



Trim Healthy Podcast with Serene and Pearl
Episode #118 - Is Health Knowledge Your Tool or Your
Master ~ Finding Balance (Original Air Date: 5/1/19)

*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 • L = Lesley • David = David Valdes
• Daniel = Daniel Valdes

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Women and men, boys and girls, you made it back to the Trim Healthy Podcast with Serene, Pearl and Danny and I'm feeling myself.

[00:00:45]

S I feel like you're leaving people out.

P Excuse me?

D Hey, that's right. My son actually came in today to sit in. Serene and Pearl recently have realized that they can't afford me anymore.

P It's the truth.

D And so, I have him now to...

S Well, you can't pay the extra tuition fees so you have to bring him along and home school him in the car on the passenger seat?

P Serene, would you push your mic towards your mouth? For the thousandth time.

D I'm feeling myself. I'm feeling myself. Hey, guess what.

S I just want to say, your son's hair is awesome.

D Oh, I cut his hair.

P Can we...

D I cut it.

[00:01:17]

P Introduce David?

D David, you ready to be on a podcast in front of 300 thousand people?

David No.

S Just say, Spuice.

D Don't you squeak out, son. You're here for training. Say it. Say, women and men, boys and girls, welcome back.

David Women and men, boys and girls, welcome back.

S Oh, nicely done. Nicely done.

D Round of applause. Round of applause. Hey, we've got a fun show because we've been getting your questions and we love your questions.

P But we do not get to them enough and every now and then I feel them. They call to me. It's like they're in my brain and heart saying, Pearl, you have left us.

D Yes, there's people here and they're talking, and they have things that they want you to answer.

[00:01:59]

P And usually we are just so self-obsessed we want to bring what we want to talk about but that's rude.

S But, talking about rude, I do want to clarify that – and justify...

P Yes, Serene.

S And reason. Come let us reason together.

P Okay.

S That's a scripture.

P Says the Lord.

S Says the Lord. And so, I'm going to reason with you guys. I'm letting my kefir grains have a little rest, a resty poo.

D Your kefir grains? Which kefir grains?

S Yes, I work them hard because I live on Yuck Yums which...

D Are we speaking analogously?

P It's a true thing, Danny.

S No, it's those...

[00:02:29]

S It's a parable and those who have ears to hear, Danny, they will hear.

D Apparently.

P If you don't understand what she's saying, basically, you're not allowed to know. It's for the deeper.

S Yes.

P Those who understand. Those who don't can just...

D I'm scared.

P Serene, but things go jump

S However, the Yuck Yum is taking a little resty poo because my kefir grains, I needed to give them a little rest. They're recuperating.

P The year of jubilee to keep the Christian...

D Are you talking about real kefir grains?

[00:02:55]

P Yes.

S The deal is, is I usually suck down a Yuck Yum while we're talking. Nobody ever hears the slurp. No slurps.

P Yes, it's heard.

S Not as bad as you will hear today...

D It's actually felt.

S Because I have had to bring the good old salad. So, I'm just saying, sorry about that.

D So, it's going to go from slurp to horse chomping.

S We record at the dot of 12. Twelve sharp is what I get on my little reminder on my phone. Twelve sharp, thank you. Be there.

P But you – here's the deal, and we have to say this. If this is the UnShow which comes up Friday, Serene chomps the whole time and doesn't care. But, you see, with the podcast I don't know if all our listeners are quite as forgiving. With the UnShow they're there for the ride. We can do anything.

D Yes.

P Danny could honk and snort.

[00:03:35]

D Yes.

P Serene could chomp.

S The honk – I'm drawing the line on honk.

D Yes.

P But, with the podcast, people are here for us. Give us some points, girls. Don't rabbit trail too much. Don't chomp. We're here to learn and we're not here to – for you guys just being indulgent.

D We don't want to be in your gross living room.

P Yes. No. We want to be in your cleaned up slightly living room.

D Yes. We want that public living room space.

P Yes.

D Hey, so do you want to get to these questions or what?

P I do. Whilst I chomp on my cucumber with... I'm having a lovely lunch.

D Oh, you seriously brought cucumber for the marathon today?

[00:04:07]

P Well, no I – no because, listen, as I said, today we had to get...

S Let's tell people what we're eating.

P Okay. Today we had to get started promptly, right? Some people need to do something this afternoon. So, I had literally three minutes to make my lunch. I was going to go for a salad and I thought, no it's too time-consuming. I saw one cucumber in my fridge. I had a can of tuna. So, I quickly peeled...

S The old cuke and tuna trick.

P Peeled that cucumber, split it down the middle, scooped out the innards. I quickly put half mayo, half yoghurt in my tuna and I shoved that stuff in the innards of the cucumber. And now I have the lunch of a queen.

D Oh, I thought those were massive celery boats but that's a cucumber – a hollowed out cucumber.

P It's delish.

D That looks epic. Could I have the last one?

P You can... Yes.

D No, I'm kidding. I don't want to take your lunch.

[00:04:55]

S And let me tell you what I'm eating. I'm eating a salad, like I said, my kefir grains are on rest. Quiet Danneth.

P Three is enough for me.

S I am totally center stage here right now.

P I made some extra cucumber and mayo. You taste it.

S Hey, Pearl.

P Sorry.

S It's my turn to shine. I have romaine. I have a little mesclun lettuce. I have pine nuts. It's a Chipotle tuna packet and then I have a dressing I made out of baobab and MCT oil. And as we speak, we have little Lesley-Pops with her hand up.

P How long did that take you to make, Serene?

