



Trim Healthy Podcast with Serene and Pearl
Episode #160 - Stop Saying These Two Words
They Strip Your Power

(AIR DATE:02/19/2020)

*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 What's up PODdy people, not only in America, but around the world, we're in your ear box, it's the Trim Healthy Podcast with Serene, Pearl and Danny. We're so pumped to, not only be here talking to you, that you've tuned in again because you still love us and we still love you, but I'm really pumped about Serene's outfit today.

S My trackies, my tracksuit?

D Yes it's almost this combination of did she just work construction or is it Christmas morning and she's 13 and she just got downstairs, she just had her bowl of cereal.

S It's an ugly outfit, but I know the money I put into this minimalist 100% merino wool outfit, so because I know the worth of it, it's gorgeous to me, even though it's downright ugly.

[00:00:49]

P Oh okay, so I said something about Serene the other day, I said, oh your babe, Solace, I said, you really dressed her up today, didn't you Serene, I was being sarcastic, she looked like she, you know, we live on the Hilltop and Primm Springs and something happens to clothes, it's like you look like you're about ten years behind. And so that's what Solace looked like, and she said Pearl, that's wool, I just spent a hundred bucks on that. And I looked at the outfit in a completely different way.

S Yes exactly.

D And Serene, no it's not ugly, it's like an un-yoga outfit.

S It's totally un-yoga.

P People want to know what it is, so she's wearing grey sweatpants.

S Yes, but they're merinos.

P They're so loose.

[00:01:31]

S Sweatpants should only be worn at home, but Merinos, I got in New York.

P Special hiking UGG boots.

S Yes, special hiking UGG boots, with red laces by the way.

P You have a great sweatshirt, but I bet it's wool.

S It's wool, it's all wool.

P It looks like it could come from Wal-Mart, I'm sorry.

S Yes, it does, it looks like it's totally that, like, eight buck brand stuff, but it's wool, so I know the worth.

P So, to you it's a hundred bucks.

S Oh yes.

P Let's start on this podcast, I've got something to bring, I'm actually reading this book...

S Oh, can I just say something really quickly, just about the Hilltop, you said Hilltop and things, like, look old real quick. So, I was reading my baby Goodnight Moon. Oh don't love you that book.

[00:02:10]

P Oh, I love Goodnight Moon.

S And the pictures are just gorgeous, the lighting it's so gorgeous. And I was pointing out the bunny in bed and the little bowl of mush on the side table and I was pointing out everything on the page. And then she pointed at this other thing in the corner, I'm like, yes that's Hilltop dirt. And every time we turned we turned a page, we'd point at everything and she'd point to the other splotch and it was Hilltop, you always had to point to the Hilltop dirt, because all the books are covered.

P Hilltop dirt's special, I'm telling you. So, I'm reading this book, it's called Mini Habits for Weight Loss. Now, I always like to get a good book, just to see what other people are saying. And, you know, I don't always agree with everything in a book, but I can always learn something, that's what I find. Oh boy, I sound like my mother there.

D That was very balanced of you, way to include everyone, Pearl.

P It's by Stephen Guise, G- U -I -S -E, I think that's how you spell it, interesting, interesting book. Serene, I want you to read it, I haven't even passed it along to you, because I'm not quite finished.

S I read your other book you passed along to me, loved it, changed my life.

[00:03:09]

P So, he talks, the first half of the book is talking about why not to diet, I totally agree with that. He is of the opinion that if you eat whole foods and their natural state you're not going to gain weight. Now, he's a guy, so he lost a lot of weight doing that, he doesn't eat processed food and he lost a lot of weight. For a lot of women, I'm sorry Stephen, you have an amazing book and I got so much out of your book, but it's not going to work...

S Medjool dates with raw goat's milk and homemade bread.

P We know how some Crossovers make us ladies gain weight.

D You know what, that's so interesting you brought this up, because I've been, sort of, been on a high horse with my doctrine and I just learnt something new.

P What?

D My doctrine has been that if you just eat food that the earth gives you, you'll lose weight or really struggle to gain weight.

S Say that to my baby.

P No, you can gain weight if you do right with healthy food, you can.

[00:04:01]

S Oh yes, my baby's got the inner-thigh rolls, four of them in a row.

P Listen, you feast on dried fruits and nuts at the same time and put some nut butter drizzled on top and then some heavy cream, I'm telling you I could get some large thighs on that.

S Whole milk, people.

D So, is what you just described, kind of, like ice-cream for people who are health conscious?

P It's delicious.

S Is it like the difference in the different babies too, like you get babies on the good old breast milk and they're cute little tree frogs, skinny little legs and cute. And then you get the real cute babies...

P Yes, but anyway, this is not... Yes, Danny's got a high metabolism, no matter what. But this is not what I want to talk about, because I don't want to down Stephen Guise, he is brilliant what he stumbled. Mini Habits, this is his second book, I haven't read his first book, I'm going to get it, it was just called Mini Habits. He talked about how he changed his whole life through deciding, because he was always one of those guys, oh I've got to go work out for an hour, yes I'll do it tomorrow, you know, and then he wouldn't get around to it. I want to read more books in my life, so this year I'm going to read 20 books, I read nothing, you know. So, he changed his whole life by saying, I'm going to get down and I'm going to do one pushup. Well, one pushup has led to him to now being a fit muscley guy, because...

D He listened to our podcast.

P Well, it's just the little things you can do.

D I said that months ago.

P You did, Danny.

D Just do one push up.

P That's what you said.

S Danny, you said it first.

D I need credit. Credit!

