



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #128 - Holding Pee and No Whales What do those have to do with Losing 30 Lbs?**

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*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

[00:00:00]

Announcer An interesting creature inhabits the flat arid plains of many an automobile dashboard, the bobble head. It's most agreeable and will nod along to anything, despite having no brain function. But when the bobble head hears how GEICO not only saves people money, but also gives them access to licensed agents 24/7 online and over the phone, he'll nod even more vigorously, because he knows you should switch, because, yes, switching to GEICO is a no-brainer. Easy bobble head, easy, you're going to get whiplash.

S This is the PODdy with Serene...

P And Pearl.

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

D Women and men, boys and girls it's a great day to be alive. On the Trim Healthy Podcast with Serene and Pearl and it's story time today, from what I hear from these lovely ladies.

P Hm-hm.

[00:00:50]

S Yeah mate, it's story time.

D What are you going to tell us, what do you have for us?

P Stories on steroids. Well, you see, Serene and I went on a little venture with our husbands, we had never done this, apart from any work thing, okay, aside from work, because we went to Guatemala to source coffee and chocolate and all that, but that was a work trip.

S Yeah, we had places to be. We had time schedules and all that kind of stuff.

P But, Serene here, you know the story of how she saved my family's Italy trip, you know, I told the story how Serene got us those lost passports back, so we could be together. And so when that happened and we found out that it was Serene's lunacy that did it, my husband said I am taking her on a trip.

D She's the secret weapon.

P But I said, no it's PARCOR, you know, it's just what you do as a sister.

D Parkour, that's like a running and jumping...

P What are you talking about?

D Do you mean par for the course?

[00:01:47]

P Par for the course, yes.

D Okay.

P It's the shortened version.

D Yeah, parkour is a little different than that

S Yeah, yeah it's part of the course.

P Oh, that's great. No, but and so he kept his word, Serene's husband, you know, he's nearing the end of the manufacturing center and he was very stressed and Charlie's just, like, we're taking them for a weekend, okay, we're basically not even allowed to talk about Trim Healthy Mama, just the two couples.

S A little treat for Pearl and Charlie, but Sam was going to become a lunatic after the manufacturing center.

P Yes, we thought let's take them away, let's just, like, have a big chill out weekend, so we decided to go ...

S Because Sam won't take himself away, you see, he won't.

[00:02:24]

D Oh no, I know Sam.

P Charlie and I will take weekends but Serene and Sam will not, unless they do their anniversary and they go to a B & B and stay with...

D And suffer.

P Suffer.

S Stay in single beds when staying in the B & B.

P We though, no, we'll just make it real nice for them, a first-class trip. So, Serene, let's talk, this, by the way this is not just a story for story's sake.

S There's a point.

P This is an allegory.

D No, people, this is the Trim Healthy Podcast, we've got meat for you.

P Yeah, we've got meat and let's just...

S This is your appetizer.

P This is your appetizer, but there's going to be a reason for all of this. You know how you, the fables when you growing up and you learned in school and then at the end there's a lesson.

[00:03:06]

S Exactly.

P Well, there's going to be a lesson, but you have to hear the stories first.

S Okay, so all of a sudden Charlie's like, oh no. And I'm like, what oh no, he's like, oh yeah a bit of traffic, we're on the way to the BNA airport. And we're like, oh yeah, it's going to be 10 minutes, you know, just 10 minutes slowing us down, but nothing big. Well, it's just, like, a traffic jam that just would not stop.

P Okay, can I give a better picture, you didn't do very well.

S But just wait, I'm setting it up.

P Let's set the scene properly, we're on the freeway, Highway I-40, we're all talking and having a blast of a time, okay, but let's even take it back further, I thought, well it takes an hour to airport, I'm not going to go to the bathroom now, I think I can wait an hour.

S And I was drinking, like, a liter of Spuice.

P Okay, so that had to set the scene, this is part of it Danny. So, we think, okay 10 minutes back up traffic, it's going to clear soon, half an hour back traffic, my

husband's starting to not have a good time. Only looking at his watch and the road and muttering things at this point.

[00:04:14]

S And Pearl is calling Lesley here and she's like, listen it's, she lives out there where this traffic jam was and she's like, no it's all the backed up to my exit, there's a big semi-trailer that's been, like, gone sideways and it's flammable gas, they're evacuating a five mile radius of the site.

P So, we cannot get through, we're at a standstill now for over an hour, an hour and a half, we realize okay we've missed our plane.

S And we are more concerned about the people in the accident, just to let you know, we already had the very sad moment, but then we found out that they were going to be, we looked up and the one was safely life-flighted and it wasn't fatal and all kinds of stuff.

P You needed that, so you can have a happy with us Danny.

D Yeah.

S Yes, because we were going to go there to the loo and you have, you have to know that we, we care about serious things.

P So by this time, an hour and a half at a standstill.

[00:05:07]

S I'm busy saying, I'm getting desperate guys, I'm getting desperate and we're basically not moving at this point. My baby's screaming, so I've got her out of the car seat, sorry don't simulate this please, this is just survival okay. She's on my bladder, sitting on my bladder, the baby, just jumping and having a fit and I'm like, I'm really getting desperate people, I'm desperate.

P It got bad. We tried to get onto the, you know how you go, if there's a traffic jam you go onto the side and try to, you know, get through, no that's jammed up too, they're not letting you go anywhere.

