



Trim Healthy Podcast with Serene and Pearl Episode 81 - Unleash the Power of the Fuel Cycle

*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 · J = John

[00:00:00]

S This is the PODdy with Serene.

P And Pearl

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

J Good people of THM, producer John here. Still sitting in for the ever-vacationing Danny Valdes. Off trying his best to replace Ryan Seacrest in Pop Culture. Girls, how you doing today?

P Great, John, thank you. Danny though, we've got to give him credit, he's out doing his illustrious acting career.

S He's what-if-you-could-ing and we're so proud, so proud of our Danneth.

P And he'll probably be back next week unless he gets more parts in movies.

S And then he might invite us onto his Poddy.

P Hey Solly... Solly just came out of the nay-nay tent, the nursing tent. We have been getting so many questions that, I'll be honest, I've literally ignored them, about I can't tell you how many hundreds of questions, Serene, we've had about, girls, can you take a whole Poddy on a fuel cycle?

[00:01:03]

S And we've kicked and screamed and fought against it because we're just like...

P First of all, we thought, how boring, because we've written it all in our books before. And then we thought, who's going to listen? Only people that want to do a fuel cycle.

S And we really want it to be food freedom, this plan. Fuel cycle feels like bondage.

P Then I just got another one this morning and I just thought, no, you know what? We can do this and it can speak to a much larger amount of people, not just those that just want to do a fuel cycle, but those that want to understand the purity and get to know the fuels on a deeper level. Because that's when the THM magic happens.

S Yes, I feel like it really does purify the plan down to the very foundational steps.

P The way it works at its best.

S Even if you're not doing it to lose stubborn weight, you're doing it just because you really, really want to know the nitty-gritty that we will teach you.

[00:01:56]

- P It does. And you get so much with the fuel cycle, for those of you who are new to Trim Healthy Mama, the fuel cycle is just a way of doing the S, as you know is our fats meals and the E, as you know, is our energizing carb meals. And then the Fuel Pull meals, which have basically neither. It's a way of getting to know them on such a deep level.
- S Very intimately, so the deal is, is once you know how to fuel your body, then basically you're the chemist of your body, you can manipulate your body.
- P Yes, you are the master painter of this, whatever is happening.
- S Exactly and there's no better way than learning it and I suppose probably we wrote it in there for a reason.
- P We did, let's... First of all we'll talk about exactly what a fuel cycle is and then we'll take it point by point who's going to do one and then we'll take it day by day and give examples of how you would do one.
- S Yes, and how you can kind of do versions of your cycle for different seasons.
- P Which is what Serene and I do. We utilize the fuel cycle, but not in the way that it was written because Serene's nursing or pregnant all the time and I'm at goal weight and I don't want to get too skinny. My husband hates it when I drop too much underweight. I mean he still loves me, but he likes some oomph on me. Let's talk about what the fuel cycle is. It goes like this.
- P First two days are deep S, we're going to talk about those when we get to them. The next two days are two E days, two days after that two fuel pull days, the last

day you finish it with a deep S, that is one week. You've gone through all the fuels and your body will probably shed those really stubborn pounds.

S And you'll have learned a lot.

P You'll have learned so much. Let's start with Serene though, who should be doing this and when shouldn't they do it?

S Anyone who has that stubborn donkey weight, they've tried the Freestyling, they've given Trim Healthy Mama a good three months.

P At least, yes after properly following the Trim Healthy Mama plan for 3 months.

S Not like, I'm going on the cream cheese desserts and that's what my Trim Healthy Mama journey is, I do Trim Healthy desserts. No, you've actually done the full plan, freestyle for...

P It's not like you can never have cheated, but we're not talking about I do Trim Healthy Mama two days a week but the other days I pretty much blow it. That's no right either... You really just need to work the plan at that point, you don't need to do a fuel cycle at that point. I would call that binging and purging, you just want balance.

[00:04:36]

S So once you've really given your all to the Trim Healthy Mama plan and you haven't seen any change on the scale.

P Or it's just been really, really slight.

S I'd say anywhere between that three to six-month mark you might start thinking of looking into it.

P Yes, absolutely, because it's going to teach you [overtalking].

S But not before three months

P No, never because your body has to heal, it really does.

S Especially if you've come off of the HCG diets and any low calorie-restrictive diets.

P Or even low-carb diets, Keto is so trendy right now, oh my goodness.

S But it's so funny because it's just circled around and around, it's like the high wasted pants and those little jumpsuits are back in. They were back in when I was, like, five.

[00:05:20]

P In the 80s

S They were in, I mean.

P The high-waisted pants with the high... And you tuck your shirt into them and the belt, it's like that's what I'm calling Keto right now. Because it was back when we actually were writing Trim Healthy Mama ten years ago, ultra-low-carb was really in. And we'd just come off the raw diet, which had been so “in”. So things circle. Yes, give yourself some time if you're a newbie just to work the plan, please don't worry about a fuel cycle.

S And don't stress if you're not losing weight in those first few months, please don't stress. You may not lose any in six months if you really have to have a healing process going on in your metabolism.

P Absolutely, who shouldn't do this?