[00:05:24]

P And that's because when you actually do the thing and when it's obtainable, when it's these small goals, your body says, well I did that, now I can do this.

S Hey, no one sits down to a box of crackers and says I'm going to eat every single last cracker.

P But you do.

S You just say I'm just going to have one.

P And so it starts. So, it's all about the start. And guess what it's about, it's about winning. When you win, when you do that one pushup, you've already won, so you're a winner instead of a loser. Like, if I go down and want to 25 pushups, but I do 23, I'm a loser.

S I know.

P So, your brain loves to be a winner. And so when you win, you want to do more winning. So, that's what the whole book's about, okay.

S That is fantastic.

P And I just love it, I've already picked some more things up. You know how I've always wanted, I've been on a quest to be a bedmaker, you guess have listened to the poddy for a while know my journey through that and I am a bedmaker, I've completely changed from never making my bed, to mostly making it.

[00:06:20]

P But he's helped me again, guess what, he gives you these little triggers, right, so things that make you do your little habit, okay so what your goal is, so to me used to, sort of, get frazzled when my day was crazy and some days I just wouldn't make my bed and there'd be a week and I wouldn't make my bed. And then I'd have to really force myself to make my bed again, you know. And so he gives you cues, so now my cue is if I walk through my room and my bed is unmade, and there's nothing pressing, like I don't, nothing is calling me with absolute emergency, I take the time and I make my bed. Because to me it was all about, well right now I'm on my way to do something else, I'll come back to that. But my cue is, walk past, is it unmade, just ask yourself the question, is there an emergency going on, two questions, oh no, I can make the bed, that's easy. So, there's all these little cues and, you know, I've become even a better bedmaker since I've read his book.

D I'm so proud of you.

S That is great.

[00:07:18]

P Thank you. But I wanted to talk to something today that I want to bring to all of you at Trim Healthy Mama, because there was something interesting he said, he said a lot of little hints in the book, but something he said, you can't or you don't, and this has helped him, and I realize this is something I've done in my own life.

P So, if you're walking into a store and there's a bunch of junk food, there's potato chips or, you know, candy bars, just junk, or you go to a friend's house and, you know, she's offering you that cake and you could decide to take the cake, we all have freedom, but you don't want to.

S You've already politely eaten a meal.

P Yes, you're doing well, you just don't want to do that or you drive through or, you know, you want to drive through, your body tells you to drive through, and you're thinking it over. So, here's what he said to say, to tell other people and tell yourself, never say I'm sorry I can't do that, you know, I'm trying to watch my weight, oh, I can't have potato chips, sorry I can't, no I better not, I can't have that cake or I can't drive through, it's really bad for my body. Don't ever say I can't, because your power is being stripped.

S I love it.

P Say I don't. Okay, so I realized, so that was something I learned to do on my own, when I walk into a store, let me tell you, they don't beg to Serene, but the chocolate and the candy bars, there's things at, when you're checking out at the gas station, they call to me.

[00:08:39]

D Oh yes, all day.

P Serene, I don't know if you know what it feels like, but they call.

S I don't, but other things call to me.

P They call.

S A whole quart of tahini at 12 o'clock at night calls to me.

P Yes, it calls. But I would just, I would always just say in my head, oh I'm that girl that doesn't do that, I don't that, I just don't do that and would shut my brain off like bang, because it wasn't...

S Do it again, I wish we could have a visual of that.

D You know what they ought to do at those impulse areas when you're checking out, they ought to just go ahead and put the sign up that says treat yourself just this once, because that's the phrase that goes through my head, 100%, never do I say I'm not that guy, I'm like treat yourself just this once.

S And guess what, and I'm sure it's not just this once, right, it's like my dad...

[00:09:23]

D It's every time.

S He's like, I've only had one piece of bread today. Well, he didn't count the other ten, I don't know how he didn't, it was the first one he sat down to eat.

D It was in one go, he's had one piece, one session of bread, is what he means.

P But listen, when you say I don't it gives you all the power, it's not stripped from you, you actually feel empowered, oh I don't do that.

S And also people around you, they sense your power. I'll tell you why, you know I've heard a lot of people say, you know, oh I can't do that or I just, I can't eat that way anymore. But, you know, Pearl, our brother Stephen, he's always been a little bit of a health nut, and his lovely wife Simone, they've always tried to eat great and tried to eat healthy. But do you notice their new statement; did you notice at the book party, they came out at Christmas time?

P What did they say?

S Everyone was getting into dessert and, you know, it was some healthy desserts and whatnot, but I remember Mom saying, if you're going to come up, come up, or it'll all be gone, and Stephen, Simone, Simone actually brought the cheesecakes, she made the cheesecakes.

[00:10:27]

P And they were sugar-laden ones, but they were special.

S Yes, and Stephen said, oh no, you guys go, we don't do that, you guys can do that, but we don't do that.

P That's right, he did do that, didn't he.

S And it shocked me, the word don't was very powerful, it was like he's made a decision...

P I remember that.

S It's not a deprived, can't or poor me, it was like a strong powerful, you know, we don't, we just don't.

P No and you don't at that time. Now, it doesn't mean you never ever could choose to do that, but right now I'm not. It's very empowering. I was, recently when my husband and I were on a vacation in Mexico, you know, you know me, I sometimes choose to have off plan meals, I celebrate life and sometimes that is traditional foods.

[00:11:15]

P I always come back to Trim Healthy Mama, it doesn't derail me, but I choose some things that are off plan sometimes. But on the whole if I did that, I wouldn't be trim and healthy, so on the whole I choose trim and healthy foods. So, we were at this breakfast buffet...

