



Trim Healthy Podcast with Serene and Pearl Episode #157 - Another Dan Man On Plan

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

S = Serene · P = Pearl · D = Danny · L = Lesley · DH = Dan Hartman
A = Allison Hartman

[00:00:00]

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...

J Hey, hey Danny.

D What John?

J Producer John here, hey sorry for introducing or interrupting your, always entertaining, introductions, but you're a stats guy, right?

D Yes, I'm a stats guy, yes I'm a male creature.

P I'm nervous, the intro never gets interrupted.

J It's one of my jobs to pay attention to, you know, the nerdy stuff.

[00:00:28]

S Hey Tim, stay tuned, if we have to rewind this.

J No editing needed, no. Hey, would it interest you to know, when you start back up with this introduction, you will have been introducing this podcast for three years.

D Oh, let's go.

P Is this the anniversary today?

D Let me get a golf clap.

J Three-year anniversary.

P Happy Anniversary PODdy Crew.

S Happy Anniversary to us.

D Guys, can you believe that, three years we've been doing this every week.

J Hey, would you do me a favor Danny, this is actually a favor for my Aunt Sheryl in Detroit, she feels that after three years it might be time for you to actually read the plan.

P Hear-hear, come on.

[00:01:11]

J Would you do it for Aunt Sheryl?

D By reading the plan, do you mean the book?

S You might even get a raise, Dan.

D I bet I won't.

P He's never getting a raise.

D I bet I won't, I know who writes my checks.

J Anyways, on with the intro my friend.

D It's the Trim Healthy Podcast with your girls, Serene and Pearl, and your boy, Danny. And we're so pumped that you've joined us today, we actually have some special guests, a man and lady, in the room. I'm feeling territorial, because this guy's, like, Trim Healthy Man all up the wazoo, he knows the plan, I'm a little bit nervous now.

P Yes, because Serene said to me, Serene's just come back from Israel, a lot of you know that she was there, she said to me, Pearl, she went with this couple, the Hartmans, great friends of Serene's and mine, but she's like, Pearl, we've got to have Daniel on, he's more hardcore THM than I am. He's a man and he's toting around Good Girl Moonshine all around Israel.

[00:02:06]

S No, listen people, he was, like, pulled over like a terrorist at ever single security place, because all of his Good Girl Moonshine ingredients, which he's taken to a whole different level, he took his turmeric and he took all the psycho ingredients that go into in and he took around this big silver bullet-looking thermos, that's like two gallons, and he just diehard had to have it every day.

D Okay, so you said Dan, and that may have confused him with me, his name is Daniel as well. Daniel and your wife... What is her name?

DH Allison.

D Daniel and Allison, welcome to the Trim Healthy Podcast.

P Welcome.

S Listen, Allison is the brave heart amazing woman; she's 32 weeks pregnant and went all the way across the world to Israel.

D Wow, what was this for, why was everyone in Israel?

P It was their vacay.

DH It really started with an idea of, there's really only one place in the world I'd want to go, is Israel, and my daughter for her senior trip said...

[00:03:10]

D Not Mexico?

DH No.

S Dan's Mexican, he's highly offended right now.

DH Actually Eden almost got kidnapped in Mexico, so yes I don't have much...

D Who doesn't almost get kidnapped in Mexico?

P You know, we got pulled over by the police and bribed in Mexico, that was the best...

S That's because he was Dan's fan.

P Yes, it was Danny's...

DH Yes, so I had my full of Mexico. So, anyway, Israel, the Holy City, just I've always wanted to go there. So, my daughter just basically said, okay, yes I want to go there dad, so what do you say. Okay.

P Oh, that's awesome.

[00:03:42]

S So, they were saying this to us at 4th of July, their whole family, they live in Florida, they come up to us for the 4th of July here in Tennessee, and they were saying, yes we're taking our daughters for their senior trip, I said on my life you're not, not without me. Not without me and my good old Sammo, I mean, we love Israel, and we don't take our children on senior trips, but all of a sudden we are, okay. So, we have two girls that graduated also, which are friends of their girls, so we all went as a big old foursome, plus my two toddlers.

P But, let me pull this back, so this PODdy is not about Israel, we'll save some of those escapades for another time, this PODdy is about being a man on plan. And can you tell us a little bit about your Trim Healthy Man story, Daniel?

DH Yes, yes I started out about 223 pound-ish.

P How tall are you?

DH Five ten, five eleven.

P Okay, so you were overweight, yes. I can't, I'm looking at you right now and I'm trying to...

S Oh, I've seen the pics, he was nice and chubs, but you loved him, right Alice.

[00:04:44]

DH So, yes I never have ever been on a diet and I don't consider this plan a diet, and that's why I was attracted to it, was just the simple fact that it has nothing, it's a lifestyle change.

P How did you, like; hear about it, what was happening?

DH My sister had lost 40 pounds on it and my whole family is overweight, I'll just, that's pretty much, you know, they've always struggled with their weight their whole lives. And I really haven't, but when I hit 40, it was like, whoa, this is not good, this is, it's catching up with me. So, just, I saw, I knew I never wanted to diet and I knew I wanted to understand about food, the philosophy of food, the science of food, why things do, you know, how things happen the way, you know, what exactly is going on. And when she was eating her steak and her broccoli, on plan, at a restaurant and she was like, yes, we lost 40 pounds and I was like, okay, well let's do this. And that's, and we're talking Good Girl Moonshine going around, I drink it every day just about, I guess, a half gallon to a gallon at least.

P Wow, that is, kind of, cool.

[00:06:01]

D Can it be, like, Good Guy Moonshine then?

P Yes, it could be.

S His has totally gone from Good Girl Moonshine to something...

D Trim Healthy Man, yes.

P So, what do you call it, do you have a name or do you just tell people this is my Good Girl Moonshine?

DH I say Good Girl Moonshine, I'm abashedly, yes...

P I love it.

S I call him Moringa Dan, that's his nickname, that was his nickname across all of Israel, and it's, kind of, a nickname for his, you know, he's totally dyed-in-the-wool with his health, he grows moringa in his backyard.

P Oh my goodness, that's hardcore.

S He grows everything in his backyard and he puts everything in his Good Girl Moonshine.

P But can I go back, because I'm going to be the one keeping us on track today.

S And he doesn't share it either.

[00:06:33]

P So, you started this plan and then ultimately, sort of, how long have you done this and where are you at now, because I'm looking at a trim guy right here?

DH I went down to about 190, a bit less, and then I'm right about 200 right now.

S That's because of all the falafels in Israel.

DH Yes, we had a little too much Israeli food.

D You guys go on vacation, that's what happens.

DH Yes.

P Yes, so tell us how you implemented this, like are you the cook or is Allison the cook, or are you cooking, are you an eating out guy, what, how have you made this your own?

