



Trim Healthy Podcast with Serene and Pearl

Episode #159 – The One Food You Need to Eat Way More of

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

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

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Good day, good evening, it's the Trim Healthy Podcast coming to you in America and the rest of the world into your favorite media listening device of choice. Serene's here, Pearl's here and Big Dan's here. Big Dan, why? Because I'm at goal weight.

P Did you come up, did you put on some poundage?

S Praise the Lord.

D Yes.

P Serene is praising the Lord for you, I am too.

[00:00:30]

D Yes, for me to be at goal weight...

S But wasn't it like, almost like a prayer request?

D Yes. Yes.

S At some point Danny was coming in his bathrobe, you know, that depressed about getting skinny.

D Yes and for me...

P True, and do you know what else we have here though; don't leave out Lesley Pops and our Sovereign John out.

D That's a good call, I mean, they are the team, without them it doesn't happen. May I make a note on goal weight?

S Yes.

D I have some revelations.

P Okay, let us know Dan-Dan.

D And the ladies are going to...

[00:00:56]

P Because most of the ladies are trying the opposite.

D They're going to need to reverse engineer.

P Okay, reverse engineer.

D But the mentalities are still true. Some things I learnt about goal weight, one is I needed to adjust my goal weight. For me to be healthy, is a little skinnier than I'd like.

S Amen.

P Make it realistic, number one, I love that Dan-Dan.

S Yes, but let's just flip that around, hey maybe realistic for you guys, you wonderful women listening, maybe your goal weight is just a little bit more beautifully flourishingly rounded than you think.

P I think that was the point and that was given.

S Well, just in case.

[00:01:31]

P Okay.

S Just in case my children were out there listening, because I've just come from the home schooling genre and you have to repeat.

D When in doubt, spell it out. I've learnt that a scale, for me personally, means absolutely nothing. First of all...

P How do you know you're at goal weight, Dan?

D These little spring-loaded scales are ten pounds up or down, give or take.

P Can I give you a case in point for that?

D Yes.

S Please do.

P Dan knows my case in point here.

S First of all can I just introduce you to case and point, I won't give away the punch line?

P Okay.

D First of all can I introduce your introduction of her case point? All right, Serene is about to give an introduction to Pearl's case in point.

[00:02:08]

S Pearl called me up, freaking out, she's like, Serene I just don't know what to do, I just, like I'm totally fine, you know, I'm getting close to the age where, you know, menopause may change me a little bit, but I'll be totally fine with, you know, 10 pounds, 10 or 15 pounds just up from my princess weight, my queen weight. But she said, but the scale's going up every hour.

P A pound a night, no it was a pound a night.

S Yes, a pound a night.

P Thanks for stealing my thunder.

S No, but she was really worried and I had to, like, talk her off, no don't worry Pearl, don't worry Pearl.

P No, that's what I want to say, I want say I was experiencing some really weird scale things, my scale doesn't change much, two or three pounds, I weigh every maybe once a couple of weeks, just to see where I am, I know what food does to me, I know my body, I know how to do THM uniquely for my season, and I've nailed it.

S And I've never been on a scale, except for in the pre-natal office.

[00:02:58]

P No, Serene doesn't use a scale, I just use it here and there just to see what foods do to me, I like to do that, I've been at goal weight a long time. I eat a lot of lighter S's, lots of Es, occasional heavy S, but I do eat quite a few crossovers, that's just me, and I stay at a great weight.

P Okay, well here's what happened, I was doing my Pearl thing and I got on the scale, it was a couple of pounds, I thought, oh okay, you know, a few more Es for me, because that's what really helps, no more heavy S.

S What helps you personally?

P Yes, this is what heavy means, no more nuts at night, Pearl, okay. Got on the scale the next day, up a pound, and this is me trying, I thought, Pearl, no more crossovers for you, no more crossovers, you're going to do hard and heavy, just S and E. Actually tonight you're going to have fuel pool. I had a fuel pool soup that night; that was it, I was going hardcore.

D Example, what was the soup?

P That was like a brothy soup with just veggies in it and some lean protein, I had two bowls of it, so I could really get full, but I was a bit worried here at this point.

S No, a bit was, was quite the understatement.

[00:04:01]

P Okay, got on the scale next morning, I thought I've washed it all off, it's gone, because I felt, you know... I looked and it was up, I was up, I'm like, menopause what are you doing to me.

S But I said to Pearl, Pearl stuff your scale, because to me you look skinnier, to my eyes, like I'm, just take my genius eyes.

P It was so weird and then my husband said to me, he got a bug and so, like, he couldn't even eat the day before, he goes I'm on the scale, I don't know what's going on. Well, anyway, that I decided... Sorry, Dan, I'm in the middle of your five points to goal weight.

S Never tell me off for this kind of thing anymore.

P I'm sorry. But, people, it just ignited fire within me. I thought to myself, Pearl, here's what you're going to do, first of all you're going to get off the scale and...

S Did you talk third person to yourself, just like that?

P Yes. And trust that this lifestyle, this is a blip, this is something going on in your metabolism or just something going on that you're going to walk through, trust healthy food, trust that God will take you where you need to be, trust that maybe that queen weight...

[00:05:02]

S Thank you, like I've done forever without getting on a scale.

P Was a little too skinny. Trust that this is a new season, but stop weighing you crazy girl, okay. So, then I stopped weighing, I thought I'm going to just eat the way I know to, I'm going to trust this experience, I'm not going to get all obsessed, right. And so then Charlie said, I'm going to go get a new battery for the scale, so he did. A few days went by, I didn't weight, I lost all the anxiety, I just thought this is just, it's okay, stop freaking out, Pearl, eat healthy and stop freaking out; even had a few more crossovers, or two. He put a new battery in the scale and I got on and I was, like, at my lowest, you know, lowest of my goal, it was the battery, people. And the anxiety I felt, I mean, I just don't want you to go through that. But, you know what, I wonder if I just left it and it was a blip. Anyway let's just say it wasn't the scale now, I walked through that, I would do differently and I wouldn't get so obsessed and have to call Serene almost freaking out about what my body's doing, because we have to trust this process. Anyway Dan-Dan...

