



Trim Healthy Podcast with Serene and Pearl Episode #150 – We Come From The Land Down Under

(AIR DATE:12/11/19)

*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 · DAD = Collin Campbell · L = Leslie

[00:00:00]

- S My favorite part about the holidays is reconnecting with family and I just love swapping stories, reliving moments together, but keeping all those memories alive, that can be hard. That's why I'm thinking this year about gifting my family with the most meaningful gift this, and that's Story Worth.
- P My kids got together and did this for my husband, Charlie. They gifted it to my husband, and he has been writing his Story Worth entries. I am so excited. I've been reading them. These are going to go down in the generations. His grandchildren are going to read these. His great grandchildren are going to be able to read these. I'm learning things about my own husband.
- S Story Worth, it's an online service that helps your loved ones tell the story of their lives through thought provoking questions.
- P Every week, Story Worth e-mails your family member different story prompts, right, and these questions that you never thought to ask, like what has been some of your life's greatest surprises? And what's one of the riskiest things you've ever done? After one year, Story Worth will compile every answered question and photo you choose to include into a beautiful keepsake book that's shipped for free.

[00:01:18]

P You never know that family history Story Worth will uncover, guys. You've got to do this for your family. Preserve and pass on memories with Story Worth, the most meaningful gift for your family.

S Sign up today by going to storyworth.com/trimhealthy.

P And you get \$20 off your first purchase. That's storyworth.com/trimhealthy for \$20 off.

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, oh my goodness. it is the week before the week before Christmas and we are super pumped. It's the Trim Healthy Podcast with Serene, Pearl and Danny. And today, we have a special friend...

P More than a friend.

[00:02:06]

D Could we say elder in our life? Could we say father figure?

P Well, or father...

D Colin Campbell.

S Or maybe father.

D The Pops of Serene and Pearl.

S Or could we say sage, we could say on and on and on.

P And we're going to actually talk to our Dad for about five minutes today. You've met our Mum before, many of you, and we've talked about our Dad so many times on this PODdy when we talked about growing up...

S Okay, we talked good things, but we'll also talk, Dad, just to spill the beans. We have talked about how you put your hunk of butter on the middle of your bread and don't spread it.

P We've also talked about how you open the fridge and say, where's the tomato? And it's like behind the milk, but you can't move the milk, and so there's no tomato in the fridge. Hey, but also, we've got something else to announce today. We, folks, are in a brand-new PODdy cabin. It's called the Barn Cabin.

[00:02:57]

D It's so good.

P It's amazing.

D Are we going to call it the PODdy Cabin?

S There's nary a rat in this...

P PODdy Barn.

S I don't even smell the hint of a rat.

P Okay, what happened was on our land, we built a barn, hey, we're getting pretty big in this PODdy now. We had to go a little more into the new millennium and so we're all teched up.

S My actually children are playing in a room next door instead of out in the freezing cold, rapping at the doors.

P So the top of this barn is now our PODdy Cabin. We'll put some pictures... Autumn, my daughter here is ready to take pictures. It is gorgeous.

S Oh, no one told me. I'm not picture ready.

[00:03:30]

P Yes, your hair is not picture worthy.

D Oh, you are, you've got your 80's pumps. Can we play the workout music?

P Serene has legwarmers on, green legwarmers.

S Hey, these are Millennial man.

P Dad is looking at us and our Dad's a busy guy. And he is not here for any reason but to get on with the job. So Danny, you're out of here.

S His famous saying is, no time to make friends.

P Yes, Danny, you get on out of here.

S But he's the friendliest guy in the world.

P Dad, you go over to Danny's mike because we want to interview you.

D No, I'm just going to swing it over. No, no, you stay there. I'm going to swing it over. Mr. Campbell, please be gentle.

P Yeah, Dad, pull that over because when you talk, when we talk to you, you've got to get right in there. Actually, the reason we wanted to have Dad talk today was... Well, we want to introduce him, but he has had an incredible thing happen with our Hemp & Blue Cream. Recently, our Dad got shingles as what happens to sometimes people...

[00:04:23]

S Which we were so excited about because we were down under on our trip and our brothers are all calling, blowing up our phone. There was a big, huge family thing saying, call Dad. He's not going to the hospital. He's having heart pains. And we're like... He's almost 80. We were like, boy, we've got to get him into that hospital, and so he doesn't like the hospital. He finally went in and we were all thinking heart issues, and it's just shingles, so we're excited.

P They found out he had shingles, so Dad, I'll quickly tell the story, but you're going to tell the other story. But they gave you meds, but Dad being Dad, our Dad... Daddio doesn't like medicine. He didn't take that antiviral, so a couple of weeks later, Dad, you had been in such pain. Tell us about what happened.

DAD Well, it's good to be here and talking on this podcast and I'm obviously very proud of Serene and Pearl and all that's going on with Trim Healthy Mama, but yes, just about a month ago, I found that... discovered I was very, very sore... My arm, my left arm was very, very sore, very sore between the elbow and the shoulders, and pains were going up and down there. And also, my chest was a little bit tight up on the left-hand side. And so I mentioned it to the family and everybody was saying, you've got to get to the hospital. This could be a precursor to a heart attack, and you have to go right now.

[00:05:50]

DAD So within half an hour or so, we went to the medical clinic here in Franklin, Tennessee. And they gave me an EKG and came back to me and said, you don't have a heart problem, which was great. They said, your heart is very, very good, and I was very relieved about that. But I said, well, I want you to check this rash on my back which has just started, and so they checked it. The doctor checked it and he said, you've got shingles, and that is your problem. It's causing the pain in your arm and the tightness in your chest, and that's what your problem is. It's shingles.

DAD In the end, they wrote me out a prescription, which I took home, but I never took it because I don't like taking antibiotics and stuff like that. And I thought I can live with this. I'm so happy that I don't have a heart problem, I can live with shingles. So anyway, I've been pushing along with that for several weeks, just maybe three weeks. And then all of a sudden, I got this terrible agony and pain down in the lower part of my back where I'd had a serious accident years and years ago, where a church steeple came down and it landed on my back and pushed me down on the ground and oh my goodness...

S That's what happens to Pastors, I suppose. If they pastor long enough, the odds of that is...

P The church steeple's going to ruin you.

DAD So I had 18 months, I had... It's a struggle with that at that time, years ago, and it seems like I was wondering then whether or not the shingles was attacking, as I know it can attack other areas of your body.

