



Trim Healthy Podcast with Serene and Pearl Episode #182 – Pearls Checking In On You

(AIR DATE:07/22/2020)

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

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

[00:00:00]

S This is the PODdy, with Serene.

P And Pearl.

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

D Boys and girls... Let's try again.

S Yes go for it.

P No, you leave that in.

D It's time for the Trim Healthy Podcast with Serene, Pearl and me, Danny. Today is a very special podcast. One because you're here, two, the girls are here. But three, I just crossed the hump.

S He did.

D Yes, I'll say it, I'm 40.

P Are they birthday shoes you're wearing? They're very bright.

[00:00:31]

D No, they were on sale.

P And...

D For \$40 actually.

P And Lesley Pops... Lesley Pops turned 37, right? Lesley Pops three days at my house.

S How?

P I'll tell you what. Today we were talking to Danny right before we pressed record and Danny was... We were talking about how 40 and I'm like, how do you feel? And we're going to cover that for two minutes. We're allowed to talk about you for two minutes, Danny, then it's on to me and Serene.

D Yes. That's fair.

P You deserve two minutes.

D You get, what, like, 38... So...

P And he was like, but I can't say it on the PODdy, because you know, I've got all these things that I have to be doing on TV and I'm a certain age on TV, and I have to be that. They don't want me 40. And we were like, hey...

[00:01:10]

S What?

D Keep it real Lucille.

P I'm allowed to say that?

D Yes, you can say anything you want.

P I'm just saying.

D This is your show.

S I'm just saying be proud.

P This is the truth.

S People should want you at 40 better than some 18 year-old buck. You get authority once you're 40 you're wearing some new kind of authority.

P You've got to wear it with pride. You know I'm not even 50 yet but I have thought that I was 50 in my head for two years, because I thought it was swell.

S Yes.

[00:01:35]

D Yes.

P Listen, listen. We tell our Mum, who's... She's 79. She's going to be 80, and our Dad's 80. I've said to her, so, you know, if you could go back a few years, would

she? She almost got a repulsion... The look, the expression, she almost looked like she was about to throw up. She goes, I don't even want to go back a year.

D Yes.

P Not even a year, because every year I feel more... Just, I've learned more and that brings more peace to my life than I... And I'm just more intuitive who I am.

D Yes.

P And... She said, no I'm an Empress.

S So, let's let Danny speak for two minutes, Dan.

P Go Dan. Sorry, Dan.

D See I relate to that because I, a year ago, was more ignorant, I was more afraid, I was more, just all of the thing... I feel like I get better every year.

S And what you're bringing, this Danny you're bringing to the people, you're going to see on TV, this is this such a better version of Danny than a year, or two years, or...

[00:02:30]

P You know, so why wouldn't they want this Danny?

S Fear brings inflammation, all these insecurities that we have as we're younger, they don't bring feelings of life and youth to our body. And you said, Danny, yourself, that this is a newer, better version of... At 40, than you were at 18.

D Yes. I guess... Was it a generational thing, or something like, how come people used to just croak it, as they got older?

P I don't know, but they thought they did, and except for biblical times. What did you say Serene? Who was it in the Bible?

S Oh, I said to Danny, at 40, mate, you're just to check, because you said you're feeling better than you did at 18 and I said, well it's just going to get better and better and better. Because, was it Joshua or Caleb that said, hey, now I'm 80. I'm stronger than I was when I was 40, so give me the high country. I'm going to take the high country. And there were giants in that country and it was going to be a big battle, and he's like, no now I'm 80, I'm strong enough for it, because I'm stronger than when I was 40.

D What if it was the food people were eating? I mean a generation ago...

S No he ate a good at 40... Oh I see what you're saying.

[00:03:35]

D No I'm saying the mindset that I heard as I was growing up, from adults, was, oh, I hit 40 and now I'm... And they listed all of these negative traits about their... Usually about their body. How they were falling apart.

P I know, but it's mindset I think, because our Granddad was not like that. I mean he was skydiving in his 80s.

S He bungee jumped on his 83rd birthday.

D That sounds dangerous. Not for the bungee snapping, but for the body.

S That it would snap.

P But he refused to live in fear.

D 80 years old?

S 83, Dan.

P We're going in that direction Dan, you want to join us?

S Look, Pearl started running.

D I doubt you'll do it.

[00:04:06]

S She's never even skipped. She's never even leapt two inches off the floor until two years ago. She was watching that movie with good old, what's-a-name, Tom Cruise?

