



Trim Healthy Podcast with Serene and Pearl

Episode 83 - Your Questions Answered~ Raw Honey Can It Be Used On Plan

*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]

S This is the PODdy with Serene

P and Pearl

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

D It's the Trim Healthy Podcast with Serene and Pearl, Danny and baby Solace and we're back and we're rattling rattles and we're going to rattle off some questions today aren't we?

S Yes, we're going to go straight to the questions because you know sometimes we get high and lofty with all the encouragement and all the deep spiritual stuff and all the come on believe and come on confess and all that is so good. Sometimes we

just need to take some questions. Yes, that's all good. Sometimes simple stuff is profound.

D We actually get lots of questions every week and unfortunately we get so many. Fortunately/unfortunately.

P They pile them up because Serene and I have things to say so then we forget about the questions, but we really need to concentrate on you guys because you're the ones who are listening, so here we go, Dan-Dan bring it.

[00:00:55]

D Hey let me crack it right off with a non-health question but it is a product review.

P Can I preface this to say we have never heard these questions before. I mean Dan's just bringing them.

D That's true.

S Yes, we haven't rehearsed this or anything.

P So who knows? We should say, as we should say more frequently on this podcast, this is untamed.

S Totally and totally unprepared.

D And unscripted.

S Yes, we don't come...

P I recall if you remember on the first PODdy we said our books are like when we've done our hair at the salon; everything's been tweaked and everything's been edited. The PODdy is like a hair day that you get out from bed.

S Bed head.

[00:01:31]

P Bed head.

D Yeah.

P So things are going to come out maybe you don't agree with. Don't take everything like to perfect T. Give us some grace here, we're in our living room.

S Maybe we wake up and our hair is spectacular!

P Yeah, maybe.

S But you never know right?

D You never know. You might hear something today you disagree with. Guess what?

The world shall spin.

P The world shall.

D Right, so it's a product review. It's a question for Serene of course.

P Oh, she gets all the...

[00:01:58]

D Its food related but on the PODdy I keep hearing Serene mention merino wool clothing and great for travel and not having to wash often. Where does she buy or what does she recommend?

S Well people wool is really, really expensive. Like super-duper. So my daughter actually goes on eBay and she buys wool for so much cheaper but I can be bought by brand names and beautiful websites a little bit and so there's a place called Ice Breaker and...

P What do you buy there? Your undies?

S My undies, Ice Breaker undies. And then I have these three camisoles that I use, black, and it's called like the basic layer or the base layer and it's the 200 thread weight for the wool. And I use that summer, spring, autumn, winter, everything.

And it's great for nursing too because if you have an overtop you just lift it up and you've got your cami underneath. It's fantastic.

P Thirty seconds on why wool. I mean I don't do this but you do Serene because you're such a purist.

S Well, because wool has its own antibacterial nature because of the lanolin and so if you could stink and make that shirt sweaty and then you just kind of hang it over like the edge of your bed or of a chair in your room and in the morning it doesn't stink.

P Wow!

[00:03:29]

S It's unbelievable. You can go to like the three week no-wash mark and do the smell test. So when we went to China I had the tiniest little backpack filled with baby clothes and baby diapers and I had my little few wool things. Amazing. And so I had a few other little wool things but they're kind of expensive but they last. I've had them for so long.

P But you do change your underwear every day.

S Oh, every day totes.

P You don't do it for weeks right.

S Totes, every day. Every night I wash them in the shower because they're light and they dry light.

D You see the thing about wool, it's different from cotton. Cotton is closely knit together fibres and they will soak, absorb and hang on to stink.

S Yeah

D That's what you're saying. Wool doesn't do that. Imagine a piece of wool in your hand, pouring water through it. It almost feels like it's not touching the wool as it passes through.

[00:04:15]

S And it breathes. Wool breathes. You're a lot cooler and you're a lot warmer with it.

D Yes, that the thing. My brother helped me understand that. I didn't believe him at first. He would say no, actually it will keep you cool as well. And so you always think...

S Yes, you get the right kind.

P Next ques

S Just quickly though, I love reminiscing, like these new nursing covers, the ney ney tents right, but this one is like rayon or something stupid I got from Walmart. So I thought I want to get one that's merino wool. And it's our culture too that's why I love wool because my...

P You grew up with wool.

S Yeah, our granddad was like the sheep shearing champion of the world. Got knighted by the Queen.

P Our grandfather only wore wool.

