



Trim Healthy Podcast with Serene and Pearl
Episode #134 - Tame the Flatulence Veggies that Bloat vs. Veggies that Don't!

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

S = Serene · P = Pearl · D = Danny · T = Tim

[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.

[00:00:30]

S This is the PODdy with Serene.

P And Pearl.

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

D Hey women, hey men, hey boys, hey girls, it's the Trim Healthy Podcast with Serene, Pearl, Danny, John, Lesley and today Tim, our sound engineer is here, making sure we are up and running.

S Did you say digineer?

D Sound engineer sound engineer.

S I thought it was some kind of didgeridoo kind of...

D Yes, we've got a blowout podcast for you today. It's going to be a gas, folks. Am I right, ladies?

[00:01:02]

P Pulling out all the puns.

S We have stepped it up a notch today.

D Yes.

P You were supposed to keep up the gassy puns, Serene, and you didn't.

D We have a lot of gassy puns. It's going to be a blowout.

S I didn't even hear you say gassy puns.

D Blow out podcast.

S Oh, blowout pod... Oh, yes.

D It's going to be a gas.

P Hey, listen, I'll get... They're trying to like leave hints for you. I'm going to tell you right up here what this is about. It's such a good name.

S No, but before you do, let's just let the... Let's let hear from the horn section. You know? You know where you usually do the drum roll, brrr ba ba ba bum, here it is. Now we want the horns to just...

[00:01:32]

D The horns, let it rip.

S Let it rip.

D Let the horns rip.

P So, hinting needs to come to fruition. This is about veggies that...

S Fruit does it too, fruition.

D Hey, wait, before what it's about, can we just have Tim say hello?

P Yes. Tim, our engineer, you've met him before, he makes sure everything goes smoothly and that we sound beautiful. But, hey, Tim, can I ask you something?

S And if I say something too odd...

P It's Serene, the naughty child of the PODdy. Because just tell me who you have to tweak the most to try and get sounding normal.

T Hi ladies.

S Tim, I still have your Christmas present hanging in my kitchen, just so you know, before you say anything.

[00:02:08]

T Pearl, what was the question?

P I want to know who's the naughty child that you have to fix, because I really hope you say...

T You already know the answer.

P I know. Everybody knows. All our listeners know it's naughty Serene.

S What, because I say things that he has to remove or what?

P No, some of that... It's because your voice is everywhere, all over the park.

T I have an answer. Yes, it's Serene but she has a lot of kids and children running around her and so it's impossible to stay on the mic.

P You are making excuses for my sister.

S Thank you, Tim.

T So, I was just thinking about that because, oh, wait, come here, come here, you've got to come over here.

S Exactly.

T Oh, wait, wait, this one over here.

[00:02:48]

P You're giving her lots of grace. You're a kind man.

S I've always got under the nay nay tent and a couple under the... Everywhere else.

P Yes, she does.

T I wasn't going to go with the nay nay tent but... Okay.

P Oh, you're kind, Tim. I'm ruthless with bossy older sisters are required in life. Anyway, hey, I was getting to the name of this show. It's "veggies that bloat versus veggies that don't". It's a really important topic, don't you think?

S It's a blowout of a topic.

D Oh, now we participate. Okay.

P Hey, she was doing all sorts of horn sections.

D Yes, no, that's good. We're here.

S I was. I was participating.

P So, really, we're talking about... It's just so important because we love all these veggies and the veggies we're going to talk about today are so healthy, we don't want you to take them out of your diet, like fruitcakes, like I can't eat that, it gives me gas.

[00:03:36]

S The cows eat grass, that's what they were made to eat.

P And they have...

S And I have heard some things. We have cows.

D Okay.

S So, we're not going to say, cows, stop eating grass.

D May I say...? I want to ask you a question because this is sort of on point. Maybe it's off topic but it's a good time because this is a big thing. I've heard from a lot of people that humans are... That a cow makes milk for baby cow and humans should not be consuming what is made for baby cow.

S This is whole other topic.

D I know.

P That's a milk's poddy.

D I know but milk bloats.

[00:04:09]

S We're just pressing pause. We're talking about veggies.

P Okay, all right, quickly get that out.

D Just quick, it's just quick.

P Just because he brought it in and derailed us.

D Okay, and as soon as you rebuke you're going to have all these people writing in, Danny, that's exactly my drink.

P I know. You know what's so funny?

S The Bible says have enough milk for the maintenance of the household, mate. Like some people these days, yes, they're dairy-intolerant. It's a fallen world. And these days, with the pasteurised fandangled milk, maybe it's fluorescent green under a microscope, I don't know, but the raw stuff, you know, I think many

people can handle. I think it was designed for human food. Some people may not be able to handle it, especially pasteurized milk but...

P What we always go back to, the two things Serene and I talk about all the time on the podcast, should we eat it, is this a bad food or not. Okay, "bad" in quotation mark, "bad". Okay. Historically, have people eaten it for generations and is it an approved food from God? Is it in the Bible? Milk is a tick to both of them.

[00:05:02]

S I've never had a badder fluff from Gouda, ever.

D Okay, all right.

P All I'm saying is some people can't, just because of the way they are.

D Yes.

P And maybe you can't, Dan Dan.

D No, ma'am.

S Yes.

P But let's not call them bad.

D All right. Next.

S You have tried gouda?

P But, Serene, this is another poddy.

D No, because I'm not that hip.

S Well, then we can't even talk about it.

D Yes.

[00:05:23]

P Can we go back to flatulence?

D Flatulence, please.

