



## Trim Healthy Podcast with Serene and Pearl Episode #179 – A Practical and Cripsy Poddy

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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 ·

[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 of the world, it is time for the Trim Healthy Podcast with Serene, Pearl and me, Danny. We're very glad you came, and as usual, we're going to give it to them...

P They didn't come, they're just listening in their own vehicle, or bathroom, or kitchen...

D Pearl, first of all, clear your throat before you rebuke me.

S And it is a coming. Still they have to press Play, on whatever. Yes, well let's see it Danny. Points for you.

D Thank you Serene, sister Serene. Tell Aunt Pearl to calm down.

[00:00:39]

P Listen, we've got nothing much to talk about today, except

S What?

P This?

D No, no. That's not how you lead.

S We'll see where it goes...

P We've got everything to talk about. No. Please, no.

D Yes. Why is it.

S I'm just saying I don't know where it's going to go. There's not like a topic.

D Hey, thanks for tuning in the podcast. It's not worth your time.

S The only reason there is not a topic, is because I didn't know we were even recording a podcast

P I know, all I...

S Today.

P You didn't let me finish, sister. I was going to say, but you never know what treasure may unfold.

[00:01:00]

S Ah.

P But no

D No, that's not enough.

P I was shouted down.

D That's not enough for me. You know what? Let me... Let me... People, don't listen to Pearl. Listen to me. We're going to so rock your world today on this podcast. You tuned in for a reason, your time is valuable, we're not going to waste it, put your seatbelt on, Pearl, go.

S That was good, Danny. Pearl go.

P Well, I was just going to start with this. This thing that happened to me last week. It really has changed my life. It's a very practical little tip, and I don't know why I've never looked at it in exactly this way. I've read thousands of health books, I've been online for millions of hours, and studying health. It's my passion.

D Yes, you have.

P It's my hobby.

[00:01:43]

S Let's all kneel before Pearl the researcher.

P You guys are so mean to me today. I could get in a little miff.

D Let's all kneel before Pearl the researcher!

P Yes, it would just be so nice. And all that to say, I've never read it this way, and my out of the mouth of babes, right, my daughter taught me this. My fifteen-year-old daughter, because I was out with my two daughters last week, and Meadow's two children, and we were doing a lot of stuff. And we were so hungry for lunch. We'd been shopping and you know, things got delayed and it was like two o'clock in the afternoon and we'd eaten breakfast early.

S Oh, I get that

P To me that is a long time.

S Oh.

P And so we went to Chipotle, I just love Chipotle. I love their bowls.

D Love it!

P And, you know, I got all the good Trim Healthy Mama stuff and then we couldn't sit in the restaurant, you know. So we had to go situate in the car...

[00:02:32]

S Oh, the Corona.

P Ourselves in the car, yes...

S Oh, the Coronapush out...

P So we had to situate ourselves in the car and then situate the two-year-old and sort of feed him stuff and he's throwing it all over the car. But anyway, by the time I got to eat, I realized I wasn't barely chewing. I was just shovelling, you know? And it's almost a cortisol thing and you're... And you're... And you're barely breathing and you're shoving it down your face so fast. And then I said, oh [overtalking]...

D And you say little weird, muffled things [overtalking]...

P Yes, and I just said [overtalking]...

D Under your breath, Mum I love you!

P Yes. I wasn't really enjoying myself. I was just shoving.

S Well you know how come food eating should be conversational?

P Yes.

[00:03:07]

S You know, you're meant to eat it with people...

P Yes.

S That's healthy. But when you're in that situation, talking is illegal.

P Yes. It's like, why are you talking to me? I was like...

S Yes, no time for words.

P I felt like... I was snarling, yes. I think we were all snarling. We were all just shovelling, you know? And then I said, boy, I've got to slow down. I've just got to slow down. I looked at my daughter and she was the same time frame as me. But she was...

S You mean how long she hadn't eaten?

P Yes! Same time frame of how long. But she was... Looked really sane. This is my fifteen-year-old. And I'm like, well how are you eating so slowly? And she's like, well, I just do this little thing. And I'm like, well what thing? You chew your food a certain amount of times, right, because that's what they all say in the books. You know everyone tells you to slow down. We've had PODdys about slow down.

S Yes.

[00:03:52]

P And sometimes we don't practice what we preach.

S It's a good theory.

P But it's hard to put into practice.

S Yes.