S Only wool, and he wore like the merino wool everything and so it's in our blood and so I looked up on the internet like merino wool nursing covers. They were like 200 stinking bucks. So guess what? I got on a New Zealand website that sold ends

from the factory of merino wool and I had them send me over a bunch of material and I sewed myself up a bunch.

[00:05:18]

P That's amazing!

S That's a cheap way of doing merino wool.

P That's awesome!

S If you're a sewer.

D Made your own like patchwork ney ney tent?

S No they weren't. They were each about two metres a piece. The ney ney tent only needs about that much.

P And for those of you who don't know what a ney ney tent is, we just call that for Serene's... It's like an accessory on her. It's what she puts the baby under to feed. It's called a ney ney because Ninnie, you know.

S Well, I don't know how I got ney ney. I don't know.

P Because it's the southern way of saying nanny and Danny said it.

[00:05:46]

D From the song, Watch Me Ney Ney.

S Yeah

P Anyway next ques

D Next ques, okay

S Oh by the way, my husband wears wool too. Like loves it, and he gets it from Ice Breaker too I believe.

P Okay, next ques.

D Okay, hi Serene, Pearl and Danny, my question is how does THM help with the brain as we age?

P Oh, that's good.

D I'm concerned about avoiding things like dementia, Alzheimer's etc. What should we avoid to improve brain health? Thanks so much. Love the podcast. Lori.

P Lori, oh man, what a good question.

S So good, can I just shout out to...?

P Serene, you run with it.

[00:06:26]

S First of all THM is incredible for brain health because you're stabilising your blood sugar.

P Studies show actually that when your blood sugars high and the longer it is high it actually causes... No, I don't want to speak this over people but it causes brain damage. Literally damages the brain. When this is pulled down, the brain can heal.

P Yes.

S So you want your blood sugar steady people, and of course THM does that.

P The basics of THM, it just has that foundational care for your brain right by you.

D Now I'm sorry for interrupting.

P No just MCT oil, fantastic brain food!

S Yeah.

P Oh my goodness, the studies on MCT oil and not just preventing Alzheimer's.

[00:07:12]

S Healing.

P Healing.

S Reversing.

P Reversing, look them up Mr Google.

S Yeah.

P Incredible.

S Yeah, absolutely.

P Coconut oil too.

S Coconut oil to a lesser extent but still coconut oil is incredible, and that's in so many of our foods. Skinny Chocolate, shout out.

P But that's why we started to sell MCT oil for its benefit to the brain and not only because it's a metabolism booster but we wanted this brain protection. And so that's the biggest way you can get brain protection I would say. What would be the number one? Steadying your blood sugar, number two, getting some MCT oil in your diet.

D Okay

S Number one, number two and you know what we're coining out with. Are we allowed to talk about that real quickly?

[00:07:56]

P What?

S CBD, and that's definitely Alzheimer's protective.

P That's a whole PODdy in one.

S Sorry! I just stuck my finger in the pie.

P You're okay, next question.

D CBD oil, we're not talking about it but it is coming down the pipe.

S Not yet, just dropping the bomb there.

P Forget we said it, just forget it.

S And while you say that it's like what's Serene doing with CBD oil? What?

P And we're not smoking pot, its industrial hemp.

D Yeah, CBD is non-psychoactive.

S No, no, no., yes, it's not your marijuana plant, it's the healing plant and we have a whole cannaboid system in our bodies. But that's another PODdy.

[00:08:29]

D In fact it deserves a long PODdy on CBD.

P Yes, it's going to be a two parter. Let's go Dan.

D Okay

S Solly's happy. I already take it. It's in my breast milk. That's why she's screaming with joy.

P Yeah

D I'm so fascinated. Oh Solly! You know, the baby does a loud noise and I'm done with whatever I was doing.

S You are so distracted. You should be one of those trained fathers. With four children it's just like happy violins in the background.

P No, he can't stop looking at her and he reacts to her back you see.

D No, like I forgot that I was on a podcast. I was like let's play Solly. She's talking to me. She wants me right now. Okay, we're back. I'm so fascinated with how you don't claim labels Hashimoto, Graves, PCOS, sickness etc.

P I'm dancing.

[00:09:16]

D This is not something I've grown up around and it's still a pretty foreign concept. I love it and want to learn more. Each episode I get another small glimpse on how to approach it but I'd like even more instruction on how to do this. Is it a prayer? Is it positive self-talk? Is it something you need to say over and over to get stuck in your mind? Eager to learn!

