



Trim Healthy Podcast with Serene and Pearl
Episode #108 - We Have Changed Our Minds Time To Let
You Know! (Original Air Date: 2/20/19)

*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!***

S = Serene • P = Pearl • D = Danny • J = John

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O-D-D-Y. Ladies and gentlemen, boys and girls.

P That's terrible Serene, you're fired. Hey, Danny's in the dunny. Do you have that here?

S I wasn't trying to be good for me. I was trying to do him.

P You were a bad Danny. Do you have that word dunny...? Hey John, John, producer John, do you have dunny here, potty? Toilet, it's a dunny down under.

S Danny's in a dunny, yes.

P Danny, if you decide to go to the bathroom when the show starts, Serene and I take over.

D Why are you saying this on a microphone?

00:00:35

P Because we started, we just decided to...

S We already did our ladies and gentlemen, boys and girls...

D This is so weird. Just the look in your eye and the leaning into the mike, I was like: You can talk to me without a mike.

P No, we're on live now and Serene did your thing and she was hopeless at it.

D What did she do?

P So start again.

S Ladies and gentlemen...

D Oh, she went announcer.

S Boys and girls...

P I hated it.

S This is your favourite poddy with Serene and Pearl and, of course, me, Danny.

D Yes, some guy named Danny. That's so old.

P Is that enough? Did we introduce it or do you feel like you have to redo?

[00:01:06]

D Women and men, boys and girls, welcome back to another fabulous episode of the Trim Healthy Podcast, the podcast where you learn you're probably not dying, it's just sugar.

S Can I just tell you something? That's why I failed because I said: Ladies and gentlemen, but it's women and men.

D Women and men, and I put women first. I used to say men and women and Pearl corrected me.

P Yes, I did.

S Are you a feminist Pearl? Why?

P No, we have women listeners...

D That's just yes, our main group.

S Oh okay, as long as that's the whole reason.

P Come on.

S I don't like it these days when women are insecure to the point where they have to be on some...

D Like down the men?

[00:01:39]

S Well, yes, it's like they're so wanting to be equal that they're...

P They push down the men?

S Yes, they push down the men.

P I love me some men.

S Yes, I love me my man and I love the male race on the whole.

P I do, I love the male race.

D As a group

S As a group.

P As a group you're all good.

S Yes.

D You know that's interesting because I love the female race...

P There's a lot of love...

[00:02:00]

D ... just as a group, but specifically one of them.

P I know.

D It's fun.

P I know and we've got our special guys at home keeping... They're not keeping hearth and home.

S No, my man, my man is Mr. Money Bags. My man, he's the one, right.

D What do you mean by...?

P He's bringing home the bacon is what she's saying.

S He's bringing home the bacon.

P But Serene's making bacon at home too.

S Yes, but I don't think about that. He's the one that I go to to get my pocket money.

P Hey, we are... I don't know how that came up.

D Weird.

P It was so out there.

[00:02:32]

D I probably did it. I probably did it.

S Well, I wanted to make sure that you weren't telling them to put women first because you had a problem with...

D Oh, that's what it was, yes.

P No, I didn't have a problem, but we have a really good topic today. It's a doozy [?] actually. Serene and I have changed our mind on a few things with Trim Healthy Mama.

S Yes, we have.

P And we said in our very first book: Look, if we find out something different, we'll let you know. And I think it's time for honesty.

S Yes, I do.

P Because sometimes authors or people that do something, they just keep their stance on certain things and then it becomes a cult... It becomes a camp.

[00:03:07]

S Just because they don't want to look like they got it wrong. Hey, information keeps coming. Information, it keeps being tweaked and truth keeps getting honed. You know Pearl and I... I used to be a vegan. Now, I love me some water soaking them bones for 45 hours.

D Like bone broth do you mean?

S Yes, but my point being is that's the grossest terminology for a vegan.

D Oh, I see.

P She'd do chicken feet, I won't.

D Oh, come on. This is America, no cooked chicken's feet.

P If a vegan could go from veganism, hating all animal products, to brewing chicken feet, you know...

D Yes, she could change.

P What if you could, Danny?

D A leopard could change its spots.

P So all I'm saying is is not it true, Dan-Dan, that authors are scholars too? We need to keep learning and sharing.

[00:04:01]

D Yes, I appreciate you guys sayings this, you gals saying this because I was just thinking as you were talking that if my doctor, having diagnosed me with something, called me back a year later and said: Hey man, at the time, that was the best current technology that medicine knew, but we've learned some new stuff. I'd like you to come back in. I wouldn't freak out and sue him. I'd be like, wow, my expert is also a student. That would be very refreshing for me, and I think that's a fear of a lot of 'experts' is that they're going to have to eat their feet. That's a first.

S Well, I just want to be vulnerable in front of you and just tell you guys, just put you at ease with us here. I don't mind eating a bit of doodoo.

P Eating doo doo...

D Back to doo doo...

S No, I'm actually not actually saying we've learned that that is an actual health food now.

D No, you can't help it.

