



## **Trim Healthy Podcast with Serene and Pearl Episode 77 - Your Questions Asked.. Metabolism, Eating Disorders, Coffee, First Baby Foods and More**

*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 · J = John

[00:00:00]

***Announcer***

This is not a drink this is the new Cascara Cold foam cold brew, craft liquified, delicately smooth. This is the Strawberry Acai Starbucks refresher 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 is your afternoon

made at Starbucks.

S This is the PODdy with Serene and Pearl. Get it right. P-O-D-D-Y.

D We are rolling on another episode of the Trim Healthy Podcast with Serene, Pearl and Danny. What is up world? What is up Serene and Pearl. We have a special today. Welcome to the Trim Healthy Special.

S But this can be a good one though because we are hearing from you guys all about the PODdy.

[00:00:57]

D When we say special, we mean Q&A format. You guys have written us with lots of questions, lots of encouragement. We love to read some of your feedback and holler backs. So, thank you for these wonderful things. Let us get cracking.

P Yes, bring us some questions too, not just feedback Danny. I hope you have done your homework.

D Alright, we have got good questions here. This is from a THM male: Hey Danny, I love your show Trim Healthy Man.

P Is that real?

D This is real.

P Hold on. The whole thing was addressed to you?

D No, not yet

S He wants to take over the THM empire.

D So far, is what I meant.

P It does sound cuckoo but keep going.

[00:02:01]

D Hey Danny, I love your show Trim Healthy Man. He might be talking about my Facebook page.

P No, that is not a show.

D It sort of is.

P It is a page with 5,000 likes.

D Once a week video, how many videos do you do a week?

P It is all about quality but keep going.

D I must let you know I have been one of the 17 men listening to the PODdy from the beginning. I am a serious coffee lover and all this talk about Guatemalan coffee with low acid has got me super excited. I have got Barrett's Esophagus. Is that with any relation to you?

P I don't know about it, but I do know it is quite an aggressive form of Gerd.

D What is Gerd?

P Isn't it acid reflux?

D I thought Gerd was a Southern way to say good.

[00:02:59]

P Acid reflux

D All right. He has Barrett's Esophagus...

P But let us not say that he has Barrett's Esophagus. What is his name?

D Robert

P Robert, you are walking out of this mate.

D I believe that too. I have what is previously known as Barrett's Esophagus, so, I need a low acid decaf coffee and the THM Hilltop/ Bird Drop coffee has me on the edge of my seat. Can we explain what the THM Hilltop Bird Drop coffee is?

P I don't know where the Bird Drop came from.

S I know where the Bird Drop came from. This guy, Robert, I am syncing with you. We talked about within this place, this beautiful township on the top of these high Guatemalan hills that you can only helicopter in or walk in for days or like scooter to a certain point, but you still have got to do a bit of walking. They have not done the usual which is to soft down the natural fauna and flora and then plant these trees that aren't native to the area, which basically gets rid of the good

bees and the birds that would normally be native to the area. So, they have kept the perfect ecosystem, so the birds are still there and still pooping.

[00:04:24]

P The birds fertilize, and the bees pollinate.

D You've heard it here. The “birds and the bees” on the Trim Healthy Podcast. Now, it has got him on the edge of his seat, so this big question that I am sure has only been asked once is when will THM be providing matcha and coffee? Love the information, craziness, you guys are putting out there for the world, keep up the good work and keep the rabbit trails short and narrow. Thank you, Robert,

S Guess what? We have answered very little of his question and we have just been rabbit trailing about Gerd.

D It is true, but we hadn't heard that yet. So, let us keep it short for Robert TH Man. When is matcha and coffee coming?

P You know, whenever we give a date for things, we go two years over, so we cannot jinx ourselves and give a date. I do know with the coffee, this place on the hilltop that we are seeking it from, their next crop is for THM. I do know that. It is all ours. We bought the whole thing. Matcha, we are still in negotiations. People love their matcha and they have a high

price on it. It is like gold. So, Rob we are doing our best to get that price down before we bring it to you because right now we don't want to make you go broke.

S You can go right now on the internet and buy your \$50 matcha. we'd want to bring a good matcha with a better price than what is out there.

[00:05:52]

P We didn't tell Robert much, but it is coming. And it is low acid because I can drink it and I don't get the bubbles. I'd always get the bubbles. I could feel the acid in most coffee even though I love coffee.

D Is Espresso lower in acid or do we know?

S I know that Espresso has more of the wonderful things about coffee that we love, that are like benefits to fighting disease.

D Anti-oxidants and such

S Yes, because it is pressed with the pressure, it allows for more of the nutrients to just be pressed in that little amount.

D I'll say this Robert. I barely can drink coffee because it shoots me into the stratosphere with energy and I don't sleep for three days but it is also hard on my stomach and I find that low quantities like a treat are much better than a full cup of coffee. Next question, this one comes from Laura N. Hello

Serene and Pearl. I am currently five months pregnant with my fourth child. Congrats, she has probably delivered by now. This is my first THM pregnancy and I have to say a big thank you to Serene and Pearl for giving me the tools I needed to make this pregnancy my best one yet.

