



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #119 - Hemp and Your Family... Stuff You Should Know** (Original Air Date: 5/8/19)

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

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S = Serene • P = Pearl • D = Danny • SG = Scot Gilmore • 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, welcome back to another fabulous episode. Excuse me.

P Danny.

D Of... Yes.

[00:00:45]

P Did your mother never teach you?

D Well, we've been getting so much fan mail saying I love it when you guys eat on the podcast. It's very professional and the sounds bring a childlike soothing that takes us back.

P Is that what they said?

D That's what they said.

P Oh.

D And so we listen, fans. We read all your mail and we take it to heart. And I just wanted to open up with something that would kind of send the chemicals rushing.

S That would be a little facetious. We do want to keep you around, but I found it quite endearing, Danny, personally. Then I don't mind a big mouthful of talk. I'm used to it.

[00:01:20]

P Partial to it, yes.

S Because, you know, it's like that... I feel like let's just get... Bring some meat right now.

P Okay, but we've got bigger meat to come.

D Morsels, morsels.

S When do you get most of your conversation and when did Jesus do most of His conversations? Around a meal.

P I'm talking about it...

S And I reckon that...

P And the Bible says he came eating and drinking.

S The Son of man came feasting, yes. And guess what. I wouldn't have had to say much. He'd have to keep His mouth shut if He just had to chew.

D Well, I disagree with this because there is a condition that I figured out that I have and I can't remember, it's like misophonia or something. It's where sounds really freak you out.

[00:01:58]

P So you don't like the munching of other people.

D No, ever since I was a kid I was really freaked out by my brother chomping on his cereal.

P Yes, okay, but Serene and I eat here in the podcast and you...

D It bothers me.

P No, it doesn't.

S What about your own chewing?

D No, it doesn't bother me if I can't hear it. If it were a sound in my ear as I was listening to a podcast I'd wreck my car.

P Okay, so therefore all these people writing in saying please stop eating while you're talking

D They have misophonia

[00:02:26]

S Well, what we need to do is heal them of misophonia.

P Hey, but we have with us people, you know him, you love him. He's Scot Gilmore.

D Scot Gilmore, hey, Scot Gilmore is the inventor of our skincare line.

P Him and his wife.

D Well, I know what he'll say. Scott, you have a mic and you must speak into it if you want to be heard.

P You must bring it closer, and also, Serene, naughty girl. I've been listening to our [inaudible] and our podcast and you are all over the place with volume. Speak into your mic love.

S Good on me.

D Hey, but Scot's wife, Kathleen, I know Scot will give her the credit.

SG As I should, yes.

D I think they probably are a great team...

S They're a great team.

D ... who has come up with our fabulous skincare line.

[00:03:06]

SG So let's be totally transparent. The team is actually Serene and Pearl say I want something that will do this and I would like this to happen. And so they dream these great ideas up and they're like let's all get together and make these things happen. And then Kathleen's like in the kitchen lab and designing and....

P She is the incredible herbalist...

SG And that's how it goes.

P And she's... God has gifted her with just a unique...

SG And then Pearl's like no, this herb and then Serene's like no, that herb and so we get the this and that herbs together and it's cool.

S And then Scot has this amazing ability to like he has this knowledge, the knowledge of speaking out on the herbs and everything like that. His wife like makes the concoctions, but then if you need to know why those concoctions work you just press play on Scot's...

P And today we are here about what you all have asked us for... Been asking and asking when is the day approaching when you're releasing your new CBD formulas, girls. Well it is nay. It is nay upon us, people. And Scot, you know, he helped us. Scot and Kathleen formulated the Feminine Balance with us and so he has been a big part of these new ones and oh my goodness, they are

doozies. Oh, boy.

[00:04:17]

SG Yes, it's exciting. It's hard to contain the things we're hearing from some of our test groups.

P Yes.

SG It's amazing.

D Is any of it going to be that hard core stuff you gave me in the office?

SG Yes.

D That's one of our products?

SG I feel I shouldn't be the one to announce these names.

S What hard core stuff you talking about Danny?

P Heavy Hitters, yes?

S Yes... The Heavy Hitters.

D I was done for the day.

S I thought he was talking about Masculine Prime.

P Oh, Masculine Prime.

D There's that too. I think this must be stronger than Masculine Prime what I had.

[00:04:41]

SG Yes, so we... You know, obviously we've heard the requests and the heart of Serene and Pearl and the whole Trim Healthy Mama family is to offer and deliver the best of everything. I mean that's kind of our deal. That's what we do. We find the best, we bring the best and with it we bring the education that makes it so effective. And so Heavy Hitters are coming. They're ready to come now.

P Yes and so with the Trim Healthy Hemp, you know, Serene and I had started to learn about hemp because, and this is how usually everything comes to you, because of things in our own family or needs or problems and we have found help. So, you know, so Serene's son had stage four cancer. I mean, hemp we discovered was, you know, part of that healing. We don't call it just the only thing of course, but it was definitely a helper. I discovered that it was so fantastic for this time in my life with my hot flashes and we all got together and met some people and decided let's do a formula for women.

S And I had a young son, a little three year old who needed some... You know, just some mental focus stuff.

[00:05:44]

P Yes, and so we... Once we realized what this was doing for our families we're like hey, let's bring this because this is powerful stuff. So we did, right, never thinking well there'd be more formulas and family and stuff. We're just like let's put... Let's do, you know, our audience is mamas. Let's do a Mama formula and...

D Wow.

P We have heard.... Can you believe the response, Scot?

SG So, I hear about hemp babies and...

P Yes.

SG I hear about Mamas sleeping and the end of hot flashes and just I could just sit here and weep because, you know, as a believer all we ever want to do is emulate the things that Jesus did. And the thought of making someone well, Serene, is just as you would say it's beyond. And we all pray for miracles and we all seek healing and, you know, we usually turn the barrel upside down looking for the things we need. I know you did it for Arden and we all just dug and we searched. And now to be a part of something that's causing happier family lives and better rest and babies. Babies, yes.

P You know, less anxiety and here's a huge thing is, you know, menstrual issues I hear daily from people. I just had my first period without debilitating cramps, things like this. I mean, I feel like I remember the first day we released Feminine Balance and, you know, and some of the ladies that were in the test group in the admin, one said to me I just prayed. She said I just prayed today that every formula that goes out would just be anointed. And it's like it

happened.

D I know.

[00:07:08]

S This is the deal. You know, I believe. I believe that ultimate healing is through the power of the cross and through the power of Jesus' name. But He is the one who created the herb of the field and it's interesting, you know, Hezekiah, the story of Hezekiah in the Bible he was totally sick and he was just crying out to God saying heal me God, because I'm dying. I need You to heal me. And God's like okay, I'm going to give you 15 more years, right. So, then He said but I want you to go and take a fig poultice and put it in your eyes, right.

SG Yes. Yes.

S And then Hezekiah is like, well how am I going to know that I'm going to be healed. And God's like, well I'm going to turn the dial back on the sun. I may not be paraphrasing the story properly, but in my head to show that this miracle was going to happen He was going to actually turn the dial back on the sun, which is such a huge miracle.

[00:07:59]

SG It's huge.

S It's bigger than the fact that he could've supernaturally just touched the eyes.

P Yes.

S But He wanted him to put a fig poultice. He wants us to get involved in all of everything. He wants relationship. Even with this healing He wants relationship. He wants us to get involved. So we pick up the little mirrors of healing that He's put on the earth, we pick them up and we mix stuff up and we get involved.

