



Trim Healthy Podcast with Serene and Pearl
Episode #147 - Help My Spouse Derails My THM Journey!
(It's A "Listener Question" Poddy)

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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 · J = John

Announcer There's a chance your local GEICO agent laughs the exact way you do. And I said, not in my sandwich. Ha ha ha. What? But there's a better chance your local GEICO agent could help you out with auto, homeowners, renters or condo insurance. Motorcycle or boat or RV insurance too. They'll work hard to provide sound advice and significant savings. You don't need to share a laugh pattern to do that. Local GEICO agents, call or visit yours today.

[00:00:30]

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 is showtime for the Trim Healthy Podcast with Serene, Pearl and yours truly, Dan V. We've got some RAD stuff for you. We want to launch right into this great little testimonial we got from...

P It's not a testimonial.

D What is it?

P It's an in your face, people. No. I know we had... Several poddies ago we discussed, you know, whether you love us or hate us. We discussed the whole

social media thing, you know. Hey, maybe we're not your cup of tea but be nice. Remember that one.

S Yes, I remember that one.

D I remember it.

[00:01:14]

P Okay. So, this came in and then I was like, hey, I love this. Okay, read it out, Dan Dan.

D Yes. So, here's what our good gal, Karen, wrote in to us and we're so grateful. Thank you for your openness you bring to the show. It's a breath of fresh air. Originally I was one of those that was saying get to the point, ha ha, but continued to listen because the information you provided was very helpful. Then, during one of the poddies, you mentioned the purpose of the format was to make it feel as if we were all in your living room chatting. I loved that. It made me feel like I was a part of the hilltop. Thank you for your investment in so many people's lives. You guys rock. Karen K.

S Mwah, Karen K.

D We love you, Karen K.

[00:01:56]

P Isn't that cool? Because like, honestly, if I was somebody first coming to this poddy and I didn't really know us, I might honestly think, what are they going on about, get to the point, I don't know these people, I don't care about their little rabbit trails in their lives. So, I get it, right?

D Yes.

P So, that's why I always do want to say either go back and listen to our very first podcast, which is the why, why we're even doing this and what we didn't want it to be, or just give us some time because as you get to know what this is all about, it's not your typical podcast, it does grow on you.

S It does. Hey, it's Seinfeld, baby.

P It is.

D Look, I can tell you this too. I've listened to lots of podcasts on and off and once I get their template, I almost feel like I already know what they're going to say to me and at first I was a little nervous too about our rabbit trails. You know, I was like, man, what would somebody like really tell us and coach us on, like to really properly bring content and to have, you know, the first ten minutes is this, the second ten minutes is that and then we wrap it up with this but... And I kind of wanted that for us. But the more I started following other brands, hearing their podcasts, watching their Instagram TVs and stuff, after like ten episodes I was done. I was like, I got it, I got exactly what you're going to say. You're saying the

same thing, you're repackaging it. But it's almost like there's a beauty in a free flowing life.

[00:03:23]

S Just so you know, we don't prep.

P No, we don't.

S We don't call each other up the night before and say what shall we...?

D Hey, you know what, though? I feel like... I'm sorry.

S We don't sniffer about it, Dan.

D I'm sorry to just cut you off.

P You go, Dan, because...

D Listen, though. Just listen to this. Like, [sighs], the world is filled with pre-packaged content. That's been one of the burdens of me, burdens of mine. Like in anything I'm doing, is I'm always tempted to like find a template and package content for people so that it is powerful and everything is like on point and I'm the envy of my peers with my content-bringing. But then I thought in my real life I don't seek out friendships that way. I don't seek out a Friday night hang that way with who I'm going to hang on the weekend that way. Like I want to be surrounded by life and spontaneity and improv and I've come to like our little podcasts and our lack of preparation of the fact.

P I love it.

S Spontaneity, improv, that's what it's all about.

D And we don't have the luxury... I'm sorry, I'm going to cap this off right here. No, we don't have the templated rehearsed, like we know what we're going to talk about but let me tell you, I really feel like the wind of the spirit doesn't blow that way. And I feel like when you get good value out of something, it's not been because somebody has... was such a try hard about it. I feel like it was something somebody even meant. They didn't even need to blow your mind at Wal-Mart or on a phone call or in passing and that's life to me.

P So, we just trumpeted our own horn.

D I'm not trying to. That's what I'm saying.

S No, he wasn't. He was saying it's not us. He says it's because... Deeper than us.

D Yes.

S Deeper than us. God is what I would say is... It has something that He wants to bring and we're not talking about some like, you know, well, what did we decide to bring.

P No.

[00:05:19]

S We're just going to sit here and it happens, right?

P Yes.

D Yes, like life happens while you're preparing. You know, like real life happens and I think it's kind of cool, like, you know... I mean, it's kind of my style anyways, of not preparing. So, it plays... This plays well for me.

P Yes, because you never... You sit here on your little Dan seat in this living room and it's like what are we going to talk about and Serene is like, no, I'm not telling you, you'll find out when we start.

D Yes, and I love...

P Because we just found out two minutes ago.

D Yes, like that's been a valuable thing for me and, I mean, hopefully it's translating to the listeners, you know. Okay, next question, which is sort of a testimonial. May I call it a testimonial?

[00:05:57]

P You may, Dan.

D Okay. Hello, Pearl, Serene and Dan Dan. I began my THM journey in January. Let me pause right here and just let you know it's a little bit long, folks,. It's worth it.

P Oh, it's a long one.

D Yes. I began my THM journey in Jan 2019.

S That's why it's long. She's going all the way to December.

D Back to Jan.

S Back to Jan.

P Hey, let's give her the benefit of the doubt.