S No, best one is a health food.

[00:04:55]

D It's your identity. It's flowing out of an...

S Humility is a health food. Okay, so basically, I say it to Pearl a lot and she says it to me. We've been on walks together and said it, and I've even mentioned it out in a prayer. And Pearl and I say before the Lord, we always say God, show us any areas where we are going wrong, any areas of untruth, any areas of deception, anything because we have this platform, we want only Your truth because only Your truth really brings healing. So as soon as you show it to us, we're going to off with the head with that information, and you'll be the first to know it people.

D You just change your position.

P Yes, and I think things we've learned and grown and loosened up on a few things with Trim Healthy Mama, all this to say, don't be too shocked.

S We're actually trying to scare you because we're not changing on anything really.

P We did a bit of sensationalism. No, we have changed our mind on a few things that we want to go over, but the crux of Trim Healthy Mama is the same. Do we believe that protein should anchor every meal, Serene?

S Yes, we do. Don't worry. Yes, we have read the New York Times bestselling book right now, but...

[00:06:01]

P The Plant Paradox by Doctor Gundry?

S I wanted to shoot it.

P No, be kind.

S I didn't want to shoot it.

P Serene, I told you when we do a whole rebuttal to that, I said we're going to be so nice.

P Tim's not taking anything back. Listen, we are doing a rebuttal because he's very scared of lectins. Serene and I have been studying this whole lectin thing for weeks now. We have a whole rebuttal on that, but Serene, we will be nice.

S No, we will be nice. Bless you, Doctor Gundry.

P Doctor Gundry actually brings a lot of good stuff.

S I do want to bless. He's a creature of the... He was made by God.

P And he actually has some good things to say.

[00:06:42]

S Anyway, here on Trim Healthy Mama, I did want to say... Yes, we use sensationalism to get you to pick up and play this podcast...

P No, no, no, hey, listen, what are the things that are remaining the same? So protein...

S But my point being is we're not changing our crux. We would if we felt like it was wrong.

P Yes, protein at every meal, although you don't need to get caught up on it completely. Actually, that's one of the things I want to talk about as one of our four things to discuss.

S Yes, yes, to discuss.

P Do we need carbs in our life? You bet your sweet little cheeks that we do.

S Fat? Love me some butter, oh, you bet.

P So what have we got? They are the basics of Trim Healthy Mama.

S Snacking, eating every three hours...

P Three to four hours...

S Sure, we made sure. Hey, breastfeeding and pregnant mamas, you're free too to have a little something if it means you're going mental.

[00:07:33]

P Yes, the two hour mark. Have we changed our mind and we're all intermittent fasters now?

S No sirree.

P No, however, is it wise if you can't lose weight to just stop eating after supper and not eat until breakfast again? Sure, sure.

S That's a lovely fast. You can break it with brekkie.

P Yes, even you don't even have to have an early brekkie, but do have a brekkie.

D Because cortisol cranks at 11, right?

P I'm telling you, Dan-Dan...

D Hey, I'm just here to learn. I'm a student.

P You're smart.

D Yes.

P Hey, so those are the basics. Never fear, we are still firmly and peacefully...

[00:08:06]

S Planted.

P Planted, but we do want to talk about a few little things where we feel like we want to bring more freedom to your life.

S Let's see if a good old tweemies will help and if not, we'll have you go play again.

P When Serene says tweemies, she means she's going to nurse her baby who just turned a year.

S She's a year old. She doesn't like food yet.

D She's starting to talk though.

S Yes, I've tried her, anyway...

P We're going to talk about four points to bring you more life and freedom and just so that Trim Healthy Mama doesn't become one of those extreme cults, camps. It should be just living.

S Anything that takes the life out of the food arena, we're very weary of it.

D I'm going to go ahead and say this publicly.

P Yes, Dan-Dan.

[00:09:00]

D This is normally something I'd tell somebody privately. I'm going to say it publicly to you girls.

P Oh, I'm worried. I'm worried.

D Okay, society, culture, spirituality, human beings, science, truth, we are always growing and learning new, more groundbreaking stuff, more encouraging things, cooler things, right. And if you gals cease to do that, if you cease to change your opinion, that's when I become concerned as to who I'm working

with.

S Is that when Dan-Dan leaves the PODdy?

D I don't leave the PODdy because the cheque's good, but at early state, they passed the bank. But the point is is that I, in the past couple of years, have become this young student again. And because I started discovering all these amazing, truthful, powerful things and had I rejected those things and said, oh no, I'm afraid of that. I don't want to hear that or it violates my current view...

P Yes, right.

[00:10:03]

D That's called death, dude. So I'm not defending you all to the audience right now. I'm challenging you, I should say, that having heard what you just said, I hope that you continue to change and grow and come back and modify because that's how culture moves forward. We're always growing. We don't know what we're going to know in five years. So to not update people with that new stuff, to me, is...

S And the cool thing is the main truth of all living has always been there.

P Yes.

D It's ancient.

S It's always been there.