SG Even in the New Testament, Serene, Jesus spat in the dirt and made this mud poultice. There's something of the earth, Pearl.

P Yes, there is.

SG There's something there. We're made of earth.

P I know and, you know what, for people that are just new to our whole hemp, maybe haven't tried our Feminine Balance or maybe you tried that one, it wasn't for you and that's okay too, because we're all in different seasons of life. But let's talk about hemp. Let's clear up some confusion about some of it which some of you might have and let's talk about why we're doing this and why it is such a powerful healer.

P You know when... We've got this brand now called Trim Healthy Hemp. When people hear hemp there's a stigma that it's marijuana, but marijuana is not a hemp plant. They are two different plants. They are cousins and they both have cannabinoids. You see, inside our body we have this endocannabinoid system which people discovered like 50 years ago and it's the largest system in your body and it affects every part of you. It affects your immune system, your brain, your skin, your sleep, your hormones. The list goes on and on. And your moods big time. And we're depleted. Why are we depleted, Serene, mostly?

[00:09:30]

S Well, because it's out of our natural food supply now. There used to be wild hemp all upon the green grasses that the cows would eat and so it was in our meat, it was in our milk.

SG Our eggs.

S Yes.

SG I mean it was everywhere, yes.

S But now the government came and plucked everything up. Pearl, you were on a cruise recently off to one crazy island off in the middle of nowhere and the cruise guide on the speaker says you must be smelling something in the air. That is what do you call feral...

[00:09:58]

P We were all smelling it. We're like oh my goodness, it smells like skunk. It's like... And then someone said marijuana and then he goes, oh you're smelling that smell, that's our wild hemp.

S On the island.

P And, you know, America used to be full of that. Every country has a wild hemp source, are we not right, Scot?



SG That is correct, yes.

P But they went and... To be scared of the drug they went and plucked it all up. Now, marijuana, the drug that you think of when you think of, you know, the drug, the hallucinate drug, has high cannabinoids and that feeds your endocannabinoid system, but you don't need that. The hemp plant itself has hugely high cannabinoids to go into your body and support your natural endocannabinoid system, so there's no reason for that high and for that drug.

S The THC.

P Yes.

S It has... They've actually changed it from... It naturally had a high amount of THC, but for the pleasure marijuana, haven't they hybridized it so it's like insanely high?

P Yes, they have.

S It's not even normal anymore.

SG Yes, they've crossbred it into certain strains that are very high.

P Yes, so they get that drug that hit that high.

[00:10:59]

S That's what you were saying that our body doesn't need the endocannabinoid. You were talking the THC.

P Right, we don't need that THC. Now, in our full spectrum formulas, and we've got some coming out that only have CBD. See, CBD is one part of these cannabinoids that are so healing. You've heard of CBD oil and that's what we're sort of releasing here, but in our full spectrum formulas we have less than point three percent of THC. Now THC is the hallucinogenic, but point three cannot... Can I repeat cannot... Cannot get you high. It's impossible.

S And it's what is naturally in the hemp. Hemp has a small amount of THC.

P It does.

S God put it there. We haven't like fandangled it and...

[00:11:43]

P Danny, you're jumping.

D I just think it's funny how most listeners will be relieved that it can't get you high and there's a small percentage who are a little disappointed. Oh shucks.

P Yes, you're right.

S But listen, you know...

SG Are you one of those?

S There are plenty of mushrooms in our woods. There are mushrooms that are so medicinally healing. They have a cousin that'll kill you in a split second.

P You're right. Or they'll take you on a trip to never-never land.

D You may not recover. You may not come home from.

S But I put seven little punnets of mushrooms in seven pounds of beef every time I make a big crockpot of beef.

D The kids start disobeying.

S It's a cousin to the stuff that would absolutely make my children high for life.

P So poor hemp. Hemp has got a bad rap because its cousin is called marijuana.

[00:12:29]

SG So it's systemically demonized, Pearl, actually from the top down. Large oil companies and large pharmaceutical companies, it's not in their best interest for us to have access to wild hemp because you can make cars from it, you can make other plastics from it, you can make...

D You can heal your body with it.

SG You can make clothes.

D Which is the biggest problem.

SG And rope. And it replaces biodiesel and it also makes your body well and those are just all these perfect reasons to say hemp is an evil plant.

P And so at first, you know, even the government didn't understand the difference between marijuana and just regular hemp which we get our CBD from. Then recently, just a few months back right before we launched the government said okay, we get it. CBD oil is not a bad thing. You are legal to take it. Still some states are a little behind and they're still fighting it because they think it's marijuana. It's ridiculous.

S But in some states the hospitals are behind and they won't even let you do the first hour with your baby.

[00:13:28]

P I know.

S You know, so...

P And also people don't like this, like you were saying, I mean there's some government things that are cracking down because it's such a natural healer. It's taking away millions from the pharmaceutical companies.

S Well, can I just say something?

P Yes, Serene.

S You know, there's wonderful things our government do, and I'm not a conspiracy theorist like some people in the room.

P Jonathan. Jonathan the producer.

S No, but we have to be honest and open that the government for certain reasons are very strong in ways that aren't for our best interest.

P In certain things.

S Like I'm looking into different clinics just for natural alternative cancer therapies, just even just for the... Just as seeing you've had it maybe it's good to just repeat natural...

P Preventative, yes.

[00:14:14]

S Just preventatives I'm ringing some clinics and they're like well, we don't do anything pediatric. There's no alternative clinic that will do anything pediatric.

P No, they don't.

S Why the government will not let anyone with a child under 18 have anything but chemotherapy burning everything off of their body.

P They will take the child away from you if you try.

D Wow.

S They will remove the child, even if... So my point is, is bless the government but sometimes they have things wrong.

P Sometimes, having said all that, let us get to our new products because that's what we're here to talk about today.

SG That was amazing, though.

P I know, Serene.

[00:14:48]

S But it made me cry, because I thought to myself if my son was under the age of 18 when it was really bad. Now you know, he had conventional too, but...

P Yes, he did. But sometimes you want to try both, right.

S It was mixed with natural so that it was not a burning and, you know, a total like, you know, burn the body as well as the cancer, you know. And it's sad to think that there's no nothing available to parents except for a kidnapping of their child and just...

P I know, it's very sad.

SG So we must use what's available. We must use what we know works and we found amazing results with the hemp.

P Okay.

SG It's undeniable.

P Yes, absolutely undeniable. I could just say things in my own life. My biggest thing, and this is a... You can't make this stuff up, right. In my own life I'm 48, so I'm in peri-menopause and that means for some people, and I'm one of them, hot flashes. Like my body's saying I'm flashing, you're going to a new stage. Flash, alert, alert, alert.

S She's changed it from Priscilla now to Peri.

P Peri, yes. I'm Peri.

D Peri, wow.

[00:15:47]

P So now when I first started, you know, looking into hemp I took it. I was able to sleep through the night for the first time since I'd had babies. So that's 20 something years. And low and behold my hot flashes went away. Low and behold I'm talking four an hour. I would get four in an hour and no down to zero. I mean...

SG That's a big change.

P I mean you can't placebo that, okay.

SG No.

P And my hot flashes started in my face, they radiate out to my whole body. But I was just like a trooper. I'm like, hey God's got this. Him and I are not going to be identified by peri-menopause stage or that, you know. I was fine. Okay, but I love not having them. Now, so then ran out of Feminine Balance and all that and was trialling all these new things for Scot.

