



Trim Healthy Podcast with Serene and Pearl
Episode #113 - Huge Something's About to Go Down in the
THM Podcast World (Original Air Date:3/27/19)

*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.

D Women and men, boys and girls, it's Wednesday again and that means that it's time for another fabulous episode of The Trim Healthy Podcast with Serene, Pearl and Danny, and have we got a show for you.

S Who let the dogs out? Who who? Who who?

[00:00:51]

P Is that like about 10 years ago?

D Why are you singing that?

P She...Serene's unplugged, did you just hear that?

D Why are you letting the dogs out?

S No, listen, I know that that's old. But I just, I felt the release and this is The Paddy where we release many things, like in the shower.

P We released the cat out of the bag.

D Oh, I see that.

P Oh, she's going back.

S I felt the release, I felt a new release from all the cheerleading. I felt a new release to, not that I read social media, but Pearl came over and told me that...

P I said listen...

[00:01:20]

S That half the people hated us, but half the people loved us and so...

P No, wrong. Okay, she's referring to the podcast recently. See, I don't know when...We're recording this podcast right now and I don't know when it's going to play.

S Yes, we're lying, it's not Wednesday.

P Of a recent podcast, Serene is referring to, when we ended the show, Danny and I haven't told you this, with Serene announcing that she loves to pee in the shower and that it's good.

S Hey, I didn't announce it, I think it came, very analytically, scientifically after something Danny said.It all had purpose. I just know that.

D There was purpose.

P Okay Danny...

S It might have been a scripture thrown in there.Even I had been very spiritual.

D Yes, it was in the book of hesitations.

P Danny was also a shower pee'er, we found out that John and Lesley are shower pee'ers. I held my ground and said only when pregnant and when you're desperate please.

[00:02:03]

S She lies.

P Okay, so that of all the things....

D A part-time shower pee'er. If you will.

S You don't know when you pee because you can't hear the tinkle.

P I haven't been pregnant for fourteen years.

D Hold on, so we got criticism?

P No, I'm telling you about it. Yes, a little bit. I would like... Serene just came on here and she exaggerated. So, what happened was, that podcast... I announced the podcast on Facebook like I usually do, and said, Hey, we answer your hard questions here. If you eat too much meat...

S Oh is this my water? Like I'm a special person that comes and talks and gets a water. Is that my water?

P Yes, that's your water.

S Thanks.

[00:02:33]

P It's actually for somebody else.

P For someone important.

D It's yours Serene, it's yours.

S It's mine now.

P Anyway this is not the topic of today's podcast, but I'm going to say it. Okay, so then I announced the podcast just generally. I didn't mention the peeing because I hoped it would fly under the radar. Because I didn't want to get in trouble with our Admins who work so hard on our Trim Healthy group and who take off topic stuff away. Because off-topic...

S And a lot of those Admins are already cleaning up pee all day long, they have children and diapers still, and they are doing this in their spare time.

P I know, so I was trying to be kind to the admins, but no, of all the topics of that podcast: pee. Everyone wanted to talk to the pee. I didn't know other people were pee'ers, and they're like, hashtag normalize peeing. And it just went huge, every second post was about peeing and others were like, that's gross. You really pee? You pee, you guys? And it was like, yes come on pee. No one's talking about it, we all pee. And then other people were like, that's disgusting. Mostly...

S I do think it's disgusting if you have a plastic shower liner. You have to have all tile and glass, I feel like it's easy for water to slide it...

[00:03:34]

P Back when I peed, when I was pregnant, it was plastic.

S Yes, that's probably why you're not a pee'er. So, I feel like we can only normalize pee if you have tile and glass only. I think it's easy to clean. Easy for the shower water to cleanse.

D Yes, I love how people complained about us talking about pee.

S Plastic absorbs.

D And we're going to drive it in deeper this week.

P I know, but there weren't too many complaints Danny, there were a few.

D Most people were being liberated.

P Most people were being liberated.

S Well that's why I was letting the dogs out.

P Most people were being kind. I was apologising to our admins, and our admins were very patient and kind, they just let it all go. They let everyone talk about

pee.

[00:04:06]

D Pun intended.

S Listen, I am a little bit behind but not that behind. I did hear Who Let the Dogs Out about last year and I thought it was the new Achy Breaky Heart.

P Serene only just heard Achy Breaky Heart.

D I skate-danced to that back in 89'.

S I still thought Billy Ray Cyrus was like, you know.

P There's a big announcement coming people, but I have to eat my salad. Here's another thing we heard.

D No, you can't eat your salad now.

P Okay, someone said.

D I'm sorry.

P Someone didn't like the normalize peeing, and they also said, and I love you whoever said this because she's a nice lady, not everyone is like...

S Well, she's probably just too nice, the Queen's English nice.

P She said, and also, I wish they'd listen to their Poddy's back, because you can hear them eating and it grosses me out. And I have to turn it off.

[00:04:47]

D It grosses her out? What does she not eat, does she just depository it?

P No, well you see, we're talking on these mics.

D Which is gross.

P And there's a lot of chomping going on obviously.

D But we don't eat that much, do we?