DH We eat out quite a bit and I basically just have held on to a few of the principles and just try to choose food that makes sense and stay in the fuel pool range and then add the S's, you know, the meats or the almonds or the walnuts and...

P The fats.

[00:07:24]

DH Yes, the fats.

P And then do you do some good carbs too?

DH Yes, yes that'll be, I don't do those as much, because you have to limit the amount that you eat, you know, but I'll usually eat a huge salad and I'll do, I don't even do, like, oil in the dressing and stuff, if I can stay away from that all, just because a lot of the soybean oils and stuff like that, you don't really...

S Right, because he eats out.

P Yes, yes you're eating out, so you're trying to...

DH So, I'll do balsamic vinegar and do some cayenne pepper.

P Do you ever find, like, sweet potatoes at a restaurant or anything?

DH Yes, yes I'll eat sweet potatoes.

P Yes, that's awesome, that's a great carb.

DH I love that you do a huge salad, I find that's what I've been doing lately are these monster salads.

P You are rocking salads, actual salads, instead of having spinach?

S You ought to get a raise Dan.

[00:08:08]

DH Yes, yes proper salad and then doing work to slice the tomatoes, the carrots, feta cheese in a salad, it's mind blowing.

S Are those finely diced or what, just hacked up?

DH No-no, no-no-no, I am a man of a sharp knife.

P Really?

DH Yes, I feel like, you know, there's...

P But you're a prop guy, right, you like props?

DH I do.

S He's got one of those Japanese special blades.

DH Yes, you know those videos like, where, like, they're peeling something online or they're plunging their hand into some jello or something, it's like a therapy... What is it called?

P Yes, those things, oh my son watches them, it's...

DH Where it's, like, satisfying.

[00:08:42]

P Yes, satisfying, yes.

DH It's a satisfying video, that's, when I'm slicing into a vegetable from the earth, there is a sense of satisfaction that can't be reproduced anywhere else.

S Just for that line you're getting a raise, I'm giving you pack of raisins before you leave. That's my special children's raise, if they make their bed they get a little pack of raisins, I've got one in my pocket for you.

P You're shoving some good protein on there, what's your favorite protein lately.

DH Well, tuna on a salad is fantastic.

P Oh yes, that's what I'm doing right now.

DH I saw that on yours, yes. Cutting up chicken on a salad. Look, what man doesn't like to stand over a fire, you know, throw some chicken on the grill, I think it's all about the prep time and just getting into the love of the prep.

P Yes, that's good. Hey, so Allison, tell us about what you have seen in your husband and who is he and how this journey, you've looked on at his journey, and tell us a little bit?

A Daniel's always been an all or nothing guy, it's go big or go home. So, I would say he pours himself into whatever he's into. So, believe it or not, you know, he really used to be, kind of, unhealthy, to where, you know, kind of, an addict to sweet tea and whatever. And when he read this book, he's an engineer, so everything in his mind is black or white; he's not an emotional...

DH Coke, Dr Pepper.

P Yes, you were a Dr Pepper guy.

A Coke, Dr Pepper. When I married him he was an addict to Dr Pepper, Tom Thumb gas station hotdogs and Skittles.

D We had the same exact diet, because I was in construction, yes exactly, I'd go to work and I'd get, I'd just load it up, that was it.

A But then he went to the other extreme, we had a daughter who had, kind of, a mystery illness and so we started reading labels. Well, once you start reading labels, you can't unread labels.

D Oh yes.

A So, we started, you can't, you can't take that knowledge and ignore, so then he went all to trail mix and carrots, so anytime you'd see him he'd have a big carrot out of our garden and he would just munch on it, and people thought, you know, he was horse. So, anyway he would do that, but he'd still stick with his sweet tea. And then he weaned off of that and went to unsweetened and then he found of course the plan.

P So, it's been a process of learning and discovering.

D Stevia.

A Yes, he's a Stevia man...

S Oh yes, Stevia, listen people, he carries around a packet of Stevia, our Trim Healthy Mama Stevia pack, the white powder, in his back pocket, [overtalking] plumes of white smoke, like, going, like, behind him.

DH I have the funniest story about that.

D In his wake.

DH Now this is, this was just hilarious, okay so I had a bag of Stevia, it had, it was full of air, and someone it got in the crack of the seat and I sat down on it and it exploded and it went...

P Wait, what seat?

[00:11:33]

DH The driver's seat. And it, we heard this big poof and Halle, behind me, there was, like, a crack behind the seat...

A She was white.

DH She was white.

P I bet your van, like, had this whiff of sweet, like, for months.

DH Everyone, everyone in the car was just like ugh.

S Every time you talked you tasted it.

A But seriously, he will drive, if we, let's say we leave the house and we get, I would say 15, 20 minutes away, and he realizes he left the Stevia home, he'll turn around. It's not an enjoyable meal unless he can have Stevia in his... So, again, he's all or nothing. So, he went from trail mix, which most people think of trail mix as healthy, but it's nuts and raisins, which is fats and carbs, and he was not losing weight, but he ate healthier than anyone.

D Well, if there's no sugar in it, most trail mix is chock full of sugar.

DH Yes, I was doing more Paleo, but yes it does, yes.

[00:12:26]

S Good on you Dan, read the plan and I'll give you a raise.

A He couldn't shed a pound.

P He couldn't shed pounds, so how long were you, when you first came to these principles and started implementing them in your own man way, was it quick, was it slow, was it...?

DH Well, Allison and I started together and I just dropped, boom, and she had, she had, it took a little bit more for her.

P And women get so mad, were you mad or not, Allison?

A We were eating the same thing and yet he, I lost, I guess about 25 pounds, but it took me way longer and he just totally dropped it right away.

P Yes, that's what men do.

A But, again, he's not an emotional eater, so for him, his saying is I eat to live, not live to eat.

P I'm more of a live to eat person.

A I'm a live to eat.

S I'm both, I just believe that both can be married.

[00:13:16]

P Yes, well that's true.

DH No, I'm eat to live, I eat to because I have to fuel up.

S Yes, but I live to eat, I can't deny that.

A I do, I love chocolate.

DH And I read a book a bit ago, I guess about 20 years ago, and that is a standard philosophy of skinny families versus overweight families.

S Hey, my family's skinny and we live to eat, but we eat healthy.

P Yes, but guess what, when you live to eat the healthy foods, then you really live.

DH Well, there's the add-on then, there you go.

P That's so good. Okay, Allison says, like, you're this all or nothing person, so is there an endpoint to this or is there, like, anything and you're like, I just want a doughnut, going back? No?

A No, so he never cheats, I mean, he really never cheats.

[00:13:54]

P But is that sustainable for you, Daniel?

DH I mean, I won't say I never cheat, like going to Israel, going to people's homes, you know, it's not a...