SG Yes, poor guinea pig Pearl.

[00:16:32]

P So I wasn't on my regular routine. Then I would say no, let's change it so I wouldn't take the hemp that I was trialling for Scott and I didn't have any. I didn't have any hemp for like three weeks. Guess what happened to me.

SG You got flashy.

P Flashy. Hot and flashy, okay. So I was so hot and flashy. So then can we talk about this product first then, Scott.

SG Yes.

P Scot handed me this cream and I'm like, what are you talking about a cream. I want my tincture back. And he's like Pearl, just try this.

SG Yes, so throughout the last year while we've been digging deep on this whole hemp thing, we've been, you know, continuing to make what we believe are the world's finest skincare products and knowing that it was a fantastic delivery system for all the nutrients that your skin needs, the gourmet skin food thing, to get all these great herbs and elements and minerals and enzymes and chlorophylls into your skin, into your system. And so Kathleen and I just decided let's experiment with the CBD.

P With an aloe uptake, right.

SG With the aloe uptake. The bio-identical uptake.

P You read a study that it can be in your bloodstream within...

SG Some say 26. Some say 30 seconds.

P Yes, okay so he gave me this cream and I'm like I don't believe you. I've heard that creams take much longer to get into your bloodstream. I was like... He just said, okay don't believe me, just try it.

[00:17:55]

SG Yes, I didn't want to convince you. I wanted you to give it an honest evaluation.

P So I went into this thinking it wouldn't work, Scot. I was convinced it wouldn't work. Well, within the hour my hot flashes stop.

D Are we talking the same cream I'm holding right here?

P No, that's a different. That's a new one.

SG It's different.

D But similar.

SG That's a top secret.

D Yes, I know. I know.

[00:18:14]

SG But it is similar topical.

D Well, because 17 minutes and 40 seconds ago I covered as much of myself as possible with this and I'm ready for a long winter's nap and I don't have much to add today.

P Oh, right. So you're very relaxed.

SG So we need to keep that on hand, is that what you're saying?

S I've been noticing he's not very Danny hyperactive.

D Yes, I'm not. It's like a Ritalin.

P Oh, okay, and you are an ADD type.

D This is liquid Ritalin.

S Hey, that Chillax stuff, this that we're talking about, this Chillax Cream.

SG Oh, we didn't say the name yet but now you did.

P Oh, Chillax. Chill and Relax, okay.

D I can sleep right here, right now.

S Can nursing women take the Chillax?

P Yes, we made it... Hold on. Yes, yes, yes, we made it for nursing women. Everything in it, weren't we careful about that?

SG So the Chillax does not have any sage.

[00:18:53]

P Yes, exactly. We made it nursing friendly, Serene.

S Right.

SG Yes. It has no sage of any form and...

S We just say pregnancy give a skip, but...

SG So here's what's cool, okay. Through the skin, though this giant God-given filter, your largest organ, you can absorb so many things that typically would just make you so sick inside. You wash your hands in dirty water, you don't get sick. But if you drink it you get cholera or giardia and you're like oh, wow, I didn't realise the water was bad. And so the skin is a fantastic filter for bad things, but it's also a perfect delivery system for good things. And so I want to say we stumbled upon this, but really we've all been working together for decades on these thing. The same awesome infuse technology that goes into all the skincare products makes this new Chillax CBD topical calming cream shockingly good.

[00:19:43]

P You know, it's amazing. I did not...

S What I've heard from the Chillax. Has it got catnip in it, right?

SG Just a minute, I've got to wake Danny. Danny. Danny.

D [Snoring].

P And you know what, CBD is not sleepy for many people, but for some people so you would take this one at night.

D Argue.

P You would take that one at night.

D Yes.

P We do have some that are actually stimulatory and we're going to talk about that coming up.

D What? CBD?

S What are the herbs in the Chillax? Because we want to talk about it now so I don't have to write something about it afterwards about the nursing and the



pregnant for the cream?

[00:20:10]

P Okay, Lesley Pops, co-producer, can you bring up the herbs? I do want to say we have it in the cream and we're going to talk about why.

SG Okay.

P Scott, you had this idea for children and stuff and then we do have it in a tincture.

SG I'm going to preach in just a minute.

P So we do have it under your tongue.

SG Just saying, okay.

P Because this is...

S The Chillax is sublingual and it's in a topical.

SG Yes, it's both. Yes.

P Yes and the reason we did both this is for the whole family. So we have got, you know, think about hyper children, maybe... We don't want to start saying... We're not doctors here. We don't want to say, you know, you take so much of this for this condition, diagnosing and all that. We're just saying hey, this may be great for your family to try, whether you have toddlers that are, you know, just showing signs of... Is there autism? We don't know. Are they on the spectrum or is... Do they need to calm down? Do you have anxiety? Maybe your mother-in-law needs it. You know, this is for the whole family and that's why we, you know, use these two different formulas. Scot, I'm going to let you talk about... But let's talk about the herbs in there.

[00:21:08]

SG Absolutely, so...

P Lizzy has a list.

SG One of the things, oh, yes, fantastic. One of the things that happens when you take a tincture, especially with a little child is that they don't want to hold it in

their mouth as long as they could and should.

P Right.

S Yes.

SG To get the full effect and so you want your child to kind of chill and relax and you've got somebody who's just buzzing around and trying to get that under their tongue and being like sweetie, hold it there for 30 seconds.

S I know.

SG We thought like can we attach a nursery rhyme to this process.

S Can I just give a little tip just for those who want to take a sublingual?

SG Yes, sure.

S Because I give a sublingual to my little three year old, is I hold the dropper under the tongue, I release the oil in and I keep the dropper under the tongue. So he doesn't swallow... It doesn't signal a swallow and I do a little... I sing a song, hold it under the tongue we do, hold it under the tongue we do.

[00:21:58]

SG See, that's what we needed. We needed some system, you know, and encouragement to stay there.

S Yes, but it doesn't stay there for as long as it needs to, but it gives me a little more time.

SG So this is what appealed to me. I started thinking about the whole... You know, I always think... Well, I always want to think from biblical terms and I think about the scriptures in James about anointing the sick and laying hands on. And I'm like wait a minute, if we could add some oxytocin and some vasopressin and that those love chemicals that we have between our children and us when we touch them, Serene.

S A little massage. A little huggy-hug.

[00:22:29]

SG A little massage. A little touch. A little calm down sweetie and then you're putting that Chillax topical on. And for that child who won't hold that tincture in their mouth you can pray and you can put your hands on and you can give them that full gospel thing.

P I love that.

D That was kind of the Vicks Vaporub idea was that the parent can rub a soothing balm onto the child.

SG It was.

S Half of it, yes.

SG If it would've just been cleaner it would've been magnificent.

D Yes.

P Here's what's cool. This rubs into areas that are exposed. You don't have to do the chest thing. So if your child is having a meltdown in the grocery store...

D You can slap them upside the head with it.

P You've got a little piece of it and you're just like in her arms. You're just like come here little Johnnie and you're just rubbing them.

SG Give a little neck rub.

S Instead of you being the crazy Mum that's taken away to jail, you get to be like the hero mum award.

[00:23:14]

P You're just... You're like the healer and we've had a podcast you're a healer of the home before.

SG Can we use this on other people's children in the grocery store? Just asking for a friend. For a friend, that's all.

S Oh, I know.

D There's a Dad out there right now like I'd better lube my belt up pretty well.

S Dan.

D Disclaimer.

