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Trim Healthy Podcast with Serene and Pearl Episode 135 # - Guess Who Has Lost Over 200 lbs Together

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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 · L = Lesley Pops P-Salms · JG = John Gusty

JM = Jessica Myers · B = Bev Savage · LMW = Lisa Moore Waddell

LFW = Lisa Flack Williams

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[00:00:27]

S This is the PODdy with Serene.

P And Pearl.

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

L Good day everybody, Lesley Pops/Puh-Salms here. I'm introducing today...

P Puh-Psalms. P U H dash Puh- S A L M S.

L No, I'm aware of how I say it. I don't pronounce the... I do pronounce the P, the Puh-Psalms. Anyway, I am introducing the PODdy today.

P Hey, this is your first introduction.

L I know. This is strange. You know, Pearl is here and we've got some special guests but..

P And no Serene.

L Serene is on vacay and no Dan Dan today. Producer John here, as always, on the computer watching us and this is the end of my first introduction.

[00:01:17]

P I loved it, yay. Lesley Pops. Hey, I am excited today because we're going to give you a little behind the scenes of some people who really really help Trim Healthy Mama be the brand it is, the brand that, you know, you've come to trust and that I am so honored most of you would say that it's a brand of integrity. That just doesn't come from Serene and I, that comes from a team of people who just care and I am so excited to introduce you to some of these people today. It's not going to be just about behind the scenes business-wise, although we're going to show you some of that. I think you might be interested in it. But it's... You're going to hear tips from seasoned long, long, long term Trim Healthy Mamas today because these people have been with us for a while. And I think you're going to learn a lot from their stories. You're going to hear their stories and now some of these people work for us. They didn't start out that way. And so first of all I want to introduce you to Jessica Myers. Say hello, Jessica.

JM Hi, guys. I'm so excited to be here.

[00:02:28]

P Yes. I had to cajole her to be here today because she's terribly nervous but I think she's going to do fantastic. But Jessica is our Head... What is the name of your position, Jessica?

JM Okay, well, I would say Head Admin in the Facebook online community and so I manage all of that. We have a huge team of volunteer Admins and we direct them and we have 20-30 groups, individual groups. So, it's not just one group but it's a lot of individual groups.

P The Facebook presence is very huge and that is what's spread Trim Healthy Mama, I think. So, I want to talk about the history of some of that today, how it started and what your role has played in it and how... I just feel like it was a God thing. God brought you to us and how everything is run... Of course, everything has its bumps but you are the reason, and your team under you, that people come to our social media groups, and our Facebook groups, and say it's like a breath of... This place is peaceful. These people care. This is not a place where I am put down and demeaned and all of that. And so, you know, that's what we have wanted our places to be and that's what you, sort of, manage, not those bumps. But I want to first hear a little about your story because you have been a Trim Healthy Mama for how long?

JM Six and a half years, I started... I thought I was getting a late start. I was actually really nervous because I started hearing about the book at the end of 2012, when it was first released, because I've sort of been that community of Christian Home-School Mamas, you know, that was the first sort of audience of Trim Healthy Mama.

[00:04:13]

P It was.

JM And I was like, oh, no, not another thing that I have to... Because I had, you know, done all the things, as all of us have, and I have PCOS, which makes it even more difficult to lose weight and I was...

L Sorry, Leslie Pops, Puh-Psalms, what is PCOS?

JM Okay, polycystic ovarian syndrome, which is a hormone imbalance. You have usually too much testosterone, which is, you know, no fun.

P And high insulin levels.

JM High insulin levels usually. It can make you prediabetic. You have really... You have sometimes infertility issues. I have that. When I got married, we struggled for five years to have our first baby. There's lots of just not fun things, like you might get facial hair, you have to... You just, you know... and I had heard it one time, going on a low glycemic diet, and at the time it was called Atkins but now it's not called that that much anymore but... And I had done that and, oh, it's so awful and not sustainable for me. Plus it was... like at the time it was soy protein bars and just yucky stuff like that, nothing fun or no food freedom in that. So, I had done all those things and... But then I read a review. I want to say it was in like February and I realised it wasn't that. Again, there was something different.

P This is 2013.

JM Yes, early 2013. But I didn't even join any of the groups or anything. I bought the book and I read it super-fast and...

P That was a 700-page book, basically.

JM Yes, and at first... Because the S chapter comes before the E chapter and I'm reading and I'm like, well, this isn't new, this is just low carb. I've done that, this is... I can do this again if I have to but... but then I got to the E chapter and that's where I realized this is going to be different. This is something different. And I had never thought about, you know, no one had really thought about fuel separation and it just made sense because you give your... Your body has to burn things off in turn and it made sense to me. So, you give your body one fuel at a time and that's just like... I mean, really, it's a no-brainer because then your body has less to burn off, you know.

P Yes. And for new people in the room, S meals are those meals that are more low carb, basically, and then E Meals are, we definitely use carbs, so E meals have carbs.

[00:06:39]

JM But it was different in that it wasn't... Like the S-Meals weren't just what I was doing. It wasn't soy protein bars and it wasn't that gross stuff but it was really helpful and fun foods. Fried eggs and butter, what?

P And no limit on veggies and all of that, which is the big difference.

JM It's that huge difference, yes.

P And so you came... I remember the first time I saw your testimony, you posted a picture and you were having, you know, a lot of success. It took its time, didn't it?

JM Yes.

P But, I mean, you've been on six and a half years now. I mean, I look at you, you... I look at you and I think, she would have never had a day in her life where you struggled with weight. I mean, you look like a very trim tiny person but this was not short, was it?

JM No, I mean, I was overweight from a child. This was my... And I come from a long line of overweight women. And this was... I mean, and I tried everything. But when I started Trim Healthy Mama, within the first year I lost 60 pounds, which was huge. I mean, I had never been able to lose like that. And that's good for one year.

[00:07:45]

P Yes that is.

JM And even I considered myself a turtle loser because it was one pound a week, what? But that's good. That's good.

P Yes.

JM And then the Lord, you know, opened up my womb again, which was amazing in and of itself, having PCOS, and I got pregnant with my first THM baby, that was baby number five, we really have been considering, you know, that I have PCOS, that's very significant. But I got going on it and I lost the weight and then I had my baby and I kept the weight off during my pregnancy but when I started breastfeeding, I was so hungry all the time and I really struggled at that time and it wasn't coming off anymore. And, really, and I nursed her for a long, long time.

P Yes, like Serene does.

JM Three and a half years later.

P And that is... Sometimes that's a challenging time for many nursing women, just the hunger, and then there's the hormones that change too.

L How many THM babies do you have? How cute was that, she's like my first THM baby.

[00:08:53]

P Well, we have a big announcement today, you see, Lesley. It had to come out sometimes and I was thinking in the back of my head, when are we announcing, when are we announcing. So, it's good.

JM Yes, so, I have to say first that we named our first THM baby Eleanor Pearl because it's just a difference, and I think she wouldn't be here if it wasn't for Trim Healthy Mama.

P How old is she now?

JM She's about to be five, yes, and here... You know, I'm very advanced maternal age. I'm 43. At this time I was 38, when I had her, which at the time was... You know, especially for someone, you know, I keep saying that, with PCOS.