S Mainly the noise is Solly.

P It's mostly Serene, and you know what? So, all I was going to say was, now whenever I want to eat, because this is lunch time when we record.

S That's the problem, and it all comes back to me. Everyone's like, Serene choose the time because you've got all the little children and all the home-schooling.

D You picked lunch.

S Yes, so when is a good time? So, I picked a nap time for my craziest toddler.

P 12.

[00:05:25]

S And that's 12 o'clock. So, we're always...

D Famished.

S It's either we're starving and have low blood sugar so we can't talk to you, or let us eat and talk to you.

P It's either no PODdy or eat, choose people.

S Yes, choose.

D What do you want?

P Anyway, listen, I bring love to everyone today because I understand, chomping is gross.

S And I have to tell you, most of my lunches are smoothies that I'm swallowing down on a boring straw. Because I don't have time to chew and talk on The Poddy days.

P That means Danny and I are the chewers. Because that's true, Serene usually has a Yuk Yum Smoothie, and Danny and I are chomping.

D And I'm always hungry.

P Chocolate, she chomps chocolate.

[00:06:00]

S It is the Danny who is the chomper because he's got the crackers and the macadamias.

P Look, he has his mouth full right now.

D It made me hungry just talking about it.

P Okay, you guys, everyone listening, you can now tell if the chomping you usually hear is Danny or me. Now chomp Danny.

S He moved his mic.

P Chomp. I want to know who's the most culprit for the gross...

D I chew with my mouth closed.

P Chew it.

D I'm doing it.

P I don't hear it.

D I know.

P Oh it's because I have salads.

[00:06:25]

D Because it's you.

P Okay, now I will chew my salad and you can tell if it's me.

D Look at what we're doing. This is what happens when you complain about our podcast, we drive it in, we drive it home. Don't listen then. Turn it off.

P Okay, here's my chewing.

S They're all trying to eat so much more daintily.

D Yes, we're putting on an eat-show now.

S Really, you're just so...

D Normally we're like... And so, I lost two pounds and it was like, go away.

P Oh my goodness, we are supposed to bring something of value, but I don't know if we're going to yet. Because really what we're going to do is announce something.

S Well we were going to discuss, I was meant to come early today to discuss whether we were going to talk of value today on this podcast.

P And we didn't get to that.

[00:07:09]

S But, Lesley belled me when we got in the door and we didn't get to. So now Lesley, our co-producer, she has a little bell with a smiley face on it and she helps to control the rabbit trails.

P Oh yes, you guys don't know stuff behind the scenes, what goes on here. Like, the bell. Do you hear that? She bells us so that we can even start recording for this PODdy. Because when we come in here, we are just wanting to...Let loose?

D Release.

S Well you know, Danny our brother...

P Danny my brother.

S We get to see him one time a week, or twice a week.

P All right people we have an announcement. Now usually, on our podcast, we stick to topic, do we not? Are we not good at sticking to topic? Do we not bring the meat?

D The carne is present.

P We bring the carne

[00:07:54]

S The carne is present, but I don't think we stick. I think that we have a lot of wonderful appetizers. We're like one of those people that likes to slurp on juice

in between the chew of the steak.

P Okay, so we try to bring meat and we try to stick to topic, but it's very hard for us. Do you how much we want to go on rabbit trails?

D Yes, have you considered our fondue?

P So this whole podcast right now has been rabbit-trails.

S All I want to do right now is to talk about Danny's outfit. I'm holding back.

P So people, some of you may know that we actually have been doing a radio show for a while called the UNShow. And we sort of had a blast because, basically, all of it is rabbit trails. But we bring good stuff too. We bring, well we call it meat.

S Well we bring foundational...

P Knowledge.

S Yes, we bring tips about health, but we bring foundational goodness back to the world. Like marriage is good, family is good. Positivity is good. God is good.

[00:08:50]

P So here's the deal though, it's hard though because there's too much music in between our UNShow. And really, we want to hear more of ourselves and less music.

S And I don't even know who's going to be signing right. So, it could be Mick Jagger, I don't know.

P It was AC, Mick Jagger's not on AC.

S Or was Biebs.

D Hey, speaking of rabbit trail, I have all the extracts in my backpack and I'm about to flavor my green tea. Do you have a recommendation?

S I'd do Maple. Mapes.

D Maple? That's where I was going.

P Can I please get back on track?

D Go.

P Anyway, all I'm saying is that we will continue to be on some radio. You'll hear us more on Christian radio and stuff like that. But we are bringing the UNShow as an whole other podcast people.

[00:09:25]

S Because guess why? We still felt like we had one of those things around our neck.

D A noose.

S Have you gone to a movie lately and you've seen a preview for that movie, about pets. What is it called?

D Secret Life of Pets.

S Secret Life of Pets.

P Yes, number two.

S And they have those little neck restraints. We still felt like we were terribly restrained.

P Like the dog with the collar that spreads out.

S Yes.

D The collar of shame.

S That was us on the radio show because we're interrupted by Biebs. Every two minutes.

P And by Biebs we do mean Justin Bieber. Who Lesley used to work for. Am I allowed to say that Lesley? Or is that...?