S Pregnant women

P No, you're not going to be doing a fuel cycle if you're pregnant.

[00:06:03]

S Yes, Solly's mad at the thought of it. Under the nay-nay tent you go.

P If you're pregnant, and let's talk about nursing mama's, why, right?

S Well, definitely not ever in the first six months of nursing and then I wouldn't personally do a fuel cycle as long as I was exclusively nursing, I just wouldn't.

P Yes, I think we said in the first book when we were discussing it, hey, we don't recommend it in the first five to six months, but really, why? Why do you want to do a fuel cycle if you're nursing that baby? Because yes, I believe that we can find our trim while nursing, although some people find it harder because of hormonal interplays. But I don't think it's a time for extremes and we love that scripture, He gently leads those that are with young. Let me tell you, the fuel cycle, it's not very gentle.

S And nursing triggers hunger, it does. A healthy way of getting those extra calories in to support the milk supply and on those two fuel pull days, you're really going to be, I think, teasing your body and messing with your leptin and ghrelin.

P I think you are. I think for nursing, it's not a great time unless you're just doing an early morning feeding and a night feeding and your baby's older and it's just for comfort and a little bit of milk, that's fine.

S That's completely fine.

P But if they're getting a lot of sustenance off of you and you need to keep up your supply, probably best not to do a full fuel cycle. However, at the end when Serene and I tell you how we sort of take the logistics of the fuel cycle and work it for us, yes, you could do it then if you're nursing.

[00:07:32]

S Completely

P Solly's full of smiles.

S Beautiful baby

P Let's take the... Anyone else that shouldn't do it, Serene?

S Yes, I feel like be careful with growing teenagers.

P They shouldn't be doing it.

S Especially around when they're just starting to develop and get their period and things like that, I'd be very careful. It could probably almost get the brain into an anorexic mode, you don't want that to happen... The body's blooming and all that kind of stuff and they can start thinking that they're fat when they're not and all that. And they're starting to do a whole fuel cycle, I think it's kind of...

P Because it's something that you more calculate and definitely Lesley just reminded me... Co-producer Lesley, never children. Children should never be doing a fuel cycle, they need crossovers. They can have some S and E meals here and there, even if they have weight to lose, children need some Crossovers.

S And a Crossover thrown in here and there to adults that have weight to lose, it's healthy for the metabolism, it's just another juggle of the fuel ball. And please remember, those who are listening about this fuel cycle, Crossovers are still part of the Trim Healthy Mama plan. Because a lot of people, they'll say, I just went off or I had a Crossover, uh-oh. Well, it's not really an uh-oh.

P It's probably not weight loss, but that's not just what we're about. It's just a piece of what we're about, this is so much more than weight loss.

S It's not weight gain.

P Crossovers for some people they can cause a little weight gain, but some people, it's usually maintenance.

S But I'm just saying, throwing in a Crossover in the juggle...

P No, that's not usually weight gain, you're right. If you're constantly crossing over, that can be weight gain for some people, yes, absolutely. If you are post-menopausal and that usually... Not usually, we're not going to put that on people, but sometimes it means stubborn weight because all your sex hormones have gone down and when that happens, insulin rises.

[00:09:40]

S It's okay, keep talking Aunty Pearl.

P Weight is sometimes harder to shed and so a fuel cycle would probably be fantastic for you at that stage. And then once you've done the fuel cycle, utilizing what you've learned from it because a fuel cycle, once you've done it, you are going to learn so much. And that's really why we want people to do it because then you can take the principles that you learn, your new knowledge, and put it in your everyday freestyling. That's where the magic happens, not necessarily in the fuel cycle at first.

P Maybe you'll drop two to five pounds in a fuel cycle, okay, big whoop. You're going to go on ahead then and if you go and return to the constant, same things you were doing then you're not going to keep dropping. But if you learn the things from the fuel cycle that it will teach you, you can then go on and continue to drop slowly.

S Exactly, yes, and I really feel like it really breaks the cycle of the bread, nutty, cheesy. Because the fuel cycle is loaded with non-starchies, it really is. And so let's just talk about the first two days and why they come first. We do the Deep S for the first two days because, and we'll explain what Deep S is here in a little bit,

you might have just finished off with an E Meal or a Crossover or whatever. And we want the first two days to basically strip your body of any excess, excess glucose.

[00:11:06]

P And can I say something though, before you start a fuel cycle don't do a day of S Meals just before it. We want to keep nourishing your adrenal glands and keep your thyroid in good working order, so I don't want to see you do three S days in a row and then start a fuel cycle. No, get you some carbs before you do the fuel cycle, it's going to be important for your health.

S It's just like before any kind of event, any kind of race or anything, they prepare themselves and there's a pre.

P So please, make sure you have some carbs. Now let's talk about Deep S. Deep S is so powerful.

S Deep S, Pearl and I were just talking about it. Deep S, if we go away on some kind of little jet-set for Trim Healthy Mama or whatever, you go on a cruise with your hubby, Pearl. There might be a few cheats and treats involved and there's some water weight or whatever.

P Not for you, for me.

S But Deep S, it just sheds all of that.

[00:12:05]

P It really does.