D No, diggity. Another thing I learned was that society's standards are garbage.

[00:06:10]

P Oh, I'm telling you.

D Everywhere I look I see an image, and everywhere I'm looking by the way is online.

S You look totally normal to me, like, you do not look like a Little Dan.

D Thank you.

P Because he's put on a few pounds.

S Yes, but I'm just saying.

P No, he's not Little Dan.

S Even when he was Little Dan, he didn't look like Little Dan.

D That's good. Well...

S It's all in his head, is what I'm trying to say.

D Well, it all is in all of our heads, I mean, that's kind of the point, is that you look around and whether you're actually going I shall now get on Instagram to look for the ideal body standard, I don't think anybody's doing that...

[00:06:42]

P I don't either.

D It's just as you're going through your day, as you're bopping around online.

P It gets pushed in front of you.

D They just push it in front of you in microwaves you don't even know about. You could hear a commercial on the radio with a woman's voice that you have decided is the ideal standard, and it's probably way skinnier than your body is made to be. And that could trigger you, you know, that could get in your head and all of a sudden later on that night, like there's all these societal pressures that all are pushing us to feel and think a certain way about our bodies when we look in the mirror, and we're not conscious of it. It's, kind of, my point. So, I learned that.

P The question would be then, are you healthy at this size, for you?

D Yes.

P You are, right.

D Yes and without a scale, since mine, I don't want to pay the type of money needed for an accurate scale.

[00:07:31]

P Yes, they do, they cost more.

D I mean, what, you're going to get one of those kinds that the doctor, with the weights.

S And I feel like, to Dan's point, genetically...

P What are you genetically?

S Through the lineages of everything that makes up Dan, the Italian, the Mexican, everything that makes up Dan, he's meant to be on the leaner, lither, is that the word, lithe, when you're lithe, side of things. And for him to get to where he would want to in his society-pressured imagination, he'd have to abuse his gallbladder, he'd have to almost get puffy in the face just to get his biceps where he'd want them to be. So, it would just be almost an abuse to his system, because his DNA wasn't created for it.

D Such good insight, that's exactly... I actually want, again I'm not looking at a scale, I'm looking at other indicators for what I call goal weight.

P Oh okay, so you're not even going by your scale anymore.

[00:08:23]

D No, goal weight for me is someone looking back at me in the mirror, that's what goal is for me.

P I love that, Dan-Dan.

S And I feel like goal weight, for me, is am I eating till I'm very, very satisfied and am I making sure I'm not hungry and I'm not foregoing snacks and trying to be all like limiting.

P Spartan.

S Spartan. Am I having plenty of carbs, am I having plenty of fats in my diet, am I covering my bases and am I not over-exercising, but just being non-sedentary and healthy and moving, then that tells me where I want be. Even if you scream down my shoulders, Pearl, and say you're so skinny, stop nursing the baby and, like, you need more than crossovers, you need...

D Let it out, let it out, Serene.

S Like, she gets on my case.

P There's no resentment there, is there?

D Let it out.

S She's, like, on my case and I'm thinking in my head, don't listen to Pearl.

[00:09:12]

P No, I can tell you're thinking that.

S No, because I'm like...

P Stubborn girl.

S You know, Serene, that you cover your bases.

P And now I know what you're thinking.

S You know that you eat till very nicely satisfied and you know, Serene, you don't skimp and you even have nuts before going to bed. So, let Pearl just chat, chat, talk, talk, talk.

D Can you ever trust when your sister's trying to get you to gain weight anyways?

S No, what I call Milo, which in Australia is the chocolate milk...

P Anyway, guess what?

S No, let me tell you, when I felt like a little bit of a, a little bit heavy as a child, because I was taller than her and just naturally genetically bigger, more muscles than her, so I just felt like big-girl around Pearl, she was the petite little princess.

[00:09:48]

S When I felt a little bit trollish, I would say, hey Pearl, hey would you like me to make you some chocolate milk.

P She did.

S I would get generous and all servant-hearted.

D Yes, you would go, and you would go for the real sugar.

P She wanted me to get bigger. But that's so weird, this PODdy was actually not about this, I had a topic, I had a topic for this podcast. And you've had topics lately.

S He had points.

P I know, but...

S Did he go through all of them?

D I mean, I'm really good at improv, I could...

P So, I think it's my turn.

D I could talk; I could make up points, actually.

S No-no, but as long as you felt covered.

[00:10:22]

P I mean, I let you come in here, Serene, and just read from your stinking notebooks.

D From your journal.

P Hey, I want you to take the mic and tell us all about Israel for, like, five hours.

S That didn't even relate to food. But, guess what, I'm all about that, but I just felt like, I just wanted, you know, we gave Dan a penny raise and I just wanted to make sure he felt fulfilled in it.

P We didn't.

D Yes. Yes. Bread's going up too, by the way, ladies. Rent, rent is due.

P Anyway, my topic today was, was I wanted to take the whole PODdy, but now we're a third of the way in, on fish. The importance of how to include, if you are saying in your head, I know we've talked about this for five minutes here and there at a time, I want to take a whole PODdy...

D On fish?

[00:11:10]

P And just fish it out. The reasons why to include, how to get you out of the mindset when you just say, I'm sorry, I just hate fish. I'm just going to just really go to war against that for you today.

S It's a real rut people get into, a red meat and/or chicken rut.

P Yes. So, I wanted to bring this, as Trim Healthy Mamas we're about protein, we're not about shoving just too much protein down our throats, because we love veggies and we love other foods, but we're centered on protein, nicely balanced. But there is also another way to become imbalanced with protein, first of all you can do too much, because you're forgetting your veggies, and so you're having, like, two chicken breasts when there's no need, have one. Or you're having four eggs, there's no need for four eggs.

S Well, if you're a guy, I give my Sammy a four-egger.

P Maybe you're nursing, maybe you're pregnant and you really need it. I've had four eggs at a time, but daily...