D But you're special, every time...

P Yeah, we're like, hey.

D No, any time there's something that all the masses have to surrender to, somehow I'm above it and my wife's having a heart attack the whole time.

S We said, listen men, what would you do if one of us was in labor or one of us was like, it was an emergency, you'd go up the side, so you need to go up the side.

D Oh, so you're motivating the guys?

[00:05:49]

S Well, I'm busting.

P Serene and I both got to the point where it so... And I'm thinking, are these people robots, do they not have to go like us, it was pain. Okay, so...

S Charlie Straight-Pants is the driver, that's Pearl's husband, right, he does everything right and everyone is an idiot who doesn't do it his way, right. I said, Charlie I'm sorry, but this is what I do in an emergency, I have my empty Spuice bottle here, I'm busting. I said I'm going into the back seat and I'm going to put the car seat as a little, like, barricade between you and me. And I said, Sam put some country music on, it's Charlie's favorite, he's a country guy, and I said I'm just going to try to tinkle in the Spuice cup, okay, I'm just going to try and do it, because it works for me.

D How big, about how wide can we estimate the mouth?

S Salsa jar width.

D About a salsa jar?

S Yeah.

P Okay, so let me tell it from here. My husband just gets this interesting look on his face and he just looks downwards, right. And so Sam tries to put the music on his little phone, but it's not loud enough, okay, so all gets, it feels like, it feels like crickets, and all we're waiting for is the tinkle-tinkle-tinkle of Serene. And I'm waiting for the ammonia smell to fill the car.

[00:06:54]

S But guess what, nothing is happening and I'm really feeling betrayed.

D Because of your nerves?

S No-no, my body betrayed me.

P Underwear is down, but she's shielded, but can you imagine.

D How are you both though?

P I'm in the front seat, she's in the very back, she went into the trunk.

S It's a Suburban, this is a Suburban.

D No, I mean, how are you...? Go ahead.

S But listen, there's trucks all around me. Look, I'm a bit of a professional at this, because my husband does not like to stop and I'm one of those light bladders, just a little bit.

P Light bladder.

[00:07:23]

D Serene, like, I'm your brother right now, yeah.

S And I'm always drinking Spuice. So, I was like, but body why are you betraying me, because we've done this before body, we know the ropes, we know that this can work in an emergency. And it's just like tipping a bit of pineapple juice out the side, no one knows, nobody's hurt.

D Little pineapple!

P But I was trying to figure out what she's going to do with the salsa jar of Spruce pee. Like, my husband has to see it.

S No, he doesn't have to see it, I was going to open up the back hatch and all that kind of stuff.

P Alright, we wait for 20 minutes for the tinkle.

S No a half an hour and I'm in agony, because the worse thing is, I'm wanting to get out of the agony and my body says not with Charlie Straight-Pants around. It refused to obey the command.

D Yeah, yeah Charlie was, like, submitting your bladder.

[00:08:05]

S Oh and the country song was just repeat-repeat-repeat, it was like, and I said to Pearl it reminds of the time when I had to get a drug test to adopt, I can't remember the song, yeah, but anyway...

D God knows I'm a lucky man. Anyone would fit, right.

S But anyway, so I remember having to take a drug test and, to adopt the children, they had to make sure I wasn't a criminal, and the lady was standing over me to take the pee test, because they want to make sure you're not switching somebody's pee around, you know. But that's another time in my life my body betrayed me, it was two hours, I still couldn't pee, and I was in agony, busting and desperate, my body said no with the lady standing over you, that's gross. Well, the same thing with Charlie Straight-Pants.

P Okay, so by that time I'm also desperate, I'm to the point of pain, I kept envisioning myself doing the salsa jar, but I had nowhere to go, because she's already taken the trunk doing it.

D But you would have?

[00:08:54]

P What, am I going to have to do it up the front, and I was trying to...

D But you would have?

P Yes.

S People have had to do that in emergencies.

P Serene said, here's a diaper Pearl, you pee on that and I'm like, Sam's right behind me, how can I take my underwear down.

D You know, something that people don't realize, diapers are highly absorbent.

S They are.

P So, you've tried them?

S I've never tried it, but I've heard.

P I would have done it.

D No, I've just seen Serene's kids' diapers hanging off of them, dragging on the ground before they get...

P I would have done it if only my husband was in there, but Sam was right behind me and I just couldn't. So, we're like, stop the car, I'm like, Serene you and I are heading to the woods, we're going to run in front of all these, you know, tractor trailers and we're just going to go into the woods.

[00:09:33]

S But it wasn't nice side of the road, it was thick, dense...

P And we had to go down the ravine.

S On the side of the highway.

P And right up this other ravine.

D What a treat it would have been to see that on the news, famous authors Serene and Pearl caught streaking.

S We're not streaking, man, we're just, we're running.

P We're running, we're, like, holding up our hands, like, stop, we have to go to the bathroom.

D But you could go to jail for public peeing.

S I had a little piece of a serviette, what do you call it in America, a napkin, in my hand, so people knew, I think, what was going on.

P So, people knew what we were doing. So, we ran, people watching us, ran up the side of the ravine, through into the woods.

[00:10:03]

S I've still got scratches that I never felt.

