



Trim Healthy Podcast with Serene and Pearl
Episode #174– Coach Kris is Back the Opportunity & Blessing of Menopause

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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 · K = Kris ·

[00:00:01]

S This is the PODdy with Serene...

P And Pearl.

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

D It's the Trim Healthy Podcast. And you're back, and we're so glad you are with us today, is our guest and THM Coach Kris Honeycutt. Kris, welcome to the show.

K Thank you.

S The mother of all coaches.

P She's Head Coach.

D Oh, is she the Head Coach?

K I am, yes.

[00:00:25]

P Oh, yes, she developed this coaching programme.

D Shows what I know.

P Yes.

D Well, it says it right on her shirt. What's that say?

S It says, Don't Mess...

K Don't Mess With Mama.

D Don't Mess with Mama, like Mama Coach.

K I'm Mama Coach.

P We've had Kris here before. Basically, we get you to come, it's like a free session with you.

K That's right.

P I mean, and you are sought-after. How many clients do you have, Kris? Do we even want to know?

[00:00:49]

K I have an abundance of clients whom I love dearly.

P Yes, you're turning them away, you have so many.

K I do. But it's such a blessing to be able to have all these people to help, to encourage, to cheer lead. I love it.

P Yes.

S She cheerleads us. Before this whole Trim Healthy Mama thing, Kris and Pearl and I were friends, we were soul sisters.

K Yes. Like we're not friends now?

S No, we're friends, but we don't...

P From afar.

D It's too bad. It's too bad.

S We don't hang out enough.

[00:01:18]

S Friends from afar. But, listen, we were friends... What I'm trying to say is we didn't get introduced to each other through Trim Healthy Mama. We were...

K No.

S Friends before the whole shebang.

P Before we actually, back in the days of veganism, back in the days of everything.

S She was the one that we went to for advice on exercise and on so many things.

K Yes, that's right.

S We'd go to her house, and she'd be teaching us all the cool moves to stay in shape.

P Oh, yes.

K Yes.

S Kris has been a coach to even... She's been a coach to billions before this...

P Billions.

S Billions.

[00:01:48]

P And, I know, but, Kris, you messaged me the other day, and you're like, I have a message, and then you said the title. And I'm like, won't you just hurry up and get here because I need to hear this too, and I think so many of us are going to hear this, need this, whether we're in this time of life or we're going to get there soon. All of us will go through it at some point.

K Yes.

P And some of us are in it, me, and some of us...

K Me.

P Are going to go through it. So take it away, Kris. We will interrupt as we feel the need.

K Well, it's funny, I have to tell you a little back story here, because I have a lot of clients that are in menopause or perimenopause, and so I do a lot of research, because they are a special group of people. In that, there are some special things that we get to go through when we go through menopause or perimenopause.

D Did you say get?

K You get to.

[00:02:33]

D Okay.

K Yes.

S Well, say the name of this PODdy, because... Yes, okay.

K Well, I'll tell you the name, but then I changed it last night, in the middle of the night, in the middle of my hot flash. It was The Blessing of Menopause, and now...

P The Blessing of Menopause?

K I changed it, because, so this is a true story...

S Get excited, tell Danny about it, The Blessing of Menopause. Get excited.

K I reached out to you...

D I'm really stoked.

P Just I want to put your mike tilted down a bit, because then you don't have to lift...

K Okay. Right here?

[00:02:55]

P No, not...

K Like that? No?

P There.

K Okay, all right. So this is a true story. So after I reached out to you a little while back, I'm like, I love this topic, I think a lot of women can just be encouraged by it. After that, I literally started having hot flashes like every day, like the day after... I was having hot flashes and night sweats.

P I actually have a help for you for that.

K Well, good, I want to hear about it.

P Because I've just been through it...

K Yes.

P Major.

K So it started to get a little bit pronounced. So last night, I go to sleep, and I have night sweats all night long. And in the middle of the night, I say something, I'm like complaining about my night sweats. And Trevor rolls over, that's my husband, and he goes, what about The Blessing of Menopause? So I was like, I

think I better need to change this to maybe The Opportunity of Menopause, Perimenopause, where we have opportunities. Yes, it can be blessed. But I think I'm just going to say, we have opportunities. And that's what it is.

P Good. I like your first title even better, but we can go with both, and we can pick,

S The opportunity to be blessed during menopause.

P Yes, but I'm thinking of clickbait.

S Oh, yes, of course, she is.

P I'm thinking of the name of this PODdy when we put it out in the email, so...

S Okay.

D So what sort of opportunities do you speak of?

K All right, well, let me just back up just a little bit, because...

D You do you.

K I totally have to...

[00:04:10]

D No, you unfold this thing.

K Okay, yes, I will. Well, first of all, the reason why I was even thinking about this is because I'm in the middle of this, and so many times, you know, as women, we have all these different seasons of life, and I feel like I haven't... We prepare for when we first start our cycles, we prepare for when we get pregnant, have babies, but, I don't know, I haven't heard a lot about people preparing for menopause.

P Oh, that's true.

S That's true.

K And it's really fascinating. A lot of the studies that I've done, and a lot of this too was just coming from my own experience...

P How old are you now, Kris?

K I just turned 52 last week.

S Oh, my goodness, she does not look 52.

P No, like a young, spritely...

K And we have been friends for 20 years.

[00:04:57]

P 20 years.

K Yes, because Josh is 20.

S Oh, wow, go us.

K Yes, go us. All right, anyway, so the reason why this even came up was because I found myself complaining and moaning and being very upset and dreading menopause and the side-effects of menopause. And so I woke up, I kind of like woke myself up, like, this is not how I want to enter menopause, nor is it how I want to exit menopause. So that's where all this started. Plus, a lot of my clients, they really are, they're dealing with unexplained weight gain in the middle area, and we really have to tweak their meals, because...

P Yes, you do.

K You need to do that when you get older. You have to take a look at what's working for your body and what's not. And you've talked a lot about increasing the E meals...

P Yes.

K And the timing of that is important as well. So I'll get to that in a minute. So the key thing, I believe, and you've been talking about this too, is our mindset going into the whole perimenopause, menopause season. If I am looking at it like it's going to be the worst thing, it's going to be so bad, the hot flashes, the night sweats, the whatever, if I'm looking at that and focusing on that, that is what is going to develop in my life. Not to say those symptoms will still be there, but how I look at it is everything. And so I look at the mindset as, the mindset is the railroad tracks for me, pointing me in the right direction, keeping me in alignment with looking at the opportunities and the positive, and, yes, dealing with the symptoms. And I can't wait to hear what treasures you have. So that is the first part of the Why. The opportunity is that, I've just noticed, now my youngest is eight, my baby is eight on Thursday, my oldest is 25...

