



Trim Healthy Podcast with Serene and Pearl
Episode #98 - THM Autopilot Here is How to Switch It On
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*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

[00:00:00]

- S This is the PODdy with Serene and Pearl. Get it right, P- O- D- D- Y.
- D It's the Trim Healthy Podcast with Serene, Pearl and Danny. Ladies, gentlemen, welcome back, have we got a show for you!!
- S Wow, that was peppy Danny
- P We do have a show for you. We don't know what it's yet quite about, but we know...
- D We know what it's about.
- P We have an idea.
- D What if we did know? What would the show be like if we knew?

P It'd be a different show.

S Danny's myriad is over. He's doing so well.

[00:00:32]

P Oh, Serene, well, we were telling Serene, actually she was saying it on our radio show, not on our podcast.

S Yes

P She was saying...

S That's all right, I feel like you can share that.

P A couple of weeks ago, Danny was on his myriad and that's just like when a man gets a little down and needs a blankie.

S The hormonal upheaval

P Needs a blankie, but Danny does not need a blankie today and it's really politically incorrect because men can't say you're on your period chickadee.

D We actually did that test on the radio. Remember?

P Yes, we did.

S Today, I just want to start by jumping in.

P Jump in Serene.

S Jumping in the deep end, and that is the whole premise of what we're about to say today. First of all...

[00:01:12]

P Can you get your mic a bit closer to your mouth?

S Thank you big sister, first of all, I want to say it goes without saying really, but I'm going to just say it. Of course, we're all about food freedom. Of course, we're all about celebration. That's what you can have is not what you can't have. Of course, we're all about make it yummy; don't just have boring cardboard food. We're all about that.

S We're all about snacks in between meals. We are all about don't be hangry. We're all about, yes. Embracing the celebration of food, the Son of Man came feasting and drinking, right? It's amazing. We're all about it, but we also want to say this. There's a little bit of balance to things that keep things celebratory that keep you getting and stuck into a ditch. And so we want to dive in and touch on the subject and the subject is diving in. Jump in the deep end.

P You don't mean, right now you're not saying when your first starting, you can start as slow as you want, but you're talking about when we're actually on plan daily, this is...

S I'm not talking about deep stuff like complicated jump in the deep, jump into advance places; I'm not talking about that.

[00:02:19]

P No you're talking... The name of this PODdy actually, you said Serene is called "THM Autopilot".

S Autopilot

P Right

S Yes, because if you go to the creek and it's cold... the water in the creek, fresh water is colder, right? Because it comes out of springs, then maybe just your regular swimming pool. If you think about it for too long, oh is it going to be cold or you just stick a little toe in and I'm not sure. And you him and you haw... You're not going to go swimming. You just have to jump in and get over it and once you're in, the water feels amazing.

D It's actually fine yes.

S And so let me give you an example. Like I said, I'm all about celebrating and I'm not about people counting calories and eating bags of baby carrots. I'm totally not. But for me jumping in the deep end at night, if we're watching a family movie and it's not Friday night, it's not my special dessert after 10, right? I'm snack-ish and I think, oh, a jar of peanut butter.

S Ooh, let me just go and have a little taste of that yummy Treece that I made. I can't start thinking like that. I had to jump in the deep end and I just go for my yummy... It sounds so spot on and Pearl might have something to say about it, but for me, this is how I jump in the deep end. I don't think about it too much. I would do. I really feel like some yummy celery or a nice fresh carrot. Do I

really feel like that. No, I just go and get it before I think about all the things I really desire and once I start jumping on that, that hand to mouth action gets like in there, I'm satisfied.

[00:03:49]

S The carrots, sweet and yummy, the celery is really crisp and refreshing and I'm loving it and I don't binge late at night. That's how... That's where I find for me, "autopilot" meets at night. This is what I've designed, I've kind of put it in my plan after 9:00 pm at night, I allow myself to eat as many vegetables as I want, right. To just stay like satisfied if I'm staying up late, but I have to jump in there and just do it. I can't think too much whether I want it. I can't think too much about the things I'm really craving.

P Right, so I think, you mean THM Autopilot for many folks and maybe it's not just too much snacking at night.

S It's different for everybody.

P Maybe it's just, okay over the weekend, I loosened up a bit and maybe I had an off-plan thing there or maybe I just.... Maybe I didn't like space my meals, sort of snacking all the time. But here we go, it's Monday morning.

[00:04:41]

P Let's just get back into it. Let's dive in again, rather than think, man what am I going to have for breakfast? I really don't know. I didn't make that yesterday. I didn't even... I was going to make that banana BAM cake because I felt like banana cake, but I didn't, so what should I have?

S Because I'm not prepared, I think I'll just have another cornflakes day.