S Just so you know that it's not just our metabolism, Pearl and I have both had wobbles.

P Oh yes, yes, no I've definitely been overweight.

D What's a wobble, you mean a flap?

P No, wobble fat, you know, a little extra more than feminine curves.

D More than feminine curves.

P Yes.

D I don't believe you had a shred more.

P No, I've been 30 pounds heavier than this.

D You have?

P Yes.

[00:11:51]

S And I've been way heavier than this.

D When?

S In our lives, we could show you pics.

P Serene was her heaviest at 17, her body natural lost it though. But anyway, so I'm standing in this line, now I knew that later on that night my husband and I were going to go out and there was tiramisu, I'd already looked at the menu, it was an Italian restaurant, I was going to have a piece of tiramisu that night. Okay, so I didn't want to just throw the whole day away, there were so many things on this breakfast buffet that were so good and healthy, I was just going to stick to plan, you know. But things started calling me, there freshly made doughnuts, okay.

D Yes, those are different than those other ones.

S It's no Dunkin Donut, yes.

P Yes, this was like nice classy stuff.

[00:12:43]

S You know how that really does a number on your psyche too, oh this is a classy...

P Classy food. Classy sugar.

D It's a work of art that some hand, someone has, they've handcrafted it for me. And there was this, you know, the line where you go and you have them make you a lovely, lovely omelet, so I was going to go do that and it planned out.

P So, then I was standing line for the buffet and I thought, well those are classy doughnuts, you know, and I thought I can't have them, because I'm going to have tiramisu tonight.

P But then I remembered what I read in the book and I'm like, no I'm not, I don't, I don't do that, I'm that girl who can choose to be strong and can choose to love these wonderful foods. I'm going to have a breakfast; I'm not going to feel deprived.

P And then I started looking around, and don't take this as a prideful thing, but I saw the people loading their plates with all the sugar and all the white toast and all the doughnuts and I thought to myself, I'm so glad I've learned these little things in my life that I can choose to do this.

S From an empowered perspective.

P From an empowered perspective, rather than a deprived perspective. Because it was just in my head, these thoughts that I had to change.

[00:13:58]

P Because I saw the fact that, you know, this western diet that most of us are on, it's not a regular diet, it is a weight promoting diet for most of us, okay. And so if you're going to just follow what everyone does, if I was going to follow what everyone else was doing at that buffet, I would end up in the same place as them, so I had to make a different choice.

P Now, of course sometimes I could choose that buffet, but I didn't want to, I wanted to be healthy. And so all I'm saying is, if you come from a place where you strip your own power and you throw it away...

S With a can't.

P With a can't, you're never going to survive this. You've got to survive this and thrive this with an I choose, I'm that girl, I don't or I will or I this, but make your own choice and own it. If you're going to have that buffet, don't feel shame about it, because that's your choice. So, choose with power.

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

S I'm Serene.

[00:14:55]

S How often do you think about socks, I personally think about socks all the time?

P I'm sure you do.

S And everybody knows, if you've heard me talk before, I'm a freak about natural fiber.

P You are.

S I love merino wool socks, but they're more difficult to wash, so the thing I love about Bombas, and that's what I'm talking about today, is a sock company named Bombas. And they have natural fiber, it's all natural cotton that I can throw in the wash and they're all natural cotton, which makes me feel pure.

P And they are the most comfortable socks in the history of feet, they're made from super soft natural cotton and every pair comes with arch support, which I love, a seamless toe, Serene.

S The seam on the toe just gets me bothered, especially when it's in a shoe and you can't get to it, to fix it.

P And if it's under the toe slightly, ooh. And a cushioned footbed that's comfy but not too thick.

S Oh, I love that.

P Mmh, they've through these things.

[00:15:57]

S With many colors, patterns, lengths and styles, Bombas look great in the gym, at the office and out on the town and on the Hilltop.

P Of course. Bombas are what feet daydream about. And for every Bombas purchase you make, they donate a pair to someone in need.

S Oh, I like that.

P Buy your Bombas at bombas.com and that is B O M B A S dot com/trimhealthy, buy them today and get 20% off your first purchase.

S That's Bombas, B- O- M- B- A -S.com/trimhealthy for 20% off.

S This is the PODdy with Serene...

P And Pearl.

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

S A shout out to Graham Cook.

P Graham Cook knows who we are now Serenie.

[00:16:46]

S So, I was listening to him the other day, it was a rerun, I was listening to a rerun, but I just love, I love how he just encourages to see things from a positive perspective, you know, that we're only challenged by goodness. A lot of people say, well I'm challenged, I have these challenges, I'm walking through challenges.

S He's like, no you're really only challenged by goodness, how good can you be in that situation, but it's all through Christ. Anyway, I love how he said don't work on your brokenness, you can't work on your brokenness, because broke is broke, broke is always going to be broke. And he's like, God doesn't even want to work on your brokenness, that's why...

P What do you mean, so, like, don't work on your anxiety, because it's anxiety?

S Well, because He died on the cross, you know, and the whole idea is that we died there with Him, you know, and so our whole flesh was just gone, He decided to get rid of it and build us afresh in Him, you know, a new creature, instead of just working on, He could have worked on our brokenness, okay well I'm going to work on this and I'm going to make them better.

P Like what, be specific?

S Well, say, you know, you've got fear in your life or you've got anger issues, we're going to work on the anger, we're going to take anger management classes, you know, and I'm going to whisper into your spirit all this stuff about anger. No, He just got rid of it, He's like, it's broken, I don't even to try and fix that, because it's broke stuff.