P And you have how many children?

K Nine, and I am a different person, I'm a different mother now. Things in me have shifted. My tolerance level, my outlook, the way that I deal with my kids, even my nurturing, like everything about motherhood shifts. Yes, I'm doing the same thing, but it's very different. So the opportunities that I see as a woman going into menopause is I get to, this may sound weird, but I get to reinvent or have a rebirth at 52...

P Yes...

S Awesome.

P Yes, you do.

K And in that has a lot of opportunity in and of itself, because not only am I serving and nurturing my family, but I also have desires and things that are awakening in me that have to do with things outside of my family, my passion, even my

destiny, even the purpose that God has for me, so that has just become alive. At 52, I am more voraciously learning and growing and on point about the gifting's that God's given me to give those.

P And I think it's a natural shift, isn't it? I feel like we have, I mean, this is my personal opinion, I don't preach this, but we've been given seasons in life, and when we're in those reproductive years, we have reproductive hormones, and they draw us into our family, and we are so nurturing, right?

K Yes.

P And that is a time, I believe, to invest in our little ones. And, for me, it was very important, and I know we've got so many working women, that I give them the time, that I stayed home and that I did that. But then as you go through menopause, different hormones come up, other ones go down. And like you said about that nurturing thing...

S And it doesn't mean you stop the nurturing.

P No.

S Because you've got grandbabies and you googoo-gaga more than I've ever seen you with your babies.

P Absolutely.

S But it's the opportunity for you to feel a release for other passions.

K Absolutely.

P Yes, and you do feel a release, and you feel different.

K Yes.

P You just do.

K Yes, it is different.

[00:09:03]

P It's a good different, but it is different.

S Right, you said it doesn't have to be better than. It's just both are equally wonderful, like a mango and a pear. They're so different...

P Right, it's not better than.

K Don't you think it's an expansion?

P Yes.

S Yes.

K It's transformation, or expansion. There's more of me to discover and more of me to give, because those hormones do wax and wane. We have some that are decreasing and some that are actually increasing. And so another opportunity that I'm seeing is that I have an opportunity to go back, and anything that feels a little bit unresolved, I have a little bit more grace, I feel like, to deal with that. Places in the past where I felt stuck, now I either have the wisdom or I have the space to go back and forgive and realize my parents were doing the best they can, and I'm doing the best I can with my parents, and just some of that has been really healing in my heart. My relationship with my husband in this season is very different, because we actually, this is a true story, we actually have never been alone in our house in 24 years until two weeks ago.

[00:10:16]

P What! Oh, my goodness.

K Seriously.

S In your house?

K In my house.

S Right.

K Yes, no, we've been alone on trips and stuff, but I don't have family members that live close to me that come get my kids or whatever. We definitely have people that help, but that is the first time in 24 years... And we literally were like, we were looking at each other, going, what are we going to do? This is so different. And so even relationships change, and I feel like even, like with Trevor, we know each other so well that now, without the kids in the middle of it, we're just pals and partners and doing fun things together in a very different way, kind of like we're dating again, in a way.

[00:10:58]

P That's so true. I loved that part.

K It's so fun. It's so fun.

P I really enjoyed and embraced that.

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

S I'm Serene. Whether you're an elite athlete or just a regular old Joe trying to get through the day, or a young Joe...

P Yes, or a young Joe, yes.

S Muscle pain and muscle tension can be a real thing. I have a young Joe in my family, a son who injured his ankle, and it's been there for a year. And he tried a lot of different things and went to different orthopaedic specialists. But what really

gave him incredible help and has really taken a lot of the pain away is the Theragun. It's amazing. It's a handheld percussive-therapy device that relates deep, actually, your deepest muscle tension. And it uses a scientifically calibrated combination of depth, speed and power. It's kind of like an electric toothbrush in its sound, so when you think all this percussive thing, don't be afraid, it's not a loud thing. But it is really effective.

[00:12:11]

P The designers behind the all-new Gen 4 Theragun, they have invented this proprietary brushless motor that's so quiet, you'll actually wonder if it is on while you soothe your aching muscles with Theragun's signature power amplitude and effectiveness. Let me tell you, I've used it on my hip. I have one hip that's a little shorter than the other, so my whole torso can get a little twisted and tight on my right side. It really helps that.

S Hey, but, listen, it's not like a \$19.99 cheap therapy. It's more on the upper end, but it's because it's effective. Believe me, I've tried all of those more expensive things...

P Those vibrating machines that you put on your muscles...

S Yes.

P Back in the old days.

S Yes, you get them from Dollar General sometimes now. No, this stuff really... Theragun, just personally, it's been an absolute game changer for my son.

P So try Theragun risk-free for 30 days. There is no substitute for the Theragun Gen 4, with an OLED screen, personalised Theragun app, and the quiet power you need. Starting at only \$199, this thing is powerful release for your muscles. So go to [Theragun.com/trimhealthy](https://www.theragun.com/trimhealthy) right now and get your Gen 4 Theragun today.

[00:13:33]

S That's [Theragun.com/trimhealthy](https://www.theragun.com/trimhealthy).

P Theragun, T- H- E- R- A- G- U- N, dotcom, slash Trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P The intimacy of marriage, obviously hormones can go down and go whacky, whacky, whacky at menopause and perimenopause, but I think there's a stability

there too of just, when I look back at my marriage, all of those years, and male hormones can go down, female hormones can go down, you can go through seasons, you can go through challenges, you can go through all sorts of things, but you just say, hey, now this our time to grow that part in a different way too.

K Right.

P Because it's no longer about children and reproduction. That's all aside. You don't even get pregnant, you can't even get pregnant now.

[00:14:28]

S So it's truly...

P But there's still this sexual aspect of your marriage that's just sticking out there, and it's like, what do we do with that?

S And even if the hormones aren't like crazy...

P And they're not.

S Desirous, there's still this act of showing union, beautiful love.

P And I found it has to be cultivated, and it's a whole new different thing, and it means something different, but it's so precious.

S When something has to be cultivated, it's more precious.

