



Trim Healthy Podcast with Serene and Pearl
Episode #132 – Your Children & Their Food Choices Stop Nagging Start Teaching

(AIR DATE:08/07/19)

*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 · A = Amanda Mott

[00:00:00]

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 save you 15% or more on car insurance.

P Hey, it's Pearl here. I'm just coming in before you're going to listen to this PODdy with a little prelude. The PODdy you're about to listen to was recorded previously because we had a guest come in and she is now about to have her baby any minute and so we had to get her in before she had her baby. This is all about the curriculum and when she came in we didn't have some serious details to give you, so I wanted to give them now.

P Our curriculum is going to be released August 27, so we didn't have that date for you. So that's just in a couple of weeks here, so you can count on that. You can go to the Trim Healthy You website and you can get prices there, all the details, all the things you want to know that we were unable to say in this poddy you got them there. www.trimhealthyyou.net So enjoy. This is exciting stuff coming up.

[00:01:21]

S This is the PODdy with Serene.

P And Pearl.

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

S My Danny, you've changed. Oh my goodness. We are sitting here boys and girls, men and women of the world. I don't know how Danny does it.

P You're terrible at introducing.

S I'm a terrible beginner. Danny's not here, but we have somebody sitting in his seat.

P Right in his seat and it looks totally opposite to Danny.

S Opposite to Danny because she's a she.

P And she's very pregnant.

[00:01:50]

S Yes, yes.

P We're so excited to have you today, Amanda, and the topics that we're covering today.

A Thank you, we are excited to be here.

P And you got Chloe, your three year old.

A Yes, I said we because I also have three year old Chloe sitting next to me.

S She has beautiful curly hair.

P She is gorgeous with blonde curly hair and she's being such a good girl. And speaking of children, actually that's what this PODdy is about.

S The only thing that's the same though between Danny and her is the flowers.

P Yes, you've got a flower shirt on and Danny comes in flower shirts.

A I should've brought a robe

P You should have.

S I know, but that's only when Danny is like in one of his moods!

[00:02:21]

P You should've brought your husband's robe.

S But, yes.

P But today is all...

S There's too many smiles from you, Amanda. Amanda's got this beautiful open smiling face. Just describe her to you so you can imagine or match a face to the voice.

P She's flourishing with pregnancy and she's glowing and she has a very open smile... Are you saying Danny doesn't smile?

S No, he does. He does but when he has... She said I should've worn a robe and I said but that's when he's got his myriad and she's got too many smiles.

P Yes, Danny wears a robe.

A So you have to be grumpy to be in a robe.

S Yes or a crisis... Some kind of crisis.

A I'm pretty happy today, so big smiles and flowers.

[00:02:53]

P Anyway, you flew in all the way from Texas for this podcast and I'll get to the title. We don't know what we're going to call it, but this is all about our home school curriculum. Actually not just home school, but this is about the Trim Healthy You curriculum for kids, for children. We're so excited.

A So excited.

S I'm excited for my children.

A Yes, me too.

S Because my children need to know what we do.

P I know.

S Like literally they're like Mum, like bleh, bleh, bleh and I'm like oh my goodness, like I'm one of the authors.

P Well, you see, we're one of the authors and I think our children sort of because of that sort of almost took it for granted and almost sneered on it sometimes. Like Mum is this an S or an E or Q or an X??

S Yes, exactly.

P Is this Trim Health Mama?

A This is from you, so I don't know what to think about it.

[00:03:39]

S This is an L, M, N, O, P.

P But I did put my eldest daughter, Meadow, and she's really happy that we did for her high school I put her through our original book as part of her science. But now my daughter, Autumn, who's 14 is about to... This year we've got a... Well, let's start at the beginning. We've got a Beginner and Intermediate. High school will come next year probably, Amanda, right, when you're finished having a baby.

A We're hoping so. After a little baby break, right.

P She's about to have this baby.

S Hey, hear, hear, I'm into baby breaks and I'm into good resting when you have the bumps.

P But my own daughter, Autumn, is going to do it this year. So I'm so excited for this new school year. But let's start from the beginning and talk about how this came about and why, right. Because Serene and I had been asked over and over you guys, you need to do something for a home school curriculum.

S Our hearts were there. The passion was there, but the thing is is that Pearl and I... Can I be honest?

[00:04:37]

P Yes, you be honest for you.

S We would be the worsts curriculum setter uppers.

P Yes. It would take a lot of organization and we knew we were also so busy. We knew we had our own books we were writing. We knew we just couldn't get there on our own and so we were just always putting it on the back burner knowing there was a huge need for it.

