



## Trim Healthy Podcast with Serene and Pearl Episode #146 – Don't Inherit the Folly

(AIR DATE:11/13/19)

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

S = Serene · P = Pearl · D = Danny · L = Lesley

[00:00:00]

- P Who irons anymore, Serene? I haven't ironed in 20 years.
- S Not me.
- P Now finally there's something much quicker and easier than ironing and it's the Turbo Extreme Steam Handheld Steamer. It's from Conair and it gets you fresh, pressed and out the door in just minutes. It's light weight, compact. Serene, we had a photo shoot the other day and we were using it on our clothes. Our staff got...
- S It took like a few seconds.
- P Seconds it was like no more wrinkles, right.
- S It was great.
- P Hey, you can try Conair's Turbo Extreme Steam Handheld Steamer and you'd be amazed at how great it is. It makes your clothes look... Not even your clothes though, your curtains. Have you ever bought curtains and taken them out of the packet and you hang them up and they look so terrible.
- S You can see where the folds have been folded in a million pieces to fit in that little square.
- P You could do it to your bed, okay.

S Yes.

[00:00:45]

P Your covers on your bed, your pet bed, you name it. You just... It is just a few seconds and it's beautiful.

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 time for another Trim Healthy Podcast. The band is back together. You haven't experienced it but we have. We've been chilling off last week, but we're chilling back on this week and it's of course your good friends Serene, Pearl and Danny and we can't wait to hang with you today. And I think Serene's got some good, already queued up. Go, Serene.

P You got a good name for it, hey.

[00:01:21]

S Hey mate, I'm trying to find... I'm trying to find my...

P You know how we always said PODdy Meat and then we called it PODdy FODder and then just before we started here Dan is like Pod Fod.

D Pod Fod.

P And forever I feel like that should be the name of good stuff we bring. You didn't even announce that John and Lesley are back in the room today.

D What do you mean back?

P Well, for a while Les was out of here. She was in the good old UK.

D I don't pay attention to things.

P No and then...

S Yes, you do. You didn't see the great pics all the way through Brit?

P No, he was not important enough to send to. Leslie just sent them to us.

S Oh, you weren't part of that like little thread.

D Oh, sorry.

S Your precious thread of species.

D Sorry. I guess I just learned about a thread that's out there somewhere. Is there some text thread with only cool people on it?

[00:02:02]

P Yes.

S Yes, us cool three, hey.

D John, are you on it?

P No boys allowed.

S No boys allowed.

D Why isn't John and I on the thread?

S You're only good enough for the Pod.

D I'm just Pod Fod.

S The thread is a one up.

P Okay, Serenie, bring us some Pod Fod, girl.

S Okay, so mates, hey I was off at the Smokies. That's where I've been.

[00:02:22]

P Yes, I know.

S Pearl was off at the... I'm actually not one that goes off.

P No, too much.

S Yes.

P Except when you do, you go to Florida once a year and you pack your whole house. Yes, we've heard that before.

S Yes, but I went to Smokies. It was so super fun and I met one of you wonderfuls that listens to the poddy.

P Did you? I met a Trim Healthy Mama too.

S Yes, good.

P I did on the ship.

S So shout out to my wonderful friend that I met on Anakeesta Hill in the Smoky Mountains. A wonderful Trim Healthy Mama and boy it was great to meet you.

P Guess what, because I like going cruising, right, and I always like love to meet Trim Healthy Mamas on cruises.

S Except for when you're having a cheat.

P But I always sort of love to not.

[00:02:58]

S Because when you're having a cheat...

P Because I just feel like I'll be watched from that time forward. And I do great on cruises. There's so much you can eat.

S Shoulders back, Pearl.

P Yes.

S Have your salad.

P Yes, do not eat a white roll. Whatever you do, don't do it. Don't go for that dessert. It's always in the head somebody's watching, somebody's watching me.

S Hey, my wonderful Trim Healthy Mama friend met me drinking a Yuck Yum.

P Oh, so you were perfect.

S I was perfect. I'm just teasing. But my husband was eating a barbecue sandwich with the rest of the children that he like, you know, poisoned.

D With the barbecue?

[00:03:30]

S Yes.

D Maybe it was all natural...

S I'm like Yuck Yum can save you money. At the top of that Anakeesta tourist trap your barbecue sandwich was 15 bucks a pop.

P Yes, isn't that funny.

S And you got 10 children. Wow.

D Have you ever had a proper barbecue sandwich?

S I was like didn't you want me to pack Yuck Yum for all of you. And he was like just let's have a break.

P Serene would. She would happily spend an hour and a half packing Yuck Yum or homemade sandwiches for the whole family.

S I was desperate.

P You wanted to.

S I was trying to slice up that sour dough bread and they were locking up the bread and like...

P They were like Mum, stop, just stop, let us eat a barbecue sandwich.

[00:04:05]

S Anyway, onto the Fod. The Fod, the Pod Fod, that's what Danny's called it now, pod fod. Did we already say that while I was looking at my desk? Oh, great. Okay, so I was having a little bit of a read in the fluff car, because we...

P Why?

S We actually borrowed. It wasn't a car. It was actually a wonderful what are those high things called? It was a black Sprinter. Are they Sprinters?

