



Trim Healthy Podcast with Serene and Pearl Episode 85 - Your Crucial Need for Vitamin C and How to Get It

*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

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[00:00:30]

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, Peanut Butter and Danny and we are so glad you're back.

P My goodness

S Can you believe he put that in there? Peanut Butter? He just worked out that Pearl... Pearl was signing something and she said PB and he's like Peanut Butter, does your husband call you Peanut Butter? What a great name.

P I don't like it. I would not answer to "Peanut Butter" if he did and I would not feel like a sexy wife. Hey, I love peanut butter, yeah, but can you imagine me being called that...

D It's not a term of endearment for your honey bunny?

P It's not.

[00:01:05]

S But he loves peanut butter.

P He does but I'm not going to be peanut butter.

D It's like...

P I will stay his Precious Pearl.

S And there's Panda Bear. That's a PB.

D [Laughing]

P No, we don't have pet names for one another. We are just like honey honey. He's honey, I'm honey.

S I like Polish Barracuda. You can do a lot of PBs.

D Polish Barracuda

P <sigh>

S Did you not know that this podcast was going to be about naming you?

P You know, we have a really good topic for this podcast, I know it, and it's nothing to do with peanut butter.

[00:01:35]

D And it's not Playful Banana.

P Uh-uh, no

S Playful Banana?

D Sorry, I just... It's fine. I'm back. We had a listener question come in and I believe you want to do just a whole straight PODdy about this, right?

P Yes, because it got passed along to me and I'm like...

S We love that question.

P Let's do it.

S Let's roll with the question.

D Want to dive right in?

S Yes.

P Dive.

D Here we go.

[00:01:57]

S And you've got diving clothes too. He's got like summer vacation flower peacock shorts on.

D I made this shirt.

S That's an interesting shirt.

D Now can you tell? Does it...?

S No, I didn't even notice it because I was like concentrating on getting the baby to sleep for this podcast but that's an interesting... Do you know what that looks like?

D Tell me.

S A shirt that my children would do when they're like oh, I'm out of clothes, I'll just change my shirt by cutting into it.

D Yes

P Yes. And you did that too, didn't you, Danny?

[00:02:23]

D Yes, I...

P You were out of clothes and so you cut a new shirt.

D You know, I just wasn't happy with the collars I was getting out of Wal-Mart.

P For everybody listening out there, it's definitely cut. His collar has scissors that have cut a great hole in it.

S Not straight cuts, like odd Mr Bean...

P But we must get on to today's topic.

D All right. Hi, Serene and Pearl and Danny. I've been at THM for over a year now and...

S Do you need reading help?

D I might, Okay. Okay, here we go. I've been at THM for over a year now, beginning just before my second pregnancy. I thank the Lord for leading me to THM which happened by accident. I saw a recipe online that was labelled E Meal and I, being the curious person I am, had to find out what in the world that meant. Here I am

now with the whole family on board. My husband, a soldier, has stayed so fit on this plan and loves it...

P Thank you for your service.

S Yes.

[00:03:23]

D Yes, for sure, I love knowing I am feeding my children nourishing food. My pregnancy was so smooth and amazing, I lost the pregnancy weight just days after delivering. When I began eating this way I was more of a Drive Thru Sue yet I have found myself learning about more than just weight loss tools but health tools and vibrant and energetic living. Now I'm a raw milk, farm fresh, soaking grains, cultured food enthusiast.

S Oh, come on to my pasture.

P She turned into Serene. She's a Serene, oh my goodness.

D I don't think I would have recognized myself just a little over a year ago. My question is this. It's come to my attention that high dosing ascorbic acid, also known as Vitamin C, is really important for many reasons. I trust you all's opinion on health so very much. I would like to get an opinion about using this. Though Whole Food C is important, it's my understanding that our bodies don't get nearly enough Vitamin C at the cellular level with just Whole Food C. What are your thoughts? Thanks so much for your time, Kate.

[00:04:28]

S Great question, Kate, I'm so excited to just dive right in.

P I love Kate's testimony, first, and that's why I wanted you to read the whole thing because it's just great, isn't it?

D And I love that a soldier is using THM.

P Yes, I know.

D Because those are kind of like brute manly men, they're usually physically fit.

S Yes, it should be Trim Healthy Macho.

D So, that inspires me. Trim Healthy Macho man.

S Yes, it's so great.

D Yes

S So, Vitamin C, yes, it's so important. Let's just start about how and why it's so important and then we'll go into whether the whole foods can do it for you or if there...

P Yes. I think... And just for everyone listening, this is going to be a whole podcast on why we need Vitamin C, how best to get Vitamin C and everything to do with Vitamin C because, wow, it is crucial. And Kate is right - we need it. I do think that we might have a few differing opinions on the way to get it.

D Serene and Peanut Butter, take it away.

S Okay

P Never going to live that down.

[00:05:18]

S Okay, so, Vitamin C is huge. It's huge for many reasons. Let's just start with the first, because if you're a Trim Healthy Mama, many of you are here because you have some weight issues, you just want to get down to a more comfortable weight and Vitamin C is so major in your weight loss journey. It is very hard to lose weight if you don't have a sufficient Vitamin C level in your body. And also they've done so many studies on that and many actually on when you're working out, just

doing your regular workout. If you do not have proper Vitamin C levels, you won't burn as much calories, even in your workouts.

P Even exercise aside, Serene, the lower the Vitamin C, they've done studies that correlate to a higher waist circumference.

S Yes.

P So, belly fat. And Vitamin C, we're going to go into more of this, but it synthesizes carnitine, which carnitine is an antioxidant which is all to do with that flushing from your body, getting rid of toxins and this is big on weight loss.