S Powerfully

P And I find for me a Deep S, even if I've been doing a lot of salads and they both have nuts and cheese and avocado in.

S Which is ... not all the time.

P I love it and I can do a lot of that, I'm at maintenance and... But if I find myself on top of that, then having some cheats. Like when we went to California, there was a lot of... I didn't cheat every meal, but there was some foods I wanted to try because I was in the area.

S Chocolate chips...

P Yes and then we had a breakfast after you guys left, Serene, and then Charlie was like, we're going to go and have a big breakfast, I know you love potatoes. My husband loves me to indulge in things with him for some reason, it's his love language, so he ordered me potatoes with my eggs. And it was like, he loves it when I eat stuff with him. But I knew that it wasn't going to derail me and then I came back and I was four pounds above where I usually sit. And so it was like, this doesn't mean necessarily four pounds of fat, but I've been eating in a different way than I usually do. So I went to Deep S and I did just a couple of days of Deep S, it's gone. Four pounds is nowhere, goodbye. It's just getting rid of... Let's talk about what Deep S is.

S Deep S is the pure fats. No pasteurized dairy, we're not considering that a fat.

P Actually no dairy at all, except butter, which is a pure fat, you're not doing milk.

S And we really want you to dig into the really superfood fats too. Extra virgin coconut oil or your red palm oil, MCT oil.

P Olive oil on your salads

S Olive oil is so anti-inflammatory. We can't forget about olive oil, I'm really getting into it. It should be our food spotlight for today.

P Let's do it, Serene. Olive oil is incredible. We'll wait for that, I was going to say what it's good for, but we'll wait for the spotlight.

S But Deep S, you do not at all think, maybe I shouldn't have that extra little swirl. No, Deep S, this is a time when you are flooding your body with the healthy fats, you are allowing that olive oil to moisturise your insides. You're allowing your body to switch over to adipose tissue burn.

P Yes, your body's just going to burn fat, you're not giving it carbs at this time. And so Deep S will be your protein, you can have any meat protein as long as it's not got fillers in it.

[00:14:24]

S Deep S is purity, it's all about purity.

P You wouldn't go to the store and buy store-bought meatballs that have seven grams of carbs with fillers and white junk. You wouldn't do that, you're just going to have your chicken or your steak or your salmon or your fish.

S Or eggs.

P Eggs are brilliant for Deep S. And then let's talk about what you're going to have on the side.

S You know Deep S really nourishes your hormones, it's super anti-aging. If you lived on it constantly it wouldn't be because it'll be Keto and then that won't be so great. Well, Keto actually lowers their protein too, but anyway, it wouldn't be great. But in these days your hormones are really getting nourished.

P They are. We're not bashing Keto, obviously it's got some great merits, but also there's a limit to the carbs you can have, even on veggies. They say eat a lot of veggies, but on Trim Healthy Mama we eat a lot more.

[00:15:16]

S We never limit veggies.

P And on Deep S we're not going to limit your veggies, but here's what we're going to say, keep to the green ones or white, like cauliflower. But we're not going to do any starchy, even the medium starchy ones like tomato.

S Red pepper.

P You can usually have tomato in S. Do you limit peppers in S? I have green pepper.

S I don't go to town on as many. I still have a few, but it's not like where I can go through a whole bag of rainbow peppers in one sitting.

P Yes, I've seen you chomp and chomp. Things like Brussels sprouts, green peas, those are the medium little veggies that we usually say have some in an S. We're saying no for now, let's concentrate on those leafy greens, on that wilted spinach.

S Cups and cups

[00:16:01]

P On that kale, on that zucchini, on that broccoli, on that cauliflower; all the low, low-starchy veggies.

S Hold off on the onions

P Yes, hold off on them. We're doing Deep S, I could say you could have a sprinkle, but let's be firm... You want to be strict.

S I find Deep S is purity with the fuel here.

P And so basically what have you got? You've got your protein, you've got your veggies and you've got your fats.

S And you've got your spices.

P That's Deep S

S And it's luscious, I tell you what, a Deep S salad can be super satisfying.

P Let's describe a Deep S salad, Serene.

S You could fry your eggs in butter.

P For you salad

[00:16:41]

S Yes you could.

P Or you could have any form of chicken or steak on your salad or fish.

S And put cups of greens on there a load and then drizzle the olive oil.

P And don't be skimpy.

S And add some MCT oil, don't be skimpy. And when we said you have your spices, I feel like it's okay to have a... Even though we said we'd be very strict, I think it's okay to have a smattering of the dried Parmesan, it's more like a spice.

P Yes, like little things just for flavour, less than a tablespoon full of maybe Parmesan cheese or something.

S I'm just going to get my baby, keep talking, Pearl.

P Because it's like a dried cheese, I mean that's one of the things and if you want to be even more strict and don't want that, you can have that. But what are we not having on the salad? We're not having nuts. Nuts are an S food, but they also have a few carbs.

S And avocados are an S food, but they have some carbs too.

[00:17:33]

P So we're not doing nuts or avocados, you don't see us grating cheese on this salad, apart from that tiny little bit of Parmesan, we're not having that. And watch what your weight does, it's going to change.

