



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #130 - WHAT FOOD CAN HELP YOU WAKE UP A POUND LIGHTER AND NIX MTHFR ISSUES?**

(AIR DATE:07/24/19)

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

S = Serene · P = Pearl · D = Danny · J = John · L = Lesley

[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 not long 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 and Pearl, get it right.. P-O-D-D-Y.

D Women and men, boys and girls, frogs and cats. It's another day.

S Frauds and cats?

P Frogs Serenie, listen up.

S I thought you said frauds.

D Yes, frauds and mischievous, it's another glorious day, and another beautiful morning, noon or night, depending on where you are and when you're listening,

of the Trim Healthy Podcast with Serene, Pearl, Danny and the gang. And we're so pumped again to be in your ears.

P We still love you even though, if you're one of the listeners that don't listen on the day it's released and you're listening a month later. Hey this is new to you, hi.

[00:01:11]

D Brand new fresh.

P Or if you're binging on a road trip, hi.

S Hi again.

P Hi you. Hi.

S Hi, hello.

P And guess who we have right here with us? Dan Jr..

D I brought my son in today.

P The offspring of Daniel.

S They look very, he looks very offspring-ish because...

P Oh he looks like a clone.

S The Dan the man's wearing this summer tank.

[00:01:30]

D Yes.

S His son is wearing...

P The summer tank.

S The summer tank too. Except for, he's a lot more tanned.

D This guy right here...

P Yes, he's been doing yard chores.

D Fresh from the loins.

P How many years from the loins?

D About 14.

P 14. He's a good looker.

D And he is available.

S Hey, you know on the Hilltop they get married young.

P Yes, hey, if you lived on the Hilltop you've only got four years and then it's marrying age.

D Yes.

[00:01:59]

P Anyway, hey we...

S So I'd start running now if I were you.

P Watch out for all the girls that live out here.

D They're just running around the land, just see them walking.

S With their lasso's.

D Yes, and their binoculars.

P They're trying to find a beau.

D They've got their binoculars.

S Hey, our people don't have binoculars. But there are people on this hilltop that have binoculars.

P This is so weird. I don't want to say this, but I'm going to.

S Be aware, the Hippies have people that listen.

[00:02:21]

P No, a very famous person lives down our road. Am I allowed to say her name?

D No.

S No, you cannot.

P No, I won't say her name.

S Don't you dare, you'll be in trouble.

P I won't. She's mega-famous.

S She's me.

P I'm not going to say because we've already had problems with people. Anyway, so she has a lot of, what you would call crazy fans there and paparazzi. What are there, stalkers? Things like that. And we heard someone at the nearest town saying, yes, she lives down that road. Just look for the fence with the stone gate. Well, we have a stone gate, and we're the first stone gate you come to on this road.

S And you have a jolly fence.

P So we have a lot of people just coming and thinking this is famous person's house, and just going to the gate, looking in. They don't know that they have a slightly famous person living here, but not mega-famous.

[00:03:13]

D Yes, they're like, wait we just found a moderately famous person.

P Yes, well the other day I was walking over, because also on our land lives my son, Bowen and his wife Kahuru. I was walking over there. I see someone parked on the road with a camera, outside. So, I'm like, what are you doing? Because we don't want our mega-famous person to be stalked either, so we're very protective. I put my hands on my hips and looked at them and they, they could obviously tell I'm not mega-famous person. I look very different to her, but they just started snapping.

D We'll just take this one.

S Yes, famous person is a bottle blonde. Pearl's got...

P Yes, don't give it away.

S No, I'm just, there's a lot of bottle-blondes in the world. But listen.

P I look totally different.

S But you're like, Cleopatra.

[00:03:55]

P I'm opposite.

S With the black hair.

P We have different body types. I put my hands on, and they just...

D Snap away, because it may be her in a wig.

P Just went to town, arrogantly snapping at me. That they could tell I wasn't and I'm like, I don't want to be on the cover of Enquirer.

D It's the wrong person

S There's a lot of binoculars out here and it's not just these, groupies. Listen, there's another group, there's the groupies that come out here, and then there's the squatters that live out here, because this is the land.

P This is the hilltop.

S The land far away from the police, and if you want to get as far away from the police, if you want to get high. So, we have some druggo's that live and squat on the lands.

P We have made out the hilltop to be this ideal, tranquil place, where nothing bad happens and now you know.

S Well, let me tell you. We have some squatters out on our land. They actually do own the land by the fact that one hippie sold it, to another hippie, sold it to another hippie. And then told the other hippie who did some time in jail.

[00:04:51]

D Did time.

S That if you ever get out...

D Hard time.

S Here's my deeds.

P My story was interesting, are you getting to a point with yours?

S Yes.

P Okay.

S Because these hippies, they're, I don't know if it's just while they're on drugs, but they take their binoculars out and they binocular my son while he mows the lawns. And they sit on their little boat, they have a boat. That they live out of this boat. And they sit on there like it's their telescope, and they telescope everybody who goes by, they're psycho.

[00:05:16]

P Hey, there was a boat in Mary Poppins, remember the two men?

S Yes.

P Up on the boat, that never went anywhere.

S Yes.

D Are you talking – oh they were on the housetop?

P Yes.

D And he would scream, Banks.

P That's right, Banks.

S We watched that last night, the old original.

D The new one or the old one?

S Please, the new one was great...

P But it wasn't as good, Serene.

S What is that quote? Make new friends but keep the old.