- D When I found out you had a podcast I binge-listened to the PODdy for a couple of months and now that I'm caught up, I listen each week as soon as the new one is released.
- P I love her already. She's our friend.
- D I'm already a fan. I'm a fan of Jan. Wait, her name's not Jan, that's when she... Okay. I also have some of my favorited saved so that I can go back and listen. My THM journey began as an answer to an eight-year old prayer for relief of chronic pain. This pain came after a cancer diagnosis where I had multiple surgeries and chemotherapy. I thought I ate pretty clean but sugar was a daily mainstay in my diet. I sought out various therapies, naturopaths and doctors to figure out the cause and treatment of my pain but it was never understood and I couldn't find relief. As time went on the pain increased in my body and I came to a point where I decided that death was my only option for relief.
- P Oh, my goodness.
- D I couldn't enjoy work or any of my previous hobbies without debilitating pain and I was done fighting. A friend had shared her weight loss experience on THM with me but I only had a few pounds to lose, so after flipping through the books that I had on loan from my library, I was determined that the plan was not for me.
- P Really?
- D My reasoning was that I had already given up a part of my body to cancer. Plus the hair loss and multiple side effects of chemo and I didn't think I should have to give up some of my favourite foods too, especially sugar. Then one morning while I was getting ready for work the pain was almost unbearable and I wasn't sure how I would get through the day. I called out to God again and through my tears was begging Him for relief to this pain that had literally taken over my life and could possibly be the death of me. I prayed, God, why won't You heal me? Why can't I find an answer? He gently answered me, what if I have given you the answer and you are rejecting that answer?
- D So, back to the library and checked the plan book out once more and this time I read it and it clicked. It just made sense. So, I started slowly walking the THM journey and after about two weeks I ran with it and haven't turned back. My pain has lessened by 80%, I can exercise again, I can enjoy activities with my husband again, I have energy and hope that I haven't had in over eight years. I recently listened to Episode 136 where y'all, okay, she's from the south, discussed eating more E meals and, Pearl, that certain carbs have not affected your blood sugar – oats, golden potatoes, quinoa, etc. Can you share from your experience what the indicators are that your blood sugar is not being affected? What does your body communicate to you when you have overindulged? I would love to hear more about this recent part of your THM journey. Because I believe my pain relief is a direct result of maintaining a healthy blood sugar level.

[00:09:14]

D I want to be sure to read my body correctly and know the, quote, tells before I cross any overindulgence lines with carbs. Your input, Pearl, as well as Serene's and Danny's, would be so appreciated. Thank you for sharing your THM lifestyle with me and thousands of others. God, through you, has changed me for life, Becky. And, wow, what a write.

P Becky. Whoa, whoa, whoa, whoa, whoa.

D What a writer. Does this girl blog? She should. Goodness.

P That was touching.

D I got a little choked up there in the middle.

S I know. Yes, I feel like...

D I tried to play it off.

S Wow, like how do you go after that?

P I know.

D I so relate to that, like death is my only option.

P Really?

D I was so there. I was there in Jan.

[00:09:57]

P Oh, man. I... Thank you for sharing that beautiful story, Becky. I feel like, yes, I don't know how to go after that one. I just feel like let's quit the poddy and just... It's all good.

D Just go home for the day and have a sail-off.

P Yes, let's just pause.

D Go have a bath.

S But she wants to hear.

P Okay. So, I think we're all so unique with this carbs thing. I have been on the Trim Healthy Mama journey now for over ten years and so I feel like with every year my blood sugar has just got that little bit more stable and I feel like my body now loves carbs and craves them and does well but I think. So, I do enjoy some golden potatoes in my diet. I do super well with them and when I say super well, here's how I know. I don't go around testing my blood sugar. When I first started this plan, I did, just for interest's sake, and I realized with S meals and E meals, you know, I didn't go too high or too low and that's why we sort of implemented this whole 45 gram carb thing, because we realised for most people it won't push you too high. Some people it might, so you stay around the 20 to 30 but most people were good.

[00:11:10]

P I don't test my blood sugar. I know because I know that when I eat too much, I have this sniffer that I talked about on the poddy before. When I eat too many carbs, my heart actually starts to beat a little fast. I get this little adrenaline thing. Not always but sometimes and they're usually from sugar/carbs or when I'm even... If I overdo some really good carbs sometimes and I go past all the boundaries, it can happen. Everybody has their own tell. Some people might feel lousy and just rotten and tired because you're having a, you know, blood sugar surge and then it's dropping too low. I really don't think you have to get bogged down with testing it on a monitor too much.

S I think that can be a little bit of a trap, personally, and I feel like it can tell you more information than God needed you to know. You know? It's like when I had...

P Unless you are a diabetic, then you have to know because if you have to take insulin, you have to know.

S Okay. Just a little SAG, a little analogy, because I'm a Super Analogy Girl, a SAG, one of my babies were in the nick. They were up... like hooked up to the monitors and they would often have an apnoea spell and I'd be freaking out, like what's going on, it's beeping, and they're like, oh, no, it's fine, they're just... Newborns will naturally hold their breath a little bit but, look, see, they're starting again by themselves, blah blah blah blah blah, and the nurse said, they do this all the time at home but you don't worry, do you, because they're just not hooked up to the monitor. So, my point being is, you know, sometimes you're just not meant to know every little tiny time it goes slightly a little too high, because your body's taking care of it. We just never want to abuse the carbs and, like Pearl said, the 45 gram window kind of is pretty much safe for most people, to not be abusive. So, I'm in agreement with you there, Pearl.

P Yes.

S I don't get any tell but I don't really ever cheat.

P No, you don't. But I think Rebecca here, Becky, is talking about she... I don't even think she's asking to cheat, she's wondering, well, maybe can I do more E meals. She's coming from a lifestyle of post-chemo. Sometimes that messes with your blood sugar and things like that, so she's saying, hey, maybe I'm more vulnerable to swings. How would I know?

S Yes, and I agree and I just feel like, to encourage also the balance because I know so many people who... I hope no one gets offended with this but, you know, we know some wonderful friends, one lady, in fact, that was like a disco dancer, you know, nightclub dancer before she got saved, then got saved and now like, you know, you can't even...