P Oh, Mission Impossible.

S Yes.

D Yes.

S And she's like...

D Yes, Tom's still...

S He's way older than me and he's sprinting.

D Okay, but he professionally...

S What's good enough for him is good enough for me. You started sprinting.

D He trained professionally.

S Yes, well why not Pearl?

P Well why can't I sprint down my grass?

[00:04:28]

D No, you can sprint...

P I've been doing it since... Actually this is a good legway into the whole topic I had for today.

D A leg way.

P Yes.

D A segue.

S Like we have to get organized.

P Hey, hey...

D It's called a segue. It's a segue.

P Hey John, is there something called a leg way?

D No. You're mixing two. You're mixing a leg way...

S She's looking it up. A Google.

P I'm looking up leg way.

D It's either a leg in or a segue.

[00:04:48]

P I think there is a leg way. It's at the airport isn't it?

D No.

S Leg way into... I'm just looking it up.

P Hey, let's just say, blame it on our Australian, New Zealand history.

S Leg way, definition and meaning, a self-balancing, human empowered steam styled segue.

D A leg way, oh, is a machine, like the...

P Yes. That you find at the airport.

S And then this one says, sorry, no definitions found.

D Yes.

S Good on you, mate.

P Anyway it's a good... Leg way.

D I just didn't want to...

[00:05:18]

P I just didn't want to talk about...

D I didn't want to move too quickly there.

P I hate to be wrong.

D I don't see Pearl Barrett bungee jumping. By the way.

P Never say never. This is what I want to talk about today, Danny.

S She's rhumbaring. She never even used to dance.

P Danny. Danny, don't you say never to me because I'm telling you...

D Will you bungee...

P This girl will be a never-doer.

D Okay, okay. If you'll bungee, then you'll do it this year.

P No I won't.

D See?

P I'm not 83.

[00:05:42]

D Then you won't do it. Then you won't do it. You're going to wait... Oh, I'll do it when I'm 80.

P No, I'm just saying, just shush yourself, because I'm going to tell you about some things right now and this is for everyone. Today, I actually wanted to do a check in. You know, two days ago, I was walking past my room.

S You were, were you?

P And I noticed something. I have this beautiful white cover on my bed and it was made, and I just stood there for a second. I thought, Pearl, you awesome, you. Your awesome. You just no, just have a little bit of, here Pearl, so okay, call yourself awesome right now, because sometimes you beat yourself up, which you're not allowed to do. But look at you. Check in with you, Pearl. You have always had trouble with making your bed your whole life. For most of your life you didn't care about it. You thought, I'm not a bed maker. And then for a lot of your life you struggled becoming one, and then you decided to just be one. That would be your persona and so you started to, but you still had such times when you weren't actually doing the bed making, even though you had an identity of being a bed maker. You were two weeks here and three weeks off and then one day off and then you'd hit it and then you'd miss...

[00:06:45]

S You were still a bed maker all those times you weren't making it.

P I was, but all that to say, I looked at my bed two days ago and it was made. Yes, I'd actually... It had probably been made seven days in a row. You know I'm pretty good now. I have my misses but I'm pretty good. And I bought myself a new, beautiful white cover, just to sort of celebrate and it brings me joy and it reminds me of who I am. And I just thought to myself, you know, I should check in with the ladies, right, with our mamas. Because for me, after all these years and my identity is someone, my identity is someone who loves, longs and desires to eat healthy. It is a total delight and joy for me. I haven't always been that way, but that's my identity now, so now I can finally say, it is easy. I mean I don't have to struggle, Serene. Do you have to struggle? Is it love, right?

S No. It's love.

P Dan, how about where are you at with this?

D What about? Making your bed?

P No, no you missed that, that leg way. I had skipped over to... I'm going back to bed making, but I'd skipped over to eating... Desiring to eat healthy. Is that your identity now? Is that easy for you, or still a bit of a challenge sometimes? Or is it just like, no you'd rather do it.

D It is so my identity...

[00:07:59]

P Okay.

D That when I take sugar it now tastes like chemic... Like it's too much.

P Yes, so you're not about to fall off the wagon at any moment?

D My body doesn't even accept unhealthy food.

P Okay...

D It's not even a mental thing at this point. It's just physics.

P All right. So you're there.

D I'm totally.