P The ancient rains become the new waves, and we discover them little by little. Let's talk about, Serene, the first thing that you and I went to walk the other day and Serene, you said to me, Pearl, if I want to have some dried fruit, like a lovely dried fig, in my life... just because Trim Healthy Mama's against it, I'm passed that. I know what dried fruit does to me. I'm not going to let it spike my blood sugar, Pearl, why did we pull it completely off plan?

S And the reason why we did is because we were scared that people... We're just going to color the edges too far like with their crayon and go: Whah, whah, whah.

[00:11:19]

P We wanted to protect...

S You said it's okay. It's not going to be trail mix for a snack. So instead of almonds and cheese, it's going to be almonds, cheese and a whole cup of raisins.

P And cranberries, sweet cranberries. We wanted to protect your blood sugar. Now, let's talk about dried fruit. We're modifying our stance on it because we are about life, and dried fruit is an ancient food. It is a part of... Let's not vilify it. Let's not demonize it. Let's show you how you can work it for you.

S And then that's something in a nice way that I picked up from the Gundry book, speaking ever so courteously. I don't want to vilify what God said is good.

P Oh, He didn't like that dried fruit, Serene. He doesn't like any fruit.

S That's what I'm trying to say.

D Who doesn't?

S That's what I'm trying to say and trying to say it respectfully.

D God doesn't like fruit?

[00:12:07]

P No, Doctor Gundry. So we're trying to say...
[overtalking]

S But not right now we're not doing the whole PODdy but in the future... Trying to say it respectfully, but since reading that, I felt like there was so much to shame that was really good. There was so much...

P Good foods were vilified.

S Right, that I just decided... That's when I went and took Pearl on a walk and I said, Pearl, you know when I have my E Meal and I have a sprouted couple of pieces of toast, and I put my low fat cultured cottage cheese on top, do you know that I put a teaspoon of the Manuka honey and I cut up two Turkish figs and I just put it all over there and sprinkle cinnamon? Do you know that I've been doing that for so long? And honey and figs in my E Meal?

D You're a pro with the Turkish figs. Did you go to Turkey to get them...?

S Well, no, I used to be a dried fruitaholic. I could eat a whole pound of Medjool dates...

- P And that's why we caution people when we started this Trim Healthy Plan, we were like, whole fruits are best in your E meals, your energising meals. Why? Because they're still full of the water, they haven't been dried where their sugars increase. When you dry a fruit, you don't get as much bang for your buck. You get a small amount, they're higher in calories and they're hard on your blood sugar.
- S More concentrated sugar.
- P But with all that being said, we don't have to say they're bad. They're not bad. Let's just show people how to use them, Serene, rather than saying, don't eat them.
- S Right, so if you need to lose weight and a lot of weight or if you're diabetic, you treat them with smarts. And you say to yourself do you know what? This may not be my best season for them, but I can still have them for a treat smartly.
- P So can we just talk about how to use dried fruit in a smart way?
- S Yes
- P First of all, your portions, and this is the sad thing about dried fruit, with full fruit, with the water in, you can have a nice amount like your whole big apple and your Cottage Waldorf Salad. Oh, it's lovely. It fills you up. You get all that pectin. It's one of my go-tos. I have it two or three times a week. Let's look at some dried apples, right. You'd have to have much less but the idea is you can still count them in your E Meal but just use them. Know how many carbs are in there and just, if you love them, yes, use them in your E Meal but just know that you can't go overboard. You need to protect your blood sugar and still have that protein. Do you see what we're saying here?
- S Exactly.
- P So do you see when Serene said she cuts up those lovely figs and has them on her sprouted toast...
- S I've anchored it around low fat cottage cheese...
- P She's only using two figs.
- S Yes.

P And then she has her Manuka honey which is on the low.... She's only using a teaspoon. She's not putting a whole tablespoon on there. You're probably coming out right to the limit..

S I'm coming out at about 45 grams. That's a big E, but I'm a nursing mom. And actually, that's another thing. We don't just celebrate carbs and say, okay, you can have berries and you can have sweet potatoes. Sometimes, if you're not a diabetic, it's very healthy to go to that 45, right to the edge and celebrate a good old lectin refuel.

[00:15:14]

P Yes. Danny, you had something to say.

D Yes, as we're talking about fruit and everything, should every human on the planet, regardless of race, size or sex, be completely off refined white sugar?

P That's such an interesting question, Danny.

D Because as you're talking about fruit sugars, that led me to that question. I'd like to hear about fruit sugars as well, but...

P The reason that we don't have sugar at all on the Trim Healthy Mama plan is because it, number one, is the biggest bondage for our culture, for causing obesity, for causing disease. People get addicted to it. It is basically in everything. Now, can some of us have a little bit of sugar, white sugar, in let's call it an off-plan meal, and still live life, and still get back on the horse, and still go forward? Of course, we can, but to some people it's like alcohol, Danny, and it just ruins them.

S And let me throw another nuclear bomb in there. We actually do use it smartly on plan. 85% chocolate has a little. It's got a little sugar, cane sugar.