P And you thought you were so done... I mean, we would talk about it and we talk online a lot, you and I, and we talk about all the young Mums and we were like you know the ones that are finished having our babies. I mean, I don't talk about Serene. Serene's still in that time but I'm way past it. You would talk about that too.

JM Oh, yes, I totally thought I was, yes.

P And this is your big announcement.

[00:09:44]

JM Yes. It was June 1st, I sort of wasn't feeling good and I noticed some things were not happening that should have been happening and, you know, I told my husband I think I must be going into menopause and... but I'd Google searched and they were like either menopause or pregnancy and I'm like, well, I better rule out, you know, and to my shock there was the two lines and... yes, so I'm...

P And you're four months.

JM Yes, about four months, I'm just starting my second trimester and I've been super healthy. I've been feeling good, I mean, for the most part, and the baby's healthy and it's a little boy this time.

L Goodness gracious, I was not prepared for this, Pearl. You look beautiful and glowing and all of the things.

JM Thank you.

L And like 27 max.

P She looks 27 max, I know, it's wrong. It's like, stop it.

JM Thank you!

P But you, overall on Trim Healthy Mama, how much have you lost?

JM 120 pounds now, so, that's 60 initially, through the first five years. Well, the first year, really, but then I had this big stall of like four years and then I lost 60 more.

[00:10:48]

P And this, I guess, is what I want to talk about, just the... What kept you going in your mindset, thinking, you know, a lot of people can lose weight and then they stall and go through different seasons of life but you just. You continued to dig in, you continued to find your own journey and... But not throw it out and just give up.

JM Yes. I think for me, what I always told myself, and what I tell people in our community is that I'll never regret making this healthy choice. Even if I never see another pound loss, I can do it for my health alone. And I enjoy the food. It's not like it's deprivation, you know.

P You're right.

JM So, why not keep going? Why not keep nourishing your body? Even if you're not losing weight, what's the harm in just going ahead and eating that salad instead of the French fries, you know. Just go ahead and keep going, because, you know, it's not hurting anything. Plus, if I do eat the French fries, I might... I mean, with a salad I might not lose weight that week but with the French fries I'll gain weight.

P Right.

JM So, which direction do I want to go? Do I want to stay where I am or do I want to go back?

[00:11:50]

P Yes.

L You're awesome.

P Yes, isn't she incredible? I want to talk about, now that we've heard a little bit about your story, the story then correlating of our Facebook groups and how they've grown, you know, from my perspective, when we first sort of started Trim Healthy Mama and it just sort of took off, this Facebook group started. Actually, it was a friend that started it for us. Serene and I weren't... I wasn't even on Facebook, and so I got on there and she said, you need a group, and I'm like, what's a group. So, she started it and then it just... It just kept exploding and all these women were on there and whenever women are together, especially online, it can be a very dramatic place, right?

JM Yes.

P And so as much it was a wonderful supportive place, there was a lot of drama that would happen. I remember at the time there was a lot of sensational blogs and things that got put in there and, honestly, it was a very stressful thing for me, that first Facebook group and the first year, because everything could blow up in any second.

[00:12:50]

JM I think it actually is six years ago when the group started. Things like stevia weren't even in the grocery store. They were very controversial. They're less controversial now and maybe that's why, you know...

P I remember all the posts about stevia can stop you... I never see a post about stevia infertility anymore, I think because the Trim Healthy Mama lifestyle proves it wrong. All these women that were never able to get pregnant.

JM Well, let me tell you, when I was eating sugar or honey, coconut sugar, when I ate all those things, I didn't get pregnant because my hormones were off. It was messing with my insulin and giving up sugar returned my fertility after years and here I am, 43 and pregnant...

P We have tens of thousands of, you know, healthy pregnancies. It's not like you have to do stevia on Trim Healthy Mama if you're pregnant. Each to their own but people need to feel comfortable with their own choices, however we don't have that same sensational Pearl and Serene are out there murdering babies. I remember there was a blog post like that and it was like, oh, my goodness.

JM No, no.

P There's a lot of things and...

JM I mean, unstable blood sugar causes miscarriage, right, doesn't it?

[00:13:52]

P Yes, exactly, it does and so I remember that and then... But you joined the groups and you were always this... You had this encouraging way about you because you were losing weight and I remember you helped people and you were answering questions. You weren't even an Admin...

JM Once I got the hang of it. I did have a learning curve. I remember asking questions.

P Yes.

JM I felt like I was so late to the group because there were 3,000 people in it. Now there's like 300,000 but at the time I was like, oh, everybody's ahead of me.

P No, but you had this way about you and I remember picking up on it. Who's this Jessica Myers person? She answered these questions so well.

JM Well, yes, and I'm kind of an all or nothing. I'm either, you know, like French fries or salad. That's kind of my personality and I was all in. And I had read this statistic which I found... I'm going to butcher it now but it was something like people who have a support group, even online support groups, are like 90% more likely to reach their goals, and that's when I was like, I wonder if there's a Trim Healthy Mama support group, and I looked it up and... And it was huge because I needed that encouragement and that accountability and the Admin's at the time were really patient with me because I made this... I made this like sprouted bread sandwich and I put... I was counting all the fat grams and the lean meat and I was counting... And I was like I'm two grams over, this is not... This is a Crossover, I'm going to gain weight, and I was just, you know, freaking out. And they came on there and they're like, so what, and you don't count fat and don't worry, stop counting, just chill and that was really encouraging to me and then, you know, I passed it on.

L So, how did...? Because I... You know, in the scheme of things I'm like a brand new, you know, person in these parts but what... So, Jessica, what happened when...? Did Pearl reach out to you or did...?

P I sure did.

JM Yes.

L So, I want to hear about that. I want to hear like did you just like...?

P We needed somebody to cement things and take it... because our group was exploding and growing so huge and it needed... You know when a town is growing in the Wild West, right, you need a Sheriff to come in and you need someone to create order.

L And some saloon dogs to push out the...

[00:16:03]

P Yes. You need someone and I couldn't be that person and I was just... And I just felt it on my heart, it was like in my spirit, ask Jessica Myers. And I remember I reached out to you and you said, well, I have to ask my husband and stuff.

JM Yes.

P But you were, a yes.

JM Yes.

P And...

JM Of course, I mean, I was doing it daily. I was in there every day anyway, you know.

P And how many people were there at the time? Were there...?

JM I've been in there... Yes, I don't know.

P Yes, there may have been almost 20,000 or something.

JM Yes, it had grown before I took the reins.

[00:16:37]

P But now, you know, we're the size of a city and so you are the Mayor of a big city, right, and you have these wonderful Admins underneath you and we've got a couple here today we want to introduce.

JM Yes. So, we started out small and we just grew and grew and now we're a tribe.

P Yes. And I, you have a way, Jessica, if any of you are listening, and Jessica's ever responded, if you are on the Facebook groups, I know many of you aren't and not everyone learns Trim Healthy Mama and comes to the group. Some of you never do but you'll understand, I just feel, like why she's an integral part of who we are because whenever someone is like freaking out or even maybe coming to the group and doesn't know the rules, you just answer in such a peaceful guiding way, with love, sometimes with firmness but, I mean, it's just a blessing to our company, that we have you and that you set the tone for our group, which is welcoming, which is encouraging and yet we don't like allow the bad guys to come and shoot up, you know.

