



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #107 - 5 Smart Things You Can Do For Your Health**  
(Original Air Date: 2/13/19)

*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!***

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S = Serene • P = Pearl • D = Danny • L = Lesley

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Women and men, boys and girls, you have found us again, the world's most greatest, most hippest, most baddest number one podcast actually of all time...

P In the health category...

D In the health category, it's the truth.

S That's fine print.

D Yes, and you're here. It's the Trim Healthy Podcast with Serene...

P I think there's one that beats us quite a bit. What is it? The something experience, but he's not health.

[00:00:29]

D Oh no, Joe Rogan, yes, the Joe Rogan experience is the number one... I'm just going to get my mike back in front of my face, stand by. Yes, he's the number one podcast of all time, but we're the number one health podcast of all time, so... You made it, and we're glad you're here, and have we got a show for you.

P Oh my, and we've just been arguing about whether we should do it.

S Well, yes, I mean...

P Serene was a nay and I was a big yay.

S Yes, because the arguing is a big part of preparing for you guys.

P Yes, we prepare by arguing. Really, we did a couple of weeks ago a podcast. It was the mean girl podcast on five dumb things you're probably doing in the day or you might be doing, and stop it right now. Oh, it was fun. Was it not fun?

S It was fun.

P Just say stop it. It was for us too, we're saying stop it..

S It reminds me of the time I told the postman, I said, good boy, because I say: Oh, good boy, to my children. They do something for me. They put their shoes away in their cupboard.

[00:01:29]

D Yes, good boy, you told the postman: Good boy?

S Well, the postman delivered my mail. I said, oh, good boy, because it was one of those random things...

P And you told a painter, love you.

S Well, yes, it was like...

P A painter coming to her house to paint and she's always saying, love you, to everybody.

S Yes, I'm like, I love you, as he drives away. I was so embarrassed, but: Well, just stop it, was another thing. It just felt so natural because I say, stop it, all day to my children.

D I've been that tradesman who's heard something weird from a client or whatever as I'm driving off. And I'm just like: Wait, this lonely woman out here in the woods, poor husband out there working and she's just alone, out in the country, in his mind. And she's just like: I love you. It's like, woman, I painted a bathroom for you. If you're falling in love in a day, you've got bigger problems than... I would think that in my head: Man, leave that woman alone. She's got bigger issues.

S So funny.

[00:02:17]

P But we digress and the rabbit trails are going to be very few today because we're going to be giving you the five smart things that you jolly well should be doing every day. These are things that we thought, well, we sort of take for granted that you're doing.

S I told Pearl... And that's why I was a big nay. I'm like, we've said this, Pearl, over and over again. We wrote them in all different ways in our books.

D But you haven't...

P But we've never said them as five smart things you should be doing every day, and what about our newbies? Listen, as the number one health podcast in the entire universe, in the health category...

D That's us, by the way.

P Yes. Oh, that's us? Oh yes. There's got to be a lot of new people tuning in each week. There's new people to Trim Healthy Mama. Our plan is exploding, so these people, to them, to you if you're a newbie, you're listening and lapping this up. It's like manna from heaven.

[00:03:06]

S Okay, okay. Yay it will be then and we'll do it. And the reason why I concede to you guys for doing these five things, even though we've said them so many times, is because I have to retell myself.

P We all need to hear this stuff. This is Basics 101 of Health, right. And you can share this podcast. This won't be a particular, this is how you do the Trim Healthy Plan Podcast. These are just five basic health things.

S Do you have a carrot you like swinging back like hallucinating?

P Are these my hands?

S You can share this podcast. Grow our podcast. It sounded like you were giving them a go and...

P What's it called? Hypnotic...

S Yes, hypnotic instructions.

P So here we go, number one, and this is the big one that Serene and I argued about. She didn't want me to do this as number one, but I'm going to, and little sis is now onboard. Number one, we've never talked about it, water.

D Water.

P And guess what? I'm bringing it as number one.

[00:04:03]

S Oh Pearl, please say this...

D Because it is number one...

P We just assumed you were drinking water.

S But just in case people don't know because when we're at the restaurant and they say, what do you want to drink? We say water. they say, excuse me.

P What?

S We say, water. They say, excuse me. And then you go, oh, water. So water...

D Water...

P Danny here, last week we found he wasn't... He sits here in this podcast. He's a podcast health person. He sits here and then he was talking about some digestive stress. And I was saying, how much water are you drinking, Danny?

When do you first start? And he's like, oh, usually I don't start drinking until 6.30 at night. I have some water. I'm like, what the heck? We take for granted that you're drinking water. You people, this is foundation 101. We don't put this in our books because we think you're doing it. Water, when you first get up, if you don't have a luscious thirst like Serene... Serene's a naturally thirsty person.

S Well, I have water by my bed at night and when I go get up to pee, which is probably because I have water by my bed, I'm always taking a good few swigs.

P But some of us aren't water guzzlers. We hate water. I don't even love water.

S Lesley likes water.

L Water

P But here's the thing, when you first get up... I'm going to change your world because when I do this, my whole digestive system works great. I don't get headaches. I'm set for the day. When you first get up, you drink one cup. I don't care if you like it or not.

S You're not talking eight ounces of cold, ice water?

P I don't drink ice water. I drink it warm out of the...

S That's what I'm trying to set it up for them.

P They can drink it cold if they want. You go to the bathroom, you come back and you drink another. You've got two under your belt. It's set. It starts to get...

