



Trim Healthy Podcast with Serene and Pearl Episode #169 – “The Terrible Twos” of Quarantine

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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 Boys and girls, the country is closed, but the Trim Healthy Podcast is wide open and we're here to hang with you today. It's Serene, Pearl and Danny, we've got a show for you and we're so glad you've joined us. Am I right, girls?

S Yeah.

P I love your intros, they usually make my day actually.

S You can't quarantine fun.

P Ah, Serenie.

[00:00:27]

D Oh, that's good.

P I have come today, totally maxed up with a message for you.

S Oh, bring it sister.

P Yes.

S She's maxed out with the vibe of life too, look she's wearing a Tie-dyed bright magenta pink long dress to the floor, it's flowing and cascading off the coach where she's sitting.

D It's very nice.

P No, Tie-Dye Mary, our neighbor, made this dress for me.

S Yes, yes I know, it's one of her art pieces, it's awesome.

P She listens to this PODdy too. Hey, oh my goodness, so, you know, the world is quarantined and it happens that people want to eat at home. I've been going through this myself, right, I've been on the Trim Healthy Mama groups and I see it, it is a thing that, I don't know, it's not necessarily for me. It wasn't stress eating, because I don't really feel stressed about this, even though we're now going through some challenges with the business and, you know, we can't make this or that, because this county's not letting us have that ingredient, but that's all just life, a lot of people have it so much harder than us. I don't feel like, you know, like you said, Serene, on a recent PODdy, my life hasn't changed too drastically, but for a lot of you it has.

S I still don't have toilet paper.

P Serene, still no toilet paper.

S I had to order some for a \$100 off of Amazon.

D Not worth it.

S And we paid \$24 in shipping, so it gets here in a month.

P That's price cutting right there. But you don't have it yet?

S No.

P Still walk of shame with the cloth?

S Mmmm, yes...

P That's gross.

[00:01:53]

S Mmm.

P That's gross, I did, I just got a picture in my head and I'm trying to push it out.

S Continue, we don't want the picture, continue.

P So, what did happen to me though was just the last couple of weeks and I didn't understand what was going on, I felt completely out of control with my eating. No, I wasn't, like, chowing down on Easter eggs or anything like that, it wasn't even unhealthy eating, but I just kept grabbing and feeling entitled to food. It was like, no this is quarantine, we're allowed to just eat what we want, let's go for it Pearl. Like, there was no waiting time, my stomach hurt when I went to bed, there was just grabbing, there was just no mindfulness about it, like stuffing my face real fast.

S What happened last night, it's like I'd eaten so much, I'd even eaten dessert and then my teenage daughter came home and she wanted to talk about good emotional teenage daughter stuff and so I'm like, okay well this deserves a whole punnett of cottage cheese.

P Yes, it was a deserving thing, I don't know, every time my husband, like he'd go out and bring home, like, a, he felt like he, because he's not actually going to work as much, he felt like he had to bring the bacon. So, he kept on, like, bringing home food and it would be stuff like, you know, good old organic Blue Corn Chips, but Pearl was just sitting there and she was going for it. And it was almost like, because I don't usually do this, then 15 minutes later I had to do it again.

S And then you feel like you don't deserve sleep. Last night my husband said, why are you talking so much, we're in bed, I said because I'm trying to use my mouth to talk off the calories.

D Nice.

P No, it was just like, it's just a little bit out of control. And I notice on the groups a lot of people, like, were saying, hey who's out of control, you're all out of control, and everyone's like, hey me, my hand's up. And I was like, why is this going on, you know. And then recently, as many of you know, my daughter, Meadow, she's been here, she's about to have a baby, like any second, her second baby, and we've been watching her two-year old, Warren, a lot.

S I'm so happy about that, oh I'm so happy.

[00:03:56]

P I love him with all my heart, like he has made my life just amazing. But I remember two-year olds, now I've been out of that early motherhood thing for a long time...

S And I just love it; I just love it, because I have a two-year old actually born in the same week as Pearl's grandson. So, every time I'm watching Warren, I've got to go, I'm like ah good, good because now you understand why, why.

P Yes, I'm always like, get with the program, Serene, why can't you be at a meeting, Serene, why are you late, Serene, discipline your child, Serene, you know, and I'm just, like, hoity-toity down my nose. And now I'm like, oh okay, I know what Serene's life is like, I remember this life.

