



Trim Healthy Podcast with Serene and Pearl **Episode 93 - Want PODdy Meat? Coming Right Up!**

*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

Announcer:

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[00:00:26]

S This is the PODdy with Serene.

P And Pearl

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

D We are back. It's the Trim Healthy Podcast with Serene, Pearl and Danny and we are so glad you have joined us, women and men, boys and girls. I just wanted to do it in reverse this time.

P Nicely done.

D Yes, so, we've got a great listener question that has come in and we want to jump right into it.

P Yes, and, as you said, it's pretty lengthy but I gave it... I didn't read the whole thing. I gave it a little whizz through, speed read, and I thought this could generate a lot of PODdy meat.

S We need PODdy meat.

D What?

[00:01:05]

S We so do and I'm so excited about it. I'm just keeping my... I'm not talking very much right now. I'm zipping my mouth because my mouth out of it wants to jump. Rabbit trails of Danny's pink shirt jump.

P Let's not go there, sister.

S I know. So, I'm just being quiet.

D Could we come up with a phrase other than PODdy meat? It just...

P No, there's meat and there's rabbit trails. You pick, Danny. That's what we do here.

D Okay

P The meat is the good stuff.

S I could give you imagery about the pink shirt tucked in.

P We don't need it.

S No, it's not tucked in but it could be.

P No, you just stop.

[00:01:34]

S What if it could have been?

P Let's go here. There's going to be good stuff today.

D So, this comes in from Stephanie and Stephanie writes, good morning, Pearl, Serene and Danny. First, I want to thank you for the Biblical down to earth sensible approach you brought to my kitchen and, more importantly, my family. I have tried every diet and lifestyle in the

book, the extreme ones too. Since a very young girl I've spent my life in and out of ketosis, severe fasting, training and other debilitating forms of eating. Through Trim Healthy Mama I have finally been able to lay down the burden of disordered eating at the feet of Jesus and find true and beautiful (all caps) FREEDOM! Praise God, He is faithful. I have always eaten the proper foods but now, for the first time in my life, I am eating them the proper way, which is key and I am healing physically, mentally, emotionally and spiritually. Wow. On to my question could you do a PODdy on macros? Macros? Macros. I realize it's not about numbers and I realize it totally depends on if you're more into E Meals or S Meals. But the basics how much protein should I be getting in a day to stay healthy? How much fat does a young active mom need? What does health look like, written in macros? I personally do lead an active lifestyle. We live on 200 acres of farm land. I'm constantly picking pastures, hiking our trails and chasing my boys around.

D I'm 25 and have decided at this point to quit my HIIT training and let my body heal from years of self-abuse. But I want to make sure I'm aiming for what my body needs to thrive. Thank you so much for all you do. All your tips are helpful but what I've appreciated the most is how you have incorporated the truth of scripture into your message. God is so big and deserves that much but you three do it with such sincerity and joy, it flows like a jubilant river, reviving the thirsty soul of those who have searched and pleaded.

S She's like a... Well, it's done well on both... She wrote well and he's reading really well.

P I know. Oh, here's your baby. But keep going, Dan Dan.

D Let me pick back up. I like this.

P I didn't ask for this question just because she encouraged it so much.

S I'm almost crying. Like it's so well-written and I'm touched but you...

D I enjoy reading it.

[00:03:56]

S Danny, you could get a fulltime job just reading questions like this.

D I actually have one. But you three do it with such sincerity and joy, it flows like a jubilant river, reviving the thirsty soul of those who have searched and pleaded for aid in the dry deserts of our distorted and

misguided society. Your three beautiful souls are my pleasure to listen to every Wednesday.

P She's sweet. She's got an encouraging spirit, because I actually needed this today.

D I know. I'm sitting here...

P I'm telling you. I came from a Trim Healthy Mama business meeting with... How many men were there? Eight men, I was the only lady in there.

D Eight angry men

S It's like the... What do you call those? They're not Smurfs, they're those people, little people with beards.

D Trolls?

S No, they're nicer than trolls. Snow White and the what? Oh, the seven dwarfs.

P It was. It was Grumpy, Meany, Bashy, and Numbers.

D Numbers

[00:04:48]

P It was Numbers.

S And you do look like Snow White with your pale skin, a few little freckles across the nose.

P Poor John was there. John, just how hard was it, John was... He kept saying, Pearl, get me out of here, get me out of here. It was so hard because this is like end of year projections and trying to get all the numbers and how we're going to do that and we're not going to have enough of this and it was just... Nice. I needed this because, you know what, this is what we're all about.

D And we're not done.

S You not only needed it. You needed it read by Danny himself, of calibre.

P Yes, I needed this, because this feels like realness. This feels like touching people where they're at rather than numbers of how to get gentle, sweet... how to get 50,000 units of...

