S They have scooters to go around these roads, and apparently, they'd brought in a couple of trucks to take us around their mountain steep top thing, but guess what? I think the roads weren't used to those tracks and they weren't used to putting trucks on those roads, and our husbands were in the back of these trucks

P Standing up

S Standing up, but almost getting kicked off the mountainside

[00:19:11]

P Talk about off-roading. I will never need to go off-roading in my life. We've done it, and the men are just bouncing in the back and they've got, like, hundreds of feet drops.

S Sam was like, banging in the back of the truck like, open your window, so he could get a good grip and hold on to the truck...

D So he was nervous back there.

P Oh, yes, oh, my goodness, they were almost falling out of the trucks, but these little Guatemalans, you know, they know how to do stuff.

D Oh, they do. They can take a full bus. I was in El Salvador on a massive full yellow bus, and they had the wheel...

P They load themselves in.

D Like part of the wheel, maybe an inch, was off the cliff as they...

S Well, that was happening here, like full-time, and I said to Pearl, hey, maybe this isn't their trucks, like, for their usual farm trip, and maybe it's like, once every 17 years they do this, and the roads may have changed every 17 years.

D Yes no, totally.

[00:19:57]

S Come to find out...

P Yes, it was true.

D That was about right?

P We did find out, the trucks come in about once a year to help gather some stuff. But..

D A lot can change in a year

P So anyway, we went in to see the way the coffee is growing on this mountaintop, how it is done with nature. So you know, a lot of coffee growers and stuff, they kill the bees because...

S Well, they hack down all the normal flora and fauna, hack it down.

P And so these are grown with natural shade, you have to have shade for your coffee so it'll taste beautiful.

S So what they do is, normally, they hack them down and then they grow these trees that grow really, really quick, provide shade, but they're not actually the natural part of... that would naturally be there in that ecosystem.

P Yes, and they're killing the bees

D So it's their modern version.

[00:20:42]

P Yes, and then they're spraying pesticide. There is not one pesticide used. There is not one fertilizer. It is all-natural and it's volcanic soil, which makes the best coffee in the world...

D Oh, wow

P And it is grown on slopes, so we all got there and they're like showing... They all have little plots, these families, okay. So this one man, he was sort of running up this steep ravine. He was showing us how he does his thing, and so Sam and Charlie got there and so Sam's like, well let let me get right in here. I want to touch these coffee beans, you know. So Sam falls down the ravine

S Yes, and then almost takes me and Solly with him.

P Yes, so Serene quickly gets out of there because it was quite dangerous, but it was just incredible. So then they take us to this little hut where the newest generation of them, because they've been doing it for hundreds of year...

S Oh, hold on, before they take us to the hut, we get to taste these beautiful, bright red cherries, the coffee cherries, the red berries. They're beautiful. They taste incredible. We got to like suck all the yumminess out of them.

P Yes, and it's the seed inside that is actually the coffee bean.

[00:21:42]

S Yes, two coffee beans in each cherry

P But we go to this little hut where they've made their coffee, and we don't know what it's going to taste like at this point, you know. We were in love with the people and the family, but in the end, it comes down to taste. They actually, I want to say that their youngsters, maybe they're 20-year-olds now, have gone to the cities to learn about...

S To become baristas

P Baristas, and so went and got the organic status. They've, like, taken this ancient crafting of this coffee to the modern world. And so their young people were there waiting for us in all their cute aprons, making us coffee. There was electricity in the hut or anything. They were doing French press. They boiled the water, and then we had a proper coffee taste tester. I know we've got this on video. It's so hilarious, and they showed us how to taste the coffee, and you get it on a spoon. And Serene, you make the noise. You you inhale it with air...

S Yes., it's like like a deep soup spoon and you go...

P And then they spit it out. It's like wine tasting.

D Oh, yes

S The sides suck it up like a quick vacuum.

[00:22:45]

P It was so sweet, and then we tried. I was terrible at it. Then they they gave us this coffee.

S The coffee wasn't sweet, the people were sweet.

P The people were sweet, and they ground it right there for us and gave it to us. Serene and I looked at each other and we were just like, oh my goodness.

S I had sunglasses on and tears were coming out of my eyes...

P We cried.

S Behind there, because of the connection, it was like a connection...

P I'm crying now.

S Spiritually and emotionally in every way, and they were hugging us, and then they all bowed...

P And it was the best coffee in the world.

S And said, can we pray? They said. They really were believers, and they wanted to hug and pray, and it was like...