S That's a better subject, isn't it? And Danny really enjoys that subject.

D My fave.

P Listen, veggies, the topic of today...

S Can we pick a better name, because flatulence is long.
D Well, let's just shorten it.
S And I feel like it's a little bit scientific and it doesn't... It's not as cute.
P And you don't like the word F-A-R-T. It feels a bit...
S No, it's a little bit of a cursey wordy.
P A bit crass.
D Flatchie.

[00:05:46]

S Flatchie's it. Danny always comes up with the good ones.
D Nailed it.
P Flatuous or flatchies?
D Flatchies.
S Well, it depends. If it was a bit of an intriguing one, you can call it the flatcher, but if it's sweet and innocent, just a little bit of smoke, a little bit of green...
P It's not green vile smoke. Green vile smoke is the flatcher but flatchie is...
D Yes, like a mild yellow.
P Yes.
S And it's flatchie... It's got to have the I E S on there.
D Sunshine yellow.
S Yes.
P We need to talk about flatchies today because flatchies happen.
S We will address fletcher too.

[00:06:17]

P Yes. Let's talk about flatchies first, okay? People make gas. Okay, a lot of us...
S Just like cows.
P Think, oh, I have gas, my stomach is bloating up, I must be toxic. There is something wrong with me. Why do I have gas?
S My baby has gas, people.
P But, guess what, we...

S She doesn't even have dairy, or formula.

P We were created to have gas. What do they say? The average person about... Between 15 to 25 flatchies per day is pretty normal.

D 15 to 25?

P Yes.

S How many flatchers is normal?

P Well, we'll talk about flatchers later. That's when you might need some...

D Where did you get your number from there, mate?

[00:06:52]

P Oh, Mr Google told me.

D Google said 15 to 25?

P Yes, but if you look it up there's a range but that's the average range that Pearl decided to okay.

D Is it because maybe that's about what you have on a daily basis?

P Yes.

D Yes, right, moving on.

P Why not? Hey, if you don't flatch, you're not human.

S And God designed it. You know, he could have designed another way, that it just came out the ears, non-smelling.

D Like the armpit.

S Just... Yes, I mean, it could have been...

D More like a trumpet out of the armpit.

S It could have... All that energy of a flatchie could have gone to another nice long hair growing out of your scalp. You know, it could have had another way of escape. It could have.

[00:07:28]

D One long... Like a rat tail coming out of your neck.

S Well, hey, listen, there could have been other ways.

D Thank God, though, right? Great design.

P Listen, we live, we flatch.

S Now, I think God loves it. I think it's part of his comedy because my baby, like I said, she's as pure as the driven snow. She fluffs, she's healthy and she laughs at it. So, if anyone's offended by this podcast, my baby's not offended and she hasn't learned crassness yet.

D Yes.

P Yes, they've... No, my little grandson was running through my house the other day. He's one and a half and he'd eaten a lot of fruit that day and every time he took a running step, it was like pff, pff, pff and he listened to it and he thought it was the funniest thing. He was cackling every step, to hear himself. And so, hey, let's just talk about it first as an okay point. So, it doesn't mean... When you eat, your food takes up space. Then your bacteria has to come into your intestines and they have to break down that food. That causes gas. The bacteria inside you...

S And don't be scared of bacteria. It's your microbiome of your bowels. It's totally meant to be.

[00:08:30]

P Cause gas, this gas is meant to be. So, your stomach, you know, your abdomen fills up with a little gas, then it has to go somewhere, so fatchies happen. And that's okay, people. I want everyone... Just because of all this gut health talk on the internet, and it's rampant and it's pretty wild and crazy and everyone thinks that their gut is toxic. But it's probably not. Sometimes it is.

S There might be a little toxic smell occasionally.

P Yes, we'll talk about that.

S But that's not that bad either, as long as it stays within the boundaries of intrigue and we'll talk about that later.

D There's an intrigue meter.

S There is?

D Yes.

S Okay, well, maybe we should address it now.

[00:09:07]

D Yes, it goes from blue to orange to yellow to green to red.

S Well, don't be grossed out, people, just be honest, people. We just want intellectual honesty here, it's very important. If you're by yourself, no one's around, so you can just be honest, you can raise your hand if you're by...

P Raise your hand in your car.

D I know you're out there.

S Yes, I see that. I see that thing.

P Thank you, no one looking. But, you know, when you're in church, you have to peek.

D You peek.

S Oh, my goodness, I knew every hand that went up.

D And you see others peeking.

S Tim, have you looked?

D Tim's in tears.

[00:09:42]

T I grew up Baptist.

P You grew up Baptist. They do that, right, every head bowed. You're not supposed to peek but you've got to peek.

D Every head bowed, every eye closed, no one looking around.

S Okay, well, listen, you can... No one's looking around, though. We don't have any special dash cams here. You can raise your hand. But, listen, if you are still intrigued, like, oh, a little black current.

P A little sniff.

S Yes, and a little hardboiled egg.

P Or no powerful aroma at all. Or it's just slightly pleasing to your own palette.

S No, no, no, no, even a little rank can be intriguing. You actually don't get to the intrigue until you get the slight rank.

D Yes.

S Okay, but as long as it stays where you're intrigued, I think they're called flatchies and then you're okay.

[00:10:19]

P And they're normal and they're part of God's design, just for human life.

D Okay, but what if when you're mortified?

S Now, other people's are never... other flatchies aren't intriguing, if they're other people's.

D No, never.

S But they are not sick, it's just only...