D But isn't refined white sugar...

[00:16:27]

S I'm sure it's refined.

D Yes, but I'm wondering... I watched a documentary on... It's free on YouTube. It's ten minutes; you'll learn exactly how sugar comes from either beets or canes, right. They wash it in, what I understood is the equivalent of cyanide and other toxins for 18 baths.

S Yes, and it's not really part of the plan at all. And, of course, everything should be done with integrity as possible. I'm just trying to say this all or nothing and it shall not ever, never touch my lips or I'm just totally polluted is a dangerous place.

P Yes, listen, sugar is... I've actually thought that in my head, Pearl, if you're going to say all God-given foods are good, right, why do you say on Trim Healthy Mama you can't eat sugar?

S Well, the fact is that the refined white sugar isn't how God made it, Pearl.

P Right, but the cane, that sugarcane God did make, right?

D Yes, but you should see what happens when they get done with sugarcane...

S It's not that sweet. You can suck it. I've sucked it before, it's not that...

D No, it's chemicals mixed with a base of a fibrous cane that they started with.

[00:17:33]

P But all we're doing is... I think we're being sensible in our approach to know that it is the culprit, right, and that everyone has abused it, almost everybody has abused it. And the refined white sugar has no goodness left in it. It's been devitalised, processed and all of that. However, we've tried to be a little bit sensible to say. Hey, if a little bit is in your 85% chocolate and that's helping you stay on-plan, then don't think that you are just bad and messing up. No, tiny amounts will be in certain foods.

S It's even in mayonnaise. It's even in smoked salmon like the...

P Yes, I mean it's even in your bacon. There's small amounts. If it's very small, we say it's not really going to harm, but when you're including too much of it in your diet, you're not going to slim down. You're just going to fatten up.

D Yes.

S Okay, so let's go back to this whole drive through thing and because it's in the category of carbohydrates, let's talk about other carbohydrates that we may have... Even if in our own hearts and in our own personal life we weren't vilifying them, maybe our books came across as vilifying them and that's what we're trying to do, not necessarily change our own personal stance, but change on the way we were perceived to view them.

S White potatoes, yes, sweet potatoes are lower on the GI. They're going to help the diabetics more and those who are needing to lose weight because maybe it's not your season for white potatoes, but once you maybe are getting close to your goal weight or you want a treat on the way to goal weight, white potatoes are made from the Lord.

P They are and they're great for growing children, but there are certain ones that are a lot more starchy than others.

S Yes, there are.

P And so you've got your basic baking potato, your Idaho, they're very starchy, okay. Now great for growing children that need, that are like little waifs. And Danny, you could definitely have some white starchy potatoes in your life with protein because you're a very thin guy.

S But for a crossover and for our children and for the table, for our family table, they are still on a crossover maintenance plan.

P They're not bad foods. They're just different foods for different seasons. But let's look, we have always said: Hey, if you're a Trim Healthy Mama wanting to lose weight, enjoy sweet potatoes. There are a couple of other potatoes you can actually enjoy on-plan too; purple, purple potatoes even have more of the wonderful enanthogans. They're higher in all the vitamins. They're extremely incredible.

[00:19:50]

S They're very low on the GI.

P Yes, they're even lower than sweet potatoes. Also, GI is Glycemic Index. Also, white, actually they're a bit yellow, small, waxy potatoes. They're yellow, they're very small and they have a lot of skin to flesh ratio. They're a lot slower burning in your body. They don't have all that starch. You can use them on-plan in E Meals.

S Yes, you can.

P So you can actually have... They're called white, but they're not really white. They're a little yellow and they're... They actually not as dry. They're a little moister.

S They have a little higher water content, yes.

P Yes, steam them up and you can use them in Crossovers with butter or use them in E Meals in different ways.

S That's so good.

[00:20:31]

P So we wanted to make sure that you knew that we're not just against the potato like God made it and it's a bad food. No, it's for different seasons of your life.

S And like we want to say, we're not against raw honey.

P Yes, let's talk about that.

S We're not against... It's such a biblical food. In fact, honey is a hero in my life. It healed my daughter's ulcer. My little baby had an ulcer from a hemangioma that ulcerated, and it was going to be a terrible time of being on meds and everything. And we totally, with prayer and raw honey, Manuka, that totally was a situation...

P Topically?

S Yes, topically, that was just a miracle, amazing. I put it on my skin every day, but also, it's so beyond healthy for you in small amounts in your season.

P Yes, in your season, so even if you have to lose weight, you can do about a teaspoon a day and the healing benefits of it are incredible if you suffer from acid or GERD or reflux, those things that can kill H. Pylori in your gut. It can actually create a much better esophageal response, so you're not regurgitating all the time.

S Yes, my husband takes it just before bed and he doesn't get the heartburn.

P One teaspoon raw honey, especially Manuka, you want to get it 16 plus or above.

[00:21:52]

S It's very hard to get that though for a good price for the edible kind, Pearl.

P It is; it's expensive.