JM Yes. Well, I remember early on you had said, you know, we just want it to be a place of encouragement, people who have already pretty much decided this is the plan for them. I mean, we... You know, of course they don't have to be Trim Healthy Mamas, they might just be exploring but for the most part, we're not going to host ingredient debates. We're not going to host, you know, these I tried it and... You know, we just want to be a place for support for those actually who want to be here. We're not a place that's just for, you know, debating the validity of it.

[00:18:06]

P Because a lot of groups are just debate and you can go in there and come away and your spirit just feel, ooph, like you got beat up, right?

JM Right, so, we're just there to support each other on the journey because I think that's really important, because you need that encouragement to keep going each day.

L Now that I'm in the room with you and Jessica, I want to join all the groups.

P Do you?

JM Please do, go in and join them.

L And I like have some pseudonyms, so I can be like still Rookie Lesley because I'm not really a rookie anymore and I shouldn't have some of those.

P Yes, because if you go in as Lesley Pops, everyone's going to be asking you like questions.

L I know. I'd have to be like, Jessica, and she would just love me.

P Yes. But what is it? I think... You know, sometimes, and mostly everyone is just so kind and grateful and respectful to our Admins in our group. We have the most amazing women in the world, I think, in our groups.

[00:18:53]

JM We do.

P They're amazing, they are generous, they're kind, they give of their heart, they answer questions, they just... Sometimes some people come in and maybe don't understand what we're all about and they're used to other groups and they're very maybe, combative, or they... They're like, I have my right, I want to argue about this, I can say exactly what I want.

JM Yes, so, there's a lot of group members who feel that we should not run a tight ship and basically just let everybody say whatever they want. And then there's this other group, which I think is larger, that prefer some guidelines and I like to think that we have some balance. We do allow some discussions and we provide resources for people who have questions about stevia or, you know, collagen and all kinds... There's all kinds of scary articles in the world. People read scary stuff and they want answers and they should have those answers. So, we want to be able to give them that information, and there's great articles on our website.

L I should probably know this but how many groups are there and could you list them off? Like maybe there's people listening that go, I don't want to be in that group, but then they hear like, oh, there's a group for things like...

[00:19:58]

P Yes, that's a good one, Leslie.

JM You know, we have official groups where we have our officially trained Admins and then there are a lot of unofficial groups too, just people who are like... You know, North Texas is one that's huge.

P There's hundreds of those.

JM There's a lot of North Texas people.

P But you're right, Lesley, because our Main group, even Beginners, and we have a couple of Admins in Beginners...

JM Yes, we do.

P They're so large and the newsfeed goes quickly and if you post a question there, let's just say you just arrived and you might be new and you post a question, it can get totally lost.

JM It gets lost, yes.

P Because the newsfeed goes so fast, so list some of our groups, Jessica, that might be slower.

[00:20:29]

JM Okay. So, we have our Main group, our Beginner's group, we have a Fuel Cycle group for those people who want to give that a try. We have an Allergen-Free group, we have a Weight Loss Surgery Support group, we have a Purist group, which is awesome. People should go there more!

P Yes.

JM Yes, we like to send people there because, you know...

P They're the people who don't want to do, maybe stevia even is not natural for them.

JM Yes. We even have a Financial Peace group which helps people kind of budget on Trim Healthy Mama and make the best...

P Pregnancy and Nursing.

JM That's the hugest one. Pregnancy and Nursing is...

L Is that the biggest one? Is that like...?

JM It's the hugest of the specialty groups, not like Main and Beginner's but... because we have a lot of pregnant and nursing mamas on THM.

[00:21:10]

P Diabetic.

JM We have a Diabetic group. They're so on point. They know their stuff. We have Type 1 diabetic Admins, we have... I mean, these are Trim Healthy Mamas that are living the life and they know about insulin and how it works. They know about... I mean, they don't give medical advice but they know about the medications and how to, you know, help people who are struggling with being able to eat carbs because that's the big thing for diabetics, is they're kind of scared to eat carbs because it's going to cause a blood sugar spike and so just helping them with like... One thing that's been big for the diabetics is this Sweatpants Oatmeal because a lot of times they can't eat oats. It spikes their blood sugar but adding the glucie and...

L I just had a product idea.

P What?

L Let's make sweatpants and put like oatmeal on them...

P Oh, you mean, real sweatpants?

L You heard it here first, everybody.

JM There's a great idea.

[00:22:04]

P I thought you were going to say we should put our Sweatpants Oatmeal Packets in this thing and I'm like, you're behind me, Lesley.

L No, I'm talking about the comfort real pants that we can all wear right here.

P You're talking about real sweatpants, and then on the side, down the leg...

L You know, like in pink like just "OATMEAL"...

P Down the thigh?

L Yes.

P You would totally wear those.

L All the time, every color.

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

S I'm Serene. Finally, a company that's designed a razor built for the way women shave at a fair price.

P Introducing Billie, B I L L I E. It is delivering premium razors directly to you for half the price.

[00:22:47]

S Can I just butt my voice in there?

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

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.

P Yes.

S Those plastic containers with the key and the lady has to come and open. That's how expensive they are.

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

[00:23:42]

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

S 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 Yes. So, we've got all those groups.

JM And we have a slow losers group which we originally called the Turtles group because we had the Turtles chapter in the book.

P Yes, that's right.

[00:24:39]

JM But now we call it the Overcomer's.

P And Serene and I were like we are going to stop speaking into people's what is, as Leslie says.

JM So, we changed... You know, we changed the cover photo and we changed all the wording and we are now the Overcomer's and everyone responded to that.

P Do they? They love it?

JM They really loved it. Yes, that's a great group and we have some great Admins there who just know how to tweak and help people who are struggling with the weight loss to, you know, either lighten things up or sometimes eat more. There's a lot of different reasons why you're losing weight slowly and so that's one thing I love about our volunteer admin team, is they love the women and they want to help the women.

P Our volunteer Admin Team is so huge. Sometimes I just sit there and I cry about it because of what they give. No one's paid... I mean, you have a fulltime position, Jessica, but the people that are there under you, serving the community, they just do it because they love people.

JM Yes.

[00:25:27]

P And, you know, sometimes they get a little bit beat up and I'm like, oh, man, they're just so kind... Do people not know, they're just doing this out of the kindness of their heart. We have the most amazing team that just encourages and I'm going to bring a couple of them in a minute. But I have another question for you before we get to meet these other three ladies in the room. What's your biggest...? Or like can you give us a tip? I mean, you've been doing this for six and a half years and people hear from Serene and I but we're all so different. Do you consider yourself a Drive Thru Sue or a purist?

JM Definitely was a Drive Thru Sue at the beginning in every way. I mean a literal one. I was in the drive-through, like I didn't go to town without finding myself a little treat somewhere. I mean, you know, Starbucks or... and it was the yummy stuff, like the sugary and all that. Or... You know, I just had to have a little treat every time I went to town.

P Okay. I'm going to ask you a question for each thing you're saying. So, Starbucks drive-through, so do you still go through Starbucks drive-through?

JM Starbucks is my favourite.

P What you used to have and tell me what you have now.

[00:26:32]

JM Okay, I like just the brewed coffee but my favorite favorite is the Americano and they put... I get the Grande and they put three espresso shots in there and then I say just give me a little bit of room for cream and I put it in myself.