P Or there's just toast in the freezer. It's easy, I know. Autopilot means without even thinking. You go to the fry pan, you take out the eggs, you're on THM Autopilot, you just do it. You're like a freaking robot.

S Yes, Danny?

D I raised my hand. I know when they're on the hot streak I got to... I can't just start.

S No you got to raise your hand.

D In fact they won't even acknowledge my point. It's not like how somebody will yield to you when you start talking. That won't happen.

S I wouldn't... I had 10 more minutes in me but I saw you...

D I know you did, I felt it. So I'm just curious. I liked when you said, where's my eggs? I know I'm getting that stuff out for me. I have found that simplicity is so helpful and I just kind of like, I don't know why I've got so much variety. Like I have this variety of desire in my brain and my variety desire to have something new every meal, so to speak has kind of led me to some bad decisions. So my question is how important is getting a simplicity mentality? This is my fuel mentality because I know Trim Healthy Mama is all about the fun of food...

S It is.

D And all the variety and all the freedom, but some for me, variety can mean you know what? It's the McDonald's drive through. Again, I don't have... Because there's always a drive through that's going to give you variety.

P There's too much in the banquet. I think I agree with you on what you're saying. I love there to be variety for when it's needed and to not be confined with chains to just these certain foods. Like some diets or you're eating as you know, your chicken and your salad and you're over and over or you're just pulling out carbs. Or you just pulling out fat? Where is the ability to have variety? It's not there, right? But when you're on Trim Healthy Mama, you have that ability, but don't let it take you off THM autopilot which also means simplicity.

P You're right Danny. The simplicity you get back to basics. You don't allow your brain a lot of, I really feel like that. I need to take the time... That's in there, we all have craving sometimes and we all have the ability to make that chocolate cake on a weekend, but on the day to day you're like grabbing my pot, making my eggs, my salad. There's my salad and there's my salmon, night time, okay, where are my greens? I'm putting them on.

S What we're trying to say is by jumping in the deep end and then you love in the water, right? And then by autopilot like a robot, what we're saying is don't think too much, don't let your emotions get in there with how you feeling and you really need an ice cream, pick me up or don't let all of that gobbly goop get in the way of the basics, of the foundation. Okay? You've got trained in the tips and the tricks. You have the knowledge, it's in there. Monday morning, it's autopilot, but I have to.

P It is.

- S I'm just being vulnerable in my weakness. My weakness is after 9:00 pm at night, I'm really tired after nine. So the tiredness makes me feel like I need to eat food to keep awake and my family's a party family. They love... I've got teens in the house and my husband's a late-night owl and they're all starting their fun after nine and to stay up sometimes and be part of it, I have to eat to stay up, right.
- P But you are a nursing mom?
- S No, I know that. But I'm a calorie lover. I'm a dense super food kefir, nut jammin down, like x factor butter, oil and canola oil and all this super food fats in there. I'm not denying myself, but after nine I don't even need the food, but it's like my brain just wants the little, the pacifier. So that's when I say autopilot. I've taught myself for me, I need to have yummy veggies at night and it gives me a balance. Because I find as a nursing mom, I'm always going for the dense the breadly nutty cheesy, even if it's the Ezekiel bread and the sourdough.
- D As a non-nursing dad, I'm the same.
- S But yes, I've always gone for that. So I find that all that kind of food after 9:00 pm that is like fresh vegetables, yummy organic carrot which is so excellent and healthy for you, like beyond just the simple. Pearl and I can explain that on a later date. Like wow, Pearl, right? They helped take the excess estrogen off your body.
- P Yes, they really do.
- S That just amazing, but I find that's a place of balance because that way I get more of those veggies in my diet.
- P I need to ask you something there Serene, I'm looking at you and you are really thin right now. And I even told you maybe you need to put on three or four pounds, right? I told you that. So I'm just asking, with everyone, you being vulnerable listening, 200,000 people a week listen.
- D I'm excited.
- S No I do not like thin.
- P Is it about your weight that having this balance at night or is it something else?

S No, it's not about weight at all. I just know that my body can't even digest food properly after 9:00, like I wake up with stomach-aches and a jar of peanut butter.

P It's healthy, you don't need density right before sleep. Is that...?

S It doesn't even allow me to sleep properly. I go to bed with a stomach-ache, but it's more than that too. So it's about what's healthy for my organs and my digestive system, but it's also about, I think it's a good healthy control over my brain. Not in a weird way. I feel like my calories for me as a nursing mom should be in the normal eating hours anyway, right? So here it's just like, you know what? If you were asleep you wouldn't be needing this. It's just a place where I just know it's healthier and it's an autopilot place because if I know if I go by what I feel like or if I think too much, it's a whole batch of Treeces. That's not healthy for anyone at the night.