[00:07:28]

DAD A friend of ours had shingles and it attacked his brain, which really, really caused a lot of difficulties and problems for him. So I was thinking about that, just maybe this is the shingles just getting... because I couldn't think of any reason why my back was hurting so bad...

P But Dad, you couldn't... I mean you were up all night with pain, right. What did Mum say, that there were holes in the sheets...

S In her beautiful linen sheets, her prize linen sheets.

P Dad was in such pain that his...

DAD Very expensive linen sheets.

P His toenails were curling in pain and they'd cut the sheets.

DAD Yes, obviously, I was twisting and turning so much, I was in so much pain...

S And this guy can take pain.

[00:08:01]

DAD That I wore a hole, quite a serious hole in the sheet, which was terrible, my wife was very, very upset about that because she prizes those linen sheets. Forget about the pain, the sheets... So anyway, I was talking to Serene and Pearl about it. They said to me, well, you probably should go and get what they originally tried to give you in the hospital and take it. And so I went up to Walgreens and ordered that thing, which was almost out of date by that time, but they did give it to me. And I went home, but the pain was so bad. It was an opioid that they said you have to be very, very careful of. Otherwise, it could cause a problem. So I took one tablet. They said, just take one. It's so strong, it'll fix it. It'll take the pain away. Well, I took one. It didn't do anything, nothing at all. It just made me feel a little weird in the head and then I took another one about two hours later and nothing, nothing at all. It didn't remove the pain at all. And so I'm sort of thinking well, maybe I should check with Pearl and Serene about this again, and so they put me onto the product called Hemp & Blue.

S Yes, we weren't trying to sell our product to him because we wanted him to go take his opioid.

DAD In fact, they gave me the product out of the goodness of their heart, and the other one was the Ultimate Cream.

S I thought it was the Hemp & Blue Balm.

P You put the cream... Okay, so what happened was...

[00:09:36]

S Hang on here.

P We said the cream because we have learned in the Hemp & Blue cream, this is what I want you all to understand, it is the blue tansy in there along with the hemp, of course, is antiviral. Not only is it so good for pain and inflammation, there is an antiviral component to it. Now, shingles is a virus, of course. You ended up not taking the antiviral because once we said, go take it, Dad, you read, well, it's too late. You have to take a shingles antiviral as soon as you got shingles.

DAD As soon as you get shingles, you have to take it then.

P And so you didn't end up taking it because it wouldn't have been effective.

DAD Yes, so it was too late for that.

S Now, did you take the balm though? Where's the balm? You took the little black tin balm?

DAD No, there was no other balm apart from those two things...

P Oh, that's what you've been taking. I sent you a balm, but that's okay. So what happened, Dad? Tell everyone what happened when you...

[00:10:19]

DAD Well, what happened is this that I started using it and it was just amazing how it began...

S So he used the Hemp & Blue Cream.

DAD The pain began to subside...

S Immediately.

DAD Yes, almost instantly, just very, very shortly afterwards, and gradually, within two or three days, it's been completely gone, so I'm sitting here today, out of pain where it seemed like nothing... Tylenol, I just took powerful Tylenol. It didn't do anything for it, and then that opioid thing didn't do anything at all.

S So what he did is he did...

DAD I'm completely healed of it. I'm completely healed of the pain. It's all completely gone.

S He did the Hemp & Blue which is like an immediate...

DAD So I'm sold on this product, Hemp & Blue.

S I thought though, Dad, that you were putting... Which you could have gotten even... You could've even been in the clouds of heaven even more relieved because if you put this Hemp & Blue, which he did, the cream. And then we thought he was putting the balm on the top, which is even a slow release, but he was putting the Ultimate Relief Cream on the top.

P Well, that relieves the itch.

S But that relieves itch and that's good. So you could even do the black tin on top of that, Dad.

P But anyway, we wanted to talk because Hemp & Blue is a pretty new product. Not many of you know about it, although we released it about a couple of months ago, and I'm getting so much feedback. This is why I wanted to bring it to light today for pains in your body. People are just saying thank you.

DAD I was in serious pain, unbelievable pain.

P And people don't really know we've got this product yet, but it's powerful and I know that so many people are out there sitting in pain and this could help because any time now I have a headache, anything, I'm using this and it's just so effective these things that are in there. That blue tansy is just incredible, along with the hemp.

[00:12:00]

DAD Well, I only started taking it two or three days ago. It was probably three days ago or something I started on it and already I'm lifting boxes and moving stuff around like I normally would, heavy boxes, 100-pound boxes and stuff like that and nothing, no problems at all.

S A shout out again to the Hemp & Blue...

DAD Praise the Lord. I'm so glad about it.

P Yes, I know.

S I want to say too that not the Hemp & Blue cream because that has wintergreen in it, which is another reason for, I think, the pain relief. Wintergreen is such a powerful pain reliever, but the balm, the Hemp & Blue Balm doesn't have the wintergreen, so you can use it in places that are more sensitive. So I use the balm on my skin at night as a night-time... Just under my eyes and around, and that wasn't even why it was created, but listen to this. I don't know if she'd mind me saying this. I might call post, but Joy, the lady who designed our make-up line, she's the most amazing lady. The reason why she started into the make-up industry was because she couldn't find any make-up that didn't agitate her skin, that didn't ignite a kind of acne, and so she made the most pure make-up in the world to just keep everything soothed. It's amazing make-up.

S So it's not out yet, so I kind of go to the black market, to her under the table, and just purchase my own. I didn't even tell you, Pearl. I'm going straight to her and purchasing my own.

P Yes, I know you're going there.

S Anyway, but she said, oh, thank you for the CBD balm, which is the only one we have is the CBD... Sorry, the Hemp & Blue and she's like, because I had another reaction. I'm not sure what caused it, but the only thing that soothed it was the Hemp balm. It's the only thing that my skin will accept and not reactivate...

P Yes, so this Hemp & Blue, it's in the cream and in the balm. Dad got relief with the cream and I think the cream is very effective, but whatever. You can use both or you can use the cream or whatever, but we just wanted to...

DAD Yes, I used them both. I put on the Hemp & Blue and then when it's rubbed in, then put the other on top of that and it seems to be working really good. The other thing I have been taking is the CBD Heavy Hitter.

P Oh, our Heavy Hitter, yes.