D Right, yes, it's like...

P Thank you, Stephanie. I want to answer your question but you have just brought life into me.

[00:05:33]

S Stephanie, I just want to see... Straightaway what jumped out of...

D Wait, wait. We've got to finish, though.

S Finish, please, and let me get my hanky out.

D Yes

S You say hanky in America, right, for a nice old snot rag?

D We used to in the 50s, yes.

S You know, the wipe of the tears.

D In 2018 people don't carry rags filled with mucus around in a pocket.

P You didn't do it. Remember when you used to do it?

D Oh, the good old days, yes.

P It was disgusting.

S They used to... Women used to keep it under their... the shoulder of their bra strap and men used to stuff it in their top pocket.

P And it would be full of goobers.

[00:06:02]

D Mucus, my grandfather carried around a white hanky all of his days.

P But you share your hanky. You share your goober hanky with others.

D Oh, you'd pass it... Or you'd use it to wipe a kid's mouth.

S In time of need, when they had stress, you shared the hanky. Here, have some of my germs, it'll bless your soul.

D It's like why's the whole family getting pneumonia? Okay. So, back...

S And you had your initials embroidered into the corner.

D Let me pick it up from reviving the thirsty...

P Oh, she revived me.

S And I always got hankys for Christmas from my aunties every year.

P Yes. But that would be rabbit trail. Go back to the meat.

D Reviving the thirsty soul of those who have searched and pleaded for aid in the dry deserts of our distorted and misguided society, your three beautiful souls are my pleasure to listen to every Wednesday. Keep it up. Oops, one last thing. How many calories do we want to aim for? Again, I know it's not about numbers but these help me stay on track. Most days I find myself only getting around 1,000 to 1,300. I eat four smaller meals a day. Thanks, Stephanie.

S Stephanie...

P Before you say anything, Serene, do you know why I wanted him to read, Stephanie? Does she remind you of anybody?

S Me.

P Yes.

S Stephanie, what jumped out of me... what jumped out of your post, ah, straightaway was your age. First I thought, yay... Let's give you the good news first. Yay, only 25, which means you are at a great young chicky of a chick age to release yourself of all this burden.

P And yay that she has started on that journey.

S And yay. So yay. So that, hey, your future is, the freedom is coming. Boo to you being such a beautiful sweet chicky chick young age and boo to, my past too, having put yourself through so much at a young age and at such a young age having to go through such physical prisons of training and physical prisons of food macros too. I still hear it a little bit in your post.

[00:08:02]

P Yes, but we'll talk about that.

S And we're going to talk about that.

D Can we define macros for we ignorants?

P Macros, yes, they're the numbers. You'll hear bodybuilders talk about macros, you'll hear...

D What does it mean, though?

S Numbers of the macronutrients, so how many numbers of your protein. The different macronutrients for your protein, carbohydrates and your fat.

D How many grams?

S Yes

D Okay

P There are three major macronutrients – I mean, fat, carbs and protein. Protein's... has to always be there but, yes.

[00:08:30]

D Okay

P So, that what she means

D So, when somebody talks about I'm dealing with the macros, they mean they're paying close attention to how many grams of this or that... Yes.

S And I'm so excited, Stephanie, because I really feel like you're... you've come... I can tell by your, you know, your question and your post there, that you have received already so much freedom and I feel like more freedom is coming you because your question is still about the macros, which means macros is still... Sorry, Pearl is distracting me.

P No, sorry, go ahead, you are so good.

S I'm trying to be so intelligent here.

P But Danny passed me back my phone. Where was it, Danny? I'm going to show you. Where did you do that? You took a photo of yourself which I shall never get over.

S What? Picking his nose or what?

P Him in his pink shirt, you've got to see the face.

S Oh, him reading the question in his pink shirt

[00:09:16]

D You have to lock it. Just lock your phone.

S Stephanie, I see you coming out of even more bondage because the question itself is a question of bondage.

P Yes.

S It's a question about the things that have... the ropes that have been tying you down.

P And she's undoing them, I can tell that.

S Yes, she is. I can tell that too.

P But today we want to let those ropes loose.

D The snares that so easily entangle.

P Yes.

S There is not a number, there is a goal. Not about a number but there is a goal of anchoring every meal and snack around protein. That is an image in your head. It's not necessarily a number.

[00:09:56]

P I don't count protein.

S And so Pearl and I would have a different number. I don't know what my number is, actually, and I'm sure, Pearl, you don't know what your number is.

P I don't. It's less than...

S Because we don't count it, but I know Pearl's is less than mine because I eat more than her and I'm nursing.

P You also exercise more than I do.

S Right, so... And I like my ounces. When I go to a restaurant and I order salmon and it comes small, I'm perturbed.