P You're crossing over and all that, of course, yes.

DH It's not, but I know what I'm doing, I understand what's going on and, okay I need to eat less or not eat as much.

D I like the way that's phrased, but I know what I'm doing.

S See, that's the thing.

D That's education, that's why I probably should read the plan, other than that I do the opposite of the plan, I'm trying to gain weight.

P No, your meals are on plan, Dan, they a man plan, they're crossovers, they have to be crossovers to gain weight.

D I'm on plan, I'm on plan.

P You are.

D I thought about starting a new website called Not Trim Healthy Mama, and it's just the opposite advice.

[00:14:33]

S It's the opposite advice, but it's still crossovers, because crossovers keep, it's the carbs and the fats together, but it keeps you still from spiking your blood sugar, which isn't healthy for skinny people.

D That's true.

P Can you imagine though, Dan like, Dan has like...

S We don't give him a raise when he leaves.

P Yes, we don't give him the quarter raise, right, he's got this website, Not Trim Healthy Mama, and he does everything opposite, does a big exposé about this is what Serene and Pearl are really like.

S You have to read the book to know what's opposite, Dan.

D Yes, I do, like, cross-unders instead of crossovers.

S Cross-unders, love it. No, but its fun, I didn't see him cheat awfully, but Moringa and I, we've got similar personalities, where, you know, you can relax a little bit, you know what you're doing, but we don't ever see I don't think, like, full-on chocolate junk a treat.

[00:15:21]

P Okay, so you're, okay it hit me, you're a Serene, a Serene can never turn back to, like Serene could never go back to, like, doughnuts or things of your childhood that you liked. So, your brain is like a Serene brain, why go back, that's just not...

S Listen, let me tell you a bit about Moringa, I'm a minimalist, right, in my travel, not at my home, so we went, I can't be at my home, because my husband's a hoarder. But anyway, we travel minimalist, my husband travels very minimalist, Moringa has a whole suitcase just for his Good Girl Moonshine.

P What?

S He has, like, 65 ingredients and they're all coming with him, okay, but he doesn't just bring that, he brings a showerhead for every motel room, so that he can switch it over and not have the chlorine water.

D Oh, a chlorine free.

S And a wrench to switch the shower, listen people.

DH I did have to leave the wrench home on the Israel trip, I did have to borrow that.

S Because he left the wrench home and they didn't, he wanted to borrow, but they didn't have a wrench, he actually stole one of the screws from one of their air-conditioning vents, he did replace it, so he could use a screw, so he could put his showerhead on.

[00:16:25]

DH No-no-no, that was the bottle of wine, we didn't have, because they were good Baptists and...

D Hold on, does John...?

DH They didn't have a wine opener, so I had to You Tube how to open a bottle of wine without.

P With a screw?

DH Yes, without a corkscrew.

D Has John Gusty met his rival though, in terms of, you know...

S I told them they weren't allowed to meet, I was a bit worried about this.

D Bringing things and doing special things to places and... John, like, won't drink water unless it's from a copper vessel.

S But look at Daniel's phone, he has made himself a copper sheath that goes around, handmade, it looks very handmade too.

D Oh, he's got a sheath?

[00:16:59]

S Look at this thing.

DH The temple water was in copper. Look at this, like that's a purification.

D This is a custom made, engineer rigged copper phone case, real copper from Home Depot.

DH It matches my... Yes.

P It matches your temple at home.

S Apple does not sell these things.

D That is dope, I'm going to get a picture of that before we leave.

P Okay, so Allison, I'll ask you then, how is it then doing, sort of, Trim Healthy, you're a loose Trim Healthy, but you're a good healthy weight now and you just know, you have the knowledge too, how was being so, because a lot of people say, well my husband's not on plan, so I can't be, but you have a husband who's extreme on plan, so how do your scaled-back, sort of, Pearl lifestyle?

A Yes, I guess we're probably more the opposite, you know, most families it's the wife that's more diligent. I totally understand the plan completely. He says I'm a bit of a bad influence on our children, so I try to keep it... But our older girls are really on plan as well and they understand. But, I don't know, I tend to go slacker when I get pregnant, I think. But when I get, when I have the baby I'll tighten up. But, yes, he's definitely very, he's very convicting, because he is so, I mean, he just feels like this is the, you know, our bodies are a temple and we need to, you know, take care of them. And so I, I grew up where, you know, fried pork chops, crescent rolls, you know, that was a balanced meal, maybe some frozen green beans or whatever, that was a balanced meal. So, I don't really ever, I don't have the family history of learning nutrition, so pretty much everything I've learnt is from you all's book.

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 So, the big game is just around the corner.

S What big game?

P Okay, all right, I just realized you don't have TV. Do you know what the Super Bowl is Serene?

S Yes, I know what the Super Bowl is.

[00:19:08]

P Okay, that's the big game. If you were...

S It happens every year.

P Yes, yes it does, oh my goodness, let's get back to this, the big game's just around the corner, which means lots of good times with friends and family, it's a big deal in my home. So, whether you're cooking for a crowd or just getting together, snacking is what it's all about. What does the Super Bowl, sort of, conjure up to people?

S Wings.

P Wings, things like that. So, whether you're watching the big game or not, Serene, here's a reason to throw a party. Butcher Box is offering free wings for life, Danny. Danny's eyes perked.

S Free wings for life? Free wings for life?

P Free wings for life, when you sign up now, whether you love football or just...

S But that doesn't mean free wings for life.

P I'm going to tell you what it means. Whether you love football or just love any excuse to eat a plate of wings, now your chance, sign up for Butcher Box and snack like it's a game day all year round. Every month Butcher Box ships a curated selection of high-quality meat right to your home. All the meat is free of antibiotics, no hormones, no junk like that. And each box has nine to eleven pounds of meat that you choose.

S Hey, it's packed fresh, it's shipped frozen, it's vacuum sealed, so it stays that way, no freezer burn people. I love how you can customize your box, or go with one of theirs, either way, but you can get exactly what you want. Grass fed is not just grass fed, it's grass finished as well, the beef is amazing. The free-range chicken of course is organic and they have heritage pork for those pork eaters.

P Do you know what I love though, their salmon.

S Well, Alaskan of course, always.

P And their nitrate-free bacon.

S It's sugar free too, which is awesome.

P It's the way meat was meant to be folks. And Butcher Box is the most affordable and convenient way to get healthy humanely raised meat, unless you grow your own cows, like Serene and I have started to do. But I still supplement with Bucher Box, I supplement with it, because our family goes through a lot of meat. With Butcher Box you get the highest quality meat around, for just about six bucks per meal, can you believe that. And they even have free shipping nationwide, except for Alaska and Hawaii. Right now you can get free wings for life, plus \$20 off your first box. I want both of those, but I've already had a first box. That's three pounds of wings in every box for the life of your subscription.