S A massive need, because even my little ten year old I'm like you need more protein. No, you need protein in that lunch, because they make their own lunch. You know, it's free for all at lunch time. I make breakfast and dinner. They're free for all for lunch. And he's like well I'll just have a carrot then. I'm like there's no protein in a carrot.

A There's no protein in a carrot.

S I've got to get to the basics with my own children here.

P I know. And so then how did it... Tell us how it happened. Maybe you have... You know, Amanda, how it came to be with you and Serene and I.

A It was totally a God thing because I am a new home schooling Mom relatively speaking because I taught in public school for seven years and after we had our son I was called to stay home. And then after that I was called to pull my daughter out of public school to home school. And so it's all new waters and whenever I was reading through her health curriculum I had already started Trim Healthy Mama and I was reading what they were advising. And I was like oh, no, no, that's not right. That's not right either. Okay, let's just scrap this book and Mama will teach you about healthy nutrition, because you know I don't want her being confused with what is good and not.

[00:06:11]

P What were some of the things they were saying in there? I know I've read them and I didn't allow my children to do those books.

A I was just glad that it was brought to my attention so early, you know, because they're like sponges and so... And they're reading from textbooks, they think this is fact, everything you read is fact. So it's kind of scary that if you're not aware that they're just going to believe whatever they're reading. Margarine was one of the things and I was like uhm.

P Big canola oil pushers too.

A Yes and I'm like yes, butter. We eat butter because, you know, that's real.

P No, but they don't like butter a lot of them.

S And then even just talking about the facts, it's not necessarily embracing them. It's still that very like low fat skin off chicken kind of low fat dairy, the whole...

[00:06:54]

A Exactly. It says lean meats only.

S Yes, old fashioned approach.

A And then like for an energy burst make sure you drink some juice and I'm like yes, that's not going to be the best approach, you know, because of the sugar crash and everything.

P Right.

A So I just happened to go on Facebook, which is funny because, as we've talked, I'm not a big Facebook person.

P I know, you weren't even a Facebook person.

A I go on it for groups because, you know, it's nice to have support and ask questions or research or whatever. And I just posted in I guess Main, the THM Main group and asked about you 'all and a home school curriculum that would teach my children, you know, nutrition biblically based and correctly.

P Right.

A And so you said, you know, you 'all were busy, you would love to, dah, dah, dah. And I was like well actually I am a certified teacher and so then we just...

[00:07:44]

S Bingo. That's what we were looking for, right, the organizer.

A Side lined and here we are a year and a half later or so.

P Did you private message me after that or did I reach out to you?

A In the comments you said for us to chat on the side, so.

P Yes, because I'm like oh my goodness, here's a teacher who says she's willing. What? Maybe I shouldn't just leave this alone. So I messaged Amanda and you were like completely open to it not knowing Amanda, if you'd known what was involved...

A I had no idea. It has definitely been a learning experience.

P This has taken over your life for like a year and a half.

S What we'd realized, Pearl and I, that things that we think are just going to be oh just a little thing, they...

P Yes.

[00:08:23]

A Nothing's a little thing.

S Yes, that it's humongous and things that we think okay, well this will be kind of a big task, it's just a ginormous life works.

P Yes, this home school curriculum has been a beast. Let me tell me, Amanda has been incredible for us. You know, she took the basics of the plan that Serene and I did and then she just organized in her teacher manner, brought in activities, arranged it in a way that children can understand. Of course Serene and I would always go back in and, you know, tweak and have it the way we wanted it. So it was definitely a co-write, but Amanda I'm so glad you've been on board because when I was a home school mother and I'm still... I've graduated three. I have two left but they're on their own, you know, high school and I'm...

A Independent learners.

P Independent, and I love teaching them to read but, you know, after that when it was like curriculums and stuff I was such an unorganised home schooling mother. So, Serene, you've been that way too, so we knew we couldn't pull this off.

S Oh, I couldn't do it off because I... People say well what curriculum do you use and I'm like stumped because I don't.

P Serene just writes on the blackboard.

S Yes, all my old fashioned house on the prairie write on the blackboard, make it up on the day, so that's...

[00:09:33]

P But I'm so excited about this curriculum and let's talk about it because there are so many facets to it. It's more than just nutrition. I mean, it's so inspiring. I wish... I think even adults should read this, right.

A Oh, yes.

P And Lesley got a lot out of it because it's just the very basics of Trim Healthy Mama without even focussing so much on S or E because it's not. It's focusing on the fuels that feed us for life.

