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Trim Healthy Podcast with Serene and Pearl
Episode #100 - We're Celebrating our 100th Podcast!
(Original Air Date: 12/26/18)

*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 • L = Lesley • T = Tim • J = John

[00:00:00]

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

D Oh yes, men and women, boys and girls, it is not just another episode of the Trim Healthy Podcast, it is the 100th episode of the Trim Healthy Podcast with Serene, Pearl and Danny.

S This is the golden years, that's what they call people over a certain age, right? It's the golden age.

P They're called centurions.

S But remember when Mum put that magazine out

D The Golden Agers.

S Well, yes, that's all right. She named it the Golden Agers!!

D I think John, our producer should give us all gold watch for this commemoration.

[00:00:40]

J Why does John need to give the gold watch?

D You know, you're in charge, and we're just the workers.

S No, this PODdy is super enjoyable for me. I hope you guys enjoy it out there because I don't ever want to quit. It's just fun, right?

P Yes. We should go back. Scene, change, shift, the smoke arises.

D All right, you're creating a moment.

P And we're going back to that first podcast that we actually never meant to be a podcast. We got together in a meeting room. And this advertising agency had told us we were going to do a radio show and they said you also need to do a podcast. And Serene and I, we were like, what the heck, we don't have time for podcasts. And who listens to silk and crafts. Serene and I said, no one is going to listen to us.

S Gluing cotton balls together.

P Serene and I were like, what? So, we got together actually with John but Danny just pushed himself into that room.

S Wasn't Timothy in there too?

[00:01:43]

P Were you in the room Tim?

S Yes, Timothy was.

D The only reason I was there is because you had no other use for me

P Not exactly, we put him in advertising and he was failing at that, we put him in wholesales, he was failing at that. We put him in all sorts of places and Danny was...

D Failing, I beg to differ. I think my ideas were a little too cutting edge for the group.

P That's true. Anyway, so we sat in this room with John and John was trying to explain to Serene and I why we, sort of, needed to do this podcast. It was a whole hash out session of why would we do a podcast? Should we even do a podcast? And once we got around the idea of what it should be called. A hundred episodes ago, it began. Let's go back and revisit.

P But we need a name though, we still need a name. I don't want to call it just freedom.

S It's the PODdy.

[00:02:38]

D The Freedom PODdy.

P P-O-D-D-Y. People will think we're saying potty, P-O-T-T-Y.

S I don't mind them thinking we're saying potty.

P But it's our accent. Americans say potty. I mean PODdy is awesome, P-O-D-D-Y, it sets us apart from all the other podcasts too because podcast to me already sounds boring like I'm going to fall asleep.

S We can call it the Freedom Poddy and let it fall where it may.

P PODdy almost sounds like freedom.

S It does.

D Freedom

S And I have to go to the potty right now.

D That's a wrap.

S This here to me is like a special club. An Illuminati, what are they? Are they a club, people special club people.

D People behind the scenes who really run the world

[00:03:21]

S Yes, that's what I feel like this is. We're part of something special. You, listener people wonderfuls and all of us, we're friends and we're Illuminatis.

P Well, you do come into our lives every week and we decided to just keep it real. So, we're basically in this little cabin that you're coming to hear. And we don't script anything.

D That was a promise from Episode one, right?

P Yes.

D We decided we weren't going to script anything.

P And we realised some are going to love and some are going to hate. And the haters don't even have to bother to turn us on. But somehow, many of you guys loved it.

S Or you love to hate it.

P Or you love to hate it. But you have been so amazing following us every week. I hope that we brought you encouragement and I enjoy a sense of family because we honestly feel like we do family with you.

[00:04:13]

D Pearl, do you have a moment when the podcasts clicked for you? Where you felt like this is a thing and I want to continue doing this? Was it an episode? Can you tell me about that?

P I don't know. You know what Danny, after that very first podcast, we didn't know anything. We would call... Even though it was just a meeting, we would call... Tim's here and we're going to introduce you to Tim, our engineer, he's in the room today for the hundredth episode. He recorded it. So, we put that out as podcast number one, not even realizing. It wasn't an official podcast, we just put it out. So, after the first podcast went out, my inbox was literally full. So many messages, oh my goodness, thank you, you don't know what you said, you

said something about... So I ate off plan, I'm still a Trim Healthy Mama. And I talked about how I wanted to say on the podcast all these things. If I'm going to do a podcast, I want to tell our listeners that just because you stopped at Subway and you didn't have the perfect meal you're not a Trim Healthy Mama, of course you're a stinking Trim Healthy Mama. I'm not perfect, I'm a Trim Healthy Mama, it's my identity. And I said to you Danny, I said, you're a drummer Danny, but did you play drums last weekend and you said no.