P That's a real Christian word, hey, saved.

S Saved, sorry, for Passamos out there. So, you know, just changed her lifestyle, changed her whole paradigm of her life and now not even waltzing at a wedding would be okay. You know what I mean?

[00:13:52]

P Because she's extreme, okay, yes.

S You see, that's what I'm trying to warn here, is that in the fact that you found that getting rid of the sugar was such a huge part of your pain lessening and your healing and this great new feeling, don't throw the baby out with the bath water and say, okay, now like the lady, I'm not even going to waltz. I'm not going to do the rumba, so now I'm not going to waltz. Right? So, I'm not going to do the sugary doughnut or I'm not going to do the white bread sandwiches, so I'm going to think that pain equals sweet potatoes and quinoa. I don't think so. And one thing I think Pearl and I have learnt in this journey is... Like at first we used to be so unbalanced on the carbs because, you know, we were vegetarian and, you know, what do you do, what do you replace your protein with, another scoop of brown rice and beans.

P Yes. Or you have three or four bananas in one sitting.

S Right. So, we were like overdoing the carbs. So, when we came to this plan, we wanted to clean it up nice and neat, those carbs, but I think as the journey's gone on, Pearl and I have really understood that cleaning up and staying too tight with the carbs is a dangerous place as well and that beautiful balance of really celebrating them too.

[00:15:07]

P Yes, and each person is on their journey too because perhaps if your blood sugar is not quite that resilient yet, you may know in some areas. Another way may be weight. You know? Maybe if you find that scale is creeping up, you might say to yourself, I'm just not ready yet for those particular carbs. Maybe I'm not ready for potatoes. Pearl might be but maybe I'm not. You will find things with the way your body reacts over time.

S And other people will find that the weight is creeping up because they have not included enough carbs.

P They're not including carbs. I find that the more carbs I include with Es and crossovers, the better I do.

D Headaches and nausea too.

P What, with too...?

D Indicators, for me.

P Yes. If you've gone... If you've carb-abused?

D Yes, just any abuse. Gosh, like I feel like my body's warning signals aren't really weight. Like I never get the weight warning, which is what got me into some trouble.

[00:16:07]

S Right. Because you're like I can do anything.

D I'm healthy. Oh, yes, I could eat ice cream for breakfast because I'll never gain a pound, so there's... I never thought of any other consequence because I never felt bad. When I started getting headaches and nausea, anxiety... Sugar can make you anxious.

P Totally. Oh, here's another thing – mood. My husband, when he used to... It was his daily, nightly ritual, to eat four chocolate chip cookies after dinner. This is like 12 years ago.

D Yes? And it would wig him out?

P He would get happy for about ten minutes and then Mr Grump of the world, grumpy grumpy Charlie.

D Yes, totally. It's called the crash.

S I don't know that Charlie anymore.

[00:16:43]

P Yes. Oh, he was a grump.

S I can't remember.

P I know. He's so even-keeled now.

D Pearl fixed him.

P I fixed him. Goodness.

D You fixed your husband. Every woman's dream.

P Yes, but it was the cookies. It was the cookies. Mood is something...

D Cookies made him do it.

P Yes. I hope we answered that enough. I do want to say I know there's some on the group and some who follow Trim Healthy Mama now, that they are testing their blood sugar after each meal and they're finding some things out about their body. There's many ways to do this. I'm not saying you're completely wrong. If it's working for you, you can do it that way. I'm not saying, that's wrong, we're against it. For me, I don't want those prison chains.

[00:17:28]

S You know there's many factors that go into it too because I remember eating the same meal when I was pregnant and had to test my blood sugar. The same meal would give me different readings, depending on if I'd had a late night or if I'd had a coffee with it or not or whether...

P Exactly.

S You know, or whether I was like, you know, telling the children off at the same time as eating a meal or whether I was sitting there just relaxed.

P I know. So, you've got to take that into it when you're... if you want to take, you know, your blood sugar readings. I mean, how much protein you ate, it all... It can all change it ever so much.

D Hey, look at kids. You give kids sugar and they go bonkers and fight their siblings and wig out. Like, you know, we've... Some of us have poisoned our bodies so much that those indicators aren't as keen. But like that... Man, that kind of was like a little warning for me. Like when I started seeing my children freaking out, I was like, gosh, this is what it does to pure bodies. What's it doing to mine that I'm not aware of, you know, that I'm just... Heck, I'm having a bad day and I'm blaming it on traffic, but, wow, could a cookie make you have a bad day?

S Well, you know, it can really make you hangry, just hungry and you get angry with it. A sugar crash can make you probably really mean...

P Yes, and that's true. Then we're talking about sugar and that's really sugar is mostly the only time I do get tells. One tell that I get, and I've done this before, it does it to me every time. If I go to the movies with my husband, he loves me to eat the movie popcorn with him. Okay? And I eat a lot. And then he always gets a Kit-Kat and he loves to give me half of it and, you know, occasionally I'll just take it. This is husband time.

S This is good. It's husband time.

P It blesses my husband for me to do it.

S But then it would go off if you were putting it in the cart on Monday morning.

P If I was doing that all the time, okay, it wouldn't be great but I get the little heart. My heart beats fasting. It's just adrenaline processing, you know, the carbs from all of that popcorn.

S You know, I've actually read that sugar doesn't make them hypo at all, it's the adrenaline rush. It's an actual adrenaline rush, it's not sugar hype.

D So, sugar triggers adrenaline?

P Because your insulin has to go up fast. Okay?

D Okay?

P And high. And so that causes adrenaline.

S It's an actual fight or flight moment. The body has to do something quick.

[00:19:35]

P But Becky's not even talking about all this sugar and all this stuff. She's just talking about can I have some yellow potatoes or some oats and stuff? I say, go ahead and try it. See how you do, Becky. Don't be afraid. Don't be afraid.

S Don't be afraid to waltz, Beck. Waltz, gentle slow dance.

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, kid's clothes are so hard to get right. Right?