S You see, the science of S&E... I mean the science, sorry, of Trim Healthy Mama is the science of fuels, not really S&E. And once you understand the fuels you have a foundation for every season of your life. You have a foundation to help those who need to put weight on. You have a foundation to help raise babies and toddlers. You have a foundation for when you go through your teenage years, for every season of your whole entire life up until elderly because you've got the science of the very rock bed bottom principles.

[00:10:35]

A Yes, it's laying the foundation to have the knowledge, because that's what we've talked about it's how knowledge is power. And I realized this whenever I taught fifth grade is when I started really on my health journey just learning about different ingredients like MSG or high fructose corn syrup and realizing the effects on your health and your body. And so I started sharing that with my students and they were so hungry to learn these things, you know, at 10 and 11 years old and they started coming to me and telling me about their choices. Well, I had this but I did this instead and like, you know, they're excited to have that power, you know, with that knowledge that they can make the choice for themselves now.

P I agree and that's what we're arming children with. I'm so excited about the future. I believe with this curriculum, I'm just speaking it it's going to change generations.

A That's my prayer.

P Because when children can embrace this at a young age and get this knowledge they won't have the issues that so many of us has been through as adults, as teens. I mean, if we can give it to them now all the health issues they won't have to endure.

S Yes, it's like having a body, like we do of course, but not knowing anything about it, it's just it's dangerous. And so many people have been raised in a situation where they're learning everything else but about the very tent that they're living in.

A And how it all goes back to food, our fuel and it's so common sense, black and white almost that... And I always use a car analogy for people because it helps click. Like if you drove a diesel you don't put regular fuel in it. So like why do you put things in your body that don't belong in it and then you wonder why it's starting to break down, you know.

[00:12:23]

P Right.

A And so our bodies were designed for certain foods and when we put in the manmade things and the chemicals then it starts to break down and we have all these health problems and then wonder why.

P You know what the saddest thing is, I think with children these days and even in my generation was that, you know, you start off not really understanding. Now Serene and I were different because our mother really did teach us some things. We got off on tangents but we had some fundamentals. But mainly children growing up on a Standard American diet, you know, it's just sugar, sugar, whites, whites, then after that because that does such damage, after that all it is is just diet after extreme diet. So you've got the extremes. You've just got standard American and then extreme diet rather than now what we're doing is saying no, here's the beautiful, sensible, nourishing, delicious balance from the beginning.

[00:13:10]

S I am so excited because Pearl and I, you know, we've got this Trim Healthy Mama book that comes out. Women don't get their hands on it. Maybe they do in teenage years if their mum, you know, starts reading it and it trickles down to them just because they're watching their Mum, but we're not getting this information to people until they're already an adult. But it starts when they're a child. That's when they're, you know, training their taste buds. That's when they're learning the basics. Because today it's so sad, we've got children whose bodies are run down. They're having pre-diabetic issues at seven years old. You know, it's really, really, really scary. And so it's really exciting, Amanda, and I'm so thankful for all the work that you've done to help us start reaching at the seed level which is so... That's where the power is, right.

P Yes, the seed level. I love that, Serene.

A Yes, I do too, starting to build a foundation from the beginning. And that's what I'm striving to do with my own little family. One of my biggest goals as a Mom is just to change my family legacy. I did not grow up in a healthy home on any level and what you just described, Pearl, was me like. We had an entire cabinet of Little Debbies, an entire refrigerator of sodas and, you know, I just grew up on processed foods all the time like free reign and I didn't know any different or any better. And who I was raised by was a yo-yo dieter and so it was from I won't say specific names.

P Alright, yes.

[00:14:39]

A But it was like one diet to the next and so that's what I grew up witnessing. And I mean I could count points at when I was in eighth grade, you know.

P Really?

A And just what it does to you mentally and emotionally as a person, your self-worth and value and how you see yourself, it's just all wrong. And to be able to equip children from the very beginning with just the knowledge of their own bodies and how God designed them and what it needs, you know, it'll change their whole life.

P I agree.

A And they'll go on to their family and the next and that is my hope and prayer.

P And I want to hear a little bit about your family, because I know, I mean, I don't even really know your story if there was weight loss needed or not. I know your husband even on Trim Healthy Mama has lost a lot of weight, right.

[00:15:29]

A Oh, my hubby. We were looking back at pictures just flabbergasted right now at how big he was. Neither one of us remember him being that big. And that's what happens, you get... You just keep going and going to the self-destruction and you don't even realize it's happening.

S Like a frog boiling in water, right.

P And it's just been your cooking, right, and he's dropped like I don't know how many pounds.

A About 70 pounds since Christmas.

P That's amazing.

S Whoa.

P And you feed him Crossovers too, right.

A Yes, I'm trying to make him eat more right now.