[00:06:19]

S Yes, Vitamin C is... It's huge. And so let's just talk about the vain side of things right here. You've got your weight loss, then you've got your skin.

P That's not vain. None of it's vain.

S No, and your hair and Vitamin C is just huge for just your illustrious vitality. But even going more than skin deep, Vitamin C is huge. Heart attacks... Heart conditions have been blamed so wrongfully on cholesterol which we know heart attacks come from the inflammation of the heart. Why is the heart inflamed? Many reasons. We live in a fallen world with lots of toxic chemicals out there but one of the largest toxic chemicals for the heart is high blood sugar. High blood sugars in your body cause heart inflammation. Heart inflammation, the heart starts to get too much wear and tear as it's pumping all day long and so it starts to break down. It gets weak and, guess what, it needs to make collagen but we don't have enough Vitamin C in our body and now to vitalise diets to get... to make collagen and so the body's like, freak out, I have to make collagen to strengthen the heart here. But plan B, I know what I'll do, I'll get a band aid and put

Lipoprotein A on there which is a type of cholesterol which is like a band aid to fill in the cracks, like mortar in a brick. It is not the cholesterol's fault. It's the fact is there was not enough Vitamin C to synthesise collagen because of the wear and tear of an inflamed heart because of high blood sugars or just the toxins that you may pick up.

P Or, hey, and let's bring this into it. Sometimes a heart... You know, the Bible says man's heart fail them for fear.

S Yes.

P You know, also the big picture, it's always what we eat, what we do, but it's also how we think.

S Totally how we think.

P And so heart attacks and even things like that also come from toxic thoughts, so let's pull those into there too, just big picture.

S But it's not the cholesterol.

P No.

S Cholesterol's actually a goodie, trying to help out.

P Yes, cholesterol tries to help but then Lipoprotein A, which Serene said, which goes into those cracks, that's a baddie. It's called a widow maker.

[00:08:20]

S Right, now, but if you had enough Vitamin C, you'd be able to synthesise the collagen. Now, we are huge about collagen at Trim Healthy Mama.

P Yes.

S For many reasons, because it's... it has the amino acids, the missing amino acids so common in our diets. We have the boneless, skinless muscle cuts of meat that

don't have the proline and the glycine that other countries and way back when, when we used to eat, you know, the bone broths and the bone and stuff and tribes... tribal places in African and still in China, when we went to China, it's bone in everything. I mean, my husband calls it machete chicken. It looks like they've just chopped up the whole thing, bone and all, and stuck it in the pot.

P And all their broths are bone and there's skin on the meat.

D Do they have feathers in their food and everything?

P I think they take the feathers out but they keep the claw... the little hen claws. creepy.

S So, they got enough collagen back then and in these other places they get enough collagen. But we need collagen to be able to have a balanced amino acid profile. For so many reasons - to heal our guts, you know, just for one reason too, like a whole list. But collagen is so important, like I said, even for the heart but we take collagen and that's great but we need to take Vitamin C along with our collagen because when you ingest collagen, it's... it goes to be the building blocks for the collagen but you still need the Vitamin C to build those blocks.

[00:09:42]

D Would baobab be a great source of Vitamin C...?

S Yes

P You're jumping ahead, Mr Danny Danny. It's all coming. It's all coming.

D Okay

P But you're smart and I hope hundreds of thousands of women are going right there, where your smart brain is going.

S So, we love meat. We're not against meat. We have a high protein... not high protein, it's just...

P It's not high, it's balanced, beautifully balanced.

S No, it's balanced protein. But within that protein that anchors our Trim Healthy Mama Meals, we make that amino acid profile balanced too. We're not just about the methionine and the tryptophan, which is the muscle cuts, right, we're about the glycine and the proline and the collagen. Now, that's fantastic but meat and protein doesn't have Vitamin C.

[00:10:28]

P No, meat has... Did you know that meat has almost every vitamin there is? It actually contains all the vitamins.

D Really?

P Except one. So, what is it?

D Just C?

P C.

D That's interesting.

P Meat contains negligible amounts of C. I think there's trace amounts but nothing that your body can use. And so let's go back to this, Serene, if I might take 30 seconds.

S Yes.

P Our bodies do not make Vitamin C on their own.

S Can I just interrupt you for one second?

P That's what you do.

S We are one of the... Most vertebrates and mammals with a spine make their own Vitamin C.

[00:11:04]

P Yes, most of them.

S That's why they don't get heart attacks.

D Most animals do, you're saying?

S Yes, mammals.

D Okay, creatures with a vertebra.

S Mammals with a vertebra, with a spine, they make their own.

D Including humans?

P No, Danny. We don't.

D But not... Oh, not humans.

P We don't. We have to rely on foods for our Vitamin C.

D That's really interesting.

[00:11:21]

P So, now remember the sailors with scurvy.

D I don't remember them.

P You don't? Course you don't. You never finished high school, so that's probably why.

D [Laughter] That's fair

P Hey, you called me Peanut Butter.

D [Laughter] Oh, yes

P Yes, the Limeys, Serene, right?

S Yes.

P I mean, the sailors, they didn't have access to fresh fruits and vegetables, so they got scurvy and it killed them in the end. I mean, they got really sick. You can die from lack of Vitamin C. Now, we're not...

S They'll be bleeding from all their organs. And it was a collagen issue in the end. All their organs broke down.

P Because they couldn't... It wasn't from a lack of Vitamin C like step one, it was because the Vitamin C couldn't make the collagen. Isn't that remarkable?

S Yes

P This is big picture here.

[00:12:05]

S So, we love our collagen here on Trim Healthy Mama but we have to have the other thing to synthesise it.