P And she goes, no, it's just something I made up. And I'm... Well what? Tell me. She goes, no, you'll think it's stupid. And I'm like...

S She is so humble.

P Yes. Autumn, tell me what it is right now. And she said, okay. Well, I never let myself put in another bite, until that bite is completely chewed and gone. I said, so you don't chew your food a certain amount of times? She said, no. It's just that I realized I used to put in another bite of food, while I still had some of the food in my mouth...

S Yes but that's... In my mind, that's what I'm meant to do. It's like when you make kefir, or yogurt you've got to leave a certain portion in to...

P Well I said...

[00:04:32]

S Incubate the rest.

D Agreed, agreed.

P I said, oh, I do that. And she goes, I bet you don't, Mum, because I thought I did, but I don't. And she goes, try it.

S Okay.

P So I tried it. I chewed every bite of it and had to swallow first before my next bite came in. It felt so foreign.

D It was upsetting.

P It was not something I did, I realized.

D Yes.

P So then I started practicing it and it felt weird. But I saw all my body movements start to slow down, because you have no choice.

D Yes.

S And then you can talk...

P And I was breathing.

[00:05:01]

S To people.

P And I was breathing. We started talking. And since then, and Autumn does remind me, because she's made it a habit. I'm like, was it easy for you at first? And she's just like, no, no, it took me a while. But now, every time I see her, she has this chill look. She looks like she's enjoying her food, but it's just a discipline. And I've started doing it, and it has actually been the accountability to actually make me chill.

D That's cool.

S I love that.

D Kind of like making your bed sets you up for success?

P Exactly! It does.

S Pearl actually shared this with me a week ago.

P Have you tried it?

S And I have tried it. And I realized how foreign it was for me too.

P Did you, yes?

[00:05:37]

S And even though I was trying to do slow down, it was so foreign to me which made me realize, wow, you know, I need to do this. And, and, oh my goodness,

it has changed the whole way of the atmosphere of my home, actually. It's changed the atmosphere in my home.

P It does. You even get a different look on your face, right, because when you're not trying to shovel the next bite and you get the stressed look, you actually have to like, put your fork down, or... You just... A whole new thing comes upon you. And it is really weird, but I love it, because I used to try to slow down, because people would say, well count your chews. Oh my goodness...

S Math and food together? That's not okay.

P I used to get so wiggled out about counting my chews, and then that would be cortisol and I don't think was doing my body any good, and then I started to think about it all mushing up in my mouth and I get horrified.

D Wow!

S Yes.

P I was like, I don't want to think about this [overtalking]...

S The saliva mixing with beans and lettuce, oh gross. What is it looking like?

[00:06:28]

P Oh, look at Danny's face.

S Should I spit a bit out and have a look?

D Have a quick look.

S The texture is changing.

D Just a quick look.

P And they say in the... In the health books that like, masticating your food this many times, and it's just...

D And even the word masticate.

P I know, right? Everything gets [overtalking]...

S It's bad and wrong.

P Awkward and yuck.

D Do they mean chew?

P They do.

[00:06:46]

D What is masticate?

S Why don't they just say, chew?

P I don't know.

S I don't know either.

P Oh my goodness. But you know what? When I would eat my food, like, at the normal pace, with keeping a little bit in, to incubate the next bite...

P Yes.

S I would find that I'd always want a little, what I would call a comfort paci after my lunch.

P Yes.

S Where it's like, lunch happened too quick. I don't realise that I enjoyed it, and I'm full, but I actually need another little bite of pleasure of something.

P Yes.

D Hey.

[00:07:15]

S I'll find a little ball or a little treat or something that would make me realise there was pleasure involved with what I had just experienced. And so, but since I've been trying Autumn's little trick, I don't need that.

D Can we please tell Polly to include the new hashtag masticate on all of our posts?

P Oh.

S No thanks.

P Surely, Dan... Dan your ADD is.

S It's another word like menses. You know it's a bad one.

P Oh, menses. Fallopian tubes.

D It would be a cool shirt like, Masticate.

P Shirt. Yes, I'm sure it would, Dan.

D Like a whole brand called masticate.

P We pay you to bring content.

[00:07:47]

S Yes and you're just like.

P And if you remember we were... Their time's valuable?

S Yes it is.

D Am I wasting it?

P Yes, your masticating T-shirts are wasting their time.

D I guess I'm just not over the word yet.

S But no I loved that, and we challenge you guys, try it. It means like, everything is done and swallowed.