D I remember this.

[00:05:39]

P And I said, are you a drummer? And remember you said, as I live and breathe I'm a drummer. Those were your very words. So we said that and my inbox was full of all these ladies almost crying saying, you spoke to me, I don't have to be perfect. And I think that's where it clicked for me. And I said to Serene because Serene is unplugged and is not on Facebook. I showed her all these messages, literally they just kept coming in. And Serene was like, Pearl, we don't want to go around speaking at events in pencil skirts, we fail at that anyway. We have a platform here and people are going to tune in and if we can encourage them then wow, right Serene?

S Yes, and that's why it's so huge for me. I am unplugged, I don't even know how to email people, I wanted not to learn. But this PODdy is a way of connecting with you guys. I feel like it's a way of being, like having friends. Like, Pearl is my friend and I like to stay on this hilltop and I just love to be busy with my family but you guys are my friends and this is how I talk to you. And Pearl tells me through the little birdie what you guys say back. I'm forever the PODdy girl.

P Because before the podcast, you were like Charlie with Charlie's Angels basically, apart from the rare video, no one saw you or heard from you Serene.

[00:07:01]

P I was on Facebook and I was more accessible. Serene was like this no one but you heard her in the books but now you get Serene every week too. And then everyone got introduced to Danny. but you're in peoples hearts Danny. And then Lesley and John. You want to say something John, don't you?

J Oh no I was just getting prepared because I thought we're going around the room, right?

P We are.

J Telling stories, so I'm getting prepared for my story.

P You get a certain look on your face when you're ready to say something and I can see it. After a hundred episodes, I know your body language so well.

D I do too. I can actually see it in my peripheral. When I was looking at you, it was his head movement.

P Yes, he starts nodding.

D He's looking back and forth like, I'm here.

J Just getting the flow.

[00:07:52]

J When it clicked for me and this might be a long way to get to my end point but I'd come out of a lifelong career in the music industry. And in the music industry it's all about getting people to chase carrots. Every record label, every band manager, everybody in the music industry is always trying to build their audience and capture their audience. And it's always, win this, there's always incentives.

J And the very first day that we met, long before the first podcast. When we met, we started talking through this whole Trim Healthy Mama idea and what to do with it when it was just a book. I knew from the very beginning that this brand was ironically... I ran away from the music industry, I wanted to do anything but the music industry.

J But when I met you guys, I knew the first day that we met that this brand was everything the music industry was trying to be naturally. This is at the end of the day, Trim Healthy Mama is a community, a community of people and it was already in place even back then, even before there were any products in it. Because that's what happened, you guys released this book and a community grew around that. We've tried many things, we've tried different products and different approaches. This podcast has been like this tried and true piece that has always been steady and building.

[00:09:27]

J And I see the stats and everything, I won't get into boring numbers and stuff but I watch it every week and I'm watching it steadily, steady growth. There's a core audience that's already there.

J I'll tell just a quick little funny story when there were two things that happened and I was like, wow, this podcast is honest to goodness connecting with so many people. One was there was something going on between you and your brother and I don't know if everybody knows the connection between your brother and the Newsboys.

J Now, Tims the music guy, Danny is a music guy, Lesley is a music girl, we all, kind of, understand audience size. And there's a certain size audience that the Newsboys play to on a regular basis. And I remember showing you Pearl, one moment when I showed you our stats and you said something to the effect of... You guys were having some friendly jabs at your brother over time spent and audience size. And again, I won't say the number but our podcast audience size on the day it was released, the Wednesday, grew to be bigger than the size of the audience that the Newsboys play to. And you made some crack about we don't even have to get off the couch. It was a friendly little sibling jab between you and your brother.

P That was early on, yes.

[00:10:46]

J But I hung onto that. I was like, wow, every Wednesday, we really truly do in band terms, this podcast, we play to arenas every Wednesday and that's a really cool feeling. And then the other moment where I was just kinda taken back by the whole thing was when we did the podcast and Serene you announced your big news which was your birth announcement. And the stats on that particular show was unlike anything I'd ever seen. And we didn't do anything, we didn't advertise it.