S Oh, it's got avocado in it. It's delish.

[00:05:35]

P Serene, tell me how long it took you to make. Because we're showing how...

S Three minutes.

P You're right. Okay, so mine was also a few minutes.

S Because it was a whip and a chuck.

P Danny, what do you think of my little concoction there?

D Man, this is so good. So, it's tuna salad in a cucumber boat.

P Yes. And all the tuna salad is, is tuna, mayo and Greek yogurt with a few – I had sprinkled in some chilli flakes.

D You could throw some raisins on this if you want to go into orbit.

P You Cross-over, tots. Yes.

S Back to me here. Now, when we said the dressing, MCT oil and baobab, listen up, people. Throw baobab into your dressing. Thickens it up a little bit and it gives it that tart lemonnette flavor. Hey, Lesley-Pops is really hankering for the mic. Here she comes. Are you not hankering for the mic?

L No, I was just saying...

S You're hankering for the mic.

D What do you want, Les?

[00:06:22]

L No, I was just – I was going to talk about my lunch but I want you to finish your lunch.

S No, I want you to talk about your lunch.

P She's done.

D Les, you're on. Let's go.

L I was working today at the Bon Aqua office and next door to the Bon Aqua office, we have a very convenient, small, not very much fresh produce type of

place.

P Gas station.

L So, I don't know if I'm allowed to endorse or they can call us, I guess, but Starkist Tuna now, have little packets. They're called Charlie's Snack Kit™, which obviously we like that because of Charlie Straight Pants.

P That's my husb.

L There is a substantial sized can of tuna in there. For – no, I don't know. There is a pack of low-calorie mayonnaise, there is a pack of sweet relish. It comes...

S Throw that one out, Lesley, it is all sugar...

[00:07:08]

L Well they... Okay, so no relish.

P Well, the sweet relish?

L I don't like relish, so I didn't put it in but then...

P Let me have a look at that.

L Then it has a little plastic cup that the can of – the substantial can of tuna is sitting in. With a wooden spoon. So, on the go you can make this little tuna salad real quick in the cup. It has six whole-wheat crackers, I didn't have those I bought some cheap celery and some...

S That's to feed to the ducks when you're sitting at the picnic site.

L Yes. But listen here...

D Duck food.

L \$1.69 for this whole on-the-go. I didn't have to worry about not having a fork, not having a bowl, not having mayonnaise. I don't want to buy a whole thing of mayonnaise. Do you know what I mean? I often crave tuna salad, but you can't do it on the fly.

P I know. I'm proud of you, Lesley.

[00:07:52]

L \$1.69.

P And this shows that you can do healthy anywhere.

L You can.

P And how do they even make it for 1.69? We couldn't make this for 1.69, the box...

D Extreme Serene says, no.

S No, I think it's fantastic.

P The sweet relish.

S The wooden spoon is in there to spank your own bum if you eat the sweet relish.

D Oh, I see.

P Well, it takes a perfectly fantastic Trim Healthy Mama Meal and it makes – and it puts sugar in there and some red 5 and yellow... Red, yellow...

S Yes, but guess what?

P Red, yellow 5, blue...

[00:08:17]

S You didn't even pay for that relish. Somehow, you did it with your taxes already, when you paid the government. So, you don't – you can throw that away. You don't even have to look at it.

D Hold on. You guys pay taxes?

P That's when you get into the next financial bracket...

D Oh, into the tier.

P Tier.

D You tier upgraded. Time to tier up, boy.

S The government used to pay us back big time, man. We'd get a big – you don't why we have a bunch of children? You get money for those things.

D Oh, that's why we breed. We bred four just for the tax benefit.

P Hey, actually, there's a question in one – about that. Today, getting onto topic, we're going to take your questions. Ah, Dan, Dan.

D Is your phone locked?

P I want to go look in my phone. I've got to put my face in it so I can pull up the stuff.

[00:08:56]

S And by the way, when you're done with the questions, you want to text your daughter, because my daughter who watches my baby, is not here today. And the baby's screaming and maybe your daughter would like to watch.

P She's not screaming. Stop worrying about her. You told her bring her back if she had problems. Oh, hold on, what?

D All right.

P Oh, okay. She's nursing.

S She's about to scream as soon as I pop her off.

P Off the booby.

D So, should we go to this question?

P Yes.

D All right. Hello, Pearl, Serene and Danny! That's how my – my name was missing an exclamation point at birth. And I think we need to write it in.

P And it should've had it in.

D Yes, my name's not Danny.

[00:09:34]

P It should've had one.

D It's Danny! Sorry, Solly. I discovered Trim Healthy Mama about a year ago and I just love the cookbooks and creative recipes. They have changed the way I cook for the better. My favorite thing is being able to make special, sweet and healthy treats for my kids without feeding them sugar. My five-year-old is basically, a THM evangelist. LOL.

P Cute.

D That's, laughing out loud.

S I didn't know that, Danny, thanks.

D Okay. Got you. Love the podcast, too. Look forward to it every week. I had, kind of, a strange question. Do you have any tips for gaining weight? Oh, come on, sister. You know, I feel so comforted when somebody else is like, how do I gain weight?

P Yes, this is Danny, just so everyone knows, Danny's putting his own little points in now. This is not written.

D Oh, I'm sorry. She ended at, question mark – any tips for gaining weight? But I love this.

[00:10:30]

S There is the other side of the fence, you see.

D There's the other side.

S Which is the ones that are desperate to gain.

P Now, who needed to gain weight, now? What did she say and what's her name?