S But anything 12 and above edible is pretty jolly amazing.

D So I found the very expensive honey you mentioned, a great brand on Amazon. It was 30 bucks for a small jar, but it makes the stuff I used to call honey... I don't call it... I'm like, wait, this is honey? It's much more waxy. It has like a waxy so I could see how it could heal and coat the insides.

S Oh, so amazing, but let's just talk about that. I have a large family, and my children, who are growing, they don't know how to measure a teaspoon. This is a teaspoon, mummy. It's like an overflowing tablespoon because they just want to celebrate food.

P They have a lot of honey on their oatmeal.

S So I go to Wal-Mart and I buy the best honey I can there, okay, but that's not the honey we're necessarily talking about for you if you have weight loss.

[00:22:48]

P Well, I buy raw honey for my children. At least it's raw. It's not that more expensive than the processed honey. You don't want to buy processed honey. First of all, it's higher on the Glycemic Index.

S Yes, but it's not the Manuka is what I'm saying. I buy that raw honey from Wal-Mart.

P No, there's raw honey which you can use for all your family needs. If you've got growing children...

S You can tell it's been filtered a little bit, Pearl.

P ... without weight problems, they're going to need some raw honey in their lives.

S And remember the good old terminology honey and a doonk or a doonk and honey.

P So stevia and honey is great for children together. And then for us adults who are more insulin resistant because we've lived a life and as we get older, many of us are more insulin resistant, although I'm not speaking that over my life, just having that smaller amount, one teaspoon daily, is so great or if you're towards goal weight, getting there, doing well, you can up that in your E Meals and have up to a tablespoon. Sure, right Serene? Why not?

S Totally, why jolly well not? Nursing mothers... You see, we don't want to be so staunch where life is all about tit for tat and rules.

[00:23:47]

ADVERTISEMENT

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

S Serene.

P Hey, we want to talk again about Nutrafol. It's the new, safe, natural and effective way to take control of your hair health. Why Serene?

S Well, you said it right there, natural. So many products out there for your hair are chemically based and they mess with your hormones, and sometimes your hormones are the reason why you're having hair issues, and they're just completely putting them on a rollercoaster again with the chemicals...

P Or they're a drug. Now, Nutrafol is drug-free. It's a natural supplement, and we looked deep into this. And it has beautiful ingredients that are safe.

S And that's so wonderful that it's even better than that. And the fact is not only is it natural, but they have so much information to help you personally. You can get a one-on-one consultation at Nutrafol.com.

P With a naturopathic doctor. There hasn't been any real advances in hair loss and actual things that you can take for hair loss in decades.

[00:24:50]

S I love this formula because it multi-targets many issues that could be your issues so that you're kind of covered.

P Yes.

S If you're a woman, you take the woman's formula. You're kind of covered.

P Some of the ingredients in there, they actually raise libido too.

Win-win...

S Which I love because normally, hair-thinning formulas lower that.

P Nutrafol is the way to go.

S It doesn't have side-effects. Why? Because it's not medication. All it does is it nourishes the environment that makes hair happy.

P To receive \$10 off your first purchase, visit [Nutrafol.com](https://www.nutrafol.com) and use the promo code: trim10 at check-out. That's \$10 off, people, and go to [Nutrafol.com](https://www.nutrafol.com). That is N-U-T-R-A-F-O-L.

S And don't forget the promo code: trim10.

P Yes, that's trim and then the number ten, not T-E-N, trim and 1-0.

S This is the PODdy with Serene...

P And Pearl.

[00:25:47]

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

S Carrying on, we've got the banana that people think that we're totally against.

P And listen, I think we've redeemed ourselves on that one. In our first book, it came across, I think, that we were against bananas. The reason was Serene and I had... I was a Wholegrain Jane.

S And I was the Raw Foodist. And what do you make your ice cream of? Six bananas, frozen, that makes a nice small bowl of ice cream.

D Seriously?

P I used to sit down and eat three at a time just within five minutes, three bananas down the hatch.

S Remember we'd go to the grocery store, Pearl, when we were teens, and we'd just get a bunch each?

P Yes, just to eat them.

S Sit on the outside stools of the grocery store and just eat it, the whole bunch.

[00:26:30]

D What was the thought process behind...?

S Fruit until noon, right, was some of the old adages in health.

P Well, we thought this is very healthy. It's a raw food.

D I've got you.

P It's a fruit. It's a plant food.

D It comes from the earth, right.

P It's not disgusting meat, we thought, but we didn't realize what it was doing to our blood sugar.

S Remember fruit for life, fruit until noon?

P Yes, I remember that.

D Hey, God also made the poisonous frog where we can extract its toxins and they're actually extremely hallucinogenic, but if administered in small doses, they go a great ways of curing depression and PTSD. And doctors are starting to use this...

P I didn't know that.

D So God put it there. Should you eat it all day every day?

[00:27:09]

P Right.

D You can use it as a medicine or you can abuse it and hurt yourself. I think the same goes with potatoes or fruit...