DAD I've been taking that as well, which is great, fantastic.

[00:14:05]

P Yes, great, because that's awesome, thanks Dad, and thanks for coming today. Actually, another time, we'll have you on for the whole time, hey.

S Oh, I know, we need to have good old... Hey, half the good old meat that we bring comes from the good old hilltop church inspirations from our Dad's messages.

DAD Thank you so much. It's been a joy to be here on this podcast with you.

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

S Serene.

P This is Pearl. As you may remember, a few weeks ago, I discovered Everlywell, the amazing at home wellness test that helps you better understand your health. I'm not about screening for every disease out there. I am about getting some baselines for things that I just want to monitor in my health. So I received my at home lab test and I'm going to tell you what happened. I tested for folate. I wanted to find out the folate levels in my body because that is big when you have any MTHFR mutations.

S Yes, your teenage mutant...

P Those of us mutants, we don't have much folate, okay, so I've been eating my lentil soup and I wanted to know, alright. The whole process was really easy. They send you the kit, easy to follow instructions. You do prick your finger. It doesn't hurt. You put about three or four drops blood of blood, doesn't hurt. It's easy. You send it back no charge. Then two days later, I received my results.

S You mean no driving into the jolly office and sitting there with all the other coughers?

P I had to do none of it. They didn't have to put a big thing around my arm and draw blood, none of it. The whole process, genius, right. I got my results sent to my laptop and I found out my lentil soup's been doing me good, Serene.

S Oh, I'm so happy.

P My folate levels were really grand, and I was just assured. I loved it.

S And you didn't have to go through...

P But I just wanted to find a baseline if I need more folate. Well, then I would have made changes. I love that.

S Everlywell offers more than 30 different at home lab tests from fertility to food sensitivities, to thyroid and heart health.

[00:16:05]

P And the instructions are really super easy to follow. Every test is physician reviewed and the shipping is free. Your results come from certified labs and they're sent directly to your mobile device so you can easily view them and share them with your healthcare provider if you want to.

S Your results are personalized and easy to understand, so you know exactly what they mean for you. Now that's huge. Sometimes you can get results back from different hospital places and it's basically hieroglyphics. It's very hard to understand, but these are sent back in layman's terms.

P I love it. They told me on it, they said: You're doing a great job, and I thought: Yes, yes, I am. That's fantastic, yes, positive.

S They could have used a Latin word for that.

P No, I know, but they didn't. It was in my language, Pearl language. So to start better understanding your health, like I did, check out Everlywell today. For 15 percent off an Everlywell at home lab test, visit [everlywell.com/trimhealthy](https://www.everlywell.com/trimhealthy) and enter code: Trim Healthy. That's [everlywell.com/trimhealthy](https://www.everlywell.com/trimhealthy), code: Trim Healthy for 15 percent of an Everlywell at home lab test. Everlywell at home lab tests, your answers, your way.

S This is the PODdy with Serene...

P And Pearl.

[00:17:20]

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

D You're going to tell us about your Australia and New Zealand trip.

S Yes, we are.

D How was that?

P Well, because everyone wants to know, right... Alright, we're just back, so you guys, it's like...

S I've not even unpacked.

P No, you guys, it's like we haven't been gone because we pre-recorded some more PODdies, so it was like we were all together, but we haven't seen each other for three weeks, like Danny and John and all that, but we're back. We spent six days in Australia, six days in New Zealand...

S And the other time, stuffed in a plane. Well, Pearl was like cheeses and wine, but... You were. I just have to talk about it. I just have to get that off my chest.

P Serene, you could've upgraded to business class.

[00:18:05]

S No, I couldn't. It's the same reason you can't take drugs in labour. You yell at the nurses and you say: Why can't I take drugs? They say: Well, you can, Pearl. No, I can't. I won't. It's the same thing. It's like you say you can upgrade to first class, but my brain won't allow me to.

D That's funny because before you even said that, I was about to say: Now I'm picturing Pearl and Charlie in first class, eating cheese and wine, while Serene...

S They won't even let me visit my sister.

P It was business class.

D Serene is like in the back seat.

P Well, my husband, he's 63. He refuses to do that long, long, long journey...

S I respect it, Pearl. I respect people that take epidurals. It's their decision.

P Yes, but anyway... Hey, can we get back to it all. I wanted to say I posted a picture right before we left because this is what everyone's waiting to hear. By the way, before even before that, the reason Serene and I went back was, for those of you who are new in the room... These are our homelands. We were born in New Zealand and raised in Australia, but we've been living in the States for 27 years, only been back once 20 years ago.

[00:19:05]

S Twenty-two years ago.

P Twenty-two years ago, never taken our husbands back, so this was such a huge deal for us.

S And none of our children, except for my eldest, Arden, when he was 10 months old and your Meadow when she was three.

P Yes. So Serene took her three boys, Solly and her husband back. I took Charlie back. Okay, the day before... The morning we left, I took a picture of Serene with her...

S Overpacked bag.

P Her bag, it was smaller than my backpack that I took on the plane, and she had her two weeks worth of clothes for her and not only just her, her and Solly. I'm talking there's not another bag. This was her bag, and everyone was like: What the heck? I mean Serene wants to be a minimalist, but how can you do that for two weeks?

S I'm not a minimalist in life. You go to my spice cupboard, you go to my house, I've got a lot of stuff.

D It's very maximalist.

[00:20:01]

S Yes, I've got a lot of cumin even on my walls. Pearl calls it overly spiced walls.

P I, to this day, don't really know why you wanted to do it so minimalist.

S No, I love to minimize with travelling because I find all I'm doing is looking after guff, looking after stuff. If you get to a hotel room, you go spend one hour moving in and then moving out is even worse.

P Yes, but to ruffle through that little bag, Serene, took her half an hour.

S No, there's no ruffling through a little bag. I love it. I just love not having to wonder: Oh, what am I going to wear today? Oh, that's it. I'm not going.

D Did you pack your wools where you...

S Yes, only my wools, love, yes.

P So this is how she did it. So she designed this outfit for New Zealand, which was a little cooler, right. So it was all wool, so you wore the same exact thing every day, correct?

S No, there's a little difference.

P Little difference, but mostly the same.

S It might be a little different of the scarf, of the necktie.

[00:20:52]

P Yes, but your underwear...

S No, it wasn't the same underwear every day. I took two pairs.