[00:09:59]

S We had stories, we had the script.

P All that to say... So, we, this is a huge announcement. You are learning it here. We have a new podcast, it's called the Serene and Pearl UNShow. Of course,

Danny's going to be there. And it comes out on Saturday's and really, it's light hearted. It's about you not being uptight, it's about you laughing, smiling and learning.

S And we let the dogs out. Danny does more barking.

P Yes, each time we bring a lot of fun stuff. Interesting stuff like you want to talk about. Perhaps like, do we really pee in the shower? Things like that and more important stuff.

D Yes please.

S All starting with the letter P.

D All the important things are escaping us at this moment.

P We don't know what they are, but we always bring...

[00:10:44]

S We talk about nothing people.

P We are going to bring three things of meat each show pod.

S A what if you could...

P A how to stay married, and a Trim Healthy Tip?

S Correctos.

P So those have always been in there. So, if you think, man they're talking about just nothing, we are going to bring three things of substance each time for two minutes.

S But I want to tell you something, the best thing in the world to do is laugh. It heals you.

P I'm telling you. The joy of the Lord is your strength, right?

S I reckon God's the funniest of all people.

P The people who laugh the most are the healthiest people in the world. And so...

S Do you know what I'm about to do? Tell the story that I've told every time on this podcast. There's this old man. And they're like, Sonny, do you remember that time...? And he goes and tells the same story and he's said it a million, trillion times. Remember that story Pearl that Mum told us growing up about the guy who had cancer? And he had three weeks to live, and he decided that he would make it the three best weeks of his life. And he got just a bucket list load of comedy movies and he laughed himself well. I know you've heard that. Many times, from me but...

P And I'm eating.

D 11 minutes, ten seconds.

S Hey, when God shared anything of value it was around a meal table and he probably was chewing too. Jesus.

P Jesus the son of God.

S We should probably differentiate, but yes, Jesus.

D Well there's a very clear differentiation.

S Yes, He's the son, but he's God.

D No, just go.

[00:12:06]

P Do you want to get into a theological debate?

S And if you are a Jehovah's Witness I love you, and I will invite you in for sourdough bread and green tea with maple extract. But I'll clearly tell you that Jesus is God, but I'll still love you.

P Don't annihilate the Jehovah Witnesses too, you annihilated the non-pee'ers.

S I didn't annihilate them. I just told them I'd invite them in for toast and tea. I'm English. You can't get more of a love ground than toast and tea.

D Yes.

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 Serene, did you finally buy some new underwear?

S Yes, but actually not at Goodwill like the rest of my clothes, thank the Lord. I got them from Pact, you know? wearpact.com? Love it.

P Pact makes super cute and super soft clothing for the whole fam. Made out of 100 percent organic cotton.

S That is soft people. And that's important, because comfort's where it's at. And look, it's made in Fairtrade-certified factories. That's a plus because, you know, we like people to treat their workers fairly. Their prices are fair too. 15 bucks for tea, 30 bucks for leggings. And, listen to this, seven bucks for undies which means that you can change your underwear more frequently if you would love to.

P These prices for natural fibres though, it's amazing.

S And we also are offering our Poddy listeners a discount Pearl. You just shop at wearpact.com and enter the code `trimhealthy` at checkout for 25 percent off your first order, mates. That's W E A R P A C T.com, and enter the code **trimhealthy** at check out for 25% off. Poddy listeners, buy some underwear, you can change the world.

S This is The PODdy with Serene.

P And Pearl

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

P Okay, so on Saturday mornings, in your inbox, you are going to have a show called the, It's the Serene and Pearl UNShow right? It's actually rocking.

D I mean, it's your show.

[00:14:07]

P Yes, we wanted it to be called, Danny voted for it to be called just the UNShow.

S It is, it's called the UNShow. Un-starring Danny, Pearl and wonderful me.

P And why do we call it the UNShow? Because it's pretty much... ?

S Unpretentious, unprofessional, it makes you un-tight.

P Yes, unpredictable.

S Yes, it's unpredictable. I have to give credence to Lesley who said that.

D It all started because we realized that we're very much not a coached, polished commercial, old-school radio show.

S Do you realize people that we had a coach? We won't mention names.

P No.

S And if he's listening, he was amazing. He was a good coach.

D Nice. Awesome.

S Let me tell you. He was the best.

D And by the way I still believe, I still want him here. But go ahead.

[00:14:52]

S Sorry coach, just to let you know if you're still listening coach, we have disobeyed every rule. That's not because you're not good, you're great, but we were just, we were the rebels, right? We have a picture of you on our wall, and we salute it from time to time.

D There is a picture of him on our wall.

P The people who don't want us to munch on the microphones probably would want us to do what the coach said.

S We spent three weeks trying to work out our personalities, who Danny was, the essence of him.

P Okay, he had us write down, but right before we actually started the radio show that we're doing called the UNShow, we changed it to the UNShow. First it was just called the Serene and Pearl show, but like how narcissistic?

S Spew bomb worthy.

P Anyway, he had us...This coach, bless his socks.

S She just turned to salute.

P I just turned to salute him on the wall.