D One is silver but the other's gold...

[00:05:41]

S Yes, and the other gold.

P And one is gold.

S Yes, so this new movie might be silver, it's great and all. But there's nothing like the gold...

D The good old original.

S Of the original.

P Hey, we have meat, and the meat of the topic is going to be how to spot a food fad. It's so good, I came here very amped about it. But when I got here, John's like, Pearl did you see this and how many points did you get? And it's like, and I'm like, I saw that on social media and I didn't want to put everyone to shame.

S No, we're not starting this whole thing out of the social media theme.

P We are, you're going to love it. Serene, we need to do it.

S That's Millennial.

[00:06:10]

P It's called, how Millennial are you?

S Ah see.

P No, you, you're not a Millennial. Neither are you Danny, but let's just see how many points we can rack up. I know you guys have seen this.

S Danny's a Millennial.

D I'm...

S Not by years and age I know, but by...

D On paper no, but in heart...

P Okay, John is keeping score, we're going to see who wins, right here. You can keep your own score at home.

D You guys are about to play the funnest game, with the funnest people.

P Give yourself one point for every food and drink you've consumed.

S I'm playing, right?

P And I don't know why they have to call it Millennial because, anyway. Yes, you're playing. John's keeping score. Is Lesley involved in this?

S Totes.

[00:06:46]

P Lesley's a Millennial. Are you a Millennial?

S Psalms, they only know her by Psalms.

P But you...

P Oh, I'll lump you in with Danny, I'm going to call you a Millen. Avocado toast, Serene?

S Live on the stuff.

P Point. Me, yes. Danny, point?

S If it's sourdough toast.

D Big fan, yes.

P Lesley, point and John, point.

[00:07:02]

S That's not Millennial.

P Sorry, but that's what they're calling it. One point each.

S That's called growing up under the Commonwealth of the Queen, right Lesley?

D What wrong with her stomach?

S Lesley-Pops? Avocado on toast with black pepper.

P We had it in Australia growing up.

S Yes.

P But now only in the US, it's come here in the later times. Okay, charcoal water. Serene?

S Yes, but not for the Millennial... I just grew up taking that as a 3 year old.

P Serene, stop lamenting the Millennials, just say yes.

S We taught the Millennials about charcoal.

P Okay, yes. John? Yes. Me, yes. Lesley? No, a big x. And Danny, big x.

D No.

S You haven't put charcoal on that boy?

[00:07:37]

P Charcoal cleanses...

S For a bee sting, wasp sting?

P Charcoal cleanses your system when you've got a bug.

D Oh you do it internally?

P It can help with gas, yes.

D Or you do it on the bee sting?

P No, you drink it.

S External, internal.

D If you have a bee sting, you'll drink charcoal water?

S No, you'll put it on.

D Oh different applications.

P Yes, but you can drink charcoal water. I've done my fair share of that.

[00:07:54]

D It's like a flush?

P Now here's one, rainbow bagel. I've never heard of it. Not Millennial enough, no. Lesley?

D I've never had one, but I'd love to.

P It sounds like it...

D It sounds good.

P It sounds like it's got a lot of sprinkles and sugar.

D Oh you think it's sprinkly, sugary? I wouldn't do it.

P Carbohydrates that are of the bad kind to me, but I don't know.

D Yes, it's an x for me.

P Okay, that's an x for all of us.

D Who's keeping score?

P Okay, unicorn frap?

D Ah unicorn frap.

P I've had many a frap, but I don't know, see a Millen might know. Now we started off well, but maybe I'm not as up with the times as I thought. Cronut. Serene?

[00:08:31]

D Oh yes.

S That sounds like point.

D A big point.

P What is a cronut?

D They're, you can, every now and again because they're high in sugar. But a cronut is a mix between a croissant and a doughnut. And it will bless you.

P Really? Lesley you've had one. Okay. Have you had one John?

J I have had one.

P Okay, so two, the boys get points.

S You've had one.

D And John, they're fantastic right?

S Producer John has had one?

[00:08:51]

J Yes, I...

S I can't put you in the box of sovereign.

J That's just how I do, just one.

D They're high sugar, but...

P But the boys knew what they were.

D Oh yes, that's a point for me.

P And now, another one, Serene, we're starting to lose. Black ice cream. Serene?

S Charcoal in the ice cream?

P No, I don't know what it is. Do you know what it is John?

J It's charcoal.

P Charcoal ice cream. I've never had it, but you've had it John. So, John's winning. Danny? No?

D I've never had it, but I'd love to. I don't know if that counts.

P Okay, Serene, Cloud Eggs.

S No.

[00:09:19]

P John?

D Is this just the whites?

J I bet it is.

P I don't know. See, we would know if we were true Millennials.

S It sounds like Pavlova.

P It sounds like Cloud Bread, which I've made, but... None of us got a point.

D No, no points.

P Oh, quinoa, of course.

S Quinoa.

D Quinoa.

S Oh my goodness.

P I call it quinoa in my brain.

[00:09:38]

S That's like Pardeaux's and all that, hors de oeuvres.

P Okay, so we all got a point there. Pumpkin Spice Latte.

D Oh yes.

S Yes, but before it was at Starbucks and all being trendy-pendy. That was just on your grandma's shelf. How can you take this and own it for Millennials?

P They've made, they go to Starbucks and buy it. We didn't know...

S I feel like I want to take back my avocado on toast. And take back, and I want the heritage of charcoal to go back to the good old days.