P Yes, and now I was going to say with the... Yes, so we can't... We need to rely on foods and that's why... Do you know...? You say that, Serene. I love what you said, that we're one of like the only mammals, that we don't make our own Vitamin C. But we're the only mammals that our babies completely depend on us too. It's like God looks at us and is like get creative, people.

S Yes.

P I want you to get out of your comfort zone. I want you to learn about your environment, I want you to learn about foods. I want you to be up all night with your new-born. I want you to have to dress it. I want you to have to change its diaper...

S Guess what, I want you to maybe take 30 seconds and rip up a salad.

[00:12:50]

P Yes. So, we just don't go by these base instincts. Like our babies aren't born and then they stand up and they don't, you know, just drink our milk all by themselves, no, they're totally helpless. Well, we have to understand that we need all the big picture of all the food groups.

S So, it's not just Trim Healthy Mama to say, well, you know, I do the cream cheese desserts but I put the good healthy sweetener in it and I eat lots of protein and I'm... all of that kind of stuff. You've not necessarily got the full picture of the Trim Healthy Mama plan because the full picture of the Trim Healthy Mama plan is loaded with greens and non-starchy vegetables and that supplies the Vitamin C.

P Yes. And that's what we're going to talk about. So, pretty soon we're going to say how best to get Vitamin C because I know people are thinking, well, I'm just going to take a Vitamin C supplement and this is what Kate was saying - really high amounts of this is a good idea. But before we get there what we think, Serene and I think is the best approach is I wanted to... We were talking about scurvy because that's massive Vitamin C depletion but guess what is happening in our culture. More and more people are Vitamin C deficient. They're not at scurvy level, they're not there yet but...

S What they call it is a low level scurvy, a constant low... What do you call that, when something is just constantly...?

[00:14:07]

P Chronic

S It's a chronic scurvy. It's not that aggressive that it's going to kill you in two days but it's that low level.

P And many... more and more children are... I mean, you think about if a child is having cereal in the morning or a Pop Tart, right? You know, Mac and Cheese for lunch or a burger, maybe chicken nuggets... Children live on chicken nuggets, right? Maybe they have them twice a day, you know. They are in this chronic state of Vitamin C deficiency. It leads to anemia. I mean, you... A third of the people walking around in this nation right now have low iron... iron that is too low, right?

D Yes, I hear that a lot.

S Right, and why?

P And this is also a big connection with Vitamin C.

S Because you can't absorb your iron properly without high enough Vitamin C.

P Yes.

[00:14:53]

S And the other thing is as people are so stressed, and it's not just because they're eating foods that are causing stress in their body, yes, but that's stress because they're just not thinking the right way. They're thinking stinky thoughts and they're fellowshipping with darkness all day. In their own thoughts they're just thinking yuckiness. You know what I mean? Just because by ourselves, without God, we just kind of think, you know...

P Or even with... Even when you say that with God, I mean, I was... I would call myself like a Christian, yes, I was a Bible believer and yet I was still stinky thinking all day, just because I thought that was okay.

S So, stress depletes your Vitamin C and makes you adrenal-fatigued. Why?

P Stinky thinking depletes your Vitamin C.

S Because do you know your adrenal glands need 100% more Vitamin C in themselves than your other organs? They actually concentrate 100% more Vitamin C in the adrenal glands than the other organs.

P Isn't that amazing?

D Is that...? You were talking about kids' lunches and stuff. Does spinach have a lot of Vitamin C in it?

P Yes, because it's a green and we're going to go into that.

[00:15:49]

D So, greens do, obviously oranges and stuff.

S Brussels sprouts and I love me some Brussels sprouts.

P Broccoli, broccoli is so high.

D You know, it made me think, you know, I mean, gosh, if our children are having low level chronic scurvy in our country, and that means in our often personal houses, I often hear...

P Oh not just children, adults too but big time children.

D Yes, well, I can almost hear a parent saying but my kids don't like the taste of spinach or greens or anything and I just had this whole conversation in my head while you were talking, of the one side going, my kids don't eat that or wouldn't eat that or can't... but then the other side, I started arguing against that in my own brain, saying don't... isn't it up to use to train our kids?

S Yes.

D And train their taste buds and help them to appreciate foods?

P It sure is.

[00:16:36]

D I mean, I was kind of that way. My wife saved me on that. She made our kids eat stuff and she kind of... This is before THM. She would coach me and say, you know, we're not allowed to not like foods that come out of the earth. Like that's against the rules in our house. And my kids now, they... Like they'll see a cucumber and like fight over it, you know, but that's thanks to my wife and...

P Yes. Shout out to Mrs V.

D I just had that whole side track little train of thought in my head, it's just to encourage everyone...

S Hey, and medicine doesn't taste good either but you sure make sure your children get medicine when they need it.

D When they need it, yes.

P I understand where you're at and I so agree. You know, I did my best to train my children when they were little but a lot of people are coming to Trim Healthy Mama when their children are like ten, 12, 14. They've already made their choices, you know, but that's what we're going to talk about, ways to get over that.

S That's when you hide your okra in the brownies because okra's so high in Vitamin C.

P And that's where we're going to talk about things like Boost Juice but we're coming up to that.

[00:17:33]

S We're coming up to it. But this is the deal. Don't think you have to start buying the orange juice, the pasteurized orange juice, or juicing your oranges all day long

to get your children to get Vitamin C or you yourself and that'll just ruin your waistline, it's just straight sugar to the bloodstream. Because it's really the wrong way to do it because your high blood sugar leads to inflammation and that stresses the body, stresses the body, depletes your Vitamin C.

P I know, so it's a vicious circle.