P Yes, you're right.

D One thing too, I think we underestimate, and this is going to sound off, but it makes sense, artificial light. Imagine, this is a... Somewhat we're talking about this late-night eating thing. I think it is kind of a modern thing. I mean if you had to walk through the snow to get to your cold storage, it's going to make it more challenging. Also, the sun goes down, I think right now in Tennessee isn't around 6:00?

S Yes

D Right, so from six on...

S It's five I reckon.

D Right, imagine how dark your house is, right? It's cold. But you're definitely inside around the fire. I'm going back in time, now. It's dark, if we actually, it's fun. If you try, you do a fun thing where you turn all the lights, like you go with nature and you don't use any artificial light just for fun. And then you got to use candles or something. Candles will put you into a deep coma at like 7:30 at night. So I mean the lifestyle of modern times too, like you said, teenagers with media devices and artificial light and everything were kept up way later. I think that's a new thing for the human body and for the human race as a whole. I don't think our bodies are conditioned yet. I mean a couple thousand years and maybe our appetites will sync better with the security in rhythms.

P So what you talking, what you talking about evolution Danny?

D Microevolution, yes.

S My point being is we live in the society so we don't want to be like way back, the pioneer, whatever and be miserable around that family.

D Let me say, it's hard to fight it.

S It is hard. But my point being is it may not be that for anybody else. Maybe it's like... Maybe you're at the stage where you need to start moving a little bit, doing a little 15-minute workout, get some movement in there. Don't think too much, autopilot.

P No, you can't think about exercise, I'm telling you.

[00:12:25]

S Even though I love exercise.

D It's like jumping in that pool.

P It's a skill for me I love it.

D Yes, me too

S I can't think about it Monday morning. Don't even try and get motivation Serene because you won't get it.

P Oh me and I don't want to speak things of myself, but I'll say in the past or my life, exercise is so not my thing. It's so something I don't love to do, but the reason I have maintained fitness my life is not thinking about it, only doing it. Like Nike's got something, just do it, okay but I want to talk about some other things in life where autopilot, you're doing it and you don't realize anything successful in your life. You've got some autopilot going just to be a hygienic human in this world.

S Thank you.

P You are getting up and brushing your teeth.

[00:13:10]

P That is autopilot because I don't know one person who looks forward to getting up brushing teeth. Imagine if you have to muster up a bunch of thought about

it. Should I today? I mean maybe I don't feel like it today, should I do it. It takes, it's really annoying. Especially I hate that left back one, when I have to get back in there. Flossing is just something. I don't know if I really want to do that today. Everybody has to jolly well do it. And so it's like we give ourselves so much more license when it comes to what we eat and diet and moving our body. We're like what should I today? I don't really feel like it today, I've got a choice. But really as owners of these wonderful bodies that God gave us, we don't really have a choice. Come on people.

D That's a great analogy.

S We have to honor them.

D You don't have a choice whether or not you're going to brush your teeth.

S No

D I even came down there on flossing, is that controversial? No, it shouldn't be. You have to floss your teeth.

S You have to people.

[00:14:03]

D You have to.

S And you have to have a shower.

D You have to.

S And it's not a choice. I mean you could take say the choice, but you'll end up stinking. Now, if you decide not to look after your body in the dietary way, you'll end up with problems. Your body will start to stink in a non-healthy weight wise, all right?

D Yes, that's one of the ways.

P I feel like as much as Serene says this is balanced. We've got food freedom and this is fun. We've got carbs, we got fats. We do all the things that we need to do sensibly, right? But stop giving yourself so much out. Yes. just because you're thinking about it so much.

S That's the danger.

P Where is your autopilot?

[00:14:43]

S That's the danger because the more you think; the more you get on the counseling couch about it, the more you try and must do. You feel like you're doing good? Oh, I'm going to motivate myself. No, you're not. You're stalling for time, and in that stall, there is very dangerous temptations, like I'm just telling you another thing, and Pearl is going to hate me because she's going to think I'm being anorexic. It's not. I'm just trying to put natural, healthy...

D What a buffer

S Healthy like vegetables in my diet and I won't get them unless I do this, right. So I say, hey, between breakfast, big, big, nice breakfast, full of protein and lunch besides from a little bit of lean protein, maybe for a snack. I always say throw in some fresh veggies like celery, carrots, whatever, yummy crudites that I want, snap peas or whatever.

D No, that's disciplined.

S And I tell myself that's what I have. That's autopilot. This is what I do during the week. On the weekend, I don't care.

P Now, every afternoon snack, you have a bigger snack.

