



Trim Healthy Podcast with Serene and Pearl Episode 136 # - Pearls Big Announcement

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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

[00:00:01]

S This is the PODdy with Serene.

P And Pearl.

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

D Hey, women and men, boys and girls, it's the Trim Healthy Podcast with Serene, Pearl and little Dan Dan and we have got a wonderful show for you. And let me just say, before we launch into our show, that I have broken through and I have such an appetite back in my life.

P So good, Dan, because for a while you were trying to heal your gut and we were trying to force you to eat more and you were like, uh, I just can't.

D I just can't do it.

P Isn't it great that the body heals?

D The body wants to heal.

S Well, I just don't think it should be Serene and Pearl and little Dan Dan. You're so rocking the excitement of your new appetite, that you're a big Dan Dan. Your hair is huge.

[00:00:43]

D Women and men, boys and girls.

S He's celebrating with like curls. It's like the big... You know, the party hat and all the... You know the emoji for party?

P Yes.

S And it's like that little party hat with all the streamers coming out of it.

D I am the emoji.

S His hair looks like streamers coming out of a party hat.

D People buy wigs to get this head of hair.

S There's a bit of product in there, people, just so you know. It's not all his natural...

D My appetite is on fire lately, though.

P So, you're not little Dan Dan, you're medium Dan Dan.

D I have upgraded to a size medium.

P I like it, Dan.

D Yes. As long as other men aren't in the room.

[00:01:14]

P No. You are who... What you are. You are what you are. You don't compare.

D Not at all.

P No, don't do that.

D No, it's a habit. We all... I compare up. A lot of women compare down, you know. I'm the biggest girl in the room. You can't do that.

P No, no, no, no.

D It's got to be you.

P Hey, and I'm glad you came with that announcement, that your appetite is rocking because you've been longing for that.

D Yes.

P Praise Him. Praise the Lord of all healing.

S I know. I know.

[00:01:37]

P I want to say something today. I have an announcement.

S Yes, she does. We've all been waiting.

D Can I tell them?

P No, I'm not pregnant.

S You are pregnant.

P Wouldn't that be a miracle?

D Pearl is pregnant with an idea.

P Yes, with an idea. No, with a concept, with a new thing in my life. Actually, I never thought I would be able to say this. It wasn't even something I was seeking or wanting to do but it has happened and I want to tell you, never say never about your journey. Okay? My announcement, and then I'll explain it, is I now in my Trim Healthy Mama journey eat more E Meals than S Meals.

D Okay.

S Yes. Or E Meals or Crossovers.

P Yes. But I would have to say that I have come to the point where carbs are probably a bigger place in my life than fats. Do I shun fats?

[00:02:36]

S No, you don't.

P I love my fats. But I have come to a place where I celebrate carbs so much that they're just... They've reached a level where they are supreme in my diet and things are happening to me that are very good.

S Listen, they are happening. I went away on a holiday with Pearl and Charlie and normally holidays with Pearl and Charlie are hard for me because I'm always hungry around Pearl and Pearl and Charlie were like, when do you want to eat, guys? 7:30? And it's like three and I'm starved and I have to wait until 7:30? Because Pearl was just... She just didn't eat a huge amount.

P Well, I was on my... Especially on vacation my husband can go a long time without eating and I... And I was sort of on... I could do it.

S But Pearl was like at this place where she was wanting to, you know, just celebrate some carbs because she'd gotten in a bit of an S rut in her life. So, she'd already made this change and we went away on holiday, right?

P Vacation they call it here.

[00:03:37]

S Vacation. And Pearl was the hungry girl and I was in an S rut. And Pearl's like, girl, what's the deal?

P I'm hungrier than you. What's up with that?

S Yes. I was a nursing mum and she was hungrier than me and we really believe that healthy appetites, they're a bit of a kind of... I believe that they mean health.

P Yes.

D I never met a pretty lady without an appetite. That's a quote from a movie.

S John Wayne?

D No. It's Home on the Range. It's a cartoon. It's an animation.

P No, I want to talk about the difference between a sugar-infused appetite. That's cray cray.

S That's cray cray cravings.

P You know.

D Yes.

P Because sugar, if you're eating a lot of sugar and a lot of empty carbs and stuff, you don't know when the stopping point is. When you finish one meal, you're like, what's next. Give me some sugar. Well, I'm not talking about that. I'm talking about a revved appetite, which means a revved metabolism. Now, if you're just starting and coming to plan and you're listening to Serene and I and Danny here for the first time and you're all new to this Trim Healthy Mama thing, don't think I am shoving E Meals, which are our carb meals, on your and saying you should do more of these than S Meals. I'm not doing that.

S There's a beginning place and especially if you come from sugar bingeing, sugar addiction, refined whites.

P Having more E Meals wouldn't even be for you right at this point. You know, I have been doing Trim Healthy Mama now for 12 years. Okay?

S Your blood sugar is so stable that you know that they are not cravings that you're hungry for.

P Yes. And at first, when I first came to Trim Healthy Mama, I came off a what I called a wholegrain Jane diet where I was carbing out at that time.

S But you don't carb out now.

P No.

[00:05:13]

S You just do it in a very intelligent way.

P Well, I was over-spiking my blood sugar.

S That's right.

P All the time. My blood sugar was a mess. It was rollercoasting. I had to use S Meals to stabilize me. I had to dig deep into the fats to just, you know, get my insulin levels under control and I had to do that and I'd have some E Meals but I had to do that for years.

S And also to learn the fuel.

P I did.

S And to learn to not be afraid of fat. And to learn that fat is not actually what makes you fat. So, it was good. You came to this understanding and then a stabilized blood sugar and then you can actually balance out now. Truly balance out.