S I want to take a moment to talk to you about Molekule, which is such an amazing company that puts out an air purifier that actually destroys pollutants. Now, the other air purifiers, they're not actually purifiers, they kind of trap that bacteria and the contaminants.

P The purifiers that are on the market these days are like using a phone that was built in the 1940s. They were all the same. They use filters. The Molekule is the first one that destroys pollutants, isn't that incredible?

[00:18:31]

S Yes, it's actually a doctor, a Dr Yogi Goswami. He spent 20 years developing this thing.

P I think it might be Yogi.

S Well, Yogi, there you go. And he developed this incredible technology behind Molekule and now makes it available, this revolutionary technology available to consumers like us to make us sleep better, to make asthma sufferers actually get relief. This stuff is huge. Do you know that most people spend most of their hours indoors? Indoor air is not as pure as outside.

P No, it's not. For asthma sufferers, as you were saying, Serene, this brings relief like no other air purifier. There's just been testimony after testimony. One lady said that it was the first time she was able to breathe properly in 15 years.

S That's huge.

P I know. Think about how many children are suffering with asthma that could be helped by this incredible technology.

S So, I'm not going to go make a phone call about this on an old dial-up phone, you know, twisting the numbers round and round and round.

P Yes, let's not dial up. That was... What was it called?

S What do you call it? Ring? You ring it round the ring? I don't know. But we're not going to do that. We're going to make a phone call on our smartphone about some smart technology.

P Exactly.

S Pearl, give us the info.

[00:19:45]

P So, for a full \$75 off your first order, visit molekule.com and that's spelled M-O-L-E-K-U-L_E.com. Visit molekule.com and at the checkout enter the promo code TRIMHEALTHY.

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

S Serene.

S So, this is the deal. Yes, you can get it through Vitamin C/ascorbic acid and that's fine to a certain extent. But it's not as easily absorbed by the body and this is the thing. Vitamin C is so great because it makes you absorb more nutrients from your food. Plus, right? It's a plus. But if you get too much ascorbic acid it's the opposite. Everything's coming out like diarrhea. It makes you not absorb any of the nutrients from your food.

P To get enough of the Vitamin C, you know, they say, what, tolerance or saturation, when you get there and then it starts coming out, right?

S Right.

[00:20:41]

P So, then you've got a whole bunch in you but it'll force things to come out. So, it's like iffy.

S And we like to do things more naturally and we agree with Kate, that I think if you've got some issues that need to be worked on fast, that maybe not just relying on cauliflower and broccoli... It may not be enough. So, we're going to talk about some superfoods that have massive levels later on but, Pearl, do you just want to start with addressing some of the foods?

P Yes. So, I think if you want to do ascorbic acid, more power to you. We'd prefer to do it in whole form and we think it can... We know it can...

S We're not against it.

P No, we're not against ascorbic acid. We're not against it.

S Like my children, when they have a cold and they're at my mother's house, my mother will like... She likes to pop the ascorbic acid pills. She'll give them Vitamin C when she hears them coughing. Big whoop. I'm not against it.

P No, we're not against it but your body absorbs things better in its natural form, in a food, and so that's what I think we should be all about. So, as Serene said, Trim Healthy Mama is just not protein and, you know, a focus on that protein and fats. It's the beautiful balance of the Vitamin C-rich foods too and which foods are they? Let's talk about them now and we want to encourage you today to just bring these foods big time into your life. Big time.

[00:22:01]

S Okay, so, I've said this so many times on this PODdy but I'm just going to reiterate. I'm just going to like be repetitious. This morning what did I have? Cups of kale in my big non-starchy Egg Scram. I had two eggs but I had cups of kale and it goes down, like it just wilts down. So, I had like a lot of kale and then already a big salad, you know, so... And I'm not done. I'm going home for a big trimmy bisque with heaps of cabbage and broccoli and cauliflower in it and...

P So, when Serene's saying this, she's mentioning greens. As you said, Danny, greens, anything green is extremely high in Vitamin C. I mean, you take an orange. No, greens are higher.

S Yes.

P And so greens are... can be your go-to. That's why we always say when you're having protein. Have greens with your protein because it gives you your Vitamin C.

D Are they the highest?

P No, they're not the highest but they're way, way up there.

D Yes.

[00:22:58]

P And so another thing...

S Cruciferous vegetables, that's why I said the cauliflower and the broccoli.

P Broccoli, from a little... When my children were little, I mean, I... Obviously a little older than one but I started them on broccoli, you know...

S Little trees

P The little trees and we coated them in butter and mineral salt and a little cheese and to this day all my children devour broccoli, just because, you know, we started young and made it yummy.

S Yes

P And so all your greens, and, as Serene said, she had kale... I mean, I don't always have greens with my breakfast. Sometimes, if I'm having oatmeal, I'm not going to have greens but I can throw a little baobab in my oatmeal. We'll come to baobab later. Or berries, let's talk about berries.

S Oh, they're great.

P Berries are super high in Vitamin C.

S Yes, they are. You can taste it too, can't you, in the raspberries and the strawberries.

[00:23:46]

P Oh, you can, it's that citric thing.

S The tartness.

P And berries are just so wonderful. Eat them frozen, eat them raw, put them in your oatmeal, give yourself some Vitamin C.

S Hey, Collagen Berry Whip.

P Yes, absolutely.

S There you go, because then you're getting your collagen and your Vitamin C. That'll take care of that little scurvy.

P I know. That was in the first cookbook we did.

S Yes, it was.

P Collagen Berry Whip. Guys, try that one out.

S Remember, collagen is such an important superfood that we use on this plan, that it goes hand in hand with the Vitamin C food too.

[00:24:17]

P Yes. And it's not like... You know, a lot of people say, well, when you take collagen, take 2,000 grams of ascorbic acid.