S Totally, no, but I have a big time, a lot of those veggies and a little protein. And lunch is not far away, but my point being as I say to myself, don't even think about it. Don't even look for the Treece that's leftover. Just think I'll just take one bite of it, no autopilot, don't think...

D And those veggies...

S Just get the celery and shove it in your mouth and all of a sudden, I'm like, oh, I love celery. This is all I ever wanted anyway.

D I find that they kind of curb the appetite a little bit too. Because often what I'm craving is cake, I mean like Cheesecake Factory level cake full on, that's not left me for some reason, cheesecake specifically. Sorry to say that out on the airwaves. However it's often that I'm wanting to just have drugs called sugar in my brain that way it lights up. I mean more than heroin, right? Didn't we? I think you all taught me that? So, it's often I find that when I reach in and grab that handful of spinach out of the bucket, you know what I'm talking about, you

can get from Kroger or whatever, the bucket of pretty green spinach

S I can't do that.

[00:16:38]

D Well, it helps. What it does is it proves whether or not I really am hungry. It's like prove it boy.

S Well like my children, can I tell you something, I always asked myself a question when I'm like, go get a Treece.. it's my time for it.

D What is it exactly?

P The Treece...

D What's the Treece?

P It's in the cookbook. It's the...

S Peanut butter and chocolate.

P It's the Trim Healthy Mama Cookbook, Treeces. They're healthy because we made it. We Trim Healthy Mama-fied them.

S I love to use the 85% dark chocolate at the bottom.

D I don't care how the peanut butter and chocolate is like crack for you.

S Oh, it's so crack to me. It's more the crack because I've never tried crack. This is my crack anyway, but the point being though...

D I've never tried crack either.

S Yes, but I tell myself, hey, would you feel like a lovely large salad Serene? No, I'm not hungry for that. Well then you don't need the Treece. It's got more calories in one bite, but I actually love doing that spinach or yummy baby remain or whatever. And a little bit of olive oil, nutritional yeast, but with salt not the vinegar. Not like in the big salad and I do that instead of chips like my children having corn chips and salsa late at night while watching a movie...

P And you're having what?

S Designated Survivor, we're all into that right now.

P I haven't seen that.

S Oh the Johnson's put me onto it.

P There's Designated Survivor.

D Of course the Johnson's put you onto survivor stuff.

P It's a movie or a series?

S It's a TV series but we don't have a TV, so we stream it. You can do one after the other, after the other, after the other.

P What Internet, do you have that you can stream, that I don't know about out here. I need to get it.

S All that to say is that I'm not going to do corn chips till 12 at night. I do spinach and I love it.

P But you're eating with a fork.

S No fingers like the chips.

P Oh the fingers

D You scrub with the...

S With a little bit of seasoning on it

P Are you cooking them?

S No, it's chips.

D Another thing is like a colorful pepper. I've found too, just like you'd eat an apple and I know some people listening, especially the new people are like, this is torture, I'm out. It's not though.

S They are, but they don't realize Trim Healthy Mama.

[00:18:21]

- P You see we have treats. Now of course you can eat chocolate cake for breakfast. Yes. And you can eat your Treece's as an afternoon snack. Yes, but Serene sometime... She's trying to say, where's the balance to all this? If you're not getting veggies, you're not doing the Trim Healthy Mama plan anyway. And if you're not getting them in your schedule meals, jolly well have them for your snack.
- S If you put your autopilot in there for your foundation of Trim Healthy Mama, it doesn't matter about the celebrations and the cheesecakes and all the wonderful on plan treats. Because you've got a foundation put in there, the autopilot where every day between your snacks, you're putting in your veggies right? Every day, you're asking yourself, where's my veggie on this plate? Even in your meal where is my non-starchy, where's my whatever and I feel like that brings to you, even if it's not even about weight, just a greater health. For me, it's about greater health.
- P Yes.
- S And if I think about it, it's not going to happen. I have tried. Pearl, we wrote the book. It's been years, even after we would be living this life, I cannot spend any brain cells thinking about it or stalling for time because 10 Treece's will be down the hatch. So it's not about trying to master motivation or willpower. It's about you've got to dive in deep, jump in the cold water, and go into autopilot robot. What you know should happen.

ADVERTISEMENT

- P Hey you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who you are you?
- S Serene
- P Have a chance to try Butcher Box yet because Serene and I are in love, we're excited to announce that Butcher Box has added another protein into their line-up and it's one of our absolute faves. Wild Alaskan salmon people. And do you know that was one of my New Year's resolutions. Just to get more salmon in my life is so good for us.
- S So Butcher Box sources their salmon from Bristol Bay, Alaska, and it's red color means it's fresh and nutrient rich. You know how you see that salmon sometimes and it's insipid pink. No, you want the deeper color, then you know it has all those nutrients that are just blessing your body.