P Yes, you're not allowed to like, , do what I did...

D That's what masticate means?

P And mostly swallow.

D To masticate?

P No, masticate your foods means it chews very well.

S No we're done there and we're actually moving on, and now we're just talking about swallowing.

[00:08:12]

P Oh, goodness.

D So, okay, can I please get a definition for masticate?

P It means chew your food up very, very, very well, so it's all liquified.

S Like chew your cud, Dan.

D Like really cud it up.

S Cud it up.

D That's a good share!

P We were just... We were just like synchronised swimmers, just there...

S I know.

P Cud it up. We were time focussed.

D Hey, think about it. If we get the dang butterfly off all the clothes, and put on some cool slogans...

P Oh my goodness...

[00:08:34]

D We'd sell some product!

S Oh my goodness you're back to shirts.

P I could move in on this ADD boy.

S No, I love it, but what other things, Pearl. What other tips can you share with our women that...

P I told you I only brought one, now it's your turn.

S I said that was Autumn's, that wasn't yours!

P Oh well...

S Don't you dare take credit!

P No, I passed it along. I brought it with me.

S No, we want one of yours. You always come up with little doo-dads and did-wigs and stuff like that.

P Did... Did-wigs!

D Did-wigs and tiddle-jobs.

S Yes, you always have a little new thing that you're doing.

[00:09:03]

P Well as I said, when I came to this show and you guys rudely shouted me down, I only had one thing and after that, you find your own treasure.

S Okay, well my own treasure that I've been doing now, is having each day stand for its own.

P Okay.

S Now this may not even relate to anybody else.

P All right.

S But if I have a certain E meal I like, or a certain S meal I like, it's a portion in my brain that I know that I've enjoyed before. But each day is different. Maybe I fed the baby more in the night one night, or maybe I exercised harder one day, or maybe it's just I'm just fighting something off. I don't know. But I'm just deciding that each day's different. And just because I was hungry for that certain size portion the one time before, it doesn't mean that that has to be the portion I finish every time. Because sometimes I'll be like, well this is what I do, so I must obey and finish every lick of it.

P Yes.

[00:09:59]

S When sometimes, three quarters way full, I'm satisfied and I've just decided to say, my body is different. My bod... Every day, its ebb and its flow is different. So instead of obeying a certain number of, I have to get this amount of protein in, or

I have to get this amount of carbs. This is an Emeal, I've got to push it into the E category, or this is... I've got to anchor it around the right amount of protein. Now I just stop when I'm satisfied, and say well, that was enough for my body.

P Yes.

S Instead of like, I've done it before. I can finish this feat again.

P So, you're more, I guess it's called...

S Listening, it's called listening.

P You're listening, and some people call it mindfulness.

S Yes, or it could be mindfulness, but that's what I'm doing and it matters to me, because, you know just being you know a nursing mum and all that, my hunger can change.

P Right.

S And sometimes that means not listening when I need to eat more, too. It's like, no, you're usually full at this, so you'd better be full now.

[00:10:48]

P Yes.

S But maybe my body is just doing a lot more and I need to just be mindful and listen to what it needs. Stop when I'm jolly well full.

P Yes.

S And maybe allow to eat something sane when I'm still hungry instead of being like, this is the portion!

P Yes.

S That's my little titbit.

P Danny, it's up to you.

D I've got a tidbit for you.

P And you are doing... What are those things called?

D I don't know, but they work the triceps.

P The triceps. You know when you get down on the...

[00:11:14]

S Dipping?

P Dipping?

D Yes, I guess.

S No, not tobacco dipping, but he's like, with his arms, he's like, going up and down, doing a backwards kind of push-up, on the couch.

P Dan is totally ADD today, but that's all right, we love him anyway.

D It's really my strength.

S Yes.

P Good.

D I mean it will get you booted from school. And it did, but...

P Were you one of those people that did like, the spitballs inside a pen?

D Dude, I shot baskets in the teacher's hair.

P Yes, of course you did.

D Spitballs was like, kindergarten.

[00:11:45]

P But I think spitballs was a thing of our day and age. I'm sure the young trend seers, or whatever they are these days, don't do that.

D They don't do spitballs and they don't talk about their opinions.

S No. They're not allowed.

P Hey that's you Dan.

P They did that to you?

S Are you a dilly-wig?

D My chonkas and my tiddle-winks.

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

S Serene.

P Oh yay, we love talking about Billie, Serene.