P So true. But for years I used fats to heal me. Right? To heal my brain and to saturate my hormone system because I'd been a vegan and a vegetarian for so long, I was missing some good animal fats. They did do a lot of healing in my body. But then we got to the point in maybe later years where I was relying on them so much I didn't branch out and I think I was just eating my usual stuff all the time that I hadn't got to the point... I could never envision myself eating more E Meals than S Meals because I was so used to S Meals and I loved them and I knew how to make them good. But then Serene and I decided that we wanted Trim Healthy Mama to be so sustainable, so not a fad.

S Yes.

P And we had a look at things and we said maybe we've put carbs in a lower place than they need to be.

S Well, we saw some scriptures in the Bible. We shared them before here on the poddy but, just to reiterate them, I don't even have a Bible in front of me, so I'm just going to kind of like paraphrase from my own head but it was always like, you know, that your bread baskets would be blessed, that your fruit... Your breadboards would be blessed, your fruit baskets would be blessed, your fields would be blessed. So, there was all... Everything, and we'd have to say in our lives... Honestly, we took a look and we were like is our fruit basket blessed? Is our breadboard blessed? Or is it just our animal fields that are blessed? We were really... We had become... In our journey to balance out, because we needed to balance out from the other side, I think we'd become...

[00:07:16]

P Just a little more topsy-turvy on the S, right?

S Yes.

P And I want your story too, Danny, because you're... It's a similar one, probably, to mine but I'm just going to share what happened with me. So, just maybe in the last year, I started gradually revving up my E meals and trying more different ones and adding more fruit, fruits that sync well with me. We're all so different. You know, we're unique. I found what fruits sync well with me. And papaya is a huge one.

S Dark cherries, oh, my goodness.

P I do. I actually... And I do well with bananas.

S So do I.

P I mean, so I figured out these things. I've added a lot more oatmeal. I've added quinoa. I have added potatoes.

S And, guess what, she's thinner.

[00:07:57]

P I'm thinner. I mean, I didn't want to be thinner. I wasn't trying to be but I'm good. There's... I'm not too thin, okay, but on, you know, my range of like five to six pounds, I'm way down the bottom of that now where I was at the top and my husband is actually telling me, hey, you know, I like you sort of more at the top. He likes meat on a woman.

D Well, what real man doesn't?

P But... So, maybe I could add more crossovers and I'm thinking about doing that but right now it was an experiment and adding these things... Like even more potatoes in E settings, golden ones, I use golden, not... I use black potatoes.

S And tell them why, because golden ones are a little more waxy flesh.

P Yes, they're less spike... Because I still don't spike my blood sugar, it's cray cray stuff. Okay?

S Yes. You're not going for a big russet the size of a cow head.

P No. And I'm not doing white rolls and a russet potato and a sugary dessert. No, that's what we're trying to get you away from and that's how you heal on Trim Healthy Mama, because your E meals are grounded with protein, they don't spike your blood sugar but, boy, are they healing to your body.

[00:08:59]

S And they're healing to the liver and your hormones.

P They are.

S Just as much as fats are healing to the hormones. So, this is a beautiful balance, just as much. So are carbohydrates healing to the hormones because they sing lullabies to your adrenals and there's a... Your adrenals speak to your hormones.

D Is balance a key word for Trim Healthy Mama?

S Yes.

P It really is. And, you know what, you're going to find your balance slowly over time. Look at me. You know, I'm the author, with Serene, of Trim Healthy Mama and I thought I had arrived and it's like the Bible... What is that scripture, Serene? It's like it shines...

S The path of the righteous shines brighter and brighter and I tell myself that every day. I'm like, you know what, today is better than yesterday and I'm... I'm learning. It's a journey.

P There's always new places to go, right? I didn't even know there was this place for me in my health.

S It's layer upon layer. But, guess what, Pearl, you can't put... I was listening to a message the other day. You know, when I do my walks, I listen to a message.

[00:09:52]

P Yes.

S And this Pastor said this amazing thing. He's like sometimes you learn things that are true and then you learn things that are truer. It doesn't mean that the first thing is true.

P That's good.

S It doesn't mean that the first thing wasn't true. Of course it was true. But you can't put dry wall up without framework.

P Yes.

S And dry wall, there's a certain truth but it comes at a deeper level. You've first got to put your foundational framework up.

P And guess what...?

S And then you can get revelations on top of that.

P Yes.

[00:10:18]

S But you can't get those revelations until the framework's put up.

P And, guess what, even once the dry wall's put up, you can paint it a fantastic colour. And, guess what, after that you can put an amazing picture on that wall.

S Exactly.

P So, it gets more and more amazing.

S And, guess what, you know, in God teaching me all this wonderful stuff, you know, about... Just in my journey spiritual... I'll just be three seconds, Pearl. I interrupted your beautiful practicalness here but, you know, just recently... And you've heard it come out in the podcasts. I've been just brought to this beautiful new place in Christ about declaring, you know, and knowing who I am in Christ and knowing the promises which He's given me. It's my luggage, it's got my name on, I just need to go out there and open it up, right? There's a bank full of promises and, you know, people... People can starve to death with a bank account if they don't go and take a draw, right?

P Yes.

S And I believe I've got this place of taking the draw from Christ. You know, all that I've been given.

P Yes.

S But that's not anything I was given. Five years ago I was given God's sovereignty and rest and I don't think I could have this like go out and fight for the promises.

