



Trim Healthy Podcast with Serene and Pearl Episode #131 - How To Spot A Food Fad

(AIR DATE: 07/31/19)

*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

Announcer I can't believe it. That Gerald is presenting the quarterly budget report with finger puppets? Look, here comes a 1.7% decrease in fixed overhead. Hello, everybody. No, I can't believe how easy it was to save hundreds of dollars on my car insurance with GEICO. Who are you? The projected increase in organic Q3 revenue. Hooray. Believe it GEICO could you save you 15% or more on car insurance.

[00:00:30]

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, welcome back to another fabulous episode of the Trim Healthy Podcast with Serene, Pearl and Danny. We are glad you tuned in and look forward to giving you a little bit of what we've got. Serene, Pearl, take it away.

P Wow, you're good. That was like NPR.

D It's like nauseatingly NPR.

P Oh, my goodness.

S I think it's nauseatingly lots of other podcast hosts too. I've listened to some poddies.

[00:01:04]

P Are you saying all podcasts are bad except for ours?

S No.

D You are saying it.

S Many are great.

D Because I don't know any other podcasts that we're on.

S But I've heard some really quiet voices. I have.

D Put you to sleep. I mean, you're already listening to classic music, which is going to put you to sleep. Like why is the voice...?

P Yes, but there's something nice about it too. When I go to church, I prefer... Although I love my Dad's preaching but he grew up in the day where preachers yell.

D They yell.

P Okay, it's just what you learned – when you preach, you yell.

[00:01:33]

D You yell.

S Because you started out doing it in the open air, I mean, Dad did it.

P Yes. You started out yelling, so you're going to continue to yell until you die.

D Even though you have a microphone now. And you could be like...

P When you're talking about God, you yell.

D Yes, but...

P Yes, he pounds. He does it all.

S No, he does not do the southern Pentecostal where you do the spitting. He doesn't do that.

P No, he doesn't spit but he yells. It's a way of getting... And that's fantastic. I love my Dad. He's so great.

S Not an awful yelling, it's just an excited loud.

P Oh, sometimes it hurts my ears, Serene. Okay. But all I'm saying is... But sometimes, like maybe we hurt people's ears here on the PODdy and maybe they want us quieter because sometimes I love to listen to a quiet preacher.

[00:02:10]

S Well, let's just be a little quiet today and just do some changing.

D You know, I don't I think they try to match the voice to the classical music, like what sort of voice should we have. Because, I mean, if you had that like, you know, 105.9 The Rock guy voice, you know what I mean, yes, welcome back to another episode. Here, take it away with Beethoven's Fifth. La la la la la la la.

P Yes, that wouldn't work.

D Maybe it doesn't fit. But, I don't know, I feel like it would hype it up more.

S And as like Delilah would talk, like did you have a hard day. Yes.

D Get in here, girl.

S Are you ready to just relax out with somebody you love tonight.

D It should be called Girl Time with Delilah.

S Yes.

P And that does sort of relax you. Sort of.

[00:02:53]

D I couldn't have that voice on this podcast. You'd never hear me.

S I used to have what you call a make-up voice.

D See.

S When I was 14 and I first started wearing make-up, my whole personality changed.

P She would change the way she talked.

S No, I totally changed. I became a different person. I spoke differently.

D You morphed.

S I morphed. And then Pearl said, what are you doing, and I said, I don't know. She said, well, ever since you started wearing make-up you don't talk right.

P She would do... She was like... Even when... If she was answering the phone and she was wearing make-up, she's like, hello, this is Serene.

S Not with an American accent, I would not.

P How would you say it then?

S Hi, this is Serene. I did a breathie and it's soft and it's slower.

P And then she'd even sit different, she'd walk different, everything about make-up and not make-up changed her.

[00:03:30]

S She's like, can I have my sister back.

D Because now you're a classy lady.

P Yes.

S Yes, classy and all made up.

P Yes, she thought she was classy with make-up.

D Yes.

P Anyway, today we're going to get to what we didn't get to last week, which was how to spot a food fad. I think this is super important. It's very timely in this day and age that we're living in.

S How am I going to try and speak softly on the subject?

P We don't have to speak softly. That was just the intro.

S Because I really do feel passionate about it.

P Get to your normal voice.

[00:03:56]

S Because I don't believe there, I don't believe there is... There has been a history in the time of the world with such extremes, with such extremes and such opposite camp bases for people, that they don't even put nary a toe in the other camp.

D Nary a toe.

S Like you are either Keto, all the way Keto, all the way Keto, or you're all the way plant, plant, plant, vegan, plant, plant, vegan.

D Yes, why do you have to pledge allegiance?

P You've got to. And if you go on one of the groups that they're in and you don't pledge allegiance, you are like almost murdered sometimes.

D I had a guy that decided he couldn't roll with me in life because I wasn't, what was it, I think it was Paleo or something. No, it was Vegan. Like I felt the... It was like we were gelling, we were talking about all this cool space stuff and it was just like, man, we're like peas in a pod. And then he was like... I told him I was on a diet to help my gut and he was like, oh, man, and he leaned forward, he was so interested. He's like, what kind of diet? And I told him what it was, different things I was doing, and he's like, so not like vegan? And I was like, no, it's not vegan, and he was... And there was a lean back, his excitement went out of his voice, there was a disconnection and I haven't heard from him since.

[00:05:19]

P But on these people's sides, you know, they do these... I'm going to call them fads, I'm sorry, because that's what they are and we'll explain why soon. They get help sometimes.

S Yes, I'm sure they do.

D Results.

P They get results. Sometimes their health issues clear up. And they think in their mind, this is it, I have found it this is the way to live. Serene, when you first went vegan all those years ago...

S The help that I got was unbelievable. Like I felt like I was flying high.

P And didn't we preach it to everybody, when we were vegans? And we would have been like that guy.