00:18:12

S Anger is anger, fear is fear, lust is lust, it's all just broke, let's just get rid of it and start afresh. Let's just work on your newness, right. So, I love that because, you know, in the past fear has been, not anymore, a stronghold, you know, you know Pearl it had been a stronghold in my life, a very almost paralyzing stronghold.

S And I'd always try to work on it, my whole life, work on not being fearful, but it never helped me, until I listened to Graham Cook and he's like, hey if you've got fear in your life, don't work on your fear, work on perfect love, because perfect love casts out all fear.

S So, I worked in trust, you know, in the Lord and His perfect love for me. And some people have anxiety and they try and work on anxiety or they have anger and they try and work on that, but we're not meant to work on our anger, right, we're meant to work on our patience and our kindness.

S On being a gentle person, instead of I've got to work on not being an angry person and not replying in an angry way, oh no-no-no, you don't have to work on that, let's see how gentle you can answer that person, let's see how gentle you can be, let's work on your gentleness.

[00:19:23]

S Don't work on the broke stuff, work on the new stuff. So, when Pearl was saying all this stuff, it just reminded me of that, to see everything from a more empowered perspective and a more perspective, instead of the weak view of things.

P Yes, that's what it is.

S And so, you know, maybe you're trying to work on losing weight, maybe you've been a stubborn loser, we don't like that term, but people can use it, they have used for themselves, stubborn loser. So, maybe you're not working on, you know, looking up on the internet, you know, people with slow metabolisms, ideas for people, you know, with donkey weight, blah-blah-blah. No don't, no-no-no. Maybe you look at habits of slim people with fast metabolisms. Just work on the new stuff, work from the strong perspective, Pearl, jump on it.

P It's so true, Serene, because, what did you say, you're either looking at things through weakness or through strength, what do people that have figured it out do. You know, he actually talks about it in here, Mini Habits for People With Weight Loss, he's like, out of all, and I want to bring a whole poddy on this, but out of all the studies they did, whether people did low carb, high carb, they did all sorts of diets, one thing they found, that people that eat the most fruit are the slimmest for life. So, what do people that are slim and healthy do? Well, a lot of them eat fruit.

[00:20:50]

D What is it about fruit that's...?

P It's the polyphenols, you know, it's not just they're good healthy carbs, they nourish our adrenals and our thyroid, right, the polyphenols in fruit and the... What are the other things called now, Serenie?

S The catechins.

P Yes, all those things, they actually do things to your metabolism, which raise them. Now, of course we don't just go and spike our blood sugar with too much fruit and have, like, huge, huge meals of fruit, but if we're leaving fruit out, we're not doing things that powerful slim people do.

S And now I don't really, like, with all the nursing have to do this little habit, but I do it, just because I find it's easier for me and it might be a little trick for you out there that want to stick to the S and the E and stick to the pure meals, the pure fuels.

S I like to do a mini fruit meal, so on an empty stomach, and 45 minutes, with more watery fruit it can be just half an hour, 20 minutes, but with, like a banana, I just eat the fruit and wait 45 minutes, so that all of that is being digested. So, that when, if I'm going to put an S meal or I'm going put some fat in there, that you don't have to burn through that banana or burn through that apple, it's already been done and you're not mixing your fuel.

P Now, some people do need, you know, especially if you're coming to Trim Healthy Mama and your blood sugar's all wonky, the do need the protein with the fruit, but it's very easy, you can just put a little collagen in your tea or coffee and that will slow down that rise. I noticed, I love mini meals of fruit too, but sometimes...

S But we've been 15 years in on this journey.

P But sometimes I'll notice that if I do them in the afternoon, and I don't have my protein, I sometimes will get a little shaky, but if I put my protein in there, I don't. It's very interesting.

S And the protein is not going to mess the fuels up either.

P No, it's not.

D It just stabilizes you, fruit.

[00:22:40]

S But the reason why I do that is just because I know that the protein will make it longer to digest and so if I know that I'm going to have a nice S meal, but I know I haven't had fruit all day long, I'm like, I'm going to have a banana now, I wait 45 minutes and have a lovely S meal.

D What do you do with a banana for protein?

P Well, that's what she's saying, if it's close enough to a meal, she just eats it anyway.

D Oh I've got you.

P That's what she's saying. But I often do my banana on those lovely thin rice cakes with just a smear of almond butter or peanut butter or whatever, just to keep in it E, if I'm doing an E, in the afternoon. And I will, I'll have some coffee, but I'll have collagen in my coffee, so that's my full snack, you know, and it's lovely.

D I have another theory about the fruit thing for weight loss, I wonder if it is for many people like it is for me a substitute for sugar, like for hardcore sugar. I know fruit has sugar, natural sugars from the earth.

P Yes, but we, see or bodies need sugars, I mean, we have glucose in our blood, our brain absolutely uses the most glucose.

[00:23:39]

S Yes.

P So yes, you know, in a way it's a substitute for sugar, but it's needful sugar.

D But I wonder if, like, the craving that I would, before I met you girls, I'd go, I'd literally go to the corner and put in a dollar and get a Coke out of the machine and I still have that craving, but now it's fulfilled with a handful of blueberries.

P Yes totally.

D And I wonder if that is why.

S And it might take a while, like a few months maybe of detoxing at first.

P Yes, to get there, well it took you over a year to get where you were, like, fruit instead of Coke, right.

D Yes, a year, when I started really changing my diet my body went into revolt and I lost my mind, it was a full four to six months of mind loss, but a full year of physical body recovery. So, a little encouragement to those of you who are in, like, month one and you don't know why you're teary, you're losing your mind, because you've been living on crutched poison, you've been crutching your body along with poison.