[00:11:21]

S First of all I had to learn to rest and that God was sovereign and that... You know, it was a whole framework because I was full of fear and I had... This was the thing that kind of had... Was my stronghold in life and held me paralysed. But I couldn't know this, go out and fight for the promises. If I hadn't learned God's... It's a beautiful balance between sovereignty and battle.

P So, it was a journey. You had to learn that precept.

S Yes.

P Which led to that precept.

S Yes.

P Which led to that. So, bringing it back to the Trim Healthy Mama thing, it's almost full circle because when you come from a sugar laden lifestyle, right, and you're just feasting upon that, the first thing you do is you sort of take out the sugar, right?

S Yes.

P And you add fats and you ground your blood sugar. You get your insulin... Stop it from spiking, which leads to other diseases and problems and you do that and then you think, oh, but I have to have some E meals too. So, you sort of learn that and you bring in some carbs but you learn how to do them. But it's layer upon layer and in the end you go for years and years and years and then you get

to where I am and then you're like, hold on, carbohydrates are awesome. I just abused them in my old life but now I'm bringing them back and I'm putting them in a place of elite status.

[00:12:34]

S And, guess what, it doesn't have to be years and years and years and years and years.

P No, it doesn't.

S The only reason it is for us, because the learning curve was that long for us.

P But there is a journey of stabilizing your blood sugar. What about you? Does this resonate with you, Danny?

D Yes. I mean, there's a lot of fad diets that... We always call them fad diets. There are some that definitely are marketed towards men specifically that you probably don't get in your Facebook newsfeed because you're a woman and the robots know that. But as I look at... And just because I'm a host on this show, I click on them and say who's out there. What's going on out in the world there? And they all seem to be an attempt at answering one abuse or another.

[00:13:18]

P So, what they do to answer an abuse is they offer an extreme swing in the other direction.

S Yes, you're so right.

D And so that's what I've loved about THM, is you offer no extreme swings. And I've even had friends that are like, you know, Trim Healthy Mama's just another diet. I don't want to do extreme diets. And I'm like you haven't read the plan. If you're losing your mind, insane because you saw a meme or a quote that one of your Trim Healthy Mama friends did and that caused you to do something extreme, you definitely... I know for sure you haven't read the plan book. So, I don't know, the thing that resonates with me is the non-extreme swinging. Because in my 20s I extremely swung spiritually, I extremely swung in like health and fitness and working out and, you know, creatine, you know, taking supplements to boost and it was all about, you know, that and I'm a seasoned old dude now.

P Okay. So, you were a Coca-Cola swigging, sugar chowing down Burrito, micro Burrito man.

S Pop Tart. I remember you being there... Sitting in the kitchen with Lisa one afternoon.

[00:14:30]

D No way.

S You coming home from a good old carpentry job and like looking for the Pop Tart. It's like a cray cray man.

D Right in front of Serene.

S Almost depressed because you couldn't find them right there in the cupboard right in front of your face. You're like, where's the Pop Tarts.

D Serene, probably at that time too you were straight vegan or something.

S Probs.

D And you're watching me rocking pop tart.

P Okay. So, that was you, right? Your blood sugar was crazy. You thought you might end up diabetic at the end of that journey, right?

D It was so crazy my whole digestive system was shutting down.

P Okay. So, you were a sugar swigger. But then... Okay. So, you got with us. You were part of Trim Healthy Mama. We had an influence on you and you started to clean up your diet, get out of the sugar, remember?

[00:15:05]

D Yes.

P You ditched the sugar and you did it. You were a what if you could? Why do I need sugar? I don't. Actually, what, can I like... I remember your journey.

D Yes.

P Actually, people have listened to your journey. They've lived it with you. They've walked your journey with you. And then... But you have come to a place of maturity too in your journey, Danny. I mean, you sit here today saying, hey, I love this place of healing where I remember... You found you need the carbs too, right? You do...

D Oh, yes. Yes, carbs are currently my life.

P But for a while, to get your blood sugar under control, you sort of needed to take them out and...

D Yes. And, in fact, my appetite had shut down. I was approaching... Like, so when I got up in the morning, every morning, I was... I had a headache and nausea and I just... It's so crazy. Like I assumed that was just my lot in life. Because my mom had headaches and nausea and so I was like, well, headaches... Oh, yes, I'm kind of like my Mom. You know, I'm hypoglycaemic is what I said. Just like my Mom and that's just life. That's my lot. I was born with a deficiency. Well, what I had that was like my mom was my food choices and I didn't know...

[00:16:15]

P Yes, right.

D I didn't believe that because it's like, no, this is something happened to the body, I can only take drugs for this. And so it was... Yes, so I got up every morning nauseated, headache and very small appetite. I could eat an egg over like half a piece of toast.

P Yes, I remember.

D And eggs were... Not just eggs but food was kind of yuck to me. It had a really... I didn't have a love/hate relationship with food, I had a hate relationship. Food made me more nauseated and it was hard to get down and eggs were like icky and gooey, like... And I remember even as a kid I had some of these feelings about food. You know, stuff was icky and gooey and chicken was too hard to chew and I think I just... From very young the macaroni and cheese, taco bell and hot dogs just had my body really...

P Well, then how are you at the place where you are today? Because you came in and said, man, I love food, man, I'm hungry. I could chow down on some salmon salad right now. What has changed? Is it time? Is it just...?

[00:17:16]

D I can tell you. Step one was the two Aussie girls' influence. The second one for me was getting off sugar because one problem was that sugar has trained my taste buds to loathe solid foods. Solid food's for the mature.

P Yes, as the Bible says.

D You know, sugar makes you so immature. You're just immature when you're wrecked.

P Because you want it now and you want it easy and you want it sweet.