P But Warren I feel like is, like, two of my two-year old boys, he's that intense and he's the sweetest, most loveable thing. But he can really get out of control and manic two-year old tantrums. My daughter Meadow's going to listen to this, but she will laugh. He doesn't know what's right for him, right, if the door is open he wants to run out there, he wants to run in front of a car, he wants to jump off the table. He wants to grab everything in the cupboards and pull it out, he wants to open the fridge and start yanking and throwing, he wants to do all that is not right. So, I was watching...

[00:05:08]

S He came to our house, right, just because I wanted to see Meadow after her being in Japan for so long, and it was literally psychopathic, my house is a bit of an interesting place for babies, there's a lot of danger traps.

P Not so safe.

S Yeah, not so safe. It was Death Camp U.S.A. he was so excited about the hundred ways he could do things.

D Interesting is actually a very kind way of describing your house for babies.

S Well, you know, there's Grand Canyons in the backyard, because of the projects, my husband's doing stuff.

P I remember Serene, okay there is a point to what I'm getting at, but just going, rabbit-trailing, remember Serene talked about on a PODdy several months ago about how her husband dug the Grand Canyon to bury some, what are they called, sea containers, because they were going to be, like, the underground shelter, that's not buried.

S No, it's going to be like a place for, like, you know, cans.

[00:05:57]

P It's still a Grand Canyon.

S Yeah, it's a Grand Canyon, but those bars are up and running.

P It's true.

S He's in charge of all that.

P You guys are eating your bars, that's all Sam, Serene's husband. Hey, here is where I'm getting to, this point is going to blow your mind guys, because it's brought me back to reality, it's like it's saved me, okay. So, watching over Warren, who's doing everything that doesn't make sense, and it occurred to me on Sunday, this past Sunday, I was doing it again.

P It was like I couldn't control myself. And then I downloaded, Pearl you've let your two-year old self take over. I had given all authority to my two-year old self and my two-year old self does not make good decisions. My two-year old self gets mad if I won't let her have food right now.

S Yay, Fat Camp U.S.A., a hundred ways for me to have breakfast.

P My two-year old self wants to eat that and feels so entitled to whatever she wants, whenever she wants, she will have tantrums if she can't get it, she will be mad when others are eating and she's not, she will want everything she needs right now and she will throw a fit if she doesn't get it.

D Are you a fussy little two-year old sometimes?

[00:07:13]

P I was, my little two-year old self was controlling, I'd given her all authority. And so today I want to talk to you, we have to take back authority from our two-year old selves, okay guys, somehow we let them take over. Maybe it was, like, stress, maybe it was, like, because, you know, we're at home all the time and we just want to go out and I'm tired of this. But they've taken over, guys. And once I realized, okay... It's hard to get authority back over a two-year old when they're given control, right Dan?

D Yeah, when you've allowed them to win. It's kind of like when you, have you ever wrestled, the dog wants a rope and it brings it to you and then you try to pull the rope, you have to get it, if you don't from that point on that dog thinks it's your boss.

P Yes.

S And also, if you feel like, you know, two-year olds, sometimes they haven't matured in areas, okay.

P No, they haven't, they're sweet and lovely, but they haven't matured.

[00:08:05]

S Yeah, they're beautiful, but the thing is that, so sometimes maybe we haven't matured in areas because instead of facing an issue, just because of the wonderfulness of life, we haven't faced it, because we're out. So, maybe we don't, we're not staying in the kitchen all day long, which hasn't made us make boundaries for ourselves, and it's not a bad thing, it's great to be out and, you know, taking dominion of life, but a lot of us now are stuck where we haven't been stuck before.

P Yeah, we're stuck.

S So, we're just stuck staring at the refrigerator and so we have to create boundaries we've never had to face before.

P Yes and I'm thinking, I was thinking about it, because Serene and I've always said, well with Trim Healthy Mama you don't need a lot of self control, you know, this is food freedom and all that. And I was thinking about that, but then I thought absolutely, because we're allowing all food groups, we don't, you know, we don't have to starve ourselves, we eat plenty, we eat carbs, we eat fats. But also the Bible talks about temperance and self control in a way, right, and I thought to myself, two-year olds don't have that quality, they don't have self control. So, yes we can have food freedom, but boundaries make us happier. And you know when my two-year old grandson is acting out and making crazy decisions, he's not happy.

[00:09:17]

S No and that's not freedom for him. And taking it back to the toddler analogy, you know, he does have a free life, you're not, like, putting him in a straightjacket all day long and putting blinders over his eyes.

P I'm just protecting him.

S And saying, you know, look at your blocks and Lego and all that stuff, right, so it can be freedom with still having a few rules.