S What?

P Plus \$20 off your first box, I just heard that.

S What, did they just become Father Christmas, what's going on with their company? I hope they don't go broke, because every Trim Healthy Mama is going to do this.

P Just go to [butcherbox.com\trimhealthy](https://butcherbox.com/trimhealthy) or use the promo code trim healthy at checkout.

S That's [butcherbox.com\trimhealthy](https://butcherbox.com/trimhealthy) or use promo code trimhealthy at checkout.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O-D-D-Y. I want to say one thing though, Allison, and I think this could be an encouragement to people out there, you've told me personally that even though Moringa is more hardcore than you, he's never forced it down your throat.

[00:22:08]

P Okay, can I just say it again, for everyone who's listening, it might confusing, Moringa is Serene's nickname for Daniel.

S For Daniel, okay yes. So, Moringa here, you've said that he's never forced it down your throat, he's not like, here's your gallon of GGMS and, you know, why are you not, you know, why isn't your meal pure S, you know. And so I think that's beautiful in th4e fact that he's the one really super, super hardcore on plan, but he's not forcing that personality on you. And a lot of women want to force it on their husbands when they're not. And I think it's by example that people really get it for themselves, because you've told me you've been inspired by his healthy eating, but you've never felt like condemned.

A The guilt, yes I don't feel the guilt. He's very encouraging, but he would never say, you know, are you sure you want to eat that white potato, you know. Sometimes when you're, especially when you're pregnant and I haven't gained a whole lot of weight during this pregnancy...

P No, you look amazing, I mean, you look perfect.

[00:23:08]

A He's very forgiving, but yet deep down I know that he would love for me to eat more on plan.

D That he's judging you.

A He's judging me deep within, no he's really not. His thing is he doesn't want us to feed, you know, garbage to our children.

S But, you see, I don't think there should be any condemnation with a healthy journey and that's our whole thing with THM, no shame mates. So, I just feel like it's a beautiful thing and it's been a great example as I've watched these two too, that it really works best when the one that really has got the inspiration, to not down the other who hasn't quite got it yet.

P So, you were watching because you were totally opposite, you and Sam, right?

S Yes, we switched roles. Sam was having the white spud alongside of Allison.

D The white what?

S Spud.

DH Oh potato.

P You don't say spud?

[00:24:00]

DH I mean, I try not to.

P What's wrong, it's a curse word?

DH No, it's just too nicknamey, it's like guac, get your guac out of my face, it's guacamole.

P There's a place for a white potato here and there.

S No, I totally get it.

P Do you just want to give word, what is on your heart to say to people, Daniel, Moringa, I should call you Moringa, what is on your heart to say to, you know, so many tens of thousands listening, to all these women listening, and there's probably a few thousand men by now, we call it seventeen men, but probably a few thousand?

D Seventeen thousand, I think.

P This is your chance to encourage people and just share.

DH Well, I would say as stewardship before God, our bodies are the temple of God and as that temple we're to treat it accordingly, it's God's, it's not ours. And a lot of knowledge that I've gotten through the years, whether it's genetically modified or just whatever, you know, how it affects the body, obviously I just say, okay, no I'm not, if I know it's not good, I'm not going to eat it. And then try to, and it's not so much the focusing on, okay I don't eat this, it's like, okay, you know what, okay I've got these foods that I'm not eating, the preservatives, all this stuff, okay now what do I eat and how do I enjoy it and enjoy life. Like the Good Girl Moonshine I drink, I mean, it is good, I mean, it is really good. And anybody that tasted has been like, you could bottle this stuff up and sell it and make a lot of money.

S Tell everybody what's in it, Moringa.

P Your special, your Moringafied Good Girl Moonshine.

A This week, he changes it.

DH Right, I have, like, a liquid multivitamin I put in it, called Liquid Life, and it has a broad spectrum of every vitamin, it has every extract of every imaginable kind, you can start with that. I do a high mega dose of Vitamin C, just straight ascorbic acid, of course the apple cider vinegar, turmeric, cayenne pepper, ginger, at least a half a lemon or more. I've got massive citrus trees in my yard that we just freeze gallons of it. And pretty much anything that, yes and trace minerals from the Himalayan salt. And everything in amounts that taste good. I always have a good herbal tea in there with the hibiscus type flavors, celestial seasons, raspberry, blueberry tea is a always a go-to.

A And lots of stevia.

DH And stevia, yes, and whatever else.

P And so when, do you make this, like, every single day or once every second day in big bulk, or what?

DH Try twice a day.

P Really?

DH In the summertime three times a day.

P And this just somehow, and it helped, can you tell us about some of the health benefits you've received since you have done all of this and changed your eating lifestyle?

[00:26:56]

S And do you think it's the drink too that's made a huge difference...?

P I mean, the way you've done this, he's done this in a super food way.

S Yes, he has.

DH Yes, yes and the moringa too, just in the summertime, well you don't have to worry about it as much, because you get the Vitamin D from the sun, but now I'll add B, there's a B that, your Dad has it, that's taking, that I always add. What was the question again?

S Lesley's got a question, Lesley Pops has a question.

L I have a really appropriately timed question; I thought moringa was your last name, so do you want to tell, like, the super powers of this moringa, like what that is?

P She wants to know what that is.

S Well moringa's this incredible plant that, we're going to have it coming out in one of our super food protein bars that we're currently creating right now, but Moringa can tell you more about moringa. But every time I see Moringa down in Florida near his home, he's just got fistfuls of moringa in his hand. And if he's going to a restaurant, he always brings a zippy of moringa.

DH Yes, it's like a salad, I have it with any food that I can, and it grows in my backyard... Basically it's a leaf.

[00:28:06]

A It's very embarrassing though when the waitress asks, I'm sorry, sir, what are you putting in your food, it's a green something, it doesn't look legal.

DH So, moringa, it's M-O-R-I-N-G-A, if you take spirulina or wheatgrass it has basically two to four times the amount of everything that it has, it also has all your essential amino acids. And a lot of the missionaries around the world will use it to reverse malnutrition. And there is no second, just because it, you can mix it with anything, tilapia, like aquaponics, you could solely feed it to fish.

P Really?

DH Yes, they just completely...

P There's a business for you right there, not that, your guys are already busy with your own business, but... Well, yes but moringa fed tilapia, tilapia would then go from the, go from like...?

DH If they're vegetarian, then they could solely eat... Yes.

P People look down on tilapia here.

S Well, that should be our super food spotlight, people, incorporated into this PODdy.

[00:29:04]

P Moringa, yes, usually it comes in a powder.

S Yes, Arden, you know, because he doesn't really have the time to do a bunch of juicing, having beat cancer it's still important to stay on a really, really healthy diet and so Arden, my son, he takes moringa powder every morning and every night.