P And isn't interesting because I think the stats on that show went crazy and so many people were listening and that's once again to your point John, it's community. People are family with us, if someone in your family gets pregnant, you want to say, hey, congratulations.

S And that's also the interesting thing, as a business we try and make sure that we cut corners and make sure we're not spending money out there for no reason, that we're being responsible with the money. And when we're trying to cut corners and slim down output in areas where we pay money to people to do things, we've always said, no matter what, we're doing the podcast, no one is cutting the podcast. That is going to be there forever. Because it's like the event with family, it's like, we can slim down and we won't go to gymnastics but we're not going to stop the family gathering. We're not going to stop the podcast.

[00:12:21]

S And one more thing before Danny, I want you to speak and Lesley and Tim. But what I want to say, you were saying how every Wednesday we speak to arenas but because it's family. I've never got a little nervous butterfly in my tummy because you're never nervous with family. It's still a one on one individual. It's like aunty and uncle are coming over and we're just going to tell them about what's going on in our life and that's what it feels like to me. It's still so personal, I feel like my baby can cry, I can sit here and nurse, I can chomp on a carrot.

P We have the best audience in the world because they let us do this and they're like... Yes, we get some very rare emails, I wish you guys were like this, or why do you go on and on, why do you let your baby cry, blah, blah, blah. But overall, everyone's like, I just feel like you're my friend and I'm over in your living room once a week.

D That's what happens in living rooms, babies cry, people argue, people disagree, that's what I love about it.

P Yes. So, what is your most memorable episode Danny?

D Well, for me, it was more when it really clicked that I wanted to do this long-term. Because when you first do something, somebody invites you to do something, you're like, all right, it's my job, this is an opportunity, lets do this and see what happens. But I think when I latched onto what I wanted to bring to people and I figured what that was. Because at first I was like, oh my gosh, I don't know the plan, what am I going to say to these women, you know what I mean, like, I ain't got nothing to say to them. What am I going to offer?

J Danny, I'm so glad you brought that up because I was also going to go there but it is kinda personal, but I want to give you props for something because I know you get ripped a lot about all the different jobs you've done in the company.

D Or haven't done.

J And I will say this, nobody walks into a room with more spirit and hey, let's go than Danny. And Danny, you were given a bunch of rather boring tasks to do and I know what you're saying because I sit directly across from you every time we record. And I watched you almost overnight find your purpose. And it was probably somewhere in episode forty-ish, somewhere in there but it just clicked.

P I know when it was John. That day I remember it, we weren't in this PODdy cabin, we were in the other PODdy cabin, still on my property, we had two cabins.

S Maybe there was black mould in that one and now there's rodents in this one.

[00:15:20]

P Yes, there are rodents in this one. Danny, we were talking about, Serene and I were trying to articulate what if we just believed and then Danny said, I just asked myself this question, what if I could? Serene and I looked at each other and go, what? What if you could?! You brought it Danny and since then, do you know what I told myself this very morning? What if you could Pearl? Something that I was being challenged on in my life and I was just slacking on it and thinking that's too hard. And I said, what if you could stinking could Pearl?

S Let me tell you something Danny, let me tell you about your fame.

D Tell me about it.

S In our home, in Pearls home and in our sister's Vange's home and all of our large extended families homes, there is a saying called, a good man's not stuck and it came from a patriarch in our family. If we were going to have a bust built of a certain family member, it would be of this wonderful man named Ivan Bowen. And there would be a little plate and at the bottom would be engraved, a good man's never stuck. Everyone would say it no matter what, a good man's never stuck, meaning like, keep going. What if you could? Is said a whole lot more on this hilltop than a good man's never stuck. That is how entrenched it is in our cellular matrix now.

[00:16:44]

J Maybe we should get collectable Danny Valdes bust's made. I've got some product ideas that we'll share later but that would fit in the grouping of what I've got in my brain. For me, that was something to really believe and go, wow, I have something of value to share to these people that isn't the health aspect.

P I feel like it has too though. Because you come from a pre-diabetic sugar addicted guy who when we first started the podcast, you were just getting over that. People have watched you over the last hundred episodes become strong. A strong, strengthened person who now can eat kale.

S He comes with his kefir smoothies or his protein enriched matcha infused smoothies.