S It so is. And it actually makes you appreciate salad without all of that stuff. And so when you get back to your salad with that stuff you feel like you've just landed in heaven and you almost don't need to have all four at once, you can add. Like I get to have avocado, maybe I don't need the walnuts and all the other stuff.

P And the cheese, let's take another breakfast, let's say, of a Deep S breakfast. You want to fry your eggs or scramble your eggs or something and then dice a whole zucchini and fry it up and have it with it so you've got a lot of food there.

S Like a natural, non-starchy hash

P You can still use some nutritional yeast and spices and things like that, you can use like liquid Braggs Liquid Aminos and things. Actually coconut aminos is a bit higher in carbs, so I would say leave that out of a Deep S. You're not going to use your kombucha in your meals because it's got some carbs. What are you also not going to use?

S With your balsamic vinegar, you just be gentle and even preferable I think to get the lower carb vinegars.

P Yes, so apple cider.

[00:18:44]

S You can have a little bit of balsamic.

P What are we not having? We're also not having things like Baking Blend, even though there's so small amounts of almond flower in baking blend, we are being strict here.

S Well, the other thing is we're trying to get you to realize the simplicity of each fuel and we want your body to burn the fat as fuel and what are you going to be

replacing the baking blend with? That muffin that you were going to make that's S, you're going to be taking away more greens. And this fuel cycle is also a cleanse.

P It is, it's an absolute cleanse for your body. So those greens are cleansing you, the oils are nourishing you and cleaning you. They're like a cleanse too.

S And the protein, you're keeping the bricks and mortar there.

P Yes, we're trying to train you in these two Deep S days to say, I don't actually need that piece of bread, even if it's a low-carb bread. I'm actually going to focus more on my greens and fats with my protein.

S As you finish the fuel cycle and you get onto your freestyling journey...

[00:19:43]

P You're like, I don't always need that piece of bread.

S Yes, I don't always need it, I actually know how to enjoy this meal with extra green.

P There's your two Deep S days. I don't know if we missed anything out on them, I think we covered it pretty well.

S Yes, I think so too.

P Now we're going to talk about the two E days.

S Yes, we did talk about dairy was off, except for the butter which is a pure fat, we did talk about that.

P Yes, so no dairy, no cream cheese, no hard cheeses in the Deep S.

S No Greek yogurts, no kefir.

P No, we're going to leave those out. Greek yogurts and cottage cheeses out. And Trim Healthy Mama is so freeing, they're usually in there with your S meals and

most of us do fine and lose weight, but we're showing you the purity of S. Okay, E.

S Which is so fantastic because see what we're doing here? We're revving the lawnmower. We're like the pull-start lawnmower, where you go totally once to the south and now up to the north. We had the deep S and your body was really getting into your adipose tissue.

[00:20:40]

P Can I say something about Deep S?

S Yes

P No Frankenfoods please, so I don't want Joseph's Pitas in the Deep S, I don't want low-carb wraps in the Deep S. We are leaving them out, we told you our fuel cycle's strict. We'll never be strict, but on the fuel cycle why do it unless you're going to be a little strict, right?

S Exactly you want results.

P You're doing something good for it. Okay, E days.

S We were burning fat as fuel and everything, we were being luscious with the fat, we're being generous with the fat, our bodies switched over to that one engine and we were burning it. And our bodies, now we're in that mode so it was seeking out our own adipose tissue. And now all of a sudden, two full days of it, we are switching and we're going glucose; gentle glucose.

P And it's like slam to your body, your body's like, what?

S It's like CrossFit.

[00:21:27]

P You were feeding me fats and now you're feeding me carbs? Come on.

- S Your metabolism gets jolted, it's like whiplash.
- P And that's good because we don't want to get in a rut. You get in a rut, you watch your body stall. It's going to happen. With an E, this is what I love about the fuel cycle, so many people get pretty boring with their E's and they don't branch out.
- S Totally, which is completely... I just changed it, we just came back from California and I'm on this totally deal, I'm so sorry. Completely. Because I can get like that too because I make this artisan sourdough bread and I love it so much that every time I'm in an E mode I'm like, I've got to have my bread because I just love it. But when you have two full days of E, you won't want bread at every meal.
- P No. and you need to change them up. I'm the same way with Sweatpants Oatmeal, Serene. Sometimes like, I've had my E, I had my Sweatpants Oatmeal five mornings, I never change up. How about I don't have that Sweatpants Oatmeal on Wednesday but instead I have an E lunch and change it up to a sweet potato?

[00:22:33]

- S We can't forget about sweet potatoes and I've actually gotten into a stage where I have forgotten about sweet potatoes and I need to get them back in because I feel like even though they're both glucose fuel, the sprouted bread and the sweet potato, I think that your body, it's still a change-up. And we need to change up even inside the fuel group.
- P We do, even inside the fuel group of E, which is your gentle carbs, change things up and once again your body has to burn different fuels, like the glucose from an apple is different from the natural sugars found in a sweet potato.

S And also, I'd like to say this, Pearl, unless you're severely diabetic and you have to be really, really careful, change up the... We're not about numbers, but I'm just going to use that word here, you can help me with a better word, Pearl, if you can think it. Change up the numbers of your E fuel, have a mango.