P Oh, you borrowed our Sprinter.

S You know why, it's never been borrowed to...

P You called it a fluff car?

S Well, I'm about to tell you why.

P What? It's a Sprinter van.

S It's wonderful and no one else has been able to borrow it. We've all tried to borrow that thing. But you know why we got it, because we took their golden girl, Autumn, their youngest, she wanted to come along and we thought boy, this is our ticket. We've never asked to borrow the... But we're going to drive their daughter safely down. So they let us borrow their...

[00:04:54]

P As long as Charlie thinks that any one of our offspring is going to be safe he says yes.

S Yes, the black shiny sprinter was our vehicle and so we filled it. And of course it was cold so you don't have the windows down, you know. It's at that time of year you keep them tight and shut and there were some fluffs going on.

P Flatchers?

S Flatchers, but we call them fluffs in our family, but my little baby who does a lot of them, she can only say fuff.

D Why is this part of the story?

P Yes, why?

S Well, it is because I was trying to do a little Bible reading and in the car on the way down, but there were so many fuffs I just couldn't focus. So I only got one verse in.

P Who does that?

S But this one verse... Like I had to put the Bible down and just... I just had to think about the one verse. I couldn't... I didn't have any other verses to ponder because of the fuffs.

[00:05:38]

P Serene, right now you're turning everybody off the Trim Healthy Mama lifestyle, because they're going to think I don't want to turn my car into a fluff car.

S No, it's not the Trim Healthy Mama. It's my little boy, Remi. He just has...

D Fluff wagon.

P She had a fluff wagon.

S It's just part of the stuff and I'm dealing with that now. I'm working with somebody who thinks that maybe some of those...

P He's got some gut...

S His thing is maybe from the gut.

P Right.

S So we're going to clean the gut out.

[00:05:58]

P Okay.

S And interesting just to let you guys know, if you have a child who has maybe some things you're wondering that are just a little bit strange, like maybe they're not like some of my other children. And I'm not saying necessarily Autistic or Asperger's or whatever, but just something that might be just a little bit odd, this doctor I'm working with, he said that a lot of times there can be bacteria that as it ferments and as it lets like gasses off I suppose it can kind of drug the brain.

P Oh, right.

S Yes and so that's what we're working with now. But I notice the fuffs.

P Right.

S Yes.

D It drugs the brain?

S Well, it affects the brain. It can almost be like a toxin to the brain certain bacteria.

D The inhalation of the gas?

P No, the gas inside the stomach.

S No, because that means we'd all be having issues, yes.

P Lesley wants us to get back on track.

[00:06:42]

S No, but the point is, is instead of having my good like chapter read or whatever, I just got to the first verse.

P Okay.

S But the great thing about that, people, is it really spoke to me that one verse. I've always just moved on past, but it was Chapter 14 of Proverbs and it said the wisest of women builds her house, but folly with her own hands tears it down. And I've always kind of known what that means. You know, I always realize... I always kind of like get reminded of that verse when I'm just yelling and screaming and having a big nag trip, you know.

P Yes.

S I'm like you know what, I'm tearing my family down, I'm tearing my house down, I'm not being a wise woman. But I started thinking of it in a different light because I had all this time and I was realising the wisest of women builds her house. The word house in Hebrew can often be also translated church or tent. Like your tent, your human body...

[00:07:36]

P Your vessel.

S Your vessel. Vessel is your house.

P I see where you're going.

S And so I'm like the wisest of women builds her house. I'm like whoa, whoa, this is a whole new thought here.

P Aaah.

S Poddy listeners, the wisest of women builds her house. So this whole Trim Healthy Mama journey it's wise. You're thinking of building your house and then the second part of the verse is but folly with their own hands tears it down. Now I think it's okay, you know, to have a barbecue sandwich on the Anakeesta tourist trap.

D Oh, do you really?

S But...

D Because I don't believe it.

S People, if you're stopping by Piggly Wiggly, you know, on the way home from work or on the way home from volley ball or whatever you're doing with your family...

D Getting them Hawaiian rolls.

S Yes and you're just like chowing down, maybe you're tearing down your house.

P No, you are.

[00:08:23]

S Maybe you're not the wisest of women in those moments. Pearl, Danny, take it away. I just put that out there for you.

D Give the balance, Pearl, because I can see the shame emails.

S Hey, we want to build this stuff first.

P No, I feel like Serene's right. I'm not going to go to the other extreme and build the balance because I think she's right. That's what this whole journey is about and anyone who's listening is attempting to be wise and build their house. And so but I think thinking of it in that way is not just... This whole journey is not just about okay getting to a certain goal weight, ah man, having to do the right thing or thinking about what we're missing out on or trying all these new recipes and doing a menu for two weeks. Okay, that's all very secondary. The first thing is being wise about taking care of this vessel we've been given, this house. And if we're not doing that, okay, we are foolish. I have no... I can't say anything against that, Danny. It's just what it is.

[00:09:27]

S And I want to just say another thing I get to think about with the building is, you know, my building projects in the literal with my home, my literal home, they take their good old time.

P Yes, they do.

S You know my husband's an incredible builder, but he's a man of many projects. Let's put it that way, a man of many houses that he's building. And so it takes us time and I want you guys to know the sustainable approach is a long term approach.