P It's precious.

K Yes, and speaking of cultivated, that's the way that I look at our mindset, is that we really have to cultivate it. It's like a garden. You can't just have these new thoughts. You actually have to think about the thoughts that you want to think, and think about the thoughts that are true, and think about how you want to show up. So how I want to show up at 52 is very intentional and different than it was at 35 or whatever. But I think that is the opportunity that I'm talking about, is you can really make it what you want to, and you can manage your mind around those negative symptoms that we sometimes have. And then, also, today there's so much help with all of that, with using herbs and, for some people, bio-identical hormones, which is what's really helped me. And the food that we eat is so important. I was doing some research. One of the number one diseases for women is heart disease. And the consumption of sugar and unbalanced blood sugar and high insulin levels basically lead to the heart disease. And that is the number one thing going through menopause, is to make sure your blood sugar is balanced, that you are not on sugar.

K The two things that really make symptoms worse are sugar and alcohol. And so it's really, I think, learning how to nourish and nurture your body at 52, where

your body's starting to reserve energy, you're not burning as much fuel, you're not burning fat as much as when you're younger, because your body is going into a different season. So in that, it's learning, okay, what does my body need? And so with some of my clients, watching them and seeing their patterns, and troubleshooting, we've been able to come up with a few things that have been really helpful for the whole menopause time of our lives.

[00:16:50]

P I can't wait to hear them. And the fact is, like you said, and, Danny, we'll hear from your male voice in a second...

D Only questions today.

P You're putting the microphone up like...

D No insights.

P May I even speak in this estrogen-filled room? But speaking of...

D No insights, only questions.

P Speaking of estrogen, heart disease goes up because estrogen goes down. Estrogen is a protector of the heart. As soon as estrogen goes down, so the heart then is no longer protected by it, so then you're at the same risk as a man. Men are always at higher risk of heart disease. And so, yes, all of that to do with the blood sugar, and it's just so important at that time.

S I'm just sitting at your guys' feet. This is so inspiring and so educational for me.

[00:17:33]

P She is. She's even got a blankey, like...

S I really am. I'm silent and humbly sitting here, listening to this wonderful 52-year-old, rocking, gorgeous powerhouse and Pearl, who is not quite at that age yet, but Pearl...

P But I'm in menopause.

S She's rocking it too.

P I'm the oldest.

S And I love that, because it's watching people go before you and doing it with great style that takes the fear away. And it's like when it says in the Bible that the older women teach the younger women. It's not like I'm much younger than you, but I just haven't entered into that season yet. But it's so wonderful to be taught by those that go before you. So even if you're listening, and you're not there yet, this is an exciting PODdy for you, because I'm really spellbound. Go ahead, Kris.

K Yes, I agree with you. And here's what we can do. How you treat your body now is what's going to develop in perimenopause and menopause. So the better that

you can treat your body early on, the better that you're going to have it when you actually go through perimenopause and menopause. So I think that's what's so exciting, is that we actually have something that we can do. Now, we're still going to have the symptoms, but it depends on the person, it depends on their body type, their metabolism, their history, their genetics and all of that. But it is proven that a healthy diet and exercise is the best way to enter into perimenopause and menopause and deal with those symptoms.

P Absolutely, before we hear some of the tweaks to the diet, because I'm so interested in that, did you have a question, Danny?

D Yes, do you help coach women with hormone replacement? Is that part of your coaching?

K I do not do anything with hormone replacement, but I work with a lot of women who do the hormone replacement. I really like for them to work with a doctor, a functional medicine-integrative doctor, and do that part of their hormones. And then I help them with their food part, and then their lifestyle part, for sure.

S Good safe answer, Kris.

K It's what I do.

[00:19:29]

D I always see women, they're all jazzed up unique or some sort of essential oils or makeup line or something like that. Because I'm completely in the dark on hormone replacement, so I'm asking is there a website to go to, a product line to buy into, or is this a doctor visit?

K This is definitely a doctor visit. However, you can support your hormones via food and then, also, herbs. I use some herbs that are for the female reproductive system, and then I use the CBD, and that has just been life-changing for me as far as PMS symptoms...

S Do you do a full spectrum? Do you do a light CBD, or a heavy?

K I do both.

S Okay.

K So I have the Classic in the morning and that is for focus.

P Pure and Classic, right?

K Pure and Classic for me is for focus.

P Because that's just CBD, it's not full-spectrum, okay.

K It's an isolate, right. And then I use the Heavy Hitter, and the reason why I use the Heavy Hitter is because I have autoimmune stuff, so I've got some

Hashimoto's, I've also got some other stuff underlying that's going on. So that's why I use the Heavy Hitter. And that has helped with my sleep, which has been wonderful...

[00:20:45]

P Totally.

K Disturbed in this season. And then I use the Chillax as well, if I wake up in the night and I can't go back to sleep, I'll use the Chillax. Sol have a lot of different things that I use. I don't tell my clients to do X, Y, Z, but I will suggest, this is what I'm doing, if they want to go take a look at this. And as far as the actual hormone replacement, I think it's imperative, super-important to have somebody that knows what they're doing, somebody that will do either blood work or the saliva test, to really see where you are, get a picture of where you are. Because I know, for me, over the last year and a half, we tweak a lot. I go about three to four months, and we're tweaking stuff...

D Checking your levels, etcetera?

K Checking my levels based on how I'm feeling. Because I also have hypothyroidism, so I've got a lot of different things, but been able to manage all of that beautifully with the Trim Healthy Mama diet and then the help from the integrative healthcare practitioner, and then all of the supplements and helps.

[00:21:45]

P It's really a balance, isn't it? And I guess I'll give what's helped me, then, since we're talking about supplements and CBD, real quick, before we get on to food. So last year, I started having some hot flashes. I think I talked about it on the PODdy. And my periods were, I'm almost too much information, but it's all right, just hit-and-miss. So I'd have one, and then I'd skip, and then I'd have some hot flashes. And I was able to manage them. They went completely away if I was on CBD. I was on my Feminine Balance...

S The symptoms, not the periods, the symptoms, yes.

P Yes. No, the hot flashes. Chillax & Feminine Balance, it would just take them away, and I'd sleep beautifully, otherwise they'd just come all the time, and I'm like, oh, okay, this is really perimenopause. So this year, I haven't had a period, and the hot flashes... Last year was just like practice. My body got hit so hard. It was hot-flashing all day and then all night, start, and my face prickle, my whole body... I would wake up drenched...