P Yes. And we need to take our two-year old selves, let's just look at a two-year old toddler who's acting out, right, but we want to bless that toddler, we want that toddler to have fun, we want that toddler to have actual proper meals, we want to feed that toddler snacks, we want to give that toddler treats. But we also want to say to that toddler, here's some boundaries for your own benefit and you're going to be so much happier when actually you are not in charge. When a two-year old is in charge, a two-year old is stinking mad and sad all the time.

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

[00:10:07]

S I'm Serene.

S Okay so, you know, our auntie, Pearl, do you remember the story when our auntie was found, like, collapsed in the bathroom by her neighbor friend, because she was such a deep cleaner, she was like an OCD cleaner, but she'd inhaled too much of the cleaners and really had, like, totally made herself pass out. The cleaners back in our parents' day were really awful, but thankfully people have wized up and Grove Collaborative has collected all these wonderful wise cleaning companies and put it all there for you online so that you can choose your favorite scents and favorite cleaners that are not going to make you pass out and be found by your neighbor.

P You don't need toxins to have a clean home, I can vouch for that, because I've been using products from Grove.co and my house is sparkling!

S Grove Collaborative is the online marketplace that delivers all natural home, beauty and personal care products directly to you. And who has time for shopping? In fact, we even can't shop, right.

P No. Yes, that's true. And the fact is Grove Collaborative has products that are natural, but work, and I can vouch for that. Why? Because I have ten children who live in the home and I live in the country, which means a lot of muddy floors, I have toddlers that pee around seats. And Grove Collaborative's products work. There's no stink of all that stuff in my home.

[00:11:28]

S Well, if there is a stink of cleaners, it's beautiful, beautiful natural scents, ah lovely. Grove takes the guesswork out of going green. Every Grove.co product is guaranteed to be good for you, your family, your home and the planet, so you can save time reading confusing labels or walking down those aisles selling all the chemicals.

S Right. And holding your breath, don't they stink, those cleaning aisles in the stores, stink.

P To purists they do, Serene. So, with Grove you don't have to shop multiple stores or source endlessly, you just get all the natural goods you need for you and your family. Join over two million of us now, over two million households who have trusted Grove Collaborative to make their homes happier and healthier.

S So, go to Grove.co/trimhealthy to get this exclusive spring-cleaning offer, that's Grove.co/trimhealthy.

P Yeah and this has crisp scents in cleaners from Mrs. Meyers and Grove, like mint or rose, lovely, they're lovely, \$30 value.

S Ooh, I love me some rose.

[00:12:32]

P \$30 value there, you get that for free, plus your shipping is always fast and free too on your first order.

S I like to clean my boudoir en suite with rose.

p Oh yes. Go to Grove.co/trimhealthy to get this exclusive spring-cleaning offer, Grové.co/trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

D When my son was around that age it was, he was old enough to understand English and I remember saying to him, if you, if you, I wanted to stop him from eating something, and I can't remember what it was, but I just finally said, it was after, like, several months of just always stopping him, and I finally just went, you know what, you can eat if you want to, if you do you're going to have a bellyache and then you'll see. He's like, yay freedom, he just pigged out. He was screaming later that night on the toilet, because it wouldn't come out and he was constipated and he was bawling. And I opened the door and I was like, that's what daddy's talking about, right there, I was like, I let you eat it so that you can learn. And ever since then we've referenced when our kids, now my oldest son's 14, and when they want something, I'm like, I mean, yeah just eat one, well I can eat, I'm a man now, I can eat as much as I want, I'm skinny. And I'm like, yeah but you're going to scream-cry on the toilet. And that ends the conversation every time, they're like, he's like, oh okay, good call, good call.

P No, my two-year old self was literally giving bellyaches, it wasn't like overdoing sugar or anything like that, it was just constantly, like, overdoing eating. And, you know, like take a two-year old now, but they don't, they can look at a candy bar and they, I mean, it's nothing in their heads that's saying this is bad for me, they're just saying I want. They're not thinking about the repercussions and everything. And so, yes, two-year olds get bellyaches if we left them completely to themselves. But somehow, and I know I'm speaking for me and I think I'm speaking for many of you, maybe you're resonating, we have let our two-year old selves take over. And we feel so much better when we take back that authority. I said to myself on Sunday...

S Amen.

[00:14:41]

P I just said, you know what Pearl, it's okay, you did it, you know, it was a learning experience, take back that authority. And I did and I suddenly felt like, oh okay, that two-year old voice in my head, I'm no longer going to listen to it.

S Did you feel more free?

P I did, I felt free, I felt better. Now, I'm not saying the two-year old hasn't spoken to me since then, but now I know she's two, why should I listen to her, she's two.