D Hold on.

P Oh, she's not done.

D I'm a young mom of four kiddos. The 10-month-old baby is still nursing full time. I have always been thin. Me too, listener-question-writer. Back to the listener question, but with the extra demands of pregnancy and nursing, I've barely

been able to keep up a healthy weight. Me too#.

S Yes, all those pregnancies you've gone through, Danny.

D Yes, besides that part. Sometimes just feeling like I'm eating all day long and still losing weight. Me too! I do Crossovers as much as our grocery budget will allow and I drink a lot of whole, raw milk each day. I quit because my gallbladder was exploding. Back to the listener question, any tips for healthfully gaining weight? Thanks.

[00:11:21]

P I know I put this one in there for you, Danny, so you can listen and learn at the same time.

D I'm about to.

P Okay, so...

S Okay.

P And her name was? Just so we can address her.

D There was no name. No, we have anonymous.

P Okay. Anonymous. Love you Anonymous.

S I would love to put Anonymous on my baby's diet.

P Yes, Serene has a weight-gaining, opposite of Trim Healthy Mama technique.

S I do love a baby covered in cellulite. I do love the extra rolls on a baby.

D So, this girl should nurse as often as possible.

[00:11:50]

S No, I'm talking about the food that I actually give my babies. I opposite Trim Healthy Mama.

P It's still Trim Healthy Mama.

S No, not really because we're always protecting the blood sugar so its still protecting the blood sugar but we do Crossovers in a very richly fueled manner, right?

P Yes.

S So, we take – if I'm going to put avocado in there, I will...

P Yes, which is your fat.

S Yes, I will put something in there that's a carb. And if you don't want it sweet then you put it on some good grains or bread or whatever. But I put maple syrup and I put raw butter in there and all kinds of stuff. But before you go to bed, this is our treat – trick, right, Pearl? Honey and grass-fed butter. Or smoothies with nut butters in it.

[00:12:36]

P Or nuts. Nut butters. Nut butters are huge for gaining weight, Dan-Dan. And I know you do eat some of these. I'm talking to Anonymous and Daniel, right now. First of all, Crossovers have to be protein-centred because you're going to need that protein...

S To build.

P So, get that protein in to build, right? But then she says, the writer said, well, I do cross-overs. It's how you're doing your cross-overs, okay? So, you can just do a cross-over that just has...

S Meaning eggs on toast.

P Yes. It's not going to be enough for you if your metabolism is super high. You need some real heavy fats like those nut butters, right? Almond butter, cashew butter and then you need that carb there in with them.

S Maybe she could finish every meal with a baby, because you can't overstuff yourself, a baby smoothie that is intensely fuelled with some nut butters and raw honeys and a half a banana.

P Yes. Even maple syrup.

S Yes.

P Even maple syrup. And so, those are the things. And eating before bed. Now, obviously you don't want to fill your stomach up so you can't sleep but the real heavy things before bed like those nut butters and like the raw honey. Or slathering your peanut butter with the nut – your banana.

[00:13:46]

D So, speaking of nut butters and honey, RX, you know the RX Bars?

P Yes.

D That same company has made RX butter and they have a Honey Cinnamon Almond Butter and it is like – it'll make you give up cheesecake. If that's your thing, rich, decadent, creamy delights. A spoonful of that is desert.

P Yes, and you could do, probably more than, a spoonful.

D Okay so, so far you've talked to her about nut butters, honey and she needs to nurse. Just kidding.

P She needs – well, no, no, no. Baby's nurse.

S She already nurses her baby.

P She is nursing and that's why, for some women, some women this is not the case, but some women nursing...

D Smaller women?

[00:14:29]

P Nursing. Not necessarily, just sheds more weight off them. For some it actually keeps them on due to a hormonal issue but for some...

S That's a rare thing though. Prolactinaemia is rare. You're hearing about it a lot because you're on the sites that people write in about it.

P I am.

D So, as a rule...

P But you're not hearing about it so, you think its rarer than it is.

S No, but... No, but in life it is

P Serene, you should get on social media.

D So, as a rule, nursing keeps you skinnier? Generally speaking?

P Nursing takes more calories. For some women it really does shred the fat off you. For others, it keeps it on. Serene, we can talk about this and go back toe to toe all day. I'm just saying, it happens to a lot more than you think.

S I know, because you're on the sites where they've got the issues. So, they're going to write in on that spot. On the nursing spot.

[00:15:15]

P All mail goes to sereneallison@serene.com. Hey, but guess what we should talk about? How are you feeling, Anonymous? Are you feeling good? Are you looking so skinny that people are concerned about you or are you just – is that your build, you see?

S Yes, because if it's your build, embrace it.

P Now, you don't want to be underweight so that, that's not healthy. Completely under your BMI. Although, I think BMI is a bunch of B...

D B. Can't even say the second letter.

P No. Really, because we're all so different. But there is such a thing...

S I know, because I was considered completely anorexic to BMI.

P Yes, because you're so tall, yes.

S But it's not because I'm tall and I nurse, too. But I know that I'm feeling healthy.

P Now, there are certain things. If you are too skinny, you know, your bones are really protruding. That is not a good thing. Have you wasted muscle? That is not a good thing. Have your cycles stopped – well, you're nursing so maybe they've already stopped. That is not a good thing.

[00:16:13]

S Well maybe, we have to talk. Is she just so busy and is she the type of personality that gets distracted and doesn't get hungry?

P Forgets to eat, yes.

D Yes.