P Me too, we were so desperate, we tore, it was thick gorse bush, we just tore through the thorns. And I found this perfect tree, man, and I just love that tree.

S And I found a perfect tree.

D PARCOR.

S Yes.

P And it was the best feeling in the world.

S I singing the hills are alive with the sound of music.

D PARCOR.

S It really was.

P Then we ran back and they all watched us come back and we're, like, lifting our hands in, like, celebration.

S And giving a thumbs up, like, you can do it too, we checked the bathrooms out, they're fine.

D They're fine.

[00:10:32]

P Oh, so we missed that plane.

D No-no-no, you missed the plane?

S Yes we did.

P We missed the plane, we got another one.

S And guess what Charlie Straight-Pants likes to go firsties, you know, he's in his seniority years.

D Oh, he'd take charge all day, yeah.

P My husband.

S He's like, I've done years and years of uncomfortable trips, he's like, I'm old enough to do nice seats.

P He wanted to take Serene and Sam first class, because they never do that.

D And that was going to happen, yeah.

S But it didn't, because we missed our plane.



[00:10:54]

D Oh, so you didn't....

P We were all pushed to the back of the plane in plebianness, but it's okay, the story just keeps getting better.

D Hold on, let me look up plebian while you continue, go ahead.

P It keeps getting better.

S It's up there with parkour, it's in the Ps, right next to parkour.

D It's in the Ps.

P And always just remember for those, you know, who don't want to just listen to us going off, there's a method, there's a reason.

S But you have to stick around.

P You've got to stick around to hear the lesson.

D Plebian is a commoner, right, go ahead.

P Okay, so we get there very late, we get at our hotel and this is Portland, Maine.

S Beautiful, by the way, we get out of our taxi and the smell hits you, beautiful, like fishermen have been around for centuries, you know, it's a great fishy smell.

[00:11:33]

P Oh, we were so excited, we go into a lovely, what was it, Hilton?

S Something.

P Hilton Garden, lovely.

S Lovely.

P Okay, really nice.

S Charlie and Pearl have paid for us, the kids, the whole deal.

P Yeah, we were doing it good for them. We all get into our lovely motel rooms, we all head into a lovely sleep until... 3:30 in the morning.

S This is an emergency, this is a emergency, do not take the elevators, there has been an emergency in this building, everybody evacuate immediately. So, I think, immediately, I think, I've just got to get the closest piece of article I can find, I've got my nay-nay tentn, stuck it on like a skirt, no shoes...

P And that's all she's wearing.

[00:12:12]

S And I grab the baby and I'm like, Sam, we're going now, the building's probably on fire. He said...

D Your skivvies and a nay-nay only.

S No, I mean, I had a little singlet, a shirt, you know, I was decent, I'm a moral woman, but I wasn't going to look for, like, clothing.

P Okay, let's tell the truth.

S No bras and stuff, but we found out something about that.

P Okay, she runs...

S Unless you're an American and sleep with one, but anyway.

P Okay, so what happened was I wake up, it's loud, it's scary, it sounds like there's been a terrorist bomb or something in the building, it's 3:30 in the morning, it's do not take elevators, evacuate now, everybody out, like, through the whole building.

S And I've got my nay-nay, the door is open and the baby is hand, and Sam all he has to do is take of himself and he's, like, looking, rummaging around, looking for, like, special things he wants to save from the fire.

D Yeah, he's getting his charger and his iPad.

S Yes totally, he's getting himself, like, connected.

[00:13:07]

D Totally.

P And while she's doing that, I...

S Lacing up the special shoes.

P I'm like, who cares about shoes, I'm like, I just put on the least thing, I was just wearing a t-shirt, I thought...

S No, you've got bottoms on.

P No, but I thought I wouldn't, Serene, Charlie made me, because I'm like, this is saving my life, who cares about bottoms, I was going to run out in my undies and t-shirt, no shoes, he made me put on bottoms and shoes. But I'm thinking, I was literally, I'm like, Charlie come on, I'm like, why do you have to wear a shirt, you're a man, come on, don't worry about a shirt.

S Yes exactly. And I'm running past people down the stairwell, because I'm, like, I see that I've got the only baby and I'm, like, babies first, you know. I'm a gazelle, I'm, like, you know, leaping, I'm not touching every step, every fourth step.

D And the person, that's funny, because everybody's thinking whatever they have, they're first, they're like, oh excuse me, gout people first.

[00:13:58]

S No, I wasn't pushing by the way, but they were...

P It wasn't like that, okay. So, here's what really happened, I had to wait for my husband to get fully dressed.

S I don't wait for mine, I say, sorry, the baby, and he understand.

P Tucked in shirt, I'm like, what, there's been a world-class emergency here, you're tucking in your shirt, he gets out, this would be him, okay, if he was in the 9/11 all would have gone, he's like, no Pearl, let's everyone go in front of us, he's like, no let them go Pearl, I mean, he's a good, I found out how good my man was, okay.

D For sure, yeah, he'll go down with that ship.

P He was going to go down, he was willing to go down.

S Well, I found out how calm my man was, he's, like, Serene, and he gave me a big lecture afterwards. You know it's those that rush, that rush to their doom, you have to be calculated, you have to think where, listen we're in a concrete building, if it was in flames, the flames aren't in our room, we're contained, now you could have opened the door and got the flames gushing into yours and he...