P Yes, builds, look at that word builds, right. It's continual. It didn't say the wise woman built her house. It's builds.

S But you can build it so fast that you're building it on the sand.

P Well it's builds every day. When does it stop? It never says she builds it and then it's done. Builds, it's continual. The wise woman builds. It's constant.

S Now that's good, Pearl.



P It's keeping on going.

S That's good and what I was saying which wasn't as good as what you said just then and I wish hadn't interrupted because that was such a good point.

P Yes, I wish you hadn't.

S But just backing track to my interruption, giving a bit of limelight to my interruption, when we build so fast we don't build it with a sustainable mind set. We build on the sand.

[00:10:32]

P Yes.

S That's going to fall. It's like 30 days and I just want to get into those jeans for, you know, whatever.

P So true, Serene, I mean oh the story of I know, okay, so we've got biblical readers here, but we've also got those who aren't. Okay, let's just take the good old story of the three little pigs, can we.

S Yes, if you don't want to turn to the Bible, would you turn to fairy tale number 37?

P Yes, please.

S The one after they all fall down.

[00:10:56]

D Years ago.

S Ring around the Rosy.

P Yes, Dan.

D There is a representative from the Three Little Pigs story that hurt me and offended me.

P In what way?

D And I can't receive that book anymore.

P Why? We'll do some inner healing for Dan-Dan. What's wrong Danny?

D This isn't real.

S The fox?

P The Three Little Pigs?

D It was actually a point I was making.

P Oh, okay.

D It's over.

P You've brought nothing. Can you stop eating your apple and like be a host like we pay you to do?

D This was good. It was good. Those...

S The apple was good or what we're saying was good?

[00:11:21]

D No, the listeners who got what I said are going to let me know later.

P I don't think. I think there were zero that got it.

D They're going to be like I got it, I know what you said.

P Yes, okay, well we'll see. I want to hear back if there's one person on [over talking].

D And I'll send it to you.

S Back to the Three Little Pigs, Pearl.

P Yes, come on. Well, the Three Little Pigs, right, we don't even have to share this story, but it was only the one that built his house from bricks that the wolf couldn't blow down... Man, this is good. I'm getting a lot of stuff out of this right now.

[00:11:46]

S You're downloading [over talking].

P I'm thinking about it. The winds came, okay. The one in the cardboard house and the house made of sticks, they were all fine.

S You know that's the one that just wants to do it so quick and get the plan without reading the book fully.

P Yes.

S You know, just take me to Pinterest. Oh, I got it.

P Yes.

S Oh, I got it. That's a good cheesecake. I'm on the plan.

P Oh, I love it, Serene. Okay, now we're really good at pinching the little nerves here. Okay, but it's true. You're right. And then the cardboard one is just like only quick stop, quick stop for me, just tell me what I can eat. Okay, so they build their house and they're good in that house while the sun is shining and then what happens...

S Marge comes to live and she's got Alzheimer's.

P Yes, or the wind... Hold on in your analogies Aunt Marge usually makes the pecan pie, doesn't she. Serene's stories.

S I don't care. But you know what, we get a lot of letters and it's when the mother in law moves in, it's all that...

[00:12:34]

P Yes, or something happen or the winds come or you have to, you know, go live in... Okay, sports season come. Your children are all in sports or something happens. There's an illness in the family. The winds always come and then only the house made with bricks stood, Danny.

D But it's the wolf that blew.

P Yes, but it doesn't matter where it came from.

D You're mixing the three little pigs with the wind in the Bible.

S No, but guess what... Hey, you're being like mister naughty.

D I'm just letting you know.

S Hey, I don't care. The wolves can be whatever, the volley ball season.

P Yes.

S That's the wolves. It's the wind, it's the wolves, whatever you want it to be.

[00:13:09]

P Hey, usually Dan you're bringing precious truths out of what we... Okay, we toss the ball to you and Dan's like yes and it makes me think of this. And we're like yes Dan.

S Did you have a fight with the female like species before you came here and you're just like, you know, continuing?

D No, I just I find the mix of parables to be fantastic.

S I know what's going on. His son is here today.

P Yes.

S And he has to be like macho Dan, you know.

P Yes.

S You can't receive it from a woman.

D Look at him over there.

P I know, he's got the hoody up. You're doing good.

D It's like it looks like one of John's kids, like a skater kid.

P What is it with teenagers these days and hoodies? It happens around adults. They put the hoody up to protect themselves from the adults.

D From the adult influence.

S The loogies, especially the loogies of us, Pearl.

[00:13:53]

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 When it comes to size kids' clothes are so hard to get right, right.

S Ah, mate.

P Stitch Fix Kids can help you find the perfect fit every single time. Stitch Fix Kids is an online personal styling service for your kids that delivers children's clothes, shoes and accessories directly to your door. Thank you.

S Hey, thank you. That's all we need to say, right. The other day I went shopping with my children. I almost... Well I had the bomb face, which is a face like if I don't get my children out of here in the next 10 minutes the whole place is going to blow up, right. But they were running in each direction. I had two year olds hiding inside of the like little clothes things. I had other ones like climbing up the side of the walls and doing aerobes on top of...