P Yes, because he's dropped so fast.

A I'm like you've got to eat a little bit more, hun. But he was big on sodas and ice cream, the standard American diet and he doesn't like vegetables and stuff like that. Guys, he ate broccoli a couple of weeks ago. I texted his Mom. I was so proud. So I mean he's made so much progress and I'm just so proud of him because, you know, for our kids, you know, to have more energy and to be better examples.

[00:16:27]

S I don't know if Chloe's picking up in the background. She's doing some colouring. She's so cute. She's got an activity book.

A And he's learning and changing and growing. But our kids, you know, this is all they've known because my son is four and she's three and I've been doing THM for three or four years now. So my son is one of the healthiest four year olds ever. We've joked about him because he loves salmon and quinoa.

P You were talking about a recipe.

A And kefir.

P You gave me a cabbage recipe to put in the beginners book, which is elementary three to five, and I'm like Amanda I just don't know if most of the kids are going to eat this raw cabbage salad. And you're like but my four year old loves it.

A I learned quickly that I can't think of recipes in terms of children with mine because... And then she is our fats lover.

P I'm like most of them are coming from Little Debbies here.

[00:17:17]

A Exactly. She's our fats lover. This girl loves butter and avocado and gouda.

S Oh, I love it.

A And gouda cheese, she just loves all that. So, I always say my 11 year old noticed and she said I think that's why her hair and skin is so beautiful.

S I know.

P Yes.

A And I like that she already realizes that relation at 11 years old.

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 10 times the surface area than what men shave? Yes, we do it 10 times more. But razors they haven't been up for 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.

[00:18:14]

S No, but half the price!

P It's half the price of what you'd find in a store.

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-lot money. They're in like one of those containers, those plastic containers with a key and the lady has to come and open. That's how expensive they are.

P If you go to mybillie.com to get this 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 stop growing hair you can cancel your subscription any time.

[00:19:08]

P Okay, another thing. You get free shipping always. Skip, adjust or cancel your subscription anytime.

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. It's P-O-D-D-Y.

P You know what I was going to talk about, you know, in the curriculum. We'll go into details soon about it all, but what you get because it's a set. It's not just a workbook. But we were very careful, and I love this, never to talk about weight as in overweight, fat, things like that, losing weight. We never said lose weight. This is all about being healthy and we're all so unique and we don't... You know, any child or teen coming to read these books will never go away thinking oh I've got to lose weight and I've got to do this plan. It will be a natural thing once they learn the fuels how to do this and how to educate themselves and it will happen so naturally. And you as a Mum won't have to be forcing it down their necks, you know.

[00:20:40]

S Another thing I'm excited about too is that even more than ever in this day and age with just so many electronic inside screen times and just a section in each particular season, you got the three different seasons.

P Yes, we've got two so far. Okay, so we've got elementary which we call beginner learning level. Then we've got junior high, Grade 6 to 8, which we call intermediate. Next year will be high school. It's not quite ready yet.

S Right, but we kind of introduce them to exercise. Isn't that sad that you actually have to introduce children to exercise, but these days you do, right, because they just have learned to not move their body and it feels natural to not move. And so it's an exciting thing I think also.

P Yes, Serene really spearheaded that part of it.

S To catch at the seed level that they start to think about outside time and playtime and start to get a love for movement and... So, yes.

[00:21:35]

P Right.

A And it's a fun thing and that's what I love that we focussed with your ideas, with the exercise and everything because of course with what I've already shared I did not grow up with any sort of you should exercise and move your body mind set. So I've very much been in the camp that that is such a hard thing to work into my life and there's always way more things that need to be, you know, taken care of than for me to take 20 minutes to exercise. I love the Workins, totally going to plug that in. And because I can put it on, the kids think they're fun and my 11 year old loves to do them with me. And it's quick enough that I can fit that into a day, but at the kid level, you know, showing them just moving your body, find what you love, you know.

S Exactly.

A What you're passionate about and then it becomes a natural part of their life already and it'll never be something that's hard for them to fit in.

S Yes, so true.

P So let's talk about... A little about what we're going to be offering here real soon in time for the new school year. And guys, I want you to know that we worked so hard to try and get it for you for this so that it would be... It was almost like we knew we were going to make elementary but we didn't really know if we were going to make this junior high, this intermediate one. And then we just decided no, let's go for it. If it takes 24 hours a day, we don't care but we...

[00:23:01]

A That was my "what if you could"! Thanks Danny.

P Yes, it was Amanda. It was and so we just pushed and pushed and pushed and it looks like, you know, we're going to make that. But so they're kits, so let's talk about with beginner level and intermediate level what you're going to get in this kit, because there's so much more than this workbook. Amanda, you want to take the details on some of this.