S I was flying high for a good almost a year. Flying high. Like I was like rocking it, man. I just thought... And I saw a lot of people get incredible results too.

P Yes, and in my mind...

[00:06:03]

S And studies and the books and all the facts, F A C T S, to back it up.

P And when I was vegan your whole mindset changes, I looked at animal foods as filthy, as toxifying my body.

S My poop was better than all their poops.

P No, but I just looked at it like how could you put dead animals in your body, people? And I thought...

S But going to the bathroom after somebody who had ate a dead animal, you'd almost like hold your nose.

P Yes. I mean...

S And your mango one was way better.

P [Chuckles]. Thanks, Sereney.

S Mango and arugula.

P But then also the same thing, I mean, you go to Keto... I feel like Keto and Vegan are really warring right now. I think they're the main two. I think Paleo's just a little losing some steam. I think it was huge like five years ago and now I think it's Keto and plant food and they're out there and they're complete opposite. Both sides are having some good results but both sides are having some problems.

[00:07:02]

S And you've got some diets out there not calling themselves Keto but the Dr Gundry's thing, which basically is very Keto-like.

P It's a Plant Keto-type thing. They're scared of animal protein but they have some.

S But they're very, very scared of fruits.

P Yes, so...

S And vegetables that are technically fruits and...

P And, you know, people are having... They're getting... They're dropping weight. Then there's the whole intermittent fasting thing.

S And they're dropping weight.

P They are.

S It works for them. Listen, people, when you're getting off of the Standard American diet, you get results when you clean up your diet. Also, if you're getting off of another extreme to another extreme, you get results because your body's been crying out for that particular nutrient.

[00:07:41]

P Thank you Serene. Spot on. Some people do vegan. Case in point, this is what happened to Serene and I. Started vegan, felt great, loved it, adopted it for many years. I was a Vegan for 12 years, Serene longer, she even went raw food only, raw plant food only, for eight years, was it?

S Yes.

P I had health issues clear. I had asthma clean up. I dropped weight. I did great. Then toward the end I had other issues arise, right?

S Serious.

- P Serious issues, I was low on iron, I was low on B12, I had migraines. I had reproductive issues. I mean, I was pretty much a mess. Okay? Then I put animal foods into my diet, I was missing them, so they were great. So, people go from Vegan to Keto. Oh, I know, this is the way, I'm doing it great now. That was the wrong way. And then the other camp is going to the other camp. That was the wrong way, now I've found the right way, because the extremes are always missing something.
- S Yes, they totally are. I mean, at the end of my journey on the raw food, I had severe sarcopenia. All my muscles were eaten up because I was doing pregnancies and nursing through the night on the raw vegan diet and I could hardly stand up like with good posture. I was just weak. My whole skeletal structure was weak. I had chronic yeast infections because it was just too much sugar from the fruit and I didn't even eat at all one tiny scarab of sugar. And I wasn't dried fruiting out all day long but what are you going to put on your plate when you're missing like important macronutrients? You just fill it up with the same one and it just becomes so imbalanced with your diet.
- D I want to ask you something about what you're saying.
- S Yes.
- D When you were feeling too weak to stand up, at the time was that a clear indicator for you that something was wrong in your diet or...?
- S My teeth were crumbling out of my mouth and other things and also I felt...
- D But did you think diet or did you think...?
- S I knew it was. I knew it was for a long time. It took about a good eight months for me to humble myself because I was such a dogmatic preacher of it, you know, to everybody. I was like shoving carrot juice and celery juice down people and, you know, I only brought like the raw nut and mushroom meatloaf to the church potlucks. Like, I mean, you know, it was just a lot to change, a whole... I had to... It was a humbling of myself to say, hey, I got it wrong and this is not ultimate. In fact, it's severely lacking. But, you know, I was at the bank yesterday, just doing a... We bought some land, Pearl, for some more cows.
- P Oh, hilarious, you and your husband bought more land.
- S Yes, our house isn't finished, by the way, but lots of land for the tractor.
- P You're a good wife, Serene.
- S But, anyway...
- P She's a good wife.
- G This is classic.

S No, but he's a good man. He's a good man. I get good meat on the plate.

P Okay.

S But, listen, this one lady was saying, yes, my son had a heart attack, and I didn't know if I had heard her right. I'm like, what, your son. She was an old lady. Not terribly old but her son must have been maybe like 30-odd, and I was like, wow, that was sad. She's like but he's... Now he's become a vegetarian because he had a heart attack. And then the real estate person... I don't know, her person that went with her to exchange the sale, said, yes, I heard about these big line backers and famous ones and they're going vegetarian now too because blah blah blah. And I said... In front of all of them I said, you know what, maybe that's... I don't believe that the vegetarianism is what they need but the son was saying, you know, all this food, and concentration of it, made me never eat of the plant realm and I just feel like I need plant food to clean up. Now, I still think there should be more balance in the clean-up but the fact is, is that these people have messed themselves up from just constant constant animal food. There was no cleansing foods, there was just bricks and mortar, bricks and mortar, bricks and mortar. There's nothing to just like clean it up now and then and put those disease-fighting polyphenols and other things in there. So, I just said, hey, wouldn't it be great if people all the time just met in the middle and just celebrated plant food, celebrated animal food, and that balance is what walks you down that road where you get the best of both worlds instead of having to be one or the other. So, they were meat-eating until they got problems and now they're vegetarian but that's going to bring them problems.

[00:12:03]

D But, see, we can't be... There's something, I think, in our ego that gets rewarded when we do extreme things. Because then we have an extreme evangelistic message to scream about.

S I think you're right, Danny.

P Yes, and we think if this is good, maybe doing it even more will be better.

D Yes, and think about the benefits of a fad. You get a friend club and the friend club, you don't even know, is based around the fad. It just feels like you're likeminded.