K Yes, that's me, that's where I am.

P Drenched. And I'm like, oh, my goodness, I cannot sleep, without the CBD...

S Can I just stop you for one second?

P I could barely sleep. With the CBD, I would fall asleep but then wake up, okay...

[00:22:56]

S Can I just stop you for one second? I want you to keep with the practical, but I'm just seeing something. There's a birth here.

P Yes.

K Yes, it's like a rebirth.

S Every time, okay, the babies are going through pain, they're crying, they're teething, you've got to stick the little homeopathic stuff on their teeth. You've got to give them teething toys from the freezer, right? And then you've got your gangly teenage stage, and you're just gangly and you're all hormonal and you've got pimples, right. And then you're going through the reproductive stage, and that's crazy too.

P And then birth and you're sweating and all that.

S So this is a new season. I feel like God's saying it's a new season, I'm birthing something new into you.

K Amen, keep going, Pearl.

P Right, and just like we go through birth and we're screaming and we're sweating and we're doing all that, and a new baby's coming forth, right, but we can use things to help.

[00:23:32]

K Yes.

P Okay, so I have a friend, and, actually, her daughter is dating my son, Rocky, and she's a herbologist. And I said to Rocky who went up to see her, I said, please ask her if there's anything that can help me. Because I looked online, I didn't know what to choose, I got so confused. And she, okay, Pearl, two things I want you to try, I want you to try them one at a time, and I want you to give them time. Don't just shove a whole bunch of stuff in there. She said, black cohosh, try that first. So I went online and I got a strong one that you only take once a day...

D These are pills?

P It's an herb, black cohosh.

D Like a...?

K So is it a tincture?

P No, I'll show you the brand I use.

K Okay, gotcha.

P Anyway, I took it, nothing. One week, nothing. Still all night, I mean, dripping with sweat...I just went and bought online all these special no-sweating T-shirts, no-sweating sheets, everything, because I was just so miserable.

K I feel your pain.

P Two weeks, week two, nothing. I'm like, this doesn't work. And week two was sort of like just a little less...

S You put seeds in the ground, you don't see stuff for a while.

P Little less. Week three, just a little less. By week four, hardly any. I've been going about two months now, I have zero.

K On the way home...

P I don't have hot flashes.

K Where can you get this?

P I sleep through the night, like...

D Say the product again, because now people are listening.

P It's black cohosh.

[00:24:53]

K Yes, it's just a herb, yes.

P I don't know the brand. Yes, so it's just a herb.

S I find anything natural, if it's not a drug, if it's natural, you need to give it time, just even like seeds in the ground. Or even when you're pregnant, you don't look pregnant straightaway. There's growth happening, there's things changing in your body when you take these herbs, but it takes a while for these to totally, fully... It's systemic and...

P That was CBD. It helps me sleep beautifully. And I do have to say, though... What was I going to say about that? I only take it twice a week now. I don't now have to take the black cohosh...

K That's nice.

P Every single day.

S And that's what happens with CBD.

P Yes.

S We find that people get to a saturated level, and then they just need to take it as maintenance.

[00:25:34]

P Although I just take it every night, because otherwise I don't sleep as well.

S Oh, good on you, mate.

P But good on me, mate. Anyway, that's my big thing, Kris.

K Thank you.

P Everyone's different. It doesn't mean it'll work for you, she said. If that doesn't work, try evening primrose.

K So what was the other thing, just in case that doesn't...?

P Yes, evening primrose.

K Okay.

S And can I just throw in one little...?

K I take that in a... Anyway, yes.

S I'm going to throw in one little practical supplement. It's not about menopause, but it's just about my season in life. Not only did I take it during pregnancy, for the crampies and the Braxton-Hicks that seem to start early with me, and just I've had early babies, it's the magnesium chloride. It's called magnesium oil. I think I use the one on Amazon...

[00:26:08]

P On your skin, right?

S it's called Ancient Minerals. Yes, it's best absorbed through the skin. And magnesium helps prevent miscarriages too, it helps with fertility. But what I'm experiencing now, now that I'm cycling again, is these ovulation pains that are like in labour, like...

P It's because as you get older it's harder for the eggs to get out.

S 7cm dilated. I said to Sam the other day, I would be running to the hospital, telling you to speed, with this kind of pain cramping through. Ancient Minerals, the magnesium oil, rubbing it all in that kind of lower abdominal area and around my back, it has... This month I had no pain.

P Wow.

S And that was the difference.

P Wow.

S So there's a little practical tip.

K I love it, love it, love it.

[00:26:46]

P You got that, Danny? Rub that on your ovaries.

D I'm taking notes, yes, rub it on the ovaries. How do you even find the ovaries?

K Oh, my goodness, oh, my goodness.

S They're behind your ear, Danny.

D Oh, that's right, that's right. I learnt that in the encyclopaedia.

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

S I'm Serene. Aveo, spelled A V E O, but pronounced Aveo. We've had training in the pronunciation.

P Get it right.

S Daily contact lenses that are easy and convenient when it comes to Aveo.

P Aveo provides soothing, hydrating, all-day, daily, comfortable daily contacts at an affordable price and delivered right to your door, as Serene said. No more buying crazy-expensive boxes of contacts in bulk. Let me tell you, I don't wear contacts, but my beautiful, precious daughter-in-law, Kahoru, does. So she is now using Aveo, and she's like, Mum, they're the best I've ever used, okay. She is loving them. And so easy, just to her door. Now she doesn't have to go through all that rigmarole.

[00:27:51]

S Do you know that Aveo is the only subscription contact lens company that offers both regular daily contacts and daily toric contacts for astigmatism.

P You don't know what astigmatism is, do you, Serene?

P If you know you have astigmatism, you know what it is, okay. And Aveo contacts are designed to keep your eyes healthy. You know, right, those of you with contacts, because my daughter-in-law was always doing that rubbing, like they would get dry. And these contacts keep lenses 96% hydrated, even after 12 hours of wear.

S Do you know why? Because Aveo has an exclusive AquaLock technology that does this hydration of 96%. That's pretty awesome. Aveo lets you customise your delivery schedule, which I think is great, and personalise your plans so you only get the contacts you need on your schedule. Everybody has a different schedule. Sometimes some people just go through more more regularly.