L Do you do heavy cream or half and half?

JM Well, I do the half and half, just because I personally prefer it but if you ask for it, they will give you the heavy cream.

P What did you used to do?

JM Like a Frappuccino.

P Okay, yes. So, you went from a thousand calories and like 80 grams of sugar.

JM For those of you who don't know what an Americano is, it's basically a latte, only they use hot water instead of milk. So, you're saving tons of fat and calories.

P Do you know what I have been having at Starbucks lately when I drive through? Because I love Starbucks It's just the signs. Starbucks beckons. It means, hey, I'm going to offer you a little bit of comfort in your cray cray day right??

L I think I know what you are talking about.

P Yes.

[00:27:23]

L Is it the cold brew heated up?

P Okay, well, that was... Yes, that was during a certain season in my life, Leslie, but I'm into a new one.

L Yes, okay.

P Okay? Autumn got this... What do you call it, a cappuccino maker at home? But it's not called a cappuccino maker. What is it called?

JM An espresso?

P That espresso thing, it froths the milk. It's a Ninja or whatever.

JM Cool.

P Anyway, so she's been... She's like an artist. You should see her stuff. And she does the leaves and everything on top.

JM She should do like a butterfly.

P Yes, she should. Well, you know out here at our building, we're going to be having a little THM café and she's like, Mum, I'm there, I'm making the butterfly cappuccinos. But she's been doing one with unsweetened almond milk for me at home and it's so frothy and lovely, I asked a Starbucks to make me one the other day. No, I didn't ask the Starbucks. Sorry, it's not Starbucks. You know, it's that little cabin here.

L Cuppa Sunshine! We love our Cuppa Sunshine.

P They have unsweetened almond milk and they make me the most amazing cappuccino. But Starbucks is yet to have the unsweetened almond milk. It's sweetened.

JM Yes, it's sweetened.

P I told them the other day...

JM And the coconut milk is sweetened.

P I know. What's with you, Starbucks?

JM And even if there's stevia, I mean, you can use it.

P Yes, if it's got a little bit of stuff.

JM But it's got dextrin or something in it, yes.

[00:28:38]

P But other coffee shops do it because I've been to another one that did it too. But poor Starbucks is not doing that for me yet but I feel it in my bones, that they're going to.

JM They have... They don't... Well, you know, a lot of those coffee drinks can be on plan. It's usually about the sweetener. But the other thing they have are those little egg bites. Are they totally...?

P Oh, egg white delights are so good.

JM Are they on plan?

P Yes.

JM Just about, yes.

P They might as well be. I totally get them all the time.

JM They're just little egg souffles with, you know, yummy stuff in them, peppers and onions and...

P Maybe Serene doesn't eat them but that's all right, Serene's not here.

JM Yes. They're protein.

[00:29:11]

P Okay, so let's... What are we up to? We're at about 25 minutes, aren't we? Say that again. Yes, you can say something, John?

JG Before we get on with some other guests, I want to.... Jessica and... There's another special guest here you'll meet soon but on top of doing Admin stuff, we build a lot of stuff here. We build... We've built stores and member sites and recipe databases and menu builders and coaching sites and all of that stuff and Jessica has always been on the front line of testing all of that stuff and so a lot of the THM functionality and just the things that you may not think about, Jessica has always, always been there. There's a core group of just special people that you don't ever hear their names that really help bring a lot of these ideas to life and Jessica's been there from day one, just helping bring these things to life.

JM I enjoy it. You've never given me a project that I didn't enjoy. Well, there has been some times but in the end I was happy.

L A pretty exciting thing that Jessica's testing right now, isn't there?

JG Don't use the three-letter word.

L No, I'm not going to but it's pretty exciting.

[00:30:25]

JG Yes, there's... Well, there's a couple of exciting things dropping shortly. So, Jessica and some others have been very, very helpful in making sure that we work the kinks out. So, I just want to... I want to say thank you because of...

JM Thank you.

JG Without you guys on the front lines... I mean, I know how busy Pearl is just with life and trying to keep up with everything but there are so many of you on the front lines that are seeing it every single day and you know how people are going to react and you know what they're going to like and what they're not going to like and you just help. It's just a key piece of bringing all the stuff to life.

JM I appreciate you saying that. It means a lot, thank you.

JG Yes, absolutely.

P Nicely done. I'm glad because I forgot about all the other stuff she does, which is so huge. I just pass a lot of stuff there. But before we introduce our other special guests, okay, that was your drink. What do you...? If you're like driving through, because you're still a drive-through in your soul a little bit.

JM Yes.

P What else do you get, because a lot of people listening want to drive through right now.

[00:31:25]

JM Right, well, for about a year we lived across the street from McDonald's which made it super easy to like just grab lunch and one thing I learned that you can do there is you can order a side salad. Of course everybody knows that but you can get a burger and stuff but for... You don't have to buy a whole chicken sandwich, which is like three or four or five bucks. You can just ask for just the grilled chicken and they'll slice it for you.

L Will they?

P They will slice it for you?

JM They will slice it for you and put it right on your salad.

P Their grilled chicken is actually yummy.

JM It is, and it's warm, it's ready to go, and the whole thing... That's the thing. You see, I'm also a budget mama and it's hard sometimes because you're looking at the menu and you're seeing, oh, there's a \$2 double cheeseburger or there's a \$6 salad. So, it's hard sometimes to make that financial decision to eat healthy. But if you get the side salad, which is actually huge when you dump it on a plate, it's more than you think it is. And you put the... You could get two... I mean, it's still cheaper than getting a whole \$6. But, anyway, I spend like \$2.75 on that. It's a great deal.

P Wow, that's about the cheapest meal you could get, eating out.

JM Yes, it's really cheap, and it's delicious, I think.

P Yes.

[00:32:35]

JM And it's spring greens too, it's not...

P McDonald's needs to get better with its dressings, get the sugar out, right?

JM Yes.

P But do you just like have one at home or carry one?

JM Yes, well, I lived across the street, so I just would...

P But, do you know, it doesn't... For people listening who are newbies, the fact that you're making little changes, like let's just say you have a bit of dressing that's got a little sugar, but the other steps you're doing are so great, you're not having the white rolls, you're having some lean protein, you're having some veggies. Go you, don't sweat the small stuff at this point.

JM And the ranch, even though it has sugar in it, they give you a huge packet of it. So, just put a tablespoon or two, just to get the little taste, you know, in there. Oh, and also in the, you can buy a salad in the morning too. They sell those even in the breakfast hour.

[00:33:18]

P Really?

JM And you get a breakfast burrito and you scrape it out and put it on top and then you put salsa on it.

P See, I would love that.

JM Yes, it's good, because it's just eggs and cheese and peppers, I think, in the breakfast burrito and you just scrape it on top of the salad. And then you can use salsa for your dressing. It's really good.

P So, those are good tips, hey. And before we bring... I'm going to bring Bev. Get ready, Bev.

L Whoo.

P Look at her face, before we bring her in, I want to say something about our group. You know, there's probably a few... I've looked, there's a few other online Facebook groups as big as ours, if not a little bigger. Not many.

JM We're huge.

P We're huge. We're probably one of the biggest ones but I think that we might win with the most engaged. Because there's a lot of groups that are there but they're not real groups, they're just people... have added people and it's not a real thing.