P But everyone, everyone, it was very congested in the stairwell, okay, but everyone was being very calm. We were the last ones to basically come and I'm like, I hope Serene and Sam are alright, I hope Serene and Sam are alright. Everyone was going very slowly down the stairwell.

[00:15:02]

P I just wanted to run, like Serene, I'm thinking, man I hope they're out. So, at any moment you think you're going to be stopped, that there's a fire on a level and you're way above it, you know, that's what happened in 9/11. But there was, we got all the way to the bottom. Man, when you saw that door, Serene, did you want to kiss it?

S Oh, I wanted to kiss it.

P We got to the bottom, everyone was very calm coming out, I didn't even have my shoes on properly, I saw Serene down the bottom.

S Bare feet with my nay-nay, bare feet with nay-nay, but people had glasses on, they looked more put together than at the breakfast table.

P We checked, all the ladies were wearing bras, Serene and I were the only ones without the bras.

D But you guys are like foreigners though.

P But we were like, why put it on when you might be dying here.

S Yeah, people looked like they put their contacts and all kinds of things.

[00:15:50]

D Got their makeup on.

P Everyone was being very orderly. And then so we got down and we realized, so all the fire engines came and then we realized it was, I don't know, some light was flashing in a room, it was...

D Someone pulled the fire alarm maybe?

P Something like that. So, we all filed back in, it was fine, but I've never experienced such a thing.

S I tried to get to the bottom of it, I did, the next morning I'm like, so tell me the deets, like, so really what went on, oh no just a false alarm, and I'm, like, yeah, but what kind of false alarm, you know.

P They were hush-hush.

S We went out for breakfast, we came back quite, like, early noon, you know, we'd spent a few hours just relaxing. And, again, fire engines and everyone was evacuated, at the same building. We were freaking out. But then we went on the tour, we'd just come from a tour, that's where we were, a Duck tour right, and...

[00:16:40]

P Have you ever been on a Duck tour, they tell you the history of the town, it's great?

S Dugan was our dock tour guide and Dugan said that this, this...

P And you've really got to know what Dugan looks like too, because his name is Dugan and he looked like Dugan.

D Does he look Crocodile Dundee?

P Dugan the duck.

D That's what I'm picturing.

S No, he was more like half Irish Jewish looking, very intelligent...

P He was great.

S Great man. But he said that the town had been four times burn to the ground. So, I think it's PTSD, that's what I think it is.

D These people are scarred.

P And we, we asked the lady at the breakfast, we said does that happen a lot, she said I've only seen the fire engines there a couple of time in the last couple of weeks.

[00:17:18]

D Only a couple?

P Yeah, we were like, oh, because they've been there twice in the last 12 hours.

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 We're so happy to talk about Butcher Box again, you know, partners in the food world have to be like minded and Butcher Box, they get what you care about and what Serene and I care about, which is quality, which is where are you getting your meats from, which is I don't want to feed my family junk. Butcher Box gets this and their meat tastes amazing.

S There's nothing like the taste of really high-quality meat, it really does taste and make your meals that much more yummy.

P Let me talk about the chicken for a minute, because the chicken from Butcher Box, it is free range, these chickens are running around doing what chickens should do, and that matters. The farmers care about what their chickens are doing, and that matters.

[00:18:24]

P And you can tell in the taste. I love that the chicken is all separate and so you can take just as much or as little as you need and you can create a meal for just yourself or for your whole family. Anti-biotic hormone free, this stuff is incredible. So, this month Butcher Box is offering free bacon for life. Sign up now and you'll get one package of the best tasting bacon free in every box for the life of your subscription. People that's for the life of your subscription.

S Free bacon?

P Yeah-yeah-yeah, people can get free bacon.

S Yeah, it's like Christmas.

P Butcher Box bacon is uncured, it's nitrate and sugar free, you get that, most other bacon it has some of that trace sugar in there. Right now new members will get a package of bacon for free in every box for the life of your subscription.

Plus you get \$20 off your first box. To receive this \$20 off your first box, and a package of free bacon in every box for the life of your subscription, go to [ButcherBox.com/trimhealthy](https://ButcherBox.com/trimhealthy) or enter in trimhealthy at the checkout, go now, this is a limited time offer guys and it's for you guys, you Trim Healthy mamas.

[00:19:38]

S This is the PODdy with Serene...

P And Pearl.

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

S So, this was not really, kind of, how we imagined our holiday to be, you know, we were, couldn't pee with Charlie Straight-Pants, running up and down ravines, getting scratched up and losing our first-class seat and losing our... You know, and then just having to be woken up at 03:30 in the morning. It was all fun adventures, but...

P And two evacuations from the hotel, and then we realized, we thought we'd come to this little town, we had this vision for our weekend, it would be something completely different, okay. So, we thought it would be this cute little quaint town and then we kept seeing all these very progressive people, very millennial, to the max.

D I'm not millennial.

P They didn't have children, they had dogs, and they were tattooed, they were very, sort of, hip. I'm like, what are all these people doing in Portland, Maine, I mean, this is supposed to be the quaint little fishing town, right.

D They think they're in Portland, Oregon?

S Portland, Oregon was like the Bible Belt compared to this town, it felt like.

[00:20:42]

P They had nothing on this. And then we discovered, we heard this is the foodie town actually of the USA, people come all around here for the restaurants.