P You mean your higher and lower GI foods. If your blood sugar can handle it, yes, have a mango because...

S This is all about shocking your body too.

S And a lot of people say, I'll just have my berries. Well, berries aren't really a good E.

[00:23:34]

P No, they're not, berries are more Fuel Pull.

S Or just have my little green apple. No, sometimes having a good mango really can nourish those adrenals and shock the body and especially after coming off two Deep S days.

P Yes, and it's helpful for the thyroid. Now if you're a Type 2 Diabetic or you have some insulin resistance, we'd have to caution that with perhaps you can't do a mango. Let's get some new E fuels going with these two E days. Like for instance for breakfast, Serene.

S And what about quinoa? People forget about quinoa too.

P They do, it's a good grain and then you've got your brown rice and you've got your rye bread, we talked about that last Superfood Spotlight, it's fantastic. Ryevitas are another good E and so for breakfast... And I want to say this, sorry to keep going everywhere, but fruit, I think we forget about fruit sometimes with all the

grain option we have or the sweet potatoes or the beans. Fruit is such a God-given food.

S And it's cleansing and remember, this week is a cleanse.

P It is. And so...

[00:24:40]

S The fuel cycle is not really just about weight loss, you see, it's about learning and it's about cleansing.

P It really is. Now, in these two E days you can bring some low-fat dairy back in, like Greek yogurt and cottage cheese, but I want to give a caution to this.

S I'm majorly cautioning.

P This is a cleanse, as Serene and I said, we love our dairy. Dairy is building blocks and, unless you have an allergy, dairy is a part of this plan.

S And you have to keep your protein in, so we're wanting it to be in the E, the protein part, you have to be smart about it. You can't just have chicken with skin on it and oily fish.

P Of course, but if you're doing dairy on this fuel cycle and you're doing dairy at every meal on your Es, I don't do that personally

S I would really caution, I would say if you can do these two days without dairy, do it without.

P I would say too, but don't feel like a failure if you can't. You can bring in Waldorf cottage salad, it does have cottage cheese

[00:25:32]

S You can have cottage cheese because most of the casein is out, all of it, it's just miniscule.

P And these are not rules, but these are guidelines that Serene and I are just throwing out for things that we've learned over the years.

S I feel like we wrote it in the plan, didn't we? To be careful of the dairy in this whole fuel cycle.

P We might have, but it goes for another caution. Maybe just say to myself, okay, in my two E days maybe I'll have one meal of these and I'll put some low-fat dairy in, but I'm not going to put them in EVERY meal or in EVERY snack. Because once again we want you to learn the purity, what is the purity? It's that gentle carb, it's that very basic protein, it's your non-starchy veggies.

S It's your white fish, it's your chicken breast.

P It's your tuna.

S It's your tuna.

P It's your canned tuna, what else do we have?

S Well, I think that basically it's your leaner meats and it's your...

P And of course we have the lean...

[00:26:26]

S The fish and egg whites.

P Egg whites are brilliant.

S Yes, eggs whites, you can do egg whites.

P Egg whites are brilliant, I love them on a sandwich.

S Egg white scrambles, yes.

P I love my crispy egg whites on a sprouted sandwich.

S And you crisp them up in a non-stick pan with just the slightest bit... Because you can have that teaspoon, right, of the fat.

P But don't feel like losers if you're going to find yourself having some cottage cheese or Greek yogurt, we're just saying don't pile it on every meal and every snack.

S No, but I'm just saying too, if you're choosing to do the fuel cycle, prepare your brain ahead of the time and prepare the foods that you need to have in your kitchen so that you have other choices. So that you don't feel like, well, all I've got is Greek yogurt.

P We want to talk about Nutrafol, and we've talked about this once before here. And we got so many questions about this product.

S This is what I love about Nutrafol, it's not just some magic pill where they're just throwing a bunch of medication or even herbs at somebody. They have done their research. It's not a one-product-fits-all, they have products specifically designed for women and products specifically designed for men. Because our hair thinning issues are different between the sexes, they are different and I love the fact that they've realised that, they've done their homework.

P Yes, we get so many questions about just hair loss. On Trim Healthy Mama we do things in such a balanced way, even to lose weight. But for some reason some people, no matter what, will shed hair as they lose weight, it's just part of the process. But there are other times when you can shed hair; postpartum, different hormonal seasons that we all go

through. And so, so many women say, but what can I take for this? And finally we have something that we feel really good about.

S Because it's 100% drug-free.

P There hasn't been any real advances in hair loss in actual things that you can take for hair loss in decades. But this product has some incredible botanical, natural, powerful things in it to grow hair.

S I love the formula because it multi-targets many issues that could be your issue so that you're kind of covered. If you're a woman, you take the women's formula and you're kind of covered.

[00:28:38]

P Some of the ingredients in there, they actually raise libido too, win-win.

S Which I love because normally hair thinning formulas lower that

P I know, like Propecia, those things, they're dangerous. They completely mess up your whole sexual function and your hormone interplay, don't do that. If you're wanting to, just really longing for your hair to come back in, Nutrafol is the way to go.