S I've had six eggs before.

P Daily, in one sitting, if you're a woman do you need four eggs with bacon?

S No, no you don't. I have a two-egg with a huge amount of veggies in the morning, that's what I do, but...

[00:12:13]

P Yes and you can add some egg white. Okay, so here's another way to get in a protein rut that's not good for your body, never putting fish in your rotation, it's so important for really healthy weight. It's so important for your amino acids for a part of your health that we're going to go into. I want to just push fish today. Serene, you want to say something, go.

S Oh, the key word rotation, R-O-T-A-T-I-O-N, rotation. I think that's the problem, is we just get stuck in a cheeseburger pie rut, in a chicken wing, you know, or...

P Or chicken breast.

S Yes.

P Or ground beef. Hey guys, I've got 50 pounds of ground beef, I need to do something with it, I'm like, yes okay, there's all these things you can do, but if you're leaving those, that fish, you're actually...

S If you have a bunch of that ground beef, just go give it away to a soup kitchen and add some fish.

P Or put it in your freezer and use it two or three times a week, but not every single night, okay.

[00:13:15]

S Yes, but I'm just saying if they have to clean their freezer, I'm just looking.

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 Zola makes wedding planning easier and less stressful with wedding websites, registry, invites and a guest list manager all in one place. Maybe you're not getting married, maybe you are, or maybe you're in that season where your children are starting to get married. And that's the season I'm in. And so Zola can come to our aid.

S Zola offers free wedding website designs, hundreds of gorgeous designs for every style, it's easy to create your site in minutes and yet add a custom URL or password protection. Zola has the highest rated registry of all time.

P Plus at Zola you can get beautiful affordable invites and paper, you can shop your whole paper suit at Zola, from Save to Dates to Invites and Thank Yous, all designed to match your wedding website.

S Customize your own photos, wording and more. And Zola will help you collect addresses and track online RSVPs with their free guest list manager. They'll even address your envelopes for free, people.

[00:14:33]

P Zola has helped one million couples get married and they'll help you too. Or maybe you're not getting married, but maybe your daughter is and I know from experience how much you need Zola.

S Go to zola.com/trimhealthy today and use promo code save 50 to get 50% off your Save the Dates. You can also get a free personalized paper sample before you purchase. That's 50% Save the Dates at zola.com, that's zola.com/trimhealthy promo code save 50.

S This is the PODdy with Serene...

P And Pearl.

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

S Fish is so huge, I mean, let me just say, just coming back from Israel, Pearl when you came back from Italy you said the same thing, I feel like other nations have embraced fish, even though in our adoption experience in our house fish is a huge part of the culture of Liberia, Africa. I feel like, us as Americans, we're, kind of, snob our nose on anything that has a slight smell, that's different from the smell we like. Fish has a slight little smell.

[00:15:50]

P Sometimes, it's all in how you make it.

S Exactly, but the point is, is that these other nations are super, super, super healthy, for many reasons, that we're going to discuss today, if you'll let me start with one.

P Sure.

S You can start, big sister.

P Okay thanks.

D I have a question.

P Pretend I'm reading from a journal. Yes?

D If you're going to get to this anyways, then just say I'll get to this anyways.

P Okay.

D Is raw fish okay to eat?

S Well, you see, sushi is not raw fish, sushi has been, it's a sashimi grade that has been frozen for over 11 days, they do special things to make sure all parasite action is totally dead. And so I find, and I even eat it while I'm pregnant, but, you know, I eat the brown rice quinoa kind.

[00:16:36]

P Okay, back to me, me, me.

S At least Lesley's laughing at me.

P I want to talk about if you were in a rut and you cannot lose weight. Okay, let's just say the scale is stuck. I want you to look at your fish consumption and how you are including that in your diet. You know, we don't count calories, but if it's ground beef every night for you or chicken with skin, you don't even realize it, but you're probably overdoing needless calories when there should be a lovely light natural change-up that happens with the natural inclusion of fish, white fish.

S And do you know what it is, we don't count calories, but we count rotation.

P Yes, we do, rotation should be really thought about.

S We make sure we're rotating.

P Because, let's look at this, you get a nice piece of, maybe, some people are okay with tilapia, Serene and I will do it here and there, but...

[00:17:25]

S St. Peter's fish, the Galilean fish, the fish that Jesus fed the 5,000, do you know it was a tilapia, the natural, it's not the, you know, the farm raised.

P People don't like the farming practice, but I have a friend who raises them and she's like, hey Pearl, it's actually pretty clean.

S Well, remember Dr. Perry Cohen said in his books, his anti-inflammatory books, that tilapia is one of the best...

P But let's just say your mindset is not tilapia, choose another white fish. What's that one we've been getting from Aldi, that you got me on to, Serene?

S Oh, barramundi, I love barramundi.

P Yes, it was barra, but then there was another one.

D Barracuda?

P No, barramundi.

S Barramundi's an Australian fish

P It was another white fish, Serene, that you got me onto. Anyway, select your white fish, you're going to get a nice piece, ample, and it's going to be 90 calories, it's going to be lean, it's going to be fuel pool, barely one gram of fat.

S For your white fishes?

[00:18:09]

P Yes, for your white fish. And then you can have, you can make your meal S or E around it. Take that same scenario, let's just say you were going to have ground beef for that night or a steak or anything, there's a place for that, it's on Trim Healthy Mama. But you're starting at about 300 calories. You see, you have 200 there that you don't even, if it's there every night, it's, sort of, impacting you and you don't even know it.

S Okay, and let me just shove this in, for a Serene point, it was a great thing that you said there, Pearl, kudos to you, I just want to say though, say you just love salmon or you love trout or you love mackerel or you love the fishes that have, that are heavier on Omega 3 oils, maybe they have more calories than the tilapia and barramundi, they do. But it's different kinds of calories than the beef calories, it's special Omega 3s that actually support weight loss.

P Absolutely, Serene, I'm right with you. I believe we should be having both the fatty fish and the lean fish, just like we should be having fatty meats and lean meats overall. I believe, and I try to get in my diet, honestly people, most of the meat is fish.