P Okay. So this is what I want to talk to you today, everybody, about. Some of you have decided to take on the identity there, about being a healthy eater, a Trim Healthy eater. But in reality, you're not still quite there yet, but I'm going to tell you it's going to come. It's going to come. Because I'm like you, with the bed making. You know, most of my life I wasn't, so whereas, maybe if you're listening and you're struggling with healthy eating, I'm doing the analogy of I was struggling with bed making, okay?

[00:08:43]

P But the more I persisted and for often being a stinking failure so many times at it, but the more I just reminded myself, no, it's okay. I'm a jolly bed maker. Right and just got back to it. It has become a part of my lifestyle. Now I'm not there, where I am at eating, where I don't even think about it and I'll never be tempted to go off. I'm still tempted to sometimes go off my bed making, so I'm not all the way where I am in other parts of my life, but guess what? I know I'm going to get there because I've got to that stage in other parts of my life. So I'm checking in on where are you?

S That's good.

P I want you to know, that if you're right now in a couple of weeks with life has kicked you, right? And you're like, oh my healthy eating is out the window. Okay, if you're listening there right now, I so hope you tuned in, because I want to catch you. I want to catch you and I want to speak into your identity. And where you're at right now, even though you feel you are not a Trim Healthy Mama, by jingos, you are.

S Yes.

D By what?

S By jingos.

P By jingos you are.

S Leg way.

[00:09:48]

D Okay. Jingos and leg way.

P And you are. And you're going to get back to it and it's going to become more and more and more you as you practise it. And this is a blip and you're not going to let this blip identify who you are, because it's not you.

S Oh this is so huge.

P You're a new creature. Go Serene.

S This reminds me of just... I wanted to talk to you guys before, about my own testimony with fear. Like I naturally was not a relaxed, restful, peaceful person. It seemed like I had a natural bent toward fear. I didn't have any trauma in my life to make me fearful and I'd be hiding under the bed and having to sleep with Pearl. We shared a room. It wasn't good and I've had to actually be...

P And top and tail.

S And she'd pee on my leg every now and again... Pee on her mattress.

D So you were a fearful pee'er?

P Yes.

[00:10:35]

S Yes, fearful pee'er. Listen...

D No you've got to know this.

P No, this leg way I'm smoothing over.

D I was a fearful pee'er.

S You were a fearful pee'er?

P See?

D I wet the bed until I was 12.

S But I can't identify anymore. So we're going to move on.

D No, I don't either but my cat now wets my bed. Please continue.

P Oh, that's worse.

S Yes. Sorry Dan.

P That's worse than sister pee.

S Yes but listen, it was so part of who I was. Until I realised my name is Serene. My name is peace. That's my identity. And God took me through this almost spiritual surgery, and He just removed fear from my life and there was times when...

[00:11:06]

P How long a process was it?

S A process, people?

P How many years, Serene?

S Years and years and years and years, and there was times when I identified, no, I am Serene. I am peace. I am peace. The Prince of Peace is in me, and I would say it and I would believe my identity, but it was still that process where I'd be wonderfully faith-filled, filled with faith. And not fearing and at peace, but then the fears would come and I had to learn to just chuck them out and not read that junk mail. But now, like I've been telling you on other podcasts, and I've been telling you, Pearl, lately, it's impossible for me to fear. It's like, it's so foreign and so weird.

P The identity that you decided to wear, has now become a reality.

S Yes.

P Was that more probably about a 10 year journey?

S Oh yes. Totally.

P So if you're listening right now...

[00:11:52]

S More, more. 12.

P Maybe you're in the midst of a still deciding to have an identity of a Trim Healthy Mama, but you're not there in actuality yet sometimes, it might be a 10, 12, 15, 20 year journey... That's okay.

S And I just want to say something to you guys, too, who are like, I don't want it to be 12 or 15. Well don't let it be 12 to 15. You know, God redeems time too, and sometimes things are a long journey, but for others it can be two days. Just a switch.

P Yes.

S Like my husband used to smoke before I met him. Listen if I had known he was a smoker...

D I forgot about that.

S A ring would never be on my finger.

P Yes.

S Because I don't understand the brain space of a smoker. Like the health of it. The anything. What is the brain space that you would do that? So, I wouldn't have married him...

[00:12:35]

D I forgot.

S Because his brain space is wrong, right? It just wouldn't have happened.

P Smoking is worse than adultery in Serene's mind.

S It's pretty bad.

D Hey.

