



Trim Healthy Podcast with Serene and Pearl Episode 138 # - Permission to Ignore This Voice

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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 · L = Lesley

[00:00:00]

- P Everlywell.com is the place now where you can find answers for yourself. It offers more than 35 at-home lab tests all the way from food sensitivity tests to thyroid, to STDs to heart health test.
- S And they give you simple instructions so it's not like, ah, how do I do this? You don't have to be a physician to be able to do the test. It's all simple.
- P Once you send your sample back it is processed in a certified lab, your results are reviewed by a Board-Certified physician and they are sent directly to you digitally in a few days.
- S Now, listen. They have this digital platform that helps breakdown exactly what the results mean for you. They help explain all that. You are covered with help.
- P Plus, you can also set up a free discussion with a healthcare professional if you want to on the EverlyWell platform. So, guys, to start learning more about your health and taking control on your own check out EverlyWell At-Home Lab Tests today. For 15 percent off an EverlyWell at-home lab test visit everlywell.com/trimhealthy. That's E-V-E-R-L-Y-W-E-L-L.com/trimhealthy.

[00:01:10]

S This is the PODdy with Serene ...

P And Pearl.

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

D Women and men, boys and girls it's the Trim Healthy Podcast with Serene, Pearl and Danny. And the show is going to get more and more fabulous. Every time you tune in fabulous vibes are going to pulse. And so, don't stop.

P No, Danny.

D Keep on. Don't stop till you get enough. Keep on. I'm out.

P That was a fiery welcoming. Hey, quite a topic today. Serene?

S Oh, yes, mate.

P The voices in our heads, the reason I bring it up was, this week I've been reading a book. It's called, Life Without Ed.

D Who's Ed?

P Well, I'm going to tell you. The reason I've been reading it is my daughter-in-law, Kahoru, she – very public with this and, you know, I even asked her beforehand if she minds, but she doesn't mind sharing. But she's dealt with anorexia for many years of her life.

[00:02:13]

P I believe that she's completely walking out of it but it's a journey. And sometimes we need help in the journey but she's just so amazing in the way she shares so freely and asks for help and asks for prayer but it's definitely been something in her life that she's struggled with. But she told me about a book she's reading recently and it's called Life Without Ed. And she said, you know, many people with anorexia or other eating disorders, they call this voice in their head Ed. And that stands for Eating Disorder. But it's literally incredible so I thought, I'm going to read this book, just because my daughter-in-law's struggling with this and I want to know about it. Well, I read this book and I'm like, but I know Ed. What? I've heard this voice in my head. Now, not to the state where Kahoru, my daughter-in-law, has where it is – where she obeys every word of it and it's really been an authority voice in her life. And it's maybe the only voice that she's hearing anymore. Because this book talks about, many people think an eating disorder voice in your head is you. It's not you and the whole book is about separating Ed from you.

[00:03:29]

P And it's this girl who got free of anorexia in there and I really recommend this book. It's called Life Without Ed. It talks about how she divorced from Ed and her whole divorce, getting rid of Ed. But you know, the more I read this book, the more I realised, hey, this is just the bible.

S It is the accuser.

P You know, the bible talks about Satan being the accuser and these things come into our head, they're not us and we think they're us. You know, I used to call myself a worried person. Right? That was just me, I'm a worrier. I do this. And there were these voices in my head and guess what? They were the voice of worry and I had to divorce myself from worry. There are things we have to divorce out of our heads and I'm going to talk about that today.

S Oh, that is huge. Totally huge and when Pearl first told me about the book, I'm like, oh, Pearl I can't read it because I don't want to give it a name. What Ed? I don't want to give these voices in my head, that I don't want to listen to, a name because I don't want to give them power by giving them a name. But when she explained to me that it just stands for eating disorder I'm, like, okay. I'm cool with that. Doesn't sound too wobbly, woobly.

P Yes, you were, like, multiple personality, no.

S Yes, I don't want to talk – I don't want to have Simon and Ed and Frank and all these people in my head. I'm not – I rebuke it. It's Jesus in there. But, you know, it makes so much sense. An eating disorder is – it comes from the enemy because it's not of life, it's of death. It's the accuser. It's a spirit. And so Ed is accusations that are totally wrong.

[00:05:01]

P Yes, they're accusations. And, you know, the book talks about this. Ed will tell you all sorts of things and in the end, you know, many people have died from anorexia. So, sad and it still happens to this day but, in the end, you can be so married to Ed that you will die for Ed. But it's not just Ed. There are other voices in our head that completely destroy our lives and we think they're a part of us.