S The thought of authority, the thought of authority gave you an excitement of freedom.

P It did.

S Because I was a psychopath last night, like with a punnett of cottage cheese at 12 o'clock at night, I didn't even need it, I actually already had Cottage Berry Whip just ten minutes before almost. Like, and I'm like, I'm too tired to make another cottage-berry whip, just open a new container of cottage cheese.

P I'll just open a container of cottage cheese.

S And that's what I was doing, like a psycho, I didn't even think, it was just all coming, like instinctive psycho stuff. But just now thinking off, ooh I can take authority over that moron, gives me a sense of freedom.

[00:15:37]

P Oh, it's relaxing, guys, it's relaxing.

D You know in a two-year old's mind they've not lived long enough to realize, like a Snickers bar, in their world there is no reality of food being harmful to them, in their mind.

P It's all about instantness, right, me, me, I want that, me have.

D Well, you know, yeah, and the other thing is, in our kitchens, because we've done so well all year, there isn't this possibility normally of anything in this kitchen hurting us, but what we don't realize is actually there are some things that could hurt in here, we just handle them wisely. And so when you're just in your kitchen all day, there's no park to go to, you, kind of, lose your edge.

P You just, kind of, lose it and you give over to the two-year old.

D And you're going to poop your pants and that's what you've got to know, that's the takeaway we want you to have today, is you're going to poop your pants.

P And it's fine, we're not saying, okay now you need to get all stringent and get all military, no you want to love on and bless your two-year old self too, like you're going to bless yourself.

[00:16:44]

P So, it's not about being mean to yourself, now it's just making those wise boundaries and when that voice comes you don't listen to it, because she's two. Now, I do want to say this, and Serene bring your point but hold it for 30 seconds, I remember we did a PODdy last year, my daughter-in-law, Kahoru was struggling with anorexia, and I do want to give an update on that, she's just doing fantastic. But she gave me a book... Isn't she Serenie Pops?

S Yeah, I'm just looking at my babies and making sure that they're fine with that car backing up.

P Kahoru's just flourishing, it's like a miracle.

S She's flourishing, she's just beautiful and gorgeous and whole and healed and so sound.

P It's just a miracle, but it was through, you know, counseling and good therapy and just, you know, leaning into God in so much of that, it was a journey, but she is really coming out the other side. But she gave me a book and it's called Life Without ED, I talked about this book on the podcast.

D ED stands for eating disorder.

[00:17:41]

P Where this woman realized this voice in her head, she named it Ed, eating disorder, talked to her and she had to learn, she actually called it divorcing myself from Ed, that Ed wasn't her, Ed was voice in her head that should not be listened to. And I actually realized, well I had little parts of Ed in my head too that were a bit stringent, like, you know, just saying the scale's up today, Pearl, two pounds, you'd better have a miserable day, you better tighten up, just ridiculous stuff. But then when I realized this two-year old thing that had been happening to me, I realized, ah Pearl you have another voice in your head that doesn't need to be listened to, she's two, she's taken over, we're going to put her back in her place and you the grownup, the grownup that's also going to bless yourself and make wise decisions and give yourself treats and all of this, but they're going to be healthy, she's the one taking over and she's the one you're going to listen to.

S I agree.

D Little baby Edwina.

S I just, you know you said we want to bless the toddler, and so we bless the toddler, we give them, like we try and form healthy habits, healthy hobbies for them, you know, and so...

[00:18:49]

P You've got a hobby for your two-year old self.

S No, no, no, yes, yes, because I realized last night, I was thinking to myself so why did I do that, like it was so weird, it was just, it was like, I thought to myself maybe eating has become my hobby right now.

P Yes, that's what it is.

S And then I realized I need to bless myself with some new hobbies, because, this is what made me think about it, I thought to myself, okay in countries where it's not so, we're not so blessed like America, they don't, it's not even something that can become their hobby, eating like we do, because there's only so much that you make last through the day. And maybe, like, back when, when, when, when the kitchen was closed, the fire totally went out, you know, and so you couldn't make evening eating such a hobby of the evening, so there was, like, these reasons why, you know, other people haven't had issues with it. But now in America, and everything we're facing, with prosperity and just electricity, we can

make it a pastime of the evening. And I realized, I'd been getting into painting, and I realized when I paint I forget about food and I actually have to remind myself, ooh you're hungry Serene, you're hungry.

[00:19:59]

P You see that's what we do with our two-year old though, we sit them in front of a bunch of markers or little vroom-vroom cars or something to distract them from their craziness.