S It doesn't have side-effects, why? Because it's not medication, all it does is it nourishes the environment that makes hair happy.

P If you want to get your first month's supply with subscription for \$10, visit nutrafol.com, that's N U T R A F O L dot com and put in the promo code trim healthy during checkout.

S And the way to remember the name, Nutrafol, is because it's nutra-full, people. I'm telling you what, it's just full of nutrition for your hair.

P Visit nutrafol.com and put in the promo code trim healthy during checkout.

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

[00:29:43]

S I'm Serene.

P Okay, so we've got the two E days, now we're going to talk about the Fuel Pull days. This is where rubber meets the road, right?

S Exactly, now, we've been very nourished lately, we're nourished with fats and nourished with glucose and so we never do fuel pull days unless our body's nourished.

P We're nourished, now we're going to pull out both the fats and the carbs, almost. We're not going to go fat-free or carb-free, but we're going to pull them out.

S So that they're just not enough to even register too big on the scale not on the scale, but on the Richter scale

P Yes, and so we're going to do fuel pulls and so you're not really going to have any significant carb source, you're not really going to have significant fat source. You can still actually have yummy meals. Look what you could have for a breakfast. You can scramble up some egg whites with a whole bunch of non-starchy veggies.

[00:30:36]

S Yes, the veggies are in in all of these days, the non-starchies.

P Yes and then you could have some berries on the side. You can have a Trimmy, a Light Trimmy.

S We don't go huge on the protein in the...

P No, it's still in there, but it's...

S It's totally still in there, but we don't have to make our 25 mark of protein at every meal, it doesn't matter if it's a little bit low because it's very light.

P And I would suggest you can still have yummy... Go back to our original Trim Healthy Mama book, there's that...

S Gluccie puddings for night time

P Chia gluccie pudding is a good Fuel Pull, there's only a little bit of chia in there.

S The gluccie puddings are great and I love some gluccie... And they satiate and they fill you up, your tummy feels really tight, just like a puppy drinking the milk.

P And those gluccie puddings, they help you drop the weight, man.

[00:31:29]

S And they cleanse because this is a what? It's a cleanse. And at night time you can sauté up cabbage, a lot, and it wilts down and it's all caramelised in the pan and yummy.

P With some chicken

S It's so good.

P We've got some recipes, like in the Hangry Meals, it's called the Alfredo Chicken.

S You can do Trim Healthy Noodles too because again it's glucomannan, which is incredibly cleansing.

P And they're so bulky, they fill you up. If you've got a meal, a stir-fry of our noodles and put some egg whites in there, a whole bunch of veggies. You can have a teaspoon of sesame oil.

S What she means by putting the egg whites in it, is she means make kind of like a fried egg in a Chinese dish with the whites.

P And then you sauté that up with the noodles and the vegetables.

S Fuel Pull, basically you're having the low-fat of an E Meal, keeping that teaspoon of fat with the Fuel Pull meals.

[00:32:28]

P The low-carb of S

S Yes, exactly, the low-carb of S

P Then we've got those two Fuel Pull days and then we finish with a beautiful Deep S.

S We finish with a moisturiser.

P And you know what? You're going to feel so blessed to get that fat back in.

S Every cycle, right, the cycle you put on your face, the cleanse, the tone, the moisturizer, you've got to finish with the moisturiser.

P Yes, you are. You're going to get those beautiful deep fats in again.

S And also, why? Because our S, it's deeper on the calories. Just naturally, which is good, but we've just been on Fuel Pull days and we want to really quickly and safely put those calories back into our metabolism in a way so that we're not thinking I better slow down here. Like the metabolism will think, slow down because I'm not being fed properly, I'm not being fuelled properly, so I'm going to slow down. Before it thinks to slow down you have a Deep S day.

P And then you can do one week. If you want to do another week, before you do it though, at the end of that Deep S day, make your last meal an E. If you're going to finish it, just finish it with a Deep S day and then tomorrow go back to freestyling and have your Es. But don't go on another full fuel cycle week without

an E meal at the end because you need your adrenals to be nourished, you need to protect your thyroid. Serene, before we go onto Superfood Spotlight, which I'm excited about, let's talk about how...

[00:33:50]

S I feel like there needs to be two E meals. Because you've just gone from...

P That's not what we wrote in the book. Don't change the rules on us. But of course, everyone's unique.

S I'm just thinking, you've just gone through two Fuel Pull days and then you're doing a Deep S and you haven't had a lot of carbs for three days.

P If you want to really that is fine

S And then you're going back into two days, I feel like we wrote... I feel like you have to bridge something. Didn't we say that before you do another week you do something like a day of freestyling?

P No, we didn't say that, we said that...

S We were morons.

[00:34:23]

P We said you can have an E meal that night, but if you're concerned, have an E breakfast, and you'll be fine.

S I just feel like 2018, new concerns, like the new edition, I feel like there should be an E dinner and an E breakfast then start.

P Yes, that's what I'm saying.

S Okay, good, thank you.

P That's cool, let's just do that. Just to be ultra-protected. I mean you could be protected...

S In my old age I'm just being ultra-protective.