P Well, you didn't have room... Okay, so you were washing one in the night.

S Washing every night in the shower, nice little...

P Okay, for those who want to be minimalist, I'm just telling you you're going to have to wash your own underwear in the shower.

S Hey, it takes two seconds. At least I didn't have to look for a jolly laundromat.

P That's true, okay, so...

S And not carry around 30 stinking pairs...

P Yes, okay.

S Stuffed in some plastic bag, eek.

P True, I had to stuff mine in a plastic bag, eek, okay, alright, and so you had your New Zealand outfit, which was all wools and all blacks. And you thought you were pretty cool, and you wore the same everything day because you're saying it didn't stink.

S It didn't stink. Did you stink me? Oh, actually, sorry, backtrack. I did stink, but it wasn't my fault and it wasn't the fault of minimalism.

D Wait, wait, wait, if you stink, it's always your fault.

S No, listen, let me tell you why.

P Several days into the trip...

S I did not think... My baby's screaming, which is her cue because I'm talking about her right now. I forgot that I would be taking a baby and there might be a little... There might be a change up with... I mean minimalism, usually, it's like... If you go on the sites of minimalism, it's not usually mothers with children. It's some guy going to Iraq and he's somebody's bodyguard and he's got his one pair of tactical pants. It's all that kind of... But I thought I could pull it off. My baby spewed on the first day going around these turny, twirly, curly little New Zealand roads. I didn't think that that would happen. I didn't imagine it, and she spewed all over her outfit and all over my one outfit.

P So what had to happen, which I had predicted, I said: I know Serene will be borrowing clothes from my large suitcase. So I packed a couple extra just because I'm that kind of nice big sister.

[00:22:44]

D You're enabling.

P Day one in New Zealand, they are being given to Serene.

S No, I only borrowed it until I got to a laundromat, okay, but...

P So you did have to go to a laundromat.

S The problem is, no, it was at the Air BnB. It was part of the idea, alright, but the thing is is that the little travel minimalist washing powder didn't have the right umph. It never took away the spew scent, did it?

P No.

S And so New Zealand was jolly cold. Even though it was late spring over there, it was jolly cold and it's a cold that gets into your bones. And they were having a cold spell, and we had the windows down, blastedly down for six days just to keep my scent from rushing into people's noses.

D You were jacking up the whole vehicle?

P Okay, that whole vehicle, when you were in it for a few hours, you couldn't smell it, but hold on, but every time you went out of the vehicle...

[00:23:34]

D And came back in...

P You got back in, you were like, oh my goodness, throw up is so strong. Serene smelt like throw up for the first week.

S Let me tell you why she spewed because this is a great story. So we went to Fitianga, which is my new curse word. I don't curse. I don't swear. My Dad was here. He trained us the right way, but it sounds so great, right, Fitianga. It's perfect. Apparently, it's actually Whitianga, but now the Maori people are taking back the right pronunciation, so it's actually rightly pronounced, Fitianga. Good on them.

D That's a word?

S Yes, Fitianga.

D Okay.

S Just say it, Danny, it's fun. Fitianga...

D Fitianga.

S Don't you feel good now?

D I feel a release.

P If you're a little bit upset or anything, you can say, "Fitianga or if you're happy, you can say, "Fitianga" guys.

[00:24:16]

D What does it mean?

P It's just a town.

S Well, it's just a town, but it can mean anything to you, Danny.

P It's the cutest coastal town in New Zealand.

S We're giving you permission.

D It's like saying Seattle like it's a...

S Sometimes you can call a person, Fiti, like Pearl. Hey Fiti, what's up?

D Okay, so you have taken a town name...

S This is not what the New Zealanders do. This is just what we've decided to do.

D Yes, and you have created a language, got it.

P Serene's new name is Fiti. Fiti is for anything you want to express.

S Pearl, check your latest text, what's up, Fiti? That'll be what's on it.

[00:24:41]

D And if your baby does something really cute, I'm like Fiti baby.

S Yes.

P Yes, totes.

D Okay, I'm in.

S So anyway, but Fitianga's such a gorgeous town. That's where we began. We came into Auckland, then we drove up to Fiti, and that's where we started our cruise down with the spewdness, but listen, this is what happened. The first little café we went for breakfast, I'm not talking a la carte, five star. It was just a regular little café. Eggs, bright orange, like Ronald McDonald's hair. They don't even have Ronald McDonald anymore for McD's, do they?

P I don't know, loves.

D I don't like the hair analogy with food but keep going.

S But listen, it was so bright orange.

P But we realized New Zealand and Australia got some good food though.

S The whole... And I took my little Keto creamer in my purse, thinking, I'm a purist. I'm not going to do the pasteurised cream the whole time for my coffee, but when I saw that yellow, what they call runny cream. There's no half and half business over there. I'm like, can I have mine on the side? Because I thought I'd just pour on my little bit. They were like, oh, you mean runny cream? It's the full real deal, guys.

P And it's grass-fed...

S It's grass-fed and it's yellow, so I'm like, give me that thing.

D Isn't that...

S My Keto creamer went in the trash. Just keep going, Danny.

D Well, I was just wandering isn't Kerrygold Butter from New Zealand?

P It's from Ireland.

D Oh, it's Ireland.

P I would put New Zealand butter and dairy products and heavy cream up with any in the world, and I would say, don't you even try to compete with New Zealand. New Zealand's so good.

[00:26:04]

S What are you doing, you Fities? What are you doing trying to compete? I tell you, it was amazing. So when I saw that runny cream, I'm like, this is what my baby needs to fatten up. She's been toddling along, losing those great thighs. I'm getting them back for her, so whatever cream was left on the table from everyone's coffee, I spoon-fed it to her.

P She did.

D Yes.

S Gorgeous grass-fed runny cream, well, I think she had a bit much.

P And then we had six hours of corners...

S No, no, out came the cream...

D She creamed you.

S At that lovely café.

D You got creamed.

S But she was sitting in her little minimalist stroller. It had a hole in the bottom mid there, I don't know, just so that it could be washed out or whatever. There was a little hole...

D Oh, a water drain hole, yes.

[00:26:44]

S Well, out came the spew through that drain hole, and as we were wheeling her out of the café to clean her up...

D This is rated R.

S There was a trail of spew.

P The throwing up already started, but we thought... We got to the van because we had a six-hour journey ahead of us. We thought she already threw up. You can't throw up more than what she's throwing up and left a trail.