P Well, it's likeminded people.

S You get a new identity, you know.

P Even with Trim Healthy Mama, I mean, you know, there's a lot of likeminded who want support.

D Yes.

S You know, when I started eating the raw food diet way way way way way way back when, like, you know, 20 years ago now, I started wearing clothes with tie-dye on them.

P Yes. It is your identity.

[00:12:53]

S You don't be a raw foodist unless you start wearing a bit more hippy things.

P Yes. Here's the thing, though.

S You know, wheatgrass and tie dye go together.

P I want to just say today I want to get to where we're going to bring balance later on and talk about how we can blend it all together. But I want to talk about how exactly do you spot a food fad.

S And can I just say one more thing, just before you do the practical?

P Yes, sure.

S Because you're so good at bringing the practical but I just felt like I wanted to say this. You know, you were like, yes, I think why are people wanting the extremes, because maybe that you got this evangelical thing, you've got something to scream about. And also I think it's from the enemy. I'm not trying to be super... I'm just stating it like it is, because it parks people places that are going to be dangerous for their health. It parks people in places that aren't sustainable. It parks people in places that is just... The end is not going to go well, right?

[00:13:48]

D Yes.

S And so I was just reading the Bible the other day and it just... This line just popped out as I was reading. It wasn't even about food but it just popped out and it said, God gives food to the hungry. GIVES! He's the giver of food. I thought about that and I'm like, wow, that is so true. God gives food. He doesn't take them away. Now, I'm not talking about food that's not food. Like we want to take McDonald's away, you know, on our plan and we want to take...

P Not necessarily McDonald's but just junk.

S That's what I mean.

P Yes.

S I'm not out to bomb McDonald's buildings but on our plan, we'd say, hey, stop eating the fast food, white buns and all that kind of stuff. So, I'm not talking about that kind of food that you should take away because that's perversions, it's not even real food but real whole food, He gives food. I believe it's the enemy that takes food away.

P Yes.

S Takes. Like these camps, the whole animal food, gone.

[00:14:42]

P From vegan.

S Yes. And then from the vegan, I'm sorry, from the...

P Keto.

S Keto all plant food and all that kind of stuff.

P Well, not all plant food but fruit.

S Yes, but you can't have too many of your veggies either because those carbs add up.

P Grains, gone.

D I think the mind wants to be busy. That's why TV works, is because it keeps the wheels spinning really fast. The gears start to move and move and that holds your attention, it stimulates you to buy. But if you think about when you get really balanced and you start food fadding and you start to welcome all the foods and just... All of a sudden it's not as exciting in a way. Like in one way it's exciting because you've found this new freedom.

P No, I agree with you, Danny, yes.

[00:15:22]

D But at the same time it's not exciting in a way that you get to show off your new sports car.

P And also it doesn't feel like as much, enough effort. Here's another reason people do this – they're desperate, they have major health issues. A lot of people barely can walk, they're riddled with viruses and a lot of things. What is that thing called? Chronic fatigue and...

S Fibromyalgia.

P Fibromyalgia, all those current things, you know, they're desperate for answers and so sometimes, if they try Vegan or Keto or whatever the extreme is, they're like I have to do it and I have to do it with an extreme or it's not going to work.

D Yes.

P And so let me get more and more into it and yet, you're right, Danny, if not putting in all that effort or if it's not hard, it's not going to work. It better be hard.

D Yes which is why people quit too, you know, I don't know the statistics but I'd love to read the studies of doing those extreme things, how long, like you see your occasional Instagram success story.

P Yes, I mean, you do.

D But for one of those are there not thousands of people who probably quit, just like the New Year's Eve resolution group?

[00:16:28]

P There probably are. But we can... I agree, I mean, it's so true.

S Spot the fad, Pearl.

P Okay, what is a fad? Here's two ways I look for in my little brain. Compared to God's brain, it's a little brain and that's why the first I do is I look back to the Word, the scriptures. Okay, if I look and I see veganism, very compelling to me a lot. More than Keto, Veganism draws me in because I feel like there's a part of me that still thinks, oh, it's so clean for the body. You know? Oh, I just... It doesn't feel animally and it's just all low fat and, oh, I like that sort of. So, then I go look in the Bible. You know, what does God say about it? And He sanctions the meats. It's right there. Jesus ate fish, He feed them, you know, Abraham gave God, Jehovah, a meat of butter and red meat.

S The priest which were the most... You know, He had the holy job, right, of going into the temple and making the sacrifices. Their portion was of the meat.

P And God told the Israelites, these are the foods that you shall eat, you know, the ox, the goat, and He went through all the meats, the fish and He didn't call them second class. If you have to eat meat, you know, go ahead but only eat this much and, okay, I guess you can. No, He said, you shall.

S What about in Deuteronomy too where it says... You know, it talks about all the food groups. I just love it. It's so poetic. It says, you know, I give you the harvest of the field, the blood of the grape, the milk of the goat, the fat of the ram, the harvest of the field. It goes through all of them. I give to you.

P So, I have to think no matter what studies I'm seeing, no matter what this guru says or no matter what that Instagram post says about that person reviving their whole body or whatever, yes, it did work for them but I have to only look at that source and say, He knows better than me. He knows better than the gurus, He knows better than that person, I've got to trust Him.

S And just because it worked good for a certain season of your life, does not mean it's a sustainable diet.

P Yes, and we'll talk about that. The next thing, has it been a part of history? Has man always eaten that? Has it sustained civilization? So, I looked back in history.

[00:18:45]

S So, you can spot a fad that says, well, you know... I mean, it's trendy now to do the bone broth and all that kind of stuff but for years it was just a healer. Like, you know, chicken soup for the soul. You brought people back from like the grave on like bones simmered, you know, chicken soup.