P She's mad. She wants a nine-ounce... I'll get a six and maybe not even finish it.

S And I'm always finishing hers. But I don't think, oh, I need that nine-ounce because I'm counting nine ounces because that has so many grams and I'm putting that into my number. I actually... To be honest, I wouldn't be able to tell you the grams of protein I have a day.

P No

S And it changes per day. But I have a goal – what protein am I going to anchor this meal around and what protein am I going to anchor this snack around and, Pearl, you have the same goal.

[00:10:46]

P Absolutely

S And your appetite will change those numbers and that depends on the person.

P Yes. Some days are lighter in protein than others. Some days are heavier. I want to go back to, you know, part of your original post there, Stephanie, and you were just talking about, you know, how much does a young Mum of my age need. When it comes to protein, how much does... fat do I need and then you talked about calories. I feel like I still want to release your mind from those numbers. I feel like all your years of extreme diets... Serene called them cages, she called them prisons. You're definitely walking out of those prisons but they've still got you a little bit.

D You see the habit a little still there?

P Oh, yes, it's still there. Your brain still has a lot of numbers ruling it, Stephanie, and so we want you to let those go.

[00:11:46]

D Like almost like a desire for the new thing on paper. What do I need to write down to perfect.

P Yes.

S Well, instead of it being a freedom, it's being a formula and the F that you want is the freedom. That's what you're craving. The F that you have been doing for years is formula. It's like I'm going to do this HIIT workout and then I'm going to do this and then at 25 I'll need this many... You need to just go with what your body's feeling. Maybe you had an exhausting night, you didn't sleep and you'd worked out that day or you'd run extra hard after your boys. It sounds like... You said you have a farm and you've got hills and land and gardening and... It sounds like you're... You are not a sedentary woman and the calories that you said were very low.

P Yes, that was our main concern, you know, 1,200 to 1,500 it's not enough for you.

D Because your goal's losing weight, right?

P I don't know if she wants to lose weight. I don't even care if she wants to or not. She's not eating enough calories to sustain where she is.

S Because even if she wants to, it's going to slow her metabolism down and make it hard for her to lose weight. And even if she does lose weight, she won't be able to keep it off because her body is going to get deranged at that low level of calories.

[00:13:05]

P And I understand where you're coming from, Stephanie. You've been a macro-counter. I mean, so you're coming from extreme things. Maybe your metabolism needs some healing time or something. But this is many years... As Serene said, you're a young chicky, so let's...

S Can I just say one thing?

P Yes.

S I don't want to give her any numbers.

P No, I don't either. I don't either.

S We're going to today... We're not going to baby-step with her. Today we're going to say no more, that's junk mail. You know, when I have certain fears because I've...

P This is an intervention.

S My past was hounded by fears. It was just the spirit of fear that I had suffered from from a child. I no longer have it but for years I used to like counsel myself in my head, okay, blah blah, these are the reasons I shouldn't fear and blah blah blah, and I got to the point where I'm like get off the counseling couch in my head. I'm like from now on whenever I get a fear, I say junk mail. Junk mail, I'm not even going to open it.

[00:13:57]

D That's like your word.

S Yes, I say... I get a fear, I say junk mail, don't open.

D Oh, nice

S So, I throw the junk mail away.

D Or you filed it in a very specific folder in your brain.

P But, Serene, on Trim Healthy Mama we do have basic numbers.

S For different people it helps them but this girl has been bound. Sweet Stephanie has been bound. I was bound by certain things and I feel like she needs to see the word macro and say junk mail. I don't need to be bound by that because it became... I feel like... From your post I got the picture that that was an idol in the past, where it actually controlled you and instead of serving you, you served it and so let's not even do macros with you.

P Yes.

S Let's do goals each meal.

[00:14:39]

D Do you really feel like macros or numbers or keeping up with how many grams of this and that, it actually is helpful for some?

S For some because some people...

P Have no idea.

S Yes, they're like, oh, protein, I'm going to have peanut butter in my meal. Well, maybe they got seven grams of protein.

P Yes, sometimes I feel like people like Danny, it could serve you well to have the basics because sometimes you don't get enough... I can tell. You told me, well, I had... I said, where was your protein Danny.

S You said you had an egg.

P What did you have for breakfast? You're like I had an egg on toast and I'm like you're a guy, come on.

D Oh, I see, for accountability.

S At least three eggs.

[00:15:12]

P You need like...

S It takes at least three eggs to get enough protein for you.

D So, numbers can help you be accountable if you...

P Yes, but she's lived her life ruled by numbers, Stephanie. Stephanie, we're not talking about you, we're talking to you, and I hope you don't mind but this is intervention day. You wrote in to us and so we're going to give you our all. Okay? Because you have been in these cages, we're going to say... We are not going to tell you how many fat grams you need or how much protein you need but we're just going to say...