A Sure, I wanted to hit like all the different learning styles and just offer hands-on and make it more real for them and also wanted it to be visually appealing and not something that was like, you know, cartoony or something, but something that was more like beautiful, you know, and rich to show them how gorgeous these foods are that God created and to give them opportunities to get their hands in on it too. It's not just something that you're reading but hands-on activities and recipes to cook with their parents or with the intermediate there's a lot easier recipes so they can just take over in the kitchen on their own.

P Right.

A And then like with Serene's great exercise ideas we have exercise cards for the kids so they can have them on hand to start learn how to do these different types of moves and exercises.

[00:24:29]

P Yes. So what we've got in each learning level, there's three learning levels, you've got the workbook and the workbook is where all the information is and so that will be read. There's spaces for them to fill out. You know, there's questions. There's no... High school will have some quizzes and tests, but there's no test. You can write in your answers and discuss it with a parent or a classmate or something like that. But we wanted it to be more I love learning this rather than I have to learn this. So that's why we didn't do these like now you've got to take this hard to take quiz and study up for it, because we thought that just will take away from the love of learning this exciting information. And so, yes, the workbook is full of pictures, it's full of activities and it's full of this information that's going to change their lives. Then we have a whole set of recipe cards...

S I am so excited.

P That go with each workbook. They're laminated. They're right there. They're easy to read for kids. They're going to go on this little round...

A The ring.

P Loop. The ring, so they won't, you know, be lost. Not to mention that we have a whole bunch of printables. So with the younger grades there's printables. They're going to have things that they can colour in. They're going to have posters for the wall. It goes with each concept that you're learning there's things to print and so that's just so fun.

[00:25:48]

P And here's the great thing for parents, a whole new website we've created on the backend called the Parent Portal. And in that you're going to have all the information to arm you as a parent, like how to teach each chapter even though it's very self-explanatory if you want to do this, if you want to show your child this extra thing. There's going to be videos there. There's going to be places where you can upload videos of your kids cooking. It's going to be like an interactive place.

A Yes, so we wanted to make it to where the kids could really work through it independently.

P Yes.

A That was our goal, but some parents like to be more involved at different levels and we understand that. So on the parent portal it's like everything you need to either know like exactly what the kid is learning but also giving you supplemental things, the videos that they could watch about certain parts of the workbook and then, you know, extra access to things that will help you as they're going through it. So you can be as hands-on with them as you want and the kids... But they can totally go through, aside from some of the cooking with the younger kids, but children, they're not goats...

[00:27:00]

P You've been listening to her Mother. She doesn't like us to call them kids. She's like kids are baby goats.

A That's what I just said, goats, I adore your mother. But with the older kids like if they aren't familiar with being, you know, in the kitchen like it's part of home school in our life. My daughter she cooks for us something each week, like she'll take over a breakfast item or a couple of snack items and, you know, that empowers them. When they leave the house they're going to need these skills.

P That reminded me of one thing you just said there, Amanda, and that is this doesn't have to be just for home schoolers though. This is for all children, whether they go to public school or, you know, private school or not, this could be a great thing for I think any child or teen to take.

S Because I tell you what, it's missing from school.

P Yes, absolutely.

S Public school, private school, it's totally missing. You know why it's missing. Because anything where there's like institution in that way like hospitals. Somehow the nutrition programs are still back 50 years ago and information. Like I just had to go to the hospital, my child, it wasn't like a health issue but a teeth, you know, pull thing and, you know, afterwards we were there and had to stay the night and we're looking through the menu and there was nothing on that menu, nothing that I would want to order for my child. Like they couldn't... There's cold smoothies, fruit smoothies. I'm like oh yes. Come to find out most of them were mixed with ice cream and they all had sugar. That's crazy.

[00:28:36]

A Yes and the irony.

S Yes, you know, you're healing.

A You can't find, right, real food when you need it most at places.

P Protein.

S And you know they're not going to teach nutrition properly if the very cafeteria itself isn't based on healthy foods.

P Yes, exactly.

S Yes, I'm excited. It's going to be so great. So it's coming out before. This has been a big deal.

[00:28:58]

P I don't know what time this PODdy is airing because we are doing this ahead of time like a month ahead of when you'll be listening to this because Amanda's very pregnant so she needs to go home and have her baby.

A I'm very pregnant.

P Yes and so... but it should be, the goal is should be in time for you to have your new school year... Have it for your new school year. And, you know, I think, you know, the vision that I have here is, you know, when we first put our book out, Serene, Trim Healthy Mama, you know, it was a big book and just a few ladies got hold of it, but because it so impacted their life in such a profound way they shared it with others.