- P Has animal protein always been a part of humankind? Yes, it has.
- S Yes, but the bone broth, it's cultural. It's not just a trend. It's actually been around there for Millennials.
- P Yes, civilizations. Had grains always been there?
- S Yes.
- P Okay, there's the Paleo thing – you shouldn't eat grains. Yes, they've been there, except if you believe in evolution and some Grok didn't eat them. I don't go for that. So, the next thing has fruit always been there, for the Keto people, and potatoes and things like that, have they always been in there? Yes.
- S Okay, so here's one for those who are Keto. We're just throwing out. I didn't want to choose Keto first, it just came off the top of my head because I remember the scripture I was reading the other night. I called you about it, Pearl, because I'm like here's one for that extreme. It was talking about the Israelites entering into the land that was going to be a good land and God said, I'm going to give you this good land. It's a good land of barley, wheat. Now, it's not the Monsanto wheat we're talking about but good ancient wheat, could have been spelt, whatever.
- [00:20:09]
- S Barley, wheat, pomegranates, figs, wine, honey and olive oil. Now, great, there's the olive oil there and we know it's healthy and... But look at all those carbohydrates listed, this good land that He was going to bless them with. He said it was going to be flowing with these things, abundant.
- P Yes, so God obviously thinks carbs are good too. And so it's right there.
- S And here's one for the plant only people. It talks... In Deuteronomy it says, if you listen to the voice of God and listen to all my commandments, I will not only bless your fruit and your bread boards, so God's into blessings, He says, I will bless your cattle and your herds. You know? So, He wants that to be ample too. He wants the fruits and vegetables to be ample in your diet. He wants the meat and animal products, the dairy products ample, unless you've got some kind of allergy.
- P So, in the end, you know, you're sitting there and you're like, well, hold on, if I'm suffering from these ailments, how do I get well? I just shove them all together? I mean, just like, hey, I can eat everything, butter and meat and grains and it's all good for me? Is that what we're saying here?
- S Yes and no.
- P Right. So, that's what we want to talk about.

[00:21:22]

S Yes and no, yes and no.... Pearl and I want to just be clear. We've got people who are desperate and it's unhealthy to be 300 and something pounds. It's unhealthy and we're helping them to get their weight down. And so even though they could eat the butter and the cream and the bananas, you know, all in the one meal, and that could be healthy, it's not healthy for them right now because the weight is unhealthy. The weight is putting a burden on all of their organs. So, that's why we separate the fuels. It's not like it's the ultimate thing to separate fuels. We're trying to help people get down to a weight that is healthy and then they can have the crossovers and the S helpers and the natural flow of S and E that happens. Because my children don't do these alphabet soup things but they naturally sometimes will just have, you know a banana or two and some yogurt and that's just like... It's not like it's all a big S or anything. It's quite lean, lean yoghurt with banana. So, you naturally have an E, you naturally have an S. You might have a piece of fish and say, oh, that's all you feel like. You don't have to cross it all the time. But our ultimate goal for you is not for you to be separating the rest of your life but to have the knowledge of it, when you need it.

P Yes, exactly. And so that's why we created Trim Healthy Mama, really, to get rid... I mean, in our first book we said no more fads, right, because we were sick of them because we'd done them and done them and done them and only ended up in a worse place. And so that's why we created Trim Healthy Mama. You know, people now look at it as a plan and an S and E and all that but really it's just a way to be able to eat all these food groups that God calls good and that history has survived on. Now...

S And we actually do say once you get down close to goal weight, have as many Crossovers as your metabolism will allow you to have because that will actually be the best rev for your metabolism, the best way to keep your metabolism running as fine and fiery as possible.

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

S I'm 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 For those who purchased a Buffy, they just might 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 and to your sleep. So, The Breeze comforter is what we're talking about today. It's very new. I love mine. It regulates temperature.

[00:24:06]

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% plant-based.

S It's eucalyptus.

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

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

P You're not going to hate it.

S No, I know, but that's what I like, though, because they're so... Stand behind the comfort that they're willing to do that.

P Can I just 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.

[00:24:47]

S 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 hypoallergenic plus, get this, it's high thread count shuts out dust, mould and mites.

S Well, that's good for allergenic people.

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

S That's gross.

P So, why not choose 100% plant-based bedding that's better for you and it's better for the earth. Serene, you're a greenie. Does that like yank your chain? You love it?

S Yes, mate, this is greenie stuff from my own country. I like it. No, this is going to be yum. And the fact that Breeze... I said yum but that 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 and enter the promo code trimhealthy to receive \$20 off your Buffy comforter. So, that's buffy.co and for \$20 off your awesome Buffy comforter, you're going to enter the promo code trimhealthy.

[00:25:57]

S This is the PODdy with Serene.

P And Pearl.

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

P I do want to talk about another scenario now. I feel like even in the world of Trim Healthy Mama, if you have some health issues that are not clearing up or maybe weight that won't drop or things like this, I feel like there's a way to get imbalanced even in Trim Healthy Mama, even incorporating all food groups. I believe that I have been imbalanced.

S I have been too.

P Sometimes, okay, we wanted to talk about that today and during different seasons different food groups to lean on that might be part of your healing. I don't want to call it a cleanse, maybe a body revive or something like this when you can say, hey, I have this issue going on, sort of like what you're doing right now, Danny, with your gall bladder issue, right? So, right now I'm not going to be piling all sort of fats on my plate, because that's not for me in this season. Yes, I believe in fat and I'm still going to have some and things like that, but it's not my season to have fat at every meal. I'm going to focus on lean foods right now.

[00:27:02]

S But let me tell you what can happen in Trim Healthy Mama. It happened to me. You can get your favorite. Like with the Workin's exercise program, Pearl, Lungies in my Grungies is your favorite.

P No, it's not. I hate that. That's my worst. Clammies In My Jammies.