[00:05:36]

S But you don't guzzle until you get stomach ache. I feel like you just... You've got it there on the counter while you're chopping your veggies for your omelette or while you're brewing your coffee, you're constantly sipping.

P Shut up. I'm doing that. Lesley tells me to shut up.

S Yes, but listen, if I heard somebody say: Chug two glasses of water when you wake up in the morning, I'll be like, you Spartan, just let me sip them slowly.

P Lesley, you say shut up with love. You say, shut up.

L I would never tell you to shut up.

P Well, I feel like you have in a joke.

S She says, hush up.

L Oh yes, when you're all...

P There you go. You do tell me. With love, I was telling you to shut up with love.

S Another way though, if you have a shower in the morning... But if they have showers in the morning, I love to drink water in the shower. It's an easy way. The hot water's going over you and you can sip cold water.

[00:06:14]

P No shut up

S It's delightful. You should try it.

D That's interesting. You know people do what they call a shower beer.

S Oh, I didn't know that.

D But the same concept, they want that ice cold something in the hot, the combo.

P Let me talk people, no, no, no.

S No, but I have to explain it.

P Your little lips, sister. I need to talk.

S When you're hydrating your skin, hydrate your innards.

P Oh, can I just talk?

D Double hydration

P You are a person, Serene, that doesn't count for this. You need to just zip your lips while I explain it for all the rest of us. You have a natural water thirst. You like water. You can do it in the shower.

S I'm trying to tell the people that hate water.

[00:06:47]

P You can do it while you brush your teeth. No, you're no good. I'm the water hater. I shall speak to this point. You shall speak to other points. Let me, as a water hater...

S Do you know we call her Dragon Lady? And now you know why.

D Now we know why.

P I need to get this point through.

D I'm a water hater too, so I'll chime in with you.

P You're a water hater, Danny.

S I'm speaking to the haters and saying it's so cosy to do it in the shower.

P Shove her out of the door, Lesley.

D And I have, with you, along with you, some secret tips for the water haters to get the water down with your way.

P We don't want to hear from water lovers right now. We want to hear...

[00:07:15]

S No, it's the haters that drink it in the shower. That's how they do it.

P No they don't. You've got to make yourself drink. Look, I'm just telling you before breakfast, two cups, hate it or love it, get it done.

D Man, can I tell you though how to get it done in style?

S In the shower...

D Well, that's one way, thank you, yes. And by the way, I don't know if she was born loving water or has she cultivated a love for water?

S You don't take a glass into the shower if you've got tiled floor. You take one of those good old plastic infused, chemically plastic bottle.

P I'm washing body parts, shaving body parts, I'm not drinking...

D Oh, you don't want it flinging into your cup?

P No, I don't want to feel dirty.

S You do most of the work before you get in the shower. And then you get in the shower and you just let the hot water run, and you stand under there and become a zombie, and you sip the cold water.

P I think we want this podcast shared into the netherworld beyond THM, so you need to hosh up.

[00:08:07]

S I bet you there are other shower drinkers.

P I bet.

D Oh yes, shower beer's a thing. All right, now...

P We're going to say, here's your tips from another water hater.

D Yes, here's how you get your water down.

P Just this week you're doing...

D In style... This is my new thing because I'm not going to drink water in the morning. The only way I can drink water is when it's kind of sippy, sippy and it's just not enough. So what really helps me is I take... And you don't have to do all of these things, but I enjoy doing these things now because it's so tasty. I take one lime, and I squeeze the lime juice into a cup. I pour a tiny little splash of apple cider vinegar. I throw in Stevia, pink Himalayan mineral salt and...

S A pinch? A pinch?

[00:08:57]

D I'd say about a pinch, yes. And it's amazing what salt does to everything. It's not just on southern comfort food. You throw it into sweet drinks and it just...

S It actually helps hydrate you.

D Right, and the electrolytes from the salt...

S That's right.

D I essentially just gave you the recipe from homemade Gatorade, but it's healthy. And it's filled with those salt-driven electrolytes. Of course, the lime juice flavors it.

P Do you just make up a big pot of this to sip on all day?

D Yes, and I can chug it man.

P And that's another way of doing things because then you're going to get your eight cups, but can I...

S Well, you hushed me so much. Can I just say one thing?

P All right. Then I've got more.

S Yes, you've got more, but that's good. But let the shower drinker talk for a second.

P Okay, you can.

[00:09:36]

S Another thing because he mentioned Gatorade. Pregnant women, don't listen because it actually can cause contractions, but hibiscus flowers are so delicious. And I make myself a two quart large...

D Like a teapot kind of thing?

S No, a two quart large quart, like canning jar quarts?

D Oh yes.

S And I make a beautiful hibiscus cooler, just with hibiscus leaves, Stevia and water, and I chill it. That's the first thing I have every morning, and they say it's so hydrating to your body that it's nature's Gatorade.

D So it won't dehydrate.

P Those people are going to have to go online and get hibiscus. I believe we're going to bring that on Trim Healthy Mama.

D Hibiscus won't... So I know black tea, doesn't it dehydrate?

[00:10:22]

S Yes, but hibiscus... I don't know about that, but the hibiscus hydrates.

P Hey, can I say something? I know there's a lot of people like me. I'm speaking to my crowd right now on point number one. You don't want to think of water when you first wake up. Everything's zeroing in on your hot coffee. It's like, get out of my face water. Get out of my face anything. Just let me drink my hot coffee, all right. So that's me, but I find now that I do not allow Pearl... Pearl's not allowed to get to that reward of hot coffee before she has her two cups of water. And once I do, the coffee is just so much more special. I earned it. Earn your coffee, people.