[00:12:10]

S Oh, I actually love, love, love Billie. That's because self-care and routine are always important, right? We know that as Trim Healthy Mamas. But whatever

you're using to get ready for the day, should make you feel amazing too. Yes, it should. And I love... I love Billie's razors. I love all of Billie's products.

P Yes.

S Do you know that they also have makeup removing wipies now, that I let my daughter try. She's 21 and very sensitive skin. African skin that's over-dry and every makeup removing wipe makes her come out with like hives. This is the first...

P Yes.

S That is so gentle. It removes her makeup but totally leaves no irritation.

P Billie has created every-day essentials by delivering premium razors that all started with their fantastic razor and high-performing body care directly to you. No paying tax. No visit to the drugstore, no breaking the bank.

S No finding a lady to get the key.

P You always say that.

S Yes I have to say it every time. Because that's the most annoying part about getting those more upper-end razors. They're in those little plastic boxes that are all locked up.

[00:13:14]

P Yes I know. If you want to get a good razor, you need a key. No not anymore. Go to mybillie.com to get their starter kit for just \$9. It's incredible. Listen, this includes their award winning razor, two refill blades and, this is the thing that Serene and I love, the magnetic holder that keeps your razor safe...

S Oh, every time you put your razor near that magnetic holder, puff, it just... Pops into place. It does, it jumps!

P It keeps your razor safe and dry in between uses, and you just have it right there in your shower.

S And I've said this over and over, but that lick and stick little doo-dads that you use for the others, the other razors.

P No it doesn't work.

S To hold onto the wall of your shower. They fall off the wall of the shower and then your shaver gets all yucky in the corner of your shower. I hate that.

P So remember, it's just \$9 to get your starter kit, plus free shipping.

S Hey, that's an amazing price for a Billie!

P Yes. So here's how you spell it, mybillie.com/

[00:14:13]

S Listen, this is how much I believe in it.

P Hey, Serene, slash trimhealthy. You keep talking over me, yes.

S And guess what, this is how much I believe in it. I've got my, all my older girls... [Overtalking].

P Oh, no, sorry! Siri, get off of my advertising.

S Siri thought...

P That's funny! Sir... I said Billie. Siri thought I said Siri. That's funny. Hey, this is how much I love my Billie. I've got all my older teenage girls hooked. They all love the Billie. [Overtalking].

S Oh I know...

P They have their own Billie. I've said, get your hands off of my Billie get your own.

S This is the Poddy, with Serene.

P And Pearl.

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

[00:14:51]

D I really think this can help in women particularly...

P Dan brings it for the women!

D Taking control, just another piece of control in their food.

S Yes.

D And it may be so small, but it's those mustard seeds, you know what I'm saying?

S Yes. Okay. Great.

D Okay, sorry. It's like permission to go through a healthy place and get a smoothy for just you, but not your 16 kids? Like, like this permission...

P Yes. It's very important.

D Okay, because my wife... Here's... My wife will starve, because all the kids can't have a detox green smoothy from the tropical new smoothy place.

P Yes, no, yes.

D And so she'll... But then they can have things that probably aren't best for her body.

[00:15:41]

P But the best for them.

D But it's perfect for them. And so, what she ends up doing is, well, I don't... I couldn't just drink that in front of the kids.

P Yes you could.

D Yes you sure can and so like, yes, that's kind of helped me, like, for a while I was there like... I was always like hiding and eating my stuff, you know? And waiting until they're not with me. And it was setting me up for a bad health spiral.

S Yes.

D I was always ending up getting... Life was giving me things, rather than me designing what I wanted.

S Right.

D So yes, just... It's small but I think it can be a game changer?

P It's not small, Dan. That's huge, and I just want to encourage you on that. Sorry it's your dilly-wig thing, but I've just got to plug.

D My tiddle-wink.

P Because this is something that I think has allowed me to have success with health?

[00:16:26]

S Yes.

P Because I've actually... People struggle with different things and I've struggled with lots of things before, but this is not something I've ever struggled with. And I have a certain fridge that's allocated...

D That's your... Is that your fridge?

S For Sam and I.

D Yes. Good.

S And I have a certain fridge that's the children's fridge. And it's filled with raw, whole milk, it's filled with abundance of like really healthy carbs, and I'm all about carbs and everything too. But there's certain things that, like, I'm not going to just eat all day long, like grapes and everything.

S Yes.

D Sure.