S Right.

P And I see this happening, you know, I see home schooling mothers buying this and their children just grabbing hold of these concepts and taking them as their own.

S Right, yes.

P And then that child saying oh, look I made this to another one and that home schooling Mum saying what, where did you learn that, you know, and just passing a way of getting this message out into America and the rest of the world that we haven't even had yet.

[00:30:01]

S And when you said, Pearl, take it as their own, I just I felt like I got goose bumps going up my arms, because that's it. Instead of like eat your broccoli. Nope. If you don't finish that well then the next meal I'm going to bring back out your peas on your plate. No, but when they take it as their own and they understand why, they understand well this food builds my body, whoa, whoa, whoa, this food, that helps my skin shine and my skin keep supple. And this food here, oh that helps me be on top of my game so I'm going to win the races or blah, blah, blah. It's like wow, it's like it's empowerment.

P Absolutely.

A Exactly, Mama bring on the broccoli because then they'll know it's not going to be something... And that's one of the big things that I've seen in feedback from Mums is if it's coming from some other source besides me, you know, it gives them this hope. You know, I'm not going to be the one that's nagging or trying to get them to do this or that. They'll be learning it on their own. And when they internalize it then it gives them that feeling of empowerment.

[00:30:58]

P I believe the children are going to be the ones spurring on the health of the family.

A It will change families, the whole home.

P Once this information is in their hearts and their minds I can just see it. I'm like no, come on Mum and Dad, we're eating this way, you know.

S I love it.

P We don't need that sugar.

S Internalize was your word and information was your word, Pearl, both of those are key words. Because it's one thing being told to eat your broccoli, but it's another thing when you know exactly what it's doing for you. You know exactly it's knowing the very, the physicality of it, exactly what it does when it pass the taste buds.

P Yes.

S And it's great because there's going to be recipes that they can make that's going to make them feel more hands-on so that they're going to feel like it's going to taste better because they actually put their hands into it and it's kid friendly.

P And you know we talk about mind... You know, what you say and words and all the things that we've talked about on this PODdy really, like declaration. You know, maybe you've said before well I don't like veggies and then we encourage them to just look at that again and speak out something different and then try a new recipe, and if you didn't like it before hey, what about this one. Open your mind to this and I think a lot of picky eaters are going to become foodies.

[00:32:08]

S Oh, totes.

A Absolutely and that's, you know, we're giving them options. You know, you think children in their lives they don't really have a lot of options. They're told, you know, where to go, what to do, this is what you're eating and they're just given to them. And so you take away the choice that they have so it feels more like forced or burden. Whereas when they are now going to learn hey, I can have broccoli roasted with seasonings, it doesn't have to be flavorless and mushy like I've had it before. And hey, this actually tastes amazing. And so now hey, I like broccoli, you know.

P Right.

A And for them to just go through that process of discovery on their own, yes, they're going to be the foodies.

[00:32:49]

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

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

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

S Oh, my.

P Compare that with an appointment.

S \$200.

P Yes.

S I reckon it'll be about \$200.

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

[00:33:57]

S Yes.

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

S This is the PODdy with Serene.

P And Pearl.

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

[00:34:41]

P There's two chapters that I'm really excited about that I want to talk about and well they're in the junior high one. I want to talk about the junior high which is what we call the intermediate learning level. It's sort of written for Grade 6 to 8, but if you have a high schooler, and we are going to come out with a high school one, but not yet, we don't know when, I would easily put my high schooler through this, you know. It's okay.

S If you're 75 you could go through it.

P You could still.

S As we said at the beginning.

A There's still stuff to learn. It doesn't matter the age. Like you said, even adults could go through it.

P Right.

S There's a lot of Trim Healthy Mamas maybe on like a... Maybe they're just feeling stuck. Maybe they.

P Actually, if you don't understand the plan, go read one of these curriculums.

A Yes, read the intermediate book. Seriously, it could be encouraging.

P We've got a whole bunch of girls standing outside the door. Hold on, let's figure out what they want. Oh, Serene's pushing them away.

A Shooing them away.

[00:35:33]

P I want to talk about these two chapters that I'm really excited about, Amanda. One is the eating out chapter which is, you know, kids are going to be going out. They're going to be going to pizza. They're going to be going to the mall. They're going to be going to the movie theatre, to parties. I think it's a great one where we talked about the all or nothing concept which is a diet minded concept.

A Yes.

P Where people mess up and they feel shame, you know, and we cover that. And it's like you're not going to be perfect, but guess what, you can be wise.