P You know who else it is good for, any of us with the MTHFR genetic mutation.

S It's so high in folate.

P So high in folate. So, I've got a bag of moringa, I just mix it with some water. But you take the fresh stuff from the tree, or the leaf or whatever.

DH As much as I can, but in the wintertime I can't, so I'm doing almond butter and beet and the moringa, I mix them together in a paste, I add a little bit of water to it and it's good.

S He's sucking off spoons in Israel and he wonders why...

DH But it's a basic quality food that you don't, you can still eat, but then not food like you're, you can still, kind of, cheat I guess.

S He wonders why he got pulled over at every security point.

P I wonder why.

[00:29:55]

S Yes.

P No, but I was asking about your, how has your health changed since you started this, I mean, you were eating hotdogs and Dr Pepper...?

DH Rollercoaster.

P You were probably young enough, right, that it wasn't affecting you or was it affecting you?

DH Oh no, like, the sodas, I had to quit, it was a physical thing.

D Why did you have to, what do you mean?

DH Well, I would, like, drink, be at work and doing construction and, like, I'd have this just hit bottom, my body was just shutting down, I don't know how else to say it.

D You mean exhaustion?

DH No, no just the fact that you hit that sugar spike and then, I mean, now I know what it is, then I didn't really know, but it just basically started shutting down and I couldn't handle it. Because your body's basically, if you're not eating the proper nutrition, you're, I mean, you're killing yourself and that's basically the point that I came to, I was, like, wow. And I didn't eat sugar, I was almost a super health nut until I was eight years old, so I just, kind of, rebelled against that. My brother got cancer in 2003, that was really my wake-up call, I was, whoa, this is serious, I need to really take it to the next level.

D Do you mind sharing what kind he got?

DH He was basically 95% chance he was not going to make it, he had kidney cancer, they took a baseball-sized tumor out of one of his kidneys, along with his kidney of course, but it was encapsulated luckily and did not metastasize. So, he was able to beat it. But his problem was, he was dehydrated all the time and that was his main thing, because he did a, kind of, similar thing.

P Oh kidneys, yes kidneys, they're filtering all that stuff.

S Well, you definitely stay hydrated, Moringa definitely stays hydrated.

DH Yes and that's probably one of the biggest things that, like if you go to the hospital, what do they do, they give you water and you're like, oh wow, I feel great.

D Yes or they'll inject you with fluids, which is essentially the same thing, hydrating you.

[00:31:51]

DH Exactly, yes, they hook you up to an IV and they give you saline, with salt, and salt actually helps you retain water and keep it in you, which is why I add the salt, especially the Himalayan salt. And then obviously the Vitamin C, Linus Pauling, Noble prize laureate, whatever, I mean, pretty much all this stuff, whether lemon juice, cure cancer, you know, any of this stuff, Vitamin C cures cancer.

S Vitamin C and lysine together.

P So, you basically have yourself on your own plan, like preventing cancer plan, in your mind really a lot of this is...

DH And I'm not so much concerned about cancer, I'm more concerned about a good offense than...

P Yes offense, yes, offence to a whole bunch of things.

D How long again have you been eating sanely?

P I like that, sanely.

DH It's been a journey, because I went Paleo and then just didn't lose weight, probably since 35, and I'm 50 now.

P And look at Allison here, how many, is this your, how many pregnancies?

[00:32:51]

A Eleventh.

P Eleventh pregnancy, she's... How old are you?

S She doesn't have a wrinkle on her face.

A Forty-five.

D Do you attribute your youthfulness to your eating, do you feel like you look more youthful and vibrant now that you've lost weight and are keeping proper foods?

A So, he can work out, he loves gardening, I call it his midlife crisis, and he will go out there and...

D Okay, no motorcycles, just gardening.

A Yes, he doesn't believe in going to, what do you call them, gyms and working out, he says if you want to work out and get strong, you just come out and, and we have, you know, ten children, so he just has our boys go out there with a shovel, that's his bench pressing.

D Oh yes, why do you think I'm so physically good looking.

A But he'll go out there, and I can speak for this, is that he used to really, you know, he used to be a semi pro skateboarder, believe it or not.

[00:33:35]

D A skater.

A Yes, he's amazing.

D I'm a non-pro skater, but I skate.

A He was sponsored and all that.

D That's cool.

A But once he hit, you know, his 40s or so, he just couldn't do it, especially the way he ate. And once he changed and went THM, which was probably about six, seven years ago, his, goodness, I mean, I just literally can't get him to come inside, because he's not exhausted, he's out there working like an 18-year old man, but he doesn't get tired.

S Yes, let me just attest to that, when we were in Israel, I mean, we were just walking ourselves totally into the ground, and he was just like the Energizer Bunny.

P Really?

S Yes, when we'd get home, he'd want to go back out again with the older girls.

[00:34:16]

P Can I get real practical here, you eat out a lot, so you're like a psycho purist Drive-Thru Sue, almost, even though you're a Drive-Thru...

S Hey, he says Good Girl Moonshine, he doesn't mind you saying...

P Luke, you're like a Drive-Thru Luke. Okay, so can you give us like, can I ask you about breakfast, if you're going to eat a breakfast, what is, like a go-to breakfast for you?

DH Eggs.

P All right, eggs, so...

DH Yes, hit the eggs.

A But Moringa style eggs is go to the chicken coop and crack raw eggs in his mouth.

P Oh wow, oh that's hardcore.

D Do you crack them out of the coop, do you not wash the eggs?

DH If they break, yes, I can.

D There's a special kind of flu that only chickens will give you.

[00:34:58]

A Not our chickens.

DH Yes, I may get that some day.

P Do you ever cook it, like if you go to a restaurant...?

DH Yes, I'll do eggs, what else...

P Do you guys ever do oatmeal, do you ever do oatmeal as a family?

DH Oh, this is the latest kick I've been on, I've been getting wild blueberries and doing a little bit of yoghurt with kefir. I used to skip breakfast altogether, but that to me is an amazing breakfast, wild blueberries with Greek yogurt and kefir.

P And kefir, you've got some good probiotics there.

DH And some stevia and, man, it is...

D That's like milk and honey.

S Yes, stevia basically is the backbone for his plan.

A Well, his Mom has got stage four dementia, and so she's just pretty much gone as far as her memory, and we've been reading how walnuts and wild blueberries, are very good for dementia.

[00:35:53]

P MCT oil too.

A Yes and MCT. We've been making her smoothies with your MCT, the wild blueberries, walnuts, but...

P They are, right, isn't that incredible, you've got the top three right there for dementia.

A He's going to avoid dementia and start taking it.

DH Oh no, I've always, I have severe joint pain, I have just really bad scoliosis and I do the MCT, the cod liver oil and I've been doing this for so long, McKenna's 21.

S That's their eldest.