[00:14:43]

P No, you just can't do it.

S You can't.

P Stitch Fix has every single style you want, from sporty to preppy to boho to help boys and girls everywhere find their style. After completing the style profile quiz, which is super fun, your expert personal stylist will send you a handpicked box of items based on your style and preference.

S And listen, your children are going to start feeling like the super stars. They have their own personal stylist.

P With Stitch Fix everyone can look their best and they have solutions for women and men, so not just kids.

S For me too?

P Yes.

S I love it.

P Available all over the US and now the UK. So there's no subscription required, so you can pick between automated or just get some pieces and there's no shipping charges and returns are always free.

S Hey and maybe you want to get your children to discover new styles. Like what if they're stuck in the golf or stuck in something that you...

P Golf, really?

S That was so 20 years ago.

[00:15:40]

P Get started today at [Stitchfix.com/kids/trimhealthy](https://Stitchfix.com/kids/trimhealthy) to try Stitch Fix and get an extra 25% off when you keep everything in your box. And as a bonus Stitch Fix will waive the \$20 styling fee, so you don't even have to pay the stylist when you use this show's special URL.

S That's [Stitchfix.com/kids/trimhealthy](https://Stitchfix.com/kids/trimhealthy).

P [Stitchfix.com/kids/trimhealthy](https://Stitchfix.com/kids/trimhealthy).

S This is the PODdy with Serene.

P And Pearl.

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

[00:16:19]

P Okay, we went from the Bible to the Three Little Pigs, but just because not everybody is on board with us with the Bible. But Proverbs anyone can get anything from. But then we brought the three little pigs because, hey, that's just wisdom.

S Yes and I just want to say this to...

P Not apologising for it.

S To the lady I met up on the Anakeesta tourist trap.

P Yes.

S And the reason why I'm saying tourist trap, it cost us 22 bucks a pop even for every child to get up there.

D Oh my gosh.

S That's not for food or rides.

P No!

S But guess what.

P That's a trap.

S Guess what.

D It's like a 1,000 bucks.

S It was fall break or something like that.

P Yes, it was.

S And it took like four hours to get up there waiting in lines.

[00:16:51]

P Oh, no.

S And then because there was so many people starting and stopping that little ski lift thing, it took you three hours on the ski lift to go like...

P Yes.

S I mean it felt like it. And it was getting kind of hot and bees were getting in the ski lift, because I had to take the little closed in one because I had a stroller and a baby and everything like that.

P Right.

S Okay, so we felt like we were getting carted off to Alcatraz by the time we got up there.

P Yes.

[00:17:11]

S Then once we get up there we can't ride the rides because it's a three hour wait. So why, so then you're just stuck there all day on top of the hill.

P So you paid \$22.

S And you don't want to go stand in line because you're standing for three hours, so you just kind of walk around in like ground hog day just like I'm just going to keep walking...

P You want to get your money's worth on top of the hill so you stay there, you don't go.

S Well, you just eat the barbecue sandwich. That's what Sam and the children did. But anyway, I met this lovely lady up there and she was saying, and this is exciting, it really was... She looked fantastic. But it wasn't about the weight for her. She came, she had tears in her eyes and she said, listen, you know, generationally her family members they had diabetes and they all kind of... Their bodies just kind of packed it in at a certain age. And she's like I am just... I feel like it's changed my family's life, because look, here I am walking around up here on this hill. I feel fantastic. But my Mom, my Dad, they're back at the hotel. They can't do this because of their diabetes, because they don't feel so great. But I'm going to be around for my grandchildren. I'm going to be doing these wonderful holidays with them. I'm going to be able to be present and it's all because I've changed my diet and I'm being proactive and I'm getting knowledge. And she had tears in her eyes and she was saying thank you. But I want to say thank you to her, because she's the one that's done all the work. But the point being is, Danny.

D Tell me.

[00:18:22]

S She had built a new house. She built a new house, not just for her but for her generations to come. And that's where once the fuffs had kind of settled down a little bit I got to pick up the Bible again, you know.

P Yes, good.

S And I went down to verse 18 in the same Chapter of Proverbs, Chapter 14 that said the simple inherit folly, but the prudent are crowned with knowledge. Then I got to thinking again. I'm like oh wow, I've heard so many times well, you know, this is just what we do. You know, I grew up in a house that ate canned food and we just eat ice cream around the TV every night, that's how we were like... That's just what we do. That's just what we do. It's what my dad liked to do. That's what the granny... It's just...

P A love language.

[00:19:07]

S Yes, like we love to eat doughnuts on a Saturday morning, you know, at the game or blah, blah, blah. This is just what we do. And it got me thinking about that sweet lady who was saying, you know, I'm not carrying on generationally what has gone on here. She wasn't going to inherit the folly.

P Ooh, okay, so...

S And it is like a download...

P Inherit the folly.

S It's kind of like what you're going to take from family that's gone on before you.

P Yes.

S She refused. She's like line in the sand, no more. I'm not going to inherit this folly. And I read this verse, I'm like wow, because it's kind of like what Pearl when we wrote the book, we wrote the start... The plan book and we were like this is not just for you. No, it was the table. It was the table cookbook. We're like this is the beginning of a whole new generational line.

P Read this verse again.