P Yes, at the end we all prayed and them in their language and us in our language, but it was a heart connection. We actually had to go to other...

[00:23:27]

S Pearl's crying now.

P I got tears coming out. But we actually had to go to other coffee plantations, and they were sweet and we met some beautiful people, but Serine and I kept just saying, our heart...

S Is in the mountains.

P Is in the mountains. Their coffee was the best we've ever tasted. We can't let go of these people. It was a God thing.

S And we found out, too, that the higher elevation grown, the better the taste, stronger the taste.

P Yes. And yes, we met some others. Their coffee didn't taste near as good, and they talked us up and what was good about their coffee and we'd taste it, and we'd just look at each other like, this is nothing, compared. You know, and it was all good Guatemalan coffee, but.

S It was amazing. It was amazing, and it was so hard to go to these places because we were like, we want to love you too, but we can't two-time our Huehuetenango.

P Yes.

D What was the discernible difference in taste, to you?

[00:24:13]

P Serene, you explain.

S Okay, so, I felt like the normal coffee of the other people's plantations, it kind of had just a middle-of-the-road, it would go around the sides of your mouth and had a little bit of a burnt toast taste, right? But the Huehuetenango had none of this cat pee acid, you know, none of this burnt toast.

P Well, it's because high elevations reduce the acid, you see.

S It went right to the top of the roof of my mouth in a very grassy, beautiful, subtle nuance way, and so after every mouthful I didn't feel thirsty. A lot of times, coffee can make me thirsty because of the burnt-ness or the burnt taste. This didn't make me thirsty, but I actually could... It danced on the roof of my mouth for a while.

P And this is the other great thing.

S After every sip, the flavour would dance.

P And this is the other great thing. Coffee grown at high elevations like this and shade-grown naturally is so much more gentler on the stomach too, and that's what I've found since I've brought it home.

D That's a big deal for me.

[00:25:08]

P I have no heartburn and it's amazing. So anyway, we brought this home. We're going to talk about chocolate soon but... 24 minutes in. But we we brought this home and I gave it to my son-in-law, Kendall, who's the biggest coffee snob, man. He imports...

S He's capital S, Snob Man.

P He import his coffee and grinds it, and I said, Kendall, we think we're going to release this coffee, and he's like, okay, give me a taste. They were staying the night at our house. So he got it and he goes, Pearl if you're doing this for the majority of people who want to like coffee, not people who want to detect the fruit or this or that, or not a burnt roast coffee like Starbucks,

you know. Starbucks tastes like burnt toast to me. I'm sorry, I know people like it, but mostly they're tasting sugar.

D But they go for a very intense flavor. Yes.

P He's like, this is it. You have nailed it. It's got such a good flavour and yet it's not too in-your-face. It's smooth. And so I was like, oh, Kendall gave the stamp. Oh, my goodness.

D Nice

S That was big time.

D So you did bring some home?

[00:26:07]

P Yes, it's in my house. You want some? I'll give you some.

D Matcha?, Coffee? I'm making a visit.

P Yes, I'm telling you, I'm going to load you up, Dan Dan.

D Yes

P So that was it. We made that heart connection. We bought it home. That will be our coffee. You will have it soon. We're going to...

S Yes, but can I just tell you something?

P Yes, mates.

S When I used to drink coffee, and I loved coffee, I didn't have a picture to go with it. I just had nice coffee.

D It was just coffee in a cup. Right, right.

S But now, since I'm drinking this coffee...

P It's such experience

[00:26:36]

S I'm seeing the people.

D Oh, it connects you.

P It's not coffee anymore.

S And it was like, hundreds of little children running around...

D It connects you back there.

S On the mountainside, and mothers and fathers and grandparents, and it was like, this beautiful, remote village of peace, and it was just like...

P Peace is what it was.

S I really want to bless them, so every time I drink it, I think, I'm blessing you.

P Yes, and they didn't have a lot of money because their coffee, because they're so remote, is only now just starting to be heard of, and so we feel so blessed to have discovered this.

D Were there computers and Wi-Fi in the villages?

P Oh, no, there was nothing.

S No

P No, in some villages there were. In this one, there were. We didn't see any. but in some.

[00:27:14]

P Now, obviously, the young people that go to the cities had them, but when the initial village was there, there weren't.

D Wow, so they're still in ancient times.

P They live in these little huts.

S There's no hospitals or anything. I mean, there's no stores. On this mountaintop, you'd have to go at least two hours and 40 minutes before you'd find a little village hospital.