S Oh the Clammies In My Jammies.

P I did it three times last week and I'm quite sore.

S But the point being is, right, you're not concentrating on the others but good old Clammies is getting a good old workout.

P My body knows Clammies In My Jammies so well, and it stays in there and I just press repeat.

S What I did was do S, S, S, S, S because I love olive oil and I love my omelettes on my special like professional grade griddle that's like in restaurants... Oh, there's nothing like it. And I just love my non-starchy vegetables and I got to a place there I felt. I actually felt God said it to me, really. I'm trying to say God told me but I felt like... You know, how you know He's talking to you? Like, Serene, you're on a fad.

P Yes.

[00:27:47]

S You might be leading this Trim Healthy Mama thing with Pearl but you're in a fad because where are your E Meals you talk to these other ladies about? Where is your fruit, girl?

P And you were having E Meals in Crossovers.

S Yes, I was.

P But we both... Serene and I have both realized lately, and we wanted to sort of confess to you...

S I have them once a day but I don't think that's enough. My E Meals, like quickly have it. Quickly have your E Meal today.

P Yes, we were sort of getting them done to get them ticked off the box and lately we've been in this whole thing, okay, let's rethink this thing. It's like you can easily go too far into the fats and that's an imbalance, and the dense proteins. We've had a big sort of like headlight in the lights, oh, my goodness, where are our fruits. I'm not talking just... I was just like maybe doing two apples a week and some berries. What the heck? God made all these fruits, laid in on these trees. We're supposed to eat them for our health and, like Serene said, the xantheons and the polyphenols. So, now I have...

S And the pectin and those fibers that just go...

[00:28:47]

P Yes. I mean, an apple a day, right, but who really is eating an apple a day? Danny, when's the last time you had an apple?

S On the way, probably.

D We keep stocked with fruit, yes. Fruit's easy for me because it's like dessert.

P Exactly.

D It's like the dessert of healthy food.

P And you have been good at fruit.

S But because you're such a high metabolism, you know, you're just like it's a go-to for your but some people...

D Yes.

P I looked at it as a weight staller and it's not, it's a weight shredder because since I've been focussing more on fruits, I haven't tried to because I'm not trying to lose weight, I'm at goal weight, my body's been just like shedding fat.

[00:29:21]

D Because isn't Trim Healthy Mama... It's not a fad. Isn't it an educational system, more than anything?

S Yes.

P Yes, it is.

D That's what I felt like... When I've even heard friends say that they do, I'm Trim Healthy Mama, you know, it's like I'm hoping they mean I have been educated by Trim Healthy Mama.

P I hope that too. I like that, Danny.

S You hit it on the nail, Danny.

P So good.

S Because, you know, in this season of my life, I'm nursing, I'm active and all that stuff, I live on crossovers. So, my Trim Healthy Mama journey is maybe not looking like some of yours but, guess what, it's just the information I have for maybe post-menopause I'll be like, you know what, not every meal has to be Crossover, I might just have a nice fish and salad at night-time. I don't need to have that Ezekiel wrap on the side, I don't need to have the half a banana along the plate too, which I can now. But, guess what, even in the season of post-menopausal you should be enjoying and celebrating fruit. Why, because we are not a fad, and why? Because God says blessed be your fruit bowls and your bread boards, and that's not just for one season.

[00:30:29]

P And can I, I want to speak to all the people that say but, hey, I have PCOS, but, hey, I don't do well with E meals, I feel tired after them. I say, make yourself a guinea pig and try different ones. Like papaya, we talked about it on a recent Superfood Spotlight. It is so easy, on your glycaemic index. It is very gentle. It's slow-burning and it is full of folate. We talked about folate last PODdy, about how it's good for those with methylation issues. It's very gentle.

S And sometimes, if you just concentrate on S, which is... I'm just looking at myself here, down my own nose.

P You get imbalanced and you get health problems.

S Your metabolism slows down.

P Yes, it does.

S And you might need a bit of fruit to start revving you up, or a bit more of the natural root vegetables or the grains. Listen, people, separate them if you want to because that's your season for separation. If you're in a season where you want to experiment or having as many Crossovers as possible, experiment with that and go to that limit where you can be that. It's the healthiest thing for you, to combine them as much as possible and keep within a good weight. But we want to say to you Trim Healthy Mama is not going to be something that people are going to spot as a fad.

P Please, I hope it never does.

[00:31:44]

S We always wanted to educate you with enjoying both S and E but we started to realise because we had accidentally gotten to, oh, this is my favourite, this is my favourite, and played that track over and over again, we thought maybe you could be too and we wanted to encourage you that we want the animal foods in our life to be celebrated but we have to have the balance of the plant food too. My husband, you might be like him. You've got to experiment. Everyone's different and I'm always going to have a good amount of meat in his diet and a good amount of, you know, good pastured eggs and what not but I feel like they... Because they were his favorite, I gave them to him more often and I didn't bother with like a nice little fruit salad with a bit of, you know...

P Greek yogurt?

S Yes, or a bone broth smoothie on the side or something. I just needed to pull down his animal a little because I celebrated it so much with him and I feel like he was a painter and used a lot of chemicals, his liver was kind of, I think, clogged up and he needed a flush of just the good polyphenols and the good antioxidants and the good liver cleaners that are in plant food but also in the egg yolks of animal food, yes, but we were already doing that.

[00:32:55]

S He needed the other part of the picture. He started to drop weight when it wasn't happening. Remember, he'd go to China, Pearl, and he'd come back ten pounds lighter?

P Because they do...

S Because he couldn't find milk for his coffee.

P Yes, and they do less animal foods over there in amounts.

S We're about animal foods. People, please don't go vegan when you're listening to this.

P No.