P Yes, we want to protect our Mama's adrenals and thyroids. Hopefully you're listening to this PODdy and know Serene and my hearts for you, we want your hormones to flourish.

S We get stuck too in our plan, you see. We always want to keep learning and keep it being fresh for you.

P The longer we've done this plan, the more I would say, what have I learned through all this, through doing Trim Healthy Mama? We started off thrilled with the importance of fats because there's been a low-fat craze for a long time and we understood the importance of fats. At the end of these ten, 12 years that I've done Trim Healthy Mama, I am so inspired and I want to just jump up and down about carbs and the importance of them.

[00:35:34]

S Yes, and we so want to clarify, our plan is not a low-carb plan, it's just carb-conscious.

P Yes, carbs have done a lot of damage and they're the main reason for the obesity problem in our nations.

S And they're not necessarily the gentle carbs that's the main problem, right?

P We're not talking about the gentle carbs here, they're not the problem, it's the empty carbs that have caused that, so I don't want them lumped in the same group. Gentle carbs are so important.

S But because those naughty carbs have wrecked us we have to just do some juggling with fuels to get those naughty carbs' weight off.

P Wrecked us, you don't mean us two, you mean society?

S The society, you know what I'm trying to say, I mean gentle carbs. Have we never, ever eaten McDonalds and never, ever had...

[00:36:20]

P You've never had McDonalds in your life, so stop saying we.

S I'm talking about us, I'm talking about society.

P Okay, well say it.

S Good on you, big sis, just spank me, why don't you?

P I will.

S Society, if they weren't so messed up by the emptiness of the empty carbs then maybe our plan wouldn't even be necessary, right?

P I know.

S Yes, good on you, mate.

P Everyone would be fine with Crossovers probably, although we're all made differently.

S But now there's like generational... Where you can't even handle sugar. You know how there's generational alcohol problems and there's cultures that can't even handle even a tiny little bit because generationally it was overdone.

P A lot of things get passed on from one generation to another, but I'm not wearing it.

[00:36:57]

S No, we're not wearing it.

P All right, let's talk about what we learn and how we apply these things. When you go back to your regular freestyling you say to yourself, like Serene was saying, maybe you want a salad for lunch. You're like, I just did that fuel cycle, what did

I really love about that one Deep S meal? I realized I didn't need the bread on the side perhaps, not to say I can't do that again in my freestyling, but I'm not going to necessarily go back to nuts, cheese, avocado and a bread item on the side when I have my salad. I'm going to look back at that Deep S salad, I'm going to say I learned a lot from that, baby, bring it.

S And also, it brings a deeper understanding. If I say hey, I'm going to have an S meal, I know what S really is. I can choose to have a heavy S with, like, Pearl said, all the of the extras...

P It would be a choice.

S Or I could think to myself, I really know now, I have the knowledge of what a true S is. I'm going to stay inside this fuel parameter of S, juggle inside that. I'm not going to have every S meal a Heavy S, I'm going to have some Deep S's I'm going to have some Light S's and some Heavy S's.

P Yes, it's like you just get a greater intelligence about that particular fuel.

[00:38:11]

S And you know when your body needs which one. Christmas day I'm not having no Deep S, people. On a cruise, jet setting to Cali-cal.

P No, and I choose Heavy S meals because that's my food freedom.

S Just for Vitamin P, exactly.

P Pleasure!

S But sometimes it's like, hey, a bit of water weight, girly girl? I'm having a Deep S salad.

P Sometimes the food freedom is choosing the Deep S. Sometimes it's choosing the Heavy S.

S The freedom is the knowledge.

P I love that, Serene, it so is.

S It's the knowledge, once you know then you know what to do with your own body.

P But if you've never had a day of Deep S you're still stuck somewhere, you don't have that knowledge.

[00:38:51]

S And you may not have learned the sheer pleasure of a completely moisturised salad where you are relying on the olive oil for all your thrills.

P And it does bring you thrills. The olive oil and then you put some nutritional yeast on that and I'll have a little bit of Bragg's, come on, it's so good. And then if you've never dove, past tense of dive, diven? If you've never dove...

S I think it's dove.

P Dived.

S No, it's dove....wonderful...

P If you've never been there, deeply into an E meal and changed it up and had some different E's and seen how your body respond to them, you don't have that freedom because you don't have that knowledge.

S Yes, and then you get in a rut and you get sick of your food and like, I'm sick of Trim Healthy Mama, all I can have is a sprouted sandwich when it comes to E. Because you haven't really looked into different recipes, two days' worth, you're going to be looking into different recipes.

P Yes, we do a little bit of kinky-wicky here.

S And some people have never even tried a Fuel Pull snack, they've never had a gluccie pudding.

[00:39:55]

P Some people have never had a Fuel Pull meal because they're like, that's terrifying. But you get through those two Fuel Pull days, you feel like you can do anything.

S Yes, but you can actually learn. I really super, super love...

P I love that meal, I love that Alfredo chicken thing.

S And the Tummy Tucking Ice-Cream is fuel pull, you can actually get your faves in the fuel pull category and you have to tell yourself, I better not have another fuel pull because I should surround this with more fuel. But I really love my fuel pulls.