As we said before, Butcher Box offers curated boxes of high-quality beef, chicken, pork, and now yes, salmon. It's super convenient and delivered right to your doorstep with free shipping.

P Yes, they even delivered to us on the hilltop. Can you believe that? Way on the walks in the woods, we get this and the meats of course are always antibiotic and hormone free.

[00:20:50]

P So to get your exclusive PODdy offer, that is \$20 off your first box and two pounds of free salmon. Visit butcherbox.com/trimhealthy and enter the Promo code. You know it now, trimhealthy. One more time. Visit butcherbox.com/trimhealthy. And don't forget to enter trimhealthy at checkout.

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

D May I get counseling couch for just a moment, you know me I just feel like I've psychoanalyzed myself a little bit. During the day, I'm focused on work, relationships with people, interacting, whatever, getting things done. I'm in a very driven mode. It's almost like I will just try to... Here and there, grab a little bite to eat sometimes. After hours, after kids are in bed, wife is in bed, like my brain goes into...

S It's like Danny time to feast?

[00:21:59]

D Yes, that's when my major cravings come.

P I'm glad you're saying this because a lot of women have this issue.

D Yes, but I also think that when I'm not busy in the doing of my life and that is now the phone is hung up so to speak. My brain goes into this new space of introspection, thinking about, worrying about the future, just all of the things that are not focused work. Because a focus job and a focused... Even if you...

S What if you could not worry about the future, Dan what if you could?

D All right. That's what I'm getting to. Even if you work in your home, you're a stay at home mom, you're going to have major tasks on a list that you're

knocking out and your brain is just some on a certain path. At night though, I really find that my craving seems to match my questions in life and worries in life and anxieties. It seems like right alongside, it's for some reason and I would never think, oh, want to eat my way out of depression or anything. But there's something there.

P Do you find that if you do have proper really good protein centered meals in the day, like when you're really on your day and man plan and hitting it real good, do you find your cravings are less at night or is it really?

D Here's the only thing that makes my cravings less at night. It's yes that, I also find when I do...

P Because if you're needing little ditties, little like stuff of spinach here. And people toast to you.

[00:23:30]

S Like I need my calories now.

P And you need your protein.

D Yes, there could be a rubber band effect is what you're saying. Sure. I find that when I have a more focused on purpose, wake up, some sort of exercise and then yes, eating solid protein centered meals. And then a big key of course is it's just going to bed. That's my most successful time and it feels like, me, I'm the ADD kid who wants to just have no boundaries or anything. And I get to stay up late and do whatever I want, and research whatever I want, and write whatever I want. Just going to bed for me is un-thrilling so that it's a big discipline. But I find that when I have a more disciplined life as a whole, it really helps. Yes.

P Yes. And I do think, we can go allow ourselves to worry and have anxiety. I mean, I was even going, I felt myself going there today after business meetings and stuff. My brain wants to, because it's all about calculating numbers and stuff like that and I don't like it. But then, we have to counsel ourselves and what we know and the truth and it's like...

[00:24:35]

S Or even more than that

P Yes.

S For those who believe, it's like, hey...

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

S Encourage yourself.

P That's what I was saying. I was just like saying that scripture, why so down cast oh my soul. Put your hope in God. Don't, you know? There's nothing else we can put our hope in. And bless the Lord Oh my soul. So David said that in the Psalms he said it because he had to. And so, I was like...

P I was like if we're going to eat our worries away. It still leaves us empty. Right? Again, there's a, bless the Lord o my soul, so bless it. Bless him. Okay. Bless the Lord who reigns in beauty. Bless the Lord who reigns. How take, what...? How does it go after that?

D I'm sure, it's amazing.

P Bless the Lord. Does it sound bless the Lord who reigns in beauty?

S That's an older song for me. I don't know. I wish I knew the scripture early on.

[00:25:26]

P Early eighties

D I think there's another thing worth mentioning. I'm just going to keep going deep here.

P Yes, because I had something else but go.

S And I had something else too Danny, so make it good.

D Speaking of just do it. I think we do need to catch the little foxes outside of... For me in my opinion is it's not enough to say, just believe like I do think perhaps your husband needs to consider career reinvention. I know I'm going... It doesn't, it sounds off the rails, but there are actually real sources. And then for my wife, her night-time cravings, subsided as we became more financially better off. You see what I'm saying? When her husband started...

S You can't control that, that's out of your control so I'm nixing that whole thought.

D Is it though?

S No, because no, it totally is out of your control because you have to...

[00:26:21]

P If you've had to wait for your husband to have a redirection in his career, that's not going to happen.

D Of course, but why fight against the wind too, right? Like if there's reasons that...