S Ha! All three.

P Oh my goodness.

S All three.

D Shelley, Shelle, it's probably Shelly Green.

S Shelly Green I'm just being rude again jumping straight in because I don't want to forget my thought and this is it; if you're not a believer hey, positive thinking, yes it works and it works to a certain degree. Its science, it's fantastic. If you're a believer this will take you to the inth of receiving the promises that are ours. And so yes, it is both of those things and number three, yes, it is over and over and over a confession and Pearl take it away from here.

[00:10:09]

P Well, Christianity just means the great confession. It's all through The Bible. Actually The Bible literally yells confess, almost every second verse is about confession something. And what we say, and how the tongue is the controller of our body and then science backs it up with what we speak over ourselves and what we believe. And we've done PODdy after PODdy about speaking into our waters.

P So how do we do this practically? Whenever you say “My Hashimoto’s” is I feel like, you know, this Hashimoto or even I feel like I'm catching cold or I'm coming down under the weather, I mean what are you speaking right? And so there's really only two choices.

P You can speak defeat or you can speak the overcoming. That is a promise to us and it is real. And so I declare things over my body. I declare, when I wake up in the morning, not when I'm lying in bed. When I'm lying in bed I just do my thankful stuff. But when I get up maybe I'm in the bathroom or something I start declaring. I'm like thank you God for your promises that when I abide in you and you abide in me I can ask what I will and it shall be done. So I declare every cell in my body will line up to your Word because His Word is what promises us.

S Beyond positive thinking because that's a lovely thought and that's fantastic and that's great like I said but it's beyond that when you're a believer. The power goes way beyond just the science of, you know, like The Bible agrees with the science and so as a man thinketh, so is he. So that's the basics there but it goes way beyond that and like Pearl says it is about the great confession. He says hold fast to your confession. Don't be sluggish in your confession and when you've done all stand and then after you've stood...

[00:11:54]

P When you look at that whole fast it means continually. So you know, saying it once I believe we pray once and we ask God, he hears us, then I believe we stand on it. And we say it; thank you that I'm going to receive this and until we receive it we just keep saying it.

S We believe unto righteousness and we confess under salvation. That's why Christianity is the great confession. And it's basically the foundation.

P And we're confessing what we don't see and feel and hear. So it's not about what our bodies actually telling us. It's about through the eye of faith. So I'm confessing. I'm like every chemical in my body will do what it's supposed to do. I mean He gave us the authority so I'm... Hey, and He dwells in us and The Bible says He sent his word to heal us. As we put His word inside us and declare it, I think it's going to line up. I believe it!

S I am sold on that.

P I don't know, were we practical enough Danny? You were sitting there and listening...

[00:12:56]

S You know, there's a book called The Power of Your Words by Don Gossett, G-O-S-S-E-T-T, and E.W. Kenyon. I just picked it up from a second-hand bookstore for \$1.75. It's changing my life. I want to do cartwheels. There's another book that's called...

P The Creative Power of Your Tongue.

S The Creative Poser of Your Tongue by Charles Capps

D Serene brought an entire library.

S Yeah, yeah, yeah, no I just had it in my backpack because it's what I'm reading right now.

P They're not all latest and new. They're back in the '70s and '60s.

S But one of them was written in the 1950's and I tell you what it's so foundational. It's so rocking. Pearl and I when we went to California all we did between being

on the sets of whatever we were on was eat the most delicious salads in the world and just be raving about the lines of the books that we're reading. Because its scripture.

P Yeah, I think, you know, oh positive confession, that's confessing for a Lamborghini. That's really a killer side of it. We are told to confess.

[00:14:21]

S And what are we told to confess? The confessions of our faith, the promises that the rights that have been brought by such a sacrifice that God made, He brought us things. Oh my goodness, what is that wonderful scripture that says I have given you... I don't want to mess it up.

P But that's the way I look at it too Danny. I mean, our Father, right has made us His children. He says I've called you heirs. So we can inherit everything. The great and precious promises, but for a long time let's just say the promises are this mansion. I was just living in the shack outside the mansion not realizing I should be living in the mansion.

P And I'm not talking about like prosperity doctrine here, I'm talking about the promises that I didn't have to fear and worry, that I didn't have to be in this state of constantly thinking about my symptoms or constantly thinking what disease is going to get me. That was the shack outside. The mansion was no, I'm standing in His healing, I'm standing without fear, I'm standing in all these things. Oh, where's your helper?