S And I also find that the flavour of coffee can be... As wonderful as it is, it's a little bit like desert parch.

P You're going to get more thirsty.

S And I feel like you enjoy it more when you've had your water first.

D If you're hydrated, yes, because... Again, isn't coffee a little naturally dehydrating?

P Yes, it can be.

S Well, it's just... What do they call it? It's a...

D Diuretic, it pulls the water from your body and that's why you pee like a race horse.

[00:11:29]

S Which can be good for reasons.

P Yes, we love our coffee. But we're just saying: Do coffee smartly. And that means keep your water in. And then, of course, we have all the other sippers during the day that are going to help you like Good Girl Moonshine. You could do Danny's

special Gatorade.

S Boost Juice people.

P Boost Juice... We've got a thousand sippers for you.

S Hibiscus, we're going to bring the best hibiscus to the world.

P All of these things, but I say, water's still important. And I say: Get it in there early morning, because it's going to set the tone. All right, number twoosies. What was it, Serene?

S Hey, I was the nay-sayer and you were saying all these things, and I'm like, no, they've heard it before, so I didn't even try and remember them, Pearl.

[00:12:15]

D I love how after we champion ourselves and we scream, we are number one, that we spend the rest of the podcast front flipping and face playing.

P Silence, number two, it was...

S Do you know what it is? I know what it is...

P It was beddy byes...

S Yes, we'll do beddy byes.

D Look, we didn't even write this down, like so unprofessional. We just literally rehearsed it like improv for like a second. We were like, let's say it. Let's just say it. Hit record.

S Well, if you want me to say it, I'll say it. Wee Willie Winkie runs through the town, upstairs, downstairs, in his night gown. Rapping at the window, he's crying in the locks, are all the Mommas and Pappas in their bed, for it's past eight o' clock?

P Now, you don't have to go to bed at eight.

D Now why did we get to enjoy that existential experience?

S We grew up, every night in our life, Pearl and I were said that poem by our Mumsy, except she said, are all the children in the bed because it's past eight o'clock, but Wee Willie Winkie... And it was scary. I remember thinking of him running frantically through the streets, trying to make sure that all the children were safe in their beds.

[00:13:17]

P You've got to go to bed, people, because 11 o'clock comes around and it's psycho feasting hour. It causes you to go on a feast, stupid, neurotic frenzy if you're up past your bedtime. Now there are times for it. There's times on the weekend where you're going to stay up. We're not like Nazi camp here.

D Wait, who?

P Nazi camp...

S But to stay up that long...

P It's a camp for the Nazis.

D Oh, I thought you said Nancy.

P No

S Have you ever started feeling tired around nine o'clock, and then you're so tired you don't know what to do with yourself? So you have a snack so you can stay up a little bit later. Then guess what happens? You get a second wind because your cortisol turns on because your body says: You're going to stay up, aren't you? So I'm just going to push a bit of cortisol to give you that fake energy. Cortisol brings tummy fat. Cortisol will keep you from having a good night's sleep, and keep your body from repairing itself at night. You've got to go to bed before your cortisol turns on. It may be different for everyone, but it definitely starts to turn on around 11.

D Yes, for sure

S Some say ten.

D For me 11 sharp

P So I'm in bed before 11 on a general evening. Now if my older children come over on the weekend, we're staying up to as long as we want because that's community. That's special.

S And you know we've got some pointers that community makes you live longer than anything.

P Yes, and it's special to be with your loved ones, and you've got to live a little. You can't be like a drill sergeant: In bed by eight every night. But I think it's really good to start getting ready by 9:30. Start getting ready, thinking about it, do some of your special things like brushing your teeth. Well, you're not going to eat after brushing your teeth. So that's helpful. You're going to get your books out that you're going to read in bed.

[00:14:53]

S In bed because if you're reading them in the lounge right next to your stainless steel pretty fridge...

P No, no, no, get away from the fridge. Go read in bed.

S The reason I said stainless steel is it's kind of flashing, and it's kind of like shiny.

D It's an advertisement.

S And it's like, come to me and open me. I'm a precious box of silver with treasures inside.

D The psychology of the fridge. Get yourself an old 70s clunker, man.

P Yes, the green.

S The black one that fades into the shadows of the dark kitchen.

D Yes, so when you walk past it it's saying, there's nothing to see here. Move along. There's prettier things in your bed. I forget why I was interrupting you.

P Yes, yes, yes, we're so good. We're on it today.

[00:15:33]

D Just today, today...

P We should never open the PODdy with how...

S 11 o'clock, late at night...

S You should go to bed at 9:30, start brushing your teeth. That's when you've got some...

D No, it was about late at night... Oh, I think a lot of the reason...

S Where's your paper and your notebook to write all this stuff down?

D Clearly it's needed and not present. But I was just thinking that kids are usually going to bed around 8:30, 9:00 max.

P They're the young kids. The teenagers...

D Oh yes, they just... They could step...

S They start Lord of the Rings at midnight.

P Yes, they start watching the trilogies around midnight.

D Right, well, I just... I know a lot of people staying up. For me, I used to go to bed a lot earlier until I had kids. And now I'm kidding until 8:30 or so and I want to do my stuff.

[00:16:20]

P And then you want your own alone time after that.