P I think the...

S To the Grandpa who taught me on his lap about the charcoal.

P Okay, the...

S Take me to the good old days.

P The Pumpkin Spiced Latte that the Millen's are drinking is probably filled with sugar, but we'll still give ourselves a point. Even though we do it with stevia. Kombucha. Does anyone not have a point?

D Big point.

[00:10:22]

S Before the Millennials thought it was cool.

P Serene, you're lamenting every time. Darling it's just a game.

S Yes but it's ridiculous, they're claiming all the glory for really amazing...

P It's okay, babe. It's okay, just play the game.

D Serene's out there, flinging dust in the air.

P Don't be a spoiled sport.

D Wringing her garments.

S No, it's like when I put my nose ring in. I put my nose ring in years ago because I like to be a bit bohemian and I also did it for the fact that, Biblical reasons. Not like I think it's holy or anything. But, I'm not much for earrings, even though I've got dangely's in right now.

D Serene is in full denial.

S No but listen.

[00:10:57]

D In every area today.

S I remember reading this verse, I put a ring in you Jerusalem and call you my own, and I thought, sounds so bohemian, and now it sounds so Biblical. And I won't be rebellious living at home in Nancy Campbell's house and putting it in. So, I went and got my nose pierced long before it became trendy. Now it's trendy I want to take the thing and throw it.

D Yes.

P But she doesn't, she leaves it in. All right, here we go.

D It is an ancient trend though.

S It's an ancient...

D It's trendy, but it's an ancient trend.

S I hate that it's trendy now.

P Okay, the next one. Matcha anything. Of course, anyone not do matcha?

D Yes, a must.

S Can you go and please take them back to the roots of Japan. And tell them that the Millennials are like...

[00:11:35]

P She has to give the history. She doesn't like the Millennials having anything. Millennials are nice people, look at Lesley and Dan.

S Lesley's not a Millennial.

P Isn't she?

S And neither is Dan. He just acts like one.

D We're just old souls. No, I maybe dressed like one, but I don't think I act like one.

P Lesley has something to say.

D Do I act like one?

L I have a theory...

P I don't know Dan.

L Serenie, I have a theory.

D You let me off with a caution.

[00:11:53]

L I think Millennials get a bad rep. Is that the right thing? Rep? I think they're...

D If you mean a peer rep.

L When it comes to health... Very good. I think when it comes to health, I think that that the Millennials are a little more educated and they, they're like...

S With their cronuts, yes.

P This is true.

L No, not cronuts but, these trends, oh it's so appropriate that you're doing a food fad thing today. But they're more susceptible than your old, the 50's.

S Yes, you're right there. That's a good point P-Salmo.

P Yes, it's true they are more educated on health. And they are the reason that there are more things available today. So, we've got to give them some street cred.

S It was like the fact that these Millennials, they hang out at airports too. And at the airports, there's a bit of every fad there.

P There's a bit of vegan, a bit of Keto.

S There's a bit of every matcha, a bit of every charcoal and kombucha.

P But we'll get on to that, let's finish this game. Because we're taking up the whole PODdy in the game.

[00:12:46]

S I bet you they'll be making black kombucha soon.

P Because Serenie, do you want to bring meat today?

S I'm desperate.

P Well then just answer your questions with a yes or a no.

S Thanks.

P Okay. I don't know how to say it; I know what it is. Po-ke? Poke? P O K E.

D Poke.

P Have you ever had it though?

S I've seen a store across the road from Starbucks.

P No, you don't get a point unless you've had it. No. John? Yes, of course you have. I've never had it because I don't like raw fish.

S And what is it?

[00:13:07]

D I'm a little lost.

L I used to order it.

P Lesley, of course.

L No, I've never had it, but I used to order it for someone.

P No, that doesn't count. You've got to have it Lesley.

D We're talking about something called Po-ke.

P Yes Dan.

D Not poke.

S Croquet is all I know.

P It's a raw fish.

D I know croquet.  
P They have it in Hawaii everywhere.  
D I've played croquet.  
P Have you, did you get a point for the poke?

[00:13:26]

D No poke point.  
P La Croix.  
D Le Crickle [?] is what we call it.  
S Isn't that, that?  
P Yes, it's bubbly water.  
S Oh I thought it was that little emblem on those shirts that your son-in-law wears.  
J Who takes the point?  
P Yes, I'll take the point for La Croix. Have you had it? You've had it Serene, right?  
S Yes.  
D She's slowly finding out how Millennial she is, and she's upset.  
P Dan, of course you've had it, haven't you John?  
J It's yes, [inaudible].

[00:13:50]

D She's like, yes.  
S But what about the emblem on the shirt that Kendall [?] wears all the time, isn't that called a La Croix?  
P Oh, that's Lacoste. That's different.  
D Oh, are we talking about the alligator?  
S Yes, it's a little emblem.  
P Okay, next.  
S It just has a tiny little white emblem, it could be a crocodile, but it could be a little man with a golf tee thing.  
P Remember, there is an end point Serene. Lovie, hey, can we just like, lasso her. Thank you, bell. Turmeric Latte. Of course, who hasn't had one.  
D Turmeric?

P Who hasn't had a Turmeric Latte? To not get a point.

D I've had turmeric tea.

P Yes, that will count.

L I've had turmeric, but not in a latte.

[00:14:22]

P You don't get the point then Lesley. Lesley doesn't get the point.

D Well then, I don't get a point.

P Acai bowl.