S But we are going to tell you goals. Okay? So, this is a goal for you about fat. Let's talk about fat first. Your goal is even if you don't have to lose weight, let's not abuse that. Okay? So, if I'm going to have a superfood smoothie and I throw a raw egg yolk and I throw a tablespoon of coconut oil and I have full fat double-fermented kefir that I've done from home, then my next meal, if I decide to have an S, it's going to be a Light S. Maybe it'll just have a couple of teaspoons of olive oil on my salad because I'm... Even though I don't want to lose weight, I think to myself my goal is not to abuse calories. Abuse fat calories, is what I'm trying to say. Fat, we're talking about fat.

P Yes. Or abuse the fuel.

[00:16:20]

S So, your goal for fat is to satiate your body, to moisturize the inside of your body, to nourish your hormones and make you age gracefully with fat but not to abuse fat. That's your goal for fat. Now, your goal for carbohydrates is to give you enough energy so that you are going to be able to nourish your adrenals and thyroid but not to have you absolutely hangry but you can get... I think not enough carbs makes people agitated. The Bible says bread to make the heart happy and I feel like carbohydrates make happy people and I remember as a young Mum being so strict on myself that I went around kind of like a dirge and I just needed to have an extra piece of bread on my plate.

P Right

S You know? Because it was like, oh, a quarter, only S Helper on this meal, blah blah blah blah blah. So, I think your goal for carbohydrates, Pearl, I want you to take over after this, is not to say, okay, how many carbohydrates in this meal, is it 45 grams or is it... you know, that's my limit for an E Meal. Maybe it's just like, okay, medium sweet potato is my... is what I do. I don't do large, I don't do small, I do medium.

P If we're talking goals here, then I would say definitely enough carbs to heal your thyroid. You have been doing ketosis, okay, you've been doing intermittent fasting, you've been doing some extremes here. I feel like your adrenals and your thyroid, let's not call them shot because we don't believe that, you're walking out of that, can just use some lovely soothing. So, definitely include wonderful gentle carbohydrates in your diet. But you don't have to start counting them.

[00:17:56]

S Can you give her an image, Pearl, so that she doesn't have a number? I don't want her to have a number. Show her a picture of what a good carbohydrate... There's going to be a few pictures. One is going to be a very nourishing carbohydrate meal. The other one is just going to be a sensible carbohydrate meal because you know how some you want to just push the limit a bit and others you want to just, okay, now I'm balancing it a bit. Just like with fat, we pushed the limit with the superfood smoothie full, the next thing we kind of balance that out a little bit. Pearl, show her a picture.

P So, I would say to me pushing the limit to really get, you know, maybe really get... and heal your adrenals would be a sandwich with either sprouted or sour dough bread and a piece of fruit on the side. So, you've got two carbs in there.

S Right

P And you're not going way over 45, you're actually hanging around the top there but we're not talking numbers but you've got two carb sources in there.

S A piece of fruit did not mean a quarter of an apple.

P No, it meant an apple.

[00:18:47]

S Yes, a whole apple and two slices of sprouted bread.

P Or it meant a nice big piece of cantaloupe and then have some cottage cheese on the side for your side. So, that's... And then one that...

S More of a sensible balanced one.

P Yes. So, then a sensible one would be Trim Healthy Pancakes. There's a little bit of oats in there but it's definitely anchored by lots of protein and it doesn't have another carb. It's actually... It's just in there for enough carbs.

S To be honest, this is... Pearl, this is how we design the program. This is how we do it now. We never think numbers, we think pictures.

P We do.

S We think images and goals.

P Pictures in our head.

S Goals and pictures, that's how we run. We don't run by numbers but some people, it's their personality, it can serve them. But I feel like you served the numbers, so we're taking it away because it was your master.

[00:19:32]

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

S I'm Serene.

P Hey, Mamas, we want to talk to you again about Butcher Box. Butcher Box, they are our friends because we believe in everything they stand for.

S I love Butcher Box because it's kind of a modern twist on the good old butcher. We grew up with a butcher. Like our mum didn't go to the big old grocery store where everything was like from I don't know where. She had a personal butcher and he recommended cuts and she could choose and pick and it was very personal. Well, Butcher Box is very much that way. You can personalize your whole box.

P You even can customise your frequency. Maybe you want a delivery... You want your Butcher Box every month. Okay? Maybe you don't.

S Maybe you want it every week, if you're a family with lots of children.

P Maybe you want it every two months. But isn't that great? You don't have to be put in a box and say you get this all the time if you don't want it.

S Maybe you want it once a year for Christmas, for a pressie.