[00:34:07]

JM There's always someone up on that group. It's just a constant moving...

P So, I think ours is probably... I don't know if Facebook want to investigate this. It's probably the most engaged largest group that there is on Facebook.

J Yes, I would imagine.

P With women who are engaged, so, I mean, go, you Trim Healthy Mamas. You are a part... Those of you who are on there, a part of something that functions well, that is mostly a peaceful place, that is not a bunch of drama and we have Jessica to, a lot to be thankful for that.

JM Thank you.

P So, bye, Lesley Pops. Lesley is leaving the premises. She has to go to her geese. She has Canadian geese there and she's the mama of them. That's another whole PODdy. She'll explain that another time. Hello, Beverley.

B Hey, Pearl, how are you?

P I'm so good. This is Bev, everybody, and John has a special smile because Bev and John have to talk a lot about things. Bev is head of our Customer Service Department and this is huge for us. This is really what we're all about, right? I mean, making our customers happy.

[00:35:13]

B Absolutely.

P And we love that you're the head of it because you set the standard. Just your love and care and ability to bend backwards and make things right... No matter what is going on, you just know how to make it right, Bev.

B Well, that is so important because, you know, things are going to happen in customer service. Things are going to happen when people order online and have things shipped. You know, FedEx may not find your house or it may get damaged and returned to us or perhaps they deliver it and your dog gets a hold of it and chews it up. So, you know, there's lots of times when we have to just go in and make it right, you know, but the customer will write in and we'll say, well, first of all, please go ahead and contact FedEx because we don't have any more information than what they can get through their tracking number. We don't have any magic there that we can do. But we ask them to contact FedEx or the USPS and see what they can do first, but we always say, please let us know if you can't resolve it and we always make it right. Happy Customers.

P Well, I hear so much on the groups about your customer service team is awesome. That's all I hear. I never hear that they're not awesome. So, that's why I'm just so happy.

[00:36:28]

B We do. We have a great team. We've got five or six ladies now that either work here locally at the stores or we've got a couple of Remote Customer Service staff and they are fabulous. They are wonderful.

P You want to talk, don't you, John?

JG Yes.

P Yes, John would like to say something, because whenever you move around in your seat, I know you want to say something.

JG You know me too well. Well, we've sat here many, many hours. No, I want to give Bev just tons of props because... In fact, we don't even use the term customer service because we don't just have customers, we've got listeners, we've got readers, we've got members, we've got coaches, we've got all sorts of types of people needing to either complain, ask questions, find out information and literally they all have to go through Bev. We have one channel that everything goes through and Bev acts as a dispatch of sort. I mean, everything good, everything bad and everything in between goes through this woman and she just...

B And it's mostly good. It's mostly all good.

[00:37:43]

JG Yes, it is mostly good but there's always going to be... You know, I mean, we've done the whole thing. You know, if we give 100 people a cookie, a hug and a dollar, 99% of them are going to say hello and thank you but there's going to be that 1% that goes, are you trying to make me fat? Do you think I'm a charity case? Are you hugging me? Get my lawyer. You know? And those... That 1% can be trying at times and Bev, I have never seen her break, like she just handles it all with grace. And she is also, along with Jessica and a few others, one of those that's just on the front lines of just about every project that we do.

JG I mean, before anyone else sees it, these ladies are behind the scenes writing the copy, testing it all out, telling us where the mistakes are and just... We're just blessed beyond belief but Bev, I cannot emphasise how much traffic goes through this woman here and she just... I've never heard her complain. I think she's got to be the only person in this organization I've never heard complain.

B I don't know about that.

JG So, much love to both you guys.

B Thank you.

P Hey, speaking of feedback, you know, negative/positive/otherwise, we get it all, right?

B We get it all, we do.

P And you get our PODdy feedback, right? It goes through you.

[00:39:03]

B I've seen some of that.

P So, what are the...? I mean, I know lots of people. If you're listening, if you're a PODdy follower, we're... Serene and I, we're not perfect, Dan Dan, and we do a lot of stuff wrong. Somehow it connects with most of you, though, right? But what do you get coming...? And I want... I know what most of the complaints are but let's have them. It'll be fun.

B Well, you know, you talk over each other, you interrupt each other. It takes way too long to get over the chit chat and...

P They tell you all this. Is it supposed to come to Serene and I? Are you supposed to, because we don't actually receive that.

B Right, obviously the e-mails don't go directly to you.

P No, but do they want Serene and I to know that or are they just telling you to vent?

B A lot of times it's just, you know, a helpful type of feedback. Very rarely is it super mean. You know, they're just saying it would really be nice if we could get to the subject sooner. And we let them know that we'll pass it along to the team and we put it maybe in the group, you know, the thread there for people to see, you know, what the listeners are saying.

[00:40:14]

P Right, I see it sometimes on Facebook and, you know, we do listen and I try. But dealing with Danny and Serene, come on, I mean, they're not here today, so I can say all I want to about them. The fact is, though, I think, you know... Here's what I want to say about it. We should keep all our listeners in mind and we try to but I think this is just something we threw out there that we didn't decide to create. Let's create a podcast and let's get people to listen and let's make money. This has nothing to do with it. This is free. We put it out there. It has grown to be the number one health podcast, despite all the things we do wrong, you know, I think. So, we just invite everyone into our living room once a week and we chit chat and that was our first book. You know, our first book came out and there was so much wrong with it. It shouldn't have connected. It was too long.

B But it really did.

P It was way too wordy. Serene and I spoke way too much and we took too long to get to the point and yet here we are with millions of lives changed, thanks to God. And so I say, you know, I'm, for those of you that are listening and think, I wish you would not talk over each other so much, you know, Serene and I are sisters and we sort of grew up doing this and then Danny is like our brother and we've known each other all this time and we love being together and we've got so much to say and sometimes it just comes across as a bunch of stuff, noise.

[00:41:38]

JM And I think it does connect with most everyone. There's just... It really does.

P Yes.

JM Those who complain, sometimes you hear them the loudest.

P Yes, but we understand. You have a right to say what you would like, you know, but we... But it's not for everyone. This podcast is not for everyone. We've got our books which are much more streamlined. We edit them. You know, we think about what we're going to say now. Our current books, they're much shorter than our original, and to the point, hopefully. And we're not going to say all sorts of things that might hurt your feelings or whatever. But on the podcast things just blurt out there and so I think that's a little bit in our defence.

JM So, the people who need that, they have that and the people who need this can have this.

[00:42:22]

P Yes. I guess if you're listening today you want to but I wanted to say don't feel like you have to listen but if you're listening now, you probably like listening. So, I don't know who I'm talking to at this point.

JM So, how do you respond to those people who sort of give you that negative feedback?

B We'll just... You know, we're write to them and just let them know, like Pearl said, you know, this is just our living room chit chat and that's just the way that they interact with each other and...

P I think they're also trying to help us for real too, though. They might be just like...

B I think a lot of them are. You know, this... You know, they think that...

P We need some coaching. We do.

B Well, you said that from the beginning, that this is new to you. You don't know what you're doing. So...