A Exactly.

P And that's the difference and we teach wisdom versus perfection and all the things they can eat when they go out. But hey, guess what, if there's only cupcakes at your friend's party and nothing else, it's okay to enjoy your friend's party. And we just talk about, you know, that guilt and shame and all that, they are no where.

[00:36:24]

S So basically.

P They should be no where in this plan.

S They're going to learn balance.

P Yes.

S Beautiful balance.

P At a young age rather than like you said counting points in Grade 8. No, we don't want that.

A No, we don't want that and...

P We want beautiful balance.

A That's the freedom that it's going to give them to know that okay, today I'm not really going to be able to make the healthiest of choices. I'm going to do the best I can and then when I have more control over the situation, you know, I can make different choices. But even like I love the holiday's part and this came from the heart. Just like what I've dealt with with clients and that seems to be the hardest thing for them is when they go...

P Oh, we should say you're also a Trim Healthy Mama coach.

[00:37:01]

A I have been, yes, a Trim Healthy Mama Coach...

P You had to turn away a lot of clients because of this book.

A I'm on a break.

S I just can't believe the baby's still in. Last time we were writing books and I was pregnant it was like the book brought the baby on.

P I know. Honestly, Serene, you know what it's like. You know what it's like. She's been doing that right up until the end, but she's got a fortitude for it.

S Yes, I feel for you, Amanda, yes.

A I've never gone early before, so we'll see if the book does that for this one.

S Well, I don't speak it for you. I don't speak it for you.

P But you were talking about holidays, yes.

A But just being... So when we're home we have our houses stocked with healthy foods and choices and we know what to do for snacks, whatever, it's there, it's normal and routine. But it's when we leave the house, okay so now what when we're in this drive-thru or when we're at this person's house or this get-together. So it comes the resolve, okay so what choice am I going to make. And just giving the kids the knowledge behind these choices and the freedom that sometimes they're not going to be the best, but it doesn't change who you are.

P Right.

[00:38:09]

A It doesn't change your self-worth and we are not going to attach shame to food.

S No way.

P We are not.

A And one of the biggest things that I've tried to help people with is when you're with other people holidays and get-togethers it's about people and making memories. And yes, there may be tons of things there that can harm your body and you may have a couple of them, but you're there to focus on making memories with others and what the event is about and it's not about food. That's not the center. It's not the focus. And so just to take that off of them, because so many of our, you know, traditions and holidays in this country it's all about food, but just to refocus on what really matters. When you look back at Christmas when you were 10 you're not going to remember that fifth fudge ball that you ate but, you know, the time you had playing with your cousins. That's what's going to be more important.

P Exactly, so true, and you know what I love though, you know, when we're dealing with women and so many of us we're dealing with habits already entrenched like well I learned to go through the drive-thru and I learnt to get that sundae because it was my comfort and I learned that I wanted fries always with my burger and I did that for 25 years. What, I'm going to stop? But we have pretty clean slates here with these kids and they can go through the drive-thru and they can realize well, guess what, drive-thru might not be the best but I can make a wise decision here. I can learn to get a bunless burger or if there's a wholegrain bun I can get that. You know, it's amazing all the bad habits that will never be started when you get them young.

[00:39:47]

A Never even start.

S That's so true. I have very wiry, thin girls and boys but I'm so excited, especially with my girls, that they're learning to love zucchini noodles, even though they could definitely handle organic whole-wheat noodles or whatever or brown rice noodles. Their metabolism could totally rock that, but they're learning the habit of loving zucchini noodles and things like that so that when they get older and maybe their metabolisms isn't going to rock those wholegrain noodles, they have already got a taste for something.

A They know it's an option.

S Yes.

A They know that it's available.

[00:40:23]

P And they like it. The other chapter I'm really excited about is just called changes.

A Yes, that's my favorite.

P Yes, we started out we were sort of really sort of scared of this chapter. It was like it was talking about so, you know, you're starting into these teen years now and your body is changing, your hormones are changing. What does all this have to do with food? And we go into the science of how, you know, boys start out with very little testosterone, often times less than 20 when they're about 10. They get to 15. They have testosterone almost at a thousand often times. It goes that high and so that changes brain space, it changes body space, it changes all these things. What does food have to do with this? And we show how food is, you know, either your medicine or it can really harm you for your later life during your times and how it intertwines with hormones and for girls too we talk about some things, but not in a fear based way. We talk about some things like PCOS and some other things that can happen when sugars go too high. And we don't do it like a big scare, you better eat good because this might happen, but it's just...

A Just so you know.

P It's wise to be informed.

A Just so you know, you know, the choices that you're making now can affect you later in life.