S Yes to distract them from the Grand Canyon they want to jump into.

P In Serene's backyard.

D Yeah when I'm working I'm not hungry at all, if I'm focused on a project, I have to, my body eventually reminds me with a full crash that you must eat.

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 I want to talk about Buffy...Buffy has created the best comforter you've ever slept with. Now, I'm just not saying a corny line here, I'm saying something I believe in and I'll tell you why. Before I had Buffy, I would get this situation where I would, I would want the comforter on me, but then it would get so sweaty hot, I'd be pushing it off in the night. But then that felt, like, vulnerable, like ooh the monsters could get me, you know, kind of thing. So, I'd pull it back up and it was just this constant pull off, pull up all night long. But with Buffy, I feel like it's got its brain about it and just puts it where I need it. Well, it was smartly created to do just that, Serene, and it has over 17,000 five-star reviews from others on their page.

S Reviews like mine?

P Yes.

S Amen.

P Customers do agree, it's the softest, fluffiest comforter they've ever tried and it keeps them perfectly centered all night with their core center, you know, not too hot, not too cold.

S It's made out of ultra-breathable eucalyptus fabric, which is softer than cotton, so that's why it's so, hmm, just soothing and comfortable. And it naturally soothes the skin, so if you have skin that's sensitive to other materials, you won't be sensitive to eucalyptus fiber.

P Also eucalyptus uses ten times less water than cotton to grow and its fiber is produced using recyclable earth-friendly solvents.

[00:21:51]

S And to boot, Pearly, it's hypoallergenic and it has a high thread count, which shuts out dust, mould and mites for a healthier sleeping environment, and that's something that's pretty huge for mothers who are dealing with children who have asthma, especially in the evening and they're up all night dealing with their children having a hard time sleeping. I remember you, Pearl, even though one of your children didn't suffer with asthma, they, every night they went to sleep they'd get stuffy noses, it's probably the blankets you had on them.

P Absolutely, mine were filled with dust. Not anymore. Hey, but this is the cool thing about Buffy and this is basically its claim to fame, that the inside of each comforter is made from 100% recycled water bottles, so they're transformed and given a second life as a super fluffy fiber.

S Hey, I'm not one of those greenies that wants to chain themselves to trees and be all way out, right, but I do care about having a beautiful place for my great-great-grandchildren and that is a huge for me, because I hear there's, like, plastic, all put together like the size of Texas, in the ocean, it's just naturally whorled together. And I don't want that, so thank you Buffy.

[00:22:58]

P Thank you. But this fluffy fiber, Serene, it's, it feels even softer than down, you know how our grandmother's quilts were all filled with down.

S Yeah, they were soft, Pearl, but they were pokey, do you remember when the little quills would come out.

P Yeah, but each Buffy comforter keeps 50 bottles out of the ocean, Serene, so there you go. And the average down comforter harms 12 geese, we just need to let the geese live.

S Yeah totes.

P Hey, you can try a comforter on your bed.

S It can lay the golden egg.

P Yeah, it can lay the golden egg, good one. Hey, you can try a Buffy comforter on your own bed for free, if you don't love it return it at no cost. For \$20 off your Buffy comforter visit Buffy.co, Buffy.co and enter trimhealthy.

S Can I remind them, Pearl, that's \$20 off your Buffy comforter at Buffy.co and don't forget to enter trimhealthy.

P Spell it, Serene, Buffy.co.

S Buffy.co, it's B U F F Y dot CO.

P Trimhealthy is the code.

[00:23:52]

S This is the PODdy with Serene...

P And Pearl.

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

S So, now with this whole quarantine issue, and that's what Pearl was, kind of, getting to, this whole thing, maybe we didn't realize we were out of control toddlers, but this has brought it to a head.

P I think we've called it many things, I think we've said, well I need to eat for comfort now, I need to eat for stress now, I need to, you know, I'm really eating my feelings now and all this. But really if we get honest, and come on I've had to be, if we get honest, two-year olds in control, right.

D Yeah, craving, a little two-year old craver.

P And the more allow the two-year old, the stronger she becomes, man she takes over. Honestly, I was at the end of that two weeks and I thought this is not even me, I don't know what's going on here. This is not me, because I would say, well tomorrow I'm just going to be more reasonable about it, you know, but the more you do it, it becomes a habit and the two-year old just starts to take over. You know, when you allow your two-year old, your literal two-year old to take over, boy they take authority don't they, I mean they own you, they run the house.

S Oh, my Tyler owns me.

P If given the liberty, they basically can make the family miserable.

D Absolutely.