S I got frozen acai in my freezer.

D I feel like these are pronounced differently in America.

P Have you had one? Have you had one Danny?

D What would we say?

P Did you get a point for acai bowl?

S I don't want to play unless I can tell you how many years ago I had it.

P She's in a bad mood.

D Is it A C A I?

P I thought she'd find this game so fun. And it's made her so like...

[00:14:47]

D John, how do you pronounce that?

P I'm not giving the Millennials anything.

S Because they can't claim this stuff.

D Is it acai? You would say it that way? Acai? Acai bowl is what I've always said.

P All right, overnight oats. Of course.

S Half the stuff.

P Did we not invent those?

S Half the stuff I'm like, come on people. Turmeric latte.

P Who has not had overnight oats? Who doesn't get the point?

D What does that mean, overnight oats? I'm sorry.

P Well you haven't had them. You make them the night before, you put them in your fridge, and you eat them the next morning. You have, Dan junior. Dan junior say she has, so that counts for you.

D No, why?

S The loin boy has had them.

[00:15:18]

P He came from your loins.

D How does loins get points for me?

P Because he comes from your loins.

D But that's a loin point, so it's not as powerful.

S So God knew he was going to come out, when he was in your loins he was going to come out and have one of those, what was it?

P Overnight oats.

S Overnight oats, so...

D Daniel had overnight oats in my loins?

S He's paying tithes to overnight oats.

P Oh that's great.

[00:15:43]

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

S Serene.

S Buffy has a new comforter.

P The Breeze is what it says, it keeps you cool. It doesn't over warm your body at night.

S But those who have purchased a Buffy, they might just want to stick with their Buffy. But for new peeps in the room, this company is amazing. I'm talking about comforters made out of things of the earth.

P Yes, what is the slogan? They bring wellness to your bedtime.

S Yes, they do.

P And to your sleep. The Breeze comforter is what we're talking about today. It's very new. I love mine. It regulates temperature so no more...

S That's why you like it.

P Yes, no more night sweats, and hey I'm at that age where they can happen. So, you get cosy and then you don't have to overheat. It's 100 percent plant based.

S It's eucalyptus.

P I know, that's from our country. Our down-under country.

[00:16:39]

S That's why I like it, mate. Hey, but this is what I like Pearl. They allow you to try it for free. If you hate it, you can send it back. I like that.

P You're not going to hate it.

S I know, but that's what I like though. Because they so stand behind the comfort, that they're willing to do that.

P Can I just read off the cheat sheet all the different points, because they're good. I want people to know them. It's softer than cotton and naturally soothes your skin. It's made out of eucalyptus, Serene you already said that. Earth friendly, eucalyptus, listen to this, uses ten times less water than cotton to grow and its fibre is produced using recyclable, earth friendly solvents. It's hypo-allergenic, plus, get this, its high thread count shuts out dust, mould and mites.

S That's good for allergenic people.

P Yes, you don't want your bed full of mites that you can't see.

S Ew. That's gross.

[00:17:30]

P So, why not choose 100 percent plant-based bedding that's better for you and is better for the earth. Serene, you're a greenie.

S Yes mate.

P Is that just, yank your chain? You love it?

S Yes and this is greenie stuff from my own country. I like it, this is going to be yum. And the fact The Breeze, I said yum but that's means for everything, not just food.

P As always, we have a special offer for you, our PODdy listeners. You've got to go and visit [buffy.co](http://buffy.co). That's .co, not .com. And enter the promo code, trim healthy, to receive 20 dollars off your Buffy comforter. So that's Buffy, B U F F Y. C O and for 20 dollars off your awesome Buffy comforter, you're going to enter the promo code trimhealthy.

S This is The PODdy with Serene, and Pearl. Get it right, it's P- O- D- D Y.

P Ramen burger, no, that must be real Millennial. You've had it? John's had it. John's a Millennial.

S You put ramen in a burger?

P I've never heard of it. Lesley?

S You put ramen noodles in a burger?

[00:18:35]

J It's not a typical burger.

D No, not me.

P Daniel, no. Now here's another one.

S Noodle...

J Is there anyone else that has?

S A noodle patty.

P No, you're the only one. John's winning.

S Noodles made into the shape of a burger?

D John's the lead Millennial.

L He's like...

S That's a crime.

P John is the oldest person in this room, although he doesn't look old. And he's leading in the Millennial race.

[00:18:50]

S Do you know why he is? Because he's got special copper water and special Converse shoes and a special charcoal outfit and a special necklace.

P The next one is mermaid toast. I don't even know what it is. None of us know.

D Mermaid toes?

P Mermaid toast.

S I think that's off with the unicorn and rainbows.

D I was going to say mermaids don't have toes.

P The mermaid plays with the unicorn toast.

D They have large flippers.

P Sushi burrito.

D No.

P Oh, John's winning again. I have never had it.

S You see he goes to Millennial places.

D John is the Head Millennial.

[00:19:19]

P Rolled ice cream, have you had that? John's had that, I thought I was going to win.

S He thinks he is the sovereign person who is separated from the world. He believes he's so separate but he's of the world, of the Millennial world.

D This is like the show where they take staunch racists and they do a DNA test to show them how much of Africa is in their blood. Or how much of Romania and they find out that, they're 15...

P They're 75 percent...

D Percent Asian or whatever, and it's beautiful to see their reaction. This is that moment for John right now.

P Oat milk, I've had it. Serene you've had it?