D Did there seem to be a lot of sick people?

P No

P No, they were healthy and robust. That's what I'm trying to say.

S They didn't have weight issues there.

P No, and they all looked healthy.

S It was interesting. They were just climbing up and down the mountain.

P They were beautiful, they were smiling, they were happy. And like we said, since we grew up in New Zealand where breastfeeding is not a stigma...

[00:27: 48]

P A woman might even breastfeed in church. It wasn't as much. You sort of semi-over up, but it's not the thing it is here in the US. But the woman's, just, breasts were hanging out and the babies were hanging off them, and Serene and I were like, this is awesome. I don't know why that spoke to us, but we just were like...

D As God would have it.

P Yes. It's not like we're going to go around doing that.

D No, anytime there's something like...

S My baby's under the nay-nay tent right now.

D Right now, anytime there's something in its most natural form...

P That's what we're trying to say...

D You want to get back to it.

P Everything was in its natural form there, and I said, Serene. I just felt like... I don't think this will be the name at all, but I said, the hills are alive with the smell of coffee, and I wanted to call it The Hills Are Alive Coffee, but I don't think that'll be the name.

D The hills are alive...

P But it just felt that. I felt this, it was like a zing.

[00:28:33]

P Anyway, so I'm just thanking God for that connection.

S And that was our first day there.

P That was our first day.

D That was day one.

P Day one, we could not get home because the weather started to get worse.
We were in the helicopter...

S We were in the helicopter and we had to abandon...

P We had to touch down, we had to abandon helicopter, and then we had a three-hour drive back to our hotel, so we were zonked.

S Actually our volcano and our cold water

P Yes.

D And three-hour drive in what, what were you driving in? Was this the truck?

S No, just a van

P No, we had a van. A van picked us up and took us.

[00:29:06]

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

S Serene

P And so the next day, it was going to be chocolate farms. Man, you know, you go to a store and you eat some chocolate and you just have no... I had no idea what goes on to make chocolate.

S I know, like unbelievable. We went to these beautiful plantations, amazing pristine plantations, some in the jungle, some on high mountain sides, some, just these beautiful, huge, giant, what they call thinkers, these big plantations. Amazing, but these different... Like, sometimes they're red pods, sometimes they're rusty or yellow pods.

P They grow on a tree. So the cacao tree grows fruit, and they're large fruit, about almost a foot long, would you say? Some are half a foot.

S Like a football not as big as a football but football-shaped

[00:30:24]

S Like, half the size of football, in the shape of a football

P There you go. Definitely like a huge thick, thick, thick, very thick banana, but bigger, and they're red or they're green. Now, inside this cacao fruit is all this white pulpy, slimy, delicious stuff, which we will talk about. It's called Baba, and then inside that Baba are the cacao seeds.

S But you just get to suck the baba. It tastes like passionfruit.

P Yes. So this baba was amazing and I think it's what kept me from getting sick when I was there, because it's so full of vitamin C and antioxidants. It's bursting. It's a little sweet. It's got some carbs in it, but it's also tangy, and so you see the workers there, they're just eating the baba all the time. So we got to taste this baba, and each cacao tree has a slightly different taste.

S But you know what's amazing? It made me just want to worship God. It's like, God, you're so amazing because without this baba, the whole process...

P We'd never have chocolate.

S Yes, well you wouldn't have chocolate, because you have to ferment chocolates. Chocolate is a fermented superfood.

P Hey, coffee is too.

[00:31:22]

S Coffee is fermented too.

D Coffee and chocolate

S Both are fermented superfoods.

P And fermentation ups all the goodness in foods, so you see?

S Yes, all the nutrients, it's amazing.

P Think about that. Isn't that incredible?

S So yes, we saw that the coffee cherries, the sweetness around that helps to ferment the coffee, and then of course the baba helps to ferment the cacao, and...

P So they take this baba and the cacao beans inside and they ferment it for six to eight days.

S In a special kind of wooden box

D We need to be drinking coffee and eating chocolate right now. We blew it, but go ahead.

P I'm telling you. I know we blew it but a Matcha Ninny is good. So then, after that, it dries in the sun for six to eight days.

[00:32:00]

S After the fermentation of it takes place.

P After the fermentation, and then then it becomes the cacao seed as you know it, but we found out something different. We've ordered cacao nibs off the net, right. Have you ever tasted cacao nibs, Danny?

D No

S Some are great, but some taste like cat pee.

P I've only ever tasted cacao nibs off the net and I never liked them because they're sort of bitter and they're hard.