P But anyway, you know what it is too between a husband and a wife it's that really healing thing too. If someone is stressed, anxiety and the husband...

S Husband comes home from work and, you know.

[00:23:39]

P Or the wife can rub into the shoulders. Not only are they giving that tension, you know, free rub, they're putting in amazing soothing CBD with these herbs.

S Okay, let's... I want to hear the herbs, because I know there's pregnant women who just are exhausted and I want to hear the herbs.

SG Yes, right. So catnip, or we'll do them in alphabetical.

S So we'll do a little bit of a...

P And I looked into catnip. It is very safe.

S During pregnancy?

SG It is very safe.

P Also for children. Let me look at it. I don't...

S I think during pregnancy you need to give it a little skip, I believe.

P Yes, for nursing now.

SG So, here's the thing, do your own research. Topically you're going to get so little of some of those that it may not be a problem.

P Right, it may not.

D You know what though, it's awesome for cats.

S Just do your research.

[00:24:13]

SG Cats love it.

D It is awesome for cats.

SG So if you've got a wild cat.

P Now catnip, why did we put this in here, Scot? You're the guy.

SG Yes, because of the calming effects.

P Yes.

SG It is just a known calmer. So catnip, chamomile.

P Of course.

SG Of course.

S Chamomile is safe for pregnancy.

SG It is and we've got lavender.

[00:24:31]

S Yes, lavender is safe.

SG Which is safe and passion flower.

S I'd say passion flower and catnip I would give it a skip just for pregnancy for me.

SG Okay.

S But, guess what, you can put that back in for nursing.

P Right and then children.

S When you're carrying a baby all day and you're getting sore.

P When you look into these things...

SG Yes, so we were thinking children.

P And also valerian, a little small amount of valerian, because we don't want people to drop into a coma of sleep. But there is a small amount of that and that is one of the most calming herbs.

S Yes, just explain yourself so that no one's going to get freaked out. Coma of sleep, not coma. Valerian is safe.

P Oh, I was exaggerating. I just meant it can be very relaxing.

SG So once again most of these things or I should say all of these things are bio identical to your skin. They're adaptive to your cells and you're going to get what you need and you can pass on what you don't. When you're operating correctly your cells go yes, I can use that, give me this amount and the rest is passed by.

[00:25:21]

S That's what's beautiful about herbs.

SG It's what... The body, it's a God designed body, it's amazing.

D There's a whole podcast right there is the synergy of healthy cells functioning correctly because we're eating food that comes from the earth, coupled with using herbs as healing ointments from the earth and them actually acting together, coming into a normal functioning cell. That's a whole nother thing.

SG That's good. Our philosophy has always been plants as food, plants condensed into a poultice like in the Bible as a topical medicine and then plants condensed all the way down to an essential oil for kind of more of a nuclear strength plant. And so in our topicals and in our creams we use them all and we say that our products are gourmet skin food because your skin does take them in.

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

[00:26:14]

S I'm Serene.

P Simple Contacts changes your world if you wear contact lenses because...

S Or you could just be excited about it like me. I don't wear contacts but I know people who do and I know how annoyed they are because of all the red tape there is in getting a prescription every year.

P Yes, do you know that it's government ordained that you have to get a new prescription every year. And you know you have to go to the doctor. That's like 200 bucks and then you have to drive there and its...

S But you know what you really do? You don't, because life's too busy and then your vision suffers because you're wearing contacts that maybe your eyes aren't suited to anymore.

P I want to say just a few things, simple things why is Simple Contacts awesome. First thing, convenient. There are a million things demanding your time and contact lenses shouldn't be one of them. I mean that's just stuff you just want to get done easily. It takes less than five minutes. You take the test. A very short test. A real doctor reviews it, writes your prescription.

S It's convenient. It's fast. It's reliable. This has all the brands and types of lenses that you're familiar with, so you don't have to shop around and worry about oh will they have my favourites. They will have it.

[00:27:18]

P The main thing that we all care about, saves you money. The vision test is only 20 bucks. Compare that...

S Oh, my.

P With an appointment.

S 200. I reckon it'd be about 200.

P Probably without insurance around 200 and these days insurance hardly covers anything. You've got to know, this is not like a full replacement for periodic full eye health exams. You can go to your full eye health exam with your doctor that you love. You still need those occasionally, but do you hear that word occasionally?

S Yes.

P The contact lens prices are unbeatable. Standard shipping is free. And best of all, we are offering a promotion to our Trim Healthy listeners. Get \$20 off your first order of contacts at [Simplecontacts.com/trimhealthy20](https://Simplecontacts.com/trimhealthy20) or enter the code Trim Healthy 20, that's two oh, at check out. Save yourself time, money and headache. [Simplecontacts.com/trimhealthy20](https://Simplecontacts.com/trimhealthy20) or just enter the code Trim Healthy 20 at the check out.

[00:28:20]

S This is the PODdy with Serene.

P And Pearl.

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

P It's patent pending our process here, it's proprietary so no one else is doing this particular way we are doing it with the CBD and these herbs being infused into the bloodstream from our skin.

SG Yes.

P So it's pretty incredible and I'm sitting here as living proof. But Scott, you've got to talk about the boy that you gave this cream to test his parents that hadn't been to sleep in his bedtime. Talk about that.

SG Yes, so this guy is on the spectrum and...

D You mean autistic spectrum.

SG I do. And he's a... The fantastic family but we'll give them their anonymity. This guy is so wired that he has trouble keeping his clothes on in public. He's just got a lot of sensory issues. Never goes to sleep on time. He doesn't sleep until he literally gasses out and passes out somewhere. First night, first time, 30 minutes and he's in bed. He's in bed at 9 p.m. and he sleeps all night, no night terrors, no screaming. And, you know, you go okay that's anecdotal evidence. Yes, it is.

P Yes.



[00:29:32]

SG But I know these people. This is not somebody on the internet.

P What did the mum say? Was she just in tears?

S I actually got goose bumps when it comes to things like that.

D Wow.

SG Yes, so the parents are like we put our children to bed at nine o'clock and we talked. And I'm like oh, okay. And he's like no, no we put our children to bed and my wife and I we talked.

D We had a conversation.

SG Yes, we had a conversation that was not interrupted by screams or naked children running around.

P Yes, right.

[00:29:55]

D Wow.

SG And I'm not talking about toddlers. I'm talking about... You know.

D You know, when I was in my twenties I almost had no appreciation for stuff like this. I always saw it... I would hear these kinds of things and just kind of tune it out because I'd never really suffered, you know. But when you have something that ends suffering after you've been suffering, whether it's your own personal body or way worse, your kids, dude, game changer. It is so deep for you.

SG Well, I think everyone knows you know that you can trust Serene and Pearl and for Pearl to say I didn't believe, I wasn't expecting a result. I put this on and goodbye flashes. I mean how do you contradict that? How do you contradict a personal testimony? Sorry, you can't do it.

P Well, I know that's the thing is we don't take this... We know people have this trust in us and Serene and I talk about it together sometimes and we're like we, we cannot ever break this trust. You know, every product, everything we do we better have a good reason. It better have worked in our lives. It better be safe

for other people and we'd better watch what we do here. And so that is always in our heads and I know that's for you, Scott, too.

SG It is.

P Let's talk about the actual, the next product which is the Pure and Classic.

[00:31:12]

SG Can I say... I want to say one thing real quick on the topical thing.

P Okay.