S But anyway, so listen, but he chewed the Big Red, you know, the big cinnamon gum and I never knew while we were dating...

D In addition to smoking, he was dipping?

P No, he wasn't dipping...

S He chewed Big Red cinnamon to cover up the smell.

D Oh, so you mean the gum.

P To cover up, but pretty much after two months of meeting me, he realised, hey, this is not going to float with her, so he asked the Lord, it was a miracle, and overnight...

[00:13:05]

D Did you...

P Just nothing, no, no desire... God just took it out... So God can do incredible things for people...

S He can.

P And it doesn't have to be a long process, but we want to also encourage, if it is a long process, we've been there and we're now to the other side in different areas.

D Did you smell cigarette smoke?

P Never.

D So you never smelt it. You found out after it was done...

P We were married, and he was like, oh yes, I used to smoke, you know, maybe in the first few months.

D But you do remember the Big Red.

P Oh I remember the packs of gum, oh yes.

D Interesting. So you... I wonder if you even knew what the cigarette...

[00:13:35]

S You knew he would get... Cling to this right? And totally get on... Fixated on this Danny, this pod. This pod. We're talking big picture here Denden.

D No, I'm hearing it but I just find it's humorous.

P Like you needed the details of the big red.

D This is humorous, that he bamboozled you.

P Anyway, so I wanted to know. I wanted to check in with you. This is a check in poddy, okay? Because don't let this little time derail you. Okay, pretty soon you're going to be back to it. Actually decide now to get back to it and then get back to it for a couple of weeks, and then reward yourself and show you something visually. Show yourself visually what you're doing. Like maybe buy another outfit, I don't know, whatever it is for you, but when I pass by my bed now and it has that new cover, it's like my new identity.

S Yes.

P I don't know. It's something visual. It's my visual cue to say, I'm not that person anymore. I'm that person. And even today, listen I'll be honest with you, my bed was made seven days, right? Today it is not made.

[00:14:40]

S You're still a bed maker.

P But because my life was crazy today, when you know, I've been at meetings and I... My grandson's around and all that.

S It's not just a normal grandson. He's worth ten in one little body.

P But everybody has this stuff, do you know what I mean, everybody has their not normal lives. But you bet tomorrow I'm going to be getting to it, because it is who I am, and you are a Trim Healthy Mama. We started off this whole podcast, podcast number one, I remember, I was saying this to people, you are a Trim Healthy Mama. And after these three and a half years or whatever it is, doing this, I want to remind you that you are.

S Yes. So good.

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

S Serene.

P So glad we get to talk about Billie again. Because Billie has revolutionised the way Serene and I shave our legs. No for real. We love talking about this subject now, because self-care and routine, these things are just so important in our lives. They're a big part of our lives. And whatever you're using to get ready for the day should make you feel amazing. Well Billie does this. Billie has recreated everyday essentials, by delivering premium razors and high care, performing body care directly to you. No tax, no visit to the drug store, no breaking the bank. So go to mybillie.com to get their starter kit for just \$9. This is incredible. It includes their award winning razor, two refill blades and a magnetic holder that keeps your razor safe and dry in between uses. Let me tell you, that magnetic holder has changed our lives, because you don't want your razor falling to the floor of your shower all the time. And mine always did that, it was gross. And Billie is out to change way more than the way you shave, actually. These days they are releasing awesome products. They just released three completely clean must-have products to your routine, like dry shampoo, and face wipes. So go to mybillie.com to meet the razor that made everyone start talking about razors. Listen, our daughters love our Billie. My daughter stole my Billie razor. I had to get her her own. Serene's did the same. Everybody here on the Hill Top now, we all love to use our Billie razors. So this starter kit is just \$9 and you get free shipping, as always with Billie. Go to mybillie.com/trimhealthy. That is spelled my B I- L- L- I-E.com/trimhealthy.

S This is the PODdy, with Serene.

P And Pearl.

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

[00:17:22]

P My next thing was, I wanted to let you know about this breakfast that's rocking my world.

S Oh it's good. Super good.

P I told Serena about it. She does a really weird version of it. Well you know, I go through real times of just like, I go through phases where I really find something that I like. For a while it was Sweatpants Oatmeal, and that was just my joy and I do it. And then it's something else, and then I do it for a long time. But right now I'm in the middle of this thing, and I don't even know what I call it. But I think I call it my Oatmeal Cobbler.

S Can you call it Oatmeal Moisturizer?