[00:19:19]

S Oh yes, before I came here today, Pearl, big salad, you guys are all going to wretch, but I love it, I have a wild Alaskan, not Alaskan sorry, so I'm so used to saying Alaskan, wild sardines.

P Yes, you love your sardines. They're a bit hardcore for me. But I'm constantly doing, you know, the tuna packets, what do we get, Safe Catch, Serene.

S Safe Catch is a great brand.

P On my Nut Smart Salad, I'm using those, it's just so quick, you're just putting them on. Or I'm air frying up a grilled piece of white fish, I'm using the salmon, I'm fishing, I don't call it fishing, but it means it's on my plate at least four nights a week, that's just what I do, I love it.

S And for big families, anyone listening who have big families, like me, I often do the base of, like maybe a rice fry-up for my growing children or whatever, always the cans of Alaskan wild salmon. At WalMart they're pretty inexpensive, but the children get the skin and the bones and it's so healthy. Like, give a change-up from a ground beef based casserole.

P Yes, like our salmon patties.

S Super salmon patties, Pearl.

P Now, all I want to say, I understand some of you, like my children, will hardly eat fish, my husband doesn't want it, he wants cheeseburger casserole. You know, I'm in the same boat, my children, my family and my husband; I can feed them fish about one time a week. And I know we say on Trim Healthy Mama you don't have to make two separate meals, but honestly my little side portion of fish, that takes me 15 minutes from frozen in the air fryer to be done, to me that's just so easy. I'm doing it along with the rest of the meal and for me to know I'm getting that fish in my body, it thrives on it, it's worth it to me.

S Can I just say, for the family maybe that can only stomach it once a week, they say that one portion of fish a week is enough Vitamin D, the amount that you're meant to have.

P Yes, I know.

S One fish a week covers your bases for Vitamin D, just one portion.

P I want to go through just some reason to include more fish.

S While you're thinking about that, can I just jump right in, because I'm so excited about this, because it's one of my pet little things?

P Yes.

S Of course I love collagen, you all know that, but the Omega 3s in fish boost your collagen production.

[00:21:24]

P Your own collagen production?

S Yes, they absolutely do. And so also do you know that collagen protects you from the UV rays?

P Oh really. I was just reading about collagen yesterday, about it's just, it's absolutely a necessity for our immune system and protein overall for our immune system.

S Exactly. Exactly.

P Remember our mother when, you went raw on vegetarian for a while and our mother jumped in on that, for a while, it was back years and years ago and she constantly was sick and had the flu.

S Constantly, she looks way younger now at almost 80, than she did at 65.

P But fish is incredible. Danny, I know we're talking, talking, you can jump in.

S Listen, macular degeneration is a leading cause of vision loss after the age of 50, often times...

D What is...?

[00:22:07]

S Macular degeneration and often times...

D What is that?

S Well, the macular is like a little pot near the retina, the centre of the retina of your eye, and it's responsible for very clear-shot vision of things right in front of you. Have you ever seen, like, if people get to a certain age and it's, like, oh I feel healthy, but now I have to wear glasses?

D Yes.

S Well, fish can slow down.

D Any specific kind of fish or any fish?

S Especially fish which are high in Omega 3s.

P Yes, which are your fatty fishes, like salmon, like sardines. You eat a lot of salmon don't you?

D I do, yes if I'm choosing fish, it's usually salmon. Like, I don't really relate to when I see on menus, like, all these other fish options, I don't know what they are, so I just know what salmon is.

[00:22:46]

P And if I'm eating out, my go to is a piece of fish and that's what keeps, when I go on vacations or if I'm going travelling I know that I don't have to put on weight, guess why, because my option is a piece of fish and then whatever sides they have. And I know, I'm like, I'm almost coming back from this vacay healthier, because I fished myself out so much.

S Fish at restaurants, fish at home is yummy, but fish at restaurants is a whole, because it's always fresh, it's not frozen first; everything in my house is frozen first.

D I was going to actually make that point, I think the way you have to cook fish and prepare it and season it, for some reason it's, like behind the scenes at a restaurant, they're not, like, tossing it in with the group, you know, it's almost like not everybody orders fish at the restaurant too, you know, people are ordering cheeseburgers and stuff, people make bad decisions.

P It depends where you're going though, I even have the fish at Cracker Barrel, I really like that, you know, there's a couple of options at Cracker Barrel you can eat. They call them low carb, that slow-cooked ground beef is so delicious, I'll have that occasionally. But I have to their trout, when we go down there...

S Trout has Omega 3s in it too, Pearl.

[00:23:51]

P And it is absolutely delicious at Cracker Barrel and it's probably pre-frozen, but it's just something I know that is just good for me, so I have it there with the green beans and a salad.

D Do you have a favorite grocery store to get epic salmon or other fish?

S I just get cheap fish myself, it's all wild Alaskan, you know, wild Alaskan salmon, I buy it, but it's always frozen, because that's how I can afford it. And when I go out I know I'm going to have that very, very almost lusciously tender salmon.

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 Hey Pearl here, as you may remember a few weeks ago I discovered EverlyWell, the amazing at-home wellness test that helps you better understand your health. Well, I received my EverlyWell at-home lab tested and tested for myself, I actually wanted to test my folic acid, because I had done some other testing at this other place, which cost a lot more, before I knew about EverlyWell. And I found out that I do have some mutations for the MTHFR little thingy that goes on inside so many of us. Many of you have heard about that. It just means that you don't methylate properly and methylation is so important for the detoxification of your body.

[00:25:06]

P So, anyway, I wanted to find out my folic acid levels in my body, really my folate levels, because I have to have higher folate levels if I'm going to be healthy with these MTHFR mutations. And so it was so easy, I just did a little pinprick on my thumb, they sent this little tiny spot of blood away...

S You didn't have to drive to the docs?

P No, I didn't have to drive to the doctors, it was a really simple process, they make it so easy. I got my results back online; I'm actually doing really well, because in my diet I eat so many lentils and greens. And so I was just assured, you know, that I'm on the right track.