D I'm going to say it – you're a big baby. I'm going to say it. You won't say it to your listeners. I'll say it. If you're hooked on sugar, it turns you into the biggest baby. Oh, my gosh, you can't have your nookie before you fall asleep? You can't go to bed without your sugar nookie.

P Yes.

D I know that for a fact. You can't talk nice to your family without your sugar nookie. You watch your wild emotions that I... I'm talking to myself, by the way. My wild emotions, man, sugar and just that lifestyle of having to feed that beast before, you know... I'm hangry. Man, that's sugar, dude. So, you guys really helped me

get off the sugar. You suggested kombucha as a soda replacement and that was a big deal for me because I was so... Like Coke was my thing. Like I'm... Man, I see the Coca-Cola sign and I get butterflies in my stomach to this day.

[00:18:39]

P Still, emotionally.

D Oh, it's like a cigarette for some people. You know, like they've got to smoke when they drive.

P Yes.

D Dude, if I'm in the car, I want a Coke. So, anyway, sugar was step one. I started doing... Step two was maybe a bigger hurdle for me. Step two was my lifestyle habits, my mindset, my approach to stress, my belief that I had to rat race and survive and so I only had time for a bowl of cereal. I only have time for a microwave burrito. I only have time... And that was all created by me. So, yes, there was a lot of mindset dealing with fears. I've shed a lot of that through this podcast time but I had to learn to take time and prepare food.

P Right.

D And once I broke that mental hurdle of I don't have time to prepare food, I found a new appreciation for food. It was weird. I started seeing...

[00:19:41]

P So, you think preparing your own food and literally forcing yourself to do it has made you like food more.

D Yes, it opened...

P Because you're not a baby anymore.

D Exactly. It opened up my relationship with food.

S Yes, there it is.

D So, now when I'm... So, now food is like a friend to me rather than this thing I need to shove down or I'll be starving or nauseated so that... So, it's not... Like I get... So, on the one hand, it's like, yes, food is fuel but then there's this beautiful...

S But it's art and passion and...

D Yes, it's art and passion.

P And so you learned... You know what I like? I'm going to let you get to your step three but that's what we're trying to do with this curriculum for kids.

[00:20:14]

S Yes.

P You know, kids are just forced to eat that or... Eat your broccoli or, kids, like here's your meal.

S There's no personal relationship.

P And so they just get all these hates about it or it's icky or all these...

S It's like go to church, sing the hymn, but if they don't have their own relationship, they don't know why.

D Right.

P And so when they get in the kitchen for themselves or when they, you know, experiment with a vegetable or eat something for the first time, it becomes theirs and they suddenly appreciate it, like you had to do, but you had to do it as an adult.

D Yes. And my son, I'm tired of eggs, until I showed him how to make dad's supersonic man eggs and now he's cutting peppers and takes ownership of the creation of the food and that does something to the brain.

P It does. My son, Rocky, who's 19, I mean, I was always on to him. I was like this nagging mama because he's super skinny but he's wiry and he just like burns fuel. Like he was like... He was getting up in the morning and just like something easy, you know.

[00:21:11]

D Yes.

P I'm like where's your protein. He's like, okay, I'll make a shake, I guess.

D Yes.

P But then I'm like... or can you make me eggs? You know, I guess I'll eat them. Finally he got to it where he developed this omelette. It's an amazing omelette and he's in there making it this morning. He's, Mum, I'm the best chef in the world, right, but he's enjoying it because he owned it.

D It's his signature omelette.

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 Grove Collaborative is an online marketplace that delivers all natural home, beauty and personal care products. They come directly to your door and their goal is to make living a healthy lifestyle easy and accessible for you and your family.

S You go and buy your natural products at a regular retail store, you're paying for that retail space. It makes you think that, oh, I can't buy natural products

because they're expensive but if you buy them at Grove, they're actually... They're affordable.

[00:22:08]

P Grove takes the guesswork out of going green in your household. Every Grove.co product is guaranteed to be good for you, your family, your home and the planet. So, I opened my box from Grove and the first thing I pull out is the method daily shower cleaner. I have this huge glass shower in my bathroom. All of that glass got the soap scum on it. I tried so many things to get this... It was this film. I would scrub it and nothing would take it off. I used a whole bunch of different cleaners. I even used like toxic cleaners. I was desperate.

S And it wouldn't go and I thought, I'm left to look at soap scum forever. I took this daily shower cleaner in there and thought, right, I'm going to try this. And you're actually meant to just spray it on every day after your shower and not even wash it off. But I sprayed it on and then I just got my cloth and I just started rubbing and, oh, my goodness, the soap scum came right off. I'm so happy.

P For a limited time, when our PODdy listeners go to Grove.co, that's Grove dot C O slash Trimhealthy, you will get a free five-piece set from Mrs Myer and Grove and that's a \$30 value for PODdy listeners.

[00:23:21]

S So, go to Grove.co, that's grove dot C O slash Trimhealthy to get this exclusive offer. That's Grove dot C O slash Trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

D I love that animation Ratatouille. Have you seen it?

P Yes, that was a good cartoon.

S I love it. I'm going to watch it tonight.

D I know. What a beautiful...

S Solly just threw over the sound equipment.

D She totally just wrecked the room. Oh, that's awesome. She's like, is this cool, I'm going to hang by Mom now. I just trashed it. Ratatouille does such a good job of bringing out the art and passion of flavour and mixing the two together.

S Yes.

[00:24:08]

D And remember when he mixes the foods, he goes into that black space where all the colour erupts and the...

S Yes.

D And he sees it differently?

S Yes.