S The simple inherit folly. So we're being simple.

P Because you're passing along and accepting it.

S Yes, you're just like you're not thinking into it. You're not looking into it with like how can I... See the next part it says but the prudent are crowned with knowledge. It's knowledge that sets you free.

P Yes.

S Truth, right, that sets you free.

P Yes.

[00:20:12]

S And so when we have this knowledge of health it's a crown upon our head.

P And knowledge only comes by taking the time to get it or to give yourself, you know, that...

S So I'm not saying people are dumb, but it's a simple thing. It's just simple. It's just that they're not looking into it and they... When you're being simple and you don't actually look around you to see the damage, see what's gone on before, you're not learning from history. You're inheriting folly.

P So true, Serene, but that happens generation after generation. That's why I'm still so excited about our home schooling curriculum too, you know, that we are actually... We've written this not only for mothers now but for the next generation. These children can learn these things for themselves and then not inherit folly. Say okay, it stops. It stops here. I'm not going to do that.

[00:20:59]

L P-Salms here.

P Yes, Lesley.

L I mean, well, I've come to just accept your words but I feel like fodder, but I have a lot of the same words. But what is a folly?

P A folly, you don't know what a folly is?

L Like a...

S We've been raised with folly. The word folly.



P Folly is... Of course, she's Lesley [inaudible]. She wasn't raised with the King James Bible, Serene.

S Ooh, so you're like folly is some kind of dolly or something.

L Yes, like folly rhymes with Solly. I don't know.

S No, like folly is like is silliness. Like folly, it's...

P It's foolishness.

S Foolishness, there you go, foolishness.

D It gets pretty real when you wire the dopamine hit caused by sugar with like family love and a hug and a grandmother that nurtures. That's more powerful than I think we're conscious of.

[00:21:52]

S I know and look at you, Dan, I mean you have not...

D Just look at me.

S You've refused to inherit folly.

D Yes.

S You have changed it generationally for your children.

D Yes, actually...

P In many ways.

S I mean you were raised a certain way and now you are the opposite with your family. You're like huh-ah, it's not going to go past me.

P I mean look at you... Okay, so we've talked about this before. You were raised in the hood. I mean your mom did the best she could, right, but...

D That she could in the hood.

[00:22:12]

P But she was a single Mom in Memphis. You were out selling drugs when you were 14 with a gun in your back pocket, okay.

D 13, yes.

P Now I look at your...

S It was Pop Tarts and...

P I look at you and you... Yes, Pop Tarts in front of the TV, no vegetables. I look at your son here, a strapping young boy. I mean he doesn't have a gun in his pocket.

S He's probably like cage free eggs...

D Not that I know of.

S And organic tufts of spinach.

D Well, tufts, yes.

P I mean, you know, he doesn't have to walk the streets being worried about beaten up. Why, because you've decided not to inherit folly.

D Not to inherit folly, that's so good. And you know they'll often ask me like why can't I have like... He'll tell you this. Like how come, why can't I have that Coke or whatever, and I'll always answer and I say well because I love you so much and I don't want to poison your body.

P Yes.

[00:22:57]

D You know and we have balance. I mean there's occasional treats and stuff.

P Yes, of course.

D But like when it's like why can't I have another one or, you know, like I'm kind of like I keep...

P Or why can't you buy Cokes and put them in your grocery cart.

D Yes, like that.

S Yes, why can't I have it Monday morning after the vacay, you know.

D Yes, it's like I don't know, I've never been a parent who's like oh alright, put it in the cart. I've always just been like I just I love you and I know what's good for you and what's poison and so.

[00:23:27]

P I think this is really... You were touching on something that's really interesting. The dopamine around love and family and the foods that happened around those really good times, right.

D Yes.

P And usually that involves sugar. So we associate it with love and a good time.

D For sure.

P And I think that's okay. Us three, we've all had poddys about hey, it's Thanks Giving or Christmas or whatever. For goodness sake, enjoy yourselves with your family. Have that time. Don't worry about it, unless you know it's going to derail you. Enjoy that.

S And then there's plenty wonderful treats to make that are going to taste great. But you know yourself. You know who you are. You know how it's going to...

P But you're still going to live and so let's just say be balanced and allow your children if you're out, you know, to have that thing. But here's where it changes, like what you said. Do you allow it in your shopping cart? And that's when I say no. That's when you've said no, Danny. And that's when Serene says no and that is when you stop inheriting folly, because it's the things you do over and over again which are the things that matter.

D Yes.

[00:24:24]

S And hey, twist it round. Like twist the whole conversation around, it would be totally folly for me to be on holiday on Anakeesta Hill and be in a bad mood and be giving my family dirty looks because they're eating the white bread barbecue, right.

P Yes.

S So there's that beautiful balance where knowledge is right there in that beautiful balance place where you got the knowledge but you've also got the knowledge that control is dangerous and over...

P Extremism is also now building the house in a good way.

S Exactly. It's tearing it down because they're going to get out of the home and say McDonald's here I come.

P Yes.

[00:25:01]

D Yes, the grocery cart kind of represents when we've crossed over from like... How do I phrase it... Like where you're just out in the world and treats come your way and so you're gracious and thankful and you don't sweat it. Like for me my grocery cart is when it is now becoming like a practice.