P We think they're so every part of our sinew and cell and part of our mind but they're not and they're not permanent residents. We have to dig them out and get them out of town. Like, it's like we – I look at it like this, I was thinking about it like this yesterday. You know, we have to be governors, let's call it sheriffs of our town, which is our mind. And there's bad guys that try to come in, right? And for some reason we just think, no, bad guys are in my head, I'll just let them walk around.

P But guess what? God calls us sheriffs. He tells us to gird up the loins of our mind. The loins of the parts dragging on the dust, right? The junk. And get them out. And so, we have to learn to be sheriffs, to round up the bad guys. Put our stinking badge on our shirts, round up the bad guys and heft them out. And they'll try to come back in because boy, they really do. They like the town. They like your brain space. They want to set up residence there, they want to take over but we got to heft them out.

[00:06:32]

S And sometimes we don't realize because we're so used to them.

P Yes, Serene.

S And I was, like, Pearl, it took you reading a book about anorexia, which you've never struggled with ...

P No, I haven't.

S To find out that Ed was in your head too.

P Ed was in my head. I don't, and I still believe after reading the book I don't struggle with anorexia but guess what? I believe so many of us have the thoughts of Ed in our brain. Even for those of us who binge eat or things like that. Ed can be telling you ...

S Or even, like, if you eat a little extra slice of cake the night before, even if it's on plan THM.

P Yes.

S I've had an eating disorder, a voice – I still hate saying it, saying to me, you don't deserve breakfast. I'll wake up and he'll tell me, you don't deserve breakfast.

[00:07:14]

P Or you need to work out twice tomorrow.

S But that was a crazy thought and I don't listen to that anymore. I used to in the younger years. I would listen.

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

S Serene.

S Oh, my goodness the Buffy comforter is the bomb.

P The Breeze comforter is what we're talking about today. 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 cozy and then you don't have to overheat. It's 100 percent 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, this is what I like, Pearl. They allow you to try it for free. If you hate it, you can send it back. I like that.

[00:08:08]

P You're not going to hate it.

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

P Can I just read off the cheat sheet all the different points because they're good. I want people to know them. It's softer than cotton and naturally soothes your skin. It's made out of eucalyptus, Serene, you already said that. Earth-friendly. Eucalyptus, listen to this, uses 10 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 Oh, that's good for allergenic people.

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

S Oh, that's gross.

P So, why not choose 100 percent plant-based bedding that's better for you and it's better for the earth. Serene, you're a greenie.

S Yes, mate.

[00:08:57]

P Does that just, like, yank your chain? Don't you love it?

S And this is greenie stuff from my own country. I like it. No, this is going to be yum. And the fact that it breathes. I said, yum but that means for everything, not just food.

P As always, we have a special offer for you, our Poddy listeners. You got to go and visit buffy.co, that's .co not .com, and enter the promo code, trim healthy to receive \$20 off your Buffy comforter. So, that's buffy, B-U-F-F-Y.C-O and for \$20 off your awesome Buffy comforter you're going to enter the promo code, trim healthy.

S This is the PODdy, with Serene ...

P And Pearl.

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

P It's okay if we get these voices in our heads but that is the key, to identify them and to say, oh, that's an accusing voice. I don't have to listen and I definitely don't have to obey.

[00:09:59]

D Ooh, I got one.

P Yes.

D You're still not doing it, it is a voice.

P Yes, that's so Danny.

D After all these years, Danny, you're still not doing it. I didn't even know it was there till this moment. I'm going to say, man, I can't believe already you're doing it.

P I love it.

D And I feel the goose bumps thereof.

S So good, Danny.

P You know, this book even, it does – because sometimes people with anorexia just - it's so entrenched into their being, into their mind. They've had this voice for years that it feel like it's so a part of them. There's some actual activities that they talk about. So, you sit on the chair. And then there's a, put your chair next to you that's empty, and you actually - you know, you don't have to do this you actually talk to this voice and you say, I'm not going to be obeying you or listening to you anymore. You tell me I'm a fat cow, guess what? That's not true.

D But when you kick the demon out, bring in the good guys.

P That's right.

[00:10:58]

D Don't just leave it vacant. What are you going to say?

P Right.

S Don't leave it vacant.

D What are you going to say instead? Danny, I can't believe, already you're doing it. Man, you're pulling this off and I'm so proud of you. I'll know who this is saying, I'm – you know, Jesus.

P But it's true, but the fact is ...

S Yes, it is Jesus. It is Jesus. It's the only voice I'll listen to.

P We fight the accuser's voice with scripture, so for me, you know, some of you aren't believers and you just fight with all you've got. You just tell this – you know, tell Ed or the accuser or whoever it is to tell you to eat two quarts of ice cream ...