S Because sometimes there's certain personalities that get very project orientated and they actually lose their appetite by just the busyness of life.

P And they don't realize that they're not having as many calories as a normal person that thinks about food. Here's another thing, if you have issues, you're going to have to pull back on those leafy greens which we tell everyone to eat because they help us lose weight, because they take up a majority of your meal. If you can't put the weight on, maybe you need to get more of your green maybe in powders or something.

S Yes, like Barley Green® or like, what's that? Moringa powder and throw it in your smoothies.

P Because you need more dense foods on your plate.

[00:16:53]

S Because you can't stuff yourself to uncomfortable. That's not healthy either. That's indigestive issues coming up the pipe. We don't want that. But, Pearl, this is what I give my toddler.

P Okay.

S Some sprouted toast, two pieces. Thick, grass-fed butter, the Kerrygold. Thick, soft goat chevre and drizzle...

D Is that cheese?

P Yes, goat chevre.

S Plenty of the raw Manuka Honey on top of that.

P That's good.

S Isn't that divine-sounding?

P That's great. Now, of course someone needs a little bit more protein than that too, but they can have it... Yes.

S No, but I'm just talking about – like, if she had one slice before bed of that stuff.

P Oh, yes, yes. I know.

[00:17:26]

D So, eating something like that before bed helps too, because you're not burning as much in the night?

P Exactly, eating before bed helps because you're just going to sleep.

ADVERTISEMENT

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

S I'm Serene.

P Serene and I, you know, we're really picky, actually, about who we talk about on the show but Story Worth is my...

S No, we're not picky, we're super-steroid picky.

P Every time we get to talk about Story Worth we are like, yes. This is what Trim Healthy Mama stands for, about family and just about the beauty of family. We're a family company and so that's why Story Worth means so much to us. You know, the guy who started Story Worth, he just – he wanted to get his dad to record his amazing stories because we all have so many amazing stories and sometimes our family members and our loved ones pass on and they're forgotten.

[00:18:18]

S Sometimes there's Chinese whispers and the poor person in the grave, the whole – their story is twisted around.

P It was quite the way they wanted the story to...

S My little children are still trying to say, tell me about that time when Nanny was three-years-old and walked her baby to the pushchair all the way into town. And they want to hear the story over and over and over and I feel like it's gone a bit twisted, the story, now. It's probably...We need Story Worth to preserve the integrity of the story.

P Yes, and Serene and I have talked here about how this was such an exciting project for us to give our parents to record their stories in. But think about gifting this, a subscription to Story Worth, for Mother's Day. Yay.

P So, for \$20 off, this is storyworth.com/trimhealthy when you subscribe. What you do is you purchase a subscription for someone you love and each week Story Worth sends them an email with a question about their life. Or, hey, if you don't want those questions, you actually ask the question yourself and...

S I love that because I hate people's questions, I like my own.

[00:19:18]

P Yes, but some of Story Worth's questions are really good. Like, they dig it out of them. And so, whoever you've gifted this to, they simply reply to this email with their story or they can even record it on the phone. They don't have to type it.

S Look, I'm 41-years-old and I heard a story from my father that I had never heard in my life just yesterday. And I'm like, I wish I had known that my whole entire life.

P All stories are private on Story Worth and they're only shared with the family that you choose and, I just love this, it can be at the end of the year, you get a beautiful book full of these stories. So, it's a forever heirloom.

S But it's who we are. And it's finding out who we are in the line of our family tree and it's super, super exciting.

P Yes, I love that beautiful hardcover book too. This strengthens family bonds and we get to know our loved ones in a deeper – things that we never heard of come out. We love storyworth.com. So, for \$20 off

and that's huge, okay? Visit storyworth.com/trimhealthy when you subscribe.

S This is the PODdy with Serene.

P And Pearl.

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

D Next question please. This is from a lady, Christina. Danny, this is for you buddy. Okay, Pearl. Surprise me why don't you?

[00:20:45]

P Yes, yes, yes. I threw that in. I don't even think it's a question. I just thought that it would appeal to you, Danny. Appeal to your senses.

D Nice, sister. I am an eat-to-live not live-to-eat kind of person. It was very refreshing hearing someone else say that if they didn't have to eat, they wouldn't.

P Yes, remember that day?

D I do remember this, yes. So, girls, Serene and Pearl, back-up off him. Yes! It's hard when you...

P Look at Serene's face.

S I'm about to get – jump up on her too and talk about this thing.

D It's hard when aren't a foodie. Oh, Serene...

S Why are you not a foodie? Let's get you on the counsellor's couch.

D Serene.

P Some people are just different.

S No, you don't have to be a foodie but the desire to not eat meals...

[00:21:26]

P Hear her out.

S Okay.

D That's the end of it and, hey, Christina, thank you for writing in. I felt like a bad guy or like I was weird until this moment. And you fixed it and I'm back to normal.

P No, I think what we're saying is, we have so many listeners with different personalities, Serene, and we are foodies. And we love food, right?

D Solly loves food.

P But it's just... It's okay, long as you understand that, hey, you need to eat, still and make your food delicious. But some people are wired just differently.

S I know, I agree. I totally agree but I do feel like eating is something that God designed for us. So, he designed for us a stomach. He gave us taste buds. And he gave us a lot of different variations, so I feel like He wanted pleasure involved in that. So, I feel like it's something that maybe, Danny...

D I have a character flaw. Is that what I'm about to hear? We have character flaws.

S And Christina, not a character flaw but something maybe, we can look to enjoy more of. Something that we can work towards because maybe, there are issues where...