[00:07:12]

P Yes, I am so glad.

D I feel amazingly healthy after implementing a lot of the THM principles.

S Don't you love that? I love how people can gain ground during pregnancy, gain health. A lot of times pregnancy can be a time where people put their health on pause. Okay, we'll have this baby and then I will work on getting healthy.

D Does that set you back once the baby is delivered?

S No, what I am saying is with Trim Healthy Mama, we don't drop people. We say, you can do this while pregnant. This is healthy. And it is something that can be done so easily.

P But yes, it does set you back Danny. Because your blood sugar rises and stuff if you put your health on pause and go back to junk.

S I see what Danny was saying.

P Let us get back to Laura.

D With all my babies, I, Laura, have struggled to breastfeed and have had to supplement with formula in the past. Do you have any suggestions about how I could healthily and safely?

[00:08:15]

S I do Laura. My heart goes out to you.

P He is not finished.

S I couldn't wait to address that. Keep going.

D Laura is not finished.

S No, Danny is not finished. Danny wants to keep hearing the beautiful sound.

D My sound, the most beautiful sound in the world.

S But it is good to hear it. Danny was on vacation and now he is back, and it is fun to hear the Dan man.

D So, she wants to helpfully and safely supplement her baby when that becomes necessary. I have researched ways to make homemade baby formula with the base ingredient being raw cow's milk. I have also searched high and low for ready-made baby formulas I would consider worthy, but I have found none. Laura N.

[00:09:00]

S I have a whole lot of compassion for you Laura because I haven't had the same issue as you. I have been able to have a



milk supply except I did have a child that had some structural issues with his mouth where he couldn't latch properly and that did affect my supply and I couldn't provide milk for him. And my heart goes out to you. I would just be balling my eyes out and searching the internet for answers, so I feel your pain. And yes, I did discover a great, I am sure that you have even seen it, the Westin A. Price formula, you can just Google that. I use the raw cow's milk recipe. They have a recipe made from the liver, pastured liver. You freeze it...

P Hold on. What? You get liver from a cow and you freeze it?

S Pastured. You buy it from a health food market or something like that. And so, there is no anything bad about it.

P What do you do with the liver?

S You make a formula. This is for babies that cannot handle dairy. They also have a bone stock formula too. They have three different formulas.

P Okay, but you didn't do the liver formula?

S No, I did the cow milk one. But there are three different formulas and you can sub goat's milk and they tell you what to change if you sub the goat's milk.

P I remember you doing this and you used our gelatin in it. Right?

[00:10:23]

S Yes, I did. It is a wonderful formula.

P He thrived on that, didn't he/?

S Yes, he thrived, Remmy thrived and this would be great for you to know, Laura, when I needed to supplement him, which was basically always, he nursed off me and got all that he could. This is my baby, Remnant, and then I put the Westin A. Price formula. I tried a pump to get whatever I could, but his mouth just couldn't draw my milk, so I couldn't get much supply to pump. But I'd put the Westin A. Price formula into something called a Lactaid and it has a little tiny tube that attaches to where the baby sucks and the baby gets all that you can give.

P That would be the nipple.

D Just call it the suck zone.

S You put it near the suck zone and the baby gets all that formula. So, you still have that bonding.

P And you are still getting the oxytocin. The sucking causes oxytocin in your body.

S And because they are sucking at the breast, it encourages your milk to come in more and they start doing what they call a nutritive suck instead of just playing on it they start

drawing more. So, it teaches them how to suck better and you still get a wonderful supply. What I mean is when I finally stopped using the Lactaid I still had some drips in there when he was an older baby. When he stopped needing the formula he still got to breastfeed on my knee when he fell over and hurt his little foot when he was like 18 months. So, it was beautiful. So, I advise looking into the Lactaid and the Westin A. Price formula.

P Good job, Serene.

S Can I just say this quickly? There is two of these nursing tube systems out there. There is one that is like a hard bottle and you hang it around your neck. That is awful. The Lactaid system has got little tiny bags that they can warm up by sitting on your skin.

P I remember that, you'd always have one around your skin.

S So, do that one, the one with the little bags, not the hard plastic.

D All right, moving right along. this one is just a big high five to us, but I want to read it because it is from the Amish community.

P I have to say something before you read this email. I love that from the beginning, the Amish community and the Mennonite

community embraced THM.

S I love the Amish and Mennonite community because for years, our family got beautiful wonderful raw milk from them.

[00:13:02]

D When I first worked here, I worked in our wholesale department and I talked to our Amish friends all the time and we were still figuring out a lot of stuff, so we didn't have the supply they needed very often.

P They were the first ones to want to put our products in stores, the Amish people, pretty much, apart from Canada.

D So, again, I had to be the bearer of bad news. We are out of stock, bare with us. But they would call, and it was cool because they did it the old-fashioned way. We talked on the phone. Sometimes they would write letters in just to check on the stock of products.

P Yes, we have received letters. It is beautiful. I just love how diverse this community is.

D Hi Pearl and Serene, I am an Amish girl that is 17 years old from Wayne County, Ohio. I just want to thank you guys for all your hard work with THM.