S It is the accuser. Whoever it is, it is. All evil voices, all negative voices ...

P No, exactly.

S They're all the force of darkness [overtalking] the devil.

[00:11:35]

P But for me, I fight with scripture. Like, if, you know, oh, Pearl, you're just – you're never going to be able to do that. Well, I can do all things through Christ who strengthens me, thank you very much.

S Yes, yes. Well, you know, when Jesus himself was accused and he was tempted. What did he fight back with? He was the Word but he fought back with the written word.

P Yes, I know.

S You know, man shall not live by bread alone, you know?

P Yes, but every word that proceeds from the mouth of God.

S Yes.

D Lesley, I can't believe, already, already, Lesley, in your life, you're doing it. You are actually doing it and it's amazing. Yes, good job.

S But, you know, another thing too is just – well, it's just another way of saying it. Don't give them the microphone. Like, you said it's okay for voices to run in your head. What she means by that is, you're not going to be able to necessarily control the devil ...

P No, the thoughts come in ...

[00:12:25]

S But you just control your house.

P And I love this scripture, what fellowship hath the light with darkness, okay?

S Yes.

P So, it's when we fellowship with the voice and we set up home and we start talking back to it and we have a good yarn sesh.

S Yes.

P You know, we just have lunch with them and coffee with them and just give them time of day. But the bible says, what fellowship do you have with that? No. You don't fellowship with it.

S It's so true, Pearl. And it's like, I used to say to you and I think you told your daughter, Meadow, when negative thoughts would come into my head I'd be, like, sorry, I don't negotiate with terrorists.

D Yes.

P Yes.

[00:13:01]

S Right, because sometimes you can sit down ...

P Especially fear voices. Yes.

S You can sit down and you can actually negotiate and you can say, listen, I think it's wrong, what you're saying to me or what you're doing. Like, I'm not – so, I think it's good to say – have like, the Word, definitely or, like Danny said, have a comeback. A line that you're going to put there instead of the accusation. I 100 percent agree. But I've got to the other side where I negotiate so much I give my whole – I sit him down on the counselling couch in my head, the terrorist, the fear, and I say, this is why I'm not going to listen to you. And I'll spend an hour dealing with the voice. That's exhausting and that's too much and that's time. And so, now I'm, like, heft him quick but do it quickly because even if you've got great answers too many things to say back is spending too much time. It's communicating with a terrorist. That's what I, kind of, think.

D Well, that's where I think slogans or some people call them mantras or something but any – a phrase that you have memorized really helps. I'm that girl, is one. What if you could, is one. These are things that are pre-pared in our minds that are sitting ready, like little warriors, that can help us fight.

P No, it's true. You've got to have something ready. Like Serene, I don't negotiate – fear comes in, sorry, I don't negotiate with terrorists. Like, for me when I used to wake up with fear in my years when fear and worry overtook my life I'd – it got to the point where I would way up at night, the first thoughts that entered were terror. Fears because it had overtaken me, so, I'd be, like, oh my goodness. You're going to get breast cancer. Things like this, you know?

[00:14:38]

D They come in the night.

P Yes, they do. The Bible even talks about that. So, I'd just have this ready and I'd even speak it out loud on my way to the bathroom at 3 a.m. in the morning. No, God has not given me a spirit of fear but of love, of power and of a sound mind. Just speak it.

D Hey, you know, one of the hard things for me is learning to identify the voice because for me it's not like I will hear, audibly or even internally, you know, the internal audible in your mind. I won't, like, process the sentence, you're not doing it, Danny. After all these years you're not doing it. Instead I will just be feeling. It will be a feeling and I think a lot of these voices first present themselves in feeling form. So, have you ever been in a funk where it's been a good 30 minutes to an hour and you're just upset and you don't know why? Or you just on edge and somebody's trying to talk to you. And you're just, like, I can't even talk to my kids right now because I'm trying to solve, I don't even know what but I'm in a funk.

[00:15:40]

P Yes, I've had that.

D Right?

P Yes.

S Yes.

D I think that funk is that voice. I think ...

P It's an oppression.

D Yes, whenever I get in that funk I'm trying in my current years, to – when the feelings are negative or I'm feeling anxious or something, I try to get to the root of that by asking what is the voice that's banging on in there.

S And guess what? Sometimes I don't even do that because I feel like that's counselling couch. Just for me, my personality, and other people might need to do that but my personality likes to analyse. So, if I spend time sitting, ooh what was that that caused that or – I feel like I'm just spending a whole lot of time with – introspectively, which paralyses me to give out. To my family, to my children, to the world around, and to be creative and it, kind of, just slows everything down like quicksand and I'm just being a processor. So, one of my new mantras is, oh, Serene, get off the counseling couch, because sometimes I counsel myself too much. Some people don't counsel themselves enough.