[00:20:31]

P What I love about it the most, and I think that's so needed in this day and age, is the purity and the quality of the meat. Okay. It's not just... You know, you hear all the buzzwords – hormone-free, antibiotic-free – but when they say grass-fed, they literally mean completely grass-fed.

S Grass-fed, grass-finished

P Yes. I love that.

S There's nothing like the taste of really high quality meat. It really does taste and make your meals that much more yummy.

P And I can attest for the Butcher Box meat. Oh, my goodness, my family goes nuts.

S And every time you get a Butcher Box, you get from about nine to 11 pounds of meat and you can mix and match. My baby's talking about it right now, she's so excited. It gets in the milk. It's yum yum. But you can mix and match. You can do no pork or include pork or have all different cuts. It's all up to you, personally, sent to your door. So, you don't have to go out and find the stuff.

[00:21:32]

P To get your exclusive Trim Healthy Mama offer and that is \$20 off your first box...

S Oh, that's good.

P And free bacon, people.

S Free bacon too

P Yes. Visit butcherbox.com/trimhealthy and don't forget to enter the promo code, which is trimhealthy. So, for free bacon and \$20 off your first box, go to butcherbox.com/trimhealthy or enter trimhealthy at the check out.

S This is the PODdy with Serene...

P And Pearl

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

P We all have to custom-build our journeys here on Trim Healthy Mama. What's right for some person would not be right for Stephanie. We may have got another post in, an e-mail asking us, guys, I really... I'm struggling with Trim Healthy Mama because, you know, I had an egg for breakfast and I was hungry two hours later.

D Ah, yes, yes, yes.

P It will be for you, Danny.

D Yes, yes, that's me.

P And we'd be like, girl, you need at least 20 grams of protein in your breakfast, so we'd actually tell her some just basic numbers to help her. But with Stephanie we're saying, nah ah, that's not what you need.

D Yes, you see, now that's the beautiful thing about doing things naturally. I mean, it's like parenting my kids. You know, I'll have a kid come, well, you just told Daniel yesterday the opposite of what you told me today, and it's like, right, because he's a different person and you, sir, need a little discipline.

P Right

D You need to clean your room, even... He always cleans the room but you never clean the room.

P I actually want to send him out to play instead of sending him up to his room, you know.

[00:23:03]

S One of my children would get in trouble for cleaning because he was OCD cleaner. He was like your punishment today is you can not pick up one thing because all he did was pick up. You know?

D Right, right

S But, you know, it's... What is your master? Some people, sugar is their master and they don't need a piece of Aunt Marge's real pecan pie at Christmas because they'll be derailed for three months.

D That was very specific.

S Other people, like Pearl, every time it's her Anniversary, Christmas, a child's birthday, she knows and she has a real little brownie or whatever. It's not going to affect her because it's not her master and she can go right back on plan without any kind of derailment. So, I...

P Serene, if I started giving you numbers, you know, it would master you so quick.

S Oh...

P If Serene allowed her mind to go there...

S Oh, yes

P She could be Stephanie times 100.

D She'd be like the elite level.

[00:23:52]

P Yes. She'd be ruled by numbers and it's self-control. She's got bucketloads of it. She just... can just like put one finger and say give me some more self-control, Serene...

S Like let me show you how to suffer with diet and health. Let me show you the dying cockroach. I'll hold it for seven minutes.

D You have not yet resisted to the shedding of your blood.

P No, I know.

D Serene has.

P Yes.

D Like literal

S No, but the thing is, is I understand Stephanie. I just... I hear it in your post and I relate but, guess what, there is freedom for you because I found it. I found it, actually, by hanging around good old Pearly here, Pearly Pie, because she has incredible health. We've had our bloods checked out and hers is just as healthy as mine but she did it with a whole lot more freedom and I saw that the rules and the

mask... the miserableness of the perfection actually can harm and doesn't actually make the healthiest person in the room.

[00:24:44]

D Yes

P Yes, but I've learnt so much from good old Serene here.

S Let's talk about that. We know a friend and...

P Oh, my goodness

S Yes., she has every health book under the sun. She's not a believer and she has a lot of new...

P I actually went into her house the other day. It was a health store. I am talking about supplements, Lines and lines of supplements on her wall. The bookshelves full of every health book you could have ever... back from the 70s until now.

S Her house smelled like herbs.

D Yes, and patchouli oil.

S She wears patchouli. That's her perfume.

D How did I know?

[00:25:20]

P And every single kitchen gadget that would be health-related, so the juicer, the dehydrator, the...

S I always find her on a walk, a very slow wistful walk out in the woods.

P Yes, because she's ground... I mean, everything that we think is good but she's doing it all day. She's one of the sickest people I've ever seen.

S Because all she does is worry about her health. It's her master.