S San Francisco is beneath it, it's second, second to Portland, Maine.

P So, we thought...

D I was like, no.

P So, hold on, this was incredible.

D I thought you meant geography.

S No, like, as far as a foodie, foodie town.

P Let's come back to the foodie town, we took another tour to go whale watching, okay, so then we'll get to the foodie town.

S Oh, Pearl's like, oh whale watching, unbelievable. It was 42 bucks a ticket and they were charging for our babies and I'm like, she's going to be on the ERGO, just charge me as one big person.

P I said, Serene, it doesn't matter, pay it, I said.

[00:21:20]

D Weight wise you guys are still under.

S I'm just like, like just why, she's going to be sleeping under the nay-nay, why are you going to charge her 42 bucks.

D She's blind.

P Let me tell you about this, because Charlie and I have been on two whale-watching tours before. Hey tell your own jokes on your own time.

D I'm sorry.

P I've got to tell the story.

D Go ahead.

P We've been on two whale-watching tours and they were the best events of our life, okay, they are just fantastic, exhilarating, it's life changing to be...

D Do they leap, do they...?

P Yes, all around you, you see whales and that was my experience and it was just incredible.

S Pearl was so excited, she could hardly eat lunch, because we were going straight after lunch

[00:21:56]

P I couldn't, I'm like, I'm taking Serene on a whale-watching tour her life will be ever changed.

D You know they feed those whales when nobody's around.

P No-no, they don't Danny, if you ever go on one you will just, your life will be changed too. So, I'm like, Serene, no matters what it takes, you're paying for this, we didn't pay for that one for them, we made them pay their own.

D Yeah, there's, there's limits.

P Yeah, there's limits, and so we get on this, hmmm interesting, smaller boat than I'm used to on Pearl and Charlie's whale-watching tours, we start going out and we keep going out and I'm like, usually within half an hour you start to see the whales and they're all around you, but we keep going for two hours.

S Two hours out she says, now I want you to know the whales are not in our habitat, this is out in theirs, so that means they may choose not to show themselves.

D She's starting to backtrack.

[00:22:46]

P That's what she said at two hours out. Now, this boat is not a normal one that goes up and down and you can't walk on it and you feel very seasick.

S And there was a couple who had spent the 42 bucks for their little 18-month old twins it looked like and these, these were rambunctious testosterone 18-month old twin boys and they wanted to die the whole time, they were trying to throw themselves off this boat.

P Those two parents...

S They were just stressed the whole time.

P Brought their kids to see whales, well two hours in nary a whale.

D No way.

P Not a little even sighting, not even, like nothing and I'm thinking hold on...

S And Sam's sick at this point, he's fully sick.

P I'm sick.

D Oh yeah, no I get sick on those little boats.

P And I'm like, hold on, this whole trip is not turning out like it's supposed to be.

[00:23:30]

S And then the lady's like... And we're, like, what and we all run to the sides to look out, and she goes look at the, it was some kind of a sparrow, it looked like the size a sparrow, flitting above the water, and she went on for an hour about the, just the special features of the bird.

P I don't care about your birds, I want your whales. I'm like, Serene, I promise you on our other whale tours there were whales. We went home, not a whale to be seen.

S No, but once you got three hours out, you knew you had to go three hours back.

P It was terrible. Okay, so we got...

D Did you get a refund?

P We got back, no, no refund, but they give this ticket that says if you ever come back you get to go for free.

D Nobody's coming back. You're going to put that in your special file at home that lasts years and years in case you ever go back to one remote...

S And Pearl, Pearl was hungry.

[00:24:15]



P I was hungry, but then I was sick at the same time, so then we, okay so this is the whole thing how it didn't turn out how we thought, but hold on, there's an ending. We thought let's, now we're hungry, let's go and try and find a restaurant, we quickly go up to our motel room to freshen up for five minutes, come back down, well it starts to pour, pour with rain.

S Yes, the baby is drenched, Pearl had her fringe perfectly straightened with, like, one of the little straighteners she uses once or twice a year, it was, like, the big night, we're going out.

P I looked stellar when I come out.

S She did.

D I remember the cruise, yeah.

S Well, I'll tell you what, she was a bedraggled rat in 10 seconds.

P We walked around for two...

S Mascara is running down our cheeks, okay, we looked like...

P How many hours did we walk around trying to find a restaurant, because...?

S Three.

P Three hours, because we didn't realize it was foodie capital of the USA.

[00:25:01]

S You have to put your reservation in as soon as you wake up in the morning.

D Oh yeah.

P Yeah and even then you might not get it. I'm talking, we discovered, we had discovered a gold mine of places to eat.

S There were no chains, every little, right next to each other for just miles are little holes in the walls with, like, seven tables.

P And it's all farm to table foraged.

S And each chef is a mad scientist, it's passion, it's art, it's love. And we're like, when we finally found a place.

P Three hours later.

D In Portland, Maine?

S Yes, we were like, do you mind if you just, like, remove this and add something else, because that's what we're used to, creating it ourselves, sorry the chef

does not accept alterations. It was like, you take or you leave it or go somewhere else, take my art or it'll be off with your head.

[00:25:44]

P So, we were, we at, okay so we ate totally drenched, wet, hair clinging, all our outfits were wet from walking around, but we were starving and there's no place else, because this is foodie capital of the USA.