S I know. My little daughters run out and I need my helper.

P But it says we've been divinely instructed to hold fast our confession. The Bible says hold fast, Hebrews 4:14.

P Do you want me to hold her?

[00:15:12]

S Hold fast the confession of our faith without wavering for He is faithful that promised, Hebrews 10:23. Not only are we to hold fast our confession of the word but we are to affirm constantly those things God has revealed to us.

S Confessing is acknowledging. It's acknowledging God's word and I love Philemon 6 and it's just absolutely incredible, thy faith may become effectual. And effectual is an incredible word. It doesn't have effect. It doesn't even work. Thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus. And I feel like these days as believers we don't acknowledge everything good that's in us because of Jesus Christ. We just talk about the defeat.

P We acknowledge the problems.

S Yeah, and it says in Romans 8 that we should be calmly minded, right. That we should live by the Spirit, not of the flesh. And we are, we are just calmly minded. We're thinking of oh my headache hurts or this or that but we are not to dwell on that because when you dwell on the flesh you live by the flesh right. And Pearl, our grandfather used to quote this all the time. I love it. Have you got that verse?

P Yeah, I got the verse. But what did you want to quote?

S That verse.

[00:16:23]

P Oh, this one, oh, its 2 Peter 1:4 I think what you were going to say. Whereby given to us exceeding great and precious promises that by these promises you might be partakers of the divine nature having escaped the corruption that is in the world.

S Yeah, we escape it. We've got to speak them out though because it won't be effectual right. We've got to acknowledge them.

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[00:18:17]

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

S Serene

D Next question, Hi Serene, Pearl and Danny, please give your advice. I'm doing well at doing THM during the day but as evening approaches I, like many other Mamas have a glass or two of wine that turns to three or more, and eventually late night snacking. I would like your input on how drinking too much everyday

affects weight loss, mental health, hormones etc. I need some tough love here please.

P Oh you want it tough?

D From Anonymous

P Okay.

D Oh Anonymous, I dig your spirit though. It's like you clock out, you start pounding wine till like midnight and then you have a feast. I mean it's like college party days but what happens when the college days are over and we have a couple of kids, we being women, and the college party keeps cracking.

S I've never had a college party. I've got my mouth full.

P Well, I'll take this Serene.

D You take it from here.

[00:18:36]

P I mean there's two sides to wine. I think a little wine, the Bible says a little wine is actually good. So there are some health benefits to wine and it's an ancient thing that cultures have done for thousands of years.

D Sure

P So we're totally not against wine. But definitely having three glasses a night, that's not going to be good for your weight loss. So let's take them one at a time. We suggest if you're going to drink wine, drink a dry wine and I probably have a glass or two of dry wine two times a week. But if you're having two or three a night you can't burn the energy in your other foods because your body has to burn the energy in the alcohol first.

S Wine is a fuel, the alcohol is a fuel.

P The alcohol is a fuel and even though we suggest dry, you know your body has to burn those calories and its going to make your weight loss so much harder. But let's talk about your hormone profile.

[00:19:30]

S Hang on though, can I say something?

P Yes, Serene.

S If it's your problem then I see that it could make snacking worse and all that because you're going to three. But to me maybe like once a week a little wine, even though I don't actually do once a week, I do it like once a month or whatever, but the idea is nice to me. I like it. It actually makes me snack less because instead of going for a spoon of peanut butter I can sip on quarter of a glass of wine.

P Me too

S I'm doing had to mouth something and it feels...

P I find like one glass of wine is a lovely dessert for me even though it's not sweet. I find I don't need a dessert and I'm not snacking.

S It helps us with our weight maintenance.

P Yes, I find a glass of wine is actually fabulous.

S That's why I just wanted to bring the other side for some people.

P There are two sides to alcohol see, but when you're having three I understand what's happening here is you're sort of losing your marbles and you don't know anymore that like constantly snacking is not really great because you're like let's just eat. Because you don't really have the presence of mind, you're feasting and you're partying right.

00:20:29

D Yes, because when you're drunk quesadillas taste amazing.

P Yeah

S Yeah

D As does ice cream.

P Well I've had enough now. There's not that.

D Yeah

P But I love you for speaking this out Anonymous and that you're coming here and you're saying hey listen, help me through this. More than one glass of wine for women and men they say, you know, nightly two glasses is even fine but they say more than one for women affects a women's hormone profile and studies show that there's a higher incidence of breast cancer. But I know of many cultures where women have wine every night, maybe one or two glasses, like Italy and France, and they don't have high amounts of breast cancer so I, and this is Pearl's theory, I fully believe that that is sugar alcohol that's causing that.