S We're all doing our duty at all times, but somebody else isn't doing their duty, husband or wife and you're the other. You got to be able to be encouraged in the Lord in your own self and not having to have other people's Christianity or other people's positivity or other people's thinks, other people getting everything together for you to be able to.

D No doubt

P Because so many times we can use our husbands, wife, our spouse, as the reason we're not looking after ourselves.

D Oh, that's a great point.

P Oh, men, I could use it, big time.

S But I'm so glad he brought it up.

P I know, because now we can refute it.

S Yes

D Now, we can blow it out of the water.

[00:27:09]

P And my husband loves nothing more than when I go someplace with him and totally eat off plan and eat sugar.

S It blesses him.

P It bless him, now, I will do it occasionally.

D Why does it bless him?

P I don't know, he wouldn't care a bit if I was 30 pounds heavier than I am now, he'd probably like it. Oh, he loves me as I am. But to him, it really blesses him if I indulge in those sorts of things, which are definitely...

S Because he enjoys them

P Comfort food for him and he wants me to do it with him. Now I could say my husband just keeps sabotaging me. He doesn't care about my weight. He wants to eat this way himself and he always encourages me to go out and he brings me home things. And my husband's brought me home things too, and he would to this day. He's a gift giver. It's one of his love languages, and he would bring me home sweet things. And I'll say, honey, I love that you love me. I love that you're a gift giver, but that gift I don't want you could bring me home this one.

D Yes

P And so I do occasionally, we do share that wonderful thing together where our anniversary or a special dinner, we will totally do the eating off plan thing, but if it's, I could just use it as an excuse to just be like, well, I can't do this in my life. My husband's just not the one that helps me.

D Well yes, and I think my bigger point is yes, maybe it's not that, but is there something that you can take action on and actually believe, like maybe...

P You can take action on yourself.

S And take action on encouraging the word of God. That's like the biggest thing. Because you know what, the circumstances, true happiness and joy is from within, right? It's a gift from God and it's not circumstantial, of course circumstances is just icing on the cake. But we've got to be able to be encouraged within ourselves because of the hope of the Lord. Even when everything around us when we're walking out, we've got to walk on water. Like even with the Arden situation, my son. When he was battling cancer in the hospital and just those crazy times, I had to really rely on the foundation that I've laid for health. I had to rely on autopilot. Right, I had to encourage myself in the Lord and rely on the tips that I knew worked for health. So I packed the smoothies when I went to the hospital and took the veggie little Ziplocs with it.

P Put at that time your autopilot is probably different to other times too, because at that time, who cares if you're eating nuts and cheese for a snack, right?

S It doesn't matter.

P But your autopilot was just not necessarily having to go through the drive through like many people would.

S Well, it was like okay, well this is circumstances in life and because of that, I'm just going to accept all the Lasagna's that people are making our family and just pig out on them. You see what I'm trying to say? So it's not really about circumstances. As well, my husband doesn't have a great job, so because I can't change that, I will get better at my, all of this situation, when the circumstances get better. I'm saying no, that's when you need your autopilot the most.

P Yes, that's true.

S But anyway, another little thing I remember telling you Pearl about, eating at night and because you... Danny was saying sometimes we eat because we're worried, sometimes we eat for emotional support and a lot of people do. Like there's a lot of people with eating disorders because it's totally emotional.

D But you're never conscious of that, you're never I shall not eat because I'm upset.

P I don't know. I hear that a lot, I see a lot of women on Facebook saying that.

D They are conscious of it, okay.

P They say I'm an emotional eater. I eat my worries.

S And I feel like sometimes at night, the reason why I'm eating is I want; it's a little bit of a baby thing. I want my passé, I want my tucking, I want my little nip, my little ninny nip nurse before I go to bed. It's like my little comfort turkey, right?

D A little juice, before bed.

S But I remember saying to myself, man shall not live on bread alone, but by every word that comes out the mouth of God. What yummy treasure do I want to eat out of the mouth of God before I go to bed? So now I've looked for the little morsel, the little treasure I can kind of mull on as I go to sleep. So I'll have that. I'll have a little reading and just get a little treasure and I'll be like kind of like mumbling that, rubbing it around in my mouth kind of thing.

[00:31:29]

P I love that.

S In my mind

P But another thing is to talk about autopilot practicality. And I think we talked about this recently. It might've been on our radio show, has a Trim Healthy tip was when you all feeling that insanity to go just into the fridge and start foraging at night, when you've had your dinner and you maybe even had a little dessert but you had done, girl. You don't need it, but you find yourself there. That's when your routine needs to start for bed. You do something with those hands. You will brush your teeth because after you brush your teeth it feels wrong to eat right. You grab it. If you take a shower at night, you do that. You wash your face and then it literally, autopilot tells your body, no, this is not eating mode.