S Acidic

P Acidic, we tasted cacao nibs freshly dried from the sun and it was just an incredible experience.

S The smell of these fermented cacao, big wooden boxes smells like our Yuck Yum Bitty, because it was like the kefir with the cocoa.

P The fermentation with the chocolate, it was so incredible. So...

[00:32:41]

D Somebody, right now, is sitting there, like, nine chocolate bars in just because of this podcast. They're listening in and they're weeping and eating way too much chocolate. Bless you, sister, whoever you are.

P I know. So that's how the chocolate will be arriving to us and we we're still going through some of these pods, you know. We're going to definitely get an organic cacao because they do...

S We haven't on the farm... No, I actually think we have, Pearl.

P Yes.

S Wasn't it the the beautiful... Oh, listen to this.

P But I do want to talk about the reason why we're so... Right, we say, hey listen, you can do Trim Healthy Mama. You don't need all organic. You can't afford it. We understand that. We do say, get lettuce, because that's the most greens you're going to eat, organic if you can. One reason we are so determined to bring organic in is because Guatemala and South America, they do spray their coffees and they spray their chocolate unless it's organic. And these sprays, they are no good. I mean...

S But you know what? Most chocolate is coming from Guatemala. Why, because it's the heart of the Mayan country. The chocolate cacao pods were the Mayan currency.

[00:33:44]

P It originated here.

S It originated in Central America.

P So Africa took it, but it wasn't... What's that word? It wasn't natural to Africa. It came from this area.

S It wasn't native to Africa. It was native to the Mayan country.

D You know, think about this little description is, you look at different races of people and they all excel at different things, right? So there's certain groups of people, you will not beat them in a race.

P Yes, exactly.

D There's other groups of people, you will not beat them at manufacturing.

S Yes, well it's like my daughter, Cherish, right. She's from Liberia. She's African. I could work out all day and never have the muscle tone she has, never. She is like, a sprinter body. She sits home and home schools on the couch, and she's just like, ripped like a tiger.

D I ask Isaiah all the... I'm like, man, you've been working out? He's like, no man. No. I don't work out. And I'm like, dude, you're just jacked? You were born jack ed? He's like, oh yes. Yes, so is my daddy. I think, when you think about foods and where they're being sourced from, it's so important to go to the goldmine.

S And besides from that, which is so true, Danny, go to the original source, now so not only we sourcing organic. I believe the plantations we're going to choose from are the ones that are trying to get back to the original Creole seed, which is the original Mayan seed.

D Tell me about the mysterious Creole

P It's not just chocolate either, Danny. A lot of these chocolates now are grown from very, you would call them hybridized and cheap sort of..

S Grown for production, grown for the masses, produces more fruit on the trees. But we've found this plantation that...

P Have grafted in the original Creole.

S They go to the Amazon jungle and get the cacao trees which haven't been able to cross-pollinate even naturally, with what they call a Trinidad, which is like a hybrid of three different...

P When we say hybrid, we do not mean GMO. They're just grafted in.

S No, it's just that they cross-pollinated and, you know, maybe they like tried to put them together because it would work well, but wasn't in the test tube or anything.

[00:35:46]

P The Creole is the best tasting chocolate in the world. Creole has the roundest... Again, less acidity than any other chocolate.

S And so these are the super trees and what they're doing, they're grafting them in. We saw them grafting them into the regular cacao trees and they're actually becoming these Creole trees and it's amazing. It just reminded me, so many beautiful things are being grafted in the vine, and just the spiritual aspect of that. Even with my adoptive children, I'm like,

wow. Like, when you're grafted in, you are part of this family. You are part of this tree.

P It becomes the tree. It's just, grafting in, and then it grow as the tree.

D You know, you guys always do videos to introduce new products and chocolate, and I'm sure this info will be there, but I would love to see it... You know, a lot of people won't see that video. They'll see it at first, but eventually that video will not be seen every day. I would love to see the story, some of this on the package, you know. People need to know long-term... If somebody buys it, maybe it ends up on a store shelf somewhere.

P No, because we don't think these what do you think of what goes into it when we buy chocolate or coffee. Well, I never did. It was just like, I want my coffee, I want my Dunkin' Donuts, or I want my chocolate. But now there's such richness and such history and such knowledge, and it really does matter where it's sourced. It really does matter how it's grown. All these things matter.

[00:37:06]

S If you ever see video and footage of our hair-raising adventures in Guatemala, let me just say, I will be wearing Solace in an Ergo.