D Totally, I want to do my stuff I can't do with them. So I get the stay up thing. And one thing that I want to start doing at my house, and I realize this is just little stuff, but I've been thinking about the natural cycles of the earth and just trying to be more conscious about my body and what we're designed to do. And I love how we talk about grounding and different things that just put us in harmony and homeostasis with the planet that we're on, right.

S Oh, you sound like a number one podcast.

P Yes, you do.

S Grounding and homeostasis...

D That's why you tune in here to hear big words. So in the winter time, the sun... It's usually dark at six or so.

P Yes, totes, it's five.

[00:17:12]

D So one time, it was a couple of months ago, our power went out. And the lighting in our home naturally dimmed as the sun went down. Do you know, my family who normally goes to bed ten o'clock, we're still like, do we have to go to bed? We were exhausted at 8:30. We were all sitting on the same couch together, having amazing conversation. There was no lights or LEDs or media or anything else to do. It was dark. You couldn't see. All you could do is have conversation and talk. And it made you... We were so sleepy, and we all went to bed. And then we all woke up, guess when?

P Earlier

D When the sun came up. It woke us up because we were asleep so much earlier. And I thought... This is in the days to come. I'm focused on other stuff now, but I almost thought about starting a thing like the... You know everybody's doing a challenge. What about the natural light challenge where you kind of wean yourself off of... Just try it for a week, I don't mean for the rest of your life.

S It can be really beautiful. My family have done the candle week.

D Yes, candles only kind of thing.

S Candles only because it starts to really... The children settle down with the candle.

D It gets chill.

[00:18:26]

P But we do have to say though, humans have always wanted to push limits of what the planet is because we put a plane in the air, right, and we went to the moon. And people, back in the day, they read by gas light.

D That's true.

P They did, but... So we always have to have that... I have to discipline my life here, and still...

D But that can help, just like putting lime in water.

P So true

D It can help you get your water down.

S It's a nice balance.

P It is, it's good.

D Yes, if you're struggling, try a week.

P And at least turn some lights off in your house. Get a dimmer, things like that. It's good. I like it, Danny. So that was number two.

[00:18:56]

S But we are a culture, in America, that doesn't know how to leave work at work.

P So true, yes.

S There are other cultures that are more... They leave work at work and they come home, and it's more of a relaxation time.

P Having said this number two, we understand some of you are going to work graveyard shift and all that. We understand, it's life.

S Hey, I'm the wife of the guy that worked seven nights a week at a nuclear power plant for years.

P Yes, so there's different seasons. We're just saying if you are at home and you are able to go to bed, get to bed. It's just fundamental. Don't be staying up until one am every night.

S And I find it's a rebellion. It's a rebellion in me. I'm like, I don't want to go to bed. But when I'm in bed, I'm like, this is bliss.

P Beautiful...

S Why was I rebelling against this?

P No, I call my bed beautiful and I think lovely thoughts about my bed.

S Oh, that's good.

[00:19:43]

P No, yes, you've got to change your mind. You've got to be an identity of a person. We've been talking about identity on this podcast a lot. So I'm that person that loves to get into bed well before midnight.

S You have just changed my life, yes. You've just changed my life with that, oh, I call my bed beautiful. Oh, I love it.

D That's a cool thing. We have a pillow on our bed that says love on it. And I do think that it sets the brain up to come into that space differently.

P Absolutely.

D Just little things... I think our bedroom too... Another thing that's helped, people talk about making your bed in the morning. Well, something psychological does happen when you let's say just go back to your bathroom and you walk past your made bed.

P Oh, absolutely.

D But even more than the made bed, do you know how much time we put into decorating our living room and making it so presentable or even the front of our house for curb appeal. But our bedroom just gets our big pile of clothes.

[00:20:35]

P Yes, hot spots.

D Yes, get your hot spots or your... You just kind of dump into your bedroom. What if your bedroom was more like an LED glowing, cool, chilled space with zen, maybe a plant, maybe there's some scents going...

P A place you want to go to, and that's what I've been thinking lately. When I started saying, no, my bed is a beautiful place, I've been thinking the same way, Danny. Why do I sort of, oh, I don't want to go into my room at night. Now I want it to be a place, so I've been thinking of doing that, making the draw-to place of...

S I am so excited.

P It's a place where I've longed to go to, that's where I unwind. It's going to be my zen.

D You walk to the living room and everything's beautiful and perfect and all of the guests see it, but when you get to the sacred space, it's ten times more beautiful.

S It is dump city, right?

D You make your living room... Right, so...

P Right, now it's dump city but it's ten times more drawing... We could do that.

[00:21:24]

D So you change that around, yes, and let your living room be beautiful, just make sure it's not as beautiful as the sacred space in the back.

P Exactly, and do want to say this too. We've done the whole Foxy Mama Podcast here before, but if you're never going to bed at the same time as your husband or wife, do it. You don't have to do it every single night. Sometimes my husband and I don't go to bed at the same time, but you should.

S At least put each other to bed.

P Yes...

S And you can get up again.

P Yes, but going to bed at the same time, I think...

D The inner child speaks.

P At least sometimes... I think it's very important for your sex life and we know how important the sex life is for your health. And it just gives you that extra chance if you're going to bed at the same time, right?

D Accidents happen.

[00:22:06]

S Totally.

D Accidents happen.

## ADVERTSIEMENT

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

S Serene...

P Change is never easy but what if you could, right? What if you could change your underwear and change the world? Wearpact.com makes super cute and super soft clothing for the whole fam, made out of 100% organic cotton.