S I lived on the stuff back in those good old...

P John's had it, Lesley has not.

S Vegan days.

P Dan have you had oat milk?

[00:20:00]

D I drink oat milk all day, most days.

P Lesley's the only one that hasn't had it.

D It's my jam.

S Before it was sold in cartons Pearl, we used to do it by the doctor, whatever his name was?

P I understand Serene, Serenie I understand.

S He made barley water and oat water.

P I remember.

S To soothe the good old troubled bowel.

D Yes, those were the good old days.

S With a cold sheet treatment right after.

P Lesley's the one closest in age to Millennials and she's losing. Okay, the next one was rosé, the wine?

L Oh yes.

P Right, who has not had that?

[00:20:28]

S Me, I haven't had it.

D I've not.

P Daniel and Serene, Serene will only drink deep, dark red on occasion.

D I'm with you on that.

S Just my three millilitres on occasion.

P I've had rosé. So, I'm the only one.

D Yes, three ml's.

P Lesley and I are a team, team rosé. Not that I usually drink it, but...

S That's what I'm going to say next time when they ask to serve me wine at a restaurant, 3ml please, because that's what I have.

P Three ml's.

D They come out with a beaker.

P Bone broth, see, now that's going to make Serene real mad.

[00:20:57]

S Before it was trendy.

D Nope.

P Danny you haven't had bone broth?

D I love that I'm the least Millennial so far, I can feel it.

S But here he sits with his summer tank with a pink flamingo, and he's a man.

D If they say flamingo tank top well then, I lose, but that's not on the list.

P The next one is, Impossible Burger.

S Why does it have to all be food?

P John, look at John, he's like...

D John is King of the Millennial game right now.  
S What is the Impossible Burger made up of?  
P What is it John? Hold on, I'll give you the...  
J Impossible is a company that does a plant-based meat substitute.  
L Soy.

[00:21:33]

J It's not soy, that's why it's really popular right now. But you can't buy it at retail. You have to go to a restaurant like, Bar Louie here in Nashville has an Impossible Burger.  
D He's going to call out hip bars now, all right.  
J Qdoba, you know the Mexican place? They have the Impossible, but they have it in the ground beef.  
P Where does he read this stuff?  
J And believe it or not, Krystal's [?] just signed with Impossible Burger, so they're going to have Impossible Burgers too.  
D John you are grand Swami level Millennial.  
S He's the sovereign Millennial of all.  
P He's more Millennial than Millennials are.  
D You're like a magician with a wizard hat.  
S I think he's millennial king, I think they're all the ant's underneath him.

[00:22:12]

P We've got a new crown.  
D The peasants in his town.  
P Okay, next one. Now this is funny, almond butter.  
S Why is it all food?  
P I buy almond butter off John.  
D John again.  
P Because John has the best source for the best almond butter.  
S Sovereign Millennial almond butter.  
D He actually has a local source for almond butter.

S Hey, by the way John...

P Actually John I have to order some more today.

S When are they going to do pumpkin seed butter? Because that's my fave.

P Yes, I like that.

D John will know, just ask John.

[00:22:35]

S I need a good old dose of good old zinc.

J I'll put it on the list, almond butter for you guys as well?

D Yes.

P I need to order four, put me down for four.

S I want to buy it from Whole Foods, it's jolly 19 bucks.

P No, John's is the best.

D Hey, let me tell you, if you want a treat, RX butter makes a vanilla almond butter. It's like liquid cake batter.

P Have you ever given it to the product of your loins? Sitting right here?

D Yes, loin child here is...

S I want to know about that, that's the true show of generosity. When you have these special treats and you give it to the product of the loin.

D So they, so when I first get the special treat, everybody gets a sample.

[00:23:07]

S What do you have your special fridge that is locked?

D Yes.

S With the RX.

D Yes, after the free sampling round...

P It's just dads.

D So I seem generous, it's over. That's the last taste you'll have.

P It's like, you grow up, get a job and buy your own RX butter.

D Yes, that's how it works.

P Okay, green juice, who has not had green juice? Lesley you've had green juice.

L Yes.

P Danny?

D I mean at, once maybe.

P You've had it.

S When the Millennials, were off in the cosmos, not even born yet...

[00:23:32]

P Cauliflower rice, I'm sorry, I'm mad now too. We invented that stuff in our first book.No one else was doing it. I remember, we used to have to buy cauliflower, take it...

S Is the next question, do you make okra ice cream? Then I'm going to call out this place and sue them.

P Grate it or put it in the food processor, back in the day.

D But I hear what you're saying because you have a point. I remember when I first met you two. You were coming out of Wild Oats, which turned into Whole Foods. You were coming out of Wild Oats, and only wild oats shopped at Wild Oats. And I thought you were the wildest oats I had ever seen in my life, because everybody...

J And this was before it was Wild Oats.

P It was Sunshine Groceries.

S In the purple building.

D Sunshine Groceries before Wild Oats.

[00:24:11]

S It was so great.

P It was the best.

D Yes, but when you went into Wild Oats, it was the glory days because you only saw crusty creatures of the earth.

P I don't want to be crusty.

D You didn't go in there and see soccer mums with their spandex on.

S And guess what, you didn't see orange dried apricots. You saw brown pieces of shoe leather and the flavor came out after 15 minutes of chewing. They were the best.

P Yes, they were the real deal.

D Yes, they were.

S Only at Sunshine Grocery those ones.

D Yes, that was when it was hippie though.