P I don't know how well we've been coached, though. We're as bad as the day we started. Hey, I want to bring in two of our wonderful Admins. The reason everyone's here today is there was an Admin Retreat. Our wonderful Admins once a year get together. Come on, Lisa and Lisa. Come now, sit on the couch. Oh, they're so terrified. Come on, you're going to do great. These are two of our wonderful Admins and they... You guys are all together.

[00:43:27]

JM Can I just say a word to help them?

P Yes, please, Jessica.

JM Not just these two ladies but especially these two ladies but as... But our whole team, we have over 100 Admins and they love these women. And they are in the trenches. I mean, it's a joy to them but it's also the trenches sometimes, trying to help these women and really encourage these women because sometimes they struggle and it's selfless. Everything that they do in the groups and all the teaching and all the... All the coaching, all the love, it's all just because this community is so special and they want to give back. Because Trim Healthy Mama has done so much for them and been such a blessing in their life, they want to give that back. There's nothing in it for them. There's not one little bit of anything in it for them. They just love. This is their love language, to help others in our community.

P I know. So, Lisa Waddell and Lisa Williams, right? Two W;s. Now, guys, you've got to... We'll start with you Lisa Waddell. I can't say Lisa W. You're both Lisa, just Lisa. And you've got to get your mouth right in there because it doesn't pick up. So, Lisa, I think people... I love your story. I think people would be really encouraged. Can you just share it, because I know someone listening today needs to hear it.

[00:44:53]

LMW I can. I come from a weight loss surgery background. I have been overweight, had weight issues my whole life. I still get a little emotional about this.

P Yes, you can.

LMW But almost 36 years ago I had weight loss surgery. I weighed 315 at the time. I had a two-year old son and a precious husband which I still have, and I wanted more children and the rate I was going, I felt like I... Everything that I had tried never worked. And so I did that. I lost 135 pounds and, like so many other weight loss patients, weight loss surgery patients, I experienced that regain and over the years had regained 55 pounds. It did not matter what I did, what I tried, I could not lose it. And I tried to get... I tried to reconcile myself to the fact that this was as good as it was going to get and this was my life and a very, very dear friend from church, we went out for one of our movie nights. Our husbands were on a mission trip together and we would go out to eat and go back and watch old movies and we spent the whole night talking about Trim Healthy Mama. And so she told me a little bit about it, separate your fats and your carbs and all this, and I thought, you know, there's something about that that sounds really, really doable. And so I ordered the book, the big, you know, massive book and I got it from Amazon Prime in two days and I read enough... I have a very good concept of what a fat and a carb was, so that was very easy for me to grasp. It made sense and I jumped in with both feet.

[00:46:44]

P Did you think it was going to work?

LMW No, because nothing else had. But I was willing to give it a try. And I've been on plan for four years. I always said if I could just lose that 55 pound gain, I would be so happy, and anything else would be gravy. I have six pounds of gravy.

P So, it's 55 plus six.

LMW So, I am actually six pounds lower than I reached at my lowest point. I think my favourite story about this was I do have a great support system in my husband, a fantastic cheerleader, and that first summer the weight was just coming off of me. But it wasn't just the weight. I am a pear-shaped mama and I have never lost weight proportionately and at the end of that first summer, when you got ready to swap your clothes out and everything, I had these bags of clothes and I've always held on to them because nothing worked. You know, nothing worked. And I'll never forget, he looked at me and so sweetly he said, Lisa, get rid of them. He said, it's different this time and you're never going to need them again. And I'm four years down the road and he is still my biggest cheerleader and THM gave me my hope back because I was pretty hopeless.

[00:48:25]

P Oh, wow.

- LMW I was pretty hopeless and...
- P What do you think it was? What was the difference, if you tried everything? If you tried calorie-counting, was it the doableness that you could just sustain on this or was there something about the way separation of carbs and fats work?
- LMW Yes.
- P What do you think?
- LMW I found out that what was key for me – was separating fats and carbs. I used to stay sick a lot and that was the memory that my children... I have three children now. So, I had two after my weight loss surgery but their memories of me as a mommy growing up was I was in the bathroom sick a lot.
- P Really?
- LMW And I found with THM the key to me is that fuel separation and I don't get sick like I did before. And I never knew anything about separating fuels. I never knew the concept of fuels.
- JM That's a THM exclusive thing.
- LMW It is. But it was key for my body. Things that used to make me sick, I can eat them now because I know how to eat them.
- [00:49:30]
- P Isn't that interesting? It's like your stomach just wants to handle one of the food groups at a time.
- LMW Yes, and it made...
- P So, most of us, we go on to do Crossovers and things like that, each one has their own journey when we put carbs and fats together, when we need them. But you don't do that then.
- LMW Not very often.
- P Because it doesn't sit well with you.
- LMW Right. I can do S helpers. I can throw in...
- P Throw a little carb.
- LMW But I think a lot of it too was not just the fuel separation but it was the unhealthy carbs. And so when you concentrate, when you know what to use and you use those healthy carbs, you can combine those healthy carbs with those healthy fats and it was life changing for me. Literally THM gave me my life back and gave me hope.

[00:50:14]

P And is that why you give? Is that why you're an Admin then?

LMW It is. I want... I have a... I'm an Admin in the Weight Loss Surgery Support Group...

JM That's what I left out. I was getting to it but, yes...

LMW But also the Main and Beginner's but Weight Loss Surgery was where I started, because I want these women to know... Because so many, I know, felt hopeless like I did and I want them to know this is doable and this lifestyle works together. Yes, we have to tweak it. Yes, we can't eat at the same... You know, do... Maybe not implement it the same way that everybody else does. And when I first got started, I looked... I was detoxing but I didn't know that. I didn't know that this was going on and I kept seeing these people say, oh, I had three eggs and four pieces of bacon and cabbage and a cup of berries and I thought I can't eat that. This isn't going to work for me.

P Okay.

LMW And I put out a question and I said, here's my situation, is there anybody out there like me, and one of the other Admins, Krista Ayers, she said, Lisa, I've had the surgery too, send me a message and I'll help you and I credit her with so much because she helped me navigate those waters. And now we've got the Weight Loss Surgery Support Group.

[00:51:45]

P So, that wasn't even back then.

LMW No.

P Oh, I'm so... I remember when Jessica came to me and said, do you think we should have a Weight Loss Surgery Support group on Trim Healthy Mama, I was like, heck, yes. I think when you... You know, you've got so much emotion when you talk about this but I think women, sometimes their only choice is to do weight loss surgery and they're faced with that, right? I never want them to feel shame about that, that they chose that. That was part of their pathway. But then, when the weight comes back on, because it was such an extreme choice, yes, that must feel devastating because it must feel like there's nothing left.

LMW Well, you feel like a failure when you carry that much weight. My husband will tell you to this day, Lisa, you never ate enough to weigh 315 pounds. And I didn't. I didn't but it's just the way my body is.

P For whatever reason, yes.

LMW And you feel like a failure. And then, when you go and have something so extreme, only to experience that regain, you're a failure all over again, and Trim Healthy Mama made me a success and my...

[00:52:58]

P We're all a bit of a mess right here.

LMW My very best friend, when I first got started on this, we were talking about it and she looked at me and she said, Lisa, this is not a diet. She said, you've found your life, and I said, I have. And I want to encourage people who just get started and they think, this is so difficult, this is so hard, and it's not. When you first get started, yes, you're thinking about it and you're making conscious decisions, oh, I can't do this and I can't... You know, I don't need to put these together and I need to keep these separated but after you've done it for a while, you don't even think about it anymore.