S Oh, 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 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 ten minutes, the whole place is going to blow up. Right? But they were running in each direction. I had two year-olds hiding inside the like little clothes things. I had other ones like climbing up the side of the wall and doing arabesques on top of them.

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...

S Hey, listen, your children are going to start feeling like 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.

S For me too?

P Yes.

[00:21:10]

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 goth or stuck in something that you...

P Goth, that's so 20 years ago. Get started today at 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.

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

S This is the poddy with Serene and Pearl. Get it right, it's P- O- D- D- Y.

D I know you all are a little cautious with tests and food journals but I have found a food journal to be quite helpful.

[00:22:22]

P Do you journal?

D No, no, not consistently but when I'm struggling, instead of... Because I'm always rush, rush and I'm mindless to go through it and then I'm like, wow, why do I have like nausea with gall bladder pain, you know, and it's like... Oh, that's right, two doughnuts. You know? And so I'm sensitive to fats currently, while my gall bladder's healing and so I know when I've done wrong. I know when I've pounded cheese, I know when I've snuck a doughnut because it was free at the restaurant.

S Are you like the male kingdom? I don't know if all male kingdoms are like... But my dad will say, first piece of bread I've eaten all day.

D I'm that way, yes.

S Like I'll count it's like the eighth. He doesn't count the seven others. He just doesn't even remember them.

D That's why food journaling...

S He doesn't know when he eats. And Sam will say I haven't eaten a meal all day. But I've sent him food. Like he's had snacks but unless it's a sitdown and he's actually concentrating on the eating, he doesn't think he's eating.

[00:23:15]

P Oh, I've got a funny thing about my husband because we were recently on a cruise and he ate too much the night before. So, we went to breakfast and I was having my, you know, eggs. I had an omelette and he was like, I just can't, I need to eat light. Okay, I just want a light breakfast. So, you know what he had? A doughnut and two pieces of banana bread. I said, how is that light? He said it's...

D The heaviest possible...

P Well, no, to him it's not heavy because it doesn't fill him up.

D Yes, yes, yes.

P It's not heavy in the stomach, so he's thinking it's light. I'm like it's just the worst thing you could eat.

S It's like when we go on a trip with you guys. Right? It's like, oh, I don't want to go out to dinner with you guys. I just want to have something light, just an ice cream. I've just got enough room for something light.

P Okay, next question. Sorry, my husband, I just love him so much.

S I love my husband too but if you meet us and you see that our husbands are maybe not the trim healthy mama... Like, you know, they're male models to us but if they're not perfectly...

[00:24:04]

P They're grand.

S No, totally, but I'm just trying to say some people are expecting, when they meet our husbands, that they've all been on plan for all their whole entire life, that they're just going to be like, you know...

P They like to do their own little thing.

S They like to do their own little things.

P But speaking of this, this is actually a guy on our next question.

D Andy writes in, thank you so... Now, let's see one, two, three, four...

P Is it a long one?

D No, just five Os on the end of so. So, thank you, tell me when I should stop, soooooo...

S I do that all the time. I like to put a million zero's on so.

P I love them. I'm already connecting with Andy for his so.

[00:24:38]

S Yes, because whenever I like look at the picture of my Grandparents, I'm like you're sooooo cool..

P And it also can mean, oh, I'm finally getting to write this and I've got a lot to say, don't know how I'm going to put it but here goes.

D I notice my son, David, when he wants to emphasise, he doesn't like go sooo, he'll just emphasise the S, like this is sssso good.

P Oh, yes?

S Oh, that's great. I'll have to try that one out.

P What generation is he in? What's it called now, David?

S The X?

P X.

D He'll be 12 this weekend.

S He's here, by the way, people. He's sitting here with us.

D No, it's not X. It's not... Is it after Millennial?

P Yes, it's after Millennial.

D Generation Z. You're like a zebra.

[00:25:12]

P Because they do ssss. My daughter does it too. She's 14.

D Okay.

P It's a thing. Here we go, Dan.

D It's just so crazy. Thank you so much for taking my e-mail. I'm going to read it like a Millennial.

P No, just give Andy the respect he deserves.

D All right. I hope this is the right place for this kind of question. My wife and I have been part of THM for a couple of years now. The thing is we're having a hard time sticking to the change. I'm eating Crossovers every day with no issue. I usually get us both off track by eating junk. At the same time I love THM. My wife, Shea...

P S H what?

S It's probably Shea. S H E A?

D S H E A.

[00:25:53]

S I'm feeling Shea.

P Shea is S H A E, I believe.

D I'm going to go with Shae. My wife, Shae, went from hiding veggies in my food by grinding it to dust to me looking forward to eating broccoli, which I thought would never happen because the smell alone used to make me sick.

S You've got to cook it once the man's already in the house. If they come home and open the door to cruciferous, you smell it before he even enters.

P Yes, but Andy's coming a long way. I love me some Andy.

D Cook it in the garage, I say. My wife does so much for me and I love her very dearly.

S I like And.

D I just want to know how to encourage her. I definitely don't want to come across as, well, you know, as a controlling jerk. We regularly listen to the PODdies, so we talk about health very often. We're in this thing together.

S I love some Andy.

P I do.

D We always talk about it like we're going to do it tomorrow. I have used the three-hour rule to talk her into food I want.

[00:26:54]

P Oh, yes. Yes, okay.

D I don't want to be selfish anymore but just don't know how. I know I have to change before I can lead my wife in the way we should go. Any advice on getting this lifestyle change to stick? I learnt a lot in this e-mail alone. Confession is really good for the soul.

P That's why he did the soooo.

D Yes.

S Yes, he was about to like... Yes.

D So, yes.

P It's like, Father, forgive me for I have sinned. So...

D So, good old Andy.

P I love me some Andy. Hey, you sound like my husband.

D How do we stick...? How do we make...? How can Andy make it stick?

[00:27:27]

P But here's the deal, Shea, I'm talking to you, Sha, Shea or Shia.