S Can I just interrupt again, I am just full of interruptions... I love hearing from teen girls about making incredible habits

that are going to be life-long, sustainable habits that are just going to start generational domino effect in their family line.

[00:14:09]

D I really enjoy browsing through the cookbooks, making healthy treats and listening to your podcasts. Although I am not a mama or a married woman, I want to cook Trim Healthy Mama once I have my own household. So, thank you, signed Amish girl.

P I am going to interrupt again. The whole Trim Healthy Mama. That word “mama” has thrown a few people off, but we are just here to clarify that again. It is just women of all ages and stages, so you do not have to be a literal mum, having given birth to babies.

D Trim Healthy X Y Chromosome. Is that the female? XY? Nobody knows. We are moving on.

P Robert said to keep the rabbit trails to a minimum.

S It is Trim Healthy Danny chromone too.

D THH, Trim Healthy Human, this one is long. I am not editing this. My heart goes out to Mandy. I just love people and I love them when they get through stuff and move forward in their lives. So, check this out. First, thank you so much for the podcast and the books. I found so much freedom through the

plan. I have had a struggle with food control my whole life. Before I was 15, I was an emotional boredom eater, and was larger than all my friends and battled with low self-esteem and insecurity. I got fed up with being the larger friend and read a book whose main message was eating only when you are hungry and stopping as soon as you were satisfied. While this may be all well and good, I am a bit of an extremist and started eating less and less because I simply didn't feel hungry but obviously it was because my metabolism was getting slower and slower. It didn't take long before my loving parents became very worried and took me to the hospital where I was diagnosed as anorexic. I had to start a healing program at the hospital and my parents suffered through my bad attitude throughout the entire thing. Even after I returned to a healthy weight. I lived in a state of fearfulness and control when it came to food and ate as little as I could get away with, constantly scared of gaining weight. Fast forward five years of fear and I was introduced to the Trim Healthy Mama plan where I have found extreme food freedom and my spiritual life and food, has connected in an amazing way. My food bondage has become a life of joyful freedom. I can be excited about food and look forward to every meal and

not be scare doff what it is doing to my body. And now for my question.

P Hold on, we have all got tears.

[00:17:13]

S I just want to say. That is kind of where some of it started for my inspiration in writing this book because I struggled with anorexia as a child because I am six foot and I am female. Everyone said to me when I went or school in Australia, you are such a big girl aren't you? Just being the tallest and heads above everybody else. Big to them just meant tall. Big to me meant a heavy lump. So, I struggled with anorexia too. So, to me, the Trim Healthy Mama way was a design of healthy control not insane control like I must count every calorie because I don't want to gain weight but, it was like a way of eating that was so free, that was going to maintain trim. We didn't know it was going to make people lose hundreds of pounds.

P Well, you didn't have weight to lose when we started. I had a bit and it made me lose weight.

S No, it was the freedom that allowed me to let go of my anorexic thoughts because I was like I can have all the babies that I

want to have, because that was my heart's desire, and I don't have to worry about being out of control by the end of it.

P Food was no longer your enemy.

S Yes

P Speaking of Serene's journey. You've never shared this before, this part of your journey Serene.

[00:18:33]

S I was super anorexic. I looked in a mirror at seven years old.

P You had childhood anorexia, which is very rare.

S I was looking at my tummy in the mirror at seven and I'd pat it and I got this habit. I look at all family videos when I'm young and I am always patting my tummy like I am aware of it. And I would look in the mirror and I would see a huge mounded pregnant tummy, like a huge big tummy but I was ribs. But my brain saw a heavy lump because I was tall and big, not for my family but everywhere I went at school, because I grew tall early. I have been this height since 13 so I was just very tall very early.

P And then all your years, you ate. You got past the actual anorexia by about age 13 or 14, childhood anorexia, but then after that it was just stringent diet after stringent diet for you trying to be a control freak.



S Right, so that I wouldn't become what I didn't want to become, but the beautiful point that this sweet girl brought out was that Trim Healthy Mama was a way of freedom. It was like, food isn't an enemy. it can be done so liberally and so celebratory and I can maintain a healthy weight.

[00:20:04]

D Did you struggle with comparing yourself all the time to other girls?

S Major, my best friend, which is now the wife of my brother, she was the littlest thing. She was five foot maybe.

P And Serene is six feet.

S And she was four years older than me and we were besties. We were next door neighbours our whole lives so that was my comparison.

D And now for my question, coming from an anorexic background how do I know if I am eating enough food to keep my metabolism revving? I believe my metabolism is still healing and is quite slow. Right now, I eat three meals and usually an afternoon snack. And she gives the detail of what she eats which is cool.

P Can I hear it? We are going the whole way?

D We are going all the way.

P I need to know how old she is and what her height is too, because some little people...

S Yes, little people need less food.

[00:21:05]

D She didn't say. A normal day for me is a cup of oatmeal for breakfast.

P One cup

S The fact that it is measured is scaring me a little bit.

P But she is coming out of it. Sometimes old habits remain.

D A cup of oatmeal for breakfast, a salad containing about two cups of greens and veggies with meat and a light dressing for lunch, a baby smoothie from the recipe book for snack and one serving of a heavy S dinner with a salad or a small sautéed zucchini on the side. How would I know if I was eating too much?