P It's moisturiser to your colon, Danny. If you called it Colon Moisturizing Oatmeal, I don't know how many people...

D That actually should be on the package.

S I reckon that you'd get lots of shares, lots of likes.

[00:18:10]

D I think that should be a new THM product.

SPD Colon Moisturizing Oatmeal.

D CMO.

P Yes.

S Covers Smokers Breath.

D What are the ingredients in your Colon Moisturizing Oatmeal?

P It's so good. It's going to change your life. Okay. Here it is. If you suffer, too, like me...

D With dry colon.

P Yes, dry colon. No, you suffer with a wet one, Danny. So maybe I don't...

D I'm not sure what my colon is.

P Either way... This is good for both sides.

S I think it's a good identity for a colon.

[00:18:39]

P This is good for both sides of the colon spectrum, wet or dry.

D Yes.

P Dry meaning, dry meaning you're a little on the constipated side. Wet meaning you're a little on the D. C and D. Diarrhea.

D The loose.

P The loose C's. This takes you to the middle.

D Okay.

S It does moisturise your insides though.

D Yes.

P Oh my goodness. And I'll tell you what, it feeds your microbiome like nobody's business.

D Do we get to know the ingredients?

P Okay, so here's what I do. Here's what I do. It might sound so simple but it's just magic...

[00:19:07]

S Let me tell you one thing before she goes into it. This shreds weight. Scary. Our husbands are like...

D On its own?

S Hey, you've got to put back on some weight.

P Well I mean as long as you have a good healthy diet around it. Oh Danny's not going to make it now, because he doesn't want to shed weight.

S No we'd better stick some calories in there.

D Okay.

P We'll teach you how to make it a weight sticker, rather than a weight shredder.

D Yes. And there are some listeners out there who actually are trying to get...

P Well there is some additions...

S You could put on some raw pastured cream.

P You've got to put on some nut butter on top of this.

D Okay.

[00:19:35]

P Raw nut butter or a big slab of butter on top. No, you don't do it with the butter.

S Honey. Raw honey.

P Okay but he can say what it is.

P Every time I go to share, one of my really good...

S Shushing up.

P Recipes, you butt in 29 times.

S Sorry.

D She's so passionate about food.

S I'm shushing up.

D She's excited.

P I'm going to say it once through. And then we shall chat...

[00:19:57]

D It's like my kids. My kids are the same way. Big brother tries to say something. Little brother's, ooh, ooh and ooh and ooh and ooh, because he's so excited he wants to be a part.

P I know, right? Okay. In a small saucepan put, and please be specific. Okay, I'm sorry, you might not have these ingredients in your house, and I'm sorry, if you want to make my special colon moisturizing oatmeal, you have to go and buy them. Okay. Steel cut oats, and they're the quick cook kind. So they're cut up a little bit finer. The reason I use quick cut, steel cut oats, is actually, they're a lot gentler on your blood sugar than regular oats, and they're more weight-loss friendly, because you're not...

S Not the quick kind, it's just that you happen... The quick kind works for this recipe.

P It does. But because they're steel cut it's still good on your blood sugar.

S Yes a hundred percent.

P But the only reason they're called quick cook, is because they're cut a bit smaller. So, two tablespoons quick cook, steel cut oats. Next ingredient, four tablespoons regular rolled oats.

S Old-fashioned.

[00:21:00]

P Old-fashioned, next ingredient. One and one quarter teaspoon whole husk psyllium flakes. So important, this is what takes oatmeal from being oatmeal into super oatmeal... It moisturizes it!!

S Swells.

P What is it to become a swollen thing that moves through your colon and...

S Swells with two cups of the next ingredient.

P Beautifies it. I want you to think of this as beautifying your colon. Not moisturizing it, beautifying it.

D Have you ever seen, after a colonoscopy, they have... They give you the pictures?

S I haven't.

D Yes.

S Do you have yours framed?

D Mine are framed and signed.

P You want yours to be beautiful, you have this breakfast, okay. So what were we up to? We were up to one and a quarter teaspoons of that. You can go up to one and a half when you're ready. Don't start with one and a half.

[00:21:47]

S That's what I do. Straight to the big.

P Okay, the next ingredient is one and a quarter teaspoons of ground flax. It's not enough for S. We're in E mode here. It's good. Okay the next ingredient is two pinches of salt. And the next ingredient is, I do two doonks of stevia. Those of you who like sweeter you're going to have to put more stevia.