[00:16:41]

P Enough, right.

D Yes, yes.

S They might need to get on the couch. Like you, Danny. You might need to get on the couch and say, well, why am I feeling like that? But for me ...

D I think men don't counsel themselves enough.

S I naturally am going through stuff like that. So, I'll be, like, you've been telling yourself for the last half an hour, okay in the future you're not going to do that. You're going to say this to yourself. You're going to do that. Now, we're going to put these set-ups. Like, I'll put parameters in my – I am like, a full-on processor.

P You're a processor.

S So, my one mantra lately, in the last year is, get off the counseling couch, Serene. You've already gone through that. That file is – you know, got a big slash across it like, already processed.

[00:17:13]

D That's funny because I think maybe, males are less inclined to process and they don't think about their feelings at all.

P They do and they don't know why sometimes. Like my husband, if we're having an argument, words, I can beat him hands-down, it's so easy for me. Words just come.

D Yes.

P You know, and my poor man. He's the strong silent type. He doesn't know how to bring words in an argument. He'll just clam up and grow stronger and silenter. He can't beat me but it's a stupid, useless thing to try and go at it. You know, who's got the best come-back anyway.

D But even kids will do it.

P Yes. But, you know, men, they say they don't have as many words as women. You know, as women, we speak about 120 words a minute. We think 1300 words a minute.

D That's scary.

S And sometimes it's more than that because you might think those words but you've got pictures and emotions and feelings that represent more thousands of words.

D You have a movie going all inside.

[00:18:14]

S Yes.

P Yes. They're colour and they're vivid. And, you know, it's not just the Ed sort of voice that's an accuser. I realised the other voice, Ed's a different voice too and sometimes it's saying, oh, Pearl, you don't need that much fat on your salad. And other times it's like, you're hungry again. It's been one hour. I'm not hungry. But the voice says, no you're hungry again. You need to go have another snack. You need to have – go get yourself some cheese and hot sauce. Come on, you're hungry. I'm not hungry. It's just these voices in my head. So, the voice in your head might be, you need that quart of Haagen-Dazs. You really want it, you really need it. You've had a hard day. Remember, you eat your stresses. Remember you eat your emotions? You're that girl who eats your emotions. You go and have that quart of Haagen-Dazs. It's these – and that voice in our head needs to be isolated. No, you're that voice in my head, you're not me. I'm not listening to you. Get lost.

S Yes, that's so true. So, for one person it could be the voice that's controlling food in a way that's taking it out from you. The other voice, so same accuser, it could be the flip side of it. Like, just totally saying, this is your only comfort. This is the only pleasure. This is, you know – wow.

[00:19:33]

P And we believe these lies. Listen, and then you go back to scripture and it's, like, Satan is a roaring lion always going around seeking whom he may devour. These voices in our head, they want to devour us and we got to be the sheriff and just heft them out of town. Now, to say that, that is – I know, Serene, you're saying, well I've got to the point of saying I don't negotiate, but that was a journey for you, honestly.

S Oh, it was. Totally.

P We can't just suddenly be the person with it all in our heads, unless it's a miracle and God can do that. And then suddenly become the person who's, like, stop sign. We don't even listen to you. Sometimes there's a while in between ...

S Yes, there is a journey.

P Realizing there's a voice first. Disobeying it. Then pushing it out. Then it might come back, no, you again? I see who you are. No, I'm going to get myself up again. I'm going to push you out of town. It's a journey to that place where the voice doesn't even come back. Listen, with my fear, at first it was a battle just declaring scriptures against it. Just refusing to think those fear thoughts.

S And maybe, processing why you have no reason to fear.

P Yes. Yes, I had to learn how. I had to find the other side, why I don't have to fear. Why God says I shouldn't. That was a process. It was years. Now, because I am just so used to pushing them out and my synapses have changed, there's been pathways rearranged in my brain, I rarely get that fear voice anymore, honestly. It comes so odd – it still does now and then but I'm, like, I see you and, oh, that's fear. We don't try that today because remember I don't even talk to you, fear. And I just heft it out. But honestly, it took a while to get there.

[00:21:14]

S And I want to backtrack too, Pearl, when you're talking about Kahoru and the voices in the head. I think that she has told you, and I think she'll be fine with me saying it, that she doesn't necessarily even believe the voice. She knows it's lying to her.

P Yes, she does.

S She doesn't love skinny. She does believe she looks healthier with the weight on. She does believe she would be happier and her body would be more even ...

P Healthier.