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, over warm your body at night.

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

[00:53:55]

P Oh, my goodness. Serendipity.

S 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 So, 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...

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.

P You're not going to hate it.

[00:54:45]

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 its 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.

S 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.

P Does that just like yank your chain, love it?

S Yes, and this 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's... That means for everything, not just food.

[00:55:44]

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 dotcom – and enter the promo code trimhealthy to receive \$20 off your Buffy comforter. So, that's buffy.co and for \$20 off your awesome Buffy comforter, you're going to enter the promo code trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

P Lisa, you're sitting there with your hand around your fellow admin, your arm around her for support. I know we've just got a few minutes but I'd love to hear from you, the other Lisa, and share us a little... Share with us who you are and what you do and your story and then we're going to have to end because we've... It doesn't feel like we've gone a long time but we have.

LFW I am Lisa Williams and I have been a Trim Healthy Mama 100% since July of 2014 and I was one of those, when I saw the little Facebook Trim Healthy Mama ad show up on my Facebook page, that I went and checked out the Fan Page and thought this was some kind of cult.

[00:57:01]

P Did you?

LFW And that these were not real people, certainly they were paid.

P Really?

LFW I did.

P You thought the testimonies were paid?

LFW I really... Yes, I really did.

P That's funny.

LFW But I followed and I followed and then I jumped in. And it was something that, as Lisa said, it was something that was sustainable for me. It is something that's helped me tremendously. In the first year and a half I lost 62 pounds, went from an almost size 22 down to a size almost 14 at the time and met amazing people along the way. And it was one of those things to where, you know, as Lisa also said, I had tried everything out there – HCG, the low carb and no carb.

P Do you feel like, HCG and all the extreme things, do you feel like they affected your metabolism?

LFW They damaged and destroyed my metabolism which I am paying the price for still. I am now in our Over-50 Group because I'm also menopausal.

[00:58:10]

P Right, and I love your posts about your journey being post menopausal. Sometimes it's really affects a woman's hormones with how they burn fuel, with how fast or slow they burn fats and carbs and I love the way you encourage other women going through this. Can you give us a little bit...you've had to tweak your own journey, right?

LFW I have. The end of 2017, and Jessica and I had many long conversations through Messenger, my thyroid tanked again. I'm also hypothyroid but did not realize I was going into menopause. So, at the end of 2017 I noticed I was gaining weight. In saying that, I was having some personal choice items as far as the corn tortillas at the Mexican restaurants with some salsa. Not a lot but enough for a new season. We've talked about seasons, for new seasons that you're going into that I didn't know I was in at the moment.

P So, maybe in your 30s the corn tortillas and the salsa wouldn't have shown up.

LFW Until menopause kicked in I lost 62 pounds doing it the same way and in 2017 my hormones changed, my thyroid decided to change again and from the end of 2017 until the fall of 2018 working Trim Healthy Mama the way I'd always worked it for 62 pounds no longer worked for me. And we see it on the boards. This doesn't work for me anymore. We see it on the Over-50 and we see it in Overcomer's sometimes. And I reached out to Jessica out of desperation and, you know, it's one of those things too, to where I'm an Admin, I should have this right and literally in that time period I gained 32 pounds without making like changes to what I was doing. And gently she said, Lisa, have you thought about cutting back your protein, cutting back your portions, and she would probably tell you I was not graceful in my approach when I messaged back because I was like...

JM But we don't count calories, we don't do that.

LFW Yes, and I have to restrict something else. Really? And I was upset.

JM Well, it was really Pearl's advice too.

LFW It was. It was Pearl's advice.

JM What is it, don't replace instead of add, it was that thing.

P And I know it sounds like, what, now you've got to cut back your portions, now you've got to cut back your protein, but in my mind, because I'm in this age too, okay, I'll be 49 in a few months, I don't look at it as cutting back, I look at it as rearranging my plate. So, maybe I don't burn those fuels quite as fast, and I knew that I needed to add more carbs and I needed to add a lot more veggies and maybe use the fat as a beautiful decoration rather than piling five different fat sources on, but let me know if that's similar to you.

[01:00:54]

LFW It is. After I took my clenched fist down from the heavens and probably as close to Jessica's Messenger thread that I could get and I do love her, she's... I love her to pieces, I don't mean that but I sat back and I... And, honest to goodness, I cried for about ten minutes and just prayed. And I was like, Lord, I know this is what's worked for me, I know this is what saved my life, I know this is sustainable. I do not want to quit. I have quit so many things, I do not want to quit this. I need your help. And Jessica just said, hey, why don't you just start with small things, and it was amazing because I... I think as women in this group, I think we fear hunger. Like we're so scared. If we don't eat a ton of food, goodness gracious, like three hours is three years and we're going to be hungry again and Lord forbid that we're hungry, and I was just like what can I do. And I started cutting back slowly my protein. I was a five to eight-ounce portion protein girl and I lost the weight doing that but...

[01:02:02]

P What do you do, three or four ounces, now?

LFW I do three or four ounces now. I put in a lot of vegetables. A salad is almost with every one of my meals where before I was that minimum seven E-Meals per week and I'm now about 10 to 12 E-Meals per week.

P Don't you think carbs heal the thyroid and get it working better and...

LFW They not only heal... If I've got, just a minute... I have... I've always had the thyroid issues and it is the craziest thing. Now that I have cut back, because on a good note, since making these tweaks, in January of this year I've dropped all but... And it's as of before we left for the Admin Retreat, all but ten pounds now, making just these tweaks. Thank you. But I have been going every three months now for my thyroid that's always been so bad.

P Yes.

LFW And for the past six months every time I go, they have to reduce my medication.

P Listen up, people. Listen up, world. CARBS.

LFW And I have an endocrinologist who says the thyroid cannot heal itself and I don't think that my endocrinologist realizes that, you know, yes, it can because it is. But the carbs have definitely not only helped with just the thyroid issue but I think it's also helped with the menopausal issues. It's helping me fuel my body because where we start draining energy, I have energy again, probably a little more than was needed sometimes.

[01:03:31]

P How many E-Meal... And I know we've got to go but it's a long one, maybe we'll take just a few more minutes. How many E-Meals do you do a week? And for those who are new, E Meals are our meals where we do healthy carbs.

LFW I am probably... And it really depends because I really have started listening to what my... But I would say on the lowest for a week, nine or ten, highest 12 to 13.

P Yes, right. So, you've really upped them.

LFW I have.

P And I think a lot of people say I don't get the E Meals. E Meals are hardest for me. Did they used to be hard for you and now you've found them easy? And I'd love to hear some of your E Meal ideas.

LFW Okay, they were hard for me in the beginning, only because I did not understand like the breads and the flours that you use and... I mean, I got brown rice, I got sweet potatoes and I didn't have issue with that. It was the stupid flours and I was like... And trying to look at, you know, the package of something and figuring out ingredients and then coming and going is this on plan and then...

[01:04:29]

P Yes, so, for me E Meals, I think, are so easy because I don't even do flour. I don't use the pastas or anything, it's just like to me it's so simple. I do a fruit or I do a sweet potato. I even do a lot of yellow potatoes now because I find them... They're very grounding for my body and they're fine with my blood sugar. Black potatoes, I do lentils. What other carbs are there that are very basic?