S Please don't go and start taking it out of your diet because that's a pitfall. We've been there, we fell off that cliff, it hurt. Please, don't get to where we are where we believe in it mentally but physically we just celebrated our favorites.

P Yes, and that was... And, listen, when we say where we were, I was still doing my Sweatpants Oatmeal a couple of times a week, my cottage apple salad a couple of times a week, a sweet potato here and there. I was probably having four to five E Meals a week. Guess what I think of that. I think it's rubbish now.

[00:33:43]

S So do I. Because, guess what, we ate protein at every meal...

P How many other meals wasn't I not doing it?

S We didn't say one time a day have your protein. We had fat at every single meal. We didn't say one time a day are we satisfied with fat. No. But we can put carbs a third class citizen and say, oh, you can be once a day and I'll get you down quick so I can get back to my.

P Yes, so I want to say... Listen, when people turn vegan and they're getting rid of the animal products and that, yes, they have big health turnarounds. Guess why, because they're getting more polyphenols because their liver's having a chance to take a break. There's a merit in it but there is also not a sustainability for life in there.

S When I first turned to meat products, that's why I started over-celebrating them, because they turned my life around. I started getting muscle. I started holding my shoulders back straight. I felt stronger. I thought clearer because I wasn't so... I mean, all the things that I needed for my hormones and all the things I needed for the bricks and mortar were there and they were working and my body was being built back up. But, guess what, I think I just... Without even realizing it, the mental knowledge was there but I started getting into a habit of Clammies in Jammies only. You know? Eggs for breakfast and coffee only, but now I'm getting up and I'm having a bunch of papaya until I'm full, because it's low glycemic, and then after that I have my couple of eggs, you know, a couple of hours later, still in the morning. I'm still having my protein.

P Or you just have a protein drink or something like that.

S Yes, bone broth or something. These days you can get them where they don't even have any flavour and you can make it sweet even.

P But also we want to be natural too. We've always said, hey, where's your protein. I believe where's your protein. We're about protein. It's a building block. But you can just jolly well sometimes eat some fruit alone. It's not going to kill you if it's a low glycemic fruit.

S Totally.

P You know? And let's see how you do when you first come to Trim Healthy Mama and your blood sugar's all whacko.

S The reason why we're saying this now too.

P You probably need some protein.

S Is because when we first turned to Trim Healthy Mama, because we first made it up, our bodies couldn't do it without protein.

P No.

[00:35:32]

S Because we've lived on only meals without protein, our blood sugar was cray cray. It was like crackers.

P I feel like I'm very stabilized now. I can do some fruit alone sometimes. I find it very cleansing.

D It's summertime too. You've got to have some watermelon.

S Pearl, we talked about this and you said it's overdone, that word, and people can get like, oh, vegan cleansing. No, reviving is the word. You might be stuck in your Clammies in your Jammies, like eggs and omelette and steak and cream cheese rut. You might need to just have some nice papaya with lemon juice on top.

P Hey, I do want to say something, and I know, Danny, if you've got anything, interrupt me but now I want to go to the Keto side. Now, I'm finding a very sad thing that's happening and I'm watching it happen because I keep my eye on many groups.

[00:36:16]

S And it's sadder than the breath, right, because I want to say that... Is it natural if you can't walk in a room and you can smell the Keto person?

P Well...

S You can.

P Hey, I want to talk to you about this. Keto, I'm finding a very, very sad trend. Keto eventually ends in intermittent fasting I don't know how many percent of the time but it's high. I'd say it's more than 50%. I'd say it's getting close to 80% of people that start Keto, in the end the metabolism slows down so much, Serene's going to explain why, they have to go to Intermittent Fasting. They have to close the window of how often they can eat and then only eat for maybe eight hours a day. Let's take it down to six. That's not working. Let's just take it down to four hours a day.

S You were noticing that too for Pearl. Pearl was noticing because she's not nursing and all that, so maybe I just...

P And I'm almost 50, okay?

S I have more bread in my life, my sourdough bread, because I make it and all that because I'm nursing but... So, Pearl was noticing as she got stuck in her S rut, even though she's having her once...

P I was having my token E Meals, yes.

[00:37:19]

S Yes, token E Meals. She noticed that she'd think to herself, oh, just one portion. You know, I don't need to go back for seconds. She's starting to think like this.

P I was having to limit my food intake, I realized, the more I got imbalanced on S Meals and then sometimes I'd think, you know what, I don't need to eat breakfast until ten today, I'm just going to close that window just a little bit more because of my age, you know. Well, surprisingly, since I've added more fruit and I've just been a little more emphasis on easing the grains and...

S You love the black potatoes.

P Yes, my black potatoes, my lentil soup meals, things like this, and a lot more fruit, my metabolism has just gone, like dialled up to ten. As I said last PODdy, I've been just shedding fat. I didn't need to shed fat but I can tell something's happening. I eat more often and my window is much wider.

S And this is what we do.

P I feel like that's healthier.

S And this is what we do. I don't need to do this because, you know, I'm wanting to do as many crossovers but this is what Pearl has thought, and I've thought about. If you want to keep to the S and E but you want to have more fruit, when and how, blah blah blah, have a micro fruit meal.

[00:38:26]

P Yes.

S So, before your meal, have some fruit and then all you have to do is wait half an hour because your fruit's digested in half an hour. Then you're just burning one fuel...

P And that's really... No, that's really for women that are like nursing, pregnant and stuff like that, because I can just do fruit for a snack. I don't need to have a micro meal before my meal but you sort of do because you're like how can I fit fruit onto that and I'm eating all of this but I need that fruit and you're like you need the more calories, right?

S Right, but what if people just... If they add fruit to their meal it just gives them a tummy ache and all that stuff. I'm just saying there's ways where you can just have an apple, wait half an hour and then you're hungry for your meal.

P It's true.

S It's just one apple.

P Yes.