P But you have to take that back as a parent, kindly, nicely, but just say enough.

D Yeah, there's an authority thing to take back for sure.

S And life is more free. Like, I'm a little bit of a slave, a lot bit of a slave to my two-year old.

P Serene, you do, you need to up the discipline, the kind discipline.

S Yeah, I totally do, the kind discipline. But, you know, I'm Grandmothering my children now, because...

P I know, because you're in that grandmother stage where you're a grandma too and so you're a parent.

S I'm like, ah that's kind of cute.

[00:25:37]

P That tantrum's real cute isn't it.

D Oh my goodness.

S Look at her red eyes, oh she's so mad.

D I for sure haven't entered grandpa age yet, my hormones are still quite fatherly.

S But, you know, I need to take control, because I realize she's not happy and then it doesn't make a happy environment for the whole entire family. So, let's give some, you know how sometimes when you take back authority to toddlers, you give, you set them up in little, like I said, different hobbies. So, maybe you're stuck around the kitchen, maybe it's time to set up the boundaries, like kitchen's closed, it's now your crayon time. In adult terms that might be, now it's your, okay you're no at work, so maybe it's your, I don't know, darn time, I don't know.

P Yes, we all darn.

S I'm just teasing.

D Maybe we need like, shall we get some yellow tape, like a crime scene, and just rope our kitchens off, like when it's not time to eat?

[00:26:22]

P I just think we just, and yes, we do have to distract ourselves, Serene, like I think hobbies and things like are good practical things, but there's also just the thing of not listening to the two-year old too.

S Yes.

P Wha, wha, wha, I'm sorry, you're two.

D You're two, shut it down.

P You know, not time for that little two-year old, she doesn't own me.

D Yes, go to bed.

P Oh, it has been so empowering to have Pearl back, Pearl the adult, back. Pearl the one that can learn and can change and realize, hey I don't have to be this way, I'm a new creature in Christ. I don't have to be under my two-year old's authority.

S I'm hanging out with the adult me tonight.

P Totally, the adult me gets blessed. Like last night I realized, okay, my two-year old is not taking over tonight, I had my delicious meal, I blessed myself with, you know, half a THM brownie bar for dessert. Autumn made a delicious drink and I had some, I was blessed, I just didn't have a tummy ache, I just didn't feel trodden down by ridiculousness.

[00:27:24]

D Did you have cravings that you said no to?

P There was the little two-year old whispering in my ear about all the other things that were down in the cupboard that I could keep going to and I just told her, you're two, hush up.

D But did that come with cravings or just thought, I mean...?

P No, it was just a thought, and the more you get better about not listening to certain thoughts the more they go away, they stop trying.

D Yes, see I never have thoughts, I just have this, like, I actually think I'm hungry and I'm not, I know I'm, it can't be, I just... Sometimes I'll eat and I'm...

S It's boredom.

D Ten minutes later I'm like, I need to go and graze.

P It's just like the flesh crying out, you know, and you know when the flesh cries out, I find, like, when toddlers voice their little silliness, it starts off with their toddlerliness, but then it almost goes and turns to the dark side.

[00:28:04]

S Yes, they can go like, I want the candy, and then all of a sudden it's like, I hate you. My toddler doesn't say that but I've heard...

P They turn.

S I've heard it, it turns quite dark. Well, last night it went from, you know, stupidly eating the extra Punnett of cottage cheese like a psycho to going to bed with dark thoughts of like, ooh tomorrow you're going to purge in the morning, you'll only have quarter of your breakfast, stupid dark thoughts, you see, so that's the thing, if you let the toddler go, the toddler turns into a monster.

P Yes, the toddler has to go to extremes then, or the toddler, you know...

S But I woke up and refused and had my full breakfast, because I didn't want it to, you've got to stop that psychopath too.

P Yes.

D My son announced to the family the other day that he respects me m^ore, because I don't believe his games, talking about over Lisa.

P Yes, sons, what is it about sons and respecting their fathers, man.

S Yes, that's good.

[00:29:04]

P Even my little grandson, Warren, and I really try to help Meadow have authority, I'm like, Meadow, take authority over that, you know, like I tell you, it's like, I had to do it and I tell her stories...

D Do you tell stories to get her kid in line?

P Yes, I do.

D Sorry, her child, kids are baby goats, I remember Nancy Campbell teaching me.

P You know, but then I had to watch Warren by myself the other day and he was throwing all sorts of temper tantrums for me. And I just remembered how hard it was, but, you know, I was... Oh yes, but what it is, I don't know, this is so off topic, but Warren will throw all the temper tantrums for me and Meadow...