D You know, so, yes, I had to break through like these hurdles in my relationship with food and once we developed... And that's what I love about cooking shows, is they actually kindle a relationship with food. There's this one where this man has this open fire grill. He's got like six grills going in his back yard and on every grill... Like some he cooks the meat right on the coals. And I saw that and I was like, oh, like something just...

S Yes, you got more hairs on your chest just...

D Yes. I was like, dude, I want to do that.

S That's very manly.

D So, I've got a grill now and I do fire grills, you know.

[00:24:50]

P That's so awesome, mate.

S That's just awesome.

P Oh, see, that's a what if you could too.

D Yes.

P I mean, it's like what if I could be the fire griller? Who...? And you just grew up with hot dogs and mac and cheese but now you're a fire griller.

D Yes.

P Never say never, that's what I'm talking about.

D Yes.

P Look at me. I never thought I would love Es. I only just did them to just tick them off the box.

[00:25:07]

S Yes, the same with me because I...

P And now they're my love.

S Right. The same with me because I'd abused carbohydrates, like you. So, I went to the other way but then I didn't realize I was actually starting to abuse the other box.

P Yes.

S And that was scary. But now, Pearl, I've started following in my big sister's footprints and I used to... Pearl would always say, you've got to change it up a little bit for breakfast, but I loved my omelette. Remember, I did it every morning.

P I couldn't kick you out of your omelette.

S I couldn't. Until I started having E's for breakfast or crossovers, really.

P Yes.

S I'm really living on crossovers now and I've dropped weight too and I don't even want to but carbohydrates rev the metabolism and at first on your weight loss journey on Trim Healthy Mama, bringing in fats will be your weight loss journey.

P Yes.

S Because you're usually coming off of that standard American diet. But I'll tell you what, the carbohydrates, don't be afraid of them, they don't make you fat. And this is what I tell myself when I have an E breakfast or a Crossover breakfast.

[00:25:55]

P I'm like, Serene, you are going to make your metabolism hum. This is going to be priming your system, revving your metab fire and I'll tell you why, and this is what I thought about it. When a harvest is like in full bloom and they're like bringing in the grain, the Bible says there's singing, you know, and you think of the fruit dripping from the blooming trees and you see all this lushness, that speaks of when... That's a very healthy blessed lifestyle. I think your body is the most blessed then.

P Yes.

S Because your body is actually... It's humming along with the same vibrancy as the harvest is humming. Okay?

P Right.

S But when everything is like nary a root to be found, nary a shrub but you've got to live on your seal blubber, I think you're in the bear hibernation zone and I tell myself...

P Yes, just having a little bit of fat and protein but none of that luscious humming fruit.

S Yes. I tell myself if you're just doing your hibernation breakfast every morning, Serene, you're not priming your metab. Have one of those harvest time for the singing song, you know, like the luscious hum.

[00:27:10]

D You know, another thing that will heal your digestive system, kindle your passion for food, and by food I don't mean sugar. So, anyways, I'm going to... I want to say another thing second to this but having your own garden... You know, you guys have like these breath-taking like...

P No, I don't, Serene does.

D Well, Serene has like a mile row upon row of...

P And I just eat all her stuff.

D Beautiful garden and...

S Bouquets of kale.

D Bouquets of kale and all that. Look, even if you get a little four by eight raised container that you've got three tomato plants in, something about seeing day in and day out a bigger plant, a bigger plant, now there's a tomato on it, and something coming out of the ground...

P Hold on, don't tell me you've done this, Dan Dan.

[00:27:56]

D Oh, but I have.

P What? You are... He is really what if you could because I...

S I've been at Danny's house and eaten a pepper off of his yard.

D Yes.

P You are that guy, hey.

D I'm that guy.

P That's awesome.

D Yes. So, something about seeing it come out of the earth like there's an ancient primal trigger, I think, that happens when you're like, dude, I am a man on the earth and there is... The earth is putting up out of itself things and presenting them to me in the most vivid of colour. I'm taking that thing into my kitchen, preparing it, like, man, it will...

P You know it's blessing your body in better ways.

D Yes.

P Just... Even your mind, seeing that and picturing that...

D Yes.

[00:28:36]

- P You know you're going to be absorbing more nutrients and it's going to heal you.
- D Yes, it will and, man, you could almost assign that tomato like to my lower left quadrant.
- P Yes, you could.
- D And it will go down there, man.
- P It will.
- D Like... So, there... I think there does need to be... And when I say a rekindling of passion for food, so many people think they're foodies but they're drug addicts. What they mean by foodie is they love like sugar treats and I know I'm being Mr tough love right now but like it's so important to talk about because a lot of cooking shows and even friends I follow on Instagram and stuff, they talk about how they're foodies and they... But I'm like, man, food comes from the earth.
- P You're so true, Danny. You know, we... This is sort of personal to our THM company but we were once in talks with Food Network for a TV show with Serene and I doing a Trim Healthy Mama show.

[00:29:32]

- S We were in talks with them and they liked us and we... In the end, though, they said at this time it was a no... You know, there might be a time but at this time our shows are basically fantasy shows. They're about fantasy foods, full of sugar, full of white flour. They make people happy by looking at them because it's indulgent and we're like, well, Trim Healthy Mama can be indulgent too. Yes, but that's healthy, that's not fantasy.
- D But you know what's funny about these fantasy foods? Because I know what you're talking about. On Netflix they have these food shows, bright, rich, high contrast, high saturation color. It's dye. They're dying chemical-based artificial powders and then they add dye and colouring to it to make it all bright. Do you know, out of the earth comes pre-dyed food, except not with chemicals, with some magical way of making it colourful. I don't know how it works but it goes from a brown seed into a vast array of colour.
- P Isn't it incredible?
- S Praise God. And when I think about food, it brings me closer to God. I just want to worship. I'm just like, I don't want to worship the tomato, I just want to worship the creator. I'm like, wow, God.
- D How do you do this?