S I was just so determined, the baby was drenched, and he said sorry ma'am we're full, I picked up the stroller, it's one of these, like, little strollers that are fantastic, if you ever want to buy a great stroller, we call it the Chinese stroller because we took it to China, it goes down the aisles of an airplane, you can put it overhead in the compartment in the airplane, it fits my four-year old, but it fits my baby.

P What's it called if people want to buy it?

S Yo-Yo, a Baby Yo-Yo, it's amazing. But anyway, I picked up my Baby Yo-Yo and I was forcing it through the door and they were trying to push me out, ma'am we're full, and I'm acting like I don't hear.

P At that point she was so tired of being said no, she wouldn't listen. I'm like, Serene, they said no, she kept pushing her way in, like, she was so done, she wanted to get out of the rain.

S I'm like, just let me sit in your toilet.

P And she got in there and she was dripping all over and I'm like, Serene, come back out, lovey, come back out, into the rain.

[00:26:51]

D You should use your accent to your advantage, you don't speak English.

S And other people that were out there walking, at least they had umbrellas.

P We didn't.

S We didn't.

P Anyway, so this trip is not going anyway the way we thought, but then we get into this restaurant, all bedraggled and wet, and it was fantastic food.

S And all we'd done that day was sail on the no-whale ship and walked in the rain.

P That's all we'd done.

S And all we did the day before was hold our pee and this place.

P Okay, so then we, but we had a good time at that restaurant and then the next day we though, this is the place, all we care about now is eating this foraged

food from the woods and the hills around Maine and oh my goodness and the raw honey and everything from the local beehivers, this is just incredible.

[00:27:33]

P So, we go, we decide to find a breakfast place, same thing, hours, it was, like, one o'clock before we got to eat breakfast, because you've got to reserve that too. So, in the end we just, like, laughed all about and we got, we finally got a reservation for that next night, we had the most brilliant time, probably best meal of our lives.

S Yes and everything was in French, it's like you could have a filet gastrique, it sound like gastric bypasses full of, like, poison, the way that everything was described was so just...

D French.

S It was just so...

P For everything, I mean, it's just like, you know, you don't have butter, you have duck fat and you have just, everything was just, it was pretty incredible though. And all the breads, Serene was in bread heaven, because it was all ancient sour-dough and fire-kilned.

S Oh, and we did order wine, we're not winos, but it was a special celebration, so we ordered this wine and the lady removed the cork like it was heart surgery and she said, and she looked like she was looking under this microscope into the bottle, and she's, like, ooh I see, I see a little bit of a cork sediment and she said, ooh we'll have to strain it. And she spent 20 minutes, like, straining it for something that nobody could even detect in their palate.

[00:28:50]

P Anyway, after all that we had a brilliant time and you know what we said to ourselves, Serene, you know what sometimes life takes you, and life happens and it's harder, but it's way better than what you envisioned.

S Right.

P And we're like, there is an absolute lesson here for a Trim Healthy Mama. Like, okay so maybe you start and your goal is I'm going to drop 30 pounds and I'm going to do it with this plan. And maybe that totally doesn't happen in your timing. Or maybe you, you know, you drop 10 and then you stall or something happens in your life and it's not going exactly the way that you want.

S So, you missed the plane basically, but hey, you might get on a better plane. And maybe all your friends dropped such and such in the first month, maybe they're all in the restaurant and you're trying to jam your way in and you just don't want

to listen to, like, hey listen to your body, it will happen for you in time. You're like, no I'm not listening, get me in, let me come and be with you.

P Yeah.

S No, but maybe there's something better down the road.

[00:29:46]

P Or you're on the whale-watching tour and you're just not seeing any whales.

S You're on the scale and you're seeing nothing.

P But then on the third day we were like, is this not the best weekend we could have ever hoped for.

S We were trying to remember all of our other holidays in life and we couldn't think of any that were as remarkable.

P And why, because, because it all turned, it didn't go the way we wanted and it took us on a special trip of our own and we had to go through hardships, but it was so much the better for it and we could laugh about it and we could learn from them.

S We learned who was going to die in a fire and who wasn't, we just realized, you know.

P We learned the caliber of our husbands. I learned that my husband will put everybody before him and maybe even before me.

S Yes and I love that my husband was MacGyver, right, he was, like, thinking it all through, he was probably, like getting all those cords for his phone so that he could, like, use them for special contraptions to save us if we were stuck in a building, like in a room somehow.

P But anyway, and we learned some other things...

[00:30:45]

S We could probably, what do you do when you go out of a window and you...

D You par-kour out.

S You par-kour out and you do that, what do you do, you glide down on his, like, Apple cord.

P But all that is to say, let's just say you're a Trim Healthy Mama, my hope for you with this is that you don't just lose 30 pounds, my hope for you is that your journey teaches you so much more. It teaches you about a love for healthy foods and that these foods that weren't part of your life before, because you hadn't

experienced them. And at first you're, like, I'm going to have to eat these to lose weight, and now, like, I delight in these and these are healthy for my body and I'm doing this for my health. And it's a whole different experience.

S And instead of a planned, like this is what it's going to look like journey, better than, that can get, kind of, like, boring because you've already anticipated what's going to happen, adventure, there's nothing like adventure. And so if your journey is taking you off into some, like, side roads that you didn't imagine and you didn't plan, hey more the better, because this is an adventure and this could take you to...