P And because Aveo manufactures and ships their own contacts, there aren't any third-party mark-ups, which I like.

[00:28:58]

S Yes, same. Do you know that they're manufactured in a state-of-the-art cleanroom facility that's fully automated? That matters to me.

P Matters to us, because we have our own facilities now, and we...

S We know.

P Know a lot of how much work that goes into...

S Yes.

P And how much it matters. Plus, they offer easy returns within 30 days on unopened boxes.

S I think that this is a fantastic deal.

P Aveo is offering our listeners, you Trim Healthy people, the best deal they have anywhere, for you, the best. Get a ten-day trial pack for \$1, that is a buck, Serene. So you go to Aveovision.com, let's spell it, A V E O, Vision, V I S I O N, dotcom, and then it's a slash, trimhealthy.

S That's spelled A V E O, Vision, dotcom, slash, trimhealthy. You're going to get this ten-day trial pack for one buckaroo.

[00:29:51]

P And you're not going to get this deal anywhere else, people. This is for you, you Trim Healthy Mamas, you. Go to Aveovision.com/trimhealthy and do your thing.

S This is the PODdy with Serene...

P And Pearl.

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

K Okay, so this is practical Trim Healthy Mama coaching right here right now, but I have to say that everybody is different. And so the things I'm going to suggest may or may not work for you, but these are the main things that I've collected, and a lot from you and from the coaching group and just from a lot of my clients, what I've noticed that's been helpful. Because one of the things, when these ladies go through menopause, is, usually, they'll start or they'll stop losing, and they may even start gaining or they maintain, if they're on a really strict, stubborn Loser-type menu...

P And I do have to say it's not with everyone. You're getting clients because they are actually having trouble. A lot of people going through trouble come to our coaches because they're not working it out on themselves. I do know, though, many tens of thousands, women, that just do the plan basically, and they don't have to tweak.

[00:31:02]

K Absolutely.

P But if you are someone...

S So don't get too scared.

P No.

K Yes.

P But I've had to tweak, myself, so let's keep going.

K Okay, yes. These are some little tweaks. So one of the things that I've learned is in perimenopause and in menopause season, it's good to get those E meals in. Your body needs your good carbs, your slow-burning carbs, for your endocrine system. And, also, the timing, I think, can be important. I've noticed that with some ladies, eating the E meals and the E snack at night has really helped them sleep. With some people, not at all. They really need that S. But I have noticed that some of my clients will actually start losing when they have E meals at night or during their busiest time of the day. So if you wake up and you're very slow-moving, like me, that would not be the time when I would want to have an E. I'm not very active. But I get active in the afternoon, so maybe my lunch or my afternoon snack or my dinner. So that's one thing.

[00:32:01]

S There's science behind that. It's like sometimes the teaspoon of honey before bed allows people to sleep and actually helps them lose weight too. It's something to do with the serotonin and making...

P And carbs raise your T3 hormone, which raises your metabolism.

K Yes, nice. The other thing is, and we all talk about this a whole lot, but having a pulled-back E meal. Sometimes that is good for a certain population of women, and, basically, anybody that's insulin-resistant or has insulin sensitivity does better with more like 20-ish, 23, whatever, like 20 to 23, as opposed to just the full 45 grams of carbs...

P Of carbs in that E meal.

K They do better with that pulled back, because their body isn't metabolising all those carbs, and it's being stored as fat, for whatever reason. Maybe it's a metabolic reason, maybe their body's slowing down a little bit, they're not as revved in their metabolism. But those E's, as we know, are paramount for revving your metabolism, so we want to get those.

P They do. And, actually, a lack of carbs, I've come to recently find out, can cause, actually, more insulin resistance. Carbs can actually heal an insulin resistance, if you do them wisely.

[00:33:11]

S So what I'm hearing her say is pull back the carbs because you can't deal with it all at once.

K Yes.

S It doesn't mean, okay, only have one pulled-back light E meal a day. Maybe you have a couple, but you're just having less carbs at that meal at a time. And I feel like not just pull back E, what I've noticed, Pearl, that you've shared with me too, I've been asking questions about my husband, is sometimes you need to pull back your S too.

P Yes.

K Yes.

S Both are pulled back slightly, so that there's a little less fat in that fuel and a little bit less carb in that fuel. Pull back S, pull back E, the seesaw, so it's not just that you have to just pull back E.

K Right.

P Right.

[00:33:45]

K Definitely, yes. And that's one of my points, lets utilize Light S and Deep S a little bit more than the Heavy S.

P Do you know what I do think, and I've come to realize after having talked to so many women, and like I said, some people just sail through and they're just like, fast losers even after menopause, there's a lot of them out there, but I believe, on the whole, for many women, we don't burn fats as well after our reproductive years. Your reproductive years, you really need those fats for all the things that has to go into making babies and to giving life. I feel after that time, the body says, well, I'm using you for a different purpose. Now, fats are still so important...

S Right, so it's to prevent dementia.

P But you don't need as many.

K Right.

P And you can't burn as many.

S And not the pasteurized ones.

P Yes.

S I feel like pasteurized cheese and cream cheese and... I just think it's avocado and olive oil and salmon...

[00:34:42]

P The easy-burning fats.

K And butter and MCT oil, the quick-burning fats, yes.

S Yes.

P Yes, and if I've got a fat on my meal, little things, like I've learnt to so enjoy... Occasionally, I'll do olive oil, and I enjoy those in certain places when I'm very purposeful about them, but I don't now on every salad pour olive oil. If I'm having another fat in my meal, like if it's a fatty salmon, I'll just have my salad with wonderful balsamic or vinegar, and I'm just loving it. I've learned to love clean things.

K Yes, me too, yes.

S And don't get scared, those who are not in that season yet, because I pour olive oil on every meal, and I burn it like a crazy train.

P Yes, you do, and you burn it, and you're super-super-thin.

S But, you know, it's seasons.

P Seasons, baby.

[00:35:21]

K It's seasons. Know your season. All right, the next thing is exercise. So as a personal trainer, I have a lot of questions that people ask me, and in this season of life I do believe it's important to do resistance training, whether it's using bands or weights, for several different reasons, one being that we lose bone. After 40, we lose like 1% per year. We need to keep our bones strong. You can actually prevent osteoporosis by exercising, by doing the weight-bearing exercise, and the resistance exercise. It also helps use up the excess glucose that might be in our system. It pushes that out. And it also just gives us, I think, for me, a feeling of just strength.