D Shea's not listening, only Andy.

P She... No, they listen together.

D Oh, that's right.

P In the end Andy might be like Dan Dan, right. Dan Dan can eat whatever he wants and he's not... You know, maybe it's... It might affect him healthwise and in other ways but maybe it's not going to affect him on the scale or anything. I don't know, you know, what your deal is, Shea Shea, but...

D Sha sha who?

S Shea, mate.

P Shea, but I'm in a similar boat because my husband... In the end all I'm saying is he has to be him and he is such a beautiful heart towards you and he wants to do what's right. He will come to...Men always get faced with stuff and then they get on the right track, right? They have to sometimes wait until they get faced with something.

S We don't want Andy to face that.

[00:28:16]

P No, we're not going to. He's not going to face nothing. But all I'm saying, it has to be with you because it's got to be your choices, no matter what Andy does. Now, sometimes I'm going with my husband and sometimes I'm like having the popcorn with him but other times I'm just not because I'm Pearl.

S I hear what you're saying, Pearl. I hear what you're saying.

P I am Pearl and Pearl has to decide for herself.

S So, you're not talking to Shea now, you're talking to Andy. You're saying, Andy, you've done a good job, you've tried to be the example but each one has to decide for themselves and...

P Yes. And as you see... As Shea decides, it can cause Andy to decide more for himself too. But, you see, one can't wait for the other.

S Yes.

P If you're waiting for each other and you're going to do this together, I love that you're doing it together, but it's also your own walk. Like if you are... If you guys are believers, if you follow the Bible, I don't know, but you know how it's an individual walk and you can't be... We always say this, Serene and I, when we have issues with our husbands. It's like... I say to Serene or she'll say to me, you're not your husband's holy spirit. Okay? Because I want my husband to act in a certain way because I think that's where he should be, with God, and he didn't read his Bible this morning, oh, boy, you know, maybe I don't have to read mine. But, guess what, I do.

S Yes.

P Because I have my individual walk with God and that's...

S And your own consequences and your own road.

P My own consequences. So, I love that you guys are likeminded but all I'm saying is do it for yourselves too because you both have your own temples to look after.

S Yes. And I want to do an analogy.

P Okay, go for it.

S Because how you said, you know, don't wait for each other because it just takes longer, let's see if it works. I haven't tried it. Let's just pop it out there.

P Okay.

S You know, how when you're a photographer and you have a group? It's harder to get everyone to smile that perfect smile.

[00:29:57]

P Yes, it is.

S It's like one blinking, one's eyes are red, one is cross-eyed, one is blah blah blah.

D How are you so good at analogies?

P She's good.

S Taking a picture of a group takes forever, to get it all right.

P It does, Serene.

S Taking a picture of one person, it's easy to get that good old smile.

P Oh, you're good.

S So, if you want to just get, you know, get a home run on your diet, just do... Like Pearl said, just work on it yourself. Eventually you're going to get a good picture together.

P You are.

[00:30:20]

S But it may not be at first. It's going to take longer.

P What we're saying is you can't wait for the other.

S Yes.

P You've both got to be... It doesn't matter what that other's doing. And sometimes you'll do anniversaries and you're both going to have that cake. Sometimes you're both going to go out to movies and you're both going to say, it's okay, right now we're doing something that's off plan, it's okay, it's special.

S We sniff something special.

P Yes, but on that every day, you know, you've got to do your own thing and... Serene and I love that analogy. You know, I just looked... Our daughter, who's our photographer now, took some pictures of us last week.

S Yes, they were all bad because one was...

P I think we got three out of a thousand.

S Yes.

P Because I'd look good, sometimes you'd look good but rarely...

S Together.

P Rarely did we look good together because it's got someone's eyes blinking, you're making an idiot face, I look foul in that one, whatever, you know, it just...

[00:31:05]

S Yes, it's always the youngster making an idiot face, hey?

P It takes a long time.

D Older sister's like, you know, I'm just like... You know, it's just my eye's not quite right and, of course, younger sister is looking unintelligent and inferior to my intellect. How do you...? Did you really catch all that in that photo? Or are you venting?

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

S I'm Serene. Buffy makes super soft earth-friendly bedding because a comfy night's sleep is even comfier when it doesn't harm the environment.

P Buffy makes the earth's most comfortable bedding. Everything is made from smooth, ultra-smooth actually, eucalyptus fibre that feels softer than cotton.

[00:31:53]

S Eucalyptus fibre is breathable and cool to the touch. I had noticed that, cool to the touch to help maintain the ideal sleeping temperature and feel cosy without overheating. Hey, just a little quick personal story. My husband always loves... When he first slips into bed it's like, oh, it feels so cool and cold but then it gets really hot in the night. He's like, this has been staying like my first slip in, you know, it just... It really is true. It's like an air-conditioned comforter. They offer everything from favourite comforters to pillows and sheets to turn your bed into a calming comfort zone.

P We love that Buffy bedding is just as soft on the planet as it is on your bed. Eucalyptus fibre isn't just softer than cotton, it's more earth-friendly. It's sourced from renewable forests, consumes ten times less water to grow and it's transformed into ultra-smooth fibre through a waste-free production process.

S All their products are cruelty-free and hypoallergenic. No down feathers or animal products here. Their products have over 17,000 five-star reviews plus an overall average rating of 4.5 stars. Wow.

P Believe that hype, Serene. Reviews are where it counts. Buffy offers a free trial, free shipping and free returns every day.

S You can try their products in your own bed for free before you commit to buying. Wow.

P And if you don't love it, return it at no cost. For \$20 off your Buffy bedding, visit buffy.co, that's B U F F Y dot co and enter code trimhealthy.

[00:33:25]

S That's \$20 off your Buffy bedding. Visit buffy.co and enter code trimhealthy. This is the poddy with Serene and Pearl. Get it right, it's P O D D Y.