S Hey, why not go off topic?

P And then he won't for Charlie, my husband.

D That's right.

P He'll be the tame little sweet two-year old.

[00:29:41]

D Same thing with my brother's little two-year old little monster. He puts on his show and, you know, I think the parents have that empathy thing, but the uncle doesn't have that. And so when he does that I'm then like, like his parents are, my brother and his wife aren't looking, I grab his shirt and I just start to, like, force pull him over and I'll be like, shut it down, in the most wicked voice of all and he'll just like totally...

P It's true, Vange, our sister Vange, has all the authority over children, she used to do that to ours, and ours would just toe the line. She had authority, right, without being cruel or mean, she just had authority. And Bowen, this morning, my oldest son, came over and little Warren was throwing a fit when he walked in and he's like, Mom why are you letting him do that, and I'm like, well I just, see I was frazzled, you know, Meadow was about to have a baby, lying on the couch, like, basically having contractions. And I'm not the mother so I can't, you know, take true authority, and Bowen just came in there, lifted him up, pulled him away and said, sit.

S And he just shut his mouth.

D He shut it down.

S So, that what we do to our two-year old selves, right, we just, we say, hey sit in the corner and suck your thumb.

[00:30:44]

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

S I'm Serene.

P We love to talk about good old Billie because, I'll tell you what, it took me forever to find a shaver that I really, really loved. Billie has these amazing razors, five American made blades that are encased in aloe soap for the smoothest most amazing shave. This is not a man razor, people, this is made for women, this is made for Eve.

S Can I talk a little bit because you really like taking over. Billie, what is it all about, you may ask. Well, Billie delivers premium razors direct to you for half the the price of what you find in the store and you know what it's like trying to buy razors in the jolly store.

P You have to find the key lady and tell her to unlock the box with those expensive razors that aren't as good as Billie.

S So, go to mybillie.com to get their starter kit and that, and in this kit you're going to get two razor cartridges, a handle, a handle, by the way, which was designed by New York designers, like it's not just something that someone thunked up.

[00:31:51]

P No, there's no thinking to this, this is research, it doesn't slip out of my hand and I'm, kind of, a gawky shaver. Yes, there's a lot of long leg to shave.

S The thing we love about it so much, is that it has this magic magnetic holder for your shower.

P Hey, I don't even believe in magic, but I believe in this Billie magnetic holder.

S For only \$9 you can get four refill blades very one two or three months, based on how often you shave. This is why I believe in Billie because as women I believe we have, I don't know, I just feel like we have so much more skin area to shave, we do...

P Serene, that's a fact.

S And our skin is more sensitive, because maybe we're shaving more sensitive areas, I don't know. But I'll tell you what, I need, I can't use those normal men razors with just like a couple of razors, these have five blades, five.

P So, they glide smoothly and safely and gently.

S Yes. Yes, five and those five American-made blades are encased in an aloe shave soap, so they give you the smoothest shave that is super, super gentle.

P So, get free shipping always with Billie, they're just that awesome.

[00:32:58]

S But before you rudely interrupted me, sister...

P Oh, girl.

S I forgot to tell people that those wonderful five American-made blades, five, get that people, they have more space between them than ordinary razors. They're spaced so well that you don't get the clog problem.

P I think we've got it. We've got your message, it's very important but we've got it. 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.

S So go to mybillie.com for 10% off your razor, get the best razor you will ever own. That is a powerful statement and I stand by it.

P You always get free shipping with Billie, always, skip adjust or cancel your subscription anytime, that's important for us mamas.

S That's important because sometimes I've tried to cancel things and I can't.

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

[00:34:06]

S This is the PODdy with Serene...

P And Pearl.

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

D You have to say it to me in the right like not squealy-whiny tone, like I don't even listen to what you want if it's the wrong tone, from, like, a kid, I'm like, it's over, it's not happening, shut it down and go find something to do. It could be life threatening, but if you're squealing at me, it's not happening. The answer is no, you come correct, I call it coming correct.

P I like it, I like coming correct, Dan-Dan.

S I love that.

D Come correct, that's what we used to say, you best come correct.

P But our two-year olds, they don't come correct, right, especially even with, with treats, healthful treats. You know, we had some yummy healthful treats, Meadow had made some yummy healthful Trim Healthy Mama baking, she's into this baking thing, and I was just like, couldn't stop on it. Like whiny if I didn't get

another piece every twenty minutes, like going back and going back, but you know, and my two-year self, she just was a whiny little thing, she wasn't coming correct, man.

[00:35:15]

D She wasn't coming correct.