S Yes, the sweet, sweet wine

[00:21:15]

P Wine, or I think when women are into the cocktails.

D Yeah, yeah

P That's just my own opinion but I think that they used to do studies about eggs, you know, and coronary disease and all that. I think it was the white bread with the eggs people.

S Yeah, exactly, exactly, and a lot of times when they did coffee studies it was kind of a years where people that did coffee smoked the cigs.

P Yeah, it was.

S And it was like the cigs that were...

P And it's the same thing. So I don't want to demonize wine here. I feel like there's a beautiful balance to everything. It's like coffee. You know, I love to have a cup of coffee a day. But if you're having five it's probably going to be affecting our nervous system and things like that.

S Yes

P So what are we suggesting here? We're just suggesting a beautiful balance. It's not good for you to go past two to three.

S Of course you've got to know who you are because maybe it's a dangerous thing for you just because and you might have to sit and say...

[00:22:14]

P Some people can't drink wine at all.

S For a season I might have to pull back or maybe I as a person have to pull back completely. Maybe you have to... But you'll know who you are.

P And then there's other things. We can't really help with an AA accountability or something like that but if it's there you need some more help. I don't know if it's

there. Maybe you just like too many glasses of wine and let's just go back to one or let's pull back altogether.

D Yes, speaking of, you know, I don't know you personally Anonymous so I don't know your deal but I will say there was a time in my life where I was drinking three plus drinks whether it was wine or...

S And as an adult with kids, this is not like...

D No, this is back in... I've never been able to take alcohol very well. I think my racing metabolism, it's just like I can have a glass of wine and I'm just going into like the deepest coma sleep I've been in my life or I'm sick.

[00:23:09]

P You're affected by things, yes.

D Yes, I'm so affected. So I've never been able to really, you know, party. I bring my own internal party...

S You do.

P But there was a time when you were drinking too much.

D But there was a time when I was drinking too much and I will add that potentially you may want to get to the root as well of maybe why. I mean are you trying to escape something in your life? Perhaps you work a job that you tragically hate or something else about your life that you are escaping from. You know, there's that too. I don't know that. She didn't write that in but I will say that alcohol and other drugs, though they can be blessings to people, they can also be abused by people as a way for them to check out, escape, disconnect from the world. And that's the things you need to be thinking about as well.

P And that's with food too. It can bless us or it can curse us.

D Absolutely

S Some people can have a little treat of ice cream because it's their birthday and it's great, and other people have to have it every night to escape.

P And abuse their body with it.

[00:24:10]

D Right now I feel sad about Mom passing away or whatever and for some reason I'm just ravenously craving ice cream. I mean that takes a while to get in touch with consciously those types of thoughts that...

P Yeah, I'm self-soothing with this alcohol. I'm self-soothing with... So there's that. There's definitely that and so we encourage you to look into that and just, you know, let God be your everything too because He wants to be. Uh, awesome. next Dan-Dan.

D Next question, Dear Serene and Pearl, I would really like to know... I'm not here I guess. I would really like to know what you think about doing a body cleanse from time to time. Also what do you recommend to do? My 18 year old daughter has been asking me and she eats pretty healthy but is not 100% THM. Thanks ladies. Oh, and Danny - there we go - LOL. P.S. I never miss a PODdy and my hubby even listens with me from time to time. Winky face, Bonnie.

P Awesome Bonnie, cleanse is an interesting thing isn't it?

[00:25:14]

S I think it's a great thing when it's used for a cleanse but can also be used because it's an addiction.

P Yeah

S Some people just want their body to be so clean like they don't even live on this earth.

P Yeah, there's a cleansing mindset that I think can start maybe at number one or two and go to ten where all you're thinking is putrid thoughts about your body and how you want it cleansed and light.

S And I was there and that's why I can know it's an addiction too. That kind of like – I'm not going to label myself at all but you know I can be very intense on subject matters and can get very obsessive and follow things to the nth degree. And to me if your daughter is, you said she's a teen, it happened to me in my teens too where it was a control thing. And I studied into hydrotherapy and I was taking colonic irrigations at 15 for funzies and then I was doing hot/cold showers and you know what do you call those...?

P Dry brushing.

S Dry brushing and everything else.

P Juicing.