S Listen, Pearl, that was Pearl's concern, but many of you have many different areas that you want to test for. And EverlyWell offers more than 30 different at-home lab tests, from fertility, to food sensitivity, thyroid and heart health. So, each EverlyWell test comes with super easy to follow instructions. Pearl, did you find them easy?

P I mean, super, Serene, it couldn't have been more simple. I'm a person, I don't love the whole going to the doctors thing, because you've got to sit there and then you've got to wait.

[00:26:16]

S Let me just...

P Doctors have their place, but I don't want it to be a constant place in my life.

S But let me encourage those who are listening; you do have a physician involved.

P Well, they review your test.

S They do, 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, ooh so modern, and you can easily view and share them with your healthcare provider. So, this is so easily to be personalized, easy for you to understand and to know exactly what they mean for you. So, they translate all that doctor speak and make it very clear.

P I like EverlyWell, because it lets you understand your health. I'm not the sort of person that would take every test in the world, if I know I'm doing well in that area, I just want to have standards to know where I'm at and maybe what I can improve upon and things like that. EverlyWell helps me do that. So, to start better understanding your health, like we did, check out EverlyWell today.

[00:27:11]

S For 15% off an EverlyWell at-home lab test visit everlywell.com/trimhealthy and enter code trim healthy. That's everlywell.com/trimhealthy, with the code trim healthy, for 15% off your test.

P EverlyWell at-home lab tests, your answers your way.

S This is the PODdy with Serene...

P And Pearl.

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

P Serene, you taught me to do a piece of white fish in the air fryer.

S Oh, I do it all the time, it's so delicious.

P Can you give everybody, because it changes your life?

S And my teenagers, my teenagers now do that, instead of going for another... Oh my goodness, what's happening, my mother's calling.

P Turn it off, she just tried to call me too, but we'll call her back in a minute.

S So, instead of my children having another lunch of just popping the toaster, you know, having carbs upon carbs upon carbs, I've taught them, hey, get your favorite fish, I had the freezer full of tilapia, barramundi, salmon, and they just get a piece, throw it in the air fryer with green beans or any other frozen vegetables right beside it, they, kind of, spice them up, and they love it, it's so quick, it's fast food, it's teenager fast food.

[00:28:19]

P Well, they gave Autumn, my daughter, that idea and she's been doing it, I just love to see that happening, right, because what teenaged child goes to the air fryer and puts a piece of frozen fish out and then has that as a snack or a meal. I mean, it's incredible. Serene, just say how you do it, because I, I think fish used to be, oh man I have to cook fish and it always comes out a little fishy, but say how you do it.

S Yes, okay can I just say really quickly too, just when you said, oh, you know, my family, you know, maybe they'll just, they're not going to be happy if I try and add fish to their diet, because they're, like, a beef only, kind of, taste bud family. Well, listen, if you just put it in, don't tell them that you're making it that night, when they come to the table that's just what's served. They're not going to, like, they're going to have to eat it. And it's actually for their happiness, fish causes happiness.

P Let go of that point, I want you to tell people how to make the fish in the air fryer properly.

[00:29:11]

S Good on you, mate, good on you. That's what she does when we write books together, I'll sit with her and we'll bring all this information and she'll be like, hold, stop, that goes later, now we're talking about this, she's the organizer.

D Yes, I know.

S And she organizes my speech too.

P Yes, because we were at describing how to make your fish.

S I know, but I'm scared I'm not going to get my point across.

P We are, because I've got it on my little phone list, to talk about.

S Good on you, mate.

P We were arguing today, but I still love you.

S Okay, so I put the fish in the air fryer for nine minutes, for my children...

P From frozen?

S Yes, nine minutes, because they like it more soft, I like crispy, so I go for 12 to 15. And then they put whatever frozen vegetables.

P Do you spray it?

[00:29:52]

S With coconut oil, they spray the little air fryer, quick little spray and they spray the fish.

P What seasoning?

S They like Creole.

P You know that Tajin's really good too.

S Oh yes, I love it, I call it Tajin, do you call it Tajine, it sound more better, it sounds...

P What do you call it, Dan?

D Gosh...

P The Mexican stuff.

D Because you just said it three different ways.

P We were saying, when Magaly was here, I always say Magaly wrong too, Magaly.

D Tahine, I call it Tahine.

[00:30:18]

S He's probably right.

P Tahine and Magaly are right.

S Yes, because call it...

P Mexican.

S Halopeno, but it's jalapeño, no I call it jalapeño, but it's halopeno, right.

D Hey, speaking of Magaly, is it Maggalli or Magali?

S Magaly.

P It's Magaly. MA-GOLI...

D Magaly just did a recipe for your EZine, but she added Tajin, and it's this Tajin Earth Milk.

P Yes, it's a challenge and she wants you to try it on a PODdy, on air, so next time we get together you have to try it, Danny.

S Or make as though you're drinking it.

P It's Earth Milk and it's got a Mexican twist.

[00:30:48]

D Is someone going to make it and bring it.

P Get your personal assistant to make it, Danny.

D She's in New York.

P Back to what you were saying, Serene, and at the end we'll do some more ideas of just practical how to cook fish.

D Personal assistant.

S Well, you have four of them, right.

D I have one.

S Don't you have four children, aren't they your personal assistants. I have 14 personal assistants.

P People always thing, okay fish for heart health, you know, fish for the heart and fish for your cardiovascular system, but the biggest thing, like you're going to say Serene, and I noticed it, fish helps prevent and treats depression. Fish for happiness, people.

S Yes, people who eat more fish have slower rates of cognitive decline, slower rates. And it helps maintain, Danny this is interesting, it helps maintain the gray matter of your brain.

[00:31:40]

D Oh, gray matter.

S Yes and the gray matter is responsible, is the tissue that has the neurons in it that is responsible for all your processing and your memories.

D Do tell.

P And studies have found that people who eat fish regularly are much less likely to become depressed or to stay depressed.

D Eat it in the winter.

S Yes, because it's Vitamin D too.