S Did you remember how Solace wasn't coming correct last PODdy I was here, right, Solace and Warren were playing down at your house with my elder daughter and we walked in and I said, oh Solace, you shouldn't be eating that off of Warren's tray. And you know what she did, we turned one slight glance to the corner of our eye like away from her, and she slapped her two fists down...

P She wasn't hungry.

S Yes, and just like swooped them all up and shoved 50 peanuts in her mouth at once.

P Okay, so Warren, okay this is a good analogy of a two-year old, what our inner two-year olds want to do, just have what they shouldn't, okay. So, Warren was in his little highchair on the ground, those ground highchairs that they sit on the floor, and yes, and Solace was not hungry, she'd eaten, but because Warren was having it, she kept snatching it. And Serene was finally, no you may not, that's Warren's food. So she did that, right, but then she'd, every time Serene would turn her back she'd creep back and just take one. You know, just because Warren had it, she needed it too, you know.

[00:36:16]

S And she hates peanuts.

P No, it was just...

D It's like, why don't you have something better to do that violate the rules, like it's the thing, the one...

P It's because you're two.

D It's like the story of the garden, it's like dude you can have all of these fruits from all of these trees, I've got one tree in all of the world I don't want you to mess with, and it's like, that's the one I need.

P That's the one.

D That's the one.

P That's the nature of the human. That we are supposed to, we're not supposed to let that nature just run rampant, we're not, we are supposed to take dominion and we are supposed to get authority. And so that's what I plan to do, I know I'll slip up here and there, I know that sometimes my two-year old will have a tantrum, but on the

whole, I'm not going to let my two-year old be in control. And this was a great learning experience, whether we have to be at home stuck in our refrigerator 24/7 or whether we go out and it's fast food that's beckoning to us, every one of us has our weak spots, right, or the spots that challenge us. But we can totally overcome; we don't have to be a slave to two-year olds.

[00:37:17]

D It's cottage cheese though, like you can have all the food in this kitchen mixed in the right proportions and you can create this really balanced beautiful thing, or you can eat the whole tub, the big one, of cottage cheese.

S Right before midnight.

D All to yourself at 10:30.

S Yes, exactly.

D And why treat yourself, you've put, it's been a hard month, you can't even, you can't even go and, like, shop at Wal-Mart without seeing face masks, and you know what that does to you, like, emotionally...

P I know, you know what that does to you, when you come home, you want to chow down, chow, chow, chow.

D Yes, like, we're not aware of what, just the imaginary, the new imaginary of America, and really the world, Australia, everywhere.

P And it's just, we don't know what we're facing, none of us know now.

[00:37:59]

D Okay, now I've got to go through the list, Canada, New Zealand, we hear you and we love you.

P They need their shout outs. Texas.

D New England?

L England.

D Oh old England.

P Yes, Lesley Pops, shout out to the mother of Leslie Pops.

D The mother country.

P Hey, throw me that pillow, I'm cold.

D I can't touch it. Someone's mouth has been on it.

P Can't touch it.

D Can I use my feet?

P Hey, do can't touch it. Do can't touch it, Danny, or are you too young for that? Dan-Dan, are you too young for can't touch it?

[00:38:27]

D Are you talking about Can't Touch This by M C Hammer?

P Yes, and can you do the dance, please?

D Okay, who's too old, apparently someone's too old for Can't Touch It.

P I am too, well, no it was in my heyday, but I want to see you do the dance, please.

D You're, not, not in a million billion years, and not, how many songs, that won't help me.

S You do this, Can't Touch This song.

P I can't remember.

D Now, Pearl, a real treat would be seeing you.

S The two-year olds are done, for those two-year olds, it's nap time.

D It's be a real treat to see you do, well any dance for that matter, but specifically with a Hammer dance..

[00:38:59]

S Pearl does the Bazoomba now, so she can do the Hammer.

D Oh gosh, Pearl, give me a second, let me get the video.

S Oh, how do you know to do it? I haven't even seen it.

P Is that it?

D Pearl looks terrible.

S You look like a scared lizard who's running sideways on a hot rock.

P Scared lizard.

D Pearl, it's atrocious.

P But you show me how it's done, I remember it growing up as video clip and he did, sort of, squat down.

S How come I don't remember anything that looks like that.

P And he had baggy pants, he had a baggy pants, was I doing, I think the feet, I think my arm, my arm work was right, my feet work was wrong, We need to go.

D No, no your whole body was out of alignment with the universe.

S You know when two year olds are tired, they get really cranks and weird and I think this PODdy is tired.

[00:39:42]