S Maybe you turn the lights off to the kitchen?

P Yes, and you start that other routine. If you've got a book in your hand and you're reading in bed, or maybe it's the Bible or just something that you do that we'll get you out of eating mode and it won't be in front of the TV. Because that snack time mode man, whenever I'm in front of the TV, I want to be eating. Yes.

S That's why you've got to have your safety net there. For me it's the fresh veggies.

P There's a times for a good show and a good snack in front of the TV. You can't take that away from yourself. But after that it stops and the different things and involve your hands need to start happening and then your brain, I find my brain switches off and it's like, oh, I thought I was hungry. I'm not. I'm ready for that beautiful bed and that beautiful book.

S Yes

P And then when your hands are right there in the bed with the book, they don't feel like snacking on the cookies.

S And some people might need to take up crocheting.

P Yes, that's true. It's just something to do with the hands. Sometimes it's that hand to mouth satisfaction.

S And smoking is so bad for you. That's why a lot of smokers are skinny.
D Why

P Because they're doing a hand to mouth for satisfaction

[00:33:20]

D It's a thing to do, they can lie in bed and smoke.

S No, not necessarily, just do it, I just feel like there's I know when I'm crocheting a blanket for my baby, it's so addictive. It's so fun or just one more row, or just one more. It's not one more chip. It's one more row.

P Isn't it funny though? Getting down to the very basic that our flesh wants and our flesh wants. Even when we've given it what it needs and it can be enjoyable to eat. It's that something inside of us that often once more when it doesn't need it. And that's when people talk about self-control and all of that. I believe that you don't actually need a lot of self-control when you're eating protein centered meals, right? Because your brain says, okay, I've had enough, but there's just something innately inside us that's wants to keep the enjoyment going. And so that's why I think these tips and these renewing of the mind, little life hacks are really important.

S Yes

P Like going to brush your teeth at night, before you go eat those five more nuts, which turned into 50, those little things

[00:34:25]

S You know one little life hack that I do?

P Yes.

S Is that after I eat the five nuts instead of eating five more sounds so like idolizing nuts. But it's not, it's just like the French. It's just enjoying the meal. Maybe I would like to eat the five nuts slowly and have thought about them as I ate them, sometimes...

P Right but no you don't.

S But sometimes as post recognition that I didn't do it, so I'm like, let me think about those five nuts. They were crunchy. Yes, I really like that nice mild flavor and yes that was delicious. A little bit of sea salt and a little bit of a hickory seasoning. And I think about them, so I actually experienced five more nuts in my head.

P Ooh. It's so about the brain though, isn't it?

D You've experienced?

S Yes, I think that, yes. I thought about those five nuts that I ate. Instead of eating five more, I thought about the five I already ate...

P You know that's me with coffee too.

S And was thankful for it.

[00:35:13]

P Because I love coffee so much

D It really comforting

P If I let myself, I would just drink it all day. I would have my Ninny coffee there beside me.

S Oh, me too

D Speaking of, are we walking down the hill?

P We usually go down to my house and have a good old coffee after this. But you know, obviously coffee is good for most of us, good to use.

S Too much

P But too much is like honey a little bit.

D I went to bed at...

P Honey the Bible says is good for the soul but too much is not good for you. You went to bed at 4:00.

[00:35:41]

D How many fingers am I holding up?

S Why do you do that Dan Dan?

D Because I drank your double concentrated cold brew yesterday, I told you.

P It doesn't affect me that way.

S Neither have I.

P But all I'm saying is I will drink a cup in the morning and then maybe in the afternoon. So I'm about a one to two cup per day. But that involves brain space telling myself that that's enough.

S And sometimes its autopilot.

P Because but your idea, I love it because of the nuts because after my coffee I literally think about how good it was and it doesn't mean I desperately need to have another one. I'm like, well no, I can have that in the afternoon. That's good. And that's okay.

S And it's like you are prolonging the pleasure by thinking about it and it's not idolizing. Sometimes I think about a beautiful memory, maybe some nice thing that my children and I did together or my husband I did together in a particular day. I'll think about it and be thankful for it and it just keeps it going. Yes, I had something to say and it just blew out of my brains, it can't be that remarkable.

[00:36:53]

D I bet it was powerful.

S Oh yes, I wanted to say shove the shame people. I don't want you to thinking I really don't have enough self-control, everybody else has self-control. I've got problems, I've got addictions because blah, blah. No you don't. You're human. And that's what I was trying to say before Pearl and I wrote this and we've been doing it for how many blinken years? And last night I was at the crossroads. Every night I get at the crossroads. Am I going to think about my adorable Treece's or am I just going to shove a piece of celery in my mouth?