S You are not eating too much.

P You are not. Here is the thing, and you can see where the mindset has been with the cups. I would love for you to get rid of the cups and just have a big bowl of oatmeal. Have you tried my Sweatpants Oatmeal? It is almost overflowing. It is so huge. And then when you put the lettuce down on your plate. Don't be eating just two cups. Have a lot.

S Can I just say one thing? I am so proud of you, because anorexia is a hard bondage to get rid of. It is a hard mindset. So, I am so proud of you. This is awesome. You are doing it. We are glad for the baby steps and we are glad for the victories. We're just going to help you just get rid of the last little chains.

[00:22:35]

P We don't know how tall you are.

S But I know that I would be hungry. For that day, I would be starved myself.

P And for me, I could never do just one cup of oatmeal in the morning. I need a big bowl.

S What was for lunch with the salad?

P Two cups of greens some meat and a light dressing.

S I need avocado, nuts in there, a couple of eggs.

P But she is saying her metabolism is slow, so she is saying I can't put all that on there. But I feel like if that is your lunch every day, some days you have got to allow yourself those nuts and avocado too. Some days you have got to allow yourself that cheese.

S It almost sounds like it is a cutting diet.

P Yes. What body builders do when they bulk up and then they cut to get rid of all their fat. Your dinner sounds lovely. It sounds like a casserole and vegetables and a salad.

[00:23:37]

D Because she is asking, it is like she wants more results, but she is afraid she is going to over eat. So, is there anything to say about exercise?

S I don't feel like you have over eaten. I don't see that as any form of indulgent eating.

P You are not over-indulging at all. What we are seeing is that you could eat a little more and see how you do. You are not doing too many calories.

S And just make sure you are not going beyond four hours. We encourage... some people just aren't hungry at three. We shouldn't ever force food because everyone's system is different. It is not like a rule that is so serious.

P I would also say, have a Crossover here and there. Enjoy two helpings of the same meal. That can helpfully heal your metabolism too.

S How about night time Trimmy before bed, a light one? Because if you are having dinner at seven and you are going

to bed a ten, that is three hours later, are you hangry at that time? I am hangry.

P But you are nursing.

[00:24:58]

S Even when I wasn't. When I was a child, a teenager.

P I like to have a Trimmy before bed too. I think that you are making such beautiful progress. I think see how you do by maybe stopping some of the measuring and just see how you do. Just be a bit more liberal and joyful.

S Pearl and I never count vegetables or berries or anything. Or even heavy vegetables like cooked non-starchies.

P I just have them at abandon.

S Like if it was a huge pot, I would never feel guilty for eating a whole pot of broccoli cooked.

P Just go for it. We are tall ladies, but we have big appetites. I like to eat big. But you know, you have all the tricks of Trim Healthy Mama. It sounds like...what is her name?

S Mandy

P It sounds like you really know the plan too, because you study. I can tell.

D Yes, she is serious about what she is wanting to do.

[00:25:58]

P And I don't know if you are at your goal weight now. Hopefully you have put on the weight that you need to and that you lost during anorexia. You've got room to play with things and to enjoy your food and to enjoy certain amounts. And then if you find that the weight starts packing on, then maybe you can just go back to more S and E.

S I reckon eat as much as you can and not put on, that is healthy. Push the limits a little bit more and if you stay the same weight, there you go.

P Fabulous, and that is how your metabolism will rise. When you push those limits a little bit more, have a bit more carbs in your day. Don't be scared of carbs.

S You know light carbs are good for diabetic people. I feel like you could even put some sprouted sandwiches in there.

P Have even some sweet fruits like mango here and there. All these things are good for your adrenals and as your adrenals heal, because your adrenals are very taxed during anorexia. Your body is taxed.

S And then it is a cycle because it is kind of a little bit of an insulin depressed feeling to anorexia and when your serotonin levels are low.

P So, we have got to bring those up by a variety of carbs and we are talking even seem higher spiking carbs, because you don't have a weight problem. So, you can probably handle some mango here and there, some pineapple, things like this to really get your body healthy again.

[00:27:35]

D Mandy, I would love to hear an update. The girls just said we don't know where you are at with some of these specifics. Feel free to write to [support@trimhealthymama.com](mailto:support@trimhealthymama.com). Tell them we asked for it. We want to hear your progress.

P And we are so proud of you and we are praying for you. And as Serene shared her story, this is rampant, anorexia. It is everywhere. It has hit our family.

S Yes, I am not the only one in our family.

P You are not the only one.

S Our sister, Vange, struggled with teenage anorexia.

P And so, nothing to be ashamed of. It's just something that you are walking out of, so great.

D I'll go ahead and say my wife was in the hospital with anorexia and that was her number one struggle through her teenage life. And she waxes eloquent on the emotional stuff that comes with that. So, this one is from Anonymous. We are

moving forward. I want to start off on the right track with my little girl. She is ten months old now. Healthy Crossovers would be great. Obviously, she is new to solids plus she has no back teeth.

[00:28:22]

P Isn't it cute when babies don't have teeth?