D Because you're smelling the inside of them.

S Yes, but you can smell your own inside and be intrigued.

D Yes, but what... At what point...like when you're mortified, because that happens from time to time, you are mortified and you have to leave your own room.

S That's a fletcher but you're not necessarily sick either. Pearl, explain.

D Okay.

[00:10:45]

P This is in your book, flatchers versus flatchies. I can just see it.

D You can stain a bedsheet, I'm telling you. No, I don't mean with color, I mean you come back and it's there.

P With vileness.

D No, he's like a little creature hanging out.

P So, this is what we want to get into today. There's normal, which is like 15 to 25 and then there's... And they're flatchies.

D We call that the Pearl Zone.

P Yes, with the aroma. No, I've been in a worse zone, Dan Dan.

D Okay.

P And I've gone there.

D Yes.

P Okay. Then there's the... You know, the vile and the let's talk a hundred a day.

D Wow.

S As soon as one's out, the gun's loaded.

P The other one's ready to load.

[00:11:19]

D So, we're at Vange level now. I'm kidding, Vange. Love you. You are just my friend.

P But, you know, then there's... This is when things go from, hey, they're sort of like this is part of life and it's sort of annoying, I'm a little embarrassed but it's part of life too. This is a major problem and these... I can't even stand the smell of my own stank.

D Yes.

P That's bad.

S And you can't even handle conversations because you're an energized... Your energy is involved within holding everything duck tight.

D And I had a three-month run. It was... My family wanted me dead.

S Pearl, would you concentrate?

P John just sent me something and I'm supposed to look at it. Oh, he... Oh, you sent me a fact for this PODdy.

[00:11:59]

D I was about to scream, John, you're ruining the podcast.

P I thought you were doing business, like business stuff, okay, so I'll read this. Environmental benefit, producing more heat and light and energy by mass and other hydrocarbons or fossil fuels, this is our gas. Methane, our own gas from humans.

D We are healing the planet.

P It's good for the environment. It produces significantly less carbon dioxide.

S No wonder my kefir and kombucha, mushrooms and all of that really grows, flourishes in my home.

D Yes.

P Wow, we are powerful humans.

S But no one heard what John said just then.

P We create, with our flatchies, more heat and light energy by mass than fossil fuels.

D All this new stuff about humans being like a cancer on the earth, we're destroying the world. No, no, no. We are fuelling the world.

[00:12:46]

P It's God's plan. What John is saying, it's useful. It's useful.

S And the less people putting a carbon footprint on the earth, the less people to actually make the earth flourish, right, and then you get economic depressions, you get the whole world like going into hibernation of like you can't even flourish as nations.

D Yes, there's this idea that if we get rid of humans, all of a sudden there's lush green life and tropical birds flourishing. No, they all die.

S Guess what, by 2030 it might be economic very, very tough times because you know we're at the lowest birth rate since the Civil War.

P Yes, okay, but back to flatchies and flatchers, John just... John gave us a good piece of info there but let's get back to the gut. When you have this flatcher problem, okay, which is different and it's so vile and one's loaded up and ready to go and it's just... It's chronic and it's gone past annoying and to almost painful.

D It's hot.

S But you're still a healthy individual. You...

P Yes, it doesn't mean you're sick. It just means that maybe you should look into what you're eating, change some things up for a while.

[00:13:51]

S And it doesn't mean that you're eating anything bad either. It just means maybe you're eating too many things that cause your bacteria to party.

P Yes, to party, when your bacteria's partying, it creates gas and it... This is not such a bad thing. And in these conditions, like SIBO, I want to address SIBO right now because it's all over the Internet and everyone wonders that they have SIBO and everyone's buying breath tests for SIBO or asking their doctor do I have it. It just means that there are bacteria in your small intestine.

S Healthy bacteria.

P Yes, your bacteria are supposed to, sort of, stay in your large intestine and it's good, healthy bacteria, but for whatever reasons, there's multiple reasons, it can get up there in your small intestine and that causes way more gas and it can cause way more bile stinky gas and it can cause some pain.

S Flatchies are transformed into flatchers.

P Yes.

D Now, but... Just because you have a Level Ten hot flatcher doesn't necessarily mean you have SIBO, though, right?

[00:14:50]

P No, it doesn't, actually, but it's a little bit more of a clue that you have SIBO. You call it SIBO, I call it SIBO, I don't know, let's call the whole thing off.

S You call it SIBO, I call it SIBO, let's call the whole thing off.

P Everyone thinks... There's this book, I would recommend it, it's very conventional and really not very Trim Healthy Mama minded because she has sugar in a lot of her recipes and stuff but it's a... It's just a good book looking at... It's, sort of, diluting the frenzy around a lot of this Internet gut health right now. It's called The Bloated Belly Whisperer and it just talks about basically what SIBO is, not to be

so crazy about it and it talks about how to address it if you have it but that you're not going to die from it. You're not toxic, it's just that you have bacteria in the wrong place.

D So, she's pretty sane about her presentation.

P She's really sane and I think there needs to be some sanity about this whole subject. Because people are walking around and in their minds they think, I'm toxic, I'm probably filled with filth, I have a leaky gut.

S You know, the parasites, I'm making this...