[00:30:40]

- S Yes.

P Yes, look at that blueberry, the deep, deep hues of that.

D Yes.

P I mean, the sweet potato, when you roast that and open it up and you see that color, oh, my goodness. Hey, what's the time? I want to end this with just a couple of my latest greatest E Meals. I know I've shared my lentil soup recently. I shared another one. We're at 29 minutes. We're okay.

S I have a couple more things to say today.

P Yes, you've got a couple of things. Here's one that I've been doing, a lovely stir-fry and it's so easy and it's an E but it does not feel dry and yet there's hardly any fat in it. Of course you could cross it over if you're a pregnant or you're a nursing mum.

S Now, just when she said that... Please, no, we are so about the fats.

P No, but when you're doing an E Meal for weight loss purposes.

S No, I know that. No, I totally know that but I just don't want people... I just want to clarify. If people are thinking, oh, now they're going...

[00:31:30]

P I love my fats.

S No, I'm sorry, we love it.

P Listen, last night I had such a wonderful S meal. Do you want me to tell you what it was? Just so you know I'm not going on the...

D Did you eat spoonfuls of cashew butter?

P Well, it did involve the butter. It did involve the butter John brought us yesterday.

D Because I did.

P Was it so good?

D Oh, my God.

P As we've said here...

D Tablespoons.

P We get... John brings us the most amazing homemade cashew and almond butter. Oh, wow. So, anyway, I got butter lettuce because it's so soft. You know those hydroponic ones you get?

S Yes.

D Yes, yes, yes.

[00:32:01]

P I used a whole one. You can't use half of it. It's not enough.

S No way.

P Chopped that thing up, put it on my plate and then I got... I've been buying those cans of tuna, Serene, that you tell me to get. I love them. They're the safe mercury ones. What are they called?

S They're not cans, they're pouches.

P Yes, they're pouches but what are they called?

S I think they're called Safe Catch.

P No, you get the cans too.

S Oh, okay. Aren't they called Safe Catch?

P Safe Catch. If you ever want...

S Maybe they're not called Safe Catch.

[00:32:22]

P They are.

S Okay.

P If you ever want a really healthy tuna, it's called Safe Catch and they test the levels of mercury in it and it tastes better. It's really healthy stuff.

S Oh, it's amazing.

P I put that on there. I had cucumber. I threw some walnuts on there. Not bunches because I really wanted some of the cashew butter. And then I put also some... I just poured on some cider vinegar, some liquid Bragg's Aminos, some cayenne pepper and then I drizzled that cashew butter all over that salad. I was sitting there like no one in the world is as lucky as this girl right now, what I'm doing. It was just so good. So, therefore, yes, I love my fats.

S Yes.

P Anyway, but this E Meal that I've been doing, it's very weight loss friendly... Even though it has some potatoes in it... As I've been saying, I've been enjoying golden potatoes. They've been rocking my world in E meals. It is a great stir-fry. Just try it. Okay, steam up some golden potatoes. You can use black, if you want. I don't use white because they're higher in the starch but golden is

beautiful. Some yellow squash, dice them and steam them up. All right? And then have some pre-cooked chicken just on the side, wherever you want it.

[00:33:34]

P Now, in your frying pan, your big skillet, spray some coconut oil. Now put some of those golden squash and potatoes in there and then get so much spinach, put it in there, it will start to wilt, and now put your seasonings on. I use Bragg Liquid Aminos, I used some salt, I used nutritional yeast and then I put a little bit of diced chicken in there for protein, whatever you want, I've already got some nutritional yeast, I put quite a bit because that gives me some more protein. This thing wilts together and the textures of the potatoes with the squash and the spinach and that little bit of chicken here and there, it's the most amazing E Meal, I encourage you to try it.

S Wow.

P And I had a big plate of it because I do lots of the squash, so I don't have to do lots of the potato here.

S Oh, it's so fantastic.

P Because you don't want to like overdo the potato but you want it in there for that beautiful texture.

S Yes. So, you're being smart now, you see. You're celebrating your carbohydrates but you're not having this big old fat russet.

[00:34:31]

P I'm doing it wisely.

S Yes, you are.

P But I'm enjoying what God gave me.

S And I'm balancing out more and as a nursing mum, I'm having these beautiful Crossovers. I love these purple sweet potatoes.

P Where do you get those?

S Sprouts. But I tell you what... I pre-cook them, bake a bunch up and then when I quickly go to prepare my lunch, I get a nice purple sweet potato. I open it up and I just heat it up on the skillet with coconut oil, nutritional yeast, mineral salt, and then I have a little fillet of sockeye salmon and then an avocado. It's like green of the avocado, purple of the sweet potato and then I have the red sockeye fish. Oh, my goodness, it's a Rainbow Plate. It's a Crossover.

D Rainbow Plate, love it.

S It's celebrating the carbs, it's celebrating the fat. I'm not heaping a bunch of pasteurised cheese and then throwing all nuts all over. I'm just having a little coconut oil to fry up the purple sweet potato and then the nice avocado. I'm just being balanced. I find, when I'm doing Crossovers, I like to keep them balanced. I don't make them a heavy S and a heavy E and stick it together.

[00:35:32]

P No. Like what you're saying... The Crossover you just described is...

S It's light on the coconut oil. It's just enough to make the pan not stick to the potato.

P But you've got a little avocado and you've got a...