P It's her master. You see these supplements... I came to Serene the other day and I said, supplements schplupplements.

S And, guess what, she lives alone and has very few friends besides when we see her occasionally.

P But all I'm saying is now definitely...

D Thankfully she doesn't listen to our podcast.

P No, she doesn't, sweet lady. Her neighbor does.

D Wow, good times

[00:26:00]

P Listen, yes...

S The point is...

P There's good things in this earth. Herbs are good, walking is good, grounding is good, health books are good, kitchen gadgets are good, all these things are good but when they're...

S When you're a slave to them...

P When you're a slave to them, yes.

S When you wake up and say, ticked that off the list, okay, next I'm going to tick that off the list, all right, now I'm going to worry about this so I better do that, and when you are a little slave and you're in bondage to it...

D You know, my good man, Brian Henningsen, brilliant songwriter, father of ten, farmer in Illinois, just great guy, great teacher, great... just really a brilliant person. But he said something to me once that really stuck out. He said, whenever you find a group of people who are separating themselves out and becoming very extreme about a certain thing, it's usually the very thing they're wrong about.

P If you separate yourself out, yes, you're right.

D And so to go like here's our thing and we're so about this and whenever you do something to the extreme, you're often wrong about it. And that's an interesting concept that I've always loved that isn't a part of what we talk about, is that we talk about balance and natural things. I think Trim Healthy Mama... You know, when I see questions like this too, it... I almost wonder if people coming in to Trim Healthy Mama are like, all right, now how do I do this one extreme. Like what's this extreme thing? And they don't... wouldn't say that out loud but the approach seems to be how do I go all in with this and the cool thing about it is that it's more of a recovery of the natural balanced way of eating than it is doing this new 2018 modern way.

P You're right.

D Right, so, it's...

P It's recovery.

D Yes

P We're going to eat our carbs, we're going to eat our protein, we're going to eat our fats. Let's stop, stop throwing them out. Now, let's recover and each of us are going to do it in our own unique way. I had to recover.

[00:28:06]

S And of course there's the separating of fuels. Maybe that sounds extreme to some people but there has to be a little bit of intelligence in things when you have to have something work for you, right?

P Yes, you need to lose weight.

S Because some people can say, well, that's extreme, I just want to eat any old thing that comes on my plate.

D Yes, yes.

S We're not talking about balking at things that are going to work for us and calling them extremes.

P No

S It's not extreme to be able to eat all food groups. It's not extreme to be able to eat chocolate cake for breakfast with a few tweaks. You know? So, I hear exactly what you're saying and I believe, Amen, Danny, but I also want the listener to know that just because something is slightly different doesn't mean it's an extreme. It's actually extreme to eat McDonald's.

D Yes

P It's not extreme to eat it once in a while.

[00:28:47]

S No

P But, yes, every day, yes, it is.

D But that's my point exactly, is that...

P We're all coming from... We're all recovering in some way. Some of us are recovering from a Standard American Diet and fast food every day.

D Right

P Some of us are recovering from just abuse of diet after diet.

D Yes, I feel like Trim Healthy Mama is a recovery from extremes.

S And I hear that with your exercise. I'm so glad you're laying HIIT down for a while. There's nothing wrong with HIIT. HIIT can work incredibly for some people but then it's not their master. Exercise was my master and I finally got to the stage if I had to go on the plane with Pearl and a couple of the people in this room, do some work, if I don't get a chance to exercise before I go to the airport now, I'm still a happy camper.

[00:29:28]

P Yes.

S In the past I would have been...

P No, you did it. I remember sitting on a plane with you and I knew the answer. I was like, don't tell me you got up at 4:30 and exercised this morning, Serene.

S And, yes, I would have.

P Because you were like, yes, yes, I had to because of this and that. But now... I just noticed in the last year or so. I'm like you didn't get up at 4:30 and exercised this morning. Now she's like, no, mate.

S It's like... because health is sustainable.

P But you look better and you feel better now.

S Yes, because I used to wear the frown of a slave.

P And we're not to say, well, exercise is bad. Exercise is incredible. If you don't exercise you're in an extreme. But that balance that we're all seeking that recovery from when we were slaves to these masters. So, what are you a slave to right now in your life in terms of diet?

S Guess what I say to myself? I hope for 120 years. That's my goal. Right? Wow, I've got so many wonderful days of activity and non-sedentary living. This is a lifestyle. It's not about ticking the box of every day. What a miserable 120 years. No, this is just a lifelong plan. And so, hey, if for the most part I am a girl of movement, well, then great. So, yes, in answer to your question, Pearl, people that can be asking themselves right now this question, what are you a slave to, in Stephanie's case it's the... it was the macros, it might still be but she's walking out of it.