D All right, we've got our gal Joyce writing in on this one. I love your podcasts and listen to them every day while walking on my treadmill. I just turned 50 and I know you're right behind me on age. Should I have read that part?

P No, that'll be me. I'm late 40s, you're...

D When people ask me my age, I've been trained to say I'm over 18.

S I'm just so cool with my age, mate. I'm just so cool with my age. I think people should start getting cool with their age.

P Yes.

S The seasons are so beautiful. Why do we want to embalm spring?

D All right. So, you're like old. At this age everyone's...

S Hey, I can't wait to be Empress. I'm only a Queen.

[00:34:21]

D Empress of Hilltoppage.

S When you get to be Empress, man, you rule.

D All right. So, at this age everyone says get medical tests done. Can you talk about this more? Is it really necessary?

S Baloney.

D Okay. And that concludes our podcast for the day. It's baloney, Joyce. Have a nice day and enjoy your food. Is it really necessary? What would be the important things to do to help at our age? Supplements? Oh, baloney, I'll call it now. No, I don't know, there's probably good supplements. And should I watch my S meals and do more E? What about heart health? What about colon health? Stroke question mark. I was getting anxiety every day over turning 50 because I don't want to run to the doctor for tests.

S Could I start with the baloney and then you can fix up everything that I wrecked?

D Give us some baloney and just go and don't even hold back.

S Let me just stay with this. Okay. I have some cars that if I took to the mechanic and said, just take a look under the hood and tell me what's wrong...

D Let's go. Let's go.

S Depression when I drive. Probably that whole thing that I drove there won't even be able to drive back off the lot. It's just is all take it to the metal scrappers.

[00:35:27]

D The knowledge breaks the vehicle.

S Yes, and when we were poor and on the food stamps, we knew you just go to the next door neighbour who can tinker. You don't even take it near a car lot because, yes, the whole thing... We were always just, you know, just keeping on, running along with the cars that are just kind of, just going. But they kept going,

they kept going because of faith and kept going because of the like chewing gum that we put in the hole underneath where the oil dripped off. Okay. My point being, though...

D You've got Howard working on your stuff.

S My point being, though, is if you look too deep, you might find things that your body's going take care of anyway, like cancer cells. Breast cancer, they're finding out now that... They're finding out all these early breast cancers and they're saying, woman, you've got to take care of it, and there's invasive testing and invasive things that they do in these early breast cancer. It almost begins to advance the cancer where the body would have and Pearl can speak to this more because she's Mrs Horms and has studied all that but the body could have taken care of it.

[00:36:22]

P I'll fix you all up.

S Yes, he's just going to fix me on that. Okay, let me go on beyond that and say that my parents are almost 80. Almost 80, like...

P 79.

S Yes, and they're amazing. They are incredible. I reckon if my mum looked under the hood, she probably could have had fibromyalgia, because there was times when it say, blah blah blah blah, and we'd say how you're doing, she goes, I'm amazing, but we could tell, by the way she walked up the stairs, that sometimes she wasn't probably amazing. I know if my dad looked under the hood, he probably had prostate cancer about 15 million years ago, I don't know. I just feel like they didn't look under the hood and what they didn't know didn't kill them.

P Yes.

S At the same time, I believe in prevention. I believe in supplements that are healthy and wholefoodish and stuff like that and I believe in colon health. Yes, just eat a good amount of fibre but you go and get all the tests and get all the fear and get all the blah and spend all the money... Pearl, fix me.

P And sometimes we do... I'll fix you. And as a caveat to that, sometimes we do believe in medical intervention. Sometimes.

S Yes.

P If it's warranted. If you do go get the full-blown cancer, you do go get it taken care of. Okay. All that you're saying...

[00:37:29]

S But you'll know when you get the full-blown.

P Yes, you sort of know. I agree with Serene in so many ways, and now I'll say it in a way that we don't get sued.

S Baloney.

P I think the medical industry makes so many millions and millions of dollars on screenings and I think that they're promoted. They're even on TV now. There's one that says it's your colon cancer kit. And then at the end in very small writing it says this is not for people who are at risk of colon cancer. And yet you're screening for colon cancer?

D Right.

P I'm sorry, it's multi millions and billions of dollars.

S How about your dentist trip just recently?

[00:38:07]

P Oh, my dentist trip. So, they said to me now we're going to do your oral cancer screening and I'm like what, I didn't ask for that, and she said, yes, we do oral cancer... And I'm like, no, you're not doing that to me. I don't have oral cancer, I'm not at risk of it and I don't want to pay the money for it because it's a new moneymaking thing. And I haven't smoked and I'm great, I'm not going to get it.

S You haven't dipped.

P My body doesn't cancer. I love to say that to people. My body doesn't cancer. I say that to myself.

D I'm not one of those bodies.

P Okay. Now, breast cancer. Serene, it's true. I mean, you went at it but now studies are showing... Listen, don't quote me but I read a book recently that says one in three early breast cancers spontaneously go into remission.

D You're getting quoted.

P Okay. And that was from my doctor. We've got all these early screenings. Sometimes things do happen. Okay. Serene's lived through a child with stage four cancer. We're not saying you, you know, it never happens. We're saying I

agree you can go looking for things and find things that the body, if you're healthy, may take care of of itself. Can we not give ourselves the benefit of the doubt, that we were created to heal?

[00:39:19]

S Yes.

D I had a doctor who was... So, I had a bunch of scare stuff and I went to six doctors, count them, and they were all fantastic because they were like... You know, and I don't know if it's the town I live in or the mentality around here or what but they were all like, dude, I don't see any reason for you to get screened for stuff and like what you've described I know is scary to you but to us, like we see...

P That's because you went to some alternative doctors and they were really...

D No, some were right out of like the big hospitals here in town.

P That's amazing, yes.

D So, I went to both because I was like, these natural guys are going to kill me.

P Right.

[00:39:58]

D And then I went to the MDs and I was like, oh, maybe the MDs will kill me. But, you know...