LFW Oats.

P Oats, huge. I don't do a lot of brown rice but I do it sometimes. Quinoa, yes. So those are just like some examples...

LFW Do you do beans a lot?

P No, I don't because... I would but they make me a little gassy. Lentils a bit less but, still, if I overdo them...

LFW My easiest E Meal that I absolutely love, and that's quick, are a small to medium-sized sweet potato, when really knowing what that really looks like, and cooking that, opening it up and either chopping up a rotisserie chicken breast and putting that in there with a little bit of salsa and I'll use a light sour cream or even Greek yogurt that's been sweetened as my sour cream and put in some steamed vegetables on the side.

[01:05:38]

P Right, so, you're filling up, because if you just do that sweet potato by itself, to me, I'm looking at that like that's not enough food for me.

LFW Yes.

P I like to eat big. But if you put... Did you say steamed veggies?

LFW I do.

P Right.

LFW You stuff it, basically.

P I love that. And then you're getting more oomph, right? It's about oomph and for me E meals, whenever I have an E meal, not whenever but a lot of times I'm doing a big glass of unsweetened almond milk and I put cocoa powder or half a scoop of whey protein, you know, the chocolate one or something. I get very full and sustained and I just feel nourished.

LFW And something I think for me that I needed to fight... I need... Personally, I need that teaspoon of fat and when I skimp on that and I want to make sure here lately, over the past six months, with something else, it needs to be that healthy fat which for me, in the season that I'm in, doesn't need to be five grams of cheese. It doesn't need to be five grams of a heavier fat. It needs to be that coconut oil, it needs to be that butter. It helps me. It regulates me. I don't feel like I drop. Where people talk about I just had an E Meal and an hour later I'm hungry again and... I don't have that now. I feel very even, I feel very sustained and I feel very satisfied. My E Meals are very simple. They're not... I mean, beans and...

JM One thing that I learned from the original book that I think sometimes gets lost over the years is when we are afraid, because I've been there with the hunger where you're like I'm so hungry and I can't eat, that you taught us, Pearl, all of those slick tricks with the Gluccie Puddings. And it's so easy after years to get away from all that. I mean, it was easier at first and like the smoothies and all those things that are just ultra-light, that you don't have to be hungry, you know, and it's great that we have those extra things. And gluccie was huge in my journey as far as keeping me not... I mean, it filled me up. And it just took that edge off where I was just I have to eat now. And I think it really helped my blood sugar as well. I was never diabetic but I always... I had three pregnancies with gestational diabetes and with PCOS, it was right around the corner for me, and that really turned it around, taking the gluccie, you know, every day in some little way, whether it was a pudding or a shake or... It really helped me to feel full and not deprived.

[01:08:11]

P I think people have forgotten gluccie was one of our first... I think we did our sweeteners and then we came out with gluccie because it was such a huge part of balancing blood sugar and we made puddings and stuff with it. I think it's one of our lost products right now because we've got all these fun, codeword sexy, products now. You know what people say. They're all new and fandangled but gluccie, you know, to go back to it as... It can heal blood sugar. It can stabilise, it can fill you and to make those puddings, yes.

JM So, if you're a little bit hungry after a meal, instead of going back for that extra portion of, you know, a burger or chicken or, you know, always like the main dish because we never go back for vegetables, right, like we should. So, maybe you want a sweet treat, so make a gluccie pudding and it'll fill you up.

P And you can find the recipe for that in our first book. I don't know where. We put them in some of our other books but I think they're lost and I think... I'm glad. I think they need to return. I think they can..

JM There's a... What's your lemon one with just...? It only has like a tablespoon of yogurt but it's so good and lots of gluccie.

P Yes, that was in the very first Trim Healthy Mama book.

JM Lemon Mousse I think it was called.

[01:09:08]

P And, listen, if you're on our Member Site, all of the recipes of our very first book are in there. So, you don't need that book.

JM In full, the instructions and the ingredients... I mean, everything you need is there. 300 recipes.

P Yes. Hey, thank you, guys, so much for coming, all four of you. It's just an honor to have you in the PODdy cabin with us. We are grateful. I know John spoke you up. I wanted... I'm so excited about today. I knew it was coming and you were here and I'm like I want everyone to see the hearts of these women. So, thank you so much. Hey, we'll see you guys back here next week.

[01:11:06]

List of Official Trim Healthy Mama Facebook Groups with Links

As of January 2020

Trim Healthy Mama Main- 249,193

<https://www.facebook.com/groups/trimhealthymamas/>

THM Beginners-123,663

<https://www.facebook.com/groups/THMBeginners/>

Allergen Free Trim Healthy Mama- 18,208

<https://www.facebook.com/groups/THMAllergenFree/>

Trim Healthy Mama: Sprouted, Fermented, Cultured, & More- 8,038

<https://www.facebook.com/groups/THMsfcml/>

Trim Healthy Mamas: Overcomers- 17,532

<https://www.facebook.com/groups/THMTurtles/>

Trim Healthy Mama: Pregnant & Nursing Group- 23,167

<https://www.facebook.com/groups/THMPregnantNursing/>

THM Fuel Cycle Support Group- 20,537

<https://www.facebook.com/groups/FuelCycle/>

THM Positively Purist- 4,575

<https://www.facebook.com/groups/positivelypurist/>

THM with Financial Peace- 5,834

<https://www.facebook.com/groups/THMFinancialPeace/>

Very Fluffy THMs- 9,550

<https://www.facebook.com/groups/THMFluffy/>

Working Outside the Home THM Trim Healthy Mamas- 8,901

<https://www.facebook.com/groups/THMWorkingMamas/>

THM Mostly Meatless- 3,299

<https://www.facebook.com/groups/MostlyMeatless/>

Trim Healthy Mama: Diabetic- 14,172

<https://www.facebook.com/groups/Trimhealthymamadiabetic/>

Prayer Support THM Group- 4,565

<https://www.facebook.com/groups/THMPrayer/>

THM Support for Study Group Leaders- 441 (An official THM group for the purpose of providing support and encouragement to Study Group Leader)

<https://www.facebook.com/groups/THMStudyGroup/>

THM No Special Ingredients (NSI)- 30,904

<https://www.facebook.com/groups/701024676700710/>

THM: Deaf (ASL)- 324

<https://www.facebook.com/groups/527563110755770/>

Support for Trim Healthy Mama Bloggers / Content Creators- 313

<https://www.facebook.com/groups/THMBloggerSupport/>

THM Weight Loss Surgery Support- 885

<https://www.facebook.com/groups/THMwlss/>

THM Over 50- 12,900

<https://www.facebook.com/groups/THMover50/>

Trim Healthy Mama Workins- 9,110

<https://www.facebook.com/groups/THMWorkins/>

Trim Healthy Family Table- 5,773

<https://www.facebook.com/groups/TrimHealthyFamilyTable/>

International Groups

Asia- 191

<https://www.facebook.com/groups/499033226842675/>

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Canada- 3,996

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<https://www.facebook.com/groups/THMJapan/>

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<https://www.facebook.com/groups/509320609254079/>

United Kingdom- 509

<https://www.facebook.com/groups/283102711810767/>