P Oh, yes, Serene got a little flack.

S Not politically correct, okay, I have a very, very, very long torso, okay? And they say to wear an Ergo properly, right, you have to be able to kiss the forehead of your baby. Well I don't like wearing my baby like that because I nurse in the Ergo, especially when we were like, up and down hillsides and here there and everywhere, I've had my baby... I wear the Ergo strap around my hips, so the baby's in a better position to feed, and I'm always aware of where her nose is, always aware of her airways.

D Oh, there's a suffocation danger?

S Yes, and I'm so aware of all of that stuff, but it's for real life for me. It's not for just a trip from the car to the grocery store in an Ergo. I wear my baby all day long, and so it has to be functional. So I just remember, like, I don't know how many... 18 years ago, when I first started wearing Ergos, there was no Ergos around.

P Serene was one of the first Ergo wearers there is.

S They said, write an article in Above Rubies about Ergos. We wrote...

D That's where we heard about Ergos.

[00:38:15]

P Serene was one of the people to actually put Ergos out into the world and so it's...

S It was a little Hawaiian business and they were still hand-sewing them with the thick canvas fabric, remember way back with those Ergos? And from that article in Above Rubies, so many Ergos were spread about. So just so, I do know about the kiss forehead and all that kind of stuff. I just rebel because I need to do it for me. Like, Trim Healthy Mama My Way, Ergo my way.

D That article was probably 13 years ago, because our son is about to turn 13 and because of that article, and a baby on the way... It was a major, at the time, expense for us, too. My wife was like, it's a hundred bucks and I was like, for a baby carrier? They sell it for \$20 at Walmart. She's like, no, no, no.

S It's different.

D It's totally different. And literally, we have the same Ergo baby carrier. It works great.

S I know, it's that maroon and black one. I remember seeing Lisa with it.

P Ergos better shove us a little bit of advertising money, here.

D Yes, we need to call Ergo and say...

[00:39:12]

S Well, I remember we all got a free Ergo, remember, all of us because of that article.

D They're the best.

P Okay, so we will put together... It was just us, so we didn't have Arden Serene's son who does our videos, so I've got it all on my little phone. I'm going to have to figure out how to put it all together.

S And I wasn't saying that because of feeling at all weird, but it'll just save people, why.

P Serene loves your concerns. She appreciates, she understands, but it's all good when you see the Ergo not perfect, it's all good.

S When you see the baby's head hanging backward, she's drinking, okay? She's just...

D Solly's still with us.

P Solly's great. Okay, so we got that. The chocolate was incredible. The second day, once again we couldn't make it to a hotel. Another three-hour trip.

S Had to abandon the air because it was just too freaky.

P The third day we go again, and we had a different pilot.

[00:39:57]

P A different helicopter, Danny. The helicopter makes all the difference. This time...

S It was black and sleek.

P We had a black and a solid one.

S It was like one that would drive the presidents around, right.

P Yes, we felt so safe.

D You were like, Brrrrrrrrrrrr!

S And the pilot was, like, 78 or something.

P And we found out he was a Navy-trained pilot. It was all completely different. We loved our little thrills MacGyver Guy the first two days.

S He was good.

P But it was different, Navy trained pilot. He got us home.

S And it made me realize the finesse of age.

D Yes, that's right.

[00:40:26]

S There is a finesse of age.

D I want my doctors, as well, to be an old, old man or woman, but old.

P You know there was something about, it was equally as cloudy, equally...

S Actually, worse

P Rainy, it was terrible. Vision was horrible, the rains were coming in, and he turned to our missionary guy, our interpreter, he said, it's okay, I'll get you home.

D There's something about it, though. You don't want a young sport handling your life in any way. Not a helicopter pilot, not a doctor, nobody drilling into your teeth. Get me an old person, please.

P Oh man, so we got home and getting home was just, like, so amazing but Guatemala is just in our hearts. We're already talking about going back. We also found a source for blue maize corn chips that we're going to do.

S It's actually, it looks blue, but actually it's the ancient black corn. It's amazing.

D Black, we might have black chips.

P And do you know what also? Here's the cool thing, and we're going to have, Nathan's a missionary guy that we met there and we became, like, the best of friends.

[00:41:22]

S Brother Nath

P Brother Nath is coming to this PODdy. We're going to interview him because of the work he does there. And and it's interesting, you'll hear about his work, but you see, us getting all these businesses in Guatemala will fund Nate's ministry, what he does with the slums. What he does, Serene just say about it.