S I might just have a nice portion here and there. But there are certain things, that, I'm nursing a baby, I've either been pregnant or nursing for like now, about 23 years, and my husband is like, mid-forties now. So his body needs certain levels

of support that the fifteen-year-old, you know, like, little run arounds, their bodies are in their prime.

[00:17:11]

D Ok, do you know what a Topo Chico is?

S No.

D Carbonated mineral water. It's the greatest treat. I thought I liked Coca-Cola? What I like is carbonation.

S Yes.

D Man you drink it... So, it's a salsa water, you've had these.

P Yes.

D But Topo Chico is particularly crispy.

S Oh.

P Is it?

D It is particularly crispy.

P Oh, I love that word.

[00:17:30]

S I'd never thought of crispy in it, yes.

P If they had said... You are such a brander, though, Danny. Your nature.

S Yes, you are!

D Thank you.

P If they... If a brand of sparkling water, on it said, particularly crispy, I would so buy that in a heartbeat!

S My Mommy and Daddy fridge would be full of it.

D Well, I mean, so it's mineral water, for one. So the ingredients are mineral water and carbon dioxide and you know, I've seen others and they all.

P We may buy it, because you've already sold me on it. I want particularly crispy. Yes.

S Yes.

D Guys, it is so refreshing, especially right now and the summer's here.

P Do you put a little lime, or nothing?

[00:18:07]

D You can. They actually have one that's essence with grapefruit.

S Do I have to sign my name on some kind of millennial line, if I partake?

D No, no. well it is pretty hip, but here's the thing. They started it in 1865.

P Oh, okay.

S No way!

D They're an ancient Monterrey, Mexico company.

P But where do I find this stuff?

D They sell them at Whole Foods or Kroger?

S Oh Kroger.

D But it's called Topo Chico and look, you get a case, and they end up being like a dollar each, right?

P Because that sounds good to me, guess why? I don't like it when they're already infused with a flavour. I like to squeeze my lime inside.

D Yes.

[00:18:36]

P And it's totally different, you feel?

S Yes, so much fresher.

D These... And the branding is so good. It's nice, yellow, very vintage looking and they're in glass bottles.

P Thank you.

D For a buck each?

P I like that too.

S Yes I like that.

P Are you just speaking my language, Dan?

D But check this out. If I buy a case of Topo Chicos, and put them in the family fridge...

P No.

D Guess who doesn't get one?

[00:18:56]

P No. Daddy doesn't.

D No. I've got six souls onboard. They're all getting sucked out and then I'm coming home, after sweating at the brow...

P For them!

D So that they can.

P For them!

D Afford to drink Topo... First... So A, I don't get one. B, they don't appreciate it.

S No they don't.

P They'd rather have the sweet stuff in it or something.

D Oh they'll take... They'll take a glass of OJ.

P Particularly Crispy is lost on them.

D Yes it's totally lost.

S Yes it's lost. They're not even going to sit and dwell on the name.

D No, a two-year-old doesn't play chess. Okay. And so no. You're not getting that.

P They want gummy bears.

[00:19:30]

S I want gummy bears.

D Yes whatever they're getting, they're getting and they'll appreciate, but you know there are some things to reserve for Mom or Dad and it's not selfish.

S It's not.

D It's totally acceptable and you should do it.

P I think there's different seasons, and it sets you up for success to know your season and know what you're allowed. And in my family it's very clear that the toddlers, they get special things too, because...

S They do?

P I always start my family up with incredible, like, good five years of everything pristine.

D Yes.

S Nutrition.

P It's like, yes, nutrition. We all, as a family, eat organic lettuce, you know now we have our own cows, that's grass-fed meat and they all have organic real milk and

blah, blah, blah. But the little children, I don't like them to eat hardly anything that's not organic. It's pretty pristine and they get fish cod-liver oil and they get certain supplements, because I'm starting them out. And then, once we get to the age where we need support, like pregnant, nursing or husbands who are just needing support nutritionally. Because they're in a time that maybe is a time of depleting or we're just going to keep shoring it up. Then that's different, we add on. But you know, the middle gang, we're like, hey, you don't have these great needs.

S Yes, your body's just thriving.

P You're thriving. You're just going to get the good stuff like everybody else, and they know it, and I don't feel any selfishness. And I feel like, if you feel selfish, it's not out there and you're listening, it could be your new key to success, to get over that and to know... Because our mother has struggled. She has struggled.

S She's being a martyr?