S Don't add the Gentle Sweet or the Super Sweet in this recipe, because we are wanting the colon to just be soothed, so just don't.

P But people that are not going to eat this without a Gentle Sweet hit can do it if they want. But I want you to start with two doonks of stevia.

S Yes.

P I do want to start with that.

D I'm stevia for everything.

P Yes, because you might find it sweet enough. I do. You can add a little extract of your choice like maple or vanilla, if you want to. Now, now, put that in a bowl. Did I miss anything, Serene? I don't think I did.

S Yes, two cups of water.

[00:22:37]

P Yes. I was going to say that. Put that in your small saucepan and add two cups of water. That's a lot of water. See how large and voluminous it will be.

S That little bit of oats is going to get huge!

P You put that, as you put that, get out your bowl and put in one third to one half cup of wild frozen blueberries.

D Wow.

S It has to be wild, because they are small enough to defrost quickly.

D Yes.

P If you don't have wild in the country you're living in, you can do regular.

D That's right, blueberries in 30 seconds are no longer frozen.

P Now, now, this is similar to my Sweatpants Oatmeal here. I've combined the two. What you're going to do, bring that to a hard boil, that little sauce pan, and then boil it for five minutes. You're going to have to turn it down to about 3 or 5 but you want it to keep on boiling. Right.

S Whisking.

[00:23:26]

P You whisk it a couple of times but at the end. I just let it mostly boil, whisk a couple of times. At the end, after five minutes, five, count them, five. Take it off the heat, get a fork, and you're going to think this is yucky. This is snotty.

S Can't I use the whisk? Do I have to use the fork?

P You can, but you're going to think this is nasty. Pearl's crazy. Wah, wah, wah. I want you...

S You're going to see strings of snot. You will see them.

P You're going to think...

D What is the stringies?

S It's the psyllium and the flax in the water

P The psyllium mixed with the beta glucans from the oatmeal. It does some sort of magic symmetry, but when you get a fork, and you whisk for about one minute, it's going to take some arm action, here, about thirty seconds to one minute, whisk it. It will start to combine into its own thing and the snot will go away. Trust me. Then pour it over your frozen blueberries and put another plate on.

S Lid it.

[00:24:15]

- P Lid it. Now go away and do something. You're going to have to wait 15 to 20 minutes, Danny, but when you come back, Hallelujah. You sit down to that, you slice into it with your spoon, it will be set and you will get oatmeal delight colon beautifying on the top with cobbler blueberries on the bottom. And you will dip it into your mouth in a layer.
- D So it's like this layered thing. It's like Shepherd's Pie.
- P Yes, Shepherd's Pie. Every cell in your being will start to dance.
- S And it's huge. You don't know how you can even get through it.
- P And your brain will be doing all these gymnastics. Your mouth will be singing and your body will be just dancing for joy, and your colon will be saying, I'm being hugged, I'm being soothed, I'm being beautified.
- S And it's the most incredible metabolising wake-up call.
- P Yes, and there's something that happens to this in your intestines. Trust me, the next day, when you go to the loo, you'll be praising our Lord.
- S And I want to tell you, Danny, the psyllium is an incredible fiber. It feeds the microbiome and Danny, this is important. It's so... Even on the FODMAP diet you can have psyllium.

[00:25:26]

- P Yes this is so FODMAP friendly, everything in it Dan, so it doesn't cause the fluffs. It doesn't cause toots.
- S That's why I didn't want you to do Gentle Sweet in it, because we just want everything soothing.
- P Yes. It doesn't cause the toots and here's another thing. It's three synergistic things and there's not a lot of them, like you think, oh I need lots of psyllium to... It's the combination of the beta glucans in the fibre in the oats, mixing with the psyllium and the flax. The three of them with that much water, swell.
- S That much water. Oh my goodness.
- P And it's really good, Dan. Now for you, Dan, you would want to put a whole big huge tablespoon of nut butter on top, to make it stick to you.
- D Yes.
- S And some raw honey. And some raw honey.
- P Totes.
- P Hey, you're listening to the PODdy with Serene and Pearl, and I'm Pearl and who are you?

[00:26:08]

S Serene.

P Hey, you know when it comes to meat, it's quality that matters, right. Out of all food products, I think when it comes to meat, it matters more. And there's more to it than just texture and taste. We want to know where it is raised. How it is raised. I mean these things are important to us. Well I know they are for me. We also want to know if it's better for us, it also needs to be better for that animal and better for the environment. And Serene's rubbed off on me. I've become more of a purist in my older age. I just have. I care about where my meat has come from.