P And Vitamin D, you see, we lose our D in the winter.

D Especially winters.

P Numerous control trails also reveal that the Omega 3 fatty acids in fish fight depression, even if you've already got depression, and significantly increase the effectiveness of any medication you're taking for it.

[00:32:19]

S Now, people can say I just want to pop a fish oil. Well, they now say, and we've, everyone's known this for a while now, in the last decade, getting supplementation from food is way better absorbed.

P Yes, it is. Here's another one, fish reduces risks of autoimmune diseases, all our Hashimoto's Mamas, and I won't even call you Hashimoto's Mamas, because you're walking out of it, why not walk out of it with more fish, because your body can fight these things better with fish in your diet.

S You know that it's also known to improve your sleep, fish can, a study, a six-month study of 95 middle-aged men had a meal with salmon three times per week and it led to improvements in both sleep and in their daily functioning.

P Also studies show that regular fish consumption is linked to a quarter lower, 24 to 25% lower risk of asthma in children.

S Now, we know about the heart disease, you know, I just, kind of, left it out, just to...

P Yes, we left that out.

S Yes, heart disease, lowering your blood pressure.

[00:33:28]

P Majorly.

S Yes, majorly.

P That's why I try to get my husband to eat it more than once week, but he's pretty stubborn. But the thing I love about fish, guys, on a practical level is it's really quick, because the flesh of a fish just, it can be, sort of like, if it's already thawed, it can be three or four minutes in a pan, like it's, like, a five-minute meal.

S You know how I do it for my big family, just so you know, anyone listening, I just, I do the tilapia for a big, the big night meal, because it's more inexpensive.

P If you're trying to feed your huge family, yes.

S Yes, so I just get these huge, like, like you know how you go to somewhere and it's getting catered in the big trays, silver trays, that's the things we have to make. And so I just get a big family-sized bag of tilapia, lay it all flat and...

P How many pounds, is that a two pound bag?

S I don't know, it just says family-sized, just imagine people.

P I think that's a two pound bag.

D It's bigger than the others.

[00:34:19]

S And in the blender then I make up my own on-the-spot almost like Trimmy Cream, you know, I'll put some hot water in there, so everything just goes, and then I'll add some collagen or gelatin, some baobab, because, you know, it's citrus and suits the white fish, a little baobab and I'll add spices. And then I'll add whatever fat that I'm wanting, either coconut oil or red palm oil if I wanted a golden sauce or MCT oil or ghee or butter or whatever. And then add a little lecithin, you know, all those Trimmy ingredients from the Trimmy Bisque chapter.

P In the Trim Healthy Table book. Okay, I'm loving this.

S And then I whip it up, so instead of using heavy cream and sour cream and making some heavy sauce, I make a lovely Trimmy sauce and if I want it thicker, baobab is a natural thickener, but if I want it thicker than that, just add a little, a quarter of a teaspoon of glucy, not too much, you don't want a slimy sauce. And as it bakes, I pour it over the fish, frozen, stick it in.

P Frozen?

S Frozen.

P Pearl, this is going to change your life.

[00:35:16]

S Stick it in on 350 or 400. If I want frozen vegetables, if I've made a little more sauce, if I know I'm going to add vegetables I make more sauce. Frozen vegetables, frozen fish, pour the sauce around and as it cooks it, kind of, what do you call it when a sauce concentrates.

P Concentrates and reduces.

S Reduces, the special gourmet word, yes. It reduces and just makes it thicker naturally too.

P We need to do a video on that because that, because that's incredible.

S There is no recipe, I just do it.

P I know, but you can come up with one and we can do a video.

S Okay totes.

P Because right now people are wanting to make for their family.

S So, that's a good one for big families, and like we said earlier, the super salmon patties are great for big families, delicious, put them inside romaine hearts and homemade mayonnaise or store bought if you just want to try to it.

[00:36:02]

P Look, her face turned from a smile to a frown when she said that, like, she said homemade mayonnaise with a smile and then she, and then her face totally changed when she said or store bought.

S But listen, like Pearl, she whips up packs of tuna, the Safe Catch tuna, but I also love to just air fry fish for lunch, fish for lunch is fast food.

P Yes totally and I do things where, you know, I use a lot of tuna from a can or from a packet, okay, because it's so quick and easy and so then you first go to when you're first starting Trim Healthy Mama can be, oh let's just mix it, if you're like me, as a Drive-Thru Sue, with heavy mayo and it's my tuna salad, there's a place for that. But once again it's a bit heavy, I have a real light tuna salad now that I can have on sprouted toast or I can have on the side with some potatoes and...

S Oh yum, share, would you share. Would my purist self like it, Pearl?

P Yes,.

S You've got Laughing Cow in there.

[00:36:55]

P There's two different ways you can make it, totes, okay, so I, instead of using heavy mayo I use a light Laughing Cow, but Serene, never fear darling, you can put some tahini or almond butter, just a little...

S But is that going to keep it as light as...?

P It's a teaspoon.

S Okay.

P And now I really get to chopping tiny, tiny amounts of the cucumber, tiny, I'm talking very finely chopped cucumber and tomato...

S So it makes it luscious.

P And finely chopped onion.

S It wets it.

P It wets it, it goes in there and makes this delicious lovely light and creamy tuna salad, I use that on the side of so many things, it's my protein, but it's my veggies.

S And just in the repeat mindset I'm in, because like I said, I've just come from home schooling and I was repeating my brain off, but Safe Catch, people, if you're pregnant and you're listening to this, if nursing and you're listen to this, do not be afraid of tuna with Safe Catch.

[00:37:50]

P Yes, that Safe Catch brand, oh by the way...

S Talk about too though, that wild caught Alaskan salmon, naturally deep sea fish has had mercury from the beginning of time and there's naturally substances in the fish that help you not absorb it.

P Yes, so I'm not too, I'm not a worrier about mercury.

S And if you want to check that out, it's in the nourishing traditions encyclopedia help book.

D Mercury in the fish?