SG I have a sceptical nature and I want to... You know, people say I'm from Missouri, show me. And so, you know, when we were looking at the research on things that you put on your skin, there is a lot of scientific evidence to prove that these delivery systems do work because there's nicoderm and there's contraceptive patches and there are...

P Testosterone gel.

SG That's right and all these things slow... So we know the tech is there. I read a stat earlier on how effective is the birth control patch and it's 99% effective for people who use it perfectly.

D No way.

SG It's 91% effective for people who make minor mistakes.

D But that's still huge.

P And it's through the skin and we're talking about the skin.

[00:31:56]

SG And that's through the skin and it's a chemical laden patch that interrupts your hormones. Come on.

S Can I say something really quickly?

D That's a big point.

S For those pregnant women, because I never want to leave those guys out. So you've got pain and you feel exhausted and you don't know what to do. A good topical for that is the magnesium chloride, magnesium oil spray. Just get some of that and put it on any painful, aching places while you're pregnant. It's safe, safe, safe.

SG Everyone's going to be happy to know the... Our topical... Our topical, I'm sorry. Our Coconut Dream Cream which is rich in magnesium has been reformulated and will be back for this summer.

S That's my favorite. Coconut Dream Cream is my favourite. It's so hydrating.

SG Absolutely, so coming soon.

S And also the magnesium chloride will actually prevent preterm labour, will prevent any kind of cramps that could turn into early bleeding.

P I do. I do use magnesium chloride on my body every single day as well as now this cream. Hey, we have 15 minutes to talk about...

SG Okay, moving on.

P ... all the other creams.

S I've been drinking Spuice the whole time.

P You need a pee break? We'll keep going.

D Me too, so that means I can go.

[00:33:00]

P Yes. Scot and I will just...

SG We will.

D You guys take over.

P We don't need you.

D And sorry to the audience.

SG Were you going to move on to...

P To Pure and Classic.

[00:33:07]

SG To Pure and Classic, okay. So the Pure and Classic is actually that. It's just simply the isolate which is 99% plus pure CBD.

P Right and we created this for a reason, Scot.

SG That's right.

P Because Feminine Balance was whole hemp. It means it had that tiny bit of THC. Some people, not all, were coming up positive on drug tests.

SG Yes and some people of their own conscience said I just don't want it. I know it's not going to make me high, but I just don't want the THC and we respect that.

P Yes and so there's some people that have mandatory blood tests and things like that and they... Some people don't want the other herbs. They're in a season of life where, you know, don't give me the herbs, just give me the healing CBD.

SG Yes.

P So our Pure and Classic has a hefty 450 mg more than the other and that's all it is.

SG Yes.

P Nothing else. So if you're worried about the other or you're worried about blood tests and things like that, urine tests, I mean that's why we created that. So some men aren't wanting the feminizing herbs or some men don't want the THC. Some women. Serene, you'll want to talk about this, our Pure and Classic, that is one that doesn't have any, you know, herbs that could be problematic for pregnancy or nursing or anything like that.

[00:34:19]

S Right, yes, because you know I'm really careful with anything I put in my body during nursing and during pregnancy. And so I was really asking Scott let's formulate something that's just totally clean of everything, just the CBD.

P Yes, just CBD.

S So that would be something that I would... I'm going to be personally taking throughout my pregnancies and my nursing.

P But each person... Yes.

S Each person needs to take their own research. You might research online and there's... You know, it's not many, many, many, many years where people have been taking this while pregnant, so a lot of sites say well, you know, there's just not enough evidence. The evidence to me is that it was in the food chain for years and all that stuff and it's missing and obviously we need it. And those are... Pregnancy and nursing are times when we get even more depleted about things we're missing and we need that extra support. So I'm going to be doing it personally, but I'm a bit of a... You know.

[00:35:10]

P You're a bit of a renegade.

S Yes, a bit of a renegade. So just...

P But we have talked to some people who had fantastic pregnancies using it, but you know what, that is up to you and it's certainly not a mandatory THM thing.

S No.

D I have a question. What is the most absorbing part of the body? Does anyone know? Is it the neck?

S Apparently the trunk of your body.

D What is that? Like the stomach?

S People used to say... Yes, people used to say scalp and the bottom of the feet.

SG Soles, yes.

S But apparently... Yes, apparently your soles.

P But, you know what, even I have been doing...

S The torso.

D Core, yes.

P With the Chillax cream I have been doing many different areas and I find them still effective. I do inner arms. I do shoulders, because these are things, you know, that I can just put on if I feel it. Shoulders, neck and inner thighs I find is good. You can get the fast absorbing areas which is where the skin is thin or slow absorbing where... A little slower where there's some fat, like inner thighs. And so that's... You know. Okay, let's get back. After Pure and Classic we have... Let's talk about Masculine Prime, can we?

[00:36:10]

SG Yes, so I'm a little bit giddy.

D And these are the names of the products.

SG Yes.

D Pure and Classic, Masculine Prime.

P This is for males.

D Okay.

[00:36:18]

SG So the Masculine Prime and I love the name. I wish it was...

D Yes, it's awesome.

SG It was not me. It was Serene and Pearl of course.

D I was here, thank you.

SG But I have some serious branding envy over that name. It's amazing.

S Well, Danny, I praise you for spoos.

D I actually think I said the word prime, because of Optimus Prime, I'm a Transformers fan.

P He was here the day that we were talking about it, Scot.

S We'll give you one cent.

D I could've named this product and I'm pretty sure I did.

S I'm just teasing.

D I know, but do I care. Do I need that?

SG No, it doesn't sound like you care at all.

P Well, let's talk about it. Oh my goodness. That's all I can say about the testimonies coming in from the husbands in our test group.

S How come my husband hasn't been given any bottle yet?

P Because he sent them to... He didn't want any family members or biased opinions.

[00:36:58]

SG Yes, we don't want biased...

S Well, I can't tell you anything about it people.

SG So this all started we were looking at herbs to put in the Masculine Prime and what started it all was my own son who had been through a lot of different body changes because of competitive weight lifting and body building and he had crashed his T system. And so he began...

D What is that?

SG His testosterone system.

P Testosterone.

D Okay.

[00:37:20]

SG And so he had just wrecked it because of weight lifting and all these things and he was looking for a way honestly because they wanted to have a child... Another child. And so through some of his research he's like, you know, I've found there are some good herbs out there and that got me looking. And I said hey, Dustin, are you by any change using Ashwagandha. He's like, yes.

S Oh, don't tell me that's bad.

P That was good.

S Because I give it to my husband every day.

SG So he doesn't need any more of them because that is the number one and first ingredient...

S It's in my Spuice, people.

SG In Masculine Prime and it is a known T builder. So we went down the list...

D Testosterone builder.

SG The testosterone builders and we loaded this tincture up with the best. Ashwagandha, cinnamon bark, hawthorn leaf.

S All that's going to lower a man's blood sugar...

P Really good on blood sugar.

SG The somewhat notorious horny goat weed.

P Horny goat weed.

S One of the reasons though that males have a problem sexually sometimes with it going low is the high blood sugar.

[00:38:11]

P High blood sugar and impotence is completely related.

S Danny's laughing at me.

SG Red ginseng.

D It going low?

S Yes.

P Danny.



S Sexual desire going low.

D Oh, okay.

[00:38:24]

P PG rated, please.

SG Wow.

D We need context.

P Okay, well that's true.

SG Do I have to sit on the couch next to him?

D Okay.

S Go and take some of your CBD cream and get all tired again.

SG But back to the results.

D Get all tired and shut your mouth.

SG Help.