[00:15:42]

S It's not an actual portrait, we drew it, cartoon.

P He's probably listening.

S It says, L.A. approved, with a hashtag underneath.

P He had, no this is mean. No, but he's doing his job.He's a kind person.

S He makes professional shows, but we just didn't want to be professional, that's all.

P I can tell you, the famous people that he's coached, they're all doing better than us probably. Who was it?

S They're the millionaires.

P Ryan Seacrest.

S He's a Ryan Seacrest coach.

D You're getting closer and closer to just saying his name and address.

S I want to honour him as somebody who brings people to the Olympics of Radio. We just wanted to be at the staircase.

D This has to be edited out, John.

[00:16:17]

P No it doesn't.

S No, you don't have to edit it out. This is about the UNShow Dan.

P I'm going to tell you the exercise was we had to do to learn to be good show hosts. We would all write down on a piece of paper...

D I'm sweating.

P The personality traits of the other people. The other co-show hosts, so that they could be...

S Co-show hosts?

P Danny could be the whipping boy. He's the whipping boy. Pearl could be the, pearls of wisdom. She's always sort of wise. Serene could be just the ranter.

S The Bohemian mad ranter

P And we hated all this, like don't put me in a box.

D But let's be honest, you kind of nailed it.

P Let's be honest.

[00:16:55]

D You kind of nailed it, right?

S Dan brings the meat from time to time. And I'm known to drop a few capital P's, of wisdom.

P Do you know what, this is so funny because we rebelled against that. We didn't want to do it. Like, this is ridiculous. I don't want to be the wise one all the time, but you know what, I am right?

D You're the wise one all the time, it's uncanny how accurate he was.

S Talking about our extracts though, I can't stop talking about it. Can you smell that maple from here people, that's wafting out of his green tea? Oh it's good.

D Yes, I can smell it.

P Anyway, did we have, and this is not the way that John, producer John wanted us to announce this show.

S Well also, we were trained to talk about politically...Political events of the time. Current events.

P Current events, not always political.

S But that didn't work out with me because the world could be coming to an end.

[00:17:42]

P And she wouldn't know because she's unplugged.

S I do find out on Sunday though.

P You find out, Serene finds out all her news from the prayer chain at church.

S It's the best way.

P Who needs Facebook? Hey? John did not...

S You slap a prayer on it, as soon as you hear it. It's the best way.

P Talking about disobeying John, producer John did not want us to announce the UNShow like this. We are in rebellion of John. He came and said, guys when you announce the UNShow today, I want you to basically do it like this. I want you to say...

D You're so bad. You're misbehaving bad girls.

P Don't say that we're, sort of, not focusing on radio anymore. Say that we're more focusing on podcasting. It's all in the bent girls.

S Because we don't want people to think...

[00:18:22]

P That we're losers.

S That we're dissing radio or that we couldn't survive out there in the radio world.

D John, they did the exact opposite of what you wanted. Literally, and in fact it's your fault. Because you should know by now.

P It's John, it's Producer John here.

D That you come in, and you should have told him just to trash the radio, and then they would have done what you wanted.

J How do you know that this wasn't the method to my madness all along. Anyone that's ever tried to work with Pearl in particular, knows.

S Dragon Lady is her name.

J That, things are going to go the way the girls want it to go. We can make suggestions but they're going to go the way they feel. They follow their heart.

S That's so true. That's what my husband said today.

J And their bladder.

S Because he showed me his business card, and normally it said Trim Healthy Mama on it, and now it says CMS, because it's the manufacturing centers that we're working on.

[00:19:16]

P Does it say women-owned?

S It says, dream development, which he had on his card for THM.

P That's so cool. I love this. It looks so masculine.

S There's no big blue butterfly on it. And I'm like, I'm so proud of you, this is so awesome. And he's like, now my wife gets to be my client. Because beforehand we were all working together, we were all owners of the business and everything, but now CMS is separate.

P I don't know how that relates.

S It relates because he's like, beforehand... You guys, listen. He said to our children, do you that your aunty Pearl, do you see, your Aunty Pearl and your mother are my hardest clients.

P Ah I see.

S And beforehand, you know, this way maybe I could fire them but beforehand it was them that would have to fire me.

[00:20:03]

P Okay, but can I just say something about that?

S And my point was that Pearl's the Dragon Lady, and he's like, if Pearl wants 3g's of carbs in the bar and nothing above, she's going to have it. And there's going to be hell to pay. The dragon will appear.

P We were in an executive meeting yesterday.

S She's just moving straight on. Just straight on. It was value.

P I didn't think it brought value.

S It was funny that we were his worst clients, that's what he said.

P It didn't bring value.

S He explained it my family, that Aunty Pearl was his worst client.

P I'm determined to bring some value, and I've got some really good meat.

S All of a sudden she wants to bring value, but the thing I'm saying is of strong, wonderful value.

P I think you'd have to know the way our businesses are set-up to find that either funny or interesting.

[00:20:42]

S It's hilarious. Hey children, your Aunty Pearl and your mother are my worst clients. That's hilarious.

P John wants...

J Serene, if it makes you feel better, I agree with Sam. You guys are the worst clients.