S Choice.

D Yes, that I'm bringing...

P And it represents who you are.

D It really does. And you know, I'll tell you, we're coming...

S Oh, that's huge.

D Yes.

S Your grocery cart represents who you are. Huge.

D Yes.

S That is actually more profound than I think you realise you said.

D Well, it's like that old phrase you are what you eat. I know that's not like you are in your mental identity, but you certainly are in your cellular body what you eat. What you put in there is definitely taking form and shaping the way we look and the way we feel. Like I'm coming up on my one year anniversary of...

S Oh, of spinach tufting?

[00:25:53]

D No, of dungeon death because....

P What?

S I'm like shocked and horrified.

D Because I was putting the irresistible little blue tins of cookies that they sell on the holidays next to the eggnog at Kroger... What are they called, the Danish cookies?

S Yes.

P Yes.

D Okay, let me tell you about...

S For a year you've been doing that?

D No, last year is when I was keeping them in stock.

S Oh, freedom from the dungeon and death.

[00:26:20]

P Oh, gosh.

D Yes, I was keeping them in stock in my house and it was all subconscious. I was just like I just love these cookies. They're so simple and perfect and you can just it's like a little wafer in your mouth and just pop, pop, pop. And this is the guilt freeway to have treats. But the thing...

S Oh, because it came from Kroger and, you know, not Piggly Wiggly it felt a little bit like an upper class cleaner treat.

D Cleaner, a little bit cleaner. Yes, but the thing is...

P Oh, you can get some clean treats at Whole Foods that. Isn't it hilarious?

D Oh, man.

S The things that people buy at Trader Joe's and it's guilt free.

D It is.

S Because it's Trader Joe's.

P Guilt free at the more expensive places. Guilt free sugar everybody.

S Oh, this is Gia Dairies or whatever it's called, Gia Deli's.

D No, you know what will kill you too, like I'll be in line somewhere and it's like oh well these are the gluten free doughnuts.

P Yes.

[00:27:00]

D And I'm like only 40 grams of sugar, but they're gluten free.

P Oh, it's a big trap these days.

D So we're straight. We're good. We're gluten free, like we're eating the healthy doughnut. It's not the healthy doughnut. It's the poison doughnut if it has refined white sugar in it. I mean I know we're sounding like hard core, like superstar food people.

S But we're not because we're like saying have the barbecue sandwich, people. Have the Thanksgiving pie. But you are what you are on Monday morning when you're going grocery shopping. And it was true. Like Pearl, my children I mean I stuck to my Yuck Yums and sour dough bread sandwiches because that's me, right. That's just me. It's just my whole makeup. But my family when they were out they did all the treats.

P Yes.

[00:27:42]

S But when we went to the Kroger to stock our cabin it was organic greens and gouda cheese and, you know...

P Eggs.

S Yes, total eggs and just everything organic black beans, it was all right down to plan.

P And we're not saying you have to have organic black beans, but yes it makes you feel better, right.

S Hey, yes, it was Kroger.

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 By now most of us understand why it's so important to use natural products in our homes, but where do you find these products. Don't you wish there was just someone who could curate all the highest quality natural, non-toxic, sustainably sourced items you need and put them together. Grove.co has all your natural cleaning supplies right there at one place for your bathroom, for your laundry, for all of your cleaning needs.

S This is how Grove.co helps me out. They have an incredible wide variety of dish detergents that are free of additives and weird chemicals. I have my children wash a dish or two and maybe all of them. Maybe I train myself out of a job.

P Yes.

[00:28:56]

S So they do the dishes because I cook the meal. That's how it works in our home. But I always felt so guilty when they'd stick their hands in the hot water plus chemicals. All those hormone disrupters made me very unhappy. But Grove.co allows me to just purchase one of their healthy brands. They've got like lots that are all they're clear, they don't like all these bright fluorescent blues and greens and oranges and they're free of all these chemicals. But I also get to order it from the comfort of my nice smelling, pure own home. Because when I go to grocery stores I have to hold my breath when I go down that aisle, because you've got to walk past the million psychopathically...

P Can you imagine Serene holding your breath?

S Hormone disrupter ones, like you can smell them.

P You hold your breath in...

S Of course I hold my breath. For a limited time when our listeners, you awesome Trim Healthy Mamas go to Grove.co, that is [Grove.co/trimhealthy](https://www.grove.co/trimhealthy), you will get a free five piece full gift set from Mrs Meyer's and Grove that you know what, so precious...

P Free shipping too, Serenie. Can I talk? I want to say the free shipping thing. And a free 60 day VIP trial.

[00:30:03]

S Scents are four people; apple cider, acorn spice, pumpkin spice. These are exclusively sold at Grove these scents and they are giving you this gift which you can choose these special scents so that your house can magically spell like fall.

P So go to [Grove.co](https://www.grove.co), that's dot [co/trimhealthy](https://www.grove.co/trimhealthy) to get this exclusive offer for you guys only. [Grove.co/trimhealthy](https://www.grove.co/trimhealthy).

S This is the PODdy with Serene.

P And Pearl.