[00:24:41]

P So, true Dan-Dan.

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

S I'm Serene.

S We all know that we should be cutting down our plastic waste, it makes me, kind of, really cracker crumbs that every time you just buy something in plastic, as soon as you open it up, it's like, especially with, like, frozen vegetables or whatever, you're just chucking it away immediately. But even with the cleaners, you know, these big hulking plastic things and when you're done you're chucking it away, it feels so...

P I can attest that Serene hates this. She washes out her zippy bags to reuse them, because she hates plastic waste so much.

S Yes and I'm not a greenie, it's just, I just feel like it's just our responsibility for our grandchildren and there's a huge, like, like whirling plastic island the size of Texas in the ocean, because of all the plastics.

[00:25:32]

P And Grove Collaborative cares about this problem, they have created a concentrated detergent with a reusable glass detergent dispenser and a stain remover spray, it's \$30 worth of value and it allows you to relieve the problem of throwing away a bunch of heavy plastic, because you've got the concentrate, you're filling it up with your own lovely water from your sink.

P It's smart and it's the way we should be doing things, because it helps us all reduce dependence on single-use plastics. You know some, in life you can't at this point get rid of all plastics, most of us can't, but we can get rid of a lot of single-use, like use once and then throw away.

S And this is where Grove.co is really getting smart, for instance their laundry starter set, you get the ultra concentrated detergent and the remover, the stain remover spray and the glass detergent dispenser, you get this all for free, and that's \$30.

S They smell amazing, you can choose from unique scents like citrus and woods, lavender and rosemary or you can get the free and clear for those like unscented, there's many that have the, you know, the sensitivities to that. So, they have what you need and for a limited time our listeners, our peeps, get all this free with their first purchase.

P Always fast and free shipping on your first order. Going sustainable, Trim Healthy Mamas, has never been easier, join us and the over two million households who shop at Grove.co for their healthy sustainable home essentials.

[00:27:03]

S And make your laundry...

P Did I just say essentials? I do believe it's essentials.

S A new word every day. Make your laundry more sustainable this year, that's my goal Pearl, because it's so annoying to take your recycling to the recycling place and sometimes you forget, even if you have good intentions. So, my home is decorated with good intentions.

But now for a limited time when our listeners go to Grove.co/trimhealthy, you get a free three-piece set from Grove so you can start reducing your plastic waste. Plus you get free shipping and a free 60-day VIP trial. So, go to Grove.co/trimhealthy to get this exclusive sustainable offer.

P Grove.co/trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

S So, I've got this little, just a little wrap-up from just what we said, before we go on to anything further.

[00:28:04]

S So, you're not necessarily doing Trim Healthy, you're actually not, you're not doing Trim Healthy Mama because you're having to get on a program for people that need to lose weight, no you're actually doing Trim Healthy Mama because it's a lifestyle of thin people.

P Come on, come on Serene.

D That's really nice. It's a little heavenly nugget.

P It is, it's a lifestyle of trim people, so you're learning these habits and habits, the do take while, but let's start them in bite-size, let's make ourselves winners, okay.

S And it's just like with our children too, you know, I find when I home school the more I hound an issue that I see, that I'm trying to deal with, okay there's an issues there, I can see that, well I need to hound on that and I need to make them aware, it makes it worse, I find, and it's not that I'm not into discipline, I'm totally into, I won't use the word gentle, I'll use the word sensible.

P Discipline with encouragement.

S Sensible discipline, but I find that if I bring out the gold in them and just talk about all the wonderful things I see, then the issue just, kind of, takes care of itself, because it starts to tip the see-saw, you know, where it just, kind of, slides off the see-saw because of all the wonderful things that they feel built up in.

[00:29:28]

P It's so true and that's like, you know, this lifestyle is a lifestyle of trim people, right, doing the things trim people do. So, you know, it's on the can't haves, there's so few...

S Or the weight loss plan, I'm stuck on this because I need to lose weight, because I'm a slow loser.

P It's a lifestyle of...

S This is what heavy people need to eat like, no this is what trim people eat like.

D Hey, by the way...

P And it's all these foods that we're bringing in rather than ones we can't have.

D But when we say trim don't we mean, to the specific listener, your version of trim?

S Yes, we do.

P That's why I was saying trim and not skinny.

[00:30:03]

D Well, I've actually heard, out in the community, people are like, they've said to me, you guys talk about, like, the goal is trim, they're like, my physical bones are not trim. Like I have thicker bones and I'm...

P No, trim is trim for each person.

D For you, yes, and that's what I'm, I love that balance, because I know you all believe that.

P It's true, you know, for a woman trim can be a size 12, it really can be trim.

S Oh, it even could be larger than that.

P It could.

S It can be.

P It can be sometimes, it really can be a 12, 14 and it would be trim.

S We specifically...

P For some people it could be a two, but not too many of you have had babies.

[00:30:37]

S We specifically looked at each and really hashed it out, what is a word that means healthy and slender for a particular person without having that...

D Skinny vibe, right.

S Yes, the vibe with the skinny. And we thought trim...

P We did, but remember, you've got to tell a true story for now...

S Even slim...

P When we first wrote our book we wrote slim healthy mama, we were going to call it Slim Healthy Mama until the very end, right till we went to publishing and some, we said, well we'd better look up to see there's no other book called Slim Healthy Mama. There was a blog called Slim Healthy Mama and, oh no, we've got to change the name of the book, so Serene and I, we thought about it and we're like, well trim is even better, it says what we wanted to say, where you're not trying to be skinny, you're being your best trim. So we changed it and thank the Lord, it was a better name.