S It's in District 18. He works in District 18, which is the most poorest part of Guatemala City, and he works with the gangs. For years, he worked with the boys that were already in the gangs.

P He was born in Guatemala.

S Yes, this guy's a white guy, but he really is a Guatemalan with just white skin, right. He grew up there. And anyway, these boys are so involved in these gangs and it just ruins their life completely. So he tried to like get them out of that, but he realized it just wasn't effective because...

P He had not one success.

S He tried to remove one, but there's just so afraid of being killed by the gangs because you can't get out or you're hunted for the rest of your life. So they realized, we're going to really pour our energy into the young boys before they enter the gangs, and try and get them a life and knowledge of God, and education and skills, so that they don't feel like they have to go into the gangs. And he's having incredible success, and all these little boys' pictures were on the wall. And he's going to talk about, he's looking for Guatemalan house parents, too, for this orphanage that he runs down there.

P But it's incredible, and so, because he'll be our guy over there, obviously some income will come his way because we have to pay him, but that money is going to be funding this incredible ministry, so I just feel good on all fronts about what is happening here in Guatemala. I just feel like God has opened the doors.

S It's definitely God.

P And it's not just about you selling more and more stuff for THM. This goes beyond that.

D So it sounds like, from products to relationships, landscape, it's been epic and beautiful. The problem I see is that it could have been videoed and well-documented by me.

S I know, Danny, and I agree. And Arden, our son, who does some videos for us too, he was so like...

D Did he go?

S Is there a place for me?

[00:43:31]

P No

S There was no extra room on the helicopter and that's why nobody else could come. It was just like, cracker crumbs.

P Yes, and helicopters are so expensive. I know if we got a bigger one, it'd be like, yikes.

D Yes, but do you think about the epic...

S Hey, we could tie Danny, like...

P Underneath

S Yes, little parachute...

D That would make great content.

S He could wear a cape, you know what, if you could go to Guatemala.

D With my little cape

P What if you could go to Guatemala. We'll just tie you on the bottom

D And my Grover feet flapping in the back

[00:43:58]

S We'll throw you a coffee bean or two.

D I would be like Super Grover.

P But anyway, you know what? Serene and I learned from this that sometimes it would be so scary in that helicopter, and we looked at each other and we're like, okay we've got two choices here. We can either freak out and flip. There were many times my spirit, my body, my flesh wanted to say, put us down. Just put us down. I can't handle one more. This is not right, but you know, we were there. We had to get to these places. God opened the door.

D Oh, look

P Good job, Serene.

D Yes, don't break tradition.

P Turn it off.

S No, I am trying to turn it off, dudes.

P You know, He holds our tomorrows and it was a choice, faith or fear. And I said to Serene, Serene and I looked at each other like, we're not fear girls, we're faith girls.

S Yes

[00:44:41]

P And if we go to Him, what are we going to do? Go to Him. We're going to be going to God, you know. God will look after our children. It's just that choice because your body's freaking out in fear, but your mind has to say, I'm sorry fear. You're not controlling over me. God's got this.

S And so I feel like we're different girls, Danny. We got back from Guatemala and we're like, where's next? Sudan? Come on. Bring it on.

P It was like faith built, because it...

S Crossing the Nile crocodile river.

P You know how you practice faith and it builds and you become stronger in that muscle? It was like, we had to practice it. Sam didn't even know if we... he was waging bets, he's like, I don't think Serene and Pearl are going to go through with this. I'm pretty sure they're not. But it was like, we exercise, and I don't want to build ourselves up, but we had to exercise that muscle of faith. And boy, when we got on that plane going home to the US,

I said, Serene, this feels like a walk in the park. Does this feel like the easiest thing we've ever done in a plane?

D You guys are seasoned world adventurers.

P What's a plane? It's nothing.

[00:45:37]

D Yes, you've been there. You've been on the wild adventure.

S It was so great and Solly made it too.

D So this was a rite of passage, in many ways.

P Yes, and we're ready. I'm ready to go to Sudan where our Baobab's grown.

S And there's a fear of faith thing, too. There's a fear of faith thing that will also be on another PODdy. It was a miracle that we got to go. We almost didn't go. About a week before... I'm not going to tell the story, but we will on another PODdy. A week before our Guatemalan trip, Solly had a situation that almost cancelled our trip, but that was about faith, too, and we'll talk that another PODdy.

P And that is a complete miracle, and we found some information out that's going to help so many of you.

S Yes

P So hey, keep listening in and we will see you next week.

[00:46:30]