S That is soft, people, and that's important because comfort's where it's at. And look, it's made in fair trade certified factories. That's a plus because we like people to treat their workers fairly. Their prices are fair too, 15 bucks for a T, 30 bucks for legging and listen to this, seven bucks for undies. That means you can change your underwear more frequently if you would love to.

P These prices for natural fibres, that's amazing.

S And also, we are offering our PODdy listeners a discount, Pearl. You just shop at [wearpact.com](http://wearpact.com) and enter the code, trimhealthy at checkout for 25% off your first order, mates. That's W-E-A-R-P-A-C-T dot com, and enter the code, trimhealthy at checkout for 25% off.

[00:23:18]

S This is the PODdy with Serene...

P And Pearl.

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

P Number three is another one that we just don't talk about enough because we think... It's movement. We're not calling it exercise. We're calling it movement.

S Yes, exactly, so you ask yourself: Hey, where's my movement today? Maybe it's just a nice walk. If you live in the city, it might be just around your block or you have to drive to a park, whatever, or maybe it's just you put on some music and you just dance with your children.

P Or it's the stairs in your house.

D I've got the secret to doing that too because, man, I'm just a normal guy with no time like you, and doesn't want to drink his water, and doesn't want to go to bed, and doesn't want to exercise. But kids really help in this department. If you have a trampoline, or if you don't have a trampoline, man, your kids, all they want is you to tickle them and wrestle them and play with them. And...

[00:24:18]

S Does your wife scream the whole time? Because when my husband does it, I'm like, don't kill them. You're going to squash them. You're too big. You're jumping too high. Watch their neck.

D Do you know what her line is? Her line is, I am not driving anyone to the ER tonight. That's you, Danny, at midnight at the ER. You're taking them. And then I'm like, yes, I don't want to do that. I'll stop.

P It's good though. It is so true. The other thing is especially in winter if you have a mini trampoline, and like we said in our very first book, shove it in the way. So you literally have to step over this mini trampoline to get anywhere, and then take a couple of minutes.

D To your fridge...

S But then everybody's doing it. It's great. It's great for your children because they need to move. Children don't move enough these days.

P Yes.

S But don't make... Some people love the cold and love getting out, and love feeling the freshness of just the chilly wind on their nose and ears. Other people just hate it and it's going to put them off movement. So I'll be honest, I hadn't been outside for the last three days.

P Because it's cold.

[00:25:11]

S But I exercised every day. I got myself a mini trampoline. I got myself some favorite little workouts. You can do it in your house. There's no excuse.

P At Trim Healthy Mama we've never been boot camp about exercise, and we never want to be because we really feel like it's a dangerous mindset when people over-exercise. It can mess with your hormone profile. It can make things so not sustainable. It can be bad for you body, but we have always been about movement and natural movement. And if you're just couch potatoing, it's as bad or worse as too much exercise. You've got to do something you love, and you've got to move that body.

D Another thing that helped me, my son, my youngest son just got into skateboarding, and so as a way to bond with him, I just... I'm not going to have him skating with just teens that I don't know or whatever.

P So you're the cool dad that goes with him

D I'm the cool dad, yes, so I went and got a skateboard.

P That's so great.

[00:26:05]

D Dude, spend 30 minutes, spend five minutes at a skate park, and tell me if you don't feel like a new man.

S I bet and balance and all that.

D The balance, the leg toning, I don't need to work out my legs anymore.

S I'll bet.

D Working out legs, have you ever heard bodybuilders: Oh, it's the legs day. It's the worst working out your legs...

S Because that's such a big muscle group, the thigh and muscles, it's such a big muscle group.

P But I imagine skateboarding, and you're learning a skill, and you're having fun at the same time.

D It's not even working for me.

S I love the out of the box though. And that's what my husband too... If I had to have him do a workout DVD every day, he would never keep to it. But what does he do for exercise? He does like you. He finds out what his sons love to do. So they were into Airsoft, right. So that was fun for him. So he got on the internet and bought all the Airsoft equipment.

[00:26:53]

D I've played Airsoft with your husband.

S And he's got scary masks coming in the mail, and it looks like a whole kind of military place, but that's better exercise. It's something sustainable.

P I think something that you love, like a lot of women love the Zumba, and I think that's great if you're loving it or you love hiking or something. For me, I just love short workouts.

S Yes, that's me.

P So I just get done. That's why we did our Workins say 20 minutes or less. It was plugged for work-ins.

S Just to be honest, we put so much research into those Workins for workouts that are made for a woman's body. So Danny, sorry, but they're made to heal a woman's body from the inside out. The information is just as cutting edge as it was when we brought them out. But to be honest, you don't really want to work out to yourself, so I haven't touched a workout DVD of ours.

P Well, I had them, but I kept giving them away to people. And so then I wouldn't have them in my own house. So I've been working out to who I love, Suzanne Bowen.

[00:27:53]

S Me too.

P She's our cousin.

S She's quick, she's get it done. That keeps it sustainable for me. But Pearl, you said that you worked out to us, and I'm like, aah. And you said you were so sore.

P When I work out to myself, I get a way better workout, and I can feel my whole core healing.

S So I did it the other day, and I called Pearl. I'm like, Pearl, we have to encourage everybody to pick this stuff up. I mean not to pump our own horn or anything, but this is awesome. I was just glowing with the face, total circulation moving, and it was quick. It was quick.

P Yes. For me, the love of it is that it's quick, and I get it done with, and then I feel great about myself all day. So that's my love there.