S Okay, yes.

SG So, back to the results, to a person that has tried the Masculine Prime they're having equal astounding results to the Feminine Balance. It really has become the counterpart for the guys who are experiencing less energy, less interest, just kind of feel drug out. And we know as we get older your T levels naturally drop, so you know it's a thing.

[00:39:04]

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 You know when your kids put you in the hot seat with nonstop questions and they're like what are cars made of mummy. What's the sky made of?

S Well, I tell you what, if they're going to ask you what their clothes are made of you don't have to think about how to pronounce all the bunch of the chemicals that they fertilise the regular cotton with. Now you can say your beautiful joggers are made out of 100% organic cotton plucked from the earth baby.

P So we're talking about Pact.com and we've talked about Pact before because they make beautiful natural fibre clothing at a price that you can afford. And Serene and I are all about that.

S We wear Pact and now our children are going to be able to follow suit because they have a line of clothing now from new-born to 12, which is so awesome because let me just tell you why it's awesome. For many reasons, starting with the fact that there's no tags.

[00:40:04]

P I know. They're comfortable for children. You know those tags at the back of the...

S That I have right now and I've tried to pull it off for months, but it's like one of those ones that's like stuck...

P Oh, so you're not wearing Pact right now, Serene.

S No, well this one underneath the Pact is... Underneath my Pact sweater is goodwill. Do you know what's awesome about it? It doesn't have any gross prices. You know those gross prices where you know that the company's being gross, because they're like...

P Just because they're organic, yes.

S ... filling their own pockets for the word organic. Look, I've got a bunch of children people.

P Yes, I know.

S 10 in the home still and that costs money. And goodwill is an option but it's already been worn through halfway, so the knees are going to get ripped quicker.

P Pact has t-shirts for six bucks. Organic cotton for like six bucks.

S And their pants, they have this line of pants for toddlers called Extreme Leggings that have already got paddings in the knees. Like not stupid like shoulder pad paddings, but like enough so that they're not going to wear through when they're playing on the playground.

[00:41:04]

P I bought a whole bunch of stuff for my grandchildren because they're all the way from new-born. I bought three to six months for my precious little new-born, 18/24 I bought the beautiful jogger in grey.

S Oh yes, awesome colours. And do you know what I like about it too? They've got a few like really trendy prints, but they really stick with the classic look. So, you know, you can easily mix and match without it looking too like weirdo.

P Pact makes clothes in adult sizes too. So if you want to shop from head to toe goodness for the whole family at [wearpact.com](http://wearpact.com), use the code **Trim Healthy** to get 20% off your first purchase. So you're taking inexpensive to even less expensive, people, with the Trim Healthy code. That is wearpact, W E A R P A C T. com and the code. You know it now. It's Trim Healthy.

S This is the PODdy with Serene.

P And Pearl.

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

[00:41:59]

P There's this big stereotype, and this is for younger men and older men, the younger men may not need it as much, okay. But maybe if you're over 30, over 35, definitely over 40, definitely over 50 and definitely over 60. Okay, there's this big stereotype, especially in Christian circles, that men... And, yes,

sometimes it's true that men are the ones, and I'm talking about many facets of being prime as a male, but let's talk about desire and interest in the marriage bed, right. There's this big stereotype that husbands are the only ones that want it and they chase their wives around and she sort of oh gives up every now and then and lets him have some sex.

D Gives up.

P Okay, there's a lot of women just wishing that their husband would chase them round the room for once.

D Yes.

P Okay and I hear from these women.

D Yes, we're hearing from them, yes.

SG The unchased.

D You ain't hearing from my wife.

P The unchased women, and let's just say this is really helping and we're hearing that.

S So, you know what, this is the perfect combination to the Trim Healthy Diet which helps lower that blood sugar.

D That's correct, yes.

S And then if you need something to just... This is it.

[00:42:57]

P But it's not just desire in the bedroom too. It is assertiveness. It's getting your mojo back. It's a little bit of energy. It's got some great adaptogens in there, that ginseng.

S Well ashwagandha is an adaptogen as well.

SG It is, yes.

P And for energy and so... Now, some men want to take this in the morning. Some men will be fine to take it at night too, but some may want to take one of

the more calming ones like just the 450 CBD at night if they find it's too stimulating. But some of them do find that it's not and they can sleep with it.

SG In our test group we are finding that the guys typically like taking it in the morning because it gives them so much energy for other things.

[00:43:34]

P Yes and then maybe in afternoon rather than at just before bed.

SG Exactly, yes.

D So I have to ask, the Masculine Prime is currently a sublingual tincture.

P Yes, it is.

D And it is stimulating or...

P It is stimulating.

SG It is mildly stimulating full spectrum also...

D So it wouldn't make me sleepy like this is?

SG No, it wouldn't.

P Probably not because of the herbs in there that are...

D Oh, it's got a balance.

S You don't want to be sleepy if she needs to be chased around.

D I want to party. I want to samba.

P All I'm saying is we will be making all of these as creams too as time goes on.

SG We are twinning these, yes.

D Another question, is it for sale right now?

[00:44:09]

S Oh, creams.

P Danny, I thought you didn't need it?

S Creams are going to be great. There's going to be a Masculine Prime cream.

P He's asking if it's for sale. And he's no but Mexican men don't need it.

SG Not for me. I'm asking for a friend.

D But is it for sale in like our national store?

P I think this PODdy is going right before it comes on for sale as this is released. Just wait a few days, that's the hope. No dates.

D Oh, no dates. But it's currently not then.

[00:44:33]

SG However, guys, if you use Masculine Prime you will get a date. It just won't be with us.

P Okay, I do want to say for all the people, listen, let's just say that you're over 50 and your testosterone is completely tanked at 200 and it needs to be at 1,000. Let me say, it is still a good idea to go to a bio identical doctor and get it checked and actually maybe you're at the point where you actually need some bio identical testosterone. The Masculine Prime can still go in there and be a fabulous, fabulous booster.

SG I would never contradict the Pearl. I would just say yes to that and also if you find that you're getting good pop from MP, from the Prime, you could twin some of these herbs in a capsule like the Ashwagandha. You could also...

S Or my Spuice.

SG Yes, exactly.

P Yes, in your spoos.

SG So, but yes, all true, all accurate. Get well. Get your mojo back.

P Exactly because women need their men with their mojo and a man needs his mojo.

SG You know what I love? Somebody said be so much of a man that your wife doesn't go looking for another man.

P I'm telling you.

SG To do the man things and that means defense, that means leading, that means prayer, in the bedroom, anywhere, be the man and the Trim Healthy Diet is perfect for that. Lower your blood sugar and get amped up and be a man of God.

[00:45:46]

D I want to say on a man note too, because you know first impulse with men is often to be in denial and reject things...

P Yes, that's true.

D ... that seem to be like a crutch for you. Like I'm man enough, I don't need that. But here's...

P Ain't no Mexican man need that.

D Yes, but here's an argument I would make to that.

S Your first defence.

D Yes, I mean because that... Right, that's like me rises up, like I don't need no help there, I'm good, right. But here's the thing if you are experiencing those, you know, low T or whatever. I'm sure when I'm like 108 I might possibly...

[00:46:20]

P Yes, maybe.

S He's just talking for a friend.

D ... be able to relate, but I'm just saying if you are like I would say that it's not because of a flaw of yours as much as it is a flaw in our... What do you call our food cycle and the way...

S For a man.

P There's many things. Can I give you...