P Yes, I'm John's side this time.

J Yes, you guys are the worst clients.

S And he loves the fact that he could fire us now you see because he...

P No, but you see that's all wrong. He can't fire us. Okay, guess what? If you were in the executive meeting Serene...

S What?

P Danny's sitting here like, why am I here? If you were in the executive meeting yesterday Serene.

S What?

P Which I go to represent us both, but you don't.

[00:21:14]

S But I'm changing the poo-poo's, you could come and help me.

P Okay, so anyway we're all there, John was there. And, okay so all of you know that we're about to go live with our manufacturing building. It's basically ready to go, and it's been a long drag, but we're so proud of it. And we're manufacturing all of our products in there. So...

S In the beginning, being one of the most amazing products, the pot-pourri. You know?

P What?

S We're already manufacturing our wonderful Feminine Balance in there, it's so fantastic.

P Yes, we are. Okay, but...

S I said pot-pourri because it smells so gorgeous. It has a lovely earthy smell.

D Oh, I'm like, explain. Show your work.

S Well the Sheriffs can smell it. But it's all above board, it's industrial hemp. The Sheriffs can smell the pot-pourri.

P They did, the Sheriff's came to our building from the smell. It's beautiful smell.

[00:22:00]

S It smells so clean and earthy and green.

D That's amazing. It smells like ripe herbs blowing out of the factory.

P It is industrial hemp, which has just as much of a smell as it's cousin marijuana.

S And we're making lots of it in our building, come and visit. You will leave with a clear head.

P Anyway...

S Hey, I took my baby in there yesterday, it's all above board.

P All that to say, oh yes. There was an executive meeting yesterday and they were talking about a, let's do a ribbon cutting. Let's get the Governor of Tennessee out there, because this is a big deal. This is a women-owned company. And I said, well, who are the women who own it? Because I just thought your husband Sam's been doing it, and everyone else has been working on it. We just go up there and see it every now and then. And they said, Serene and you own the building, you own the companies, you own CMS. And I'm like, what?

S I haven't even used the toilet.

[00:22:51]

P Serene, when Sam says you're his client... You actually own CMS.

S Hey, he's my boss. My man. He my boss man.

P So anyway if he tries to tell me you're the hardest client...

S It was all fun, it was all good. Come on, bring the peace.

D Well, I've got a movie to catch. So, I'm going to see How to Train Your Dragon Part Three.

P I already suffered through that, on Sunday for the sake of my family.

D Did you suffer? This is what I'm doing this...

P Pull one for the team.

D Yes, pulling it for the team this afternoon.

S It shows you that all things are possible through Christ who strengthens me.

P The movie? The movie does?

S Because I can't imagine anything more...Because normally if my children are watching a little family movie, I'll bring a book with me with a little flashlight to the corner of the living room, because they like all the lights off.And I'm reading but I'm cuddling under the blanket.

[00:23:35]

P Yes. Sitting through a movie.

S But no one will want a flashlight or an iPhone, ah,well I'm trying to read. So, I suffered through it for them. But I asked the Lord for strength and I quite enjoyed it, slightly.

P You loved Winnie-the-Pooh though, you really loved that. We went to see that together.

S That was childhood thing for me.

P And there was a recent one, Mary Poppins, that you said you enjoyed.

S That was childhood for me too. But ain't no, How to Train Your Dragon, in my 70's childhood.

P Okay, I have a dragon in my childhood.

S Well it's Puff the Magic.

P Puff the Magic Dragon.

S Don't say that, we do hemp. It's too relating.

[00:24:06]

D Can I tell you about my dragon? My childhood dragon?

P Okay, tell us about your dragon. Then I'll bring the meat.

D Do you know a dragon named Falkor?

S No, is he an anime?

D Oh, you wouldn't have been allowed to watch this one. It's The Neverending Story.

P Yes, I did, and I allowed my children to watch that.

S He's just joking with us.

D It's a beautiful film, but it's very sad in many ways.

P I know, I loved that movie.

D I had dreams as a child that I was riding on Falkor and I would lose him and I would scream, just like in the movie, Falkor! In my dream. It was so upsetting.

S Little Dan Dan, I want to go and put a blankie around you.

D Well I had father issues.

[00:24:37]

S And a hot water bottle and give you a binky.

D Thanks Serene.

P Okay, Lesley just said we didn't announce the UNShow properly.

D No, I think we did. I actually think we did.

P She's worried about the announcement.

S Actually let me tell you, let me announce the UNShow saying it this way. The UNShow has more to give, than what you have just been listening to.

D So what we did, right out of the gate we wanted to give you the worst possible example of the UNShow. From this point forward people it's going to be nothing but content. What was it? The three again we're going to bring you every week.

S A what if you could a how to stay married and a Trim Healthy Tip.

P Okay, so we have about ten, 15 minutes to go and I feel like I should bring some meat. I haven't even told you about it Serene, but I've been working on something.

S Is there meat on your salad?

P No, this salad is meatless. My protein is, I love that you said, where's your protein? Lesley.