D Surely the universe wouldn't do us that way.

P But we get in the van and start on New Zealand corners. Now, those of you who have been to New Zealand or live in New Zealand know what we're talking about. There's nothing like New Zealand corners, round and round and round and round we went.

S And there's nothing like... People go to New Zealand... If you're an adventure seeker, you go to New Zealand. If you want to go and bunjie jump over some big waterfall, you go to New Zealand.

[00:27:29]

D It's where they filmed Lord of the Rings, right?

P Yes, gorgeous.

S Right, so if you want to drive fast, you go to New Zealand. If you want to drive fast on roads that aren't meant for fast driving, you go to New Zealand.

D Yes, are there speed laws like there are here?

P There is, but no one seems to be really taking them too seriously. My son-in-law drove because we met Meadow, my daughter, and her husband there. They're living in Japan right now. We met them there, and his nickname was Fasty. That's what Serene called him the whole trip because he liked to drive fast.

S And Meadow's name was... It was the adventures of Fasty and Frock Girl. We called Meadow Frock Girl because every day she came out with a lovely new frock. She was the opposite of me. She had three humungous suitcases the size of barns.

P And Serene had one outfit. Okay, so that's what happened. We got into the car. Sure enough, two hours in, the throw up had already happened... That was mild throw up, Danny. The mega throw up started happening in the van, which I don't even know how it's possible to have that much throw up. So that's what happened. Serene stunk for the rest of the trip.

S Yes, I did. I could hardly handle myself, just to be honest.

[00:28:30]

P Yes, so that's what...

D You were disgusted with thyself.

S Yes.

P Here's your minimalism lesson to be learned, people.

S No, no, no, no, I just didn't account for that, but I've had a little few shifts in my mind, but I'm still about minimalism. But there are a couple of other things that happened.

P I do have to give you props, Serene, okay. So aside from that, you would have made it. You would have made it spectacularly. I didn't even have snacks. It was a Mary Poppins bag. She would pull stuff out of this minimalism backpack that I didn't even know how it got in there. Pearl, would you like a bar? She had made homemade bars...

D Had a collection?

[00:29:03]

P Pearl, would you like a THM this? Pearl, would you... She pulled a cappuccino out of this bag. And I'm like, where are you keeping your diapers? Oh, just in this pocket, out come the diapers. Oh, I spilled a little bit of something on myself. Oh, Pearl, would you like this special clean up rag? Minimalism clean up rag. I have it. It stays damp.

S I even had a Tide To Go little stain stick.

P She had everything in this minimalism bag, and I have to say apart from the little throw up thing, it sustained you for two weeks. You had a...

S I had too many clothes. I decided I had way too many clothes, too much to choose from, yes.

D Do you vacuum seal, where you can compress things?

S Well, yes and no because I did at the beginning and I realised it was a bad choice because you want to get up and go really quick every morning and you don't want to be...

D Oh, and that's a chore.

S So you want to be able to pack what really fits, not falsely fits.

D Yes, Fiti anger.

[00:29:53]

- P Thank you, Danny. I knew you would get that.
- S But I want to tell you a little bit more how it went awry. Minimalism did go awry for me and this is really where it hit home. I love the word. My favourite book is... I don't really get a chance to read many other books, but I just love me some word.
- P You mean the Bible?
- S Yes, and I said to Sam...
- P To Leslie P-Salms that's sitting over there, like: What does she mean, word?
- S She thinks I'm some wrap-up word.
- D I love the word.
- S Or PBS word girl, you know that show?
- P Yeah, I love that show.
- S But anyway, Sam's like: You want to go real minimalism, Serene. You 're not going to take your big old bible or even your little bible. It's going to get wrecked. You're going to lose it. Just put it on your phone, dude, like the rest of the world. Just download it. And I'm like: You're right. I hate not reading paper, but I'm going to do it. I'm going to be a real millennial.
- D Let's go.
- S So I put it on the phone, but then we had three phones because my sons were going to be vacationing in a different part of New Zealand for some parts of it to go visit some other friends.
- D Yes.
- S So their phone had to be activated. Sam's had to be activated and we ain't that poor no more, but there's a little bit of Scots in there still. He didn't want to activate three phones.
- P Yes, because it's 10 bucks a day.
- S So my phone didn't get activated, so no word, Danny. I came back and I started telling...
- P Serene had no Bible.

S I said to Pearl, I was just thinking about all the scriptures that I had in my heart and blah, blah, blah, blah, blah, but I couldn't really read fresh. And so I came back and I was telling Pearl about all this stuff. And she's like, Serene, I haven't seen this Serene for a long time. What's happened to you? You're like all a lit bit hiffed and miffed and you've got a few hurts going on there. I'm like, this person texted me that. Can you believe it? Usually, I'm the opposite.

P Well, Serene, we've all been on a journey, right, and Serene, we used to get hurt feelings by this and that. But Serene has been on this journey of spiritual growth for a while. You have become this very strong, solid person. People don't offend you. You're with God everyday. You and Graham Cook and going for it. I mean you're just like spiritual, you and Jesus. And then two weeks with the bible, right, and Serene was calling me: Do you know what she said? I'm like: Who is this, Serene? I haven't seen this Serene in years, and then I said to you even Charlie said Serene was getting these looks. He's like, what's with Serene, right? Then you called back the next day and you're like, I know what it is. It's my minimalism. Minimalism did it to me. I couldn't read my bible everyday. This is the real me, not me and God; it's just me.

S So yes, so we're going to Israel in January, and I'm not going to go that minimalism for that, taking me paper just in case.

[00:32:40]

D You said Israel?

S Yes, mate.

D You have to take...

S I'm taking less clothes though. I'm taking less clothes.

D What, less clothes?

S Less clothes.

D Even though you... So you didn't learn from...

S There was a lot of unworn outfits.

P Serene, when you say outfits... Okay, in Australia, it was a bit warmer, so she had this other outfit. It was like a Tarzan...

S I wore a different shirt nearly everyday. They just lightly fold up, but I wore...

P They were all tiny. You could screw them up into your fist type of thing.

S But you see, when I was in Australia, I brought silk to go over the wool, right, because it's just colourful and light, and I hardly wore that. That was junk. It was like waste.

[00:33:13]

P But in Australia, you wore this like me Tarzan, you Jane, like me Jane type outfit.