[00:15:50]

P I have a million parasites, I have a leaky gut, I'm sick, I am chronic, I need to fix my gut, everything I eat causes problems. And it's a mindset. And she's like, hey, this is what it is. Maybe we can do some things to address this but you're not going to die from this. Today we're on the subject of veggies. See, veggies can really be flatcher/flatchie makers and I want... We want to bring some clarity, if you're having these problems. Like if you feel like this is really... I've got so much gas these days and maybe I've got more gas since I've started Trim Healthy Mama, let's look at what you're eating. We want to give you a list of veggies that may cause bloat and veggies that won't but the thing is, you don't need to keep these veggies out of your life forever, the bloaters. Okay? Just maybe go off them for a while and then bring them back and introduce them very slowly and see how you do. Because sometimes it's just a chronic layer upon layer of how much we use and then bringing other foods into the mix too.

S Exactly, like maybe you can do a little cauli-rice.

P Yes.

S You know, but maybe you don't want to do cauli rice and garlic bread made out of cauliflower or like... Even as wonderful as our Baking Blend is, it's brilliant.

P It has a lot of fiber.

S There's some natural fibers in there that maybe if you do it layer upon layer with a lot of cauli...

[00:17:06]

P And then you're adding beans to that meal maybe, like maybe you're having a chilli and then afterwards you have a dessert.

S With xylitol.

P And then you put a whole bunch of xylitol in there, it's just a furnace. If you are sensitive to those things, and some people aren't, but some people are, then you're like Mount Vezuvius.

S And maybe you want to be Mount Vesuvius. Maybe you like the joy of that favourite meal that has layer upon layer of flatie pushers. Maybe you just want to say, hey, fire Mount Vesuvius up, I want to enjoy my meal, but at least I know that it's going to happen.

P Yes, so today we just want to show you what veggies can cause Mount Vesuvius going off.

S And maybe if you're going out for a nice date with your husband and you're wearing that nice pretty dress, you don't want to do all those foods ramping up for a week beforehand.

[00:17:52]

P You've got to have info in your head, right? Trim Healthy Mama gives you info. It tells you what your fuels are. What are carbs? What are fats? What do they do to me? Maybe we should look at what do certain veggies do to me so I can use them for my health but maybe I won't use them for my 25th anniversary when I'm going to wear that dress and there's going to be some great bedtime with my husband later on that night.

D Giggle, giggle.

S Maybe I'm going to go waltzing somewhere and, you know...

P You're saying... Keeping it G-rated. I was going R-rated but, yes.

S No, I'm just keeping it G-rated, man, and then maybe you just don't want to be... Every time you're like, you know, doing the two-step, there'll be a little flatie.

P Okay. So, let's talk about some of the veggies. There's other foods in life, not just veggies, but veggies are the ones I think... I hear so many people say, oh, I just can't do these sorts of... I can't do these vegetables, I'm just so full of gas. Let's look at what you can...

S And guess what there's only about a handful.

P There's a handful of offenders but we repeat them over and over.

S And because of that handful we say I can't do veggies, but really there's a whole new world...

[00:18:55]

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, we want to talk to you about Buffy.

S Buffy has a new comforter.

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

S And Breeze is the name of my daughter, that's why I like it too.

P Oh, my goodness.

S Serendipity, 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.

S Yes, they do.

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

[00:19:40]

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

P You're not going to hate it.

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

[00:20:37]

S Oh, that's good for allergenic people.

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

S Ooh, 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.

S Yes, mate. And 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, that's dot co, not dot com and enter the promo code trimhealthy to receive \$20 off your Buffy comforter. So, that's Buffy, B U F F Y dot C O and for \$20 off, your awesome Buffy comforter, you're going to enter the promo code trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

P Do you ever hear our listeners in your head saying, get to the point?

[00:21:42]

S Maybe.

P No, Serene doesn't.

D Sometimes, every now and again.

P Well, I hear them telling me.

D But I know you do because you're always like, but what we're talking about today. You're always bringing us back.

P I know. I hear them right now. The first one...

S Well, we've already done cauli, we've already talked about it.

P No, we haven't, Serene.

S No, but we addressed the fact.

P You mentioned it one second. I want to do cauli in... Cauli was probably one of the worst offenders.

[00:22:00]

S I was going to say keep going.

P No, no, no. I need to talk about it.

D You know, I heard them.

P Guess why cauliflower?

S You heard that loud and clear.

P Guess why?

S Why?

D Why?

P Because it's one of the things that replaces so many other vegetables and tries to become other things, like it tries to become potatoes. That's fine. It tries to become rice. That's fine. It tries to become pizza. It does all these things when you're cutting out starch. Okay? That's all good and great and maybe you aren't even sensitive to it. Some of us aren't but some of us, if it can be overdone, it can start bloating and flatching you up.

S No, it can start flatchering you.

[00:22:37]

P It can do both, flatchies and flatchers.

D Do you think cauli is the biggest offender?

P I think we just do it so much and there's no problem with that. Look, we promote it.

S And it's healthy.

P It's so... It is healthy.

S And even if it is a flatcher maker for you, just know when to use it and when not to but it should be in your diet. It really should.

P Yes.

S Listen, onions and garlic, they're offenders too and they're like the healthy, healthy foods of the planet.

P Garlic's probably one of the healthiest top five foods on the planet and yet it's so flatchie-causing for some of us. If you're familiar with the diet, it's called a diet called FODMAP. It's not really a diet but it identifies some of these things that cause your bacteria to party. Right? You take them out for a little while and then you bring them back in one at a time. But what Serene and I are saying, maybe you don't even have to go all FODMAP diet, maybe you just know these things in your head. So, you can give yourself breaks.

[00:23:29]

S I haven't had to do a FODMAP but I know, when I do brussels sprouts, look out, family. They need to cage me up into a little padded room.