[00:25:28]

P You didn't hear in the background, but Lesley pops here and she just asked me, where's your protein? Because I'm eating a salad and it's got berries, goat cheese and my little spicy nuts on it.

S And you probably have a collagen drink, so between the spicy nuts, goat's cheese and the collagen you're set.

P Goat cheese has a little protein and I have collagen in me coffee loves.

S And a bit of the nuts. It all adds up in the end.

P A bit of the nuts in it. I've got probably 18 gram's, I'm good.

S Yes, and sometimes, an 18, sometimes a 30, sometimes a 12, you never know. Let's live a little bit.

P Sometimes a 40.

S Or sometimes a 65. You know, you go out to dinner. You have a steak and then you come home and you have, I don't know, some cottage berry whip three hours later? Not three hours later, three minutes later.

P Hey, I'll bring the meat. Lesley's really telling me to bring the meat, but John wants to say something first.

J I'm going to jump on Danny's mic while he's detoxing elsewhere.

[00:26:18]

S Well don't sniff it too deep because he left for the reason.

J Real quick before you get to the meat, this whole UNShow podcast.

P Yes.

J It's going to be a Saturday morning thing. We're going to release it on Saturday mornings.

P But you can listen any time of the week.

J Yes, obviously you can listen to it, but it's intended, Pearl mentioned this earlier, but it's intended to be light-hearted conversation. I think Serene nailed it, it's like old radio. It's like what radio used to be. Conversation and fun talk, nothing too serious and it's just, you're just supposed to smile.

S Clicking clack.

J So, it should be a nice addition to the existing PODdy. These tend to go deep sometimes. Today's not a good example.

P No, not.

[00:27:02]

J The UNShow, it's fun and we're looking forward to our listeners...

P Thank you for clearing it all up and doing a proper introduction because obviously we weren't...

S So, you know when the producer needs to come to the mic, that things are failing.

J Coming soon, to a Saturday morning...

P He's trying to be a fixer.

J Near you.

P He fixed it, yay.

S Good on you mate.

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.

S This is not a drug, it's not a magic pill. It's completely natural and it just makes your hair happy, it gives it what it needs, like a plant.

[00:27:43]

S You give a plant water and sunshine and it grows. Well, you give your hair Nutrafol and it's happy and it grows.

P I love that it doesn't have soy, gluten...I mean, all, anything artificial or anything like that.

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

P Now Nutrafol is drug-free, it's a natural supplement and we look deep into this and it has beautiful ingredients that are safe.

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

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

[00:28:41]

- S I love this formula because it multi-targets many issues, that could be your issue. So that you're, kind of, covered. If you're a woman and take the women's formula then you're, kind of, covered.
- P Yes, Nutrafol is the way to go.
- S And what you can get is your own personalised growth plan. Recommendations on results that you are going to find out through a hair assessment test. And you'll find out your own, unique metabolic needs. You'll find out, okay, what is your plan? You're going to, it might be different to somebody else's plan. So, you will have a direct route to faster hair growth.
- P I love that because hair loss is caused by so many different things.
- S And remember its targeted solutions. That's what makes this so unique and wonderful. Not just natural, but targeted solutions for you personally. Nutrafol's Core for Women line uses a multi-targeted approach that gets to the underlying causes that compromise hair growth.
- P And their Core for Women Plus is specially formulated for those of us, and I'm closer to this than Serene, that might be experiencing menopause-related hair changes, which is so common when we reach that stage of life. To receive \$10 off your first purchase, visit nutrafol.com and use the promo code **trim10** at checkout. That's \$10 off people. And go to 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 the number 10, not T E N. Trim and one zero.
- S This is the PODdy with Serene...
- P And Pearl.
- S Get it right, it's P- O- D- D- Y.
- P Okay, here's my meat. I was getting up this morning, no. Yes I was, I was getting up...

S First, can I just say something, before you bring the meat. Last rabbit trail, talking about rabbits because of your salad, and the meatless salad. But I want to talk to you about that for one second, don't forget about salads people. It's so easy for me to forget about salads because as a nursing woman, I tend to just want to jump in to the bready, nutty, cheesy.

[00:30:47]

S But my lunch, or dinner, or snack is over in what feels like three minutes because there's nothing really to chew. Salads bring an hour of enjoyment. And I've been watching Pearl, I've been here for at least an hour, before we talked to you, we were talking to each other.

P And I was still eating...

S Before the bell rang. I just feel like, remember to, it allows you to enjoy food for a long time.

P It lengthens the enjoyment, and I love to enjoy food for lengthy times.

S Me too, I miss it when it's gone.

P My husband and boys just wolf it down in two minutes flat and then it's done. The sadness engulfs me.

D Yes, if I didn't have to eat, I wouldn't.

S If you didn't have to eat... A lie.

D No, I wouldn't do it. In fact, every time it's an inconvenience.

S But I've seen you enjoy stuff.

[00:31:33]

D I enjoy food, don't get me wrong. Especially now that I've fixed a lot of my gut issues, I'm actually able to eat.

P Okay, but why if you didn't eat... Just, I didn't really want that in the podcast today, why do you say that?

D I'm sorry.

S I don't understand it.