[00:31:52]

S We were talking today too about some of our own health journeys, about how, you know, in a perfect world we'd wish those things maybe didn't happen to us health-wise, you know, but if you learn something that's going to actually change your habits, change your whole paradigm and even help you change other people's paradigms, because it's a lesson that you can learn to share even. Wow, how much more amazing is it, just everything, than plodding along perfect.

P I know.

D Yeah, you know, I've, this is so, I'm so glad you shared this life story application, just for me, if no one else, because, you know, I'm the Trim Healthy upside-down man, like, I'm not trying to lose weight, like I'm the turtle in weight gain. And so I, sort of, like when I first heard that word, there's these turtles out there, which you refer to as women who...

S Yeah, we don't want them to call themselves turtles anymore, so don't call yourself a turtle.

D Oh you don't?

S Because you're speaking, mate, you're speaking it out, you're, like, telling your body you're a slow loser and you're telling your body that you're a slow gainer.

[00:32:56]

D That's a great point, it's like now I'm a turtle, right, ugh, good point, I'm not a turtle. But, you know, those people that used to be called turtles, so I always, like a little light bulb came on for me when I first heard that there was a group of people who feel, whether they are not, they feel like everyone around them is shedding weight while they're not. And I have felt like everyone around me is big and strong looking and I'm not, literally I've got the smallest wrists in the game, people.

S Hey, go to Italy where you hail from.

D Yeah and then I'm a big guy. But the thing, you know, literally at Trim Healthy Mama there's not another man with my wrist size, at the gym there's not another man.

P So, you measure, when you're walking around with men you're always, like, my wrist, their wrist, my wrist, their wrist?

D I've looked at, yeah so when I'm driving I'm like, oh it's especially skinny.

P It's wristorexia, but the other way.

[00:33:44]

D I guess. So, like, I guess my point is that if I could go to the gym and then a week later I was, my wrists were a good inch bigger and I was like the buff dudes all around me working out, I would have that, but I definitely wouldn't have the gratitude that I have instead of that for the body God gave me. Which was a real shift for me, because I didn't even want gratitude for the body God gave me, you know, I didn't want it, I wanted the body that I pictured, I wanted, I'll say it, Brad Pitt, that would be nice, there's my standard.

S I've never known what people saw in him, but anyway God created him, so that's great.

D You don't know what people saw in Brad, like, unhuman...

P She likes a Marlboro man.

S Yeah, I only like my Sam.

D Oh yeah, of course, yeah, so you know what I'm saying, but I think people do that, like they point to a person who is the epitome and they realize that they're not that and so they're forever regretful. And so, like, for me what you're sharing has reminded me to go and once again stand before God and say, where would you have me on this, how would you have me think on this, where I am in my health journey.

S Yeah, that's so good and, you know, where I'm seeing that, Danny, for you, it was a choice for you to say, look I'm going to look at it the way God wants me to look at it, I'm going to look at it as gratitude, I'm not going to look at it as dissatisfaction.

[00:35:06]

S And, Pearl, we saw people that night coming down, they're like now, the night of the evacuation, now I'm not going to get back to sleep.

P Oh they were mad.

S The were mad, they woke up mad, they were complaining the next morning to the concierge, they were just mad.

D I love grumblers, I love listening to them.

P We were so excited, because we were, like, this is a story we can share with our people.

S We were like wanting to share it on the PODdy. This is PODdy Fodder, like, straightaway.

P Serene asked them about it, so come on, give me the goods, you know, give me the stuff, what really happened, you know, and she was like, ma'am, I'm sorry, you know, I know many people are upset, but it was a false alarm. Serene was like, no I'm not upset, I just really want to know, we had fun with it. She's, like, you did, oh that's so sweet, because she'd had so many people complain.

[00:35:45]

S But see, that's the choice.

D It's a choice.

S You see it's a choice, I think the reason why we enjoyed our trip so much is because we chose to say, hey we're going to let this trip be what it is and celebrate it. So, it's a choice for you, listening today, let your health journey be what it is and celebrate it, don't wish for what you thought it would be and don't wish for somebody else's.

P Oh that's so true.

D Yeah and thing about, like, your whole life, like you make up this fake movie, right, you totally, you fabricate it out of thin air or probably out of something you've seen in other movies or some person's life you see on Instagram or Facebook or whatever, just a bunch of pictures, it's a fakery.

D But you write this whole movie and then as you go through your real life it's not playing out the way that you fakely made up it should. And then you're fussy and how silly...

D Like, I love, it almost sounds twisted, but I love to listen to the grumblers, like, at a grocery store in America where your two carts are overflowing with food and somehow you're grumbling over some nonsense. Like, and I'm not judging, I have my share of grumbles too, you know, but I try to, like, just to sit there and grumble on another person, you know what I mean, like you can be the non-grumbler.

[00:37:00]

P Absolutely.

D You can just be, like you can reverse, even if you're living in a fantasy, you can make everything positive.

P That's so true and that's true with the journey too on the health and weight loss, you can be a grumbler or you can overcome it, and say my time is coming, I'm going now, I'm heading there and all the things I'm learning in the process, you

know. Or you can choose to say, hey listen I just feel like giving in, because this is just too hard and I'm going to go back to my old ways. But the old ways... You're in a better place right now.