S Yes, yes. For future children and that's her whole desire. She's such a beautiful mother. Just because you know it's a lie doesn't necessarily mean, yet, that you're free because that's the weird thing about these voices. Some people serve – like, some women have abusive situations and they have a beating – husbands that beat them and say all these nasty things that they know are lies. But they still, somehow, cling to that connection.

[00:22:16]

S So, yes, I feel like it is a process, like you said. It's realising it's a lie and I believe Kahoru is there. She knows it's a lie.

P Yes. She does.

S She knows the voices are not true, but now it's not allowing them to have control even though they are a lie.

P Yes, so true.

S Because lies can still control.

P Yes.

S You know?

P Yes. Exactly.

S So, is it just – so, once you realise it's a lie, I'm just trying to process this now because I'm a processor ...

P I know.

S Then ...

[00:22:43]

P I want you to read the book too, but the book's very light-hearted. It's just this girl's musings. Yes.

S So, now you know it's a lie, then you just – the more you ignore it, right? The less the grip.

P Yes. But the author of this book, you know, *Life Without Ed*, it took her years. Like, she does this afterward because this book was written 10 years ago.

S Not to say somebody can't have a quicker journey.

P No, but she'd fall down. I mean, because she actually suffered from, which my daughter-in-law doesn't, bulimia. A binge – she suffered from anorexia and binge-eating and bulimia. So, three different, what they would call, eating disorders. She had them all and that was, you know, very, very chronic for her health. But even through this book as she's writing this book and overcoming, she felt like she'd separated from Ed and then a week later she's, like, I binged last night and guess what Ed's telling me? Ed's telling me I'm such a failure I might as well forget it. Maybe I should just give in to Ed. He wants me to obey everything and there's parts of me that feel so good when I do.

[00:23:45]

P I'm special. I know now how to control myself more than the next person. I feel – you know, Ed has this specialness about him too. This eating disorder. Like, it's a control thing, you know? And it elevates you in some ways.

S Well, there seems to be a victory to beat the challenge. Can I go this many hours without ...

P Yes, I did it.

S Without pleasure of food. .

P And look, I know I shouldn't be only 110 pounds when I'm five foot seven, but guess what? I got to 109 and it feels good. You know? And so, there's that. And so even her journey through this divorcing from Ed, she'd slip up so many times and she'd go and binge eat and then she'd go and throw up and then she'd go and deny herself.

S This is the writer of the book?

P The writer of the book, and I'm thinking, man, I'd almost want to give up if I was her too because it looked like she just wasn't getting the victory. And yet, every day she said, no, I'm divorcing you, Ed.

S Oh, I love it.

P Every day she'd come back and said, no. I might've messed up last night and I listened to you but today I'm not going to listen to you. So, I thought to myself, is she ever going to get the victory because it seems pretty pathetic. You know? I don't know.

[00:24:52]

P And then she comes, at the end of the book, 10 years after she wrote this book and she writes this afterward. And she says, some of you may wonder if I ever did get the victory because I know I slipped up so many times. I'm here to tell you today, 10 years later Ed doesn't even speak to me anymore. I ignored him so often we got fully divorced.

S I love it.

P And she said, you know, I ...

S I've got goose bumps.

P I know many others that are still going through the journey and Ed's still there talking to them even though they don't obey them and stuff. But for me, I got to the point where Ed just gave up.

S I love it. And let's just say that in the simpler words, where the accuser just gave up.

P Yes, yes.

[00:25:32]

S Because there's voices in your head, like Danny said, you know, you're not doing it yet. Sometimes the accuser is just, like, you are so unimportant. Or you're so – you don't have a talent like other people. Or, you know ...

P Or, you know, you're just quite – I'm just not made for this mothering thing. Other women are good mothers but I don't have the patience for it, you know?

S You're right.

P Well that's the accuser right there.

S Exactly, and sometimes I feel like it can come too, in your calling in life. The accuser can come and try and rip you from your calling and I believe in names. My name is Serene and I believe that was my destiny to be fully serene in Christ. Like, find the serenity. Find that peace to find that deep soul rest. And that is something I have battled – why should I battle that, you know? Out of anyone. Pearl, you're called Pearl. You never battle that. I'm called Serene and that's what my battle has been. But I am finding it – my path is getting brighter and brighter and I just found it was even hard for me, when I used to go to Florida, to find that true rest because I feel like it was hard to unwind. But this time I really felt like, wow, I'm really learning the joy of peace and freedom more and more and more. Every year, every day.

[00:26:47]

S And so, that voice in my head was anxiousness or I sometimes got ...

P Yes. Or I got to do. I got to do.