D But I don't really like to give her things that her too mushy either because the more practice with her jaw to chew, the better. I have Serene reference some yummy meals she has made for her little ones. But I wish they would do a whole PODdy on it. Any suggestions?

P We should do a whole PODdy on it.

S We should, and Pearl is going to address this too, but I just wanted to say every baby is different too, my baby seemed to not really enjoy a full baby meal until about 12 months.

P Yes, that is later than mine.

S They might start licking and reaching out for stuff but when I start spoon it in their mouth they are still spitting it out at that age. So, I am not sure exactly.

P But first foods, it doesn't matter what time.

[00:29:42]



S My point being I just don't have a lot of ideas for that young. I'm a mushy girl. I love baby food myself. I love smush and I always give smush to my children. So, my recipes will be always a little bit smushy. So, Pearl?

P My first foods were smushy too. It is like avocado and banana and the yummy golden egg yolk, soft-boiled egg yolks. You eat the whites yourself.

D What do you mean soft-boiled?

S It is still runny, but you get the good pasture fed eggs and you soft boil so that the yolk is just runny. It is warm and then a pinch of salt. It is a great first food for babies.

P What about sweet potatoes mashed up?

S Yes, with palm oil or coconut oil and salt. I do some crazy recipes. Remmy still must eat kind of baby food because of his mouth issues. I feed him eggs every morning, but I give him two whole eggs. And once they are cooked I put them in the blender with a very generous teaspoon of baobab and some raw milk and cream and pinches of mineral salt and whipped that up. It is like a thick cheese soup with eggs.

P Does he love it?

S It is nutritious, and the baobab is slightly tangy and the eggs. He loves it. That is what he has every morning.

[00:31:14]

P We were going to put one of your recipes in the book and it couldn't fit in and it was for babies.

S And then we decided that I would do a little book maybe.

P Yes, but we didn't get around to it. What was that recipe though?

S I can't remember. There were so many of them. I also do a lot of, like I would put avocado and banana and little raw kefir, and I throw in baobab. I put baobab in his food all the time.

P Because he can't eat a lot of greens, so you are getting the Vitamin c in there.

S And then I put moringa powder in there.

P And you are blending this up?

S Yes, it is all blended up, with a little raw honey.

P But I think there is something that people say you must chew and it is good for the jaw and all that. Remember you and I were talking about that a few weeks ago. There was this blogger that said the shape of our faces are changing because we are not chewing hard enough. And to redeem that he gets a big wad of chewing gum, so much, and chews for like 20 minutes a day.

[00:32:21]

S This is what I think about that. I think we should chew and I think it is great and I think our food should not all be smushed in a perfect world. But I do think that if the baby doesn't have enough good teeth back there then it's not ready. Because one blogger was saying that the African people and the tribes look how wonderful and wide their faces are. But I have children that I have adopted from Liberia and I have seen pictures of their people and they have beautiful wide faces and beautiful features but sometimes they have got no teeth in their mouth and their whole diet is soggy white rice and over cooked sloppy soup. So, they are not chewing on anything, but they have got great bone structure.

P Your daughter is always making beautiful, delicious but sloppy, nothing to chew on. But they chew around the bones.

S My point being that they have great bone structure.

P All your adopted children have the wide bone structure, right?

S Yes

P They were in an orphanage and grew up on slop.

S Mostly white rice and hardly any vitamins and minerals and they have the best bone structure. And then you take us New Zealanders and people from England and our bone structures

are narrower just because that is how it's. But I wouldn't worry about having start them on crunchy too soon.

[00:34:00]

P I wouldn't worry about it. They would start to eat some regular food.

S So, I don't think there is anything too wrong with feeding babies slop.

P My boys have wide jaw structures, very wide and I started them on all pureed stuff. It didn't hurt them in the least.

***Announcer*** This episode is brought to you by Target. Target has back to school covered with everything your kids need on their first day and every day. Check everything off your list from Crayola crayons to Elmer's glue, theme lunchboxes, snacks, and backpacks too. Whether your kid is a unicorn lover or astronaut in training, Target has got the styles to help them theme big, from T-shirts and hoodies to leggings and jeans.

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

S Serene, let's go Dan, Dan!

[00:35:06]

D All right. Next, another Anonymous, but it is a different and cool question. Pearl, Serene and Danny, my kids and I love the PODdy. We listen every week. I count it as our science for the day.

S I love that. Danny is like, that would be me, I bring all the science. My quantum physics.

D We have become a sugar-free family and are more conscious of what we put into our bodies. My question is this. Are we supposed to drink, and by drink I am talking about water or tea, while we eat our meals? Some people say, don't drink for thirty minutes before or after a meal.

P We were raised with that.

D Some say drink ACV water...

S Apple cider vinegar

D ...thirty minutes before your meal. Some say to drink ACV water 30 minutes after your meal. What is the right choice?

[00:36:00]

P Can I have a go? Rules- schmules!! We grew up in Australia, New Zealand, where it is culture. You don't drink with your meals, you drink after. And when we got here to America, we

were like why does everyone have water or drinks with their meals? But however, I just think that is culture. I truly don't think that it waters down. If it does, I don't think that it makes you sick if it waters down your gastric juices drinking with a meal. Look back at Biblical times. They were drinking while they were eating.