D Like nobody eats right anymore. Nobody... Like our foods are lacking in nutrients.

P Can I back you up?

D Yes, go, go.

P Okay and this is going to be quick because we have to get to the others before we finish. My husband experienced at 50 and he's 15 years older than me, when he was 50 experienced extreme low energy, mood swings, many things, I mean all the issues with a man with low T and I'm like it's low T, I know it, I know it. He was just this way, no I don't need any help.

D Right.

P I'm not going to see any doctor. He resisted. In the end I made an appointment for him and I dragged him to the first doctor that said and tested him, oh he's in range. It was the range was like 300 to 1000 and he was like 322 or something.

D Very low.

[00:47:16]

P He's in range, we're not going to do anything. So I made another appointment.

S But everybody's range is different I reckon. He was meant to be somebody who... You know, because he naturally ran on a higher T.

P My husband, I know what his personality is like and he was a very... You know my husband. He's very assertive, okay, and he was just listless. So, I dragged him to another one. I just wanted a... I needed this for our marriage, okay. And he's like... I don't know, he's like I don't even know how you're doing what you're doing. Your T is so low. We're going to make you feel so much better this doctor said, like night and day. Put him on testosterone. My husband has been on testosterone for 10 years now. Discovered it was from something called an Adenomyoma. They looked at his brain and it's a benign little tumour...

[00:48:00]

SG Oh, wow.



P Which causes T to go down and which causes some other hormones like prolactin to go up. So there can be many reasons and, you know, he was just living with that if we hadn't discovered that. So, yes, he's been on testosterone. I have my man back.

S Don't feel weird for Pearl talking to these men about hormones, because she talks to her dear own father about...

P I talk to my dad...

D And that's always interesting.

S She's got them all on it.

SG There's one little tech thing I have to say and that as you age as a male the refractory period can drastically... The gap can get massive. Like maybe you are able to get intimate with your wife on a day, but maybe you can't again for days and days. And as you get older it gets... That period gets longer...

D That lengthens.

SG It does and you just can't rebound and that's something we took into very careful consideration with these herbs. We wanted to decrease that refractory period. You know, if you're going on vacation with your wife and you've got one chance at happiness, come on. I mean...

P You want a romantic time and it should be a romantic time.

SG Yes, yes, and you don't want the pressure and the stigma and the condemnation is bad.

[00:49:01]

P I know and I think as we get older it's okay for us to realise that these things happen and we're not 18 year olds. And so there's patience and there's love and there's helping each other through both female and male.

SG Right on.

P I mean because female we have issues too as we get through this time, but I think if we can both just be open, talk, converse and...

S This is when it becomes fine wine, people.

P Yes, this is when love and passion becomes fine wine. Guess why. Because it's being tried and you go through the trials and you go through the fire and you come out and you're refined. And so you're not 18 year old rabbits, but boy it's beautiful.

[00:49:37]

S It's way more beautiful.

D We've got to use the bunny analogy?

P Bunnies.

D Okay. Why not?

P Hey, okay, next. Next.

D Just saying.

SG Okay, so obviously very excited about the ones we've mentioned. The Heavy Hitters I think deserve a little bit of airtime. The full spectrum Heavy Hitter is just an amazing very dense, very rich hemp offering.

D Now this is the third product we're talking about.

SG This is and this is the one that you tried in the office.

P This is the most potent, there's about 3,000 mg of hemp extract.

SG Correct.

S And because it's full spectrum it's the most drenched in cannabinoid.

SG And it is drenched. Cannabinoid. Roll the R, drenched.

D I just call it Heavy Hitter.

[00:50:21]

P Okay, there's two Heavy Hitters. One is full spectrum with the THC. One is CBD only because at 3,000 mg you're getting quite a bit. Now here's the deal, it's not cheap. It's not cheap for us to make. We understand it costs a lot of money, but it is for those fighting huge challenges in their health. So when

Serene's son was fighting his cancer...

S Full drop at morning, full drop at night.

P He took this Heavy Hitter.

D The Heavy Hitter.

P When people are fighting extremely...

S And as much as it's a Heavy Hitter, I put my three year old on a full dropper a day.

D No way.

[00:50:51]

S Half in the morning, half at night.

D Okay, it's that safe.

S It's not he was fighting disease, but he just was... He had teeth issues and I was trying to keep infection away until I could get this appointment with [over talking].

P So even though it's very potent, very potent Danny, it's also very safe.

D Okay, is this what I tried?

SG It is.

D Can we say the name that we wanted?

SG Be Danny. Be Danny.

D He gave it to me and I tasted it and I was like, because we were like should we sweeten this, should we change the taste and I was like do not. I want this taste. Because it tasted so powerful and medicinal.

P Yes, that's the... That one is the full spectrum.

D So he goes... He puts a drop in my mouth and as it drops out of the dropper Scott says two words. Liquid Roach. And I was like yes, name my band Liquid Roach if we can't name this product Liquid Roach.

P It tastes very weedy.

[00:51:38]

SG Sorry, I do have a past, but I'm redeemed now, but boy did it taste like Liquid Roach.

P I actually love it.

D I love it, yes.

S I have never had marijuana.

P I've never tasted marijuana in my life, but I find it because it's very dank, it's very strong. You're going to have to put your big girl/boy pants on to do it.

S That's right.

D Yes.

P But if you're fighting something.

S Hey, if you can eat a Yuck Yum it's going to be delicious.

D Dude, it will put you to bed. This makes me drowsy. That put me to bed without choice.

[00:52:09]

P Well, it doesn't do that to everybody, Danny. I'm just...

D Okay, maybe not.

P Your particular body, but you could take that before bed.

D I'm a little guy.

S Arden, he got energized. He gets energized at night. So when he's taking that full dropper he has to do it more in the afternoon if he wants to sleep that night.

Or sometimes he just alternates. He does two days... Like one day he'll do it morning and night, the next day he'll miss the night time and then the next, because he knows he has to take that amount, but he just can't sleep well.

P If you can't take the weedy flavor we have CBD only with the 3,000 mg.

SG And it's just coconut oil.

P It's beautiful.

SG And it just tastes like coconut oil only, but it's just as strong with CBD.

S Well it's probably the MCT version of the coconut oil, meaning it's probably got no taste, right.

SG It is. Correct.

S Silky.

SG Just silky. Exactly.

[00:52:46]

P So, you know, think of some issues like that you... And maybe you don't want to do conventional medicine or maybe you do but you need a side helper that's going to help your body win.

S A lot of people take CBD along with chemo and along with different things.

P Things like this.

D Oh, let me tell you something it's so good for.

P What's that Dan-Dan?

D I'll admit it. Anxiety.

P Oh, yes, yes.

D I have fought anxiety and I know. Scott's looking at me like are you serious. I know I'm the most positive person you'll ever meet.

[00:53:14]

S I know, he's wearing a Hawaiian floral shirt.

SG Yes.

D Anxiety is deep. It's bigger than personality.

SG Anxiety is scared of you.

D It's bigger than personality. It's you can be positive and you can be the encourager and the counsellor in your circle or whatever and then you go and lay on your bed at night and all of that comes up. And I could tell you that CBD products have greatly helped that.

S Do you know why I think it's bigger than that?

SG I would think anxiety would run from Danny.

S Because it's bigger than a personality and I'll tell you why. Personality just comes from you. The Bible calls it a spirit of heaviness.

D A spirit of fear or whatever, right.

S You know, and so... Yes, spirit of fear, spirit of... It's something that can come on people. It's not even part of their genetic makeup personality.