[00:22:40]

S I mean, I know personally, of people that don't love to eat and they don't eat a lot and there was issues where maybe, they just decided one day that food was their enemy and they shunned it. And then their body did shut down and the enjoyment of it shut down.

P And I think – and we've had two people write in that maybe, they're a similar type where they get really focused on things in life, too and eating, sort of, is just a little side-line. And sometimes, you know, with your weight issues, Danny, I know that you have purposeful eating now. But you are a person that could probably go hours without eating and not realize it because you get so involved in something.

D Yes, in fact, I get so into what I'm doing that I don't feel a hunger signal. Instead, I feel a crash and burn, and frustration and I can't type anymore. And I get sick to my stomach. And that's unhealthy. And I'll say this, I have had to be more conscious of food and learn to appreciate food more. And one of the ways I did that was by actually taking the time to prepare delicious food. And then, all of a sudden...

S Because the fragrance. That produces appetite and it produces the desire to sit down and enjoy.

[00:23:50]

D Yes, like, I was microwaving burritos and stuff just to get... It's like, oh, yes. I have to do that whole stomach thing. It wasn't even food for me. It was like, that stomach thing. Like, I need to make that stomach pain go away. I need to make that frustration go away. Let me go heat up a burrito, which was not very nurturing and nutritious. And I was, kind of, a bit of a desparado when it came to food and stress and...

P is, Serene, we have these people listening and I think its baby stepping for them.

S I know. I'm actually – I was just joking about jumping all over Christina because I feel totally - everyone's different... But I do want to say...

D Christina, you should write in again. You should – we should keep this conversation going.

S Bless your wonderful, beautiful heart, Christina. But I do want to say that, while I chomp on my salad, that I once babysat when I was about 18, for this family. Missionary family went to Russia and I was there for two weeks. And I just had to eat what was in the home.

P Right.

[00:24:47]

S And it was all packaged cereal blah, blah. Do you know that I just totally lost my appetite? Because I feel like sometimes when food isn't nurturing, not only in taste but in the nutrition, you – things can get out of whack and food...Like Danny said, it doesn't become something that you desire anymore it almost becomes just, oh, got to get rid of the hunger pain as it is annoying.

P Right. So, turning on those brain synapses again. Sometimes that's a journey on its own, when they're broken. So, maybe...

S Ghrelin, the hunger hormone, is a very real hormone and it can get out of whack.

P It can. Okay.

D I think the same lady said, then something to Serene.

P What did she say?

S Oh, while I chew my salad. Yes?

D Your scripture verse quoting is so timely in my life.

S Oh, Christina, bless your heart.

D It's bringing such healing and rejuvenation in my spirit.

[00:25:33]

S Oh, you should've read this part first before I jumped all over her.

D No, I wanted you to speak honestly and now you did.

P She had nothing for Pearl, I guess.

D To producer John, we all love and appreciate how you allow the three amigos to just be them. It's why we listen. It's truth. It's real. It's wholesome. It's strengthening. It's beautiful and messy and honest and make sure you pay Danny a whole lot more than you pay him now. Love this podcast and you all even though we've never met. I believe we will have thousands of years to sit together and be friends on the other side of life.

P Sweet, sweet, sweet.

D Stay strong and real. God bless you.

D Thank you, Christina. And, next question. Hi Serene and Pearl and Danny. I'm parentheses here so, I have nothing for whoever this is.

P So, you're back to where you were.

D Yes. Whatever they're about to say I just...

[00:26:29]

P Read it, Danny.

D I'm going to save my deep insights. I have a question about osteoporosis. I'm on the borderline between osteoporosis and osteopenia. Did I say that right? Osteopenia?

P Yes.

D Or penia? Penia. I've always been really healthy. I breastfed all five of my kids. I was a distance runner and I love milk and milk products. These things are supposed to be protective from osteoporosis, but I think genetics has had a strong hand in this. My family doctor was totally fine with me attempting supplementing with calcium, magnesium, vitamin K2 and vitamin D. And then I made a mistake and mentioned something to a friend of ours who is a rheumatologist whose speciality is osteoporosis.

D He put me on a medication and I have lost probably half the volume of my very thick, curly hair in about five months. Needless to say, I have gone off the medication. So, my question is, I am continuing to supplement but I have heard that high protein diets are associated with calcium loss.

[00:27:31]

D I love Trim Healthy Mama and it has really helped me control post-menopausal weight gain. I've had blood work and I'm not anaemic and my thyroid is perfect. I am not on any other medications at all other than the aforementioned supplements and a multivitamin of some fish oil. Can you address this bugger of an issue for ageing women?

P Yes, can I take this? And some things...

D Take it to the limit, one more time.

P Point out to me right now. First of all, Trim Healthy Mama is not a high protein diet. It's a very well-balanced protein diet and Serene will speak to, actually, the calcium loss and the whole kidney thing. Because I'll let her do it. She's studied a lot more than me. Your phone? Where is your phone Serene? We talked about that in our very first, actually. In Trim Healthy Mama. Remember that, Serene? But I do want to talk about, you said, post-menopause. And you said, ageing.

Post-menopausal oestrogen protects your bones, okay. So, when you go through menopause there is a loss of the oestrogen and your bones are more at risk. So, you can think about going to a bioidentical hormone doctor and having those hormones replaced naturally. That is something to consider. All right? Not everyone chooses that. I personally, think it's a great choice but I don't shove that on everybody. Especially if you're having bone loss I think it's a fantastic thing rather than taking a medication.