S And can I just shove this point in, in case she steals it? What is soup people? It is water with food!

P And they say the best foods for you are water-based soups, liquid, broth-based soups. That is water and that is food at the same time and it is good for you. I think let the fears go. Don't have these rules. Just know that you are eating healthy food. You are drinking healthy things and you are enjoying life. We all have too many rules.

S And ACV, sure! If you feel like it, it is great as a digestive aid, but if you can't be bothered. I wouldn't worry about the clock.

D Hello Serene, Pearl and Danny, love the PODdy.

S I can't believe you are not changing that around.

D Danny first, no.

P But he is only reading the ones out that pretty much include Danny.

[00:37:24]

D Yes, so pay attention.

S If you want your question read, include Danny.

D Get me on a parenthesis and we might feature you. Hello Serene, Pearl and Danny. Love the Poddy. The dynamic between the sisters and Danny is truly golden. I have a question for you about vitamins. I am looking at adding vitamin B12 and Vitamin D to my diet. My questions are, if I am 100% on plan, am I getting all the vitamins that I need? Meaning, is it necessary to add vitamins at all? How do you select the right vitamin when so many seem to include all plant ingredients? I live in an area where winter is harsh, so I am wanting Vitamin D. Thanks in advance. She is secretly hoping you will pick this question, so she will hear you ladies say the word Vitamins.

S Well, we say vitamins like normal people but Lesley, our co-producer...

P What is this lady's name?

D Jillian

P Serene, we are fighting over this one. I will let you go first because I love you,

S No, you go first Pearl. Oh, you love me, do you? Well then, I'll just serve you back and you can answer it.

[00:38:40]

P I knew I was going to go first because I served it to her and she served it right back. Now, I have no guilt and I go first. We are so different. I want to address the Vitamin D one first. If you do live in a climate, you are not getting a lot of sun, yes. But be sure to take K2 with it. Vitamin D3 without K2 is not the best. But don't worry. Just go eat some Gouda cheese or something and you will be fine. You don't necessarily have to take the K2 formula but there is a lot of formulas out there with Vitamin D3 and K2 in them, but they are important to go together. Serene, do you want to take the, do we need a multivitamin question?

S I don't necessarily think we do. I just feel like it is a money issue. Like, when we were poor, I didn't take anything extra, but I do now because I am nursing and pregnant pretty much all the time. So, I take a multivitamin. It is called Baby and Me Too. I take pastured liver because it has got the Vitamin D and the Vitamin A. So, I do whole foods also. But it is in a capsule, it is called Perfect.

P One of these days Trim Healthy Mama is going to have a whole side that is just supplements. We have investigated doing a supplements line, but we haven't felt it is the right



time yet.

[00:40:20]

S I feel like you are peeing a lot of supplements down.

P You are peeing a lot of supplements down the toilet.

S I notice the colour of my supplement pee. It is coloured.

D What colour?

P It is the B5 in there that is colouring it though. I want to say this. There is not harm in supplementing. I don't think you should get the ones with all the additives. The whole food form of supplement is good. I don't think you have to feel like you are depleted without it. We are all so different. If you are eating a lot of greens, your fruits, your berries and you have got your meat, you are getting a bunch of stuff.

S And you can say the soils aren't perfect and all that stuff. If you have the money for the supplement, go and get it. The thing is then we will just worry about the air, then we will just worry about the rain, then we will just worry about anything and the worrying is going to be worse than not supplementing.

P If you have problems like maybe hair is falling out or something, if you know things are going on, supplement. But

if you are feeling great, why ruin a good thing? This is interesting. People can say what they want but I was recommended by a friend to go to this naturopath and she has this thing where she tests all your body functions. I don't know if you believe that or not, but you hold this magnet thing and there is a computer. But she tested all the levels of the minerals and vitamins in my body and she is like, I never see this, I never see this. And I was great. I said, So, I don't need a multi-vitamin or anything? And she is like, you must be having a great diet. I am like, well, thank you. But she is like, you are great. You have amazing minerals and vitamins. Now, I don't know if I am going to hold to the theory of how she tested me, but I am going with it. I am great. I don't take a multi right now. There might be times in my life when I take a Vitamin D3 and I take some other supplements for specific things that I care about.

D Christi writes: Hi THM Team. I am loving listening to the PODdy I read in a recent blog that erythritol is to be avoided at all costs because it can wreak havoc on the gut. Can Serene and Pearl take a minute to address this? Why is this so controversial? And can I feel good about feeding Sweet Blend to my family? Thank you so much for all you do.

P Serene just threw this one at me.

D Oh, she is like take it away, sister?

[00:42:46]

S I'll touch it, but I just want you to start.

P The hard question she will throw at me. You know what? Blogs are so sensational because they want people to read them. There are good blogs and there is sensational blogs and I really think this is something that we all need to do our own study it. I have studied erythritol and obviously we would never promote something that we don't feel comfortable having in our own cupboards, eating ourselves and feeding to our own children. So, I can say that I am extremely comfortable with it. And Danny?