P And you've made the Treece's. I want to get down to this. And you've made the Treece's because you like them and you like them in your life.

S I have a Treeces in my afternoon snack, I have two or three in the afternoon. I don't need 17 in the evening.

P There you go. See, I wanted people to know you can have them.

S I have them every day. I love my Treece's, I'm always sending my little daughter, she's my Treece's girl. That's her job in life is to make me Treece's.

[00:37:44]

S But my point being Pearl is when I put that celery in my brain, I didn't try to have the self-control because I know that it's not going to be there enough for that Treece.

P I love what you said about addiction Serene. People could be saying but you don't know me, I'm addicted to this and that. Listen, as Serene said, we're all humans so therefore we're all addicted. I could say I'm addicted to coffee. I could say I'm addicted to eating nuts and stuff, but we do these things, we train ourselves and we get better and we have different thoughts about different things. If you stay the same, you'll be the same. How about you change? How about you learn from others? How about you say I'm not addicted, I'm walking out of that. How about you say I learned something last night, if I do this, I don't do that. Rather than just saying I'm addicted or I eat my frustrations. Why don't you say, when I have these life events that make me want to eat my frustrations, here's what I do.

S And you've trained yourself. You write it all down in your brain so that when things happen you switch into autopilot. You remember like I'm not going to thinking about this, I'll not go to try and get the willpower. This is what I've planned and this is what I'm going to do.

[00:38:52]

P And when you mess up, you shove that shame and you completely forgive yourself because...

S Because I mess up, there was a couple of nights this weekend I had my hand full of Treece's in the late of the night and I had already had my three in the afternoon.

P And maybe you said well that's okay too.

S Yes, and I totally said, I'm not going to have condemnation of food, but the thing is on the nights I think about it too much, the Treece goes in because there's this, it's stalling.

D The Treece goes in, it has a mind of its own.

S But the night I say, hey children, hey, can you just... Because I'm nursing sometimes if I wait too long and wait till I get a chance to get up to the couch and get my celery, the Treece's that are going around the room and being

handed around are just being shoved. So I'm like, hey, can you go get mommy's her hearts of celery from the fridge. Then and I just put it in without thinking, I'm like, celery is the best food in the world. It really is. When I eat it, I'm like, this is all I needed. This is what I wanted. And the love of Treece's goes down a few notches.

P It really is taking it back full circle here and then we'll be done because I think we've said it is diving into that cold creek water. It's really good once you're in, but if you think about diving in, you're not going to go in there because you've got other outs in your head. Well, maybe I'll just stand here. Maybe I'll just go up to my ankles. Maybe I'll just stand here on the creek side. And I mean you could think of a thousand reasons why you're not going to take care of your body with food.

D They've always said the first step is the hardest or the first lap.

P But the first step becomes a weekly and a daily thing. It's like the first step, you'll learn Trim Healthy Mama it takes a while, you know the ropes. But then it's like Christianity; daily, you take up your cross; daily, you go on autopilot; daily, you make the right decisions.

S And I want to just talk about men here and then women too. But I'm just thinking about my husband years and years and years and years and years and years and years and years. He had like the salt mine jobs. It'd be beyond freezing outside and he's climbing ladders and painting and he's been out since before dark....

D I was there with him.

[00:40:50]

P Don't share with us then.

S And what about the time he had seven nights a week night shift at nuclear power plants and it was just drudgery, but he didn't think about, well, let me motivate myself with this. No, it's autopilot. This is what I got to do to feed my family mate. It's autopilot. I get up when the alarm goes, I don't think about whether I want to put my shoes on. I just put them on and I go and feed my family. And it's like even if you're a woman and you're a working woman, I don't think about whether I have to go wash my hair, brush my teeth, put a bit of makeup on, get dressed and go out the door.

P You do it.

P This is what I do. I have a job. Or as a mother do I really want to homeschool today they really drove me nuts, yesterday. All I want to do is sit in bed with donuts. No, you don't think like that. You're on autopilot. Or do I breastfeed my baby because she's crying right now. I don't really. I feel like she nursed all night and I don't feel like my nipples are my own anymore. I want a break. No, you grab the baby and you shoved her to the breast because that's what you do.

[00:41:44]

P But some reason in food and when it comes to moving our bodies in a sensible way even, we get ourselves so much license to not do what we absolutely should be doing. Why do we have all these outs when all these other areas we take care of?

S So in essence celebrate food and enjoy the freedom. But on the other side of things, jolly will be a robot all the time too. Anyway, we were a bit feisty but we'll see you here next week.

D See you next week boys and girls.

[00:42:30]