[00:28:52]

P The other thing is, sun your mushrooms. Mushrooms can give you the highest form of vitamin D out there. They're the only vegetarian source of vitamin D. And you put them out in the sun. They can go to about zero to a thousand within a couple of hours and the cooking retains all that vitamin D.

P So, you think, oh, I'm going to cook these mushrooms, the vitamin D is going to get lost. No, it's not. And you can be giving yourself that usable, whole food form of vitamin D in your mushrooms. I love that if you're going to take a vitamin D supplement you're aligning it with K2, it's very important. So, don't – people listening, if you're taking vitamin D please make sure you're taking K2 because they've realised they go hand-in-hand. Serene, why don't you talk about protein diets and kidneys?

S Okay, but I just want to back up just a little bit first. Something that jumped out of the question to me is you said you're a distance runner. Awesome, more power to you. If that's something that you love that gives you just a – it's a passion of yours. Great.

[00:30:00]

S I have just seen a lot of hormonal issues from distance runners. I know that I had a sister-in-law who trained for a marathon and she was all – had perfect cycles and was very – felt hormonally balanced. And after the training everything was just out of whack. Distance running can sometimes put a real toll on a women's body.

P Yes, and in the book, The Slow Down Diet, the author, what's his name now? (Marc David)

S Oh, man, I wish I knew.

P Mama. What's his name? He talked about how he's helped so many people with food addictions, with losing weight, everything just by being mindful of what

they eat.

S And balancing out their bodies, right. Yes.

P But he could not help one particular lady who was a long-distance runner. I'm not saying it's bad but for some people it's just so hard on their adrenals.

S And sometimes you don't even realise that it's so hard on your body because you get a mind high off of it. But maybe, to just have a...

P We're not telling you to stop.

S No.

P It's just something to consider since you mentioned it.

[00:31:00]

S Right, right. Unless you have issues with your kidneys, you have kidney disease. I mean, I have searched the sites on the internet. It is very hard to find any – I mean, your kidneys are totally fine to filter through the protein and unless you have kidney disease, you're not going to have an issue with it.

S And we're talking about the levels of protein that bodybuilders are taking. Like 60g per scoop before and after a workout. That's just crazy amounts. Trim Healthy Mama would never even get there. In fact, we don't advise a super high amount of protein.

S We advise a very anchoring, average amount so that you're anchoring your meal and maybe, anchoring your snack around it, which is a lot less than a meal sized protein. Because the snack, itself, is smaller on the whole.

S Because what we've worked out in Trim Health Mama is, your protein is Switzerland. It's not fuel at all when you keep it in that nice balance. That little palm-sized fist of protein or the one scoop of protein in your smoothie or whatever.

S But when you go beyond that good anchoring portion, it actually does become a fuel in the end. After – I mean, your body won't – your body will burn carbs and fats way before that and it's more of a longer process to get to that protein, but it will become a fuel. So, we don't advise heaping on, like, having a scoop of collagen and a scoop of whey and a sausage for breakfast.

[00:32:29]

P Yes. And a steak and eggs and bacon. It's too much.

S So, don't worry about being too high in protein at Trim Healthy Mama.

P Yes, it's a very natural amounts of protein we're talking about.

S But another thing is, there's a lot of the old-fashioned approach to treating osteoporosis is to give women excessive amounts of calcium, which actually can be like the cat chasing its tail and can actually promote more calcium loss.

P Vitamin D is more important.

S Way more so, check out the one big long thesis I wrote on collagen because I really explain about what builds the bones...

P It's called, Collagen 101. It is actually on our website. It's in the articles – helpful area there. I think we covered it.

ADVERTISEMENT

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

S Serene.

P Mrs Meyer's, they're those really beautiful cleaning products. I like them. I've actually used them in the whole house.

[00:33:22]

S I have the geranium scent bathroom spray. I love it.

P You get that free. Right? When you go to grove.co/trimhealthy and when do your first order you get that gift set free, babe.

S You go and buy your natural products at a regular retail store you're paying for that retail space and they – it makes you think that, oh, I can't buy natural products because they're expensive. But if you buy them at Grove they're actually – they're affordable.

P Listen, this is just all about who we are. You don't want toxic chemicals in your house.

S No, I'll tell you why you don't want because if you want to get off of smoking, what do you do? You put a nicotine patch on your skin. If you want to maybe, help your hormones what do you do? You rub bioidentical hormones on your skin. Topical things are straightaway affecting your bloodstream.

P Yes, so if you're using cleaning products like dish soap and your hands are in the sink and it's not natural.

S Or you're smelling. It's the opposite of aromatherapy. It's like, killermatherapy.

[00:34:21]

P So, why do that when you can go to grove.co and get these natural ones. It just makes sense, is to go natural. So, try Grove now before this exclusive spring offer runs out. For a limited time, our Poddy listeners, you're going to get a three-piece cleaning set from Mrs Meyer's Spring Sense, a free 60-day VIP membership and a surprise bonus gift just for you when you sign up and place an order of just \$20 or more. So, check out Grove and our special offer at grove.co... That's grove.co/trimhealthy. That's grove.co not .com, right, /trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

S Can I throw in another mouthful of salad, dudes?

P Yes.

S Thanks.

D Right into the mic if you will.

P Where are you? Danny, keep with the – up with the questions, won't you, mate?

D What are you kidding, your phone locks and only your face opens it.

P I know. Sorry. Just wanted to blame it on you.

[00:35:34]

D You just wanted to blame. You just wanted to vent.

P Yes. I just did.