D Yes, when I do a kale I'm going to stain a wall.

S I love brussels and I won't give them up. I won't give them up for a flatcher any day.

P But maybe you're just at home by yourself and you know your family's going to a sporting event and you know it's time for flatchers.

D Brussels sprout time.

S Bring on the party flatcher.

D Have fun at the game, kids. Mama's at home with the brussels.

S Mama's at home with flatcher.

P Oh, my goodness.

[00:24:00]

S Who's flatcher, Mommy?

D I'm going to have some me time.

S I won't be lonely, don't worry.

D Mommy's got her best friend coming over.

P Oh, boy. Okay, brussels is another one. Okay.

S Mushies.

P But it's good on mushrooms. One of the healthiest foods.

S They're so jolly healthy.

P But we're going to give you... Hey, there's... How many do we have here, Serene? I'm writing down.

S We have five.

P Five offenders, okay. The issue with these offenders is those are the ones we repeat over and over. So, if you have a gassy tummy, we're now going to give you a list of brilliant other ones to replace them for a while. If you need to get rid of the flatchers, here's what you do. These are the soothers.

S Yes.

[00:24:44]

P Zucchini, probably the most soothing vegetable you can eat.

S It actually builds bones too, do you know that?

P Yes.

S Zucchini's incredible for bones.

P Zucchini and yellow squash, its cousin, okay, both of them. They literally soothe your intestines with nary a flatcher.

S Oh, they're great. You know, Pearl, you make a bit of a flatcher...

P I do so many things with them. Okay.

S A no flatcher aide, what would we call it? It's something...

P Case in point, I've been doing this soup. And the reason why I've been doing this, because Serene has a garden full of yellow squash and zucchini, she keeps handing them to me.

S Yes, and I make a Goodbye Flatcher soup too.

00: 25.00

P Yes, well, mine. Here's mine, this is a soothing soup. It's ultra weight loss and you're going to be thinking, Pearl, how is this ultra weight loss? I'm going to tell you. Anyway, I just cut up either yellow squash or zucchini and I dice it pretty finely because you don't want big pieces in your soup. And I do two of them, two mediums. This soup is about three or four servings. And then I cut up two golden potatoes.

S Do you see that, people? We're not afraid of potatoes.

P Potatoes are very, very soothing vegetables. They don't cause flatchers either. Okay. Now I do golden because they are less glycemetic than white but you could do black potatoes, sweet potatoes, whatever you want. I do golden. They're a little more waxy. They have less starch in them but I love them in a soup. And then... So, those are my two main veggies. I'm not putting garlic and onions in this because this is Anti-Flatcher soup. What's the name of this soup? I don't have a name for it.

S Anti-Flatcher.

P People won't know what we mean.

S Goodbye Flatcher.

P Goodbye Flatchie.

[00:26:18]

S Well, that's all right. They don't know what we meant by dunk and we trained them.

P Okay. Right, good. Well, that's the name – goodbye flatcher soup.

S Yes, rocks.

P Okay. Then I just put that in a little pot, I cover it with water, put nutritional yeast which is non-flatchie. Don't put your onion and garlic powder in. Remember, you want to get rid of the flatchies. We're not going to do that this time. We're going to do mineral salt, we're going to do Bragg liquid aminos.

S Or like tamari or something.

P Or soy sauce, whatever you want. And then some cayenne pepper. Pepper's a non-flatcher either. And just boil it up, get it going. Oh, guess what I also put in it, just a handful of frozen diced okra. So soothing on your gut.

S Oh, you don't blend that. You just put in a handful.

P No, and it fills the pot. After half an hour all these veggies are soft. It's soothing. For protein I either do collagen or a little chicken breast.

S I love it. I love it. And, okay, so that's Pearl's baby, Goodbye Flatcher Soup. Is that what we're calling it, Goodbye Flatcher?

[00:27:12]

P I think Goodbye Flatcher Soup.

S And I do a Grandfather Goodbye Flatcher Soup, because I have so many zucchinis and jolly squashes coming out of my garden but I use the huge, huge, huge ones for this.

P Or the ones that people forgot to pick.

S Yes, but you can use the baby ones but I just think this is a good way of getting rid of the biggies.

P You mean even the woody ones with the big seeds?

S Listen, if you have a Vitamix or a Blendtec, you can do this soup. If you have... Hold on, I've got like questions on either side. My children, I love you, just relax. So, if you have like a Ninja, bless your wonderful heart, I'm sure it's wonderful for you but it won't make this soup. You need something that makes it smooth. Right? That makes your vegetables smooth.

P If you have old woody zucchinis.

S Any zucchinis. Listen, you just need to make this smooth, like cream.

P Do you have a Ninja, Danny?

S I think he's part of the Ninja group.

[00:27:56]

D The only thing I have of Ninja is the little one cup where you push down and activate.

P Yes, you love it, don't you?

D It's amazing.

P Yes, Ninja's good for what it's good for, it's just not good for getting like okra and stuff perfectly smooth.

S Listen.

P Yes, Tim. Vitamix, yes, or a Blendtec.

S So, anyway, I just chop up rough ugly baby, medium or the grandfather, you know, squashes or zucchinis, just whatever you need to get rid of of your garden and just blend up, with enough water to make the whizz whizz go around. Make puree. I freeze a... fill the big gallon Ziplocs full in my freezer of this stuff. It's so quick to make the soup but if I'm making it fresh I just blend that, put it in the pot. Maybe I'll do that same thing with tomatoes. Or maybe you don't want tomatoes in there, right? Tomatoes are no flatchies.