P With being a martyr. She has a lot of people coming and staying in her house all the time. And she is almost 80. A few months off of being 80, and my Dad is 80 already. And I'm always like, Mom you need to buy this... This particular salmon. The red sockeye one and you need to do this. And she'll go, oh but I can't afford it for everybody. I'm like, I'm not expecting you to afford it for everybody.

[00:21:17]

D Yes.

P You know they... Well... [Overtalking]

D Treat yourself.

P I can't do Trim Healthy Mama for all the visitors that are coming. I'm like...

S You don't have to.

P So I'm, you just give them some mashed potatoes...

S Yes.

P And she's like...

D Pig slop for them.

P Oh, but that'll be terrible.

D They don't care.

P They'll think that... I'm like, I don't care what they think.

[00:21:34]

S Listen if you've got some good basic whole foods, you've got some good brown bread, for them, and some good mashed potatoes and a little bit of you know

chicken or something, they're good. You go and eat your sockeye salmon if you need it.

D Yes, and in their season, my goodness. Drive the nicest car and get them the best of the best.

P I know.

D They've put their time...

P Well she didn't even used to want to have product. She would like, but whenever I get your products, everybody in the house just takes them. We're like, Mum, you go hide our products in your room.

D That's right. That's right.

S Yes we've got them a little fridge now, in their room.

D I'm getting a mini fridge in my office, for my Topo Chicos.

P Yes. Particularly crispy.

D And my little xylitol gummies.

S Yes.

[00:22:13]

D I'll put like all of my specials are going to be in there.

S My husband has a Dad cupboard with sparkly buys.

P Yes. Sparkly buys. Yes.

S And the children can't take them all, unless they do a big job.

D You know what I tell my kids too? Oh, well you're having one why can't I have one, because I bought them. I paid for them.

S Yes.

D You can buy some.

P That's so true.

D You can buy some.

P I have whatever is in this house.

S But there's 75% of the things I get for them that I don't touch.

D The neighbors are paying my kids... You can mow any neighbour's grass and make money and buy stuff any time you want.

[00:22:38]

S Yes.

D Love you.

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

S Serene.

S Bombas makes the most comfortable socks in the history of feet. Now, that's saying a lot for me to say that, because I'm a sock collector, of like, merino kind of wool socks, and all those kind of higher-end socks.

P You are a sock snob. Be true.

S I am a sock snob. And I'll tell you what, out of all of my merino wool collection... Now Bombas does other, what would you call it...

P They do cotton. They do natural fibres too.

S Yes they do. Yes, they have other natural fibres, but I just really, particularly love merino wool. But out of all my collection, Bombas shines, and they're the ones that I hope my hand pulls out of the drawer.

P They've literally thought, and re-thought every little detail of the socks we wear to make them way more comfortable. Here's what, here's my pet peeve about socks. You know when you wear the ankle socks, and then they dig and they leave the big imprint mark, because they just... They haven't been thought through? I like a sock that's been thought through for the foot.

S A smart sock.

P Yes.

S And Bombas is a smart sock. And then the other thing I hate, is when the sock is eaten by my shoe?

P Yes.

S You become so frustrated.

P But it's just... That... All that says is no thought has gone into it.

S That's right.

P But these socks, they do more than keep your feet cosy. They help give back to the most vulnerable members of our community, because for every pair of socks that you purchases, Bombas donates a pair to someone in need.

[00:24:14]

S Well that's nice. The generosity of Bombas customers has allowed them to donate over 34 million pairs of socks and counting, through their nationwide network of 3 thousand plus giving partners. And the impact is more powerful than

ever. To those experiencing homelessness, these socks represent the dignity of putting on clean clothes. It's a small comfort that's especially important right now.

P So yes, give a pair when you buy a pair, and get 20% off your first purchase at [bombas.com/trimhealthy](https://bombas.com/trimhealthy). That's b-o-m-b-a-s, Bombas or Bombus, however you want to say it, we have accents. We probably do it wrong, but [bombas.com/trimhealthy](https://bombas.com/trimhealthy) for 20% off your first purchase, and go get comfortable in your feet.

S This is the PODdy, with Serene.

P And Pearl.

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

P I've seen you do this, Serene, and I think you know you have... You have had how many pregnancies?

D 97 or so.

P 97 pregnancies? Biological, you've had nine?

[00:25:22]

S Oh nine live babies.

P Nine live babies.

S Two miscarriages.

P From, yes, from your body.

S Yes, from my body.

P That's very, very challenging.