S Did I?

P Yes, every single day, but you had arranged it just slightly differently so to you, it was a new outfit. To me, it was the same outfit worn slightly differently. She calls it a new outfit in her head.

D That would be a dope fashion brand, Me Jane.

P I know, right.

D Almost like a wild kind of Bohemian vibe. It's called "Me Jane".

P So you are a brander, Danny.

D Yes, I love it.

S But listen, we loved going back to our countries. We really did. And we were born in New Zealand, raised a little bit there, but actually the majority of our growing up years for Pearl and I was in Australia. But something interesting happened because when we were down there, we really connected with New Zealand even more.

[00:33:58]

P I'm not saying anything about Australia because we love Australia so much, but we realized it's not just the place, it's the people. A lot of our relatives are still in New Zealand and it was the hills our Granddad walked over. I mean it was jolly the country we were conceived in, mate. Our DNA is that country.

D When you were there, did you feel like a very rooted sense of identity?

S I cried a lot.

P I had thoughts and feelings come back to me just through looking at things of my childhood that I didn't realize were in here. It was like there's a feeling I haven't experienced in two decades, and so it was very beautiful connecting with our homelands. Actually, both of the places though...

S We loved Australia.

P Australia's just gorgeous and the food... Can we talk about food for a while?

S Oh my goodness.

P You can eat... I don't know...

S Why are we talking about food on this...

P Well, in any place, I think, but New Zealand... I do want to talk about some things, actually. First, I want to talk about the beautiful things. We talked about all the gorgeous grass-fed dairy products and lamb in New Zealand.

[00:34:58]

S All the meat's grass-fed.

P Oh, it's beautiful, but there were some things from my childhood I wanted to go back and sample and taste.

S Yes, Pearl did.

P I did, but I didn't overdo it. Let's see how we did, okay. Mostly, we ate just good old healthy things, lots of Crossovers, of course, Serene, but I wanted to eat a meat pie and fish and chips because those are things of your childhood. They are the things that are just amazing, that New Zealand and Australia are known for. So I had a meat pie, which they called it a mince pea. Mince is ground beef with a gravy in a pastry thing, in a little meat pie.

D Oh, what did we call, we call it Shepherd's Pie over here.

P Yes, that's got potato in it. This is just all pastry. Anyway, I had it.

D Oh, pastry.

[00:35:42]

P It was really quite, quite great, maybe not as good as I remember, but I just needed one to taste. If you live on that sort of thing every day, it's a problem, but if you don't taste it, what's your problem, right?

S Good girl, Pearl, oh, I know, I was forcing it down my children and husband.

P If you don't taste it, what's your problem?

S I'm like: Taste this. You'll love it. He's like, you've never ever... You've been shying me away from junk food. You're forcing it down my throat. I'm like, no, but this is different. This is different junk food.

P But now the fish and chips, I had waited years for. I'm like, oh my goodness, fish and chips, I finally get to taste... And we're talking battered, fried fish and big chips which are like fries, but they're huge. They're very thick.

D Like potatoey?

P Yes, potatoey, so New Zealand is renowned for them, okay. So I go back and I order them. There's nothing going to keep me from these things.

D You're making me so hungry right now.

P But I had them...

D I'll try your spittle.

[00:36:34]

S You hate this thing. This is not a good one. I'll give you a good one. This is not a good one.

P Excuse me?

S Yes.

P Thank you.

D Please continue, Pearl.

P But I didn't remember the grease. I'm so used to, I guess, just natural fats, not a lot of fried fats. It was so greasy. It was good, but my spirit in my body and my soul said: You're good even... I didn't even need to finish. I appreciated the experience, but it was just so greasy.

D Like oil?

S You didn't enjoy it though. I could tell you really didn't enjoy it.

P I couldn't. I tried them one more time because I thought I'm going to give it another go, and the same thing happened to me. I just thought, guess what, I've matured past the point where I can even enjoy this. My taste buds and my health and my body says, you're a bit past this, Pearl.

D Do you know what's crazy for me? It's got to be psychosomatic because I don't believe that the heavy oil or grease could affect my body as quickly as it seems to. I get halfway through a too greasy cheeseburger or something like that, and it's like I feel upper right quadrant point where the gallbladder is. I think it's a little psychosomatic that I know what is happening and so my body starts to go... A little alarm goes off, saying, remember... And maybe nothing's even happening, but my brain is sending pain signals or something.

P Yes, but it's those oils, the deep-fried oils, which are not healthy, but I think it's fine to try them. But I did it... And so then I tried other things from my childhood, and I'll be like, well, yes, that was good and all, but man, I really love my Trim Healthy Mama food. Nah... So all these things...

S It's interesting though. Sometimes the memory of a food is so much more fantastical than it actually really is. Once I ate my child... One of my children, I was like: Oh, I really want this particular candy bar, that she used to get at Christmas time. She's like: Please, can you put it in my Christmas stocking this year? This was a couple of years back. And I gave it to her, and she was like, oh sorry, Mum, I really, really loved it, but I don't know what I saw in it. It's so funny how memory can be so much more...

[00:38:45]

P So those childhood foods that I thought that I would literally love and have to stop myself from eating all the time weren't the foods that I actually loved when I went back. In Australia, they're really focused on health over there in the cafes. And they had amazing... The things like the eggs and the things like the greens, like they would do sautéed kale with poached eggs and sourdough dack rye bread. It was just really good, whole food Crossover type things or you can make it an S and it was actually easier to eat on Trim Healthy Mama over there than it is here in the US. It was incredible.

S Way easier.

D What were you pairing with eggs? Was there spinach? I mean what else?

P Yes, they did sautéed kale...

S Mushrooms, field mushrooms that were absolutely amazing.

D Next to the eggs.

P They did a pesto. They did a nut hummus.

S And they do avocado smash on poached eggs.

[00:39:36]

P Avocado everywhere, a big thing is they put avocados and feta and poached eggs on the top and they call it avocado smash.

D Oh feta, people, feta over a fried egg.

P Oh, it's amazing.

D You could even tap a couple taps of Tajin on top.

P Oh yes, Dan-Dan.

S I've got to go tell my children to be a little bit more quiet, hold on.

P Well, can you close the door? Yes, the children are in the other room. I don't know if it's picking up on these microphones, but we can barely hear ourselves think.

D Yes, probably not terribly.

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

S Serene.