S And then what our slogan was, find your trim.

P Yes, find your trim.

[00:31:33]

S Find your trim.

D I don't even like the word, slim, like as a word.

P Slim, you don't like slim?

D Because it's...

P I guess it's more like thin, you know.

D It's like slim...

S Like a slimy, like a slithery.

D No, it's just like Slim Jim.

P Well, Danny doesn't like us to be too slim, every time we come and he's like, you put on any weight yet, he likes, he wants Serene and I to put on weight too.

D I want them, I want to actually have a...

P He likes a woman with curves.

[00:31:56]

D And I want a scale by the door and if you're too skinny I want to be able to document it.

S Hey, listen Dan, I want to just encourage you as your wonderful PODdy self because I was, I ran to Lowe's on Saturday, Lowes and Dickson and you know, sometimes I'm like, yes sometimes I'm like, hey I'd better brush my hair and put a little lip balm on because...

D Just occasionally.

S You know, people stop Pearl and I and I want to put a healthy image across, you know, not a tired...

D Hey, coming in looking like Hollywood on the weekend, you know how they look, the stars.

S Hey, well back in the music industry days we got in trouble if we didn't have washed hair and trendy clothes when we went to town, but now I just thought I'll just brush my hair, but I didn't. I'm like, it's Saturday, it's Dickson, like I'm just...

P That's the day you do see people, Serene.

[00:32:48]

S Yes, so I'm running with my screaming toddler and two of my other younger children and I'm late for a birthday party, it's my Visions birthday party, so I'm like, got to get the trash bags from Lowes and I'm running to my car and I hear, Serene, so shout out to you wonderful lady, she's a PODdy listener, and I felt like, oh no, it's the time when my hair in one big dreadlock wad.

P Did you pretend you didn't hear her?

S No, she was just so sweet, so hey, good to talk to you over the PODdy. But her husband is a Danny fan, and he's like, tell Danny, tell Danny I'm a listener. So Dan...

P We downplay the people listening to you Dan, you just come here, work for your 25 cents and you do.

S He was an awesome guy, he was an awesome guy and he was just, his numbers were so good, his doctors were like, wow, they can't believe that his numbers were doing so good.

P Everyone says, we love Danny, he's such a hot mess. Danny is such a hot mess.

D That's a good description, I'll take that, I love that, like, you know, people have those middle names, I want to be like Danny Hot Mess Valdes. You know, people are like, they're got their thing, you know. But hey, choose...

P You can have it as your little car number plates.

[00:33:54]

D Yes. Oh, Hot Mess on my. Oh no, because then I'm going to be accused of being a 40 year old woman with, you know, Franklin vibes. Hot Mess, like a, it's like a sassy southern girl.

S It will be on your pink Cadillac.

D Exactly, exactly. Hey, but cheers to this guy for the shout out man, high fives to you.

P Yes. What else do we have to talk about on this subject?

D Topics, hey this was...

S We could go on.

D This podcast was for me today, the early on stuff...

P What are you taking from it?

D Just you bringing the positive approach to dealing with things you're struggling with in your life, rather than you're like, I'm not dealing with... Here's my take-away, I'm not dealing with my narcissism, I'm actually exercising a new muscle called empathy.

[00:34:43]

P I love that, see.

D I'm sure we...

S I love that.

D Because that's actually a real, if I'm being vulnerable, a thing that, you know, and I don't like, you know, we're not talking about the label of narcissism, I think very few people should get that label. I think that's overused, you know, to call somebody that.

P You're not a...Okay one thing I know about you is you're not a narcissist, so I hope nobody has labeled you one.

D No-no-no, I just hear it a lot now in...

S Well, he's got some product in his hair, so it might be a little....

D But everybody is talking about, like, how to spot a narcissist and it's like...?

P Oh, I know, it's so big.

D Man, you know, like unless, yes, yes on social media and it's like, you know, unless you're, like, choosing selfish pain for the rest of the world, like, every hour of the day, I mean, I don't you're really... I mean, we all could choose to be a narcissist from time to time and think selfishly, right. But I just, my point is I feel like it's overused but I, I think at my personal worst have narcissistic tendencies.

[00:35:39]

S Yes, I think we all do.

D I won't think about others and decide...

S Well, that's the flesh, we all do.

D Yes, what do I need to get accomplished today and who's in the way, almost, and you know, and it's just conscious choice to choose empathy, like there's another human being here.

P It's so true, and I have always labeled myself as lazy, so I've been working on my laziness all these years, you know that was part of my, let's make the bed, thing. Lazy, I had labeled myself as a lazy person.

S But the more you worked on your laziness the more you were informing yourself that you were lazy.

P So true, but now I'm just like, I'm doing habits that hard working people do. You know, I'm utilizing those habits.

S I love it.

P And so, if you're not an overweight person, you're starting habits that trim people do, that's what you're doing.

[00:36:21]

S And Pearl, I just love, you know, I love the fact that you've just, I want you to pass out that book to me, pass it off.

P Yes.

S And the last book that you passed off to me, Unoffendable by Brant Hansen.

P It's so good. Dan, I want you to read that one.

S It changed my life. But when you said you're not working on your narcissist thing, you're working on having empathy, I just love this portion in this book and it's a must read for everybody, I'm buying it all for my children for school and then I was like, Sam, you'll love this, he heard me laughing my head off.

P Have you tried to get Sam to read it, because I've tried to get Charlie to read it?

S He listened to it, he's already done it, he does it on audio on his way back and forth.

P Did he like it?