S Juicing at 15. So you see, I think, looking back that was obsessive at that age. I mean it was just obsessive. And so your daughter may not be obsessive at all but just watch the seeds of that.

[00:26:31]

P I think there's so much on Pinterest and current social media about cleansers. Now I think there's something, God certainly made some foods as cleansing. All the greens are cleansing and they cleanse our body and it's that beautiful balance of building our body and cleansing our body and...

S Sometimes it's nice to take a little time every year where you call it this is my cleansing time and however you decide to do it, but when it becomes an every month a few days cleanse, things like that. Because we knew a friend too that was addicted to cleansers and her life was constant cleanses.

P And if you start chasing parasites out of your body you'll be cleansing forever. It never ends. It only grows.

S And we know this one by experience. You chase one, you find another one. You find that one, oh that's another one. You've got to start...

P And it could come in on the cleansing material. You just never stop. The body has some parasites but you can eat certain foods that are just... I just feel like there's a balance to all of it. Personally, I find Trim Healthy Mama in itself very cleansing but it all depends on the way you do it right. If you eat Trim Healthy Mama without enough greens, well I wouldn't call it cleansing, but if you're eating salads, if you're eating all our good veggies... It just is.

[00:27:45]

S I'm sorry to interrupt, because I'm terrible in interrupting. This morning already, okay, we're at lunchtime here just after early noon. I have already had a huge amount of kale in my breakfast and then at lunch a huge salad with like four cups of those mesculin greens, and I've had fish and I've had... So like you said its how you do it.

P I agree. You know, eating cream cheese or all the heavy creams and all the sticky things, maybe they're not as cleansing and maybe they're Heavy S I think we're talking about, the heaviest dairy proteins and things like that, pastuerized etc,

maybe they're not as cleansing. So if you want to do a cleanse how about doing maybe just some Deep S meals.

S Yes, and if you want to go really deep into a cleanse you could do Deep S meals and then maybe in the evening just do Earth Milk.

P Yeah

S Which is a recipe of getting your greens in and also teas that are very cleansing.

P Right, you need some E Meals for your carbs but fruits are cleansing so you could do those. I would suggest actually listen to our last podcast and that was on the Fuel Cycle and we talked about how the Fuel Cycle is a cleanse.

S It is.

[00:28:55]

P And so, I would go listen to that and then you can do that in a very smart way where you don't hurt your body and don't get obsessive.

S Yes, because we also took our sister-in-law to the emergency room once at the end of a carrot juice cleanse, because her blood sugar got so high on the apple, beet and carrot juices.

P So cleanses can be kookoo or they can be smart. It all depends what you do with them.

S Yeah

D Are we coming out with a cleanse soon or did you just have one that you were really liking?

P No, oh, you mean a cleanse like in a bottle?

D Like the gas leak

[00:29:26]

S Oh, I'm having my Gluccie Pudding.

P Oh

S To snack on

D The gas ones

S Yes, I remember when I was doing it I was working with some herbs and stuff. Still working, but you know I got off in a bit of tangent about chasing parasites.

D Okay

S I do think there are things that you can do daily though to just keep your body in harmony with these certain bacteria and maybe parasites in our body. We all have parasites. Let's not pretend we don't.

D Can we pretend though?

S Yeah, I mean I'm not just saying we all have long worms but if your bodies in a high state of sugar and stuff that's when parasites really overtake.

D Yeah, so lowering sugar can maybe be a cleanse in itself?

P Oh absolutely, don't think it's just the raw food diet that's going to cleanse you because I had the most worms I've ever had in my life when I was on the raw food diet.

S You see, that's why I'm saying THM is a cleanse. When you get your blood sugar under control your body starts cleansing itself. That's what we're saying. But, you know, a cleanse in a bottle or something like that, you know, I don't know. I don't know if we'll ever come out with something like that.

[00:30:25]

D I like what you're saying though. We can get a little hyper about all of our products and bottled this and cleanse that and it can almost be something that sells sometimes.

S Yeah, I know.

D Alright so Serene and Pearl, not me, thank you so much for the podcast on stalls. I started THM in February and began losing weight slowly but surely. I just kept reminding myself that I didn't put on the weight in a week or month but over several years so I'm not going to take it off in a short time either. By July I had lost 30 pounds, then my weight loss really slowed down... Stopped actually, I matured in the plan with the help of your podcasts.

S Wow!