S Yes, and sometimes there's no - like Danny said, it's a feeling, it's not even words. It's not even thoughts. And sometimes it would just be like a – you wouldn't even know why you were anxious. You couldn't – if somebody said describe why, you couldn't. There'd be no reason. But it's a fantastic thing and I believe, like Pearl said, with this lady who wrote the book, it's that constant ignoring. The voice gets quieter and quieter and quieter and quieter. You know?

P Yes.

D I also find too, along with ignoring and replacing that voice with the correct mantra or slogan, however you want to call it, I also find taking the right kind of action is also a big breaker ...

P Yes, Danny. So true.

D Of these, I mean, let's call them strongholds. They're places in your life of consistent, repetitive failure. When you began to not only replace your thoughts, but also replace those actions, even if you fail Monday morning, take correct action Monday afternoon.

[00:27:59]

P Yes.

D You know? And the more you take correct action you'll get those rewards. You'll get that dopamine hit. You'll rewire your brain. You'll change your whole life.

P Yes. And that's – the author of this book was talking about that too, in a similar way. As Ed would be screaming in her head at breakfast, you need to skip breakfast this morning or only have that bagel, no cream cheese like you've always done. You know, have that half cup of cereal, skimmed milk. That's all. That's all you deserve. You know that you can do that. You know that your weight won't go up when you do that. And he'll be screaming in her head. And while Ed was screaming she is making her eggs and her toast and she – you know, whatever she has to do to have a good nutritious breakfast to actually gain her weight. She would do it while Ed was screaming in her head. And that's exactly what you're talking about. Action.

D Yes, I almost have a weird – it's not an eating disorder but gosh, maybe it's a borderline one, where I want to get up and just race into the work day and not think about self-care. Which by that I mean eating a dash-gum breakfast. And so, almost every morning I just do a – it's a discipline. It's still work. I just make that oatmeal.

P Yes, man.

[00:29:18]

D I just make the oatmeal.

P But it's a discipline but look at you know, you're sitting here and I can tell ...

D I'm actually gaining weight.

P Yes. And you're looking so healthy, Danny.

D Thank you.

P And it's because of that discipline we're seeing these things in your life.

D Yes. No, I see the fruit and so ...

P But I believe one day you're going to love getting up and making that oatmeal.

D Yes, yes, yes.

P I do.

D Well, you know what? That's the power of this is that I want it to turn into me loving and getting up and making that oatmeal. Right now it's not but I don't care.

P Right.

[00:29:45]

D It doesn't matter.

P Doesn't matter.

D I'm going to still get up and I'm going to make the dang oatmeal because I'm starting to see results and those are starting to outweigh the pleasure of racing into the work day.

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

S Serene.

S Would you buy a t-shirt, Pearl, for 50 bucks if you knew it only cost seven bucks for the company to make it?

P No because as a business owner that's way too much for the mark-up to be fair.

S But you know what? That is, most times, the mark-up for normal retailers. But there's a place called Everlane that I've just become familiar with that is so transparent and full of integrity, they tell you how much it cost for them to make it.

P And that's the sort of thing we love, Serene, because we try to be about integrity. So, when we find another company like this it means a lot.

[00:30:38]

S It does and so, when they tell you how much it is to make it, they can't slap on about another 30-odd bucks.

P No, so, with Everlane you don't overpay for quality clothes. And let's talk quality. Okay, I just put in an order, Serene, for wool pants. You know how you are about wool?

S I know.

P They have really good natural fabrics. A silk shirt. These things can cost several hundred dollars at other places. Guess what we paid? Under 100 bucks.

S Yes, it's amazing because they sell directly to you which is very smart. In that way they can, you know, they don't have to put the price so high up. But, you know, it's not just like you're getting better – you're paying less, you're actually getting better quality. You're getting more bang for your buck.

P And it doesn't – whatever your style is or your preference for clothes, Everlane's clothes, they look better. They're very classic pieces, okay? And they cost less and they last longer. These are quality because Everlane sells directly to you. They don't have the store in the middle.

[00:31:40]

S So, if you check out their personalised collection at everlane.com/trimhealthy you will get your first shipping for free. No, I mean, yes. You won't get the product for free but you'll get the shipping for free. Let me be clear about that.

P Yes. So, that's everlane.com/trimhealthy. So to get your first order shipped free go to everlane.com and then do the [/trimhealthy](https://everlane.com/trimhealthy), everlane.com/trimhealthy.

S This is the PODdy with Serene ...

P And Pearl.

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

P Come here Lesley-Pops, because you've got your hand up.

L I have a Rookie Question. Thanks, Danny, for sharing. Thanks, Danny, for sharing.

P Yes, what's your rookie question?