S But there was something with the Workins, and so it's the change up of fuels. We changed to three different kinds of exercise that changed the heartbeat completely. There's the strength moves and there's the more isolated turning moves, and then there's the total blaze where you're just all out. And we switched them up like juggling, like we do with our foods with Trim Healthy Mama. And there's something about it, I'll tell you what.

[00:28:53]

P Yes, so I think love is different. I love to not drive to a gym. I love to work out at home and get it done with. That's my love, quick, but some people would rather go to a gym and do a Zumba session and that's fine too. So I think it's finding where you fit, but just do something. And it doesn't have to be seven days a week.

S Yes, our sister, Vange, she just loves to hike and walk. And she has to do that every day or she is not the same person because that's just her release in life.

D Something for men, when I first started wanting to gain weight and have a better... I was getting a boody doo . Do you know what a boody doo is?

P Boody doo? It sounds like something to do with your behind.

D That's where your stomach sticks out further than your boody doo.

P Oh, your boody doo. I get it.

D Yes, that's good. Anyway, I was getting one of those and my chest was atrophying, and my stomach was growing. And I just, personally, on me, a very skinny, skinny person, I was not enjoying my health journey and my physique specifically. And so I started getting into working out and wanting to find out, for the really skinny man, what you should do. And there's all this stuff for people who want to be movie star level bodybuilder, but I just wanted the old-fashioned man, like the toned businessman. But I'm not a bodybuilder. It's just something I do for health. And what worked for me was instead of doing

these comprehensive, intense workouts, I just do 25 push-ups a day.

P You're always doing them here.

D I do them here in between takes or whatever.

S Well, Pearl's husband, Charlie, he... If she hated exercise, he loathed it more than her. I mean it's a different level of hatred.

P He still loathes it. My husband hates it.

S But I remember her saying, hey, this sustainable, darling. As soon as you get up in the morning, while you're still in your bathroom, before you even get up, just go down and do as many push-ups as you can. And then when you're done, you're done, and then maybe before you get in bed at night. No exercise, none in the day, just push-ups morning, push-ups night. Pearl, you said that he got to loving it. And that's all he did, so it wasn't even like he exercised because before he even realised he was awake, he'd already done them.

D Exactly.

[00:31:06]

P Well, it's two minutes per day. It's one in the morning and one at night, or if you don't even do the night, even if you're doing one session in the morning, one minute...

D You can do a push-up a minute, a second, sorry.

P The push-up is the best full exercise for a male. So females can do them, but if you're not ready, if your core is not ready, you need to modify...

S You'll push out your abs and...

P Because you can do a diastasis recti and that's what our Workins are all about, healing that sort of thing. But we've only got 12 minutes left guys. We've got two points.

S Where's your veggies and your protein?

P Yes, and this is another one. We always say the Trim Healthy Mama plan is based around centering your meals around protein. And then we say, and where are your veggies? So we're going to put those two together and just make it a

quick thing.

S Well, you see...

[00:31:50]

P Serene was like, why do we have to say that? We always ask that. Because do you know what? It's really easy to go for a day without veggies. I'll give you an example, Serene.

S Okay, give me.

P Let's say for breakfast, you're going to have bacon and eggs. And you think, oh, that's an S meal, great, on plan. Okay, for lunch, let's say you're going to just have a sandwich and you're going to put deli meat in there, and you're going to have light Laughing Cow cheese and it's an E. And you're thinking that...

S A little almond milk half

P Yes, and you're going to have a little smoothie on the side or something if you're poor. Okay, there's lunch, no veggies. And then in the snack in the afternoon you're going to have a Greek yogurt or you're going to have nuts and cheese, okay. Well, I don't see any veggies. And then at dinner time...

S Cheese Burger Pie...

P You're going to have a casserole. You might have cooked veggies, but maybe instead you're going to have an on-plan bread, garlic bread on the side. And then for dessert, you're going to have an on-plan cheesecake. Look at that whole day. Yes, it is on-plan, but is it ultimate? It is so far from ultimate, it's not even funny.

S Yes, totally, and let's see another day. You wake up in the morning, instead of three eggs, you have two. And you make an omelette out of those two and you put spinach and spice it up all yummy. And you put that inside your omelette and you wrap it around like the most delicious... There's just beautiful sautéed spinach oozing out of the inside of a crepe-like omelette, delicious. You've centred your whole meal around protein and greens.

P And veggies.

S Oh, love it, and then for lunch, a beautiful salad with sautéed salmon and plenty of the moisturizing olive oil.

P Or chicken on top or whatever.

S Yes, and then for an afternoon snack, you've got a fresh green apple quartered, maybe some cottage cheese on top or you're dipping into a little peanut butter.

P That's a fruit, but it is water content life giving food.

S Pectin, pectin, pectin, and then say for dinnertime, you're really going to concentrate on a bed of cauliflower.

[00:33:57]

P Yes, or a stir-fry with lots of veggies, like Egg Roll In A Bowl set around cabbage.

S Oh, I love cabbage, so budget-friendly.

P It's such a different way. Two days were on the Trim Healthy Mama plan. You think, I'm doing the Trim Healthy Mama plan. We just showed you two different days. Who are you in there? Maybe you start out as that person that doesn't do the veggies, but you want to get to be on the other end where so many of your meals are veggie and protein-based.

S This is good way, not unless you ask the question to yourself every meal: Where are my greens or where's my plant food? Because like I said, it could be a pectin-rich green apple or something. It could be frozen okra thrown into a Secret Big Boy Smoothie.