D I slowed down, stopped two-timing my meals, tried to make meals a pleasant experience but most importantly added more E Meals and stopped having so many Heavy S meals. Weight loss has resumed.

[00:31:14]

P Yay!

D I've lost another 11 pounds for a total of 41 pounds so far!!

P You go, girl!

D I purchased your Workins kit on Monday and started doing one a day this week. I still have a lot more to go but it's encouraging to see the scale start moving again. Thank you for sharing THM. I tell anyone who will listen all about it. God bless you, Liz.

P Oh, I'm glad you read that.

S That is so encouraging.

P Because sometimes we do these podcasts and we throw them out there but I love hearing that feedback. And so hey, if you are stalled in your weight go back into that list and listen to the series. It was a four part series on stalls. All of our podcasts are archived on our website and they have transcripts to them. If you're hard of hearing or if you think we talk over one another...

D Is someone typing out our podcasts?

P Yeah mate.

D How is that possible?

[00:32:11]

P They do it. We have people.

D Wow! Okay. Well there you go.

P Do we have time for one lasty? Are we going to do a Superfood Spotlight today?
We should.

D Well this kind of would be a two for.

P Alright

D Question that I would love to have an answer to, what is your opinion about raw honey? Some sources say that it doesn't spike your blood sugar. I give a tablespoon to my kids if they're having trouble sleeping at night sometimes and it works great. My husband has always had trouble sleeping and I'm wondering if this might help him.

S I have heard about honey before bed helping. If your husband doesn't have...

[00:32:45]

P Hey, let's make this our Superfood Spotlight. Raw honey!

S Yeah

P So time for a superfood...

D So here's the question, however, he's a THM guy and we don't want to mess up his progress. Is raw honey a blood sugar spiker? It has a ton of other health benefits but I don't know if it could be used on THM plan. Thanks, Trisha.

P Trisha, you inspired this Superfoods Spotlight.

S Yes

Announcer Trim Healthy Mama. Superfood Spotlight.

S We can talk about honey till the cows go home.

D Till the bees fly home.

P Don't think that we're against honey just because we're all about stevia.
We love honey.

S Raw honey we love.

P Raw honey, yes, not the stuff at Walmart. You don't know what it is right.

P Well actually Walmart's come out with some raws.

S Yeah, but I'm just talking about just the Great Value one...

P You're talking about the pasteurised one.

[00:33:38]

D Walmarts like our catchall for bad. It's like we don't even mean it. It's just the word Walmart means...

S I'm always at Walmart.

P You'll probably find me at Walmart this afternoon.

D We're not anti-Walmart.

P No, give me some Wallies.

S Yeah

D I wish they'd pay us some money for advertising. Maybe not, alright, too far.

S So the deal is that raw honey is so incredible. It goes beyond the body. Even to external. I mean I have incredible miraculous stories of my own family about honey.

P Well then don't say it and not say it.

[00:34:08]

S My little baby had a haemangioma which is a little red strawberry birthmark. They usually go away at about five or six years old and they're just nothing to worry about. But some are in parts of the body that can be dangerous and they have to do things.

P Well they're touched a lot or they get scraped.

S Well no, but some are like over eyes and mouths and noses and stuff so that's really sad and they have to deal with them. They can really grow quite big. They're actually finding now that haemangiomas are parts of placenta. They've discovered that, that have come off somehow while the babies in utero and it's attached to the baby because they have a lifecycle. Pearls doing this lasso movement of move on, move on.

P Because you know we've got lots to cover with honey.

S But its just interesting really quickly, they have the lifecycle of a placenta. They grow for like a year and then they die off.

P Solly's was on her leg.

S Yes, Solly's was on her leg but the thing is hers ulcerated. Five percent of haemangiomas ulcerate. Hers ulcerated. It was like a big dog bite deep, deep, deep into her leg. Almost you could see the vein.

P Almost like a crater.

S It was like a crater.

[00:35:09]

P She was in pain.

S They call it exquisitely painful. So I said I've got to get this removed. We had the top Vanderbilt vascular surgeon, we talked to him, and he's like you know the first thing we do is get them on oral medicine for 18 months. It's a beta-blocker, it's a heart medicine, she'll have to come in for weighing and for changing the medicine because it changes the whole, you know, low blood pressure low blood sugar. I'm like she's so perfectly healthy. Oral medicine? I was so upset, I'm just like...

P It was Propanol. What was it called? Prop...

S Propandiol or something like that, and I know if you're ever listening and you've had to do that, you've had to do it because sometimes it's over eyes and things.