P Okay, I'm going to lose this one, I don't know what it is. Boba or bo-ba. John, do you know? B O B A.

S Well we know what bubba is. The choc, the cocoa fruit.

[00:24:44]

P He doesn't. Does anyone know what boba is? There's a lot of people yelling at us right now, I do you girls, look it up.

D Boba Fett?

P What is that, say?

D It's all I know, Star Wars.

S I'm looking at the clock and I still haven't brought my meat.

P It's 22 minutes in, although, you know what? We'll see how long; I've got an excellent superfood spotlight today we might just end with that soon.

S Where is the meat?

P We'll bring meat next time, hold on. We've got to get through this list.

S The Millennials are missing the meat.

D This is meaty, we're learning about...

S Oh, it's an Impossible Burger, there ain't no meat in it.

[00:25:14]

P Touché Serene.

D That is solid. That was...

P That was brilliant.

D That was good.

P Bulletproof Coffee. See, now that makes me a little mad too.

S Yes, but it was, Bulletproof Coffee came from the Dave Asprey guy, but it was too many calories. We switched it to Trimaccino .

P Yes, so we didn't invent it.

S We didn't invent Bulletproof.

D No, no Bulletproof for me.

P You've never had a Bulletproof?

D Never.

P You've never had a Trim Healthy Trimaccino?

S No, but you see he's Millennial from the hip town of...

P Lesley gets one because she said Trimmaccino which is the lighter version.

[00:25:45]

S Spring Hill.

D Yes, I'm caffeine sensitive.

P Oh yes, waffle sandwich. I've had one of course, because in a healthy way.

D It sounds awesome.

S What, ice cream goes inside it?

P No you, well for my waffle sandwiches I make healthy waffles and use them as sandwich casings to put good stuff in.

S Like what, peanut butter and jelly, this is sweet waffles?

P No deli meat, lettuce, tomato. I don't know if that's what Millennials think.

S It's full right now, just full.

P Waffle sandwiches. That's it. Now tell us who came in first John.

D John came in first, you already know.

[00:26:14]

S Yes, he did.

D King Swami.

J Love it or hate it, yours truly was by far the most Millennial.

D Love it.

J With 21 points.

S Look at his skinny grey charcoal jeans too.

J Pearl a close second with 18. Then Serene with 16.

D Third place.

J Pearl you're two more points.

S Third place, I give my bronze medal back and spit on it.

J More Millennial than your sister, then Lesley with 12, and bringing up the rear, not even in double digits. The most un-millennial person we know in this room, Danny Valdes.

S And what about loin boy? Loin boy, the true Millennial came in last.

D After all these years of abuse...

[00:26:52]

P No, he's Generation X.

D I have my moment, my glory day in the hot sun if you will.

J Never let it be said.

D I'm the most old-school, fool in the room.

S Look at your Millennial haircut, shaved high on the sides.

D I'm not in the heart.

P And Millennials cross their legs. Look at you, crossing your legs.

S Sitting crossed legs, not a callous on his fingers.

D Listen how upset they are. Listen how bitter that I actually won. Even though I came in last, I technically won.

P Yes, you did.

D And they're so upset that they're more Millennial than me, that they are all about their hip goods.

[00:27:22]

S Look at my bronze medal, it's on the ground. I refuse to wear it.

D And their local owned, I only shops at local markets where I know the butcher.

P I don't do that, that's John, and look, he won. John only shops at local markets where he knows the butcher.

S We cut our own meat from our own back paddock.

P Yes, beat that. Serene eats her own cows.

D That's the most Millennial of all time.

P Look outside the window, you see my cow? I'm about to eat that.

D Do you know what I realized Serene, when you were saying you did this before it was Millennial?

S Yes.

D That you are Mother Millennial. You were doing the most Millennial things before anybody even knew.

S I don't believe in Mother Millennial.

D You mothered them.

[00:27:55]

P Ah that's sweet. You were Grandma Millennial then.

S Yes, I'll be grandma.

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

S Serene.

P So this month only, when our listeners go to [modsy.com](https://www.modsy.com), start a design project and use code, `trimhealthy`, you will get 20 percent off.

S Oh my goodness.

P Modsy.com, it's the revolutionary online interior home design service. It starts at just 69 dollars. It makes it possible to have your own designer for your home and you can afford it.

S You bring your home to them. You take the pictures, you take the measurements, you send them to them online. And then, that's all the hard work done, then you just get the fun of picking all their suggestions.

P Yes and I've done it, it's a lot of fun. There's a low budget to super-high budget, whatever you want. You take your room; you take the measurements and you send a picture. Then you say what sort of style you like, and then the designers create a space that you would love.

S They actually have connections on the same site to all the furniture that you need. So, you don't have to go search. Once you, they've given you the look that you need it's all there on their site.

P With their price matching guarantee and exclusive savings, you can shop all the beautiful furniture and your Modsy design at once, from the easy checkout. You get unlimited revisions, so you can keep changing.

S They guarantee that you're happy. If you're not happy you don't stop with them until you're satisfied.

P So this month only, when our PODdy listeners go to [modsy.com](https://www.modsy.com), start a design project and use code, `trim healthy`, you'll get 20 percent off. So that's 20 percent off for our listeners at [modsy.com](https://www.modsy.com). Code `trimhealthy`.

Announcer Trim Healthy Mama Super Food Spotlight.

P Oh my goodness, I'm so excited about today's Superfood Spotlight.

D Why Pearl?