P My favorite sort of animal food is actually fish. Fish to eat lately in my season, and so I love Butcher Box because they have just a wonderful, wild-caught Alaskan salmon that I am crazy about. They also have grass-fed and grass-finished beef. Did you hear that? Grass-finished. That means grass, all the way. They have free-range, organic chicken, heritage pork, sugar nitrate-free bacon. It's the way meat should be. And not everyone has convenient access to this high quality meat, but Butcher Box is changing all this.

S Butcher Box believes everyone deserves high-quality, humanely sourced meat. It's a no-brainer. It's the best meat and it's just shipped right to your door, which means one less trip to the grocery store, and you're going to get all these beautiful, pristine, Serene-approved and Pearl-loved meat options. You've got your Drive-Thru Sue option with it coming to your door, and you've got your purism stamp from Serene there. So mark a visit to the meat counter off your list and receive quality meats delivered to your door now.

[00:28:00]

P Just go to butcherbox.com/trimhealthy. That's butcherbox, you know your butcher, B- U -T -C -H -E -R box.com/trimhealthy.

S This is the Poddy, with Serene.

P And Pearl.

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

D I haven't had, because of fats, trying to process fats makes your gallbladder hurt if your gallbladder is insufficient.

S Yes.

D And I haven't had now, I started trying to change my body from being, having a broken gallbladder and gut and everything else, it's been over a year, and only just now, do I have zero gallbladder pain.

S Oh, praise the Lord.

P Oh.

[00:28:47]

D It used to be every... by 3 PM, it was a poke right here. Just a pain poke for the rest of the night. And that's completely gone away.

P Yes, Dan.

S So good.

D And you know what? Here's...

P Can you do a bit of nut butter now?

D Yes.

P Yes.

D I can do... Yes, I just don't overdo it. I don't... I rarely, if ever, will have, in fact never will I have a cheese burger.

S Yes, right.

D Because they're just super heavy.

S Because of the grease, yes.

D And they're not the right kind of fat.

[00:29:10]

S So you're finding that you can do nut butters and that doesn't hurt your gallbladder but cheese burgers will.

D Yes.

S So it's different.

D Yes, very fatty... For some reason, restaurant fatty type of foods, even like these Gourmet Natural Tacos, you know...

S Yes.

D They're so good, but they've got something, some sauce, something that's just... I just know and it's weird. When food's in my mouth now, that's why I know my body's healed and working, is I can know when I taste it.

P Yes. That's interesting.

D My taste buds...

P I want you to try this recipe what I just said

D This sounds like fire.

[00:29:42]

P And let me know what your mouth says to you, yes Serene...

S I want to interrupt you one second and say, Pearl has a good amount of protein in her diet. She centers her snacks and her meals around protein. But like she said here on the podcast, sometimes she's having lentil soup because she's so protein sensitive most of the time, she doesn't stress it out. She just might have lentil soup alone, and this breakfast...

P Yes because lentils do have a lot of protein.

S Oh they have a reasonable bit...

P 18 grams.

S Yes, but if you're a hard working man...

P Yes.

S Or you're a nursing woman, you do a lot of exercises at the same time, it may be something that may support another kind of protein.

P Yes.

S So Pearl doesn't freak out if there's a meal that doesn't have it in, but I have just naturally more of a muscular build.

[00:30:22]

P Yes.

S And so I like to feed that and so running after the babies may be a little bit more active even though. She's very active. So I like to put a scoop.

P Yes.

S You could actually just use a teaspoon of collagen, maybe?

P Oh I do do.

S Sometimes on the.... It depends on the morning I'll put collagen in my coffee when I have with this oatmeal. Sometimes not, because I don't know, for some reason oatmeal has... It doesn't have a lot, it does have some protein, so as a grain. So I seem to do fine with it, but I think on some mornings I just think, no I'm going to add a little bit...

P Well you know they could... when you whisk the water, what I do is I add... You could add a teaspoon of collagen.

S Yes.

P And then...

[00:31:03]

S Whey protein.

P And then you could... I wouldn't do the whey protein until you've just... Just before... You've taken it off the heat, you've done the whisky, whisky, whisky, whisky.

S Yes.