P But you didn't do it.

S But I wasn't about to do because of the pain she was in. She was screaming literally and I'd be just holding her just crying my eyes out. And they said there's no way that's healing by itself because it's a vascular birthmark.

P You tried everything.

[00:36:01]

S Yes, because it was a vascular birthmark there's not enough blood flow to it and once it starts ulcerating it means it's necrosing, there's not enough blood to it so it's not going to heal because the blood supplies not good.

S Then my mum said, and we were praying and screaming out to God about it, not screaming but, you know, praying with earnest, and my Mum said hey, my Mum had vascular ulcers from varicose veins. So that's varicose veins, the bloods not really in good supply there and she tried everything; antibiotic cream, everything, medicine internal, nothing would work until she put raw Manuka honey on it and it healed up.

S So we were down in Florida on a vacation when this whole thing ulcerated up and opened and we went to the CVS pharmacy and they had a medical raw Manuka honey patch and cream, like the gel that goes in and it had been gamma radiated so there's no botulism for babies, you know, because it's going deep in the wound. But it still was raw. It was active.

S We stuck it in there. We put the patch on top. She cried a little bit because the pH is different for honey. It has like a very healing pH so the pH stings for a little bit. But as soon as the sting went over she was out of pain and within a week the thing was healing up like you've never seen before. New flesh, there was no smell of infection. And the doctor worried about secondary infection with it being that deep and we were using nothing else but honey and prayer. Raw honey.

P To this day it's incredible. Complete healing.

[00:37:23]

S Yeah, and we were flying out within a week and a half from that doctor visit to Guatemala, South America. Into the helicopter where the monkeys go.

P And Serene was concerned that she would have to cancel because of Solly's ulcer.

S You can't take open wounds down to Guatemala. It was totally closed up and over.

P It took a few months for it to fully heal up, like new skin and everything, but she got new skin.

S Yeah

P She did everything. Now that's the power of honey on the skin right.

S So I've been putting it on my face for wrinkles and everything.

P Talk about it though medicinally. She asked does it spike your blood sugar? It does have an effect on your blood sugar, but not as much as like sugar of course.

S No

[00:38:00]

P And raw honey on the glycemic index is about 30/32, similar to coconut sugar.

S Yes, its way less than your pasteurized honey

P It is. Pasteurised honey is about 50. So it does have a bit of an effect so you need to take that into consideration. Where are you in your journey?

S Right, is your husband pre-diabetic? Is he diabetic? What is his situation? But I have heard about it for sleeping. I've heard that it really helps... Because some people they have like a low blood sugar issue as they go to sleep and their body can't sleep in that state. It kind of keeps waking them up. So hey, with your children go for it. My little Remmy, he gets one or two tablespoons of raw Manuka honey a day, every day, mixed into his little baby food.

P This stuff is so medicine. It's God's medicine for healing.

S You know, I take a teaspoon a day. I do it on my E toast, my sprouted E toast.

P Serene and I have said from our very first book, we take a teaspoon a day for medicine benefits and we're at goal weight. So sometimes I will put a tablespoon in my smoothie.

S Oh totally, and feel so healthy about it. Oh yes.

P You know, because I don't have to lose weight. So it's all about where you are. We never overdo honey. You don't need more than a tablespoon, so we love raw honey. Find out where you are in your journey and just try and see how you do with it. There you go.

[00:39:16]

S We're done.

D We're done.

P We're done, oh my goodness.

D Well, thanks for hanging with us. Thank you for your questions and thank you for listening to our podcast and walking on this journey with us. I know we all love you.

S And go try some Gluccie pudding if you want to detox. Look it up, it's so detoxing. I'm eating that right now.

D So I was mistaken.

P Your going back to the detox question. The cleanse.

S Yeah, I do that with my brain.

P Okay, because that's why Serene's sitting here eating Gluccie pudding. You know I was thinking, we need to get back to the basics.

D It's just a podcast.

P Some of the foods and the recipes we had in our first book like I was thinking about that good old Gluccie pudding.

S I haven't made it for two years. Three years probably.

P You know what I'm back to Serene? I've had it two lunches in a row, loaded... What did we call it? Loaded Fotato Soup. It's the cauliflower soup from the first book with Gluccie in it.

S Oh, I saw a big pot of cauli in your fridge.

P Oh, my goodness it's so good. It's rocking my world. I can't get enough of it. It's so slimming.

[00:41:08]