L My rookie question is, because me and Dan-Dan – you're fine, sorry. I don't like breakfast either and we've talked about this before. So, my question is, what – like, okay. So I want to wake up and I want to have a cup of coffee and I don't want to put collagen in it. I'm really sorry. I just want to have cream.

P No, that's all right.

[00:32:45]

L How long do I have to be awake – how long after I've been awake and having my cup of coffee before I need to put breakfast ...?

S Like, metabolic situations like me?

L Yes. Like, how long before I'm really messing my blood sugar up?

P Well, you see, there's no hard and fast rule but I want to talk to you about something that you just said. Because you're sitting over there at your Leslie-pop desk and you were like, I heard you and you said, oh, I hate breakfast.

L Right, right.

P Okay

L And once it's like, the weekend when I lay in ...

P Lesley-Pops.

L And it's a relaxed, like ...

P You're that girl who can learn to love breakfast but you have to do it in your own way because I am not a big breakfast eater either. I'm not one of those people that love to wake up and have a huge one. Like, Serene's so hungry in the morning.

[00:33:32]

S Oh, I love it.

P That's not me. I want to have my coffee first but guess what? There are disciplines like Danny said. I have a discipline now, that I am having at least, I've gone up to a quart. It used to be two cups of water with lemon, now I'm a quart with lemon before I have my coffee. And I know that you're going to hate that but I had to get myself ...

L I can do water.

P I had to get myself hydrated. Coffee was dehydrating me because I hadn't drunk hardly all night and then I just have coffee and then I didn't feel like water. My body is zinging with this and I still have my coffee but it was a discipline. Now I love it. I don't think you should wait more than a couple hours.

L There you go.

D Okay, I just have a couple questions before you...

P And that's lenient. I would rather say wait an hour or so, but I think, because we're all different, Lesley-Pops, you could have your coffee at seven and eat at nine. That's okay, Serene.

S Yes, we don't want to be legalisms ...

[00:34:20]

P Yes.

S Because I have been so legalistic in my life I'm just enjoying the freedom. So, I'm just agreeing with Pearl. The science behind it would make you more legalistic.

P Yes.

S With the fact that every hour you – or every minute that you wait after being awoken without fuel, is lowering your metab – slowing your metabolism.

P Yes.

D Yes. So ...

P Go, Dan.

S But knowledge is power. Like, Lesley loves knowledge too.

D I love the way Serene put that. She's like, let me bust you with the reality of physics but don't let it choke you up on legalism but at the same time, know that you are slowing your metabolism down. Because that's, kind of, along the lines I was going to add.

[00:34:59]

D But I want to ask old Pops here, when you say you hate ...

S She's younger than you, right?

D Yes. Yes.

S Old Pops.

P Old Pops.

D Old Pops, here. Well, she's more mature, though. When you say you hate breakfast, do you mean you hate the taste of food? Do you mean you hate taking the time for breakfast? Do you mean – what is it that you hate exactly?

P It's a mind-set, Dan-Dan.

L I don't hate breakfast food, I like it, but I don't like eating when I'm waking up. Like, all I want is coffee. So, I like ...

S Well, that's normal.

L I'll like, do like a breakfast for dinner sometimes. Like, I love eggs and bacon and ... Yes.

S No, no, what happens if you have your coffee and you have your nice read and you just have your, okay, I'm awake now?

[00:35:38]

L But I don't.

S Wait half an hour and then eat breakfast.

L Because I wake up at, like 7:45 and you do the coffee and then I'm out the door driving to Nashville. This is – it's, kind of like, a working Mum's schedule.

S I wake up at six just to start the process so I can enjoy it.

P Yes.

L I wish. I choose sleep.

P Here's what you should do. I like the idea of you having something and not waiting to lunch, Les. Because is it going to slow your metab.

L I was just going to say, I am visualising for myself, and speaking over the waters, that within two hours of waking up I will have a protein shake.

P Perfect.

L I will make it before I leave the house. I will do it.

[00:36:15]

P Okay. So, here's another easy thing for you to do. Meadow got me onto this. I love these things. Oh my goodness, although I'm not at home, I don't know their names. Okay, so Meadow, my daughter Meadow, had to move to Japan and she gave me these oatmeal packets. They're unsweetened, right? Oh, I'm just – okay, sorry. You've got to look at me, Danny, so I can concentrate on what I'm eating – I'm saying.

D I'm sorry. I just watched this whole thing play out. Like, Serene can't – like, the baby can cry and Serene's like, it's all good. As soon as that baby goes, Mama, Serene's like, bring her back. Bring her back. Bring her back. Look, she knows. She knows that's the keyword to get her.

P Mama. I know.

D That's awesome. Can't resist Mama.