P Yes, people worry about that, you know, that's up to you if you want to worry about that, but it's not something I worry about. Hey, you know, I was talking about my light tuna salad that I make, I forgot, Serene I do use the light Laughing Cow, you could use a little tahini, then I do add one teaspoon, I found this healthy mayonnaise at Health Foods, it doesn't have the soybean oil, I add one teaspoon to it. So, it still has a hint of mayo in it, so anyway...

S Do you add any vinegar?

P Sometimes I add lemon juice or a little bit of vinegar, sometimes I don't.

[00:38:46]

S Because I like a zesty tuna.

P Oh, I do put some seasoning, extra salt and pepper, it's just so delicious. Even Charlie, my husband, has learnt to love it and he's a big mayo guy. I'll make up golden potatoes and I'll put that on the side, he's one happy guy.

S Actually check out too, I think was it in the latest, the Trim Healthy table book, Pearl, I'm not sure, where there was a family-sized tuna salad, it had lots of rainbow peppers in it, so a delicious tuna salad to have on the side with sweet potatoes.

P It's really good.

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 Hey Serene, did you know that you have over ten times the surface area that is shave-worthy on your body than your husband.

S I'm very aware of that.

P Your husband shaves his face.

[00:39:34]

S Daily, and I'm very aware that I have more, that's why I very rarely shave until Billy came into my life. Billie has gone with me around the world, to Australia, to New Zealand, to Israel, to Guatemala.

P Introducing Billie, that's BILLIE, they deliver, Billie delivers premium, premium razors directly to you for half the price of what you'd find in the store. Go to mybillie.com to get their started kit, which includes two razor cartridges, a handle and that magic magnetic holder for your shower.

S That is the, one of the main reasons I love Billie, because remember all those special key razors, they have a little thing you lick and stick on your shower wall, they don't stick.

S They fall off and guess what happens when a razor falls to the ground in your shower, the blade comes off and it gets all yucky wet in the puddles at that bottom of the shower and then it gets all yucky and it doesn't have the right consistency.

P Okay, so don't have a yucky life, use Billie, right.

S Yes, for only \$9 you can get four refill blades, every one, two or three months, based on how often you shave, it's, like, every three months for me.

[00:40:41]

P Every razor cartridge includes five American made blades encased in aloe, we love aloe, shave soap, for the smoothest shave, gentle on women sensitive skin. They also have more space between each blade to allow whatever cream you're using to get the hair passing by.

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. Get free shipping always with Billie too. Skip, adjust or cancel your subscription at any time, because life changes, we know that.

S Yes, and don't forget those wonderful lovely delicate underarms and I used to feel scared whenever I'd put a blade underneath there.

P Did you?

S Because I wasn't like one of those, I just like to get it done quick, hack it off quick. With Billie I don't have to have a special, like...

P Light touch.

S Yes.

P Go to mybillie.com/trimhealthy for 10% off your razor, get the best razor you'll ever own, the one that Serene and I use for half the price of razors in the store, plus shipping is jolly always free.

[00:41:46]

P This is a limited time special offer, go now to save 10% off your razor at mybillie.com/trimhealthy, spelled, M Y B I L L I E.com/trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P Okay, what if you are saying to yourself, I don't like the way tilapia is farmed, so I'm going to stick to my, I have a source for grass fed red meat, okay, because it's healthier overall. And I can't afford any other white fish, let's just say this is the mentality going in your head. I still feel like you're imbalanced and you're missing out on a good thing.

S Me too.

P Because I still feel like it's better to have, it's just my personal opinion, you can argue with me if you want, farm raised tilapia and still have that change up of the different minerals and the different lightness of than have your beautiful grass fed beef every single night..

S Okay, I know that I'm just going off a little bit a rabbit trail here too, but fish is, even though it's a protein, it's the flesh and all that kind of stuff, it has such a different profile of nutrients in it, and like you said calories, and of course the Omega 3s in certain fish.

[00:43:10]

S I believe if we could get conventional vegetables in the earth today, only, so that's it, there's no organic farming, I still believe it will be important to include vegetables, so that's how I see the tilapia. Okay, so say it's not pristine, I have to have it, to be healthy.

P Yes, it's like saying well I'm only going to eat fruit because the only vegetables I have are canned and process, so I'm never going to eat those vegetables, I'm only going to eat fruit. I would say, eat the processed vegetables.

S Eat the canned beans.

P So eat, if all you can afford is that tilapia from Aldi's that who knows where it's farmed, personally I'd still eat it.

S I'd bless it, I'd pray over it, and I'd think it was brilliant.

D Unless you're going to have your own lake filled with fish that you're breeding and catching.

P But there's other ways around it, I know some people who have that mentality and that's why they get stuck in protein ruts.

[00:44:01]

S And like what we had, we had friend with mentalities like, okay well I'm just purist we can only afford the very expensive six ninety-nine a dozen eggs.

P Organic, yes.

S So their children would have one every third day

P Yes, and instead they'd fill up on...

S I'm just like, go to Aldi's, get the eggs and let them have an omelet every morning.

S Hey, there's a scripture on the Aldi's eggs, they're blessed.

D Are they?

S It's like, this is the day that the Lords has made when you open the thing and I'm like, this is good, this is good.

P Hey, let's talk to people about changing your mindset, you know, just say, but I don't like fish, girls, you're almost telling me I'm not a Trim Healthy Mama if I don't do this.

[00:44:37]

S Well, you hate exercise, Pearl.

P I did, but I've learned to, I've learnt to include it, because I know it's good for me.

S I know, but the point is, it's because you told yourself it's good for you and I'm going to tell my brain I like it.

P It's all about, I'm that girl, I'm that girl who is open to learning to like fish, because I know I need it.

S And Danny, what if you could?

D What if.

P What if you stinking could, you didn't like it that way or you had it when you were eight and decided never to eat it again, no way, you are in control of your destiny, try it, 50 million different ways until you like it, people, there's going to be one.