P Yes.

[00:28:41]

S Okay, and then I just... Then I just added whatever spices I want to, you know, that are non-flatchie, mineral salt, nutritional yeast, miso and then sometimes I'll make a little Trimmy, you know, I'll put a little bit of ghee or coconut oil and then...

P And extra water.

S Yes, with some collagen and make a little cream, pour that in, or I'll just use some coconut milk. This is so creamy, people, you think that it's just swimming with cream and it's not and it's so full of the zucchini and yellow squash.

P So, it's like a gut-soother.

S Yes, it is, and I... You know, I put chicken or whatever, salmon.

P Yes, let's talk about other veggies that you... Just take a break from the flatcher ones and focus on these for a few days. Tell us how you feel, okay? Spinach, so soothing. So soothing to the gut.

S Then you get to pop the biceps, not pop the other B.

P The bum?

S The bum.

D What?

[00:29:38]

S Popeye. You don't get that? That was a really grand joke.

P Hold on. Here in the US you don't have the word for pop. Pop is also F- A -R- T down under.

D Oh, no.

S Pop a windy pops.

P A windy pops?

D No, that's the most inaccurate description of all time.

S Pop gun, dude.

D Yes, like... But that's... I've never heard a human body make that noise.

S Oh, I have.

D What?

S Yes, Flatchies can do that, especially when a little toddler runs across. It's pop, pop, pop, pop, pop, pop.

D I mean, it's more like...

[00:30:08]

P You don't have pop. John, you don't have the word pop for an F- A- R -T here?

D No, it's more like spurt, spurt, spurt.

S I've never heard spurt, spurt, spurt.

P No, your ones must be very wet. I don't like you.

D Squish, squish, squish.

S When Danny describes it...

D Thud, thud, thud. I mean, pop?

S That sounds heavy, like there's...

P Pop.

S Yes, it's like a windy pop gun.

P Like he popped, she popped.

D I would be concerned, like there was stoppage that released all at once.

[00:30:33]

P Okay.

S Yes, that noise is very much a very familiar noise.

D Well, you'll have to show us.

P Okay, well, spinach doesn't make you pop. All right, what else have we got?

S Eggplant, dude, so creamy, so smooth. If you even add the tiniest little bit of healthy oil to it, it's like you're swimming in the most delicious luscious.

P I love roasted eggplant. You can tell by the texture of an eggplant, how soft it is, that it's going to be kind to your intestines.

S Yes.

P It doesn't cause those...

S What she means by... When you pick it from a store, you don't want to feel it all smooshy.

P No, but when you cook it...

S When you cook it, yes.

[00:31:02]

P I love to roast it with nutritional yeast, a little bit of coconut oil, salt and pepper.

S Hey, you can make pizzas off of it too. Like I just like cut it in inches like that. You can even keep the skin on it, stick it on a roasting tray. I like, you know, brush on a little coconut oil, then guess what you do.

P What?

S You put tomato paste on top, salt and pepper, Italian seasoning.

P You don't even put anything on top?

S No, it's just a side thing. You'd have your protein somewhere else with some nice white fish.

P Hey, we forgot to mention lettuce. Go to town on lettuce.

S Soft lettuce.

P Soft lettuce especially, soft lettuce... Sometimes, if you've got hard lettuces and things like kale in your salad, they can be a little bit irritating to the gut. They're not really... They don't really cause your bacteria to party but if your gut gets a little bit irritated by hard things down there, it can cause some flatulence.

S Yes.

P So, soft lettuces are great.

[00:31:57]

S So, you know you're just not a chew goat, you know, if kale does it to you, you know.

P Yes.

S But, listen, people.

P Okra.

S Yes, okra, great.

P We already said okra.

S Yes, but we have to talk about the seesaw to, what's it called, cauliflower. What are you going to replace cauliflower with? Broccoli, broccoli is not a flatcher.

P You can. Now, broccoli is less... It depends upon how much you eat but for most of us, it doesn't cause that bacteria to party, especially if steamed or cooked. Now, raw broccoli...

S I think that's a flatchie.

P It does it for me. A raw broccoli salad, I'll be flatchered up.

[00:32:35]

D Oh, yes.

P But sometimes it's worth it.

D Oh, worth it. I mean, cooked broccoli with butter and salt...

S By the way, can you look after my broccoli sprouts while I go to Flori.

P That'll be a no.

S Oh, it's simple. I need a babysitter for my broccoli sprouts.

P But what if they're dead? Remember you...

S They're not flatchies and they're full of, what is it called, sulphur.

P Remember, you gave me your kefir grains and I killed them?

S Sulphurinase.

P And they were your precioueses.

D Look after my veggies.

P I'll think about it. I should be a better sister. Hey, we've got green beans.

S Oh, yes.

[00:33:03]

P Green beans are very soothing. Not nary a flatch, Dan. Do you partake of the green beans?

D Yes.

P Yes.

S Bok choy is another thing which is great because cabbage is usually a flatcher.

P Although they say... If you look up the FODMAP under cabbage, they look it low but you need to cook it.

S Okay, maybe you just need to cook it to a nice slop.

P Yes, sometimes... Because cabbage is quite rough going down, so sometimes it can bloat people up. Cooking it is a little better but bok choy all the way. Bok choy is a wonderful vegetable and it doesn't cause the same bloat.

D Have you...? Did you mention kale and I missed it?

S Yes, we did, Dan. You were asleep at that point.

[00:33:36]

P Kale... Yes, you were asleep. It depends upon the person.