P Yes, it could be.

S Check out our book, but another thing is, when you're at the grocery store, think about how many veggies you're going to really use in that week, purchase them and give yourself a challenge. How many of these will I not throw away rotten at the end of the week?

P Yes, and it needs to be all of them.

D That's so funny. I would get a big... and I literally, this morning, told my wife, get a tiny, individual size tub of spinach, something that you think is ridiculously small because I was getting these massive tubs...

[00:35:12]

P You were and you weren't using them.

D 90% of it was going in the trash every week. But I was like, well, it's worth it to get my greens in my smoothie. And it's like now I just buy the smaller portion.

S Yes, but I really...

P Yes, well, you need bigger salads then, Dan-Dan. Do you know that you can use... If you sauté spinach, one tub is only enough for one person.

D I've never sautéed.

P Well, you need to start sautéing because it's better for you anyway. Spinach has oxalic acid, and it gets cooked out. Oxalic acid, if you eat too much raw spinach, it can be not good for some people.

D Oh, so how do you sauté spinach?

P I want you to take that spinach...

S Just put it on a hot griddle or a hot pan.

[00:35:51]

P You will put handfuls and they will wilt. You think, hold on, I thought I had this much food. Now you've only got a tiny bit of food.

S Do you know my favourite way, guys? I put a teaspoon of baobab and a teaspoon of nutritional yeast in with my frozen spinach that's organic and just chopped up already. So when it hits the hot griddle, it hits the hot pan, it's totally wilted and gorgeous straightaway. And I put the nutritional yeast and the baobab, a few little spices, it is the most incredible flavour in the world. Try it, have it on the side of eggs...

D When we say sauté, you mean heat on the stove top?

P Yes, I'm going to tell you how. Just spray the pan or put a teaspoon of butter or coconut oil, now start piling spinach in there. You think, oh my goodness, it's falling out the pan. It's so much. No, stir it around. In a couple of minutes it will be wilted. It goes down to almost nothing, then you can put more in. You can go through a whole small tub for yourself, Danny, and you will eat that spinach. And it will be going into you, and it will be better for you because it's cooked. Spinach is awesome!

S Now, if you're using the frozen already like I do, organic frozen pouches, I do about a cup of frozen spinach nearly every morning or I change it up sometimes.

D So I could sauté it and then on top of the cooking spinach...

[00:36:56]

P Yes, have some chicken or salmon, perfect.

D Well, I was going to say throw scrambled eggs and then mix it all together.

P Perfect.

S Okay, and another way of having your veggies is if you love soup, there are some ways to put veggies you don't even know.

D Oh gosh

S And I just want to tell people to check out... Pearl, did you send it to YouTube or did you just put it on our member's site?

P What?

S The mushroom trick with the beef.

P No, it hasn't even been put up. It's called Hack Yout Beef.

S Oh, it's changed my life. My children hate mushrooms. Close your ears, Geddie, I've got my daughter here helping me with my baby. But my sister, Pearl, here, she does beef, ground beef.

[00:37:32]

P By the time this podcast goes up, I think that will be out.

S She does the ground beef, and then she gets the same amount almost, halvesies, halvesies. That's what I've been doing, Pearl.

P Me too

S And pulse's regular mushrooms or baby bellas and then food processes it until it looks like ground meat. You put it in there and you put it with the flavours.

- D You just mix it in with the meat.
- S Mushrooms are so anti-cancer that people don't know... My children actually gag at mushrooms.
- D Like the white mushrooms from...
- S They're finding this ground beef so delicious. But they're like, Mum, what's the secret? Your ground beef is so moist and luscious. I love whatever you're doing. I would never have the heart to tell them it's mushrooms.
- D Is it 50% though?
- S Yes, for me
- P Oh well, you start off if you're getting your family used to it, you start off with one pound of beef to... Let's just say you do...

[00:38:16]

- D Half a cup?
- P No, eight ounces...
- D Not a full cup?
- P Eight ounces of mushrooms, but then you work your way up to half each, okay. So my children don't know I've been doing this. We just did a video. By the time this podcast goes it should be there, but it can change your life and you can get veggies into you.
- S And what about Trim Train Soup? Is that we called it? It had the cauliflower and the okra...
- P Trim Train Taco Soup, you can look it up online.
- S That rocks. And another way, if you're not going to feel like a soup, you're not going to feel like a salad. You're just like: Not today, I don't have time. When I'm preparing my lunch, I snack on a yummy crisp carrot or a stalk of celery. And so when I'm mindlessly preparing, I'm getting my veggie in first before I'm too full for it. If I wait for afterwards, like, oh, I'll have this sandwich and I'll leave room for the carrot. You are not going to leave room for a carrot.

[00:39:03]

D Yes, that's so true.

S You're not.

D The mind shall not abide a carrot in the final hour. That's in the Bible.

## ADVERTISEMENT

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

S Serene...

A This episode is brought to you by IBM Technology has changed our lives faster in the past decade than it did in the last century. As it continues to advance, we can build smarter businesses and run them more efficiently. Let's use Hybrid Cloud and AI to unlock more insight from less data. Let's use IOT to bring more personalisation and safety to products and services. Let's put smart to work. To find out how, watch IBM CEO, Jenny Rametti give her think 2019 chairman's address at [IBM.com\smart](https://www.ibm.com/smart).

S This is the PODdy with Serene...

P And Pearl

S Get it right, it's P-O-D-D-Y. Prep ahead, five steps that are smart, one is prepping ahead. Pearl, you tell.