P Because we're going to discuss lentils, here's the deal, they're so humble and so inexpensive they're overlooked, but talk about a Superfood.

[00:30:16]

S Hear, hear.

P I first discovered the importance of lentils...

S Well I first discovered lentils back in 1876.

P No, but I mean, we raised our children on them, back when we didn't have much money. They were the food that I could afford, because it's a \$1.50 for a pound. I grew my children up on them because that's all we could afford.

S Pearl, every time I had a baby. What turned up three days later? Pearl's Lentil Soup.

P Yes, delicious.

S She had a Lentil Soup Ministry.

P I did, because I could afford to do it, because it's so inexpensive. And then we weren't so strapped for money, I sort of let lentils lie. I mean, until recently when I was researching about MTHFR, many of you know what that is. It's when you test your genetics and you realise maybe you have a little anomaly. It's something to do with your genes where you cannot process homocysteine properly. So, you have higher homocysteine in your body, and you can't detox properly and all these things.

S But hey, just to let you in on a little bit of a caution. Once you start studying that, you get more lost.

P Yes, it gets cray, cray.

S In the cray cray. So, all you need to know is lentils.

P Well, so I've looked up foods that can help with this MTHFR, or in other words, foods that are high in folate. Guess what turned up as one of the highest foods in the world for folate? Lentils. Now let me tell you there's only about two things higher in the world. And they are liver, and I think there's one more thing. Or I don't know, lentils might come after...

D Who could eat that?

P But, liver, I don't like it, some people do.

D I've never had it.

S I'd pop me a pill, a good old grass-fed, yes.

P Let me tell you, in one serving of lentils you get 350...

[00:31:55]

S You sound like The Price Is Right.

P Eight milligrams, I'm so excited about it Serene, of folate. Which do you know what? That's 90 percent of your daily needs.

S Pregnant women listen up.

D 90 percent, come on down.

P You need folate when you're pregnant. You need folate if you have an MTHFR problem. Or you need folate if you need to detox.

S Listen, I tell you what, would you turn please...

P Yes?

S It's not a scripture in the Bible.

D I was wondering.

S To the Trimmy Chapter in the book, in the Table book.

D Almost as good.

[00:32:27]

S And look at the, what did I call it? The something Trade Winds.

P The Trade Winds Bisque?

S The Trade Winds Trimmy Bisque, something like that.

P Moroccan Trade Winds.

S Moroccan Trade Winds, that is, okay Pearl's going to give you a little, quick simple recipe.

P I am people.

S Which is the one she did her ministry with.

P And I still do it.

S And it's amazing and simple, and it takes ten minutes. But mine doesn't take that long either and if you're into a little bit of an exotic flair, this is my family's favourite Trimmy Bisque. Full of folate, check it out.

P Yes, do, because it's amazing but do go to your grocery store and I want you to put lentils on your list. Because it's going to radically change your health. Not only is it high in folate, here's something I've recently discovered too. Super-high in protein. Serene I wanted to tell you this, outs for outs. Do you know that lentils have as much protein as red meat?

[00:33:16]

D No.

P Do you know that for a serving of lentils, one cup, there are 18 grams of protein?

S It's so amazing. Now it's not going to be the complete protein like animal, but you don't have to have animal at every single blinking meal.

P You don't if you're having other meals that include...

S Oh I'm getting rough. I don't like it.

P Soften yourself up lovey.

S It's the Millennial talk that made me aggro.

P We're getting a bit overly excited here.

S I need to go and read the Psalms.

D May I ask what is missing from the lentil protein that is beneficial, that's found in the red meat?

[00:33:43]

P Well, animal protein has all your essential amino acids. Whereas plant protein, they have some and not some of the others. But so long as you're getting some others throughout your day, you're fine.

D Is collagen in plant protein?

P No, collagen is animal.

S No, because it's from the bones, or the skin.

D Ah so that's one.

S Or the ligament.

P It also has, guess what else it's super high in? And I never know how to say this. Molybdenum. Serene, you know how to say that?

D Yes, I can tell you don't know how to say it, and I don't even know what it is.

P It's really important if you have food sensitivities. And things like, you can't process histamine, and then you get reactions from foods. Do you know that lentils have 330 percent? One serving of lentils gives you three and half times what you need for the day, you're done.

S And you know what, if you went into some expensive supplement store, and asked for molybdenum.

[00:34:33]

P Yes, it's going to cost you 40 bucks.

S But for 72 cents at Wally World.

P Serene, I'm telling you. I bought a molybdenum supplement. And then I realized that lentils have more.

S All the doctors out there that know how to pronounce this, please don't write us letters.

D They're heaving, they're heaving right now.

S Because we enjoy false pronouncing.

P I realised I'm getting more in a serving of yummy lentils than I am in trying to buy a supplement.

S And let's just talk to you about iron, iron in supplementation form is, oh my goodness.

P Problematic, right.

S Yes, constipation here we come.

[00:35:00]

D Here we come.

S And sometimes it can be dangerous in the wrong form.

D Here we don't come.

S Here we don't come. Of course, other things, other whole foods, like baobab are high in iron too. But lentils, the humble lentil is very rich in iron.

P Yes.

S Very rich in iron, so that's so exciting.

P And Danny, you would love lentils right now, with your gallbladder issue, because they're high in protein, which you need.

D Yes.

P But they're also very low in fat, so that's why we love them for our E-meals.

D Yes.

P And...

D What about the carbs in lentils?