[00:30:52]

P But she's walking out of it. And you did say... Stephanie, I want to answer this specifically. You said what does health look like written in macros? And that's what we're trying to say – it looks like nothing written in macros because all of us are so individual and your health cannot be written in macros because it changes day by day too, and season by season.

S And the Danny that needs a few ideas of macros, he's not going to write down his health by macros. That's why he needs it. What you said, health doesn't look like... health cannot be written in macros, that's the solid truth and we're going to tell Danny macros because he's not going to write it up in macros.

D Oh, yes I don't risk...

S She's going to write it up in macros. So

D I'm not at risk.

S Yes

P No, you're not at risk.

[00:31:41]

S Written in macros, do you know what that means? Bondage.

P You know what, we could give you a glass of wine, Danny, and you'd have a great meal.

D Sure

P We could go give someone who's in the AA a glass of wine and it derails their life. So, Stephanie, we are not going to write health up in macros for you and you never ever should because you're recovering from that.

S And Danny shouldn't either but, you see, he's not going to.

P No, he's not going to.

D Yes, you're not worried about me doing it.

P You're not going to derail with one glass of wine.

S Because health is freedom, freedom from sickness, freedom from worry, freedom from bondage, freedom from all of that, health is actually freedom.

D Yes

[00:32:14]

P And do you know what it is too? I want to go back and visit another subject. You and I have been very strong on it, Serene, which is intermittent fasting. Stephanie even said, you know, she's coming out of that. But for some people Trim Healthy Mama and a healthy form of intermittent fasting, maybe they just eat their last meal at six or seven at night and you're not in a stage of... early stage of life, you're post-menopausal and you don't eat the next morning, you know, until breakfast time and that's your intermittent fasting. Go for it.

S More power to you.

P That's you. You know? And maybe you find your own form of healthy intermittent fasting. But we don't go around and say Trim Healthy Mama does not do intermittent fasting or Trim Healthy Mama is intermittent fasting. This is your journey. We're all so different.

S As long as you aren't miserable.

P Yes.

S Okay, because if your intermittent fasting is making you hangry and mean and miserable, it's not worth it because that's not health.

[00:33:12]

P And that's your master.

S Health is happiness.

P Yes, it is.

S But, on the other extreme, you can't say, well, health is happiness, I'm just going to get myself a huge container of donuts because that's not happiness because that's disease and that's bondage to sugar. So, health is freedom and happiness in the freedom.

P And walking out of these bondages, and I love that you listed all these things, Stephanie, that you're walking out of. You've identified that they were your master and now you're saying, hey, I'm walking out of them. I love your positivity, I love your declarations and today we're just helping you with that, with a little more and we're saying but it's still slightly there in you, right, because you're asking us for more numbers and we're saying, no, let's just not even go there. You'll get this. You will keep walking and this will become more like breathing in and breathing out and you just have a good sense of it.

D And are there tips for her... do they follow what I've heard you give others, like asking where's my protein, etc.?

[00:34:11]

P Yes, basic stuff. Where's my protein? Am I having a carb meal?

S Where's my greens

P Yes, or am I having a fats meal? Am I going to celebrate carbs or am I going to celebrate fats or, hey, am I going to cross over because there ain't nothing wrong with a good Crossover here and there.

S Totally, and that question where's my greens is important too because sometimes people can be doing all the right things with their carbs, they've got a right goal for their protein and they've got a right picture of the... of what the carbs are going to look like on their plate. They're not even bound by numbers. But, guess what, it's dense, dense, dense, dense, dense. Where are my greens, because that keeps the abuse from happening.

P Exactly, sometimes abuse is our master and we've all established that before, like when we do cheesy bread. Mine was nutty. Okay, last week was a crazy week. I don't know what it was and I was nutting up my life, like nutting before bed, and for me that's a real way to just gain a few pounds. I'm on plan even and I'm nutting. Right?

S Yes

[00:35:06]

P Well, then I... Serene and I had to go to Florida for some business, my husband stayed a few more days there and I... of course I didn't have nuts and I ate fish for lunch and fish for dinner. I came back like five pounds lighter. I was doing the same plan I did... the same Trim Healthy Mama before I left and the same Trim Healthy Mama when I was gone. I was eating out at restaurants, actually, but I wasn't nutting up. Nuts... I was... Nuts were my master before I left and then I got rid of them and I ate fish which is so light and, like Serene's talking about it, it wasn't as dense and I was having vegetables, and my body said, thank you, Pearl. Hey, there you go, there's some balance.

S Can I tell you what happens to me too at night when nuts become my master? Nuts become my master and they say, you must have me and serve only me.

P Yes, they do. They do.

S Because I say to myself, have a piece of celery, and my body says, oh, no, it's too late for celery, I'm too full for celery, just one salted cashew. But then one salted cashew becomes 2,000.