S The salmon has natural fat in it.

P Are you using the canned salmon or are you cooking one in the air fryer?

S It depends. Sometimes I'll do air fryer, sometimes I will do a nice.... Yes, exactly, I'll do one of those nice sockeye cans, yes.

P All I wanted to say was that's... Look at that Crossover, right? That's beautiful Trim Healthy Mama. All you pregnant women, nursing women and goal weight people, listen up. Even if you're not goal weight, you can still do that sometimes. Crossovers are part of things. But compare that, what she just described, to another Trim Healthy Mama Crossover which might not be as weight-friendly.

S Oh, can I...?

[00:36:15]

P Cheeseburger Pie, let's look at that.

S Yes.

P Cheeseburger Pie is one of the things that bring people on plan and make them happy and they're the start of your journey. And you can even use them later on your journey. But they can bring you in and ground you. Imagine if you had that crossover, right? You had the cheeseburger pie which is very heavy and fatty, okay, and then next to it you had... What do you want to do for a crossover there? I mean, you could do bread or brown rice or baked potato. All I'm saying is that is another crossover, it's just not as wise as the one Serene did.

S Okay. Do you want me to tell you what I do? First of all, I want to say in your Trim Healthy journey, I think your cart's are going to look different. I think some people are going to arrive at Trim Healthy Mama and their carts may look like cream cheese, they may look like...

P Their grocery carts.

S Yes. They might look like a lot of pasteurised dairy, they might look like Greek yoghurt, they might look like a lot of stuff, right, but as you progress, I think it will look different.

[00:37:13]

P It does. It starts to look different.

S And I believe maybe at Christmastime you might throw in that cream cheese. I haven't bought cream cheese for over a couple of years. I might go to...

P I buy it all the time because I put it in my kids'... My kids love it and I use it in things for them. But I don't eat a lot of it anymore.

S Yes, but, see, it looks different, though, Pearl.

P I don't crave it.

S So, this is what I do. If I want to... My major diet right now is crossovers but they're smart crossovers. I never go psycho on the fats or psycho on the carbs. I just... Crossovers to me are so beautifully balanced. It's my sweet spot, okay?

P I love them.

S But if I want to celebrate fats and I just want to pour that olive oil over my omelette, I make it an S. I don't cross it over because I'm going overboard on the fats.

P Right. And you really want to indulge in fats, so it's...

S I don't go overboard on my Crossover fats. If I want to indulge on the carbs and go a nice 45 grammer, you know, I'll make it an E. I just... I've just decided that... I know I've got this... I've got the info now, how to celebrate my carbs, celebrate my fats or find that sweet spot between both of them.

[00:38:15]

P That's beautiful.

D I try to celebrate both.

P Yes, you need to, especially for your, you know, Dan Man physique. You need to always do Crossovers, hey.

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 about Literati Books today because they're a new partner of ours and I want to talk about them but Serene is just...

S I'm chomping at the jolly bit. Listen, my two little girls, Havey and Breezy, were sent this box and Leslie Pops sent ahead, you know, their age and whatever. So,

you would have thought it was Christmas Day, right, it was this prettiest, gorgeous like thematic box. It was just like so like Utopian looking and they opened it up and there was like little treats and little gifty things. There was like a mystery pen that wrote in invisible ink and...

P And there was a personalised note with their names.

[00:39:07]

S Yes. So, they could put their little sticker with their name on every book. I couldn't have chosen them better myself. They're actually... What they do have that puts this box together is it's... They get these five teacher-approved books so that you know they're going to be educational and not just slip slop. And if you don't like the book... They have a pre like send back addressed box that you can just... It doesn't cost you anything. It's free. And you just put the books you don't want back in the mail away. But I liked all of them. I kept all of them. I want my girls to talk about it real quick.

B I'm Breeze and I'm nine years old and I love the box of books and this one that had these buttons that you could press and they would make music, so then I could do ballet do it and it was really fun.

S And actually it was a book that talked to them about all the composers and it was so beautifully illustrated. And then when you press a little button, like on their ballet shoe or whatever, it would actually teach them a famous composition of one of these composers. It was so educational but so fun, so beautiful. Haven, please, tell the world how much you love the Literati box.

H I like it so much.

P Listen, we all know it's a fact that children who read books have better vocabularies and longer attention spans. That's why everyone, everyone with kids, they need Literati.

[00:40:29]

S And it gets them off the screens, people.

P I know.

S Like I'm very strict about screens but still, still my children are like, well, it's the afternoon or it's raining, can I, you know, can I...

P Literati mails five teacher-approved books to your child every month and each book is based on a theme, like the spirit of adventure or the animal kingdom and it also contains exclusive original art and that beautiful personalised note.

S They were beautiful, these books, and, yes, they have a beautiful poster that they sent my little girls and they... It was so pretty, they've put it on their wall.

P So, because you are our Trim Healthy Mamas, Literati is giving their best offer available anywhere. To get it, you have to go to literatibooks.com and the promo

code is trimhealthy for \$20 off your first box. Plus a free black light pen for kids, Serene.

[00:41:19]

S That was the mystery pen.

P So, listen to it again. For their best offer anywhere available, for you guys, you Trim Healthy Mamas, Literatibooks.com, promo code trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

D I didn't tell you about my third breakthrough.

P Oh, step three, Dan Dan, we're back to you.

S Please.

P Detour on us.

D Because, well, it's full circle because step three for me, once I reset my digestive system, brain space, taste buds and got things back to zero with not only breaking sugar but then the FODMAP diet which reset me, I was able to pinpoint damaged organs and my only damaged organ, well, my gut I think had to renew its... What is it, mucosal lining?