P Okay can we just get passed that. Why did you say that? Now I have to go into it and fix it.

S Fix it Pearl.

P Okay why if I didn't eat, if I didn't have to eat, I wouldn't. Why?

D Because...

S God gave you taste buds and a mouth, and teeth.

P And a colon.

S And a colon. Another place that's connected. And he gave you all kinds of food, variety. You dissed God. You didn't diss us, you dissed God.

[00:32:19]

D No, I'm just always on my projects, you know what I mean? I'm always off to do something.

S Food can be a project, Danny.

D And I have to stop and make food.

P Oh it's the stopping.

D Yes, it's not the food.

P Okay, well actually, I'm glad you brought it up.

D I love food.

P Danny this is great.

D I hate stopping.

P Yay, thank you.

S We have a manufacturing center now to make all your food Danny.

D Thank you.

P Thank you for bringing that up because it fits in with what I was going to say anyway.

[00:32:39]

D Any time Pearl.

P All right, I got up this morning and I was doing things on my usual routine and the final thing I did was make my bed. Now you know, you've heard me talk about, I'm a bed-maker now, because I didn't used to be. All the married years of my life. In fact, even before I was married, my mum had to force me to make my bed. So, just in the last year I've become a bed-maker.

S Your bed?

P Don't fall asleep Danny there is a point.

S Your bed?

P My bed.

S Our bed.

D I won't, I'll just keep my head back.

P My husband's in my bed.

[00:33:10]

S No, before you were married you said that your Mum had to force you to make your bed.

P Yes, we slept together Serene and I, our bed.

S Our bed.

P Our bed. So, first of all, on my way to the PODdy cabin today I thought, there was a lot of things that I didn't want to do today that I did. I'm so glad I did them. And this is probably a longer conversation, but I just want to bring it here. We'll just leave it out there and re-visit it on another PODdy. First thing that happened today I didn't want to do, and some days I feel like getting up, I

didn't want to get out of bed today. I was feeling so comfy, and my husband wasn't up, and I was just lying there.

S Don't you love it when your husband's not up?

P Yes, it was great. But I knew that I had to get up and I was thinking, man just half an hour lying there, but no I was like, I don't want to get up.

S Just thinking of all the reasons.

D It's so random.

P But I got up okay?

[00:34:01]

D Don't you love it when your husband's not up. What? Sorry.

P Listen, number one.

S He's always up and off at the hemp plant.

P Number one I did not want to get up, I did it. We all go through that right? Number two, I didn't want to go make my husband's breakfast and lunch. It felt annoying to me. I did it, so glad I did it. Number three...

S Because he's not going to be eating at the only restaurant in Sanville [?].

P Number three, I did not want to exercise today. Didn't. No. I did it. Number four was I did not... I really didn't want to make that bed. It was worse today because I didn't make it yesterday, yesterday was a crazy day. And today those thoughts came into my head like you're not really a bed-maker are you? Just leave it and go back to your old ways. Go back. And then I was like, no, I'm that girl who makes her bed. I made it, took me 45 seconds, made it.

[00:35:03]

P Then I was on the way to our PODdy and guess what? I did want to come to The PODdy. But, all that to say I was thinking, sometimes we can get on the pity pot when it comes to food and the Trim Healthy Mama journey and say, but I just don't want to do that. I don't want to take the time to chop up the salad or I don't want to have protein for my breakfast. I really want my cereal, I just want it. And you can give yourselves license for these things in the other parts of your

life.

S It's your birthday.

P But, there's so much of value that you're already doing in your own life that you don't want to do. You're getting up in the morning, you're having a shower, you're brushing your teeth. All those things you don't really want to do. They're valuable, why aren't you, if you feel like you just can't stick to this, why aren't you giving yourself the same no-out?

S I agree, and once you're in it though. Once you're, sometimes it only takes a few seconds, but say a couple of minutes in, you're starting to enjoy it.

P Yes, when you're in there, even when I started the exercise, I was actually having fun, I was exercising to you and Serene in our Workin's, you and me.

S You and Serene, that's two of me.

P I was exercising to myself and Serene and our Workin's and I started to have fun, because man, we're ridiculous.

[00:36:16]

D You know even in the way I've been eating now I've found the same thing. I don't want to stop. Because I have to actually take more time for food than I ever have before. I always just throwing burritos in the microwave, going through drive-throughs. And I was trying to get the right stuff as I went through, but at the end of the day it just wasn't fresh garden stuff and fish and meat. It was packaged, put together by somebody else and I was under this whole modern idea that we just don't have the time anymore. And that's one thing that I've had to accept now, is I have to make time to take care of myself.

P That's right.

D And the thing that made me wake-up was suffering in my body. And I think that's why a lot of people listen to this show, because they're suffering in some way in their body. And look if that's you, the answer is take the time to do the right stuff.

S Yes and take the time, and legitimately just throw this out Pearl then you get back on it.

P No go ahead I'm talking, talking.