S I've even nursed some of the adopted children.

P On a body.

S Well not all the ones. The baby ones.

D That's true.

P And you've nursed a lot and you've been pregnant a lot of times. That could be very depleting, but I see you, and your body's thriving, right?

D I thought push-ups were hard.

[00:25:42]

P Yes. Your body's thriving because you have chosen to look after yourself and you've never felt guilt about it.

S The rule of kindness.

P Even back when we were poor, we were poor, Danny, you know it.

D I know it.

P Right?

D I've been there.

P Serene would still like, for Christmas, she'd have her whey protein, no give me that, and she wouldn't be giving it to her teenage boys who wanted to pump up the iron and stuff.

D Yes.

P Because they could go work and do that but she needed it just to flourish, just to maintain, just to do what she needed to do in her life.

S Yes.

P So yes, the teenage boys might want it, but they don't need it.

[00:26:12]

D I mean they were cabbage poor.

S Yes.

D Cabbage poor. And yet, I remember some of your different fam... And I mean the group was poor together, too.

S We were all together.

D Like it wasn't like one or two of you. It was like man, all our husbands are going to Iraq this year. To try to make a buck, right? And you would still have people over feeding us chicken and rice, big huge bowls of stuff. Have company over.

S I would feed everyone lentil soup. But I tell you what, I remember once, coming to visit my sister Pearl, it's so funny, okay. So, I was driving past her and she was in the woods, all wrapped up with like a scarf around her head... [Overtalking].

P It was winter.

S It was winter and there's bare trees and she's picking up soggy, rotten bark and bits of wood off the ground, and I'm like, what are you doing? Cold, the fire to keep us warm. That's how. And this is was our. This was our reality, people. This is where we started Trim Healthy Mama.

[00:27:10]

D Like, just off of her property is like wealthy people.

S Yes because we couldn't pay for the electricity for their heaters.

P No, well, there was something wrong. We lived in the trailer home and there was a big gap in the floorboards, and all our electricity, the heat was going out there and we got a bill and it was like \$600.

S So you were turned off?

P Do you know what \$600 bill is like...

D No. No. Yes.

P When you don't make a lot of money?

D Yes.

P It is like 6 thousand.

D It's a year's income. It is a year's income.

P Yes.

D When you...

[00:27:35]

P You have to wait until tax return to like...

D Yes.

P And tax return is like several months down the road and you're just like, how do we get there, how do we make...

D No, and tax return is January's income.

S Yes, yes it is.

P Of course it is.

D And some people listening are like, yes, that's us.

P I remember tax return time, and we'd get the whole family and go to Walmart, and each child could pick out something that they wanted and it was like...

S Oh my goodness. We used to go to Walmart with our little blank check, just hoping that I...

P Oh you were terrible. You were terrible with your hot checks.

S Red hot check and pay to feed the fam, mate.

[00:28:07]

D Hey, you know what I would do? I would buy one drink and everybody would open their little bird beaks, and I'd just like, bloop, bloop, bloop, everybody gets a hit and then we hit the road.

P No hit of particular crispy.

D No. No. None of my PC. No Mam.

P That was good Dan. You brought it. You brought a good thought there. I think it's going to release people.

D Yes.

P Yes. So, I can't afford the supplements. Maybe you can forward it just to view.

D You can afford one.

P And that's okay.

D Yes you can.

P You know I'm saying?

S I'm telling you.

[00:28:34]

P I don't think that you have to do all the Trim Healthy specialty ingredients for all of your tribe.

D Hey.

P You don't have to.

D Think about it. Soul sister, sojourner. You're on earth for a small season. Have some Topo Chico, man.

P We're just like, Topo Chico's going to love us today.

D But they won't say nothing. You know, what, they're...

P I want to go get some though.

D Such a cool brand now. You guys should check them out on social media.

P But I don't do social media.

D The colours, the... .

P Serene doesn't do social media.

[00:29:01]

D We'll check them out for you.

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

S Serene.

P Hey, we're in 2020 and it seems like almost every business is getting with the programme, right? They're learning how to adapt to this whole new life situation we're in day-by-day, but something hasn't. Banks! Banks need to adapt but Azlo is.

S Unnecessary fees, or taking a trip to your bank is the last thing business owners need to be thinking about. And Azlo takes all the friction out of business banking. Instead of insisting you handle your banking as if the Internet never existed, Azlo is a free business checking account with invoicing, bill pay, money transfers, no minimum balance, and no fees.