P I think it's wisdom, yes.

S The bible says, Eat a little honey.

P It says little...

S And then too much makes you sick.

D You'll go Winnie the Pooh.

P Yes, exactly, Winnie the Pooh, but the same with bananas. So we were coming from a place where we were definitely overdoing them. It was spiking our blood sugar...

S We needed to go to Bananas Anonymous.

P We did, and so we made our first book like a Bananas Anonymous book.

[00:27:36]

D Bananas are so easy to eat.

P Yes, they are...

P They're so quick...

S We wanted you to learn how to make beautiful smoothies and creamy milkshakes without banana.

P Yes, because you go to any smoothie book, the first thing they shove in is a banana. And so we're like, let's get away from that.

D Bananas make babies happy.

S And we still believe E and S and separating the fuels is the fastest way, sustainable way, healthy way to weight loss. So we're not trying to say, throw a banana in your whole milk kefir. We're just saying when it comes to your E Meal or at goal weight with your Crossovers, a banana, one banana is great.

P And this small one, half a large, one small, they're good for what they're good for. We're not against them. It depends upon your season and your blood sugar. Maybe you are pre-diabetic and they're not for you right now, but they are for some of us, okay. Don't do two at a time, three at a time like we used to. Don't make your whole ice cream out of six bananas.

[00:28:36]

S And just because cantaloupe is lower on the GI than watermelon, it doesn't mean it's summer time, at Trim Healthy Mama I can't have a nice slice of watermelon?

P Yes.

S And what about the mango? The tropical fruits?

P Lesley Pops over there is saying, what's wrong with watermelon?

S There's nothing wrong with watermelon.

D Do you like salt on your watermelon?

P No, I don't. I just like to eat it. The reason we said limit things like watermelon and bananas and all that, Lesley, is because they have high fruit sugars. Now some people have to be careful when they're wanting to lower their blood sugar, they really shouldn't indulge in them all the time. They're better to stick to the lower GI fruits like an apple, a pear, maybe even a peach or berries. But as you get healthier, you can start putting those God-given foods in and your blood sugar should be getting better as you're balancing your world.

[00:29:24]

S Yes, and mango's used to be my favourite fruit.

P Mango's are a super food.

S And then when I learned about lowering my blood sugar, I kind of kicked them off for a while, but I have invited them back onto my E plate and my Crossover weekend treats. I love a good mango, but I'm not having three like I used to. It's just a nice medium-sized mango.

P Serene and I just so want to bring you back freedom. If you've learned our plan, plan it from someone else maybe or you've heard, these are the things to kick out on Trim Healthy Mama. We want you to look at it in a different way that there are seasons for things, and that if a God-given food is available on this earth, you bet it's good for something. Here's how to lose weight, maybe that's not in your season right now, but let's not call these things bad, okay.

S And then I also wanted to say now we've talked about not calling things bad, that we can still enjoy and they're God-given. Let's talk about also not being so staunch about having to have certain things, like we still believe protein should anchor your meals. And your snacks, for many, many, many, many reasons we do incredibly believe... I knocked my nose on the microphone because I shut my eyes... I'm like, doong... We totally and incredibly believe that protein causes that release of the hormone called glucagon which lets the fat out of its prison in your cells, and let's it be released and flushed out of your system. We do believe that protein satiates. We do believe that protein takes a lot of calories to burn through...

P We do believe that protein causes your body to work 25% harder to burn it, so therefore you burn more calories.

S So we do believe that protein is the anchor and our fuels are glucose and our fuels are fat. We also have known the whole time that any excess beyond what your body needs will end up being a fuel. So protein can end up being a fuel too. However, it's not your body's preferred source, so what I'm trying to say is you have to... It's Switzerland for a lot longer than the other fuels. The other fuels will be used straightaway for your body's needs or stored, where protein, you have a big window where your body needs to preserve muscle, rejuvenate your skin, work on this system and that system. Protein is building, building blocks in your system. So you have a window where it's not going to be fuel. So great, protein is very helpful in that, but you've got your fuels there. You've used your nice window; just know if you're thinking: I'm going to go for another chicken breast and you've already had one and a half large ones, you're probably making it a crossover.

P Now, here's where the Keto people come in. They're a little bit scared of protein. They prefer the fats. They're like, let's keep protein down to about less than 20% or 10%. Let's do fat higher... I forget the ratios but they're something like that because they're like: Let's put the body in fat-burning and protein can interfere with that. Here's the problem. It's not natural.

S It's dangerous.

P Yes, and especially when you're required to do a lot with your body. Your body needs protein, but the Keto people also have a merit that you don't need to overdo it either. So I feel like they need to come to the middle ground which I feel like where Trim Healthy Mama is.

S Has always been...

P Yes, base your meal around protein, but you don't need to do a chicken breast, plus a scoop of whey, plus a whole scoop of collagen and then end your meal with a full cup of cottage cheese, right. You're probably overdoing it.

S Well, let's just also talk about how much your stomach can fit. If you're overdoing your protein, you're under-doing your non-starchies.