D Yes

S Danny here, he just puts his finger in these sweeteners and sprinkles it down his gullet.

D I have upgraded. I take my little palm and I take the back and I shake left and right. And then get s little palmful and just horse it in like it is a candy.

P Let us talk about the gut health issue though. Erythritol is a sugar alcohol. So, is xylitol. Some people react differently. We all react differently to things. Erythritol is in natural foods

like pears and things like that. It is a fermentation, but they make it by fermenting and it can affect some people's gut. They can get bloated or they feel like they have diarrhea. It doesn't do it to me. It doesn't do it to most people.

[00:44:05]

S It doesn't do it to me either.

P And then Xylitol is a little even more. It can cause gut problems. Some people can't do it. And there is so many benefits to xylitol. So, you need to weigh that for yourself. We can't do a blanket statement saying Erythritol is good for everybody.

S It is not a superfood. We don't have it in our diet as a super food. We have it in our diet so that we are not eating poisonous cake made out of sugar. We are having it in our diet, so we still celebrate, and we don't believe that it has great risk at all. We just don't think that it has incredible benefit.

P But if it fills you with anxiety, let me just say this. If you are not filled with anxiety at the thought of raw honey or maybe coconut sugar more occasionally, go with that. Don't do it every day unless you have a very high metabolism.

S Don't make a cake out of your honey though because that is too much.

P But if you want a rare treat and you don't need sweet yummy things every day, do THM your way. It is okay.

S What I mean is if you are having a muffin every afternoon for snack and it had honey in it every time and if you have weight issues probably not good...

[00:45:15]

P It won't do you any favours.

S But if you are at maintenance, then it is great. It is fine. Go ahead. I put raw honey on my toast a lot.

P Because it has got so many medicinal benefits

D By the way, that was an NSV for me. Toast with butter and honey that became tastier than cake. Now, cake tastes like chemicals. like just a good old Kroger cake. But then you take some Ezekiel bread with butter and raw honey and it is like the best heavenly cake you will ever have.

S One of my favorited lunches is my artisan sourdough bread which is like the bomb. Double toasted, crunchy in the toaster and then when it cools, because I don't want to wreck my raw manuka, then I put the raw manuka on it.

P When you say Manuka, some people don't know what you are talking about.

S A special kind of honey, the best, and then I put Nancy's

cottage cheese 1% on it because it is specially cultured, and it is tangy.

D That is your Mum, Nancy.

S Then you sprinkle cinnamon on top. and then I sit down, and I have a little wedge of mango or a tangy fruit on the side, but it is all under 45 grams for all you counters. It is divine.

[00:46:45]

D That sounds like something we would eat thousands of years from now in the future.

S Do you know why I love it, because it reminds me of New Zealand. The Manuka honey and then the tangy little bit of fruit on the side. It is just like having a tea party with my Kiwi friends.

D Next question, Shana B writes, you guys have so many cool things. Love you. But what is up with the new coaching program?

P Does she say if she wants a coach or she wants to be a coach?

D She said what is up with the new coaching program?

P I guess we can explain it all. Shana, this coaching program we

have been working on for so long. We did finally launch it. Danny, you remember in the early days when we said we need a coaching program because we got so many people coming to us and saying I want to do a group and I want to teach the plan in my church. Or I want to gather some ladies in my home and I want to teach them about Trim Healthy Mama. Or they already were. Or they say how should I do it? Ladies also wanted to carry the products and get little discounts, so they can resell them. It was huge. And then we had people who want to charge to be a Trim Healthy coach without being certified so they were teaching it in all different ways we didn't want the plan to be taught in.

[00:47:57]

S We didn't want it to go rogue to the point that it would change.

P It was Trim Healthy Mama, or this person teaches it, rules, rules, or it is all about the numbers. We wanted the purity of the plan to be taught in the way Serene and I created it. We didn't want it to be turned into something completely different. so, we knew we had to create this whole curriculum. This is a certification, this coaching program. For those who want to be coaches and we have had many tell us, please just let me be a coach. I want to do this. I have a passion.

S And there is a little more training than just the book alone because it is kind of like how to deal with people with different issues, with hormonal issues. What do you say when people when people are stuck? And what do you say in many hard scenarios?

P How do you coach someone who is brand new to the plan and feels overwhelmed and feels they need hand holding? Some things you can't teach in a book, like taking someone into a grocery store and walking around the cart and saying, you can buy this and there is that. Or going into their home and saying, this is how I make Eggroll In A Bowl. Watch me. You can do this.

[00:49:16]

D That would be massive for a lot of people, to have a customized plan for them.

S Let's face it, Danny some people don't read the book and I love the reading part.

D I have got to chime in on this because I didn't read the book and I had two the best coaches in the program telling me stuff. So, your input into my life has been massive. It was a game changer from failure to success.



P How many times did I tell you to read the book?

S Some people are visual learners.

P They are. And we always said to people, you don't have to buy into this. We never wanted to make it a multi-level marketing thing. Although nothing against that. There are some great products in multi-level marketing. I am not against that. I love that people can earn money that way. But we didn't want that for Trim Healthy Mama. When we thought about a coaching program we are like, no, we are not going to receive any money that coaches receive from their clients. It is going to be all them. they can run this as their own business.