DH To some degree, like she was eating cod liver oil, like, begging for it, like it was candy, because I would take it every day. So, I have been doing it for quite a while, but then it's just, like, stages.

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

S I'm Serene.

[00:36:39]

S We love Molekule, because it destroys pollutants that other filters either let slip through.

P Yes or they collect.

S Or they just collect and don't destroy.

P Yes, outdated HEPA filters are, have been the way filters have been forever, until Molekule. Okay, but they collect the larger ones, pollutants, but smaller ones like viruses were too small and other, the chemicals...

S Like the VOCs, the volatile organic chemicals.

P Yes, they slip right through those HEPA filters.

S And while they may seem so small and tiny, like they're not a big deal, they're a huge deal to asthma and allergy sufferers. But Molekule uses breakthrough science, new amazing breakthrough, to break down these pollutants on a molecular level, hence molecule.

P Yes and that's the difference, destroy rather than just try and trap, big difference. Since Molekule launched, we've heard from hundreds of stories of parents, pet lovers and severe allergy and asthma sufferers and we've heard how Molekule's technology has transformed their lives.

[00:37:45]

S One customer said that she was able to breathe through her nose for the first time in 15 years.

P One thing I love, and of course we have Molekule right here, is that these air purifiers, they don't look like traditional air purifiers, no they're beautiful.

S Remember when we used to have one of those air purifiers, Pearl, back when we first moved to Tennessee, it was like a, it looked like a refrigerator in the corner of the house.

P And loud.

S These actually look, kind of, like the smart-looking technology.

P Yes sleek.

S Yes.

P Not only is the technology inside revolutionary, but the units themselves are so modern, so sleek, so unobtrusive, right. They're made with premium materials and minimalist sensibilities, which Serene, being a minimalist, you love, and fits into any room of your home.

[00:38:34]

S Okay, so Molekule's verified by science, there's so much study and research to back up the way it works and why it works, but most importantly, it's tested by real people.

P Molekule offers air purification for the whole home and now offers the breakthrough PECO technology across a range of products, providing a solution for the entire home when it comes to air purification.

S Whether you need the Molekule Air for large rooms or the Molekule Air mini for smaller rooms, you get to choose the unit that's best for your space. Or maybe you have a situation where you want a whole home and then one maybe for the pet area as well. I loved, we had a little Molekule mini on the PODdy cam, before we came to this new one, and it, kind of, smelled like rats when we first went in there, hey the Molekule Air just cleaned that whole thing up.

P The mini cleaned it up.

S It changed the whole scent of the room for good.

P So, for 10% off your first air purifier order visit molekule.com, that's M- O- L-E -K U- L -E, and enter trimhealthy10 at checkout. That's 10% off your first air purifier order.

[00:39:47]

S This is the PODdy with Serene...

P And Pearl.

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

S You know, everyone has got their own opinions, and that's okay, I'm totally cool with that. But I want to say this, the proof's in the pudding and the proof's been in the pudding with my life too, but I have never, because I don't really love sweet, but I have had a lot of stevia in my life and I've had a lot of children. But I have never seen a couple eat so much stevia in their life, white powder like they're druggers, addicted, and the babies are pouring forth.

D Hey, why not.

P Yes, you're pouring.

S I know, people, it's, sort of, diminished now because when we first started Trim Healthy Mama there was a big stigma about stevia can halt fertility. But then Trim Healthy Mama started and a baby boom happened, like women got over their gestation or blood sugar issues and they got pregnant.

[00:40:40]

A When we order from you guys we literally order, is this not normal, we order, like, ten to fifteen bags at a time.

P What?

D Just for the fertility and fun.

DH I've never heard about the fertility but yes, if we get down to five bags we're like, okay order.

S Forty five and pregnant, listen, that's good going.

A Yes, we don't drink our coffee, tea, anything, without stevia.

P That's right, your beautiful, Hailey, she was at my house a lot while you were gone and her and Autumn were making cappuccinos and lattes and stuff and I'm like, do you want to try the Gentle Sweet, you know, that will make it a little... And she's like, oh no, I use the stevia, that's what we do. And I'm like, oh, she sounds like she knows what she's talking about.

D Hey guys, excuse while I text my wife, hold on, we're getting the stevia out tonight.

[00:41:25]

P Because you want some more babies.

D Like, I'll show up with my white powder on my upper lip.

P But look at Allison though, isn't she the cutest pregnant woman.

S Yes, she is, totes gorge.

D And she isn't 50.

S No, she's 45.

D 28-ish.

A Yes, she looks like sisters with her girls.

D Hey, curious, for Moringa, whatever you said...

DH Moringa.

D It's so funny...

S It's a New Zealand way of saying it though.

D Les though it was your last name, like, he looks he's straight from Brazil, or something. Hey, so any mental clarity or less stress or tension in your life since you switched from Coke and sugar or maybe your wife could even answer that better than you, but do you guys mark anything stress wise and brain thought wise when you started eating sane?

[00:42:16]

DH Insane cravings from sodas, from the sugar and the caffeine, I mean, that's... Whereas now I could take a, like, before I couldn't drink any caffeine, now I could drink coffee and stuff and it doesn't affect me at all. But very, very bizarre, yes, no cravings versus heavy, you know, what I formally had, which was awful.

P You're used to living a life, I get what you're saying, you used to be where you were so, sort of, depleted, you constantly craved sugar and caffeine.

S Well, Allison was telling me about good old Moringa that, because I couldn't believe that, she said he used to be a junk food addict, and I just couldn't believe it because of the way he eats, you know. And she said, no he'd be driving down the road and trying to catch the store before it closed so he could get his Skittles and hotdogs and whatnot, that he would get, like, in a frenzy and start speeding and tell everybody to hurry up, he was so concerned he couldn't get his junk.

P That's so funny.

DH Yes, psychopath.

[00:43:03]

P Isn't it amazing though, I look at you and I look at, you know, it's amazing how we as humans can take control of our lives; we don't have to be just because we grew up this way. We are our own boss, we are in charge of our destiny, with God, right, but look how, look at you and how you've changed and look at your beautiful children now growing up healthy, passing them along, you know. And I looked at the way your daughter ate while you were going and she's just had knowledge, you know, and she was just smart about things and you're changing a generation.

A Well, and we, because of our business we have a lot of contacts, you know, we own a photography business and so...

P Say the name of your business for people in Florida, it's huge, these guys are like big time.

A Hartman Photography, we do, we just do portraits and families and schools and I was telling Serene on our trip, we had a, just a lady that came up to us and said, I just want to let you all know how encouraging your Trim Healthy Mama journey has been to me and how, you know, it's just really changed our family. But one thing after Danny asked Daniel about how you've noticed some change; I think it changed our marriage.

P Really?

[00:44:14]

A I remember sitting at a restaurant, of course, that's our family meal table.