S Hey, this is a personal story for me, Pearl, you can share, you can account for this, because I'd been on a raw food plant only lifestyle for so many years, I actually had to pray for the taste buds to love fish, remember. And I started out by just, I had to have it always flaked and separated all through the meal, I couldn't even sit down to a fillet of anything. And slowly, just by knowing that it was healthy, keeping my mind open, it's favorite food.

[00:45:30]

D That's interesting, you, like, rewired your brain to like fish.

S I did. We rewired your brain to love spinach, to love spinach, now you take fistfuls.

P We are, we have plastic brains, people, they used to think they were like concrete and they couldn't melt and change.

D They were like machines, yes.

P But now we know that that's a bunch of guff, right, just like we know the baby's heart's beating at 12 days or something. Science has improved so that we know stuff, we know there's no such thing anymore as I hate fish, I can't eat fish.

S So, there's nothing like you can't teach an old dog new tricks, you can teach an old dog new tricks.

P Aren't we being so bossy right now, we, sort of, came to the poddy bossy at one another and now we're bringing it to you, but you, you know, if you have sisters and we're having a bossy day...

D Get bossed, fam.

[00:46:10]

P I mean, come on, you need fish and we're going to tell you... So, let's baby step it here, rather than saying I'm going to eat fish times a week...

S We're not asking you to have it for breakfast.

P Like, Serene and Pearl, I didn't start there, I worked my way up to it, I didn't used to be a fish lover.

S No. In fact tuna, you know, people used to love tuna cakes and stuff, they, in my teenage years, to me were the most repulsive thing in the universe, and now that would be a beautiful thing to eat.

P So maybe, even if you're not at one time yet per week, if you're not there, let's start at once, who can do fish once a week, you're going to start at once, but after that it's just going to be bonuses, so I did it once, well that's easy to do again.

S Hey, let's do a challenge, for now on, all you guys listening, we're challenging you all once a week.

P Yes, but start where you are, if you're not at one, you're going to one, but if you're already at two, people, I want you to double it, we're going to four.

D Four times a week, for fish?

P If you're at two already, Dan.

[00:47:06]

S To me it's a daily experience, if I'm in my, okay Christmas I'm nutty, bready and cheesing, it's all healthy, Trim Healthy Mama, kind of, whatever.

P You're not worried about your fish.

S No, I'm not having fish every day, but if I'm in my groove, my middle of the year groove, it's every day for lunch I eat fish.

P I'm telling you it's going to keep you at a healthy body, but it's also going to keep you at a healthy weight for the rest of your life. And I think it's what some of you are missing.

S And, do you know what, it's also going to make two, you're going to kill two birds with one stone, because...

D Catch two fish with one hook.

S Thank you, Dan-Dan, you're so smart. Because do you know what happens, what pairs so well with fish, salad.

P I know, it's perfect.

S All greens, or even, you know, veggies, even sautéed veggies. So, you end up eating more salad and more greens.

[00:47:50]

D Hey, you can zip open those packs of tuna, right, and just drop it on a salad.

P That's what we've been talking about.

S In my purse, especially if I'm travelling, is always a Safe Catch.

P Let me tell you people, Serene will open a can of sardines in the middle of an airplane, and I will move, because I don't want to know that, people to know that I'm related.

S No, not airplane, I usually will go to the gate that's most sparsely populated and open it there.

D On an airplane, on the plane?

S No, not on the plane.

P You've done it before, haven't you, you've stopped.

S I've never done it since though, I've stopped.

P She did do it.

S You know, it's often when you get to the gate when you're, like, okay, finally through security, I want to eat my lunch or I want to eat my afternoon snack or I want to eat my dinner, so I always will have a... Yes, I do sardines at the airport, totes.

[00:48:34]

D But why sardines there, I mean, you could do sardines at home, why not have, like, a banana.

S Because what am I going to do, spend 25 bucks on their junk, like, chicken tenders, like it's too expensive.

P She's bringing her, her little protein source with her, that doesn't require refrigeration.

D Then you're smart and ingenious.

S Yes.

D Hey, you know, the fish is all up in a FODMAP diet, which is what I attribute to healing my body, head to toe.

S No FODMAPs in the fish Danny.

D No, there's nothing, nothing...

S FODMAPs, just to simplify it, it's a very, very amazingly long term and there's a lot of science to it, but just in my head, it just means no fluffs.

[00:49:16]

P What she means, F- A -R- T- S, S as in pain in the stomach.

S Yes, flatulence, windy pops.

D Yes, so if you're having, like, stomach pain or digestive issues of any kind, you know, now mainstream doctors, MD doctors from, you know, the big hospital system you check yourself into, will leave you with a FODMAP diet for your stomach. But fish is all up in it.

P Sometimes when I'm, like, away from home and I'm travelling, I find my stomach's even, like, better, unless, you know, you think when I travel I get a bloated stomach, if I'm at the right place, I don't, because I'm having, I buy fish, if we go in a restaurant for lunch and dinner, I'm having fish for lunch and fish for dinner with basic veggies and my stomach's better than it's ever been.

D It's happy, yes food from the earth.

P Because I'm not including maybe, you know, more things that FODMAP, which is certain fruit, just things, natural things that you, sort of, need, but they might have little FODMAPS in them that I'm having at home. Even apples have FODMAPs in them and I don't want to let go of those lovely apples. Bless the fluffs that come from apples, right. But I'm not eating them out of these restaurants, I'm just having the fish and the veggies.

[00:50:24]

S Fluffs keep you humble, I believe it's a very spiritual deep part of all of our journeys.

D When you're taking yourself so seriously.

S Yes and then all of a sudden it's like, wow, that comes from in me.

D Especially when you're pregnant and you can't control it. I can't tell you how many friends of my wife has just blasted me in the face, oh my God.

S Hey, don't scare everybody, I find I don't fluff; I can hold it while pregnant. Can you hold it while pregnant?

P It's been a while since I've been pregnant.

S Do our work-ins and you can hold your fluffs while pregnant.

D Kegel up.

P Yes, kegel up. That was the end of the show, kegel up was the end of the show.

D Anytime someone's hollering kegel up, it's time to stop.

[00:51:05]