D You know, there's something to be said too about when you're doing your little evening...

S The insulin rise isn't there, you see, with your olive oil.

[00:39:09]

P Yes. We haven't let Danny talk.

S Sorry, Dan, go, you flamingo man.

D When you've got something you've got to let it out, I get it. But there is an account too, I think, for when you're jacking up your system with sugar a lot because now a watermelon hurts your belly but if your belly wasn't rotten from sugar, watermelon might not hurt your belly. You know? So, like there's... Like that's what I found when I stopped sugar and really... I feel like after about six months of work I've had some major breakthrough in gut, by the way, I haven't shared.

S Good.

P Yay.

D Yes, and it's like I don't... And I used to think about everything I ate because it all... I either felt it because of pain somehow or there was... I mean, believe it or not, I looked at an old picture of me before I was like off Coca-Cola every day. I was actually kind of a portly man.

P Were you portly?

[00:40:03]

D Yes, I just didn't really notice it because it came slow. You know? And I'll show you...

P So, you could see the sugar on you.

D Oh, you could see it, yes, and I... Like looking back, it was like, whoa, I was, for me, too round. For me, for my... What you would call my goal weight which is way smaller than I'd like. I wish my goal weight were bigger. It's just not.

P But you want it all muscle.

D That's what I'm doing now. So, yes, I've... Like once I got off and kind of healed my body, which I... It made me think of how many people have, whether it's a health issue or a problem with this food or that food, they have to put so much thought into their food but it could be because the foundation of their body is so jacked up.

P Oh, it's so true, Dan Dan.

D You know what I'm saying?

P We've done a lot of things to ourselves.

D Yes, so, I found like now I don't think about... Because I'm eating food that comes from the earth and I just know the simple Trim Healthy Mama balance stuff about like putting them together, I just eat food that comes from the earth without thought and my appetite's actually way bigger. I eat more food than I've ever eaten and I can't gain weight.

[00:41:09]

S Well, I tell you what, Dan, bingo, and I love that and oftentimes I've screamed out to God. Sometimes I'm like, God, I don't want to think about food this much. But, guess what, when you get the foundation down, you get it in your head, then you can stop, you see.

D Yes, that's what I'm saying.

S It was when things aren't working that you have to start thinking about it.

D You've got to, yes.

P I want you to describe, because we talked about this recently, you know, and I've talked about we're adding more fruits and stuff and my metabolism is revving and, you know, we talk about Keto, which leads to intermittent fasting. Serene, why, why does it slow down your metabolism?

S Well, I was thinking, you know, every organ of your body and your brain and your liver, I know that it can turn... You know, it can burn off of ketones in the end and, you know, your liver can turn your amino acids from your muscles into a kind of sugar through gluconeogenesis and all this kind of stuff. But it's not the natural pathway. It's not the first and most desired pathway, the easiest pathway for your body. The first desired pathway is to burn off glucose. Now, we had the S Meals. Why? Because we want your body to start burning off some adipose tissue faster than just if you just started balancing it all out and eating... That would slowly happen when you're getting off McDonald's and all that but some people, they're just in a dangerous weight area and they need it off and they need to start burning some of those, you know, adipose tissues for fuel. So, there's a little science to this but in the healthy world, when you get down to your goal weight, your body flourishes on burning glucose first.

S Now, that's how everything fast in your body and stress-free in your body. I believe it's a stressor. I believe it's the cortisol and science now is starting to see, if it's always running on the second slow way, the way... We burn ketones for survival. It's great. The body has been designed to have this plan. Not the Trim Healthy plan but this plan of burning ketones and turning glucose out of proteins and fats. It's designed so that we can go through starvation times. We can go through all kinds of situations in our life and not die, right?

P It's a stressor to the body.

S But why take those most stressful situations and say, I'm going to live like this and say, my body should flourish on this.

[00:43:30]

D Yes.

S You have to slow your metabolism down because that's a slower route to get energy. It's a slower route for... I believe because it's a slower route and your body has to work so much harder to get fuelled, your body's like, hang on here, let me just slow this business down because it's a slow way down anyway and I think that's why. I mean, I'm sure there's science to back it up but in my little brain...

P It makes sense because it's slow. It's not the first run of glucose. It has to do roundabout things to get there and so it's a stressor for your body. It can cause cortisol, which puts on weight, but it... If something is slow, to me it says, well, I'm also slowing your metabolism.

S And it also gives your hypothalamic amenorrhea. Amenorrhea's just this kind of like name for it goes away. Right?

P Yes.

S So, hypothalamic amenorrhea is when your hormones are basically getting down to nil. I mean, they're just kind of... They're fading away from where they should be and your pituitary gland and your adrenals and your hypothalamus all work together and when you go into that ketosis state, they don't speak properly to one another. It's called the hypothalamic... The HPA Axis. What is it?

[00:44:48]

P I don't know.

S It's the H for hypothalamus, the pituitary, P, and adrenal, HPA Axis, and they're all meant to work together and speak to one another.

P All we're saying is, okay, let's spot the food fads. Let's look at these things that are out there right now, there's plant food only or there's, you know, Keto, there's Intermittent Fasting, there's some Paleo. If they're evilizing a certain food group. Right there. If they're saying is bad, that whole food group is bad, we've got to say it's a fad. Bad means fad.

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 Hey, get this. Did you know that as a woman you shave ten times the surface area than what men shave? Yes, we do it ten times more. But razors, they haven't been up to the job for us, you know, until now. Introducing Billie, B I L L I E. It is delivering premium razors directly to you for half the price.

S Can I just butt my voice in there?

P No, I want to finish my sentence. Half the price of what you'd find in a store.