S And, you know, you popped while you were asleep.

D Oh, did I? Thank you, I wasn't aware, because I was asleep. No, wait, is it a flatcher?

P It depends upon the person.

D Oh, then I'm the person.

P Take it out and then put it back in and try it.

D No, I did it.

P Oh, it is for you.

D And I stained a wall.

P What with the staining thing? I don't like the picture.

S Boys take this too far, don't they? Boys always do that.

D Tim loves it.

S Yes, it's like we were just calling little flatchies, little flatchers, you know, keeping it all cute.

[00:34:04]

P Serene and I have been so cutesy about it.

S And you're doing stain the wall, stain the bedsheets. It's just a little bit of crass.

D I rent the heavens.

P Yes, like my husband said cut the cheese.

D Cut the cheese.

P I don't like that.

S Yes, I like windy pop.

D You are so effervescent about it!

P Yeah, what about cucumber, they are perfect.

S Oh, I love cucumbers

P If you ever find that the cucumbers does the flaters to you than take out the seeds.

S Green onions because onions are the bad flaters, but they are healthy so we want you to keep them in, so if you want to wear that new dress use green onions.

P The green parts of the onion, not the white.

D Don't sell your dress ladies.

P Don't sell your dress because you are flatchin, try these veggies.

S And I want to give you guy's permission to love yourself even when you got the flaters.

D Somebody needed that.

S So look in the mirror and say even though flatcher is visiting, you shall love yourself.

D The lady that was pulled over weeping and full of self-loathing is now back on the interstate...

S I've done it.

P It does cause self-loathing, especially when they smell vile.

D And you think you are gross.

S And that is why we have said, it's a special Trim Healthy Mama rule, you don't look in the mirror at the torso after midday, because even if it is just the little flatchies coming to visit it does change the shape of the tum-tum.

D Yeah, it bloats you out

P It bloats you out and you think it is you and it is not you, it is the bacteria having a party.

S It's not you it's flatchy, you have to put the blame where the blame is due.

P Now if you are human you gotta eat and you gotta bloat a little, but we are talking about how to bloat a little and not alot today.

S Yeah, or you might choose to bloat alot.

P Alfalfa sprouts are amazing, Serene can we talk about alfalfa sprouts... they are one of the least bloating veggies, you can fill your salad up with them.

S Yes, but listen, I want you to check out broccoli sprouts because that is what I am into and what you are going to be looking after while I am away. You'll do a test, a self test to see if you can look after them while I am gone.

D You are like food pro's because you are into like bok choy and alfalfa sprouts and I am like dude I am into green beans, broccoli

P That's okay, you are learning, you are like a little veggie baby...you do fistfuls of spinach... you are doing good, spinach never bloats you does it

D No, not at all.

P Tim, what do you think about all of this, you are allowed to have the mic for 20 seconds, talk about flatchers and you.

S He's got a new baby so he is used to flatchers.

P Yes, a 5 month old baby

T Twenty seconds, I was just thinking about all of the Poddies, for me to be able to sit in on... this is, this is.

S Do you have three in diapers too?

T No

S Okay

P Here's the thing Tim, Tim has to listen to every single PODdy, every single thing that we say, and today...

S And all of the things that you don't get to hear because they are to ridiculous.

P But here is the thing, usually we don't edit but occasionally I will say Tim without Serene listening and I say, you know when Serene said that, take it out, take it out....

T Serene wasn't supposed to know about those edits!!

D Hey, while we are on a little Tim break

P Before we let Tim go

D I'm like dude, I'm the male, I'm the male

P Tim, I wanted to know if you had any helpful hints on your own journey with flatulence.

S Yes, your own journey, we want to hear

D Tell us about your journey Tim, I'll back off...

S Have a seat Tim, it might be warm

T I don't even know what to say

D Hey, Tim don't adjust my mic, just talk in to it.

P Sorry, I was just being mean, I was being cruel.

T Um, okay, I'll back off, I don't know what to say other than I work from home so no worries on this.

P YES!!

S See, home is a safe place...that's profound

P When you work from home you can eat brussell sprouts, unless your wife is in the room and then maybe you don't.

S Everyone has a different kind of marriage Pearl.

P True, but some marriages are just like no it all hangs out and others like mine and my husband, I pretend that I don't have a flatch.

S Women don't flatch, my husband does not think that women flatch

D That must be your home training

P But

D You are both like ladies in front of your husbands, like when Charlie walks in you sit up in the chair

P Yes, I want to always be, like my marriage to me, is like I always want to be like we are courting, like in the early days of courting, you don't want to do a flatch in front of him

S No way.

P So, I'm saying when I'm like asleep in my bed, probably flatches happen but I was not in control of those

D It's not your fault.

S Only if he was fast asleep

P Yeah

S You have permission when he is fast asleep.

P Yeah when he is fast asleep, of course.

D So you squeak it out?

P Yes, I do

D Now my wife, won't flatch in front of me and she flips if I like open the bathroom door when she is in there.

S Oh yeah, I do a flip out, I do a squeal like I have saw a thousand mice.

D If I'm in there, I'm like get in here, lets solve problems, like you are always trying to talk and figure stuff out, I'm like yeah, like I got time, I am not going anywhere.

S Oh, no, no, no my husband is not coming near that bathroom

P But some marriages are much more comfortable with each person's inside stink.

S Yes, and that is okay, that is so lovely.

D Okay, can I have my glory day in the hot sun.

P Yes, go for it, this feels more like an Unshow today than a PODdy.