P Your veggies, right.

S You're taking another macronutrient and you're not celebrating it to where it should be celebrated.

[00:33:26]

S Now we celebrate protein on Trim Healthy Mama, but we also celebrate our glucose, our carbs at times or our fats at times or both together. But it comes a problem when we over-celebrate one, you're under-celebrating something else. That's why we've come back on Trim Healthy Mama and we've said, we are not a low-carb diet. We are a carb-conscious, sustainable lifelong approach.

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

S Serene.

S This is the PODdy with Serene...

P And Pearl.

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

[00:34:37]

P Yes, so we just want to be that sensible, sustainable thing. There's so many extremes out there right now, Serene. It's getting crazier and crazier. The diets are getting more and more extreme, and it's a scary place to be.

S Well, yes, and life is getting extreme in not just areas of diet, in many, many, many, many, many areas. Just think of New York right now, there's lot of extreme.

P You could think of Virginia. Listen, we have never, ever, ever used this podcast for political or anything but I want to say... Okay, things are happening to more

extremes. When you're killing babies at their born or as they're born, I'm sorry. I mean let's just say that, right.

S And I have my own personal opinion how it's murder the whole entire way from the first to... But the deal is that we are seeing society become psychos. Diet is following.

D There's a reason for society becoming psycho. There's many reasons. One of the big reasons for society becoming psycho is that... Oh, it's summed up in one word, sales, and here's what I mean. If I make Men in Black Part One, the film, and it's filled with 20% explosions and action, Men in Black 2, you better start at 30% explosions and action or my customer base is not coming back. So you take a diet or if yesterday it was enough to be low-carb... Well, let's say you're publishing your next book, not you...

[00:36:16]

P Yes, you better be Ultra Keto right.

D Oh, you better figure something out. You can't just do another hash of yesterday's diet, you've got to go to the next level.

P I know and you're right, Danny. There's premises to say, intermittent fasting. Okay, you take a nice break. If you can't lose weight, if it's stubborn, have your dinner early, have a nice evening break, and then have a breakfast. You don't need to eat super early but just have a breakfast. You're breaking your fast. You had a nice long fast. That's natural, okay...

S And not natural for everybody.

P No, it's not.

S It's not natural for nursing mothers or pregnant women or high metabolism people...

P It's not, but maybe it's natural for your season, okay, but then let's look at this extreme intermittent fasting. People are having two hour window a day of eating. It's getting that crazy, folk.

S Yes, it's getting dark out there, people. That's just not even fun.

[00:37:05]

P All the extreme... There are diet extremes where you're these days, you cannot... I mean we're talking about a book that we're going to talk about soon. And listen, there are merits because he promotes certain veggies and he gets you off whites and stuff.

S Better than the sad American diet.

P It is, Plant Paradox.

D That's our next book, The Sad American Diet.

P Plant Paradox has some Doctor Gundry. You've all heard about it, but I am getting calls. I'm getting messages, Pearl, I just heard beans are bad. Pearl, I heard lentils are bad. Pearl, I heard all fruit is bad, now what do you have to say about this? Pearl, there's lectins in tomatoes. Pearl, we shouldn't eat eggplants. Did you know that you guys tell people to use eggplants, Pearl? You said they're a super food. They're bad.

D Pearl, I actually read this morning that all fruits and vegetables cause cancer. I read it this morning from a reputable source.

P It's getting crazy out there, Danny.

S It's getting crazy and guess what? You see, if you vilify one thing, you're going to end up being an errortarian, okay. So people, gluten, gluten was weird, right? Gluten, gluten, okay, but then there's a phytate camp. You can't eat anything without soaking it for 48 hours with special acid, blah, blah, blah.

[00:38:12]

S What about the saponin camp? The saponins in food, there's natural soap, saponins in food or the lectins that Gundry's on about. But then there's also...

P The nightshades!!!

S Yes, there's even more than that. There's all these... And there's the acrylamide things, and then that means coffee, roasted coffee. That means the crust of a bread. That means specially roasted chicory, any of that, oh, it's all from the devil, Danny.

D Lucifer.

P I'm telling you.

D Lucifer's garden.

P Let's try to stop some of this nonsense. Can we people?

D That's a blog post title right there, Lucifer's garden, like demonizing the things that are clearly good for your body.

[00:38:49]

P I mean the things that people have been eating for thousands of years since the beginning of time are now bad. Don't you tell me that fruit is bad? I am sorry, it's not.

D Isn't it?

S It is so not, and it's all through the Bible, but if you're not a Bible believer, it's just all through common sense. It's growing on a tree in the yard.

P Don't you tell me that coconut oil is bad, that coconut's... Go look at the Polynesians and then so many people say they only eat... Here's another thing, only eat what is farmed around you, only...

D Oh, from your soil?

S And then certain authors say, oh, we only like fish. What if you're landlocked, people?

P They didn't eat fish back then.

S And then you're only allowed to eat local.

D You have to live on the coast.