P Yes.

K I can pick up a big cooler and move it around. My kids will all come and get it for me, but I feel strong. And when I get down on the floor, I can get back up, and I'm not struggling... So, for me, I like doing the weight-training, and not super-duper heavy. I love the bands. Even bodyweight training is good. So that has been something that's been really helpful for some of my perimenopause and menopause ladies, is to start exercising.

S And muscle burns fat.

K Absolutely.

S And I just woke up the other day, I told Pearl in the car, I said, you know, I haven't done weights for years. I've just done our body weight stuff, Workins. But there's a feel-fit section in doing a little bit more weight, but I'm slowly, because I'm not pregnant right now, picking up more of the heavy weights, because I realised my muscle was a little less. And even though I've been exercising daily, it's going to burn more fat as I get along.

K It burns more fat, which will increase your metabolism.

P What you wanted to say, Dan? Your microphone was slightly raised, like, dare I say something, dare I?

S He's wanting to know where his left ovary is. He knows his right one's behind his ear. Under your armpit, Dan.

D The left is under the armpit?

S Yes.

D Now, I'm wondering what kind of exercises you do. Because I know exercise is different for men and women.

K Yes. So I actually do a lot of different exercises. I've been exercising since you guys have known me, so I...

[00:37:30]

P I've never seen you not fit. You look fantastic right now, though.

S Yes.

K Thank you. I mean, there have been seasons where I haven't, where I was super-sick. Remember when I was really, really sick?

P Yes.

K Or pregnant or postpartum, but, for me, I like to do weight training twice a week. And I was going to the gym for a little bit, just because I had a friend that was going with me, and that was super-fun. But I have kettlebells, I have weights at home, and so I just do a little workout at home. I do low-impact, high-intensity training, because it's super-fat-burning. You even burn fat up to two hours after your workout.

D So are those less weights?

S That's the Blaze, for those that are listening.

K Yes, the Blaze.

P If you do our Workins, it's Blaze.

[00:38:07]

K Yes, and I only do it for 12 to 18 minutes.

P That's what I... Yes.

K I don't even do it for very long.

P Can I ask you something? Sorry, Dan. You're helping all these ladies, and when they come to you, do they usually get some help and see success after you've tweaked...?

K Yes, absolutely. Oh, my gosh...

P So that's exciting.

K Can I brag on some of my people?

P Yes, I want you to do...

K Seriously...

P And then I have a follow-up question. Brag on your people.

[00:38:32]

K I'm going to brag on my people. You guys, seriously, I have the best clients in the world. They are doing the work. They are so dedicated and so positive and I get to cheerlead them and help tweak their plan. So one of, and I think this was posted in the main group, but one of my clients, she's actually been working with me for a year...

P Yes.

K A year. I mean, that's how...

P Yes, but she mustn't want to leave you ever.

K She doesn't. And now I'm working with two of her daughters.

P Aw!

K So she has lost over 70 lbs in a year.

P Wow, yes.

K She has gone off several medications.

P Wow.

K She's just amazing.

P And how old is she?

K She is a little bit older than me. She's in her 60s...

[00:39:15]

P Oh, so she...? Yes.

K She's a Special Ed teacher, and like I said, her two daughters, one is pregnant and nursing, maybe she's just nursing right now, and her other daughter has two kids, and so kind of getting them squared away. And then I have another client that... I started this thing called Reset 2020 at the beginning of the year, where we did Stubborn Losers for six weeks, and I did exercise videos and put them on my website, which was hilarious.

P Oh.

K They're terrible...

P I bet they're awesome.

K They're so low-quality.

P I want to do them.

K No, they're a great workout, but it was...

P You need to give me some of them.

K I'm just like, you're at home and the... Anyway, it's funny. So this one girl, I mean, she just has rocked it. She's down 32 lbs since January. I have to say...

[00:39:59]

P And these were people struggling beforehand, just on their own.

K Yes.

P They just needed you to hold their hand.

K Yes.

P And we have other... Like you, you are pretty maxed out with your coaching. Maybe you take more groups, I don't know, but you're Head Coach to the other coaches. I keep hearing about all the rocking successes our coaches are having with clients.

K They are. They are rocking it.

P They're amazing. Don't we have an amazing group of coaches? It's not for everyone to have a coach, it's not for everyone to be a coach...

D No, it's for everyone.

P No, well, some people just do fine on their own. They don't want to pay that extra...

D Do they, though? Here's the thing...

[00:40:31]

S Dan!

P Dan!

D I so believe in coaching, I so... I'm talking, yes, they're doing fine on their own... Okay, it's like this, you go into court and you didn't hire a lawyer, and you won a \$10,000 settlement. But had you paid a lawyer \$5,000, he'd have got you \$3 million. So, yes, it's like you can do okay on your own, absolutely, but the way the brain, the body, life is wired is when mentorship, discipleship, coaching, whatever...

S Yes, well, that's biblical, mentorship.

P It is.

D Apprenticeship, whatever you want to call it, people that have gone down the path before you can save you years and years of just banging your head against a wall, or getting... You're like, oh, I'm getting 3X the results, but they can get you ten. It's actually cheaper. You'll pay more money over the long period of time by not having a coach.

P And sometimes that's true, because if you invest in something, even financially, you invest your mind, you invest your body...

D Where your treasure is.

[00:41:34]

S Yes, you show up.

P Right, it's where your treasure. But I do have to say, some people just honestly don't have the money or the inclination. They're reader's, they like to do it on their own.

D Sure, sure.

P Or they have friends, and they have friends.

S But they're still getting coached.

P They are, it's just a different...

S Yes, [overtalking].

P It's non-professional.

D Yes.

S No, exactly. It doesn't have to be, yes, for some people.

P It's just a friendship or just...

[00:41:51]

K It's natural.

P And natural.

K It's just a natural way.

P And you did that before you were a coach, so did I.

K I have been doing that forever, yes.

P Hey, but, Kris, I wanted to say, though, your clients, they break through and they have all the success, but have you had to tweak your own journey since menopause?

K Yes, absolutely.

P You have?

K Yes, things have changed. Things change, your body changes. I mean, I heard that from people, and I was like, oh, I don't think that's going to happen to me. I'm going to make sure that doesn't happen. And it just does. And, first of all, I had to manage my expectations about what my body is going to look like...

P Clean way, right.