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

D Look, so the deal is especially like holidays coming up. I mean even without holidays I feel like I'm offered enough sugar treats that for me to like put like any sugar in my cart... This is Dan V, right. I'm not like broadcasting what... Telling anybody how to live their life. I'm just saying if I put sugar in my cart at the grocery store it is like I've already overdosed by saying yes to like literally daily sugar offerings from a free sample or family.

S This is Dan V now talking to the Mamas who are wise and building. They may want to choose which ones they're going to say yes to.

P Yes.

D Oh yes, like you're going to cook stuff and bake stuff, but I just feel like I'm always out in the world and at the bank there's a plate of cookies, there's like I could...

P Do you snatch one each time, because they can add up, Dan.

D Not each time because, like what I was saying about my death spiral coming up on my one year anniversary, I was putting these Danish cookies in my cart because when I was a kid that was the cookie of choice on my counter.

P Right.

[00:31:41]

D And so I really as soon as I see that blue tin my hand reaches out and grabs them.

P You associated it with good times and love.

D Oh, love and... That was one of the... My Mom always like that was our treat at Christmas and those were happy times. And so it's interesting that I'll walk past better sugar, like tastier sugar. Like it's got like whipped cream on top, but I'll go for this basic, plain Danish cookie because there's this little path in my brain...

[00:32:07]

S It is.

D It's well trod from my childhood.

S Who's that singer that used to sing with Garth Brooks, country singer, blonde lady, a little older now?

P She married him. Trisha Yearwood?

S Oh, yes, Trisha Yearwood, that one.

D Oh, yes.

S Okay, good on you, mate.

P Hold on.

S Hey, I'm out of the loop, I live up here in the Hilltop. Trisha Yearwood, wonderful song...

P She's like mega famous.

S The Song Remembers When.

P She had... Yes, she had her own.

S Yes, she had her own thing but I was trying to remember... I was trying to...

[00:32:30]

P I'm sorry Trisha.

S Trisha, we love you. I'm just trying to say...

D We love you, Patricia.

S There's so many blonde country singers out there, so I had to put her with the Garth. I didn't know they got married, sorry. I threw my TV out before they got married maybe, but anyway, Trisha, the Song Remembers When. The cookie remembers when, you know.

P Yes, it does.

S It's very strong. It's like it brings back all the good times.

D It really does. Yes, that's deep stuff and like, you know, you can... You know, you may be jacked for life, but like you can cook and provide an alternative I think to your kids of what they're going to be embedded or imprinted with for their happy memories.

[00:33:12]

S Well as my children, that cranberry pie, Guiltless Cranberry Pie...

D Yours are going to be having Trimmies...

P Guilt gone cranberry pie.

S That's the...

P That has become many thousands of homes' happy place now.

S Does your children think of Thanksgiving when they see that?

P Yes, they think of your Guilt Gone Cranberry pie and many thousands of homes do, thank you for that recipe, Serene, because it's delicious. It tastes festive and yet it has replaced many a sugary thing. Because let's just say on Thanks giving you might want to have Aunt Marge's pecan pie, right. But it's not just on Thanks giving. It's around Thanksgiving.



S It's the whole month.

D Oh, dude.

P It's around.

D No, it's already started. Like let's get real. Those pumpkin spice lattes are coming out of those drive-thru windows and like the minute that Starbucks puts the P word out on their menu every day...

S That is Thanksgiving.

P Everybody's donning a scarf and going...

D Oh, the minute you see it you're putting on your Han Solo tall leather brown boots...

[00:34:08]

P Yes, you are.

S It's a Hallmark gear.

P Look at our Lesley-Pops here. She's in a bright orange blazer...

D So festive.

S She could be the cutest of the cute pumpkin. The wee pumpkin.

P She's a wee jack-o-lantern pumpkin today.

D Let's just capture her on film.

[00:34:23]

P And that's a fact. That is it, right. That's why I have to have... Do you notice me holding my nurturing cup today?

S Yes.

P Because the leaves they are a dropping.

S They are a dropping.

P And so you have to have these smart, wise, body building, not body building as in a man with muscles, but building your house of your body alternatives.

S Yes.

P Or you're going to fall back into the folly. So that's why I'm nursing my wonderful Matcha Ninny today. It's so good.

S Where can they find that Pumpkin Hot Nog, Pearl? Is it on the website or where is it?

P Your Pumpkin Hot Nog that's so good. It's on our Member Site, but I can always pull it out.

S I make whole carafe. I make it for the day a whole big carafe and then I just...

D What's a carafe in English?

S A carafe is like one of those things that keeps things hot.

P Yes.

[00:35:08]

S Like you make it and then you pour it in there and, you know, a giraffe before it walks, Is it carafe, is it?

P I don't know. John?

D I was being cheeky.

S Yes, you Kroger.

P Is there such a word as carafe?

J Yes, but I know it as a...

P Sorry, John is...

L A carafe is for wine. Europe over here. A carafe is a glass with a bottom belly shape. It looks like a vase.

J Yes.

[00:35:35]

L You put wine in it to breath. Carafe.

S Okay, but what's that stuff that keeps... I've seen it at Walmart called carafe. It's metal. It's double walled stainless steel and it keeps your hot drinks hot all day and then you can press on the little black lever at the bottom and it will...

P What's that called?

L A thermos.