S Yes.

D Yes, that was the thing my doctor was screaming. Your gut wants to heal. He's like it renews. It wants to heal.

[00:42:25]

P It wants to heal.

D You know, I thought I have leaky gut. It's the thing I have. Now, your gut might be leaking but you don't have... And there's such a difference.

P It's so true.

D So, once all those things renewed and I reset, I was able to identify, oh, my upper right, I feel something there and it's when I eat... I was trying to gain weight because I was on the FODMAP, so I was doing like extreme amounts of fat.

P Yes.

D And it started...

P You were like shunning a lot of fruits and veggies, right?

[00:42:59]

D Yes, anything with the fruit tins and the FODMAPs had to go and so, okay, well, I'll go heavy fat to try to keep the weight on and it... I went into the hardest crashes. I call them crashes. Nausea, headache. I felt like I had the flu but like... I described it as organ failure. People were like what are your symptoms. I said, man, it just feels like organ failure.

P That was your robe days, when you were wearing a robe to the grocery store.

D That was the good old... Yes, I came to the podcast in a robe. There you go.

S Not a Charlton Heston robe.

D No, no. A nursing home robe.

S Yes, a nursing mama's robe.

D Yes. So, it helped me identify damages done to the body. Because what I realised was I was nursing along. It was almost like these fake foods were somehow keeping the cripple... It was like crutches almost and then, when you took them out, it's like it got worse at first but I was able to identify these broken down organs. And so now I know what I'm working on healing. I'm actually more in touch with my body. I know what things are where. I learned so much by breaking sugar, firstly, the FODMAP thing and...

P For those who don't know what FODMAP is, it's where you identify foods that feed a lot of bacteria and the bacteria can cause bloating, things like that. You take them out and then you put them back in one by one and see what you react to.

D Yes. And now I know my sensitive area is fat. I still have fats.

P But fats were... You were eating too many of them for your particular...

[00:44:40]

S It was your bile, right?

P Was it your gall bladder?

D Gall bladder, yes.

P So, you didn't have to have your gall bladder taken out then. You just address it and...

D No.

P So, you eat... You still have fats but you found which ones are good and you eat lots of good carbs.

D Yes. Well, you guys actually advised me to look for the fats that are in... Like avocado.

S That are already in the food for you.

D Yes.

S Because you process it better.

[00:45:02]

D Right. Rather than adding oils on top of my salmon or something like that.

S Which is fine for some of us but you had a gall bladder that had been wounded.

P So, do you do much better with those, Danny, the ones that the fat's contained in the food?

D Yes. I don't even notice a problem.

P You can do some nuts and things like that?

D Yes, nuts are great. I try to save... Boy, my new addiction is RX Butter.

P Oh, yes.

D I try to... Some people have their own brand and they call it like fat butter and stuff but people are getting into these jarred... Man, it's like spoonful... Like cake batter.

P Can you do the cashew butter that John gives us?

D Or that. So, it's the same vibe of cashew butter. You know, the RX Butter, they have like this Vanilla RX Butter that's made with almonds and egg whites and stuff. But, boy, like when your taste buds are healed, you can take a cashew butter and it's like Mama's cake batter.

[00:45:52]

P You taste a million things, yes.

D You know, mama would let you scrape the bowl at the end? I would put that bowl on my face and just lick every square.

P You taste nuances of sweetness, of savoury. It's like people have spiced it up and it's just nothing.

S Pearl, I want a teaspoon.

P Oh, it's so good.

D Strawberry becomes too much.

P Yes.

D You're like who has injected sugar into my strawberries. His name is God.

P I love it. It's amazing.

[00:46:17]

D If we can call Him by that name.

P Yes.

S Of course.

D Jehovah. I don't know.

P Oh, this is cool. I just want you guys to know that you're never at a place of arrival, that we can learn more and more each day. We're done, Sereney.

S But I want to say this really quickly.

P Oh, go for it.

D You must. It's your podcast.

S Really quickly. You know, for years and years and years I'm like, oh, the snack before I go to bed will always be just protein, if I have to snack at all and blah blah blah but I've always found it hard to go to sleep. Just as a nursing mum, I just always felt like it was like... Going to sleep was like running a marathon, just because I felt empty. And just recently, and you can look it up on the Google, just... And I won't do this if I've just had a fruit snack because I'm not going to abuse. I've got info now and I don't think... If you're on a normal American sugar diet, you shouldn't do this either because it's abuse but if I've just had a lovely balanced meal and it's been a couple of hours, before I go to bed I'll have a teaspoon of raw honey. It puts me to sleep. It feeds my liver and it's... It just... It allows my body to have all that it needs to do its processes at night without crashing and burning. And so I just... I just so enjoy it and that's this wonderful carbohydrate from God, raw honey.

[00:47:24]

P It is. I do it every night too, Serene.

S Yes. And it actually can make you lose weight.

P Yes.

S Because your metabolism doesn't slow throughout the night.

P Well, it doesn't put you in that hibernation bear problem.

S Yes, exactly.

P But I find I sleep well with it too. It's not for everyone and it depends upon your season and your journey.

S But if I just have... Like snack on some sweet... Like a bowl of sweet cherries before I go to bed, because I'm nursing, I'm not going to go do a teaspoon of honey.

P Yes.

[00:47:47]

S You see? So, you just... You know, it's just no abuse but celebration.

P But, anyway, the days shine brighter and brighter and there's so much more to learn. There are so many more health places to get to. Life's brilliant. Love it.

D Thanks for tuning it, peeps, to the Trim Healthy podcast. We sure love you.

[00:48:06]