P When you first used to come to the podcast, you'd be low blood sugar. We'd be like, did you eat your breakfast, you didn't eat breakfast and you pigged out on Chick-Fil-A, and it was all ridiculous stuff. You're not perfect but neither are we but you've gotten it together, you've conquered this and people have related to you Danny on this journey.

D Maybe I represent the whole, hey, I'm like you trashed in my body, not in the same way but in my way and if I can, what if you could?

[00:18:06]

ADVERTISEMENT

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

P Have you had 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 to their line-up and it's one of our absolute faves, Wild Alaskan Salmon, people. And that was one of my new years resolutions, just to get more salmon in my life, it is so good for us. So, Butcher Box sources their salmon from Bristol Bay, Alaska. And it's red colour means fresh and nutrient rich. You know how you see salmon sometimes and it's insipid pink? No, you want the deeper colour, then you know it has all those nutrients that are just blessing your body.

As we've said before, Butcher Box offers curated boxes of high quality beef, chicken, pork and now, yay, salmon. It's super convenient and delivered right to your doorstep with free shipping. They even deliver to us at our hilltop, can you believe that, way up in the woods we get this. And of course, the meat are always antibiotic and hormone-free. So, to get your exclusive PODdy offer and 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, trim healthy.

[00:19:32]

P One more time, visit Butcherbox.com/trimhealthy and don't forget to

enter trim healthy at checkout.

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

S And another reason why I love the poddy, for me personally, is because it's a place... Maybe I shouldn't love it so much because we've had a few complaints but it's all right. I love it because it's a place where I can really go deep with you guys who are listening, with Danny and Pearl. We've been doing the PODdy on this hilltop for a while before it was recorded. We just didn't know you could have a podcast and that's what it was.

D True story

S But Danny, you've been a friend of this hilltop for years and that's what we do, we just go deep with soul talk and just go deep about all the spiritual, health or whatever, just going deep. And I love it because there's a lot of fluff talk out there. There's a lot of surface, how's the weather, politically correct talk and you have to veer around. And I feel like this is a place where I can just really share.

P We always say this and we know that not all of our audience are believers like we are Christians. And yet you stuck with us even if you're not because we try to bring you something too because everything that the Bible says, science backs up people, so, there's that for you.

[00:20:57]

P But we love to be able to share and what an amazing country that we can sit here and do this where any wisdom we find comes from which is from the scripture. Serene and I, we would have nothing without Gods wisdom, we would have nothing to give and each week we feel like, man, I got that. Serene and I will talk on the phone and be like, we're taking that to the PODdy. That's an incredible thing and we feel blessed. We don't look through this like a ministry, that's an ookie word.

S It's a Christian-ese word.

P Christian-ese word and we hate that but it's real stuff, real talk.

S It's a place to just out-pour. Aren't we meant to out-pour into each others lives?

P We want to introduce a couple more people. You know Lesley but Lesley needs to come say something. How many PODdy's have you been with us Lesley? Not from the very first, right?

L As you were talking, I was thinking if this is the hundredth PODdy, I think I've been here a year and a half plus. Then my math, I just lost it, I just don't know. Definitely not from the beginning but my first memory of the PODdy, I think we titled it, The worst PODdy ever.

[00:22:15]

P Was that your first PODdy?

L I don't know but it's a real strong memory..

P We were dancing.

S The Pearl dance.

L One of my first tasks as co-producer Lesley was to film Serene and Pearl with their, like, lame white girl dance. And then I was like, who are these people?

P What is their job about? Danny got up and did a white girl dance with us too.

S No, he doesn't dance like a white girl.

L I don't know if it was my first day but it was my first... I don't have these strong memories because I wasn't there from day one but it was the strongest memory. And then I will say this, the elephant in the room that you embraced me because I'm from a very different background, very different walk of life.

S Should we read them the thing about Psalms?

L Wait, did we tell that on the PODdy? We have already.

[00:23:15]

P I think we told it on the podcast. We did last week. We told about your story the Psalms

L So, anyway, I'm heathen and you embraced me at the time.

S Hello, I'm Lesley, I'm a heathen.

L I became family and honestly, I went through some hard times and I went through an adjustment period from my previous life to this life. And I, sort of, went through it quietly, you know, relationship stuff, family stuff. And just being in the room and the moment that you three would just start, even if it was about kale, it doesn't matter what it was about, your energy just lifted me. And I know that that's what you're doing in other people's rooms. It doesn't matter what's going on in their lives, your energies, it just lifts everyone. So, I'm happy.