P Just the last thing you want to put on your grocery list, right, razors.

[00:40:14]

S Do you know why I don't forget Billie, because it's a good old Australian word, Billie. It actually means the kettle. Put the kettle on. Put the Billie on. But it makes me remember my favorite new razor, which is Billie, people. And do you know what I love about the Billie? It's inexpensive for a four or five razor beautiful blade, the ones that I have to have the key to open. Those are the four or five blades that are real the top ones.

P Yes, but now we don't have to go looking for them. Introducing Billie, it is delivering premium razors directly to you for half the price.

S Can I just butt my voice in there?

P No, I want to finish my sentence. Half the price...

S No, but half the price...

P ... of what you'd find in a store. Go to mybillie.com to get this starter kit. This will include two razor cartridges, a handle and the magnetic holder for the shower.

S Magnetic, magic holder for the shower.

P So for only \$9, you get four refill blades every one, two or three months, based on how often you shave.

[00:41:15]

S Now that's smart because some people are every dayers. Others are like, hey, let's get the grass growing a bit more.

P Yes, that's me.

S Me too, you all wanted to know that, right? Now each razor cartridge includes five American made blades and that's what a woman needs, five blades.

P They're encased in aloe shave soap for the smoothest shave that's gentle on sensitive skin. They also have more space between each blade to allow shave cream, soap or hair to pass on by.

S Oh, there's nothing worse than I'm in the shower, having my own shave and then this clog.

P Billie is an Allure best beauty winner and on Nylon's beauty hit list because Billie is a brand that finally got women's razors right. Okay, another thing, you get free shipping always. Skip, adjust or cancel your subscription any time...

S That's huge.

P So here's what you've got to do. You've got to go to mybillie.com/trimhealthy and you're going to get 10 percent off your razor, so the best razor you will ever own for half the price of razors in the store, plus the shipping is always free. This is a limited time special offer. Go now to save 10 percent off your razor at mybillie.com/trimhealthy, spelled M-Y-B-I-L-L-I-E, dot com slash trim healthy.

[00:42:36]

S This is the PODdy with Serene...

P And Pearl.

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

P Yes, the food was incredible, but then we got home and then here to the Tennessee woods, and I realised the beauty of New Zealand and Australia. There's beauty everywhere though because we got here to our Hilltop and our beautiful coZy homes in the woods and I thought: You know what? We are blessed. Anywhere you make home is such a blessing.

S Yes, I totally think that.

P I felt so privileged and amazed to go. We want to go back. Serene and I said we are just going back, but to come home was amazing too. And this truly is home, and this is where God has given us roots. We've raised our families here now. God has been incredible to us in blessing this business and that's all America. It's the American dream, so we love America. I mean...

S Well, Fitie.

[00:43:34]

D This has turned into a very patriotic vibe.

P It is. I don't know who I am. Am I an American or New Zealander or Australian? I don't know.

S We tried to work it out and I feel like... Yes, you go Dan.

D Me, me, me, me, me. I was just going to ask what you... What do you identify with now that you've been to New Zealand, right? You had a taste. I mean like me, I don't... When you're describing your magical feelings in New Zealand, when I go to Memphis, I have very unmagical feelings. I'm reminded of how badly I don't want to be there. I don't even want to...

P Well, you grew up in the hood, yes.

D Yes, even driving and seeing signs and things I remember, it's just argh. It's icky.

P That was so funny because we didn't have any argh. We just had, oh yes, this is deep and good. This is so good. These feelings are so good.

S Remember with songs, the song remembers when, I feel like the sight remembers when the smell remembers when, and that can be a negative or a positive for people and I feel because Pearl and I were blessed with a lovely childhood, everything from going back was very cuddly and cosy and very old-fashioned oat porridge feeling, comforting and just warm and...

[00:44:44]

D Yes, but what I'm asking... So I don't identify as a Memphian. I don't identify as a Nashville person. I've lived in Mexico. I've lived in Pennsylvania. If I were out of the country, I would be like, oh yes, I'm in America. I would have to remember I am actually an American, but I don't feel...

P Yes, but you do identify with being an American though.

D I actually don't.

P You don't?

D I don't feel patriotic, I don't feel...

S Fitianga. I feel like you're going to get letters.

D Yes, I may, but I'm just saying it's in my heart. I'm not like I'm proud to be an American...

P Well, see, I am.

S I totally am.

[00:45:15]

P I think because we came here... Even though I'm proud to be a New Zealander/Australian, I don't know which one I am, I have a New Zealand passport, but because we've come here and seen, I think, the big heartedness of this country and truly, it is an incredible place. I do feel patriotic to America.

S I feel so patriotic.

D You do?

P Oh, majorly.

S Yes, I mean, listen, at Thanksgiving and 4th of July and all these holidays that we don't have down under, I just feel so... I have all these feelings about the 4th of July and our independence and...

P But we're very mixed because do you know who you are? Are you an American or a New Zealander or Australian?

S Okay, this is what I feel like I worked out. We've talked together about it, Pearl. I feel like we decided and maybe you're a little different now since being back. You might have thought about things by yourself, but New Zealand is our roots and we have a lot of nostalgia, so New Zealand is our roots. Australia, to me, is a fond place where I spent a lot of shaping time, and America is my home.

P Yes.

[00:46:14]

D So okay, yes, and by the way, I don't mean to communicate any lack of gratitude or...

S Fix it up, Fiti.

D Yes, I've got to fix it because like Veteran's Day and some of the days and stuff, I am truly like: Oh my gosh, it's so great to be...

P Yes, because people died that you're sitting here on the sofa in the PODdy Barn.

D Yes, all that, all that. I'm reverently...

S You really huffed off this...

D I'm just reverently bowing to that because yes, I am that and I do have those type of feelings, but in terms of... I don't know. It's just interesting.

P But it's because you're racially ambiguous too. Your Dad is full Mexican.

D Yes.

P Your biological Dad, and you spent part of your growing years in Mexico, and that does sort of make you confused, who am I? Am I American? Am I Mexican or am I something in between? I mean it is understandable.

[00:47:01]

D I've always identified as an alien.

P Yes, alien.

D I've always felt like I'm from another planet.

S Our accent is kind of mutt alien because over here, people think, ah, you've got an accent and they say: Where are you from? We say, down under, so we kind of think we have a down under accent, but when we're down there, people, they don't own it and we don't have it.