D Do you find yourself... .this is what I do with...

S But I'm too full for a piece of celery.

D Of course, yes.

[00:36:09]

P Right, but it's so funny... But, then again, you could have a... You see, we're talking about balance in this PODdy, obviously. We can go and we can say but, sorry, I shall never eat nuts because... and I'm going to stay miserable. Nuts can be a beautiful part... So, this is what I've discovered. Pearl, nuts cannot be your master but you're sure not putting them out of your life because you love them.

D Yes, and they're great.

P So, I'm going to throw them on my salad sometimes. I'm going to enjoy them but I'm not going to eat them at 10 p.m. at night. They don't do me well.

S But, guess what, though, some 10 p.m. at night you go to a movie with your husband...

P Oh, yes

S ...you might take yourself a little thing of salted cashews.

P Sure

S That's your treat.

P But, Serene, I was doing it nightly. Got into a little nut routine.

S Yes, me too

[00:36:50]

D Got into a little addiction.

P Anyway, what were you going to say?

D So, do you...? What I'll do is I'll open the bag of almonds and then I'll get, you know, five or six, whoop them down with a bit of cheese and then I'll literally... Like three seconds will pass... It's not like I go do a task and come back. Three seconds will pass and I unziplock the bag again and I'll get more and I'll zip it shut and it's over.

P Yes.

D And then I'll count to five...

P Yes.

D And then I'll open the bag. And it's like this psychotic episode where I'm closing bags and opening bags.

P Absolutely

D And it's like I'm not accepting that I'm just going to eat 57 almonds right now. If I...

P Three at a time

D Yes, it's three at a time.

P All the way to 57

[00:37:34]

D It's like those sinful little like brownie bites where it's...

S You get one sliver and that's all you're going have. But you one sliver yourself to seven whole pieces right?

D Yes

P Yes. So, I feel like better to do... Like for those of us... Some people need nuts at night.

S If you're a nursing mother and you're like losing weight because... You're almost getting underweight, you'll eat those nuts.

P Yes, there's a time for nuts. Just for me I realize it's not 10 p.m. every single night of the week, Pearl. Okay?

S And do you know what I've found? You know, like I say with the celery, my intelligent brain says go have a stalk of celery, a nice light bedtime stalk.

P It doesn't sound good to me, though.

[00:38:07]

S Yes, but I say, no, I want the nut, the one nut, and I'll just stop at the one nut. The deal is, is that... Well, sometimes when I actually go and do that celery first, it's almost like jumping into a cold water pool. It's like I don't think I like it, I don't think I like it. I'm like, you know what, that hit the spot and this celery's the most refreshing amazing incredible food I've ever tasted and two or three stalks later and I feel so good about myself, so satisfied, so refreshed, I'm like...

P You'd opened your mind to it.

S I forgot that I loved it. I have to open my mind to it.

P Yes, that's true. That's true. Hey, did we get to the body of balance here, I think, today?

S Yes, we did.

D I think you gave Stephanie not... I think you gave her what she needed. I think you read through, as you usually do.

P And for those... And there's many non-Stephanies listening today. Their problem is not Stephanie's problem but if something is your master, let's walk free of it, like Stephanie is. I just love it.

S Hey, if cream cheese desserts are your master, like nuts for Pearl, you needed this PODdy today.

[00:39:09]

P Nuts were my master last week but I'm free of them this week.

D Yes

P Doesn't mean I won't slip up again but, you know...

S I bought three bunches of organic celery two weeks ago. They're still there.

P Oh

S Because I've been in bondage too

P Is this confession day?

S To some densey things at night some densey things.

P But you're nursing. See, it's a different season.

S I know. It is a different season.

P I do remember the hunger of nursing. It's a different time, Serene.

S Yes, I agree.

P And I have to say I will be encouraging you to eat more because of how much your baby eats. You know, you need the fat on your body.

[00:39:46]

S I agree, and I'm not going to make celery my master but I'm into balance and I haven't eaten a stalk of celery and I haven't had a salad, just being honest in a confession, for a week because I have had vegetables. I've had lots of vegetables but salad seems light to me right now and I'm in a dense stage. But I still want balance. So, I'm still saying, even to myself, dense has been your master, Serene. Dense has been my master.

P Yes, let's walk out from masters. Our only master is God and he's got freedom for us.

D And, Stephanie, thank you for writing in. We are so grateful for your question and hopefully that's helped a lot of other people listening and we're super stoked that you party with us every week.

P We'll do a superfood spotlight next week, right?

S Yes, it's not going to be nuts and celery.

P Yes, well, we love nuts but something.

S We didn't come with one today. You'll forgive us.

D Hey, come back and hang with us next week.

P Love you.

D See you.