[00:36:54]

S He loved it. But, you know, it's so interesting, he's like, you know, people sometimes think, you know, I have to work on being humble and people think humble means, you know, self degrading and thinking you're a nobody.

He's like, that's not humble, humbleness is a person who, you know, is just a regular Joe in the room that actually when they talk to you really are caring about what you say and what's going on in your life. Humbleness is really about when you're interested in other people.

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, we're talking about Billie, because it's our favorite shaver, and the Billie handle was designed by top New York industrial designers to provide secure handling when wet so that shaving in the shower is easy.

P We talk about Billie a lot, because we love Billie. Billie delivers premium razors directly to you for half the price of what you'd find in the store.

S And you don't have to get a key, find the old lady to get the key to get you your razor. That's a huge thing, I say it every time, because that's why I've switched to Billie.

[00:37:59]

P And then you're going to pay more and the razor's not going to be as good.

S And it's not just the handle for why I love Billie, it's the dooby-whopper that you stick it on in the shower, it's awesome, it's like magnetic and it wants your razor out of your hand, it almost grabs it.

P Yes, because the other ones slip off.

S No, they fall off and then your blade falls off your razor and it gets all weird in the puddles at the bottom of your shower and then it's all over from there.

P Go to mybillie.com to their starter kit, which includes two razor cartridges, a handle, that special design one mind you, and their magic magnetic holders for the shower, that's what Serene was talking about.

S That's the dooby-whopper. For only \$9, you get all that for only \$9, you get four refill blades, every one, two or three months, based on how often you shave.

P Each razor cartridge includes five American-made blades encased in Aloe shave soap for the smoothest shave that's gentle on sensitive skin.

S And do you know what else, Pearl?

P What?

[00:39:03]

S Do you know what I like about it, those blades aren't shoved all closely close together, they have the proper amount of space so that the hair, sorry for the imagination there, but it doesn't get all stuck and all caught and then it gets all, like, it won't work anymore.

P And you have to do a special cleanse under your shower, you have to destroy your shower peace, because you're trying to cleanse your razor.

S You're bashing your razor on the side of its head on the bottom of your shower floor to get all the gunk out.

P I know, that's just too visual. Billie is an Allure Best Beauty winner and on Nylon's Beauty Hitlist, because Billie is the brand that finally got women's razors right. Get free shipping always with Billie, skip, adjust or cancel your subscription anytime, because some of us shave more than others. Serene shaves less, but more power to her.

S Go to mybillie.com/trimhealthy for 10% off your razor. Get the best razor you will ever own for half the price of razors in the store. Plus shipping is always free.

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

[00:40:17]

S This is the PODdy with Serene...

P And Pearl.

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

P My husband Charlie, I talk about him sometimes, he's just such a great guy, but sometimes our men are good conversation starters for the PODdy. So, he has not a lot of patience when he drives, a little bit of road rage, suddenly, he's the kindest guy to people and then on the road, everybody are idiots. Like people that he'd be so kind when he walks in the gas station, open the door for them, go ahead sir, you know...

D He might even buy their...

P He will, he'll buy, he's the guy who tips people 40%, he's the guy that buys people dinner, anyone with a Vet hat on, anything, he'll do. But if they're driving in front of him, they are idiots.

S Did you love that part of that book?

P Yes.

D That same, that same veteran.

[00:41:06]

P So, I want my husband to read this book, because then I think all our driving will be peaceful occasions from now on, if he could only read it. But, Serene, my husband won't, I mean, I can't get him to read books.

S Maybe he'll listen, can he listen?

P Because then he thinks I'm trying to improve him.

S No, but could he listen?

P No, he'll still think I'm trying to improve him.

D Because you are.

P I know.

D That's the truth.

P I love the way he is, but I just want a more peaceful driving partner.

S I've talked to my teenage boys now about this particular excerpt in the book, I love it, he was saying how we're always, we're offended by other people, but we're never offended at ourselves.

[00:41:38]

P Because we're right, because we're always right.

S Because we don't know how to be intellectually honest with ourselves, because even the Bible says, you know, who can know even their own heart, right. And so how can we, we can't even judge our heart, how can we judge other peoples.

P But it's so interesting, because he was saying how he was, you know, coming out of some intersection, blah-blah-blah, and somebody was in the wrong whatever and he was like, idiot, what an idiot. And then the next day he was doing the same thing that the idiot was doing, like happened to do the same thing, but the guy who was in his spot, of yesterday, was like, idiot, what an idiot. Like, no matter, no one could do anything right on the road, everyone else was an idiot, but never him.

P So, I keep telling my boys, you know, because they're always like at each other's throat, teenage boys, they've got that testosterone, I mean, they're lovely to everybody else, but

P Teenage boys that are brothers have special sorts of physical rage at one another. Do your boys, Danny?

D Total rage.

P They love each other, like they're so in love, they're best friends, but man they, their instincts are to punch and...

[00:42:41]

D No one else from the outside could come and hurt their brother.

S No way.

D But they will, like, mentally torture, like to the point of, like, could affect their life.

P Yes, I know, my Noble, my precious Noble, who now has grown out of it, okay, so now my boys, like my oldest is 21, completely grown out of that, they're kind to each other. But back when they were middle-teens, I don't know what it is, something in their brains, Noble would literally run after his brothers, kill, kill, like he wanted, like it was a blind rage that came over him and he would just charge through the woods and they would run miles away from him, because he was going to kill them.

S He was a special, particular special kind.

P Now, he's the most calmest, kindest boy you could ever meet.

D You know what, because he answered all those questions he was asking at that time about his chest being big enough and does he have skinny wrists.