S No, we're not all about that.

P We're not all about that. Let's be natural, folk. And so you've got your greens and you've got your berries and let's talk about citrus fruits then. I mean, they are high.

S Limes and lemons. The Singing Canary. And that's why we brought... made that recipe, for those with adrenal fatigue, because they need, like I was saying, so much Vitamin C.

D That's from your book.

S Yes.

P Well, it's actually... For those of you that are just very new to the plan, go Google singing canary. The recipe will pop up on Google, Serene's recipe, and it is powerfully high.

S And that's a lemon-based drink.

P It is a lemon-based drink. And let's talk about Boost Juice because, you know, Danny was talking about getting your children to like things with Vitamin C and I said but what if they're a teenager and they've already decided, you know? Boost Juice is... has lemons in it.

[00:25:12]

S So, we haven't really brought up baobab yet, girl.

P No, and baobab, and it is... tastes yummy. It's a wonderful drink for teenagers and children and you. It's going to get you some major Vitamin C. Now let's talk about baobab.

S First Kate said, so you know... you know, maybe you just can't get it from whole foods, you might need to get something more amped. Well, baobab is that more amperage right there for Vitamin C. Now, we could have chosen... Here at Trim Healthy Mama, I mean, we have people sourcing the globe for things that we really believe will benefit our Mamas. We could have chosen Amla or Camu Camu or all these other incredible rich Vitamin C...

P They are rich in Vitamin C and even...

S Yes.

P Amla has higher amounts, however we chose baobab because of the other things in it.

S It has a boost of other things that round it off, that actually make you absorb that Vitamin C.

[00:25:58]

P And it has that iron in it.

S Yes.

P And so people that are Vitamin C-deficient... It's delicious.

S And it is the most... highest antioxidant food on the planet.

P Yes. So, baobab is... We look at it... I just look at it as my Vitamin C food and I'm tossing it in things all day.

S My toddler, Remmy, he has... it's in every single one of his little foods that I make for him. Like I sprinkle it on his yoghurt, I sprinkle it on his oatmeal, you know, I put it in... And I'll sprinkle it in his soup and just stir it around.

P And you don't... He can't detect it.

S It tastes like... Like in savory food it tastes like a little bit of hot sauce, that tang of the vinegar, you know.

P Yes, but it's not spicy.

S No, and then in your sweet foods it just tastes like sherbet, like you put apricot powder in it or something. Amazing.

P And you are into many of our products, Danny, and we don't like push products, like we started off here saying get your greens and your berries and, you know what, if you have enough of those you can do fine. We're not saying you have to have baobab but for those of us who really want to amp the Vitamin C, that's why we carry these superfoods, just so you can really push it over the top and push your health, especially if you've got stubborn weight, you know, and you can't lose it. You want higher amounts of Vitamin C.

[00:27:10]

D So, in my man Man Plan smoothie...

P Yes. I want to know if you're using baobab yet.

D I've already been... Well, it's interesting because I have baobab and collagen from our products in the pantry and sometimes I'll shake in collagen, sometimes I'll shake in baobab. But what about shaking in both, perfect?

P That's perfect.

D That's what you're saying.

P Yes.

S That's what we're saying.

D It's a combo of those.

[00:27:32]

P A combo of those is really, really health-promoting for your heart, for your... all your arteries.

S Yes.,and also those that are diabetics who want to amp up their Vitamin C and, like we said, don't go out and do the OJ. Baobab is incredible for diabetics. It has a soluble fiber. It's 50% fiber. And half of that is the soluble fiber. And so really it satiates and it steadies out your blood sugar and it provides Vitamin C. It's a win-win.

P Oh, exactly, because remember every time your blood sugar spikes, that's inflammation, remember. Inflammation means stress, remember. Stress means... You know, it sounds sort of depressing, a lack of Vitamin C, but we don't have to go there into the depression, you see. We've got ways around this.

S Exactly

P Get yourselves some baobab and amp up your Vitamin C.

S Hey, and say you don't even have... I'm just talking like I'm going out there. Say you've got nothing. Say you've got no money to buy berries, you've got nothing, just think some happy thoughts and at least you won't be depleting your Vitamin C.

P That's true. Listen to our last podcast, which was about “Choose Your Happy Crazy.”

[00:28:35]

D And the one before, really.

P Yes. Actually, that's what I mean, not the last one, the one before that.

D The last two.

P It was called "Choose Your Happy Crazy", I think.

D Oh, I see, yes.

P It's huge, Serene. It's not just what we eat, it's how we think.

S You could be taking baobab and collagen all day and be thinking you're a loser in your head and your Vitamin C is not going to get...

P Or be filled with fear or be filled with anxiety and all that. I mean...

S It's a full picture in health.

P It really is.

[00:29:02]

S Sunlight and soul, spirit, number one.

P Yes. So, you have never put the collagen and the baobab together.

D Never together, because I always think collagen for the, you know, teeth, skin, nails, let's throw in the beauty product into the smoothie.

S Those are the building blocks. The baobab is going to help you synthesise those building blocks.

D So, that's so exciting because I'm always thinking... I always picture those powders. I love them in powder form too because I always picture them like soaking really easy into my system.

S But can I just tell you something Danny? I used to like to whip things up like that. You know, you can add it to your regular recipes you already know and love.

Collagen Berry Whip, throw in a bit of baobab. It just makes it tarter. It just makes it more thick, like a really wonderful Greek frozen yogurt.

P It does.

S But, listen... Yes, so throw it into your mainstays but I love it so much, I sprinkle it on top of my smoothies now. Because the flavour of it is almost like you've got like ground up apricot or pineapple. It's just... It's so that delicious, I actually like to get a clump of it unblended in my mouth. The other thing is if you're a baker we have an incredible yummy recipe that I don't think many people have made yet.