P A thermos.

S It's not a thermos. It's something you'd have on like a Whole Foods like little place where people go pour their coffee.

P Yes, I know exactly what Serene means. Haven't you had it at some of our do-dads?

S No, it's not a do-dad like that. It's a carafe, people.

L It's a coffee carafe.

D What's the morale of the story, Pearl?

S Yes, a coffee carafe. It's C A R A F E.

P Okay, the morale is, and thank you Danny for bringing us back, is you find those replacements to build new dopamine pathways, Danny.

D Build them dopes.

[00:36:19]

S Because we've got to redeem those memories, we've got to take them back, you know. We don't want...

P Because you don't want to inherit folly, okay, so on certain days you can inherit all the folly you want. There's maybe... Maybe there's three days in the year. Your birthday...

S You sniff it when it's healthy and you sniff it when it's not. What I mean by that is not healthy food. I know I can sniff the air and know that what I'm doing is okay, it's a treat. Then I can sniff the air and know that I'm being obsessive. I can...

P I don't get the whole sniff thing. You try.

S Okay, no, just let me know. Okay, hear me out. We're saying people can have Aunt Marge's pie. At the other token we're saying, hey, you've got to know when to reign it in.

P Yes.

[00:36:58]

S So what I say is there's a sniffer to your conscious, you know, like a hound dog sniffs and there's a certain sniff that you can sniff when you're being naughty and you can sniff when you're being nice, okay.

P Yes.

S And so I tell myself sometimes, even with things without food, like things that... You know, I sniff and I'll be like that's okay, you know, my conscious that's okay. And other times I'm like sniff, no you better go say sorry. I sniff a sorry.

P Yes.

S So I'm just saying with food you can sniff an "I need to reign that in".

P But if someone is coming from a sugary lifestyle they don't really have the sniffer that's really full on board sometimes.

S Okay, yes.

P The sniffer is just a little broken.

S Yes.

P So it takes a while to build the house till the sniffer gets a little more sensitive.

S Well you know when Danny said well you're jacked but you can change it for your children. I'm saying no, you're not. You're going to get yourself a sniffer that will know. Like you Pearl, you have a very good sniffer.

[00:37:46]

P I do.

S You know how to go on a cruise and on Thanksgiving and have that little piece. You don't get a large piece. You get one piece, but you choose which of all the things you're going to have and you just have one. And on Monday morning you're back, you throw everything out of your house. You're back at Walmart, you're getting the cage free eggs, you're getting the...

P Totally.

S I mean your sniffer's quite pristine.

P It's very focused, but that's true. It takes a while to get that good sniffer and I totally get the sniffer now, Serene.

S Yes.

P And so, yes, Dan says you're jacked. You might start off jacked, but you can hone the sniffer so that when you're doing this as a life, day-in day-out, grocery cart, all of that, when it's your lifestyle, when you're building this house on a daily basis, you know, then you've developed this. It doesn't start straight away and you don't have to be perfect. All you have to have is a sniffer.

[00:38:23]

S That's why you need a sniffer, because it's not as simple as bad and good. All sugar foods are bad, we're never going to partake. That's not real.

P Right.

S There are times when no, to really live this life you're going to enjoy a piece of Aunt Marge's pie. You're going to be watching It's a Wonderful Life, arm around your hubby. You've all got your sniffing handkerchiefs out and you're having a great time. You know the fire is...

D So delightful.

S The sniffer says this is a good thing.

P Yes.

S Right, so but if you can't just say this is bad because it has sugar, I'm not going to partake, so it's not... Because it's not black and white you need a sniffer.

P So true.

D Simple Caesar sniffed his sniffer.

P There you go. I actually like where this has come.

S Yes.

P Because the sniffer is where it's at, but it takes time to develop...

S It does.

[00:39:15]

P The sniffer.

S Yes.

P It takes mess ups.

S Yes, it does.

P Yes, it takes you messing up. It takes day-in day-out. It takes long term. It won't be there tomorrow because, you know, as we said you're continually building this house.

S We can do a whole PODdy on the sniffer. The sniffer gets to the point where it helps you juggle and freestyle. The sniffer says ah, you haven't had enough carbohydrates.

[00:39:39]

P Yes.

S The sniffer says you're in a rut, because it's not... And it's spiritually the sniffer is there for me, because some things aren't just black and white.

P So true.

S It's like sometimes you know it's not okay for my children to stay up and watch a movie and other times it is, even though it's midweek and it's a school night and my sniffer says, nah, it's okay, give them a break tonight. Mother sniffer says put them to bed, you know, at different times.

P Right and it's the way we raise our children too. Some of our children, you know, just have to mention one thing to them and they're all sorry and others are like I'm telling you, get over here, they're hard headed.

D Got to hang them by their toes.

P Yes, use the rack.

L No, I'm kidding.

S So sometimes you're not raised by rules. You're raised by your sniffer and you've got to build your house by your sniffer.

P And that sort of ended in an interesting way. We ended with the sniffer and we started with fluffs.

S Fluffs. But the main point is the wise woman builds her house and the simple inherit folly.

P There we go.

S And the Three Little Pigs, you know.

P Yes, you know what happened to them, right up to that neat pod fod up. See you.

[00:41:20]