[00:50:21]

S We don't get a red cent and we don't want.

P But we want it to be taught with purity. So, finally the program is launched, and I think coaches are amazing. They have support groups; resources and our coaches are amazing. So, I think if you want to be a coach, it is not for everyone because it is for self-starters. It's for people with a passion' for helping others.

S You can become a coach and coach just two people in four years. Or you can become a coach and have a jolly flooded business that you are doing full-time.

P Serene and I are home buddies, so, we have had so many people ask us, Serene, Pearl, when are you doing a retreat? Or come here and speak. Or Serene and Pearl, I need you to come to my own and let us do something. And we are like no, we are here with our families, we'll do a PODdy. But coaches can do this. Coaches can give retreats. Coaches can go and speak. We have given them our blessing. You present Trim Healthy Mama. You teach it the right way. So, it can be as big as a coach eats it to be or as small. There is no pressure. Now, on the other side of it Shana. I don't know if you are asking if you need a coach. Are you looking for someone to hold your hand? We do have the directory on our website. We get more and more coaches all the time, so you look for someone in your area if you want someone in person.

[00:51:52]

D There is a list on our site.

P Yes, and they all have their bio and everything. And then if you want someone in your area to come to your house or to meet at the park with your kids or anything, you could do

that. Or you could be coached online or through phone calls.

S Right and everyone gets to charge what they want. We have given suggestions. You can find a cheaper coach or a more expensive coach or you can be a coach that charges more or charges less.

P It is interesting, some people are doing the coaching curriculum, not even to become a coach. They want to do just because it is like a university of Trim Healthy Mama. To learn the ins and outs and to take the exams. And they are just like, I just want to dive in.

S Sorry, you go Danny.

D No, it is your show. I have more of a recap question anyways.  
[00:52:42]

S I was just saying, two people that I have just recently seen become a coach, wanting to investigate becoming a coach, they haven't finalized yet. One is super-duper excited to become a full-on entrepreneurial. The other person just wants to get it just in case because she tells people about it for free. She is like, just in case somebody wants to pay me, I will have all the officiations.

P I don't think this stops the natural expression of the enthusiasm of people saying I'm on Trim Healthy Mama,

you've got to try it. Because so many people have work, they are busy, they don't want to do this as a career, they don't want to charge, they just want to share. And that is fine. Nothing is going to change.

S But sometimes you come across somebody who actually needs to pay because they are only really going to do it if they put some sweat in the game.

P That is right.

D So, what I am hearing is, if you often get phone calls and people asking you, please explain THM to me, please guide me or what is your advice, give me counsel, coaching may be for you. If you, on the other hand, find yourself making phone calls to people saying can you please explain to me, you might need to get under our directory and find a coach to help you.

P Exactly, and I think, to become a coach it is a certification, it is like becoming a therapist. So, it is an outlay of money, but it is very, very, reasonable for certifications. Most of them are \$1000 or more.

[00:54:13]

S I was just talking to someone the other day who was going to become a coach for little babies between six months to four years old to teach them how to swim. It was thousands, not

small thousands.

P So, to become a coach is \$450. You may have to save for that. Maybe it is not for you, but it is very, very reasonable. John, you are looking like you have something to say?

S Has anyone notice that when John has something to say he peers over his Mac like a wise old owl and he kind of hoots from side to side?

J You guys wouldn't bring this up because you are far too humble and kind, not that I am not humble and kind but what I did want to say is that we have gotten some feedback on the price. And I realize that to the people that don't understand what went on behind the scenes, there are three plus years of a team of people working on what it took to pull this program together. And just a lot went into this.

P I don't know when we will ever recoup but that is beside the fact.

[00:55:37]

J Yes, that is not what I am saying. You guys would have never brought that up from a financial standpoint.

S We did not do this for money.

J But to Serene's point, my wife, years ago, she got certified to go into cranio-sacral massage for infants. And I think we were

almost \$4000 into that certification. And so, I just kind of wanted to defend that we have put an awful lot into this program. It is a good, solid program, there is good people that have spent 3+ years working on it.

P And now we employ people full-time just to take care of it.

J There is easily half a dozen people that literally that is their job, supporting this program. So, it is good stuff.

P Very proud of it and John you worked so hard on this project for three and a half years. Danny was involved in the very beginning with forming the ideas and Serene and I with Kris, our Head Coach.

S Yes, you will meet Kris when you take the course.

P Jessica and Stephanie some of our ladies behind the team

[00:56:34]

J Great great team, Esther, Cindy, Jaque, a bunch of people behind the scenes just. It literally has taken a team to pull this together. So, good stuff.

P We are going to end with this

J Danny here is your mic back. Sorry, brother.

S He's eating.

D I was just pigging out on watermelon. We hope we have answered as many questions as we could have, and we are so

grateful that you guys send us questions and you listen to our podcast because we feel like we are in your living room with you.

S This is a living room here. Pearl has got her feet up on the couch eating watermelon now too.

D We have to end the podcast so we can all go pig out on watermelon. That is what I am hearing.

P See you later.

D Love food people, see you next week.