P Shout-out to the Fat Stripping Frappe from the first book and the second cookbook, that is such a fuel pull that will whip the weight off of you if you have that for a breakfast, lunch or an afternoon snack. And it can get you through those fuel pull days like nobody's business.

S I got so addicted to gluccie puddings, I had to stop myself because I was losing too much weight and I was nursing.

P I remember.

S I used to make matcha ones, peanut butter flavored ones, vanilla caramel. My goodness, gluccie pudding, especially if you're a person who loves smooth like me.

P I banned you from them.

[00:40:47]

S They're the bomb.

P You were getting too skinny.

S Pearl and I, just to be honest, we actually haven't done the Fuel Cycle ourselves. And the reasons is because we've never really needed it and we're about food freedom. But we do little daily fuel cycles where we'll take the whole premise of the fuel cycle and stick it into one day. I will do a Deep S breakfast and then we'll quickly switch to an E lunch, pure E. And then I'll have a Fuel Pull dinner and then we'll just do a full day of that, just to... If we feel like, wow, I need to just shake things around. But sometimes we've just taken one fuel and we've done a full day of Deep S.

P Yes, absolutely. I do that.

S Or we do a full day of E because we're like...

P We do take the principles of the Fuel Cycle in the fact that we take the S and the purity and we use those a lot. And I think that's the way we take the Fuel Cycle and do it.

[00:41:46]

S But sometimes I feel like I have not had enough Es, I'm just going to have a full day.

P Now it's time for the Superfood Spotlight.

Announcer Trim Healthy Mama Superfood Spotlight.

S Olive oil, we told you we were going to do it and here we are. I feel like with all the cool, new and superfoody fats, olive oil may have been forgotten. But it's some of those simple foods from ancient history that are just beyond remarkable. I just want to start with this, Pearl and then you can take over, but there's a phytonutrient in olive oil called oleocanthal. It mimics ibuprofen, it's such an incredible anti-inflammatory.

P I can attest to the pain relieving qualities of olive oil. If I feel a headache coming on I will have a Deep S salad. And I'm talking when I do the Deep S, I pour that olive oil on so much I often find, where's my headache? Like what? It went. because it's so anti-inflammatory.

S Yes, it so is. And it's the food of the ancients, olives and olive oil is the core of Mediterranean cuisine.

P And it's throughout the Bible, the oil of our people.

[00:43:08]

S Exactly, and it helps with heart disease, it lowers cholesterol, it's so rich in the monounsaturated fats. And that is the kind of fat that doesn't oxidize in our body, so that's fantastic.

P And it reduces... You can look up studies and you know me and my PubMed, right? Study after study on how it reduces stroke for people. I mean this stuff is medicine, I look at extra virgin olive oil as medicine. Here's a study, it even shows potential at reducing breast cancer risk.

S Because of the squalenes and the effects it has on malignancies, yes. And it helps decrease both systolic and diastolic blood pressure. This oil is amazing, don't just be shy with it. Pile it on your Deep S salads. The other thing is, even though it's high in calories, it does not at all ever contribute to obesity, it sheds the weight. Of course because of the way we do it in our plan, but even just as an oil itself, it just helps with stripping fat.

P Let's not forget about Alzheimer's disease too. There's a study that showed, in mice of course but mice is something. That rates of Alzheimer's disease, something to do with the beta amyloid plaque and that was reduced in mice that were given

extra virgin olive oil. And that is what scientists have discovered, it contributes to the Alzheimer's and people that have a lot of olive oil in their diet have a lower risk of Alzheimer's.

S And what about rheumatoid arthritis, I've seen a lot of people struggling with that lately.

[00:44:40]

P It's common.

S Yes, it's getting more and more common. But people with large amounts of olive oil in their diet are less likely to develop rheumatoid arthritis.

P And for us on the Trim Healthy Mama plan, I do have quite a lot of olive oil, but I don't cook with it. We prefer to cook with saturated fats to protect all these nutrients in the olive oil.

S I won't ever cook with it.

P I know, sometimes I spray with some olive oil when I don't have some coconut oil spray. I've seen you do that, Serene.

S Yes, but it oxidises...

P She doesn't want to admit it.

S No, I'm just saying, I was just concentrating on my next point. Olive oil does oxidize outside of your body, but it doesn't oxidize in, it's a healthy oil once it's in its raw, protected form. I don't ever buy it in a clear jar because it is open to being oxidized by the light, the heat and the air.

P You want to buy an amber jar. Listen, you're not a failure if you're light sautéing in some olive oil, but you definitely don't want to do high cooking temperatures with olive oil. And raw is where it just shines and it's fantastic.

S Over those Deep S salads, high consumption of olive oil appears to improve bone mineralization.

P See, it's amazing, how does it even do that?

S I know, it's incredible, it prevents the onset of osteoporosis. We could go on and on about olive oil, but we can't.

P We can't because we need to quit this PODdy and I think there's going to be lots of people doing fuel cycles and pouring the olive oil on.

S And it fights cancer, but we say that about all of our spotlight foods because they all do because they're all from God and God hates cancer.

P That's right.

[00:46:21]