P Oh, here's the biggest thing. Too much protein causes cancer and that your diet should be just small amounts of protein and mostly veg. These are the people that can't go all the way vegan, but they're saying, have two to four ounces of protein a day. You go back, I studied this, you go back and look at what they used to eat. They didn't have refrigerators so people said, well, they had one feast a year and that's when they ate red meat.

S Oh, jolly junk.

P What a bunch of garbage, they dried their meat. Do you know in the Sea of Galilee where Jesus was, one of the biggest foods that they had was, of course, they ate legumes and they ate fresh bread. They ate fish and dried fish and more dried fish and fish and...

S What did the guy ask the little boy who gave his lunch? It was fish and loaves, right? That fish was not just fresh. It was dried and salted. I mean it was...

D They had it prepared.

S They took it from their larder.

P They knew how to smoke things, right. They sustained them. We're getting crazy.

[00:40:26]

S And some of them didn't even have... There were the nomadic types that didn't put down cultivated fields, so it was all from their animal. It was the broth and the milk and the meat.

P Cultured milk, they had dried meat, they had cheeses because they could remain, dry them out. They didn't need refrigeration and bread.

D What do you think the fanaticism with different diets and lifestyles, when it pertains to health, what do you think it stems from? Do you think it comes...?

S It's the devil because he's come to kill, steal and destroy.

P He's come to take the joy. And I think... Guess what I think? I think it's fear-based. First of all, a lot of people want to see results so they'll do extreme where it's not sustainable but...

D But do you think most people start with a problem in their body and then they become a fanatic or do they start with weight or...? What's the problem?

P I think it's weight or a problem or it's fear, and sometimes fear is incorporated in those because I know I used to have a lot of fear when it came to food. It's like fear diets where that is for sure... That food, even though it's been here from the beginning of time, I'm sorry, it's going to cause you cancer. We just found out meat will cause you cancer, okay, or this certain veggie because it's got a lectin in. No, I'm sorry, it causes cancer. Okay, so the fear seed is sown. And that fear seed, it turns up into a big tree in your mind, and it takes over. And soon

everything you're scared of.

D And everything self-confirms that you have what you think you have, been there, done that.

S And there is a merit to the thought that sometimes there could be things in lectins that are powerful agents that could be doing certain things in your body, but everything that God has given has an antagonising thing in there that helps balance it out, okay. So we have lectins in certain foods, but then we have certain foods that we're taking in that actually smooth through colon like okra and they actually protect your body from whatever's bad in the lectins. But there's so many good things in the lectins.

S The things that are bad in certain foods that saponins, saponins can be quite nasty to your body but do you know that when you're fighting cancer, they tell you to have certain high foods like that because you need those strong agents. And so it's like with the protein, yes, maybe protein is inflammatory when you're just having the muscle meat cuts and everything, but when you're balancing it out with a balanced diet and you're having the glycine and proline from your collagen, it is actually anti-aging. The whole thing is balanced out.

[00:42:59]

P Yes, it is and so it's all about balance. We are going to do a whole podcast on this lectin thing. We have to actually bring the science for that, Serene. It's because right now we're just really passionate in spouting off because we want to make sure that we don't ever become the bad food, scary, don't eat this diet. We want to be the joy. Yes, you can, but know your season and do it wisely, lifestyle.

S Ode to freedom, let the anthem sing.

D Is it too manly to trigger the Braveheart freedom cry right now?

P No.

S No, would you please because when I read certain books lately, they were so like not...When I read certain books like that, I felt so sad for the people that would be trapped in this. I felt like 2019 was going to be a very dark place for people if they believe this because there was very, very little joy left in food, very, very, very little. And I feel like food is a gift. We can't put negativity on these gifts. It's super, super, super, super a dark place. There's so many chains in this world, mental chains in many areas. And food should be a place of joy.

P Yes, so let's end this podcast with that. If you're feeling in your spirit for the Braveheart battlecry, then...

S Can I just say something too?

[00:44:23]

P Yes, Serene.

S And I know we're not having to like preface it because I've said it.

P No, there's new people in the room every day, Serene.

S Okay, you may not be a believer...

P You don't know our podcast is number one?

S We're PKs, Pastor's Kids. We were raised in the Bible, so we use a lot of scripture. And if you are a Bible reader, it's easy to read certain books and say, okay, well, I don't need to necessarily go along with that because if you've read any scriptures at all, they don't match up because it's not all about the world being billions and billions of worlds. All of these lectins, our bodies not programmed because it hasn't been billions of years to get used to those lectins, that New World's fruits and vegetables. So back those ancients back who came in 19 whatever, 1842, that Columbus sailed the Ocean Blue or whatever it is.

P Yes, right.

[00:45:16]

S That's pretty long ago for me.

D The rhyme was made so that you wouldn't forget the date. That's hilarious and ironic and I love it.

S But my point being it's now meant to be New World lectins, okay, back centuries ago.

P Hey, let's wait for the podcast on lectins. Danny, finish this out, won't you?

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

[00:45:44]