[00:30:10]

P No, it's been unloved and it should be more loved and that's your baobab muffins, right?

S What did we call them?

P They were called Lemon...

S I don't know, but they are delicious.

P Lemon Poppyseed Muffins.

S And we used baobab as half of the flour in that recipe.

P I know. And, listen, if you're first starting with baobab, as Serene said, it is a fiber and so some people, when they first start, you know, and we're saying, hey, use a lot of it, some people's stomachs aren't quite ready for that amount, so maybe just start off with a teaspoon and work your way up.

[00:30:36]

S Just work your way up. I'm to the stage where I can... I could download buckets and not fluff a piece.

P There you go, download buckets and not fluff a piece.

D That should be a hashtag - download buckets and not fluff a piece.

P Yes, and, you know, baobab, let's talk about what a wonder food it is. It goes through no processing. Do you know that the fruit...? And we are actually developing, as we speak, our... It's so amazing. In a village in West Africa a Trim Healthy Mama... Something is birthing there.

S It's so exciting because there's a lot of women with hungry children who need to provide for their children because kind of the whole culture and everything over there, there tends to be a lot of women who are left with a lot of babies and there is a lot of poverty and hunger and these women are going to be the ones that are going to be gathering the fruits.

P So, a baobab center is happening right there where these trees are grown and we are basically going to be employing almost a whole village.

S But our friend, who's a Sudanese man, he said the women are almost crying at the opportunity to be able to provide some money for the family.

P But these... The fruit falls off the trees and naturally dries on its own and, I mean, we've had this baobab fruit. I mean, it tastes exactly what you get in the packet, is in this fruit. It dries in it.

[00:31:59]

S Most people, when they think of powders, they think manufactured, you know, and they think of something that's just so devitalized. No, all they do to this is... So, this dehydrated... It almost tastes like the freeze-dried fruit you get in the baby section at Wal-Mart, you know, that freeze-dried banana, freeze-dried

strawberries. It's that texture and all they do is rub the... to get it off of the stones.
That fruit is around the stone. They rub it together and it forms a powder.

P We're even thinking of selling the little baobab pips, the seeds, because the dried powder's around them and you suck them and they're like a candy. Oh, I love them. In the end you'll get to the seed and you have to spit it out.

D Oh, gosh, yes.

S But children do it all day.

D But this... What is now, what we see powdered in the bag, is the outside of this.

P It's the outside and they're just yummy to suck on. It's like sucking like on some dried pineapple or something and it's... It's like a candy.

D I could go for that.

[00:32:52]

P Yes. Oh, no, you would love it. Hey, but this...

S Hey, come on over after. I'll hook you up.

P Yes, Serene will hook you up.

D You have some.

S I have some.

D Nice

P What I love about it, it's naturally... Its natural shelf life, three years, mate.

D No way

P Just because it dries naturally like that. It's just good for three years and God made it that way.

D It's like somebody wants us to have it.

P Yes. And it boosts your immune system. Vitamin C boosts your immune system but baobab has other things in it. And, you know, we're talking about why baobab and Vitamin C. Baobab has ten times the amount of Vitamin C that oranges do.

S And more potassium than bananas and more fiber than a bowl of oatmeal. I'm telling you, this thing rocks.

[00:33:33]

D It's out there hiding out in Africa.

S You could put Acai and, you know, pomegranate together and baobab has more antioxidants.

D But I like this combo. I would almost love to see like baobab, collagen recipes.

S Don't worry, we've got a lot of products in our head we're not talking to you about now.

P Oh, yes, Serene and I have been little elves.

S Are we going to do a heads up or not?

P No, you're not heads upping, Serene. Some things are left to surprises.

S Yes

P But, yes, we're definitely coming out... We have been baobabbing in our kitchen and the treats that we are making, which aren't necessarily going to be recipes in books, they're going to be products, and they... I'm so excited, I literally...

D Listen to the level of code you guys are talking in to our podcast audience.

[00:34:18]

S Hey, PB

P Yes, I know.

D You're like we're meeting next week to do, you know, that.

S Copy

D Copy, the eagle has left the next.

P Yes. But... So, let's talk about baobab and iron. Okay?

S That's a huge one.

P Yes.

S It's great when you get two of the nutrients your body is so starving for together and there are certain nutrients that work hand in hand, like iodine and selenium. You know? Iron and Vitamin C is another one of those twinsies.

P And here's something interesting that you need to know about baobab and iron. Our bodies require two types of iron.

S C and iron, yes.

P Yes, no, I'm talking about baobab and just iron right now because, of course, the C and the iron together but our bodies require two types of iron - heme iron, and that's found in your fish and your meat products and your red meat, and then non-heme iron and that's in plant foods - but compared to heme iron, non-heme is very hard to absorb by the body.

[00:35:19]

D H-E-M-I?

P H-E-M-E.

D H-E-M-E, okay.

P Yes, it's very hard to absorb and... But one way to absorb this non-heme iron is with high amounts of Vitamin C. Isn't Vitamin C like a...? It should wear a cape.

S It should.

P And so that's why we love baobab so much, you're going to get your non-heme iron because of the high amounts of Vitamin C and then because of the high... because of the iron...

S Yes, so it's high in heme iron.

P You can absorb your Vitamin C.

S It's high in heme iron and because it's high in Vitamin C...

[00:35:54]

P No, non-heme

S Yes, you're going to absorb it.

P We're as clear as mud there but do you know what I'm saying?

D Yes, yes, so Vitamin C is like the host. Like he hosts all the stuff and he's like, hey, come with me, I'm going to get you in the door.