S My children said, oh the Hartmans go out to dinner every night. I said, no they don't, they've almost eleven children, they can't afford that. They're like, no Mom, they really do, they're not like us. And I said, no they don't, I'm going to ask them myself.

P Isn't that cool though, no you guys are so different; it shows you can be your own unique thing.

A Oh yes, we eat...

S Because they're a working family, their fulltime work, both husband and wife and a lot of their older children, they work in the business and they don't have time, they're exhausted, to come home and cook.

P I love it, I'm a restaurant person, not as much as that, but you can do it the way you do it, so keep going.

A Totally, and you don't need to make an excuse, I even heard somebody that Serene and I went to in Israel and she said, would you ask Serene, you know, would it be, should I just get off plan when I go to Israel. And not that I'm making fun of this question, but I think in her mind she was thinking, okay, you take a break. But in Daniel's world and our family's world it's your life, so why would you take a break on eating, I mean, But it did, I remember being at a, it was an apple, no it was chilies, we were sitting there and we decided this was our last supper, our last supper off plan, and then we were going to start that next morning. But it was really a fun journey, because we did it together, I can't imagine not being on the same page, but we really did it together and every Sunday we would look up a new recipe from the Facebook pages of THM and try something new. And then our girls got in on it, and then it just really became a family deal. And everyone, kind of, knows us as a family that, you know, tries to be healthy and we get made fun of and all, but that's okay, because I know we've influenced people to change their...

P And how has it changed your marriage and, you said it's changed your marriage?

A Yes, because it's like a, it's like something that you can, something you're both on the same page about, something you can talk about, instead of, you know, he eat, I eat, and it's separate. It was just something that brought us together.

[00:46:15]

P You don't know stevia is an aphrodisiac?

A Yes.

P Well, what do you say to people then that don't have that, the other one, because you're very different in your approaches and that's what I love. Like, Serene brought that into being that you're even convicted about yours and Sam. But like, I don't say it has to be me. But what about for all the ladies out there or men listening and their significant other, their spouse doesn't want anything to do with it, they're like sitting there with potato chips and, and what can we say, is it just being that example?

A I think it's being an example and not making them feel, you know, feel the guilt but yet not compromising what you're doing and not showing it down their throat saying, oh I'm eating over here really healthy. You know, you're going, I noticed Daniel, he has way more energy than I do when I'm not eating well, and so he doesn't have to brag about it, he just, he is who he is and everyone knows him as... Yes, I mean, he's just amazing how he, and he's so consistent, he's got so much self control and that is very inspiring, so yes.

[00:47:19]

DH I'd say you just have to do it for the right reasons, and a lot of times if it's not done for the right reasons it can become bondage. And yes it's free; I always take a bite of something that I shouldn't have, just to take a bite out of it.

P Yes, good, because you're not under bondage, yes.

D You mean, just to keep you from obsessing?

DH Absolutely, because everything could become an idol, anything can...

P That's true.

DH I mean, that's one of the first Commandments and so we can make an idol, we can build an idol of anything and that's not what it's about.

D Like your big trophy thing that you're so proud of that you do better than others and you wear it on your sleeve and everybody knows it.

DH Yes, it's about humility and it, you know, always I'll take a bite of whatever, cake, anything, just okay, I'm not being obsessive.

D There's actually names about...

A It's really healthy to hear.

D There's names about cross-fit people on that, like it, like you always... I'm done.

[00:48:16]

S Thanks Danny.

DH It's not my God. I'll go back to what I was saying, it's not my god in that...

S Twenty-five cents, that's on your way, mate.

P Yes, it's not your god.

A Well, like on our trip we had a lady that served us white rice.

S Yes, let's tell about that.

A That was hilarious.

P Did Serene eat the white rice?

S We were staying with a family and we were sent a message saying, you know, we know you do THM, we really want to honor that, how do you want to eat, how you're eating. We just said, hey we're eating like they eat in this country, totally, because we're just like, hey, we don't want to make it a big deal like it's some god to us, it's not.

00:48:54

A When we went to that restaurant and they served us white rice, white noodles, everything in the meal was white, so we're like, what are we going to do, but we didn't want to be offensive. So we, like they had fried eggrolls, so Serene hollowed them all out and she ate the insides of all of them.

D She would.

S I got full on that meal, I took out all the mushrooms out the noodles and...

A But then we finally got our soup and we all ate that soup like it was...

S It was one bowl of soup they brought us at the end.

A That was actually nothing.

S We were all like psychopaths leaning over and spilling it on each other.

A Yes, but even Daniel a few bites of the rice and the noodles and he didn't, you know, he felt like, I can do this.

D That's so funny because it might not...

S I had the white bread, it's called Jesus Bread, so I ate it.

P Yes, right.

D Jesus Bread?

[00:49:41]

P Dan, before Serene mowed over you?

D She just mowed it down. Oh, just at [not trimhealthymama.com](http://not.trimhealthymama.com) I make sure the white rice is flowing.

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 At my home, this is. Pearl, we are a Buffy sleeping lot, I've got one for my daughter, she absolutely loves it and then I have one for my bed because it, it sort of, that's why they call it Buffy, it's like a cloud, it, sort of, feels like a cloud, but it's not too hot, so you don't sweat all night. I don't know, it's just that perfect balance of just like comforting cloudy softness.

S The Buffy comforter is the bomb.

P Buffy makes bedding that is super comfy and super sustainable, and you know, the Buffy peeps, they have spent sleepless nights worrying about the impact that the bedding industry has on the environment and they decided to do something about it.

[00:50:53]

S Their products are made using only renewable and recycled materials, which makes them as soft on the planet as they are on your bed. Buffy's debut product, the cloud comforter, is covered in super soft, I can attest to this, eucalyptus fabric and it's filled with fluffy fiber made from 100% recycled bottles.

S Yes, Buffy created the best comforter you've ever slept with. It's hypo allergenic, plus it's high thread count shuts out dust, it shuts out mould and mites and it makes for such a healthier sleep environment. It feels even softer than down, while keeping approximately 50 bottles out of landfills and oceans.

P You can try a comforter in your own bed for free, and if you don't love it, return it at no cost, but we know you're going to love it. For \$20 off your Buffy comforter, visit buffy.co, that's B U F F Y, and enter trimhealthy. That's \$20 off your Buffy comforter at buffy.co and don't forget to enter trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P You know, I have to say this about rice, you know, when Serene and I went to China, we looked at the way they ate, and we looked, the natural Chinese diet is just so healthy, you can't, I mean, and we understand the way these people eat. There's so many vegetables and some really good protein...

[00:52:27]

D But they eat white rice, right?

P But not as much, it's nothing like Chinese restaurants here, they have it on the side and you see what they put in, and it's a little, sure.