P They think we're so American. Our relatives over there, they call us their American relatives. They think we sound American.

D Because you sound, to them, American.

P They think we act American, we look American. Yes, they think we're American.

D Well, would you say I have a southern accent?

P No, you don't, Danny.

D Not at all, until I talk to somebody from California or New York and they're like, oh, you're from the south and I'm like...

P Leslie Pops wants to say something.

[00:47:44]

S Come on, Les. Come on, Popsie.

D Get over here.

S Come on, P-Salmo.

P She's got three or four names.

L Hello, so I have a question for you. I have the same thing when I go back to England. Did you have any hurt or were you offended? I found it a little like: Oh, I'm from here. This is my hometown and they were like, you're dressed like an American, and I don't think... They weren't being mean but it's almost like... I'm like: Stop rejecting me, but I'm so proud to live here in America and I wouldn't change it for the world, so it's such a struggle.

P But they just look at you as a bit of an outsider now. You're American. You're American.

S It did hurt. It did hurt, but I didn't want to feel hurt. But I was without my bible, so I think I felt hurt. I did though...

L I never did read the bible, so probably that's why I...

[00:48:38]

P We know where you go, P-Salmie.

S But no, I did because we had to keep going... Whenever we went to any store, we announced it when we walked into... We were born here. We haven't been here for 27 years, but this is where we grew up, like a whole announcement.

P And sometimes we'd say this whole story and they're like, why are you telling this? I don't care.

L Which in itself is so American.

P I know. It's so American and it's so narcissistic that we'd go tell our story in every store and they're looking at us like: Um, yes, you yank. I mean that's what they call Americans, yanks.

S Oh man, it's so interesting. Oh, but we've got to talk about Cuaro.

P Okay, yes, but we're coming to the end of this and I don't know what anyone's getting from this podcast today, we're not bringing meat. We're just bringing the story, so...

S Hey, a story's sometimes just refreshing.

P Sometimes and it's two weeks before Christmas, maybe they don't want butcher meat.

[00:49:30]

S Hey, I want to say this though. You brought the fact that your taste buds have changed without you even knowing it and that is something... I feel like that's huge because a lot of people whose taste buds maybe haven't changed yet, there is hope that one day all this healthy eating is going to totally change your flavor, taste bud profile and you won't have such a...

P You're going to mature to the point where you actually look back on those foods and you taste them and you think, they're not all that they're cracked up to be that I thought they were cracked up to be.

D Oh yeah, I never thought the day would come, but I've had macaroni and cheese, which I would say when done right and healthy now, is probably my favorite food of all time.

P Pretty good, right.

D I mean it's just so comforting and wonderful.

P But what do you think of the box stuff that you got?

D But yes, when you start to taste what used to be your favourite foods... By the way, you guys always make fun of Pop Tarts. That was my favorite of all time. In fact, I'm not going to talk about what I did.

[00:50:26]

S I remember being in your home with Lisa, your wife.

D Oh, you remember this.

S You're walking in from work and not yelling in an awful way, but very loudly, asking everyone in the room where the Pop Tarts were.

D That's hilarious.

P I know another thing, and this is funny. Even when I started Trim Healthy Mama... You know the Ramen packets? They're very cheap and sort of yummy, just ramen and I used to love those even in my 20s, right, and early 30s. I thought they were the ultimate food. I knew they were bad for you though because all the different MSGs and then that just white flour ramen, but when I first started Trim Healthy Mama, I'd still crave those Ramen packets.

S That's right because you used to make recipes that would substitute for that ramen.

P I tried to substitute Ramen packets all the time. It would just give me my fix, but then I think it was a year ago or something, somebody made an extra ramen packet and I put it into a bowl, and I just wanted to see is this still good. I tasted it and I was like: This is not even good. I can taste the chemicals. I could taste the MSG. It was like I'd got to the point where finally that was... My taste buds said this is not good for you.

[00:51:34]

D Well, it gets disconnected from the idea in your brain of being savory. This is no longer a thing to be craved. It is actually quite abusive...

P These things can take years though.

D It does, yes.

P Because even in the first three, four years of Trim Healthy Mama, I craved those things, and I still liked them.

D Yes.

P When I taste them, I still liked that.

D Fitianga, man.

P Fitianga it, mate.

S Yes, the path of the righteous shall be brighter and brighter. The path of a taste bud on a healthy, clean food shines brighter and brighter every year.

D Good word.

P It's all good. I think we're done, guys, because we're all good and...

[00:52:10]

S We left out Cuaro which was the best part of our trip, but who cares.

P But I don't think it's a joke that you had to be there, Serene.

S I had to be there. Yes, and we left out how we almost died on the cliff with your son-in-law, but you had to be there.

P You sort of had to be there for that one too. We left out the fact that when you came home, I was sitting up the front, business class. Serene was in the... Not the back, the very, very, very, very back of the plane.

S Frozen like an ice cube.

P They were sitting there next to a lady that was coughing and spluttering and throwing up for her 14 hours, was it, straight and you were freezing there and...

S And then my husband got the cough, and then I was embarrassed of him for the first time in my life. I've never been embarrassed of my husband, especially when he's sick. I just want to protect him and love on him, but he was like the loogy man you wanted to just...

P Get away from.

S He had us... The whole plane probably... It was like that for 14 hours. I'm covering my head with a big blanket.

[00:53:06]

P And Serene just sat there with your baby basically screaming and I'm up the front, having my lunch.

S Wining and cheeing and laying down in her little pod.

P I wasn't wining and cheeing, maybe a glass of wine, but yes, getting lovely service because we decided to spend that extra to be comfortable.

S Well, I just bless your heart. I have no hurt feelings that...

P But you came back and you got a cold because of it.

S Yes, I totally got a cold and everything. Well, once we ended up in America, then I had a six-hour layover in Houston, sitting there like a zombie.

P And then you came straight here, whereas my husband and I decided, no, let's not come straight back to Nashville and miss a whole night of sleep. Let's spend the night in LA, get a lovely night's sleep, come back the next day, don't miss any sleep.

S Yes, but you live with Charlie Straight Pants . He does the straight pants way.

P Yes, I do, and we do things in lovely straight pants way.

[00:53:54]

S And my husband's nickname is Push, which means you push it all for the limit.

P And you suffer.

S But he's the darling in my life. See you guys.

[00:54:42]