S If we had got our meal straightaway, it wouldn't be as spectacular.

P No, it wouldn't have, we wouldn't have appreciated it.

S No, but because there was this, this almost like climbing Mt. Everest to even get one little morsel of warmth into our tummy, when that morsel came it was spectacular.

P Oh yeah, we didn't take it for granted.

[00:37:50]

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

S I'm Serene.

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Announcer Trim Healthy Mama Super Food Spotlight.

P I do want to end with a little Super Food Spotlight today and something that Serene and I found, we found this little, when we couldn't get breakfast one morning we went to this little co-op grocery store.

[00:39:04]

S Yes we did.

P They had the most amazing papayas.

S I want to talk about papaya.

P Papaya is one of the super foods of the elite status of the super foods.

S Yes.

P Okay, it is a very sweet fruit and yet it's so low glycemic, Serene, it's great. If you don't do well with fruits that spike your blood sugar, please try papaya.



S And you know what's great about the fact that it's so low glycemic, is you can have more.

P Yeah, more, more, I know. And low in calories, I mean, let's look at regular fruits that are so good for us, like an apple, about 100 calories, I know we don't count calories, but I want to show you something here.

S Per cup we're talking here, right?

P Yeah, per cup, well one basic banana is about 100 calories, I mean, per cup papaya is less than half the calories of almost all other fruits, so it's low glycemic and low on calories, so you could really eat a lot. And guess what, it is above all the easiest digested fruit that there is.

[00:40:03]

S And it's so amazing, because it's not just orange, it's a little red too, the color just speaks vibrant health. All those flavonoids.

P It's the same thing with sweet potato, Serene, that vibrant color says eat me, because I'm going to help your eyes, I'm going to help your skin, I'm going to stop you aging.

S Now, you know, I enjoy it, as an E, you know, with some low-fat cottage cheese or some Greek yoghurt or whatever, but you know what, I've been so addicted to them right now and I'm not in any way like in a situation where I have, like, raging blood sugars anyway, so I just tell myself, hey, it's not my normal diet, I'm just going eat a bunch of papaya, just for the fun of it.

P Yeah, I think sometimes you don't have to be so rulesy that you say I'm always going to have my protein with my fruit, sometimes when a fruit is just that delicious and you just you want to eat so much of it, just eat it the fruit, you're okay.

S I think it's instinctive and I think it's natural, especially when it's so low glycemic like that, the fiber in it is going to be enough to cut it.

[00:41:01]

P I know. And if, you know, sometimes I'll just have, like, a full half of a big papaya for my afternoon snack, sure maybe you can have some collagen in your coffee if you want to have that for a snack, whatever. I just think you want to have, rather than don't have it, because you think I don't know what I'm going to have for my protein, let me have something else. No, have your papaya.

S Yeah and you know what, this is a lifetime approach, we're not on a fad here, we're not on a diet here.

S And so what this is if you have a meal occasionally that is so super food like that and it's not a spiking blood sugar meal, and you know you're having protein at lunch, protein at dinner, protein at breakfast, this is, like, your afternoon tea or if it's your breakfast and you're going to have a little protein later on in a drink, go for it and just eat papaya.

S We're talking lifetime here and it's good to just instinctively eat low glycemic fruit just by itself sometimes.

P It really is and, you know, a papaya, it even helps these things, it helps ease menstrual pain, it helps with headaches, it is a huge SIBO fighter for the gut, those of you have been diagnosed with intestinal overgrowth of bacteria, papaya fights that, it's one of the fruits they say that you should eat for those sorts of things.

[00:42:13]

S And of course the seeds have their own remarkable quality.

P The seeds kill parasites.

S Pearl hates them, but you know...

P I do, but I try to eat a couple. Have you ever had papaya, Danny?

D I've had papaya, because I'm Latino.

P Oh, I know, but do you buy it currently, because I was just forgetting to buy it.

D Yeah, shamefully I haven't had it in years, I wouldn't even know where to get it.

P Okay, so right now there's a recall on the Mexican one, by the time this poddy goes it will probably be not recalled.

D On the Mexican, like all Mexican papayas?

P Yeah, I'm getting mine from Guatemala, Wal-Mart and Kroger have them from Guatemala, they're great.

S As long as they're not from Hawaii, they're not genetically modified and they're so wonderful.

[00:42:46]

P Yeah, sadly the conventional ones grown in Hawaii are GMO, so, you know, if you live in Hawaii and you're growing them in your backyard, you're fine. But you want them from Guatemala or Mexico, just make sure that the recall is over by the time you go and get your Mexican ones.

S Yeah, it's not like, like a recall.

P I guess there was one batch that had something in them, I don't know. But oh my goodness, they're great for your eyes, they're so good for diabetics, they're good for immunity, I'm reading off a list now, but all I know is that I've been having more papaya lately and I feel like a million bucks.

S Like, I don't even need coffee in the afternoon when I have papaya in the afternoon.

P I don't, I know, it just fuels me.

D And they have, like, dried papaya too, I know sometimes it's covered in sugar but...

S Yeah, a little more glycemic concentrated.

P But you want that water content, when you bit into papaya you can just tell it's hydrating your body and, you know, so many of us are chronically dehydrated and it just hydrates every living cell in your body, Dan-Dan, I'm just fired up about papaya.

[00:43:52]