D Whatever. Next question, I've been a Trim Healthy Mama going into my seventh year. I am still just in L-O-V-E with this plan as I was in the beginning. I'm always on plan and I make this plan simple. I love all your products.

S Can I – can we just stop there? I'm always on plan and I make this plan simple. That's why she's always on plan, people.

D Yes.

S People complicate the whole darn thing.

D Yes.

S Oh, is that a swear word?

P Darn is in the middle of a swear word and a non-swear word.

S I've never said it before either. It just came out because...

P Really? Oh, I've darned it a lot.

[00:36:13]

S Because I still had salad in my teeth and...

P Darn it. It's not bad but it is sort or like, the D-A-M-N and that's not – considered a no-no in my house.

S Yes, we're not allowed to say that in my house either.

P Keep going, Danny.

D I love all your darn products, research, your integrity, weekly inspiration and your hearts. Just had a question that I'd love for you all to talk about. Sleep. Basically, some of the science behind sleep. Why it's so crucial in our weight loss journeys. The best hours / length of sleep that we should try to begin achieving. How it affects us if we don't get enough and even negative effects on the ageing process. I'm 42 and I'm looking to age as beautifully...

S Oh, good on you mate. I'm 42 too.

D And gracefully as I can. Need an extra bit of encouragement in this area so I can get to bed on time. LOL. Love you all, Sherry.

P Love it Sherry.

S Sherry.

[00:37:06]

D Oh, Sherry.

P It's a good question isn't it?

S It is good. You know, the hours before midnight are the best. Our Nana taught us that growing up. So, if you can get to bed by 10, at least you're getting those couple of good hours that...

P Our Nana taught us but now science backs it up.

S Yes.

P And it goes to do with the circadian rhythms of our body.

S And also, the human growth hormone. You get a surge of that if you go to bed before midnight, but your cortisol turns on instead of a surge of human growth hormone if you just keep staying up like a cray-cray.

P And here's the thing about staying up like a cray-cray, you start wanting to eat.

S Yes.

D True.

[00:37:40]

P I mean, the witching hour's from probably 10 'til midnight, right? Where the bowls of cereal and stupid stuff start calling you.

D Yes, because you can't get into the banging and clanging of proper kitchen...

S Well, the kitchen's closed, people.

D Right. Right. So, now you're opening packages.

P Yes, so you do stupid...

S Yes.

P Yes, you're doing packages.

S Junk. And that – so, you're just saying it. You're just saying, oh, just one spoon of peanut butter. You're just saying that, but you can never just have one.

P So, here's what I think is a beautiful balance when it comes to sleep. I think you can start getting so stressed about getting enough sleep that it's worse for you than not getting enough sleep.

S That's what happened to me when I was trying to get over a total crashing adrenals. I set the alarm on my phone. It was like, you get into bed at 8:30, girl. And in summer it was like, almost still light. It was so stupid. I was so stressed about it I lay there like a moron for seven hours and couldn't sleep.

[00:38:30]

S But the deal is, is that you have to have these health tools. You're the master and you're using these tools to benefit your health. But when they become your master. Like when sleep and exercise are just running you round like a little slave and you have no fun in life? Then that's when it becomes unhealthy.

P I agree. We need sleep. Why do we need it? Because then that's when our bodies restores itself. That's when a lot of our methylation happens. Our detoxification happens.

S Do you know what I read the other day?

P Yes?

S Can I interrupt or should you finish your [overtalking]?

P You can. I was going on a beautiful roll but you know...

S Oh, you're on a roll. Go for it.

P Go, Serene. Say it.

S No, you go.

P All right.

[00:39:09]

D Methylation.

P That's when so many wonderful things...

S You can tell she really didn't want me to speak, right? Because she just went back to where she was.

P Happen. And so, yes, I think that we abuse our bodies when we keep putting it off and if your – if you don't have a job that requires you to go work all night, right? Because sometimes life and sometimes you've got to get your job because you've got to put food on the table, okay? If you're just staying up past midnight just because you want to and it's your habit, I will consider that abuse.

S Yes, that's abuse.

P I don't care if you've done it for 10 years. You can change. You're a living human, breathing person that God made a new creature, so you can learn to do better. But if you are doing, like Serene says, and putting the black thing over your eyes and going to bed at 9:00. It's like, oh, I got to go to bed. My bedtime and I have to get sleep.

S All you want to do is just get up and pee. Because it just makes you concentrate on needing to pee.

[00:39:59]

P And I know some people turn off every tiny little flashing green or red light in their room and they go all psycho. I don't because that – I feel like that's when sleep's becoming my master rather than a tool. And I just refuse. I think, no, my

body can handle some of that. But if you want to do it, more power to you. I bet John does.

S But can I say one thing, though, really quickly? I want to just slay another excuse people use to stay up at night. And I just had to give this to my husband in a lovely way. Not a lecture. No, no. But anyway.

P Of course not.

S My husband loves to do some zoning at night because he has so much on his mind. He has like, 56,000 projects going all at once. He's got like, I don't know how many...

P He's a project man and he makes them.

S Yes.

P Yes.

S Anyway, so he will just sit there at night and let the children go to bed and then just have his like, okay, I'm just up and I'm just allowing my brain to just chill because my brain is so full. Right? And he'll have his little fizzy Bai. He likes a fizzy Bai of an evening.

[00:40:55]

P Yes, the Bai. The Bubbly Bai.