[00:42:28]

K A little bit older...

P Yes.

K And a little bit softer.

P I look at you, though, like...

S You look so jolly wonderful and feminine and just...

P You look like a trim 20-year-old beach model.

K Awe!

S You see, the thing is I'm looking at my little baby right now. Her figure at two years old, when she just romps around the yard in her dipe, oh, my goodness, it's just so glorious. Now, if the same areas that I love on her were on... If she was 18 and still had that, she would not be happy.

P Right.

S Right, because it's like four inner-thigh rolls and things like that.

P Yes.

K Love that.

[00:43:04]

S But it's so glorious for her. There's different seasons. Okay, so what's glorious at 18 is not what we really want as glorious at 52. Maybe there's different beautiful aspects that now we say, ah, this is charming on me now.

K Yes.

P It's wisdom. And that's what I always have to say to myself, because you've been a certain weight for many, many, well, those of us who have been in maintenance have been a certain weight for many, many years, and you're used to it. And then suddenly that, for me, when I hit menopause, it wasn't as easy to maintain that weight. Okay, so I know how to maintain it now because I'm a guinea-pig for myself. I have tweaked things so that I could probably even go under at this point, because I just know how to tweak things to make my body lose it. but then I think to myself, why, Pearl? Why? You're in the Queen Season now. Why are you wanting to go back to that 30-year-old weight? Why are you doing that? Why, why, why, Pearl? You get to a good weight for you right now and still enjoy life rather than maybe constantly be so stringent that you're down to that same weight before.

[00:44:06]

S Right, it's the talk I have to give to my 19-, 20-year-olds at home, that they're getting a little bit anorexic, because they're like, well, I don't weigh the same as I weighed when I was 14.

P Yes.

K Because you're not supposed to.

S And I'm like, well, you're not meant to be.

K That's right.

S So you're not meant to weigh at menopause maybe what you were in your reproductive years.

K Right.

S It's different season. Embrace the new thing.

K And that's the new mindset. I had to change my expectations.

P Yes.

K So I've been in maintenance, gosh, I don't know, like eight years or something, I don't know, eight years. So when I turned 50, actually, or about 50, I just noticed that I was eating about the same and the scale was going up a little bit.

P Yes.

[00:44:51]

K And that's when I realised, okay, I'm doing Crossovers every day, so now I'm going to cut back and I'm going to do X amount of Crossovers. And so I'm the queen of tweaking. It's like, can I just leave it alone now and just enjoy it?

P I know.

K But I'm always like...

P It's fun to tweak, in a way.

K And so that's why I tweak other people, that's why I love coaching, because I'm just like, okay, let's try this this week, here's my grand idea.

P I know.

K Let's see how this goes. Journal, let me know.

P It's so much super-fun. And, I mean, I've called Serene, because especially like late last year, this year, I was like, I'm doing the same things, my scale is not reacting in the same way. But then I have found E meals and lots of fruit, and I personally, some people are different, but I don't burn the fats as well as I did when I was younger.

S You've always been a fat-burner, like you, Kris.

[00:45:34]

P Yes, but Serene burns fats, but I don't any more as well.

S Well, how's the fats going if you separate them?

P I still have them, but I'm just always so intentional. If I'm having my S fats, I figure out what they are, I don't pile them on any more.

K Yes, so in the last five years, Serene, I used to be heavy, I mean not heavy... I mean, I love the S meals and the fats...

S You could burn fat, like 17 tablespoons of sesame oil.

K I could, but I started having gallbladder issues.

P Oh, really?

K Yes.

S Dan-Dan's perking up. He's like, listen, you're my gallbladder friend.

D I need to know what you mean by gallbladder issues.

K Well, in my pregnancies, it shut my digestive system down. I had terrible gallbladder attacks. I would go to the hospital.

[00:46:10]

D You felt pain on your right upper side?

K Gallbladder, yes.

D And you felt painful there, or you had other symptoms?

K I had pain there, and I don't think I had... I mean, indigestion, like bloating. I'd start...

D Did you have nausea or anything?

K Well, if it got really bad, nausea. But bloating, at the end of the day, it's like my stomach was just so bloated. And I was taking...

D I would get three months pregnant.

K I had this little thing that I did. I had this little thing that I would do, and it would cut it down. So I...

S Now he's with the blankey at her feet.

P Yes.

K Listen, I totally get the gallbladder...

S Mommy, teach me.

[00:46:40]

K Yes, so the basic thing for me now...

D I'm all perked up now.

K Is limited fat. I can do limited fat, and I'm not... I mean, right now, I am off dairy.

D Yes, me too.

K I'm partly...

P I'm not as much into dairy any more either.

D #MeToo.

K It just doesn't do me right. When I have it, I start flowing, I start going uh-uh-uh!

P Seasons.

K Yes, the scale also was, because I love cream cheese... So not that I won't have cream cheese...

P Cream cheese?

D Yes.

[00:47:08]

S Heck, listen...

P Cream cheese is the worst for making the scale go up, because you're post-menopause, girl.

K Cream cheese is great on cucumbers.

P Yes.

K But I'm not doing as much fat. So I'm really keeping it minimal. Because I'm a little bit is good, more is better type person, and I have had to get out of that mentality, because my body can't handle it.

P But I used to be in love with that so much, but now I just love... I don't know, I've come to this place where it's become my passion. I love clean foods too that aren't necessarily drenched in fats.

K Yes, clean food is the key. That's the key for me.

P And it sounds like we're all in different seasons. At certain times, you might need things drenched in fat.

S And you're not dissing fats.

[00:47:42]

P I'm not dissing them...

S You are not dissing fat.

P They're a part of the plan that God made.

S You will never go fat-free or right?

P I will never be a fat-free freak, okay.

K Fat-free is detrimental to your health.

S Yes.

P But in this season, I do limit them, and I'm intentional about them. And I've learned to love the good carbs and more non-starchy veggies, fruits.