P Exactly, it's not just iron, as I said before, it's the carnitine and these antioxidants and the things that they cause our body to do and...

D We need to write children's books where like Vitamin C is like a super hero but he's the one that like gets everyone into something.

P You know who Vitamin C is? He is... Who's the guy that leads the Superhero League. No, Superman...

S I'm unplugged. How am I to know?

P Superman doesn't lead the league.

D Do you mean The Avengers?

P Yes, The Avengers.

D The Avengers are the Justice League.

P Which one has Captain America?

D The Avengers.

S All I know is the Muppet Show from the 1960s.

[00:36:40]

P Okay, The Avengers, right. Who is Baobab in The Avengers, Danny? Who is Baobab.

D Well, the mightiest Avenger, arguably, is Thor.

P Yes, but who leads the pack, though?

D Captain America.

S How come I feel left out?

P Because you don't watch enough movies, you're just... It's so wrong not to watch these.

D The Avengers are... The story and the way they go in between worlds and the things they can do, mind-blowing tie-ins with all the stuff we talk about.

[00:37:05]

S Even my husband was a little bit embarrassed of me the other day. I came home to him and told him about what we were doing on our radio show about that little segment...

P Where you don't know... We show you a picture of a famous person and you never know who they are?

S And then you're not that famous because if Serene doesn't know you, you're not that famous. And I said that I had no clue who Morgan, what's his name?

P Morgan Freeman

S Who Morgan Freeman was. He was like, okay.

P Yes, it's a problem. Okay, so Serene has not had TV in her house since you were married. Now, you grew up... We had TV in our home growing up, so you know this.

S The Brady Bunch, I know who's in charge, oh, yeah.

P You know the 80s stuff. But you were married what year, Serene?

S 97

P 1997, but even before that we didn't have TV because we were on the road.

[00:37:50]

S Yes, no.

P We were on the road.

S Probably from 1990.

P Serene has not really known what's gone on in the world. She's unplugged from social media and she doesn't watch... She rarely... She watches a nice Christian movie here and there.

S Pearl told me to go out and watch this movie the other day. Oh, my goodness, it took me three weeks to get over it.

P I thought it should be fun. I told her to... Oh, people are going to hate me for saying this.

S Send the letters to Pearl. She told me to go see The Equalizer.

D Oh, it's such a violent movie.

[00:38:17]

P I loved it. It was so violent. I didn't look at the violence, I didn't, but I loved the story.

S But I shut my eyes. My ears perked up twice.

D I see, twice, she counted that.

P She couldn't get over the movie. It was just like affecting...

D I didn't peg you for somebody who would like The Equalizer.

P No, I loved what he stands for.

D I thought maybe like Mary Poppins.

S Because he loves his wife so much

P No, that's Serene. Yes, his wife's dead, he still loves her. He's going and, you know, he's like saving... He's saving the good people.

S But what I loved about that movie is that he listened up to the people's stories and he really care about changing the lives around him.

P Yes. But who I really think baobab is, and we're really rabbit trail like times a thousand here...

S Well, we brought some good meat.

P We did. And now we're almost at the superfood spotlight, people, but why am I not thinking...? Who's the guy that... you know, the funny one?

[00:39:07]

S Captain America.

P No, Captain America's not...

D Robert Downey Junior's character?

P Yes, who was he?

D Ironman.

P Ironman. I feel like baobab's Ironman because Ironman really does run the show for real, I think.

D Yes. I see what you mean as far as lead the... Yes, Captain America...

P Yes, Ironman's the brains.

D He's the... Yes, Captain America calls the shots in battle, when it's battle time.

P Yes, he's the good guy.

[00:39:23]

D But the behind the scenes strategist and the one who's kind of always first to make the plan and know what needs to happen, that's Ironman, you're right.

P You see, to me baobab's Ironman. But it can be Captain America to you, if you want it to be, Danny.

S Hey, can it be like Kermit the Frog?

P She might as well... She doesn't even know what we're talking about. Hey, so time for our superfood spotlight.

D Time for our Trim Healthy Mama Superfood Spotlight. Yay.

P We are talking about Vitamin C today.

D Vitamin C.

P And how to get it.

D How to get it.

P And we have saved this special food that's an everyday food that you can get.

D All day.

P But it is so filled with Vitamin C, so we're saving it for a special superfood spotlight.

D Not today, though.

S Dum de dum. Hey, can you Kermit the Frog it?

[00:40:16]

P Can you Kermit the Frog this name of this food?

D The name of what food?

P Our “Superfood Spotlight”, Danny, get with the program, Dan Dan Man Man.

D Oh, the “Superfood Spotlight” today is.... banana.

S No, we want it in Kermit the Frog.

D The superfood... [Laughter].

P You're so out of it. Bananas is not the superfood spotlight. It's not. It's peppers.

D It's peppers.

P Red and green peppers. Can you please say it?

D Please welcome today's “Superfood Spotlight”. It's peppers. Yay. Yay.

S Sweet peppers. I can't do it.

[00:40:50]

P Okay. So red, green, & yellow peppers, capsicums. We grew up calling them capsicums.

S I'm talking about my lovely Aldi's little rainbow peppers that I love to put on my salad. That's what I think of.

P Why do we love these peppers so much?

D Tell us.

P Because they're stinking so full of Vitamin C.

D Come on.

P They put oranges in the dust.

D Really?

P Yes.

S They so do. They provide 169% of the RDA of Vitamin C.

P Actually, I had researched that and it actually said 200%.

D What's the RDA?

[00:41:18]

S I'm going with yours. You always go with the highest.

P Recommended Daily Amount.