[00:40:01]

P I have the best prep ahead.

S You talk, Pearl.

P This really has changed my life this prep ahead trick. Now, always, I think basic preps are having your salad greens ready to go, your chicken breasts done for the week, so it's always there. You've got a quick protein. You can do the beef crumbles. Check out the video for the Hack Your Beef that we just talked about, the mushroom and beef. This is my latest one that's changed my life and we're doing a video for it too. I don't know if it will be out by the time this podcast

goes. It's called Cauli Quick Trick. Cauliflower rice is quite expensive, right, but it's the bed for so many meals. You can put your eggs on it in the morning. You can put an avocado on it. You can stir-fry it. So what I do is I get three to four bags of cauliflower. I steam them so they're very well steamed. This is the trick. Do not leave them al dente. Then just get the water out. Then I mash them up so they're like rice size but it doesn't have to be perfect. I season them with a little mineral salt, pepper and just a tiny bit of MCT oil. You can use any oil you want, but they stay Fuel Pull right. This goes in your fridge.

[00:41:07]

P It then becomes the base of any quick meal you want. Last night I did a stir-fry. I got my cauliflower out, shoved it in the pan. I threw some spinach in there and mushrooms, so it was really heavy, full of wonderful veggies. Then I had some ground beef in the fridge, threw it in there, put more seasonings. I wanted it an S so I put a lot more oil on. It was delicious. This cauliflower base can change your world. And it's cheap because you're not having to buy that rice cauliflower which takes forever to cook. Did you notice that, Serene?

S Yes, I noticed that. And it's fantastic because it's your rice. It's your mashed potatoes. It becomes the bulk of your meal.

P And it's already cooked. So you just heat it up in a pan.

S Another prep ahead is just put a crock pot full of chicken breasts, and then put that in a nice Tupperware container in the fridge. You've got it there to throw into salads. You've got it there when you're like: Oh, do I have to cook meat. I forgot about it. Well, I'll just do mac and cheese. No, you've got your basis of your meal there. Pearl does the cauliflower. I actually steam up a bunch of eggplant too because I love throwing eggplants in things. Oh my goodness, delicious. Egg plant stew, it tastes like a curry. It tastes like Indian. You just put a little bit of coconut oil and spices in there, and then throw a bit of beef or chicken. It so quickly becomes the lusciousness, gorgeous, exotic food. Another thing I do, Pearl, is to always have hardboiled eggs in the fridge.

[00:42:35]

P Do you?

S Yes, because my children love it.

P I'm not a cold, hardboiled egg lover. I love them hot.

D Well, you've got to give the secret to peeling those jokers.

S Well, you have to boil the water first to get it rolling. Shock the skin of the egg by putting them straight into the boiling oil. Don't throw them in; they'll crack. But you kind of put them in a colander and just kind of release them into the rolling boil. And then ten minutes, a nice good boil, not like psycho boil, and then you have an iced bowl ready with ice, ice, ice, lots of ice, like a nice cup of water you drink at a restaurant but you have a big bowl of that. You shock the eggs from the boiling water into the cold, and it releases them from their shell. Then all you have to do is kind of rub your hands over it and it just instantly comes off.

D That's cool.

P A lot of women do their boiled eggs in their Instant Pot too. You look up Instant Pot boiled eggs, it changes their life.

[00:43:20]

S That's pretty amazing. Yes, because they're children. A lot of children just will love a hardboiled egg, sprinkle some salt...

P They love them.

D With salt some mineral salt.

S Yes, you've got it there for salads. You've got it there maybe to put on a Ryvita.

D That boiled egg with a little salt, that's an old-school Memphis Hood survival...

P Oh, is it?

D A survival kit meal, oh yes.

P That was probably the one healthy food you ate as a kid.

D That was it. It was mac and cheese, hotdogs, hot pockets or hardboiled eggs.

P There you go, Danny.

S Every mama in Tennessee could get WIC, Memphis, Tennessee, yes.

P Yes WIC

D Yes, and I mean...

P Can you get eggs with WIC?

[00:43:55]

D Yes, you can.

S Oh, totes. Eggs, tuna, peanut butter...

D They give you all the staples.

S I remember the days.

D Cereal family size box of Cheerio's, you're like, I don't even agree with Cheerio's but it's free.

P We've got to go guys. I hope this was helpful for you, five smart things. It's got to be helpful.

D And we'll see you next week on the number one most hottest health podcast of all time.

S Quickly, prep ahead, I forgot to say find out your favorite treat in the book. One of mine is the Super Food Berry Boost Bars. Is that what the name is? Whatever is your favorite and on the weekend, just make a batch of something. Stick it in the freezer so that when you're running to the store for errands, you take out your zippy, you put in there so you're not caught wanting Chic Fil A or something.

P Yes, and you can still do Chic Fil A on plan actually. They have some grilled chicken and they have that salad, yes. But all I'm saying is you want sweet sometimes, although, our chocolate, Trim Healthy Mama chocolate bars are pretty good.

D They're sweet.

D Hey, come hang with us next week folks, see you.

## **5 Smart Things You Can Do For Your Health:**

1. Drink Your Water. Get 2 cups of water in before your morning coffee!

2. Get Your Sleep People!! Get to bed!!!
3. Movement- We are not calling it exercise!! Do some kind of movement every day!
4. Where's Your Protein and Where's Your Veggies??
5. Prep Ahead- Prep your protein, get your greens prepped, make a soup etc etc.