S Bubbly bai. And he sits there, and he does a little research and a little whatever. A little reading. But, he comes to bed at 1'o clock because of that. And I said to him, I read this amazing information the other day and I never really knew it. Because my husband's always saying, my brain is so full it's almost like it hurts. My brain feels full. But do you know, if you don't get enough sleep, your brain is full because you're not allowing the gardeners of the brain to chop off all this mess, right? And clean up your garden so it can run properly. The cells that clean up your brain are called glial cells. G-L-I-A-L okay? And they only garden at night. They only garden when you're asleep. And what happens is they – there is a certain protein that marks different thoughts in your brain that need to be chopped off because they're the thoughts that you're not thinking very much about. But they're just there. And your brain at night will chop all those synapses off, all those little connections off and it will nurture your – the things you've been mindful about on that day. And it will clean your brain up and it will chop off those – they're called micro-glial cells and it will chop off all

the thoughts that don't need to be thought about and organize everything wonderfully.

[00:42:13]

S That's why, after a power nap you can think so much clearer. During sleep your brain gets organized, your thoughts that you want to grow get – well, that you've been thinking about get watered and the abstract thoughts get chopped off. Now, that's why we have to be very mindful about what we're mindful of because when we sleep... You might be worried all day and when you sleep those worried thoughts are going to be watered. The other things like the things that – the beautiful thoughts and the lovely things that we're meant to be thinking about like the bible says, they may be being chopped out of our brain.

P That's interesting. I think that happened to me years ago when I was in the anxiety-mindset.

S But I told my husband. Yes. I told my husband. I said, you've got to go to sleep for your brain to get organised and resort that and all the junk that you need to filter out from the day that's not necessary for all your projects. That'll get all taken out and you'll wake up with a brain that is organised. The zoning's actually not allowing your brain to be organised.

[00:43:03]

P Yes. So, I think that there's a beautiful balance. What about all the people that have issues sleeping? And I was experiencing that because of my age, peri-menopause, with the hot flushes. I do have to say CBD has been fantastic for me to go back to that beautiful, restful sleep and without the hot flushes waking me every hour and a half to two hours. I'm sleeping so deeply and restorative, beautiful sleep.

D That's interesting about the gardeners in the night. Because that's – I didn't know that awesome scientific brain thing, but I've definitely experienced it. I've just always thought that when I'm tired or I don't get enough sleep, my brain is just lazy. Like it's weak and I don't talk right, and I don't engage people right. I don't do anything right. I don't think creatively.

S It's too full.

D Yes.

S The weeds need to get plucked up.

D You know, I had a sleep study where they take you and they put nodes all over you.

P Oh, yes.

S Yes.

[00:44:03]

P You did that?

D It was for apnea.

P Yes?

D And I think it was – it came with my dentist thing.

P Oh, yes. They love to do it because they get money for that.

S Extra bucks for that one.

P Extra bucks.

D Oh, of course. Yes, but it was some package and it was included so I got it and I actually, out of one to ten tested eight for sleep apnoea.

S Oh.

P Meaning you have it.

D Yes.

S Is it that nice Valdez nose?

[00:44:24]

D It's this big old shnoz. Maybe, so. But I always knew that as I was falling asleep I jolted and kept waking up and... I never– I always dream really vividly but I never feel like I'm sleeping well. And in fact, that makes sense because people who have vivid dreams are not often in deep sleep. They're on that...

P Yes, you need to take Chillax before bed, Danny, because... Yes.

D Well, I started taking our CBD stuff and that actually helps tremendously.

S Oh, yay.

P It really does.

D That'll put you... Yes, and Scott brought us that special, top-secret cream that isn't released yet. That blue stuff and I've been using that. And that's a game changer.

S I want to tell something quickly for people that may be listening that may be nursing. Having to get up through the night to nurse a baby and they feel like they're really just conscious of the fact that they're not getting a lot of sleep. Let me just say this. It's just a season, number one. Number two, you're actually getting fabulous sleep. They've done studies in the Dr Sears books, and he's talking about night-time parenting. In his book, Night Time Parenting.

P Yes. Yes.

[00:45:26]

S That a woman, when she's nursing a baby and she's kind of, in that restful, just laying down, sleep state that the mother and baby get more restorative sleep in that connection than if they weren't.

P Oh, really. So, God makes up for it.

S So, you may only get four hours in a night, but those four hours are just as good as if you got eight. That's what I read.

P Ah. I love that.

D Yes, that's cool.

P That God knows. Listen, you're going to lose a whole lot but I'm going to make it up to you in what you get.

S Yes.

D Yes.

S On that note, another mouthful of salad.

D And on that note it's time to wrap up the Trim Healthy Podcast.

[00:45:59]

P Hey, we only got four questions but that means we'll save more for next time.

D We'll save more for next and, yes, you guys keep sending us your questions. It's kind of like you're waiting on hold sometimes on the line, but eventually you get through. It's worth it.

P Hey, we should have David finish the Poddy for us. If he's – if he's in training.

Daniel This is now Daniel.

P Oh, hold on. Hold on. Hold on. What just – you have two boys here. What happened to the other one?

D Yes, we swopped them to see – it's a social test.

S This one's so much taller.

P Oh, he is. He just grew up.

D No, it was a social experiment.

P They look similar.

D Yes, to see if you would notice.

P The same seat.

[00:46:31]

S I noticed.

P Okay, one left and one came.

S My glial cells have worked at night and...

P Dan Jr. is here. Hey, how about you just take us out? You know, can you finish the PODdy?

Daniel Thanks for tuning into the podcast, we'll see you next time.

P All right.

D See you peeps.

S You see, they got the decency from their mother.

[00:47:36]