P But here's the thing. Okay, there's a rise in cancer. Thyroid cancer, for instance, is getting... I don't know the statistics but it's absolutely more than quadrupled, the amounts of thyroid cancers that are getting diagnosed. And then just last year they just came out with a new thing that's saying, okay, these cancers that we said were cancers, they're not cancers anymore. We don't want to say they're cancers and because of all this screening, you know, a lot of people have thyroid issues, so they go get these thyroid screens. They're finding little things. They're finding pre-cancers, calling them cancers. Or they're finding things they're even calling cancers and the body would have taken care of it. My doctor, when I had a thyroid issue about three years ago, that I walked out of, she said to me... About cancer she said, we're finding now that a lot of people they open up had thyroid cancer and it wasn't doing anything. The thyroid cancer on their thyroid wasn't even doing anything to their body and yet... You know, so we're looking at the whole new way of how we're dealing with all of this. So, it's not just cancer, it's all these things. I'm telling you...

S Biopsy and all this stuff can actually start as a wildfire spread, that wouldn't have happened.

P I know.

S That would have been contained so that the body could take care...

P A lot of people may not be agreeing with us but she asked our opinion.

[00:41:16]

S Yes, and I just want to say like we've lived through my son having gone through it all and I'm still saying baloney. And it doesn't mean I wasn't appreciative of the doctors when we needed to take him there, and I'm not against doctors, and when I'm... When I'm, I rebuke that, but if I ever got squashed on the road and needed to get like a face put back together, praise the Lord for doctors.

P Yes.

S But it's just like pre stuff, looking under the hood, because sometimes these diagnoses are almost like curses. It's almost like this is the day... This is what you die of.

P It's like, okay, I'm going to give you this name.

S Well, no, thank you, I don't sign for it.

P Are you going to, yes, sign up? Are you going to sign the petition that you have this and it's yours and now it's my Hashimotos or my diverticulitis or my precancerous lump, whatever it is, you're going to sign for it. I personally am not going to sign for it.

S And say you did sign for it, what are you going to do? Well, the best thing to do is just have positivity and eat clean as you can and faith and prayer and... You know, you only need those drastic treatments if it gets really bad and you're going to know by then and you're going to probably not know because you've lived such a positive life they won't get to that stage.

[00:42:25]

P I know you want to say something, Dan. I do want to say too, to balance us in this, whatever's making you better. If a doctor is... Literally you feel like his or her ministry to you, whatever you're taking, even medicine is making you better, it's all about better, right?

S Yes, I agree.

P So, let's get you better so that you can have... eat cleaner, have a more positive outlook so you can live longer to even have it to go further and be better and better. Whatever's getting you to the point where you're better so you can live longer to actually get better.

S Yes. And better is all healing.

P Yes.

S Because it's the right side of the team.

P Yes. So, if a certain medicine is actually healing you, go for it.

S Right.

D These statements have not been evaluated by the Food and Drug Administration.

[00:43:11]

S I just want to say one more thing on that baloney. Last time I was pregnant probably one of the healthiest women in the little place I went to, you know, I could just tell by the way I walked in with so much energy and the way I carried the baby, I just knew that I had...

P Okay, you rocked it and you know it.

S Not gained all this like baby weight in my thighs and in my calves and in my cheeks and my face and all that stuff, you know what I mean, I just knew I was a healthy pregnant woman and because of your age, you need to get this tested and that tested, this tested and that tested and I'm like, baloney. I didn't get one of those tests. And next time I'll even be older and I'm not going near those tests. What are they going to tell me?

D Okay, so is there ever any wisdom in tests? Pre... Like when you have no... You don't feel a problem in your body but you're 50.

S I'm not doing any, baloney.

P I'm not doing them personally but maybe each to their own but she asked us our opinion.

D Your opinion.

[00:44:03]

P And my opinion is I'm staying away from the tests.

S Yes, don't write a whole big Facebook saying, you know...

P Serene and Pearl. Okay, people. I know that you've got something to say, John, surely.

S I want to hear Sovs talk.

P John Sovereign, he should answer your question.

J Well, as someone who has spent a lot of time in front of medical professionals because of my wife's condition, I can...

P Can you say, for new people in the room please.

J Yes. My wife was originally diagnosed, oh, 16, 17 years ago with Multiple Sclerosis but we've learned since it's many things, it's not just that. But what I would say is... And I say this with kindness and I'm just being... trying to be wise. Never forget that the medical industry is just that, it's an industry. It's a for profit

industry. It is no different than the auto industry, it's no different than any other industry. Automakers don't make cars to last forever because they make an awful lot of money on maintenance and I just have lived the last 15 years or so with my wife, just seeing that first-hand.

[00:45:26]

J Screens and tests and things that are thrown at you and they will always find something. Just like if you let a mechanic underneath the hood of your car, he's always going to find something, you know, for you to buy or... And there's just a lot of money in that and there are good people in the industry that mean well. A lot of them are just taught practices and procedures and they're just doing what they're taught. They're told that, hey, this screening or this particular test does A, B, C and D and you've just got to be a... You've just got to be a good shopper and go, you know, explain it to me. Tell me the validity of this. What am I going to learn from this, what am I going to gain from this? Because most of the time, when you get screened for something, they're going to find something. They're going to find something to sell you and I just think we need to be... We just need to be wise shoppers.

S Last time I went to the dentist, they're like, oh, yes, 30,000 bucks to fix all that.

P You know when you said wise shoppers?

D I was wondering where your teeth went.

P John, any time you scroll through Facebook or wherever you are and still whatever, if there is a quiz to take, usually they're going to say something at the end of the quiz, right? So, it's similar to testing.

S And it's a bit of an addiction.

[00:46:44]

P Yes.

D Yes, it can be an addiction.

P One test leads to the next test.