S Mama.

D No mother can.

P Okay. What are the name of these oatmeal packets? They've changed my life. I make them in a sweatpants oatmeal way but, Leslie, you could do this. All right, they are unsweetened oatmeal packets. They also have quinoa in them. A little amaranth, and a tiny bit of flax meal. They're still E. They're still on plan. I will go and find the name, they're over at my house, but here's what you do.

[00:37:16]

P Lesley, take that packet with you. All you have to do is pour hot water on it and use one of our super-sweated, a couple of Gentle Sweet packets in it. It's so delicious. You know, they say only add three cups of – three quarters of a cup of water but you know what I do? I add two cups of water, hot water. Then leave it for a while, a good while. Oh, it fluffs up. It's so huge ...

S Are you going to bring them to our trip to New Zealand?

P Yes, Serene, I will. I love these things.

S Ooh, yay.

D I'm with Pearl on that for people for who breakfast is a challenge.

S You could add half a teaspoon of coconut oil, Pearl.

P Yes.

D Yes, for me – because breakfast is a challenge for me, oatmeal is the answer because it is this thing you put in a bowl and you add hot water. It's so easy.

P And it revs your metabolism. Like, ease for breakfast, rev your metabolism. S is –

S They really do because guess what? You're waking up and guess what you're saying to your body? It's harvest time.

[00:38:06]

P Harvest.

D Yes.

S You know, it's, like, everything is blooming and blossoming and your metabolism better run fast because you're going to be feeding it.

D The birds are chirping.

P Yes.

D I add the THM collagen to mine and the THM stevia ...

P Brilliant. I do too.

D And the THM mineral salt.

P Oh, you too? Okay, so you're exactly like me. I've actually – because we were talking in a recent PODdy about bloaty tummies and stuff, I've been just using a lot more of our stevia like you do, Danny.

D Yes.

S Oh but my purist self, [overtalking].

[00:38:34]

P Then Gentle Sweet. I used to not like pure stevia and oatmeal and now I'm too doonks and it's so good.

D It's the best.

P Two pinches of salt, two doonks of stevia is just perfect.

S Yes.

D Yes, yes, that salt – you know when the salt's right because it's, like, you're not sitting there going, I'm eating a salty food.

P No.

D You're sitting there going, this is way more flavourful.

P No, it's rounded.

S You know, breastmilk is that perfect combination of salty and sweat ...

P Yes, it's breastmilk.

D You would know.

[00:38:58]

S Because of the electrolytes. Well, breastmilk has the electrolytes in it and it's, like

D So, how much do you drink a day?

S I've tasted, it's not regular.

D Right.

P I've tasted and seen that the Lord is good.

S Yes, I have.

D You know, not to go on the breastmilk trail ...

S I've only tasted once or twice.

D But I've been asking lately, like, we are drinking mostly milk made for baby calves and I'm wondering, like, if calves drink calf milk should – I just want to ask the question ...

P Hey, Dan-Dan, I know you've been diagnosed with ADD but you asked that question last PODdy.

D Okay.

S Let me tell you about it, okay? Because why are you eating the meat? They were created for humans. It was created as a bounty, as a gift.

[00:39:37]

D Okay. Yes, yes.

S And why do they – cows can produce so much more abundantly. They have the capacity to produce so much more than their calves would –

D And it tastes good. It's like, humans crave it. It's got to be right.

S Well, the Bible, let's just go back to the Bible like Pearl said, you'll spot a fad if, first of all it goes against the Word. And if you're not a believer, second of all, if it actually goes against cultural, historical applications of how they fed healthy nations and ...

D Yes, but the land flowing with milk and honey may have been breastmilk.

P Well, I don't know about that.

S No.

D How do we know it's not?

P Well, because ...?

D I'm like Seinfeld, how do you know it's not?

[00:40:15]

S Because he says that enough goats milk for the maintenance of your household. You know, they were herd people.

D Okay.

P The Bible did talk about the ox milk and the goats milk, Dan-Dan.

D Okay, never the breastmilk?

P No, Dan-Dan.

D Okay. Fine.

P But here's the deal, right? On Trim Healthy Mama, milk, let me clarify this, yes, if you need to gain weight. If you need to gain weight you could drink some whole milk. You could drink some whole milk if your gut allowed it. I don't think it does. But if you're wanting to lose weight, we culture it which means take the sugars out of it. So, it's like kefir, it's like Greek yogurt, it's like cottage cheese. The sugars have been removed so therefore it's a lot more slimming food. But you know what?

D What?

P Forty minutes in.

[00:40:57]

D It's time.

P It's bye-bye time.

D Bye guys. See you next week, right?

[00:41:42]