[00:43:36]

S Well, that was the problem, because all his brothers were, like, these little skinny guys who's six-pack could show through, but he was a man of brawn, he's broad, he was just naturally, he didn't have an ounce of fat of him, he was just brawn and much bigger and broader and taller. But because of that maybe the six-pack didn't shine through all the time. Remember he'd come back from trying under-armor along with his older brother and he had blind raged the whole way home.

D My son, my oldest is 14, but not a day passes that he doesn't try to see if his handshake can hurt me, not one day, every time I get, I walk through the door he's either shoving his chest in my face, his bare chest, I'm like, get your birdcage out of here. Like, in his mind he is a big man, because he looks at other people his age and he's actually bigger than them, he's big for his age. And then he gets home and he comes and he shoves his chest and he comes to do a big handshake and looks, like hardcore looks me in the eye. And every time I'm just like, dude, you're there, this is strength. I let him know, I answer, I confirm, because I know the question he's asking. And I did, I used to, kind of, put him down a little, like, the bird chest comment, I don't actually say that, that's for the podcast, but that was, kind of, in my mind, to, like, let him know he can't take his dad. And then I just started to think... Because he knows he can't take me. So, I just started pretending, I'm like, dude, you can take me now, and he knows he can't. But those words are like milk and honey to a 14-year old boy.

S Yes, that's so beautiful.

D But that's why they trash their brother, is they're trying to answer those questions, like am I just ferocious and can I handle life and anything that comes my way and surely this younger brother is where that is...

S So, I was trying to, you know, around for our listeners and I was just trying, I was lost, but now... [Overtalking]. I derailed us, but then I realized, it's right there Dan, it's bringing out the gold in the people, it's seeing the gold, it's like, oh that's strength man. Instead of being offended by their absolute bruteness of jerkism, you know, see where it's coming from and then bring...

P It's like in that book of Brant Hansen, right, he was talking about that real jerk of a rough crude guy he had to work with and how, you know, everyone was just, oh how do we just come to work every night with this psycho, he's just miserable to be with.

[00:45:59]

P But this other guy was so well put together and wonderful, even more than Brant, and was just so kind to this brute of a drongo and he ended up making him a present and giving him a plaque of his glory days, he was a brute because all has been and washed up and he was just, like, insecure. But this guy gives him a plaque of his glory days, it was a magazine cover of when he was in, like, some softball team or whatever and it just made the guy melt and cry and change his whole life. But, you see, when we see gold in them and just bring them out.

P We're on a sort of a different, and I know we've got to go, but something about that book Unoffendable, and what's funny is Serene and I are writing this book called I'm That Girl, okay, and we read this book Unoffendable now, but there were similar things in I'm That Girl, so I don't want people to think that we read the book Unoffendable and wrote what we did in I'm That Girl, it was already there. One thing that helped me so much, because he's a radio show host, he's on the radio all the time, Brant Hansen, I've never heard his show, but hopefully we sell him a few books. But anyway he was talking about the feedback he gets as a radio host because all the letters he gets sent, you know, about something he said. What was it that...?

S Can I tell you, okay apparently he had this little segment where he plays ukulele and sings like an old song from way back when and then maybe like a Christian, kind of, youth group song and people have to sing along and guess what the title is or something, I don't know if that's exactly it, but that's what I remember.

[00:47:37]

S And so he was doing that and he'd get letters, he'd get phone texts or whatever and it would be like, I'm disappointed, it totally proves to me that you only like to practice the worldly songs, because you sound so much better on the worldly songs than you do on the Christian songs, totally disappointed. And he's like, what on my ukulele, on my piano accordion, I actually sang Danger Zone too well.

P And everything he said he would get different emails about, I really liked what you said there, someone could say, and the whole something so opposite, someone even said to him, you know, when you talk to female callers, I hate the flirty tone you do. And he's like, all the things that people can say to you, that hurt me the most, because I've had one wife, I love her to death, I don't even know how to flirt, you know, I'm just one of those guys, I don't know how to flirt, I'm on the spectrum. But it made me feel so good, all the products we've put out, this PODdy itself, right, we've received so much...

[00:48:34]

S I wish those girls would just keep to the one track and stop their rabbit trails.

P Yes, I wish they didn't do rabbit trails and all that. And yet we still have this core of listeners and they're still growing and it makes me feel, just do what you do guys, because you can never...

S Yes, because they see the gold in us.

P Thank you, all you PODdy listeners, you have seen the gold in us, despite all our flaws and you've just said, no they're gold. Because we do lots of things wrong, you guys listening have just said, no they're gold.

S Hey, I want to tell this one other story, it's so funny, you guys have got to read the book, it's just a shout out, we're not getting any money from this book, I just love it, okay.

P No, it's good.

S But he's like, this one guys, this one reader, I don't know if it was a girl or a guy, said I'm so disappointed that you don't talk about Tim Tebow and the wonderful things that is going on in his life in the ministry and blah-blah-blah. And he replied back and said, well actually just yesterday on my show I did start talking about the wonderful things he's been doing. And the guy said, totally disappointed, because it was between seven and eight in the morning, and that's when I don't listen. And he's like, no I did that at seven in the evening and the guy said, totally disappointed, it wasn't between seven and eight.

P But you know the fact is, and a lot of us listeners are Christians too, and he's like, Christians complain just as much, if not more. Come on guys, let's just look for the gold in one another, I love that, let's go look for the gold in our journey.

S Yes, the gold in the journey, you are not a fat people's diet, you're on a trim person's way of life.

P There you go, let's end with that.

[00:50:11]