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 Molekule for a minute. It's Pearl here. Molekule is your best defence against allergy season. That's what we're in right now, right, that sneezing time, that watery-eyes time. But Molekule has reinvented the air-purifier to destroy airborne pollutants, including allergens, bacteria, mould, viruses and volatile organic compounds or what are known as VOCs. Using breakthrough photoelectric chemical oxidisation, Molekule air-purifiers don't just collect air pollutants, no, that's the way the old air-purifiers used to do it, right, they destroy them on a molecular level. So Molekule is a pollutant destroyer not a collector. When you turn on Molekule air-purifiers, you're creating truly clean air, combating allergy season by destroying allergens in any room in your home. Here is the cool thing, Molekule air-purifiers, they don't look like traditional air-purifiers, and that's why Serene and I love these things, because they're beautiful. No, they're beautifully designed. Not only is this technology inside revolutionary, but the units themselves, they look sleek and modern and very awesome. They're made with premium materials and minimalist sensibilities, which Serene loves, her minimalist self loves that. And so it can fit in any room in your home, whether you have the big room, you get a bigger unit, a small room, get the MiniMolekule. We love that one. Breathing clean air, it helps you sleep, and placing your Molekule air-purifier next to your bed cleans the air you're breathing. Customers have reported feeling energised after getting the best night of sleep they've had in years. Personally, I have loved what Molekule has done for our spaces that we've used it in. It completely gets rank, stinks out, if you really want to know the truth, and you can even feel the cleanness to the air, and you just want to breathe deep. So for 10% off your first air-purifier order, visit Molekule, that is M O L E K U L E, dotcom, and at checkout enter trimhealthy10.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P O D D Y. Can I just introduce an idea? I feel especially people that older, that pasteurised foods that are high in fat are harder to digest too, because the enzyme lipase and all of those things that digest fat...

P Yes, the enzymes go down.

S It's not there. So if your enzymes are going down as you get older, and then the enzyme is destroyed in the food, it's going to be so much harder to digest. So I feel like the heavy S, the cheese, cheese, cheese, cheese, cheese, that's... Pasteurised dairy is hard...

P Yes, it's so true. My husband's 64 now, he's 15 years older than me, when we first started Trim Healthy Mama, he lost his weight, and he's kept it off. He's been really good. But he still loves his heavy fats, like cheese and cream cheese, all of those. But now that he's older, like you said, the digestive enzymes naturally go down, well, they all give him heartburn now when he used to be able to eat like the heavy Ss all the time. And now he's like, oh, boy, oh...

S And that might be different. I don't know, but it might be different with raw dairy, because I can down my Yuck Yums...

P Don't know.

S Yuck Yums with the raw kefir...

P He just likes cheddar cheese.

S Kefir, raw double-fermented kefir. And it's just... I might have to tweak it when I'm in menopause, I don't know.

P Well, you don't know.

S But right now, I'm totally enjoying...

K I still will have a little cup of raw milk once every other week, because I love it. We've been getting our milk forever for the kids, milk and eggs, and I just love that stuff. And I do, I'll have just like a... Down it every other week.

[00:51:58]

P You've still got to live and enjoy.

K Yes.

P It's not to be so stringent all the time. But it is to know how your body works. And if people are listening, and they think, oh, man, I'm going to have to tweak this and tweak that, but after a while, it's so fun.

K Yes.

P And you come to... You figure out what your body likes, and the foods it likes...

K Right.

P And then it's so fun and happy and lovely, and you just love your food, and...

D No, I'm with you. I feel like I wish I would've known that the body was tweakable a long time ago. That was, I think, why I got set back and eventually like ER level, was that in my mind it was, Grandma had it, Mom had it, I have it now, let's just go to work. Let's just head off into the day, work hard, go to bed, and not even consciously thinking about the body as a tweakable, fixable thing.

K Yes.

D And I had a chiropractor say to me, and it was so life giving and so simple, but he just said, your body wants to heal.

[00:52:58]

P Yes.

K Yes.

S It does.

D And that was very encouraging for me at the time, when my mindset was that different bodies have different problems. And to an extent, there are some bodies where things are just broken, through whatever, through maybe you broke it through wrong eating, or it just broke and there's no explanation, or at least you don't have it, I get that. But I think that for the most part, our bodies are amazing vessels of healing and renewal and...

K Absolutely.

D Yes, I think once I believed that and went, okay, I can actually... For me, I had to stop being lazy and actually think about it and do something about it.

K So true, and...

S That's a key point.

[00:53:39]

K Yes.

S To not sit back and just be lazy, but I just want to say this, because I know we have thousands of women listening, and they're all in different seasons, if you're a young mum, you're in your reproductive years, if you have a tendency, you've had eating disorders in the past, or whatever, and you're hearing this, and you're like, I know my personality is like, ooh, I hear that, it's another thing I can do, it's another thing I can be stringent about. Ooh, I'm going to go really light on the fats now. Because that's my personality, I want to jump on a season, I'm not there yet.

P Oh, yes.

K That's so true, yes.

S When Pearl and I were writing the books, I didn't have weight to lose, and I was treating my body like I did, and I'd be all just fuel-pull cycling and all this kind of stuff...

P When we wrote about the fuel pulls of the chapter, Serene was like suddenly including so many fuel-pulls, and she lost so much weight...

D Well, she's a method actor as well.

[00:54:21]

P Because she's like, I'm writing about it, I'm going to do it.

S Yes, I'm like, this must be great. I'm encouraging other women. So I hear you. when I get off of this PODdy, after listening at the feet of this wonderful two older women...

D Is that you two?

S Yes, and I'm only a few years behind.

D Okay.

P Older women.

S But, listen, I'm still in the season, though. I've got my quart of Yuck Yum, which is full dairy, full-fat whole milk, but it's been double-fermented, all the sugars are in that fat...

P And you thrive on that.

S I thrive on it. So I'm encouraging myself. So I'm encouraging you that are listening that are not in this season, don't pull, I'm not into pasteurised fats, anyway, but don't pull back on the good ones if that's in your season. It could be the best for you right now.

[00:54:59]

K Yes.

P Hey, by the way, Kris, because we're 46 minutes in, I feel like we have a Part 2 that should happen, like you're only halfway through, right?

K I'm good. That was...

P Whoa, hold on, you're done?

K I've finished, yes.

P Oh, I feel like we could do a whole another PODdy with Kris.

S We could sit at her feet for a year.

D Well, she made the drive.

K We could be talking forever. Yes. I mean, I had a few other points about...

P Yes, let's go with a Part 2, because I think it's just going to naturally happen.

S Yes.

K Okay, let's do it.

D We're doing Part 2, ladies and gentlemen.

K Part 2.

P I'm not done picking your brain, girl.

S No way.

P Fine. Come back here next week, and hear more from Coach Kris.

K I'll do it.

[00:55:27]