P Yes and unlike other banking options, there is no minimum deposit required and you'll never be charged maintenance or overdraft freeze, and none of that ridiculous phone system that feels designed to waste your time. So instead of the days or weeks it takes to apply for an account, at a traditional bank, where you're still required to go in person...

S Yes.

[00:30:12]

P Who wants to do it these days? I hate in person banks. Oh my goodness, it's like that thing you don't want to do. With Azlo.

S And I'm not social distancing. I just don't want to go socialise with the bank.

P I don't! Just go to azlo.com and apply in as little as ten minutes. That makes sense.

S And there is no waiting to use your account. With Azlo's free instant funding feature. You can deposit up to 1 thousand and access it in your account instantly.

P So Azlo is owned by BBVA USA, member FDIC and because they make business banking easy and offer a free, free checking account, Money Magazine called them the best banking option for freelancers and entrepreneurs.

S Sign up right now, with no minimum deposit at azlo.com/trimhealthy and get a free copy of Azlo's Small Business Starter Guide.

P Yes, so if you are a creative person and you have business ideas and you're entrepreneur, even if you just don't want to go into a bank, go to Azlo.com spelled a-z-l-o.com/trimhealthy, and sign up with a free Small Business Starter Guide and no minimum deposit. Azlo.com/trimhealthy.

[00:31:33]

Announcer Trim Healthy Mama. Super Food Spotlight.

P Baobab is nature's remedy for a strong immune system. Not only a strong immune system for healthy weight, for an improved healing gut.

S Yes, baobab improves your microbiome, which is the foundation of your health. Your gut health is the foundation of your health, and Baobab, it is a prebiotic so it kind of sets the stage for the good bacteria to cling on, and to thrive in your gut. Baobab... It's a... We call it Baobab Boost because it boosts your nutrition in nearly every area. It's super high in antioxidants, more high than any other fruit in antioxidants.

P Actually, no Serene, it is the highest food on the planet with antioxidants.

S Above green tea

P Nothing else reaches it.

S It's incredible.

P And what are antioxidants? What are they? Oxidants are the things that cause disease in your bodies. So if something's anti it, it means it's stopping disease. Halleluiah!

S Yes. Baobab is high in potassium. It's high in magnesium. It's high in...

[00:32:47]

P Calcium.

S Yes.

P And Serene the biggie, iron. Why, Serene?

S Because we need iron... Specially so many women are low on iron, and we need iron to lose weight properly, we need vitamin C to lose weight properly, but the deal is, is that we can't absorb iron or vitamin C without the other. They have to be in harmony together.

P And why do we even carry Baobab? Not only for its antioxidant activity, not only for all these things, but because of its vitamin C. Right? Ten times higher than oranges, and it's the most bioavailable vitamin C. You can take a vitamin C supplement and just a lot of it you pee out.

S Yes.

P But when you're eating a natural food and that's what Baobab is, it's just a fruit that dries on the tree. The only fruit in the world that dries naturally on a tree. And it's the powder from that fruit, and it is just so high in bioavailable vitamin C that helps your body shift weight.

[00:33:40]

S And Baobab is so high in fiber and so it's satiating and it's filling and Baobab is also antiviral so it supports the immune system.

P Yes. And the good thing about it, it tastes lovely. It has a light sherbety, lemony...

S Citrus?

P Pineappley taste and so it goes great in like...

S Check out our Boost Juice Recipe.

P Yes, so it's great and sweet.

S Drinks... any kind of sweet desserts or shakes, but it shines in savory dishes too, Pearl.

P Yes. Soups. You even put it in your eggs, Serene.

S Everything, everything that would suit a little tang, a little like, a little hot sauce. Like a little something that has a little tang. So I put it in casseroles, I put it in soups.

P And listen, for ultra weight loss if you've got a problem with like snacking too often or you just want to go that extra mile and really look after your body check out Serene's Baobab Milk Recipes. That's going to help you if you drink it after every meal. Woah.

[00:34:30]

S And I want to tell you too, this is not just for older people. This is a very safe nutritional booster for toddlers and children, and yes, and all the children too.

P When you hear baobab as a fruit, you think, oh no, carbs! Do I have to keep it separate from my S meals. No, Baobab is actually zero net carbs. It has as much fiber as it has carbs, so it has all the bioflavonoids of fruit, but none of that fruit sugar. See you guys next week.

S See you.

[00:35:42]