D Yes, because... Well, because those tests do bring peace of mind when they're negative. You know? I mean, the minute you see a test and the thing you feared is... They're showing you on a photograph of the inside of your body, look, it's not

there, you're okay. You know, you get really jazzed, you know, and so, you know, I think that's... You know, the peace... And everybody will tell you like, oh, man, as soon as I got my test my peace of mind. So, you know, I don't know, I think, you know, the doctor that I met with, he told... I was telling him... He's like, well, what are you afraid you have and I start going down these fears and he's like, that is so rare. He's like you're describing the rarest thing to possibly happen to a guy your age. He's like it's rare at 85, you know, and he's like but if somebody has it in the world, you're going to hear about it.

[00:47:39]

D He's like and so now the world's connected, right? We have Internet and the minute somebody has something... And so in your mind everybody... You know, is thyroid cancer really on the rise or is technology and information just faster?

S Hey, listen, I want to speak to that because the other day I was just like... You know, you're careful when you start feeding your children with new foods and everything and I'm like, oh, I've got to be careful of this, I've got to be careful of that. And then I thought to myself, it's probably just now because of information that you could pick any food and look it up and somebody's going to have a problem with it. So, I just picked out... I said mangoes. Allergy to mango's and, boom, there. Then I'm like allergies... And it wasn't the nuts and the eggs and the thing... I just picked all the... Allergies to broccoli. Boom, like a whole big thread, people moaning, people like it's ruined my life and blah blah blah blah, like whole big groups around broccoli.

D We should do allergies to air.

S Oh, yes, I bet there is.

D Well, I guess that's pollen, right?

P But here's what... I think we could end with this. You know...

D That's what allergies is.

[00:48:44]

P You mentioned anxiety about having to go take all these tests. The anxiety's worse for your body.

S Yes.

P You know, I just think we have to learn as people to trust our bodies to do right by them, to feed them good food, to, you know, not constantly be next to screens all day, get some sunlight, do some basic things, move your body, exercise, feed

it good food, trust it that it knows how to heal and that it knows how to get rid of things.

S And if it gets very, very... There's a situation that's knocking at you every day and your sniffer tells you, you know what, I just really need to get this checked out, you know, well, then go get it checked out. Nothing wrong with that. But we're speaking to the people that feel great but just because they're 50 have to go and get it checked out. Or feel just slightly under the weather and because of a fear are going to go get it checked out.

P Yes. Anyway...

S Right, Pearl?

[00:49:38]

P I'm 100% with you, Serene, but, you see, I've been a fearful person, so I could have been addicted to all sorts of tests and I could have been labelled with all sorts of things. Okay? I could have gone in two paths in my life. I've chosen a different one, one that requires faith but one that requires doing right by my body too.

S And look at you.

P I'm walking down that path.

S Your thyroid is amazing. You're out of all those symptoms that you had. And you could be like...

P My heart rate's beautiful right now.

S You could be on that little group that you just looked on for half an hour and just said, oh, my God...

P Yes, how Graves Disease has ruined my life. It's like constant like...

S There was a group that... The whole thing was about write out and tell us how Graves has affected you negatively and then they just...

P Yes. It was like what has it taken from you. Okay, it has taken my relationships, it has taken my energy. It took my job. It took... So, each one was a lamentation about what it's taken from me and after like reading 20 of these I just left the group and I thought, not for me, I won't let this take one thing. In fact, I won't even let this be inside me. So, I think we...

[00:50:38]

S Beware of groups.

P Yes, we've got to be vigilant about our health and that is protect ourselves from... I don't even know what it is but sometimes we need to protect ourselves from over-screening too.

S Even with children and each to their own and I'm not downing anyone who gets children tested for stuff like that. Like, you know, genetic testing I'm talking to. But I was just talking to a doctor the other day because, you know, I'm trying to be proactive with one of my children who might have something... Just something's a little bit different.

P Some learning issues, yes.

S Some learning issues and I was talking to a doctor and he said, well, you know, I'm somebody you can trust, and I went to somebody who I knew that I could trust. Because when you're talking about pediatrics and under 18, if they have a particular way that they feel like you should go and then you say, no, I don't really feel like that, they can just force you into their treatment and hewas dealing with parents who were forced or were felt forced into getting their child who had Asperger's onto this strong medicine. One of the biggest side effects was suicide and a lot of children committed suicide on this.

[00:51:44]

P Oh, really. That's so sad.

S And they just felt so stuck and in a corner. So, you know, there are other ways, you know, for testing it.

P I do want to say this before we leave, though. I think there is some testing that is just brilliant, smart, for some things that you're doing. Like you can go get baselines for like Vitamin D or you can get baselines for like things, just so you know of where you're at and then maybe as you change your diet you think, I'm going to go get tested again, see if my new way of eating has helped me or something like that where it's not out of fear, it's just out of interest and wisdom and monitoring your body.

S Yes.

P Just like, hey, I'm going to weigh myself every couple of weeks. Well, maybe I'm going to test this to see how I'm doing with my new way of eating.

S Yes. That's not the testing we're talking about.

P Nothing wrong with that. No.

D I've got one more thing for you. Something my doctor was really pumped to tell me about was like, you know, you can go down a rabbit hole of tests and photographs of the inside of your body, he said, but what if... You know, because

a lot of doctors are believing now that inflammation is the source of like all modern disease. Like if your body's not inflamed, like it almost can't get these major crazy sicknesses. And he's like so what if you just ate a diet that kept your... you know, a non-inflammatory diet and that's just food from the earth. You know, so like instead of like eating horribly and giving in to your desires and being an emotional, unconscious eater and then getting tests done and constantly worrying, he goes one of the best things you can do is eat right and eat whole healthy foods from the earth because not only are the chemicals not going to be firing for anxiety and fear because of sugar and overdose of carbs and stuff but it's also going to actually keep your body in an anti-inflammatory state, where disease can't grow in the first place. And that brings way more peace of mind.

S And fear is inflammatory.

P It is.

D Yes, it is. That's it, we're done. We've answered lots of questions. And don't hesitate to keep sending us your questions because we love to answer them.

[00:54:29]