[00:41:36]

P Your fertility, all of these things, even your parenthood.

S I so wish I knew it when I was...

P Your ability to have children.

S Right, when I was going through all of that and I was on a vegan soya based everything.

P Yes, I know you were at 14.

S Yes, 14 just hitting into puberty and it was like everything soy, no healthy animal fats at all and I wish I had that information back then. So I'm excited. I'm excited for this new generation. I am so excited.

P Yes, just for sense. With all the crazy stuff out there right now, you know, as these kids... And we talk about this a lot when as you get older you're going to hear about more and more things that this is bad, that butter's bad or no, you're going to hear that grains are bad. No, you're going to hear that the next thing is bad.

[00:42:16]

S Right, to protect them from that.

P But what does God say?

A Yes, what is infallible? What is never going to change? And that's of course what attracted me to Trim Healthy Mama in the beginning is because it's not just one... You know, another fad. It is based on biblical truth and that is infallible.

P And interesting, a lot of that biblical truth is also historic truth. You know, foods that these people have been eating for thousands of years and they've sustained civilisations, have sustained families and generations. And then suddenly tomorrow they're bad. No. No, we don't have to give into fear over these things and that's just what we want to give to this latest generation. Know your truths. Know them in your heart. They're infallible. These things are not going to change even though you're going to hear all these voices.

A And that God designed each of them the way that he did. That's one of my favourite parts of the changes is the self-esteem aspect and just don't look to your left and right of the changes that other people are going through, because each body is going to change differently at different times. And, you know, just looking in the mirror and being dissatisfied with this or that and knowing that, you know, there's a purpose and that God created you exactly how you are and it's okay to go through awkward stages. We all have. You know, they feel so alone at that time and they usually isolate themselves. But if they learn this is completely normal and we put scripture in there of how Jesus, you know, went through it Himself and...

[00:43:48]

P Isn't that funny. You don't think about it, but Jesus went through puberty.

S I know.

A Absolutely. He came, you know, as we all did, so He would know everything as we do and...

P I love this thing where we talk about the book. I'm giving it away, but it's so cool. You know, a lot of my kids hated... I said it so much because I always... Like I've always been very open with my kids about all things, you know, sexual and I feel like in a good way.

S Well, I know because my children would come to the door and they'd be like hey, my mum wants to know if she can pop over see your Mum. My Mum has her period, like they knew everything.

P I've always been open.

[00:44:21]

A That's how we are too, we're open and honest. Our kids know.

P I know a lot of kids and even mine, you know, they find the word puberty just weird.

S They find it like pooberty. They think they've got poop in their pants.

P Yes, it's like awkward. So we have this whole idea in this changes thing and we take it... Have a whole new look at it this time is your apprenticeship. And we talk about, you know, how if you ever watch a movie, you know, some young apprentice has got the samurai sword and they're learning and they're swinging it and they have... They fall down but they get back up and the master has to train them and they hone their skills and they keep getting better and better. And this time is where they're learning to take care of their body for a higher mission for the rest of their lives.

A Yes.

P And so that's when they're training, this is a time when you're learning. Yes, you're going to fall down. Guess what. You're going to learn that skill. Don't stay down there in the dust. Get up. Get your sword, you know. And so I think it's a really cool positive way of looking at it rather than just oh, man, I ate five doughnuts, I'll never get this. Of course you are. You're just down in the dust. Get back up.

S I love it.

A The perspective of it as an apprenticeship was brilliant. That was completely you, Pearl, and it was like, yes, it makes it something positive and kind of exciting. Like we're going to go through this little adventure, it's going to be kind of bumpy, but on the other side, you know, I'm going to rock this.

[00:45:35]

P Oh, totally, so that's it, guys. I mean, you can tell how excited we are. I know you guys are excited too because any time I say the word curriculum on like the Facebook it's just like pow.

A Explode.

P Explode. Oh, are they ready? Are they ready? And so we're just going to... We're going to do this together, whether you're a home schooling mother like Serene and I, Amanda, or if you're not, it doesn't matter. We hope this brings life and peace to your home and just wisdom to your home and life changing-ness that's going to change generations. We believe it.

S Yes.

A Amen. We do.

[00:46:10]

P So thanks for flying in, Amanda, for this. Thanks for all your work.

S Yes, thank you.

A Thank you for having me.

P And I know you're going to have a million questions as we go on because we're going to have the parent portal and there'll be tweaks and there'll be people going I want this from you guys now, can you do this and I'll be like, Amanda. So we're going to give her a break so she can go have a baby.

S See you guys.

P We'll see you.

A Bye.

[00:47:11]