D You know life happens, the wind blows where it wants to. I have got a list of some synonyms for flatulence, which I think are pretty mind blowing, thank you John... umm twaddle

P Never heard it.

S You looked this up

D No, this is from John, John sent this.

P John is our producer and sometimes he does stuff like this

S Oh, it's a millennial list.

D It's like babe, babe your parents are over keep that twaddle to yourself.

S I don't feel it mate.

P I don't find it right either.

D Some people call it idle words, I love that. Like son, son idle words are for your private time not in front of the guests.

P I'm still not feeling it.

D John you circled one that I shall not say on air.

S Please do not if Danny says no.

P If Danny says no, it's gotta be a baddie.

D It's just how it's how it's hitting me.

S It's probably going to hit me bad then.

D No, I do not need to release this.

S Millenials, they just see things differently

D Yeah, we take things the wrong way on purpose. Sorry..

S Solace knows it's called Fuff, fuff

P Does Solace your one year old have a name for it

S Yes, we call it fluff in the house and she calls it fuff, fuff, it's a third word, Mommy, Daddy, and fuff.

D Another synonym for flatulence is turdigity.

P Never heard of these.

D Serene keep the turdigity to yourself please.

S Oh, I see, wow it sounds a little bit like something,

P Well, I think that Flatchie of Flatchers are way better than these.

D Another one fussion.

P No, I think we did it better.

D These are too deep, we're done.

P Before we end I want to give, I want to revisit the subject of layer upon layer again, I have talked here on the PODdy about my lentil soup, there are other foods other than veggies that can do it.

S Like my double fermented kefir, it's one of my healthiest foods and I just thrive on it but it gives me what I call the keefs, which is kefir flatchers.

P Well, there is bacteria that feed on it and that is good.

S I just choose to do it and have the keefs.

P Now, let's say I choose to do my lentil soup too, lentils cause less gas than other beans and legumes but I sometimes I overdo the lentil soup and I will have it for lunch and dinner and then 3 days in a row and let me tell you Flatchers happen! But if I just do a meal of Lentil soup and it is just one meal and I keep the onions and garlic out of it and I don't have it with say sprouted grain toast which can be Flatchers for some people and I want to revisit that too Danny, you can keep

things manageable, it's when you start layering upon layering, so all these things like when people say I can't eat that food and I can't eat that food, maybe you are layering. Maybe you just eat them in singles or micro meals.

S Exactly.

P Serene does that make sense.

S It makes sense.

P I want to address things like bread and things that bloat people up like that.

S A lot of people think it's the gluten but it's not.

P A lot of people when they are eating wheat, or even sprouted wheat they think they are gluten intolerant, I cannot do it, it bloats me, a lot of times it is actually the fructin in the wheat.

S That's why sourdough, true sourdough is so wonderful people, it actually ferments that fructin right on out of there.

P Yeah, so it ferments it so your bacteria has nothing to feed on.

D Does true sourdough have gluten?

P A lot of times it, they tested it and a really true sourdough there is basically no gluten left, but I cannot vouch for those sold in stores.

D So the allergic people have to be really careful

P Yes, if you have celiac's don't go there.

S You have to have hair on your chest to eat my sourdough people, it's the best.

P Serene's is very sour.

S When you are raised on it though, it is like your comfort food, you want to come home to Mommy and have sourdough.

D I would be an awkward looking...

S My married children come home and the first thing they do when they walk in the door is where is the sourdough.

P Yeah, and when I go to your house I say the same thing, but I think it is a really good point, maybe you are just layering up too many of these things and just try them in manageable doses.

P Like if you make my Lentil Soup, the next meal that you eat maybe do not do cauliflower and beans and things like that and then the next meal you eat after that have some of the Soother Veggies....

S You called your lentil soup Let's Get Methylating, ironic isn't it.

- P Yeah, well methylating is..
- S It's just sounds so close to methinating... like methane
- D Yeah, that's where I am at
- P Methylating is different than methinating.. Is this a good way to end this podcast?
- D There is always a good way.
- S I feel like we could round off more intelligently
- P I hope this helped, just knowing this information on what causes this bloat and what doesn't helps me with my life, what am I doing today am I okay to be bloated and a little louder than usual or do I have a business meeting and I don't want to do that.
- S There are times when my hair is up in a bun and I am just wearing my Hilltop uniform and it is the same good old thing and I don't mind having flatchers even.
- D You know I like the tone as we are rounding out the PODdy, it was like all hype and now you have taken a relaxed pause even in the way you are talking as if to close something.
- P I just feel that everyone is just a bit uptight about the whole gut thing
- S Yes, and just uptight about the whole subject, so if you are a bit uptight and you are finding it hard to listen to this podcast we just want you to take a deep breath and just say God designed you to have flatchie and flatchers.
- P He has flatchie veggies and non flatchie veggies, choose you this day who you will eat.
- D Ladies and Gentleman you've been listening to the Trim Healthy Podcast, with Serene, Pearl and Danny and we are so glad that you tuned into the flatulence podcast and we hope you have a gas free week, tune in next week.
- S We would like to play you some classical music led by the horn section and a tuba!

[00:48:09]

Flatchie/Flatcher Veggies

Cauliflower

Onions

Garlic

Brussell Sprouts

Mushrooms

Soothe Veggies/Non Flatchies

Zucchini or yellow squash

Spinach

Eggplant

Soft Lettuces

Bok Choy

Okra

Broccoli

Green Beans

Cucumbers

Green Onions

Alfalfa Sprouts

Broccoli Sprouts