S But the Vitamin C is the number one key. And that's why they're our superfood spotlight. Solly just wants to talk about them. But Vitamin K1, Vitamin E, Vitamin A, folate, potassium, the list goes on. I mean, they are so high in... Of course you can see it in the colour, the antioxidants.

P Yes. Everything bright, it's bright for a reason.

D It's calling out to mankind.

P It's calling out... You know how male birds are bright for the female to notice them and to go the bright ones get the bird... get the females? Right?

D Yes.

P The bright foods get our attention and we should eat them. They're saying eat me for a reason. Like blueberries. But like red peppers and green peppers and...

S Now, the hot peppers, they are very high in Vitamin C too but most people can't do them. I love them but most people can't. But listen, I just love to stuff the peppers. Don't you love stuffed peppers?

[00:42:17]

D Oh, yes, yes, those are good.

P I love stuffed peppers.

S The mini ones.

P I love peppers in salads. I see you. You just chomp on peppers, right?

S All day long.

P But people...

S I take them on the airplane.

P People should not overlook your Freshy Salad, or the Freshy Bowl in the latest Trim Healthy Table book.

S Yes.

P You make it once a week, it lasts all week and it is... It's basically just peppers in the most yummiest way.

D Can I tell you a pepper I love?

P Yes.

S And it's not Christmas yet. It sounds like sleigh bells.

[00:42:47]

P Well, you're doing it right near the microphone.

S Well, she's right near the microphone.

D Yes., so, a pepper I love is banana peppers. It especially pairs well with pizza and you always see them in the Pappa John's box.

S Oh, be quiet, Kermit.

P Hey, you can put it on a healthy crust, then you've got a good pizza.

D Yes, but banana peppers, though. I mean, just to chomp right into a... They're kind of spicy but they're really sweet and good.

P Yes. And this is why we say... You know? And in so many of our recipes we talk about seasoning blend to start it, you know, which is an onion, chopped onion, chopped peppers and chopped celery. But it's just another way to get peppers in your meal when you wouldn't ordinarily have them.

[00:43:26]

S Let's shout out to another Serene recipe. I have to do this, people, because most people, they tend to gravitate to Pearl's recipe because she's tried to... Pearl's recipes are quicker and they're just like, you know, get her done.

P I love this.

S My recipes have more of a longer list and people are afraid of them but shout out to another recipe from Serene, please. Hello Health is the new All Day Sipper in the Trim Healthy Table book and it incorporates baobab and sweet peppers.

D Shout out Hello Health.

P You know, Boost Juice sort of took over baobab because it's so simple. It's lemon juice, it's water and it's baobab with a doonk of stevia, right?

S Yes

P Look it up. If you've never heard of Boost Juice, go right now and type it into your Google and our video will come up.

D Say it again, just... The recipe.

P Okay. So, Boost Juice, if you want to make Boost Juice...

S A cup of water

[00:44:14]

P Well, put into a... In the bottom of a glass put half a lemon, then a teaspoon of baobab.

S Now, the reason why you stir that first is you don't want the baobab lumpy in the big cup of water.

P Yes. Stir your juice. Stir your lemon juice with the baobab.

D Mixture, yes

P Put a doonk or two of stevia, our stevia or anyone that you like, but we like the doonks. And then fill it up with ice and water. That is Boost Juice.

D Wow, that is easy.

P It will rock your children's world, it will rock your world.

D Yes, it sounds exciting.

P But the Hello Health Sipper, Serene's original sipper with baobab that she put in Trim Healthy Table has red pepper in it and so that's why it really kicks up the weight loss and that's why we need to talk about peppers help you lose weight. Why, Serene?

[00:44:53]

S Yes, they do, because the Vitamin C and we said you can't have... You don't have an easy time losing weight if you're deficient in Vitamin C. Number two is they are an... They're kind of non-starchy. They're not considered a starchy vegetable.

P Even though they're sweet and they raise the thermogenic temperature of your body.

S Yes, they do, especially if they're spicy.

D So, people write in a lot...

P Even capsicum does that.

D Can you give advice for people in a stall? Sorry, I talked over you.

P We've... Yes, we've got a whole poddy...

D I know but is Vitamin C advice for people in a stall?

P Huge, it's probably one of the first things we would say for someone in a stall and that's why we always say, well, how's your veggie content we ask them. And why are we saying that, first of all because you need balance with your dense foods

and your high calorie foods and your lighter foods but, second of all, because, hey, that's where you're going to get your Vitamin C.

D Yes

[00:45:40]

S You sound like that uncle from Duck Dynasty. Hey.

P Oh, Uncle Cy, I know why you watched that, because your kids bought the videos, Duck Dynasty.

S Yes, yes, yes. What does he say? He'd say, hey. That's not funny.

P No, it's not.

S It was funny to me at the time.

P He's got his iced tea.

S What would he say? It's something like hey.

P Are there are no other Duck Dynasty watchers in here? I know...

D No

P He says hi something but he's holding his iced tea and I can see him saying that.

[00:46:10]

S And just the way you said it just struck me.

P John wants us to be done. He's ready to leave. They're all hungry.

S Solly's hungry. And I didn't bring her nay nay tent

P We're so done, people. I hope you have... I hope you're going to go get your Vitamin C. And, Kate, I hope we answered your question. Our big answer is a resounding YES, we believe you can get Vitamin C from whole foods and I consider baobab a whole food at the cellular level. If you want to add some more

wonderful superfood powders like Camu Camu and Amla, go to town, they're awesome too.

D Hey, Trim Healthy Mamas and Men. Thanks so much for hanging with us again in our little living room today. It's ambiently lit and full of great vibes and we're so glad you joined us and we can't wait to talk to you again next week.

S Solly says bye bye.

D Solly is on that mic.