S And it's greens, greens, greens and greens.

P They're down as a civilization but their vegetables and their protein and their broths are much bigger part of it and Serene and I, you know, now the new generation has McDonalds on every corner and you can just see the total difference in the younger generation. There's obesity happening in China for the first time in history...

S Hey, let's talk about Ainslie.

P Okay, but yes, but let me finish this.

S I'm mowing over you.

P And Serene and I said to each other, you know, because they said we need trim Healthy Mama for China, you have write Trim Healthy China, you have to write this book. We haven't yet, but maybe one day if we go over there and...

[00:53:05]

D Trim Healthy Mama for China?

P No, just Trim Healthy China.

D That's cool.

P Because the new generation has now got the problems that westerners have, okay.

D So, let's go, there's a lot of people in China.

P We thought, there's no way we're going to tell them to eat the brown rice, this is their culture, their history, they've done it for years. They just have to learn how to white rice in, you know, the young ones, in the way the traditional ancestors did. It's okay, you can take one thing and say, well Trim Healthy Mama says it's not on plan, this plan is yours in your unique way.

S Yes, totally. But just going back and mowing over you.

D Thank you.

S We're just going back to where I was moving over you, in Italy, Pearl, you told, you go to an Italian restaurant, you're in America you go to a Chinese restaurant, and it's rice, rice, rice, Italian restaurant, noodles, noodles, noodles, pasta, pasta, pasta, it's the largest portion on the plate, but you sit over there, it's almost like at the end, it's very al dente, so it's...

[00:53:53]

P It's smaller portions and the noodles are so al dente my kids couldn't get used to them.

S And when they're al dente you, kind of, absorb the starch, right.

P You can't, and my children couldn't get used to them, at first they were like, this is like rubber almost, but then, by the end of the trip, they were really enjoying that.

S It's like, it's their desert, but they've already had their protein, they've had a lot of greens, correct?

P I don't know that they always have it last, Serene, but it's a smaller part, it's one of the, the Italians have three phases to their meals. It's one of the phases; it's not just a big bowl of pasta...

A And I want to say what we saw too in Israel, oh my goodness, breakfast even, the locals...

DH Oh, it's amazing.

P Can you talk about it.

[00:54:29]

A Yes I will but salad, salad, salad, for breakfast, fast food, you go out for fast food, you either get a falafel or a shawarma or different kinds of Middle-Eastern fast food, but the hugest portion is the salad, fresh cabbage, cabbage, they're huge cabbage eaters. And lettuce and tomatoes and cucumbers, and it's a national favorite food, is cucumbers.

P And do you see the obesity over there as much?

S No.

A No way.

S And tell them about everybody walking.

P And it's the same as Italy, it's walking?

D Poor Remy.

A Yes, poor Remy.

P But, you know, all that to say, I was reading a book, I'm going to bring this book to another poddy, Serene, it's going to change your life. I haven't even had a chance to talk to you about it.

S I want to be changed.

[00:55:05]

P You know, he just said this one line in there, it's a book called, Many Habits, and he said, you know, if you're on the American diet, which is the weight gain diet. You know, if you think about America, just the basic diet, don't call it basic diet, just call it a weight gain diet, because that's what it is, 70% of Americans are overweight. The basic traditional American diet is actually; call it the weight gain diet, that's what it is. So, we can't just think I want to eat normal, normal is weight gain, normal is unhealthy. So, we have to get wise and we have to go back to the things that we're supposed to put in our body and then open our minds to how to create in a delicious way, how to do this. We are amazing human beings, we're made in the image of God, He is a creative God, and He gave us those creative abilities to make things beautiful and lovely.

S And when I was over there I ate the yummy dates and I ate their traditional beautiful foods that grew over there, and you could see pomegranates just falling from trees and I didn't feel crazy about all the carbs I was eating, because there's so many vegetables you slam down your throat at every fast food nook or restaurant.

[00:56:11]

It's like you, it's naturally, it's so balanced, you're not over carbing because it's not just bready, nutty, cheesy carby, it's vegetable, vegetable, vegetable, vegetable, it's like the core of it over there. And so, then you have room to burn off those dates.

D Balance

P I think we're good, mate, I look at you guys and you're just such an inspiration and I think to...

S I want to thank them too, Pearl, because this is a wonderful family that whenever they receive truth or find truth they run with it, they don't sit on it, and that's the family that, remember when we first saw their, what's their car called again, their...

P Their Sprinter?

S Pull up in Mom's, why were they pulling up in Mom's driveway, to get boxes of THM books.

P Really?

S Because they were giving them out to their friends, they get them by the box.

P Oh well, you know, I said, when Serene came home, you know, and she'd been in Israel and I'd been busy and we were talking to each other, we have to go do this TV thing, you know, in a couple of days, we'll fly out again, Serene only just got home, she's like...

[00:57:09]

D What is it, what show?

P We're going to be on some Texas morning TV shows and stuff, and Serene said, oh man, I... I said, yes you think, you know, we've said, we've talked about S & E and Fuel Pull so much, I'm just sick of it, we were having a bit of a rant session right.

S Is there more than S & E and Fuel Pull.

P Yes, and then we had to go to a meeting, it was all crazy and we walked into the Nashville where our store is and there was these two ladies there and they started talking to us and they just started crying about how their lives have changed and we realized, this is so much bigger than SE and fuel pool. I got all my motivation back to change and then I see you guys, I didn't know your story, Daniel, I hadn't heard your take on this, Allison. And it's just like God, you're so much huger than labels of S & E and Fuel Pull, this is changing generations and lives!!

[00:57:57]

S Thanks for sharing, I feel like this is inspirational even to me, we can change and change other's lives, how many have you guys influenced, you know, probably thousands. You're giving away boxes, books by the box, so I feel very humbled that you'd come here and share. And thank you so much.

D Yes, so good to meet you guys and so glad to have you in the Trim Healthy Podcast.

S Yes, these friends of ours, they're like fam and you'll hear, I'm going to talk about Israel on a PODdy to come, but we shared everything from throw up to everything.

P Yes, you all got the throw up bug.

S Yes, we all walked around the streets of Jerusalem, some of us with diarrhea flowing forth.

P Is that a good way to end the PODdy?

S Yes.

P Is that how you want to end?

S That's the Serene way.

P Oh, okay.

D See you next week, guys.

[00:58:51]

Moringafied GGMS- Dan Hartman

Liquid Multi-Vitamin- Liquid Life

Ascorbic Acid (Vitamin C)

ACV

Turmeric

Cayenne Pepper

Ginger

½ of a lemon or more

Humalayan Salt (For Trace Minerals)

Herbal Tea (Hibiscus, Celestial Seasoning Raspberry or Blueberry)

Moringa

THM Stevia Extract Powder

He mentions to just put enough of everything in until it tastes good!!