S You do that for us too Lesley.

L Danny is glaring at me because I have to steal either Danny's or Serene's mic. I never steal Pearl's mic.

S Because she's big sister Dragon Lady, I'm throwing my mic to Timothy.

[00:24:26]

P Timothy is the unseen person that you might hear us sometimes say in the podcast, edit that out Tim and then Serene says, no, Tim, leave it. This is Tim, he's our engineer.

J Can I give Tim some props? There is a small core of us, THM wise that for whatever reason, better or worse on call 24/7. Because we have a tendency to do things very spur of the moment and when inspiration strikes, we just do it. And Tim Scott is one of those guys where I can text and have texted Tim at very strange hours of the night and morning and he always, always, responds and gets it done. And I don't think this PODdy or any other radio segments would be as strong as they are and as consistent as they are without that guy.

P Let's hear it for Timmy.

D They wouldn't exist, in fact.

T You mean like, if you forget to send me the audios to edit until Tuesday night

J Or just an on-going battle with Dropbox. A little bit of both, right.

P Say your peace Tim. What's it like being on the other end?

[00:25:57]

T It's interesting because I always feel like I'm in the room because I'm listening to the PODdy. But I never get to interact with you guys because I'm putting it together after it's recorded. For those of you who are interested, there's a lot of mics up in the room here and everybody is talking into a mic.

P At once

T At once and my job is to try and make it where everybody can hear and understand it.

P What an impossible job

T I do a lot of what I call, micro editing on Serene because she's not talking into the mic and I dial her up and turn it up so everybody can hear her.

P Oh my goodness, thank you Tim. Do you notice me saying, Serene, get back to the mic.

T Yes.

S Sorry

T I mean it's great though because it's job security. One episode that I'm surprised nobody has brought it up yet but the Foxy Mama.

P How did we forget Foxy Mama.

[00:27:01]

T I was just going to say it was funny to me because it was the one podcast I remember where Danny just did the intro and then said nothing.

D I remember that. Because that was the first time that we breached that subject and I'm like, what's my place here? Like, do I speak at all?

P But you sat there with your hands up glorifying God sometimes.

D That's true.

T It's funny because a lot of the stuff that you guys share rubs off on me. And I can be working on the podcast and I'll literally stop and I'll run into the kitchen and make something.

P Really

T And my wife is like, what's that? It's a Good Girl Moonshine, do you want me to make you one? She's like, what's in it? I'm like, here, try it. She's goes, that's really good. So, things like that, it rubs off on me. Anyway, thanks and congratulations on 100 episodes.

P Thanks for everything you do Tim. So, we're going to keep this one short and sweet because this being the day after Christmas, you want to hang out with your family. I know we're hanging out with you as your other fam but you're going to hang out with your other fam, two fams that you have.

S Do you want to say it in another way too, that might help.

D Could you keep on elaborating?

J Do we need Tim to edit that?

P I think so. Tim!

S No, Tim, leave it in. And after the PODdy, you cannot flush anything. The PODdy does not have a flush button, that's why it's real and raw.

P I remember last Christmas was our first Christmas PODdy, right. This last one was the second, I remember we got mail, vicious, angry mail. You Danny, remember?

D Can't even speak it.

P Can't even speak it but you told all the little children that someone didn't exist, oh my goodness.

D Yes, we got some hate mail.

P So, we're not saying that this year.

[00:28:55]

D No, this year he's very real.

P Well, it already happened yesterday. So, hopefully he was real.

D He was real. It happened but it's magic and you should have fun with it.

P No, Serene and Danny...

D Serene is with me.

S Jesus is the reason for the season, I don't like that line, it's been used so many times. It's like, What Would Jesus Do, and wear the bracelet, you know?

P But I remembered you agreed with Danny.

S I was totally in agreement with Danny.

P I was like.

S Nick was an amazing man and he was great and we should be like him.

[00:29:27]

D We're going there now guys? We should back up, we should go in reverse now.

P Done with this podcast and we will see you in all in the New Year. Man, we're going to bring a good one next week.

D It's going to be nuts.

S It's going to be neat. You've had enough cake, you're ready for meat.

D Not white chicken meat either, we're bringing dark meat.

P Don't say blah blah.

S I don't know the words.

[00:30:12]