D No, it's heavy. It's heavy. And we had a lady write in that was talking about how like her chaotic... She has a lot of kids and the chaotic sounds of her house can make her like full on PTSD, like just kind of snappy. And that's something I can actually relate to is, you know, I found myself in the past, you know, just hey guys everybody, everybody be quiet, everybody... Just trying to quiet everybody down. There's a time for that. But I was too PTSD about it and that's an anxiety thing and I wasn't in touch with some of my anxiety issues.

[00:54:20]

SG So this will... So it calms your sensory.

D Yes, it just kind of takes that edge off of like... Of that and helps you get into a state where you can put it... You can take a mental picture and go I have the anxiety in my hand, in a little box and I now put it on a shelf and I throw that shelf out. I don't need that and it doesn't help me.

S And I just quote scripture over it because it's takes that spirit, it beats it out with the Holy Spirit.

D I can say for me personally that's actually better because then you...

S But God wants us to put the fig poultice on the eye too.

[00:54:46]

SG Yes, that's right.

S So let's take the CBD.

SG Well I am a self diagnosed world's worst over thinker, Pearl.

D Yes.

SG I mean like whatever's going on...

S Hey, you want to... Well I don't want to like relate.

SG I'm terrible.

D Which is a form of anxiety, over thinking.

S Because then I wanted to know what that really was.

SG I do. I do.

D We all struggle with this.

P I know you are, Scot, because whenever you come to me and give me a new product you're like I was up all night and I was thinking about this.

SG Yes, I know.

P And I couldn't sleep and at three in the morning I had this idea, Pearl. And I'm like, Scot, why aren't you sleeping.

SG Yes and sometimes... And actually no one knows this, but Serene and Pearl shoot down all my dumb ideas too and there are lots of them, the three o'clock-ies.

D They shoot down your good ideas.

[00:55:16]

SG They do?

S Any song you write at three o'clock in the morning...

P It's terrible.

S ... you think it's fabulous. You wake up in the morning you're like oh my...

SG But the CBD for me personally, for me, I don't go to bed over thinking anymore.

P Yes.

D Yes, man.

SG And it's like so I feel like you feel, Danny, I've gotten something I didn't expect to get from all this.

[00:55:34]

S Well it's got to be the whole man, you see. Treat the body, the soul, the mind, the...

D Yes.

P Hey, but we're at 50 minutes.

D Let's do it.

P We did it. We managed to cover it all.

SG Do we need to just give the names one last time?

D Yes, please.

P Let's go through the very... From the very beginning. We've got...

SG So the Heavy Hitter.

P Well, let's start with Feminine Balance.



SG Okay, well Feminine Balance, obviously you all like that.

D Flagship CBD product.

SG That's the flagship. That's our girl. She's the queen.

P She's the queen, okay.

SG She's amazing. And then the Masculine Prime is the new one for the guys.

[00:55:58]

P We have Mum and Dad covered, okay.

SG Mum and Dad. For the children and for teenagers and anybody else that just wants to Chillax, we've got...

P Or you or some of us need that.

SG For Daddy, for me, yes, I'll take it too. The Chillax is going to be launching in a tincture like the Feminine Balance and in a topical. That's our first topical.

P The Chillax is the first topical, yes.

D And would that be good for ADHD, ADD?

P Oh, yes, Danny that's what it's for.

D Autistic spectrum.

[00:56:21]

P That's what it's for. Children who can't concentrate and for Danny-boys.

D I was about to say I'll be stocking up.

P For Danny-boys.

D Thank you.

SG And then starting on the bottom we've got the 450 mg Pure and Classic.

P No THC.

SG No THC. It's just 99% plus pure isolate.

D Pure and Classic.

S And you know what you could do with that one, actually you could do it with any of them. You know, if you're a man you could do it with...

SG And that's the maintenance one.

S Masculine Prime, whatever, but for children you wouldn't want to put them on Masculine Prime, but if you have anyone with teeth issues, inflammation of the gums, any cavities going on that you're trying to like prevent from getting worse until you can make an appointment. I brushed Remi's teeth with CBD three times a day and the doctor who finally did the surgery he was like I can't believe, I was expecting way more abscessing when I opened everything up.

SG So that's like a... That's like fuel our coconut pool on steroids.

S On steroids, because CBD is so anti-inflammatory [over talking] and so anti infect, you know, bacteria and...

[00:57:19]

P What's the next one? Our two Heavy Hitters?

SG So the two heavies are the ones that are left and that's...

P Okay, speak into the mic Scott.

SG The two Heavy Hitters are the last two and they're...

S Oh and the Classic you could rub on your face too for acne and for different things.

P Oh and let me say about Chillax topical, it's a fabulous moisturiser too on your face.

SG Oh, by the way, it's in the extra mild base, so everybody can use it.

D Extra mild cream.

[00:57:39]

SG There are no essential oils, so that means...

P I know, so...

S Hey, I want to get my tester back. I gave it away.

SG It's the one. I'm sorry, I'll get you one, yes, right away.

P I do want to say as we're finishing I'm going to take 30 seconds to say this. We've developed this Trim Health Hemp family...

S Your skin looks great. Have you been using Chillax on your...

P Thank you, yes I have.

SG She's glowing, radiant.

P This whole Trim Healthy Hemp family just because we've seen so many, you know, results, but as we talked about at the beginning the government is not being kind to people that are selling CBD. We don't know yet, but at some point we may have to put our CBD products on a whole new website called Trim Healthy Hemp and change them from where they are in our Trim Healthy Mama website. We don't know yet because certain gateway pathways where you do your credit card, they want to charge more and they want to put you on a certain thing with pornography people. I'm not really understanding it, but it's... Do you understand it, John, because you're the one who told me about it.

D They're just kind of distancing themselves.

SG Give them a microphone please.

P I just said pornography and hemp together, so please explain.

[00:58:37]

D Yes, that just threw me off.

SG Can you technify that please?

J Hey, so what's happening is good, bad or otherwise hemp, anything cannabis related is, as Scott alluded to earlier, it poses a threat to oil companies, it poses a threat to the pharmaceutical companies who are owned by the oil companies. There's high level banking involved. There's textiles. There's fuels. I mean this

one particular plant family disrupts a lot of business. And all of a sudden with all of these states in various forms of legalising this stuff, they're not making it easy for people to sell. And it's kind of the wild west out there right now. There's what, five states that have full on legalisation and many more coming on board and there's a lot of tax money. Everybody's trying to make a grab. What's happening right now is the credit card companies, Visa and MasterCard, are considering, and again these credit card companies are also owned by the same banking institutions that own the oil and the pharmaceuticals, blah, blah, all that. They're just making it more expensive. So we don't want to cause all of the Trim Healthy Mama products to go up in price. So we are considering moving just the hemp products to their own store, their own website so that we can keep our Trim Healthy Mama product line priced as it is and we'll just see what happens with the hemp stuff as the lawyers and bankers figure it out and make it rough on the rest of us.

[01:00:09]

D The Illuminati, if you're listening the voice you heard was not mine. That was John.

SG Send all hate mail to...

D Danny is fully in support of whatever you guys come up with, because we know you love us and care about what's best for our families.

P Oh, sure.

D Hey, thank you for listening to the Trim Healthy Podcast, yet again we're so glad you tuned in and the herb of the field has been the topic of today. We hope you get you some of that goodness and we want to give you more goodness on the Trim Healthy Podcast in podcasts to come.

[01:01:30]