[00:45:56]

S That's where I have to speak. Half the price. Do you know I can't use my husband's razors? It's rough stuff. It's not... I want a razor that has at least three or four blades on them. Billie has five, by the way, but when you go to the store you have to buy them... They're like in that thing where they're connected to the wall and they cost a lot of money. They're in like one of those containers, those plastic containers with a key and the lady has to come and... That's how expensive they are.

P If you go to mybillie.com to get the starter kit, this will include two razor cartridges, a handle and their magnetic holder for the shower...

S Magnetic magic holder for the shower.

P No, magnetic is the way to go.

S You can skip a month. You can adjust. And if you just miraculously start growing hair, you can cancel your subscription any time.

P Okay. Another thing, you get free shipping always. Skip, adjust or cancel your subscription any time.

[00:46:51]

S That's huge. That is huge. Free shipping.

P Yes.

S Usually you have to spend over a certain amount of bucks first.

P Now, Mamas, go to mybillie.com/trimhealthy for 10% off your razor. Get the best razor you'll ever own for half the price of razors in the store and plus, again, shipping is always free. This is a limited time special offer, so go now to save 10% off your razor at mybillie.com. That's M Y B I L L I E.com/trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

P The second thing we want to point out today is don't let Trim Healthy Mama be an unbalanced fad either. Don't go so to extremes with just the proteins and the fats that you're forgetting that your body was supposed to run on glucose.

S Because if it's just like... If you're happy where we were happy, to just have your one E Meal a day, it was the third class citizen and we had to realize that. Even though we mentally preached it from every PODdy and in all our books, we got stuck in a rut ourselves. It became a fad without us even knowing about it.

P Yes. So, just change things up. Just see how you do and make this journey yours. We're all so unique. Some of us do better with more meat. Some of us do better with less meat. Some of us do better with dairy. Some of us don't. We're not going to vilify any foods here but we are going to use for our own bodies, own personal best unique journey.

[00:48:24]

P I think we're out of time. John's got the look on his face. Lesley's getting antsy. We're about done.

S Yes, but the people that need it, it's going to be life, this PODdy, it's going to be life.

D Lesley's shifting in her seat.

S And all 43 minutes will speak to those that need it.

P I'm telling you. Oh, you have a rookie question? Come on, bring it, Les. That's why you were shuffling around.

D We want to invite Lesley to the microphone. She's going to ask a question for rookies.

[00:48:49]

L What are Paleo eliminating? Aren't they just...?

S Dairy.

L Oh, okay.

P And grains.

S And grains.

L No, I thought it... Okay.

P Yes, dairy and grains.

S Yes, it's what they could forage in the woods, the berries and the roots, and what you could bam on the head and kill and eat, like a...

P Honestly, some people do better with dairy. You thrive on dairy, Serene.

S I thrive on dairy but I eat raw dairy.

[00:49:10]

P Yes, that's true. I can do dairy. Sometimes it messes with my stomach. Lately I've been doing a little less and I've been feeling fantastic. But I don't evilize it.

S You still don't deny the Bible verses.

P No, hey, give me some snacks, some Gouda cheese now and then. I'm all for it. But, yes.

S But you're not about to just like go for your raw dairy and go out and buy your pasteurised...

P I'm not going to do all that. So, you know, I'm just...

S Some people maybe more than realise it don't do well on a lot of pasteurised.

P Yes, a lot of people... Trim Healthy Mamas, listen up. Listen to me up right now, okay? I want to speak to someone.

S The dairy in the Bible out there...

P Yes, it's different.

S It was your good old sovereign, as John would say, your sovereign dairy. Okay? So, I thrive on a lot of sovereign dairy. I have my pasteurised dairy from time to time, I have my, because I don't make my own cottage cheese and I really like it but I get the good stuff but I'm not living every day on that. I'm living every day on my raw double fermented kefir that's from pasture-fed.

[00:50:10]

P And some people don't even do well on that, Serene. It depends upon your body.

S Yes, but my point being is, is listen out, ladies, if you're living on pasteurised dairy and you're in a stall, maybe you can't do that.

P Or just that, if you're... If you have some health issues and your cream cheesing all the time and things like that, I would say... And here's another biggie.

S Or heavy cream too.

P Heavy cream, then you're overdoing it.

S Heavy cream, I do it at Christmas.

P They're not super foods, people.

S No, they're not. Pasteurised heavy cream is not.

P They're really good when you first come to the plan and you get your blood sugar stabilized and they help you enjoy it. But then, as you mature, let yourself mature. Okay, stop having red meat every single meal. How about some beautiful fish? Okay, you need that beautiful balance of light and heavy.

S Yes, and can I say something? Our sweeteners, they were brought to plan because people wanted cakes. They wanted muffins.

P Yes. And they want sweet drinks. There's nothing wrong with that.

S They do. They totally do.

[00:51:05]

P And it helps them.

S But as you mature, you don't stick honey out in the cold. Raw honey? A teaspoon before bed is what puts me to sleep. I'm telling you, it feeds my liver, it's so wonderful. And you're having one medicinal teaspoon on your oatmeal.

P Yes.

S But if you're going to make a cake, you're not going to put honey in it. It's too much. It's cray cray.

P It's like the Bible says. You know, honey is good for you but then too much will make you sick.

S Right, so, the point being is we've got to... We can't like put the good carb with the honey out there either. So, our sweeteners are for celebration, they're for cakes. Heavy cream is for celebration, it's for icing, it's for cakes. But if you're sticking it in coffee twice a day and you're pouring it on blueberries in the evening, it might be just too much.

[00:51:49]

P Maybe it's not, maybe you're thriving and maybe all your bloodwork's better and I see you people and you're doing great, but some of you, who knows what's going on in your body. Some of you answered, that's what we're talking to you today. Tweak some things and we do. John's body language says stop.

S Yes, because he's already tweaked.

P John's tweaked. He's already good. Okay, bye.

D See you later.

[00:52:28]