S Slow.

P They're great, slow burning carbs.

[00:35:30]

S So slow, way slower than quinoa or even slower than your ancient grains, but listen, it's so high in health promoting polyphenols. Hear, hear for polyphenols.

P Yes and Serene, do you want to explain what polyphenols are darling?

S Well, these are the foods that fight disease.

P Yes.

S These are the foods that get rid of your free radicals. We need more of them in our diet. And often times when we're maybe only concentrating on animal protein, only concentrating on that. Sometimes we miss out on the polyphenols.

P We do, so that's why I feel that it's actually important to get plant protein in there too. Serene and I are coming to a beautiful balance these days. So, once I discovered this I thought to myself, I'm going to try and eat lentils at least four days a week. I have just been feeling so great and I have been bringing my little ministry of soup back into my life. It's so great, it's always there for my children when they're hungry, and because they were raised on it, they love it. I'll tell you how it goes, if you want to know.

S But can I just tell you...

D I do.

S Quickly, just before you say that?

P Yes loves.

S Pearl loves to be quick about stuff. And most of you guys do. I don't mind doing a little bit of the plucking of a feather before a meal starts. But she likes to do things quick and the great thing about lentils, is you don't think, I forgot to soak my beans. Or I forgot to... Five, ten to 15 minutes, they're really getting there. Good and soft.

P Lentils can be cooked and here's the deal, you don't have to soak them.

S No.

P Most beans cause gas if you don't soak them, not lentils, because they're the only legume that you don't have to soak, so that's why I love them.

S You get rid of their empty nutrients just by that cooking alone.

D Is lentils your favourite bean?

[00:37:05]

S It's not a bean, it's a pulse.

P Well they're legumes, they're a pulse. So, I like them, yes, they are my personal favourite, of the family.

S I think they give you less fluffs Pearl.

P Yes, less fluffy's of the buffy's.

D We've noticed, now pulse, P U L S E?

P Yes.

D Man I feel like I learn so much when I pay attention in the superfood spotlight.

P What else is a pulse?

S All the lentils and I think maybe the split pea?

P Yes, the split pea is a pulse and there are also some other pulses. I think maybe the dhal. The dhals.

D So they're not beans.

[00:37:33]

P No, they're their own little things.

D Pulse, they're their own...

P And I buy the brown lentils that are the cheapest, but you can get red and you can get green and you can get these expensive French ones.

S Let's tell you about the difference. The brown lentils stay looking like a cute little lentil floating in Pearl's Ministry Soup. The red lentil will go into the cream of the soup. Meaning even if you're not adding cream it will become creamy, you won't see the round ball anymore.

D So it breaks down.

S So my Moroccan Tradewind Trimmy Bisque will be like you'd see at an Indian restaurant, where it's like a red creaminess.

D Oh, like a paste almost?

S Yes which you can dilute with whatever liquid you're doing with your soup. Pearl's lentils, you'll see the little balls of lentil.

P Yes, but the way I cook mine, they really go down to nothing.

S I agree, but that's what my children love about your soup.

P Ah, thank you. You weren't dissing my soup then.

[00:38:23]

S And it's what like about it. No, I was honoring your soup. Because some people still like to know that there's a lentil.

P Okay yes.

S And my children love my Tradewind Trimmy Bisque. But they also like the brown lentil, the red will always go to complete mush.

P Yes.

D It almost reminds me of tomato soup. I love tomato soup.

S Yes, you'd like...

P Yes, mine doesn't have tomatoes in it, I'm going to tell you it, but hey, if you're not into soups, if you're not into lentil soup.

S I'm going home to make it tonight.

P You can make lentil...

S Burgers.

[00:38:53]

P Burgers, or you can put them in at, make the lentils just written according to the package, put them in lettuce boats, with yummy fixings on them, things like that. Or you could make lentil meatloaf. It's delicious.

S Oh yes, good old vegan days...

P With mushrooms.

S We used to make it, now we still love our animal foods, don't you worry about that.

P Yes, we still love our animal foods.

S But we want a balance.

P Yes, we want a balance, and it works for your e-meals, because there's not high fat in there. So, here's my soup. I put it in my crock pot, you can do it in your stove top, so much quicker this will be done in 30 minutes.

But I love to just throw it in there at ten in the morning, and it's done. I let it cook all day. So, I put one pound of the lentils in. I put eight cup of water and later I'm going to add two more.

L Do you rinse them first?

P No, I don't rinse them.

S I do a good rinse.

[00:39:40]

P I just throw them in. I'm all about short cuts, people say pick over them. I don't, I've never chewed on a stone.

S A good little stone, that's good.

P Okay, and then I do salt, probably two teaspoons of mineral salt. I do black pepper, a few good shakes of cayenne pepper, and then I add more to my own bowl, because I like that. Some onion powder, and here's the key, this really makes it good, Bragg Liquid Aminos, or you can use coconut liquid aminos, but it makes it so good. I just cook it, and then I stir it and taste it at the end. Add more of what I need, maybe I'll add more Bragg's, more cayenne pepper, it's so delicious. I had it for lunch today, I had it for supper last night.

S Sunday night you said you had it.

P Yes, I'm just bathing in lentils.

S And you said you woke up a pound lighter.

P I did.

[00:40:29]

S Well not the night before, then the morning before, because of course you're going to wake up lighter.

P I ate it for supper, and I woke up a pound lighter, and I'm not trying to lose weight.

[00:40:45]