[00:37:15]

S As you take the time, the initial thing though is to just jump in the cold water. Lately, I have been bready, nutty, cheesing. But I had this thing at night, and I've talked to you guys about this before, where I like to have a Trimmy and then a bunch of fresh yummy celery, fresh yummy, a bunch of raw vegetables. I don't even need to count it at night, I just eat it. It's because I shouldn't be eating, but I'm up. So, I eat that, and sometimes I just have to dive in and take that first bit. And after I've taken that first bite, I'm like, this is yum. I was born a rabbit. This is delicious, crunchy, refreshing, tastes like candy and I love it.

D But now...

S But before that first bite, all I want to do is heat up a left-over piece of lasagne.

D Right, yes.

S Even if its Trim Healthy Mama lasagna. But I want the big, fatty, cheesy, big gulps of stuff.

D Well that's where the instant pot, or any pressure cooker has really helped me. Is I can take a piece of fish from frozen, put it in that thing and in like seven minutes I've got fish on top of a salad or next to broccoli.

S Good for you Dan.

[00:38:17]

P You're awesome Dan.

D I've even figured out all the little tricks. Six minutes just the fish, and then add broccoli for one more minute just to steam the broccoli.

S Good for you.

D And dude you got, I just go to that over and over.

P So I feel like, you said, if I didn't have to eat, I wouldn't and all that. But I think it's a changing that we had that, aha I'm that girls who loves to. And then this morning I was doing that, I'm that girl, I didn't want to exercise. But I wouldn't let that out happen. I was like, no I'm that girl who exercises.

D Yes, you're that girl.

P It's just a forcing of myself and when I proclaim it, I do it.

D I did it accidentally and didn't realize it until you just said, I'm that girl. I literally, in my brain, I said this as I, because I was going fast because I'm in a routine now. I know where the salt's at, which I know women are laughing at now like, what do you, oh big achievement, he found the salt in your kitchen. Well, if you knew my story.

[00:39:11]

P Right.

D So, anyways, I know where everything's at. I even know how, while the stuff's cooking to make my Lime-Ade drinks.

P I'm proud of you Dan.

D So here's the phrase that was in my head. No, it was like someone was saying it. No, it was a person watching my cooking show.

S Yes.

D That doesn't exist, but in my head, it was happening.

P Okay, yes.

D And someone watching said, he's the kind of guy that knows his way around the kitchen.

P I love that.

S I love that.

P So now that's your identity.

D It totally became my, in that moment, because I was going fast all of a sudden. I learned how to chop fast now. You need to chop those veggies up.

[00:39:49]

S You could see yourself with your own cooking network show couldn't you?

D Dude, I was so in the zone.

P Dan, it might be a thing, one time, you never know.

D Who knows.

S That's so exiting, but I totally agree with you Pearl, I'm Amening you the whole way. It's almost like you've got to put yourself on autopilot for some of the stuff, you can't allow yourself...

P No, you can't allow yourself an out. Why are you allowing yourself an out when it comes to healthy eating, when you're not allowing yourself an out when it comes to brushing your teeth or getting up in the morning?

S Or checking the oil in your car.

P You get up in the morning.

S And doing things you have to do, putting a load of laundry on.

[00:40:23]

P Okay so, it's like, hey I'm that girl who gets up in the morning, we all are right? But I am that girl who takes the five minutes to do a little prep, that's me. And I will always be that girl who makes her bed, I'm not perfect. Like yesterday I messed up right? But does that make me that girl who just can't get it right? No. I'm that girl that bounces back and makes her bed.

S Well you're also the girl that is not a perfectionist psycho that beats herself up with shame. You're the girl that going for the long haul. The girl that's going for the sustainable approach, like, I had to go to the hospital the other day with one of my toddlers who knocked his teeth, knocked the nerves dead. And they needed to remove the teeth, so we had to go to the doccies. So, I was just there all day and I didn't get a chance to exercise. And the perfectionist side of me, because I'm the opposite end of Pearl, said, when you go home tonight at 19:30, after dinner, when the children, when you put the toddlers to sleep you should go out and do a work out.

P Wow, I've never had that thought.

S I would have done that. Years prior to Pearl helping me I would have done that. But I told myself, you know what Serene, you're that girl who's going to have a sustainable approach to exercise. You're that girl who lets life get in the way, but you're that girl that just keeps a general habit of movement.

P Oh I love that.

S You see I had to talk myself the other way because I can get too strictly psycho. So, if you're listening and you're the other person who has to talk yourself into being more balanced... I told myself this morning after we had done one of our little work outs. My brain told me, you sat down the other day at the hospital all day, you should go do another half. And my brain had said, no you're the girl that's balanced.

D We should start this podcast at the 30-minute mark, and just do a good, quick seven minutes.

P Do you think a whole bunch of people were just lost halfway through?

D No one even is listening to this.

P I don't know.

D Here's the meat and yet they couldn't get through.

S You're that girl that listens to the end of The PODdy.

D Yes, if you're listening you certainly are.

[00:42:19]

P I feel like we really...

S Bruce, you're that guy that listens to Danny.

P I feel like we really hit it out of the park at the end here. I know I'm encouraged.

D We got our eight minutes in.

P Yes, so hey, we'll see you again next week, and we'll see you on Saturday.

D Hey.

S And now I've got to go pee.