P And just before you do 20 more seconds of whisk, add your whey protein then and then whisky, whisky, whisky.

S Okay.

P Because when the whey protein is heated excessively, it gets a chalky taste, right?

S Yes.

P So just add that just in your last few seconds of whisking.

S Yes it'll be great.

P You just need half a scoop.

D I have a question about this oatmeal. Why are we doing steel cut quick mixed with the regular?

[00:31:35]

P Oh, well, I've tried this so many ways and this is the way that works best.

D Is that more...

P I wanted to do steel cut, right, because it's just, it's blood sugar friendly and the more closer you are to the origin of the grain, the better it is for you. Okay so this is the...

D Are those the quick oats, the steel cut?

P No so here's the way oats go.

S Yes Dan.

P Oat groats are your original oat. It's like a wheat berry. It's called an oat groats and you can actually have those for breakfast too.

S Whole, they're like a whole...

P But they take so long to cook, so you have to cook them in your slow cooker, your crock pot overnight, really, to get them done.

D Is this like a big sphere?

[00:32:10]

P It's like a wheat kernel.

S It's like a rice, yes.

P And you can't cook that in a regular pot. It would take you a couple of hours to get it soft.

D But that is ideal?

P Ideal.

D Okay.

P And I've actually started using those too, so has Serene, and I'll bring you that recipe at a different time. The next thing after that, is steel cut...

S But they won't ever mush up into the moisturiser then...

P They won't... They'll stay...

S If they don't release the gluten into the water.

D Okay.

P It won't become this... What's the name of mine? What's the name of this porridge?

[00:32:38]

D I don't remember.

P Oh I love colon.

S Colon beautifying, but...

P Colon beautifying, no, no, no, no... Like no D, no C.

S No D, no C.

DP No D, no C Oatmeal.

S No Diarrhea, no constipation.

D I needed a little more brand trend. I need more trend out of this.

S Dan is so good with the branding. You think about it Dan.

D I'll give this thought while you're sharing. Go.

P Okay. The next thing after oat groats... Look he's praying. He's praying for a download, is your steel cut oats. Okay, so they've just taken the oat groats and cut it up. Well we're just going to the third step here and we're doing quick cook, steel cut oats. So it's still steel cut but it's just cut a little bit finer. Let's... It still takes a little bit longer to cook. The next thing after that, is rolled oats. They flatten them. Old fashioned rolled oats.

[00:33:23]

S Yes.

P The next thing after that is quick cook rolled oats.

S No we don't ever say to do that.

P No quick cook rolled oats and the next thing after that is instant oats. Instant oats are rolled oats that are just really pulverized, almost like oat flour, so they cook the quickest. So you see that progression?

D Okay.

P All right, there you go. And the reason I put those particular together because rolled oats, old fashioned rolled oats are still good on your blood sugar. I've done those mixed with that next layer of steel cut quick cut.

S See where we're going on that progression? Then you could go all the way down to flour, and that's why we say flour products aren't as good on the blood sugar level because they're just instantly... It's just more quickly received into your blood stream, so more of a blood sugar applies

P Anything that's still it's whole state is less insulin rise in your body.

[00:34:04]

D Okay girls, I've got it.

P Okay.

S Yes.

D Non Groat Oats that water your moat.

P Say it again.

S Say that again.

P It's Non...

D She said Perfect...

P Lesley said Perfect Poop Porridge.

S I love it. And she's from the motherland...

D That's good.

S Where porridge is the name of the game for breakfast.

P I mean honestly, Lesley, it's pretty good.

[00:34:24]

S And what was yours, Dan?

D Non Groat Oats that water your moat.

S That's a tagline.

P I'm going to side with side with Lesley on that one.

S But honestly, are people really going to make Perfect Poop Porridge?

P Oh I would.

D I would not.

P See Danny would not. A lot of people are grossified by the word poop.

D PPP.

S PPP.

D Triple P.

P PPP and then they don't have to read the fine print what those words mean. What those letters mean.

D Three P Soup.

[00:34:50]

P I love PPP. You know how a lot of people are grossed out by oatmeal because they think it's slurpy and sloppy?

D Yes, so you can't get into that.

P Well, this one is not like that, because it sets. That's why...

S Yes, it's almost like jello.

P Yes, but don't say that.

S Oh, sorry, everybody's been allowed to say perfect poop porridge...

D But jello is off...

S But I'm not allowed to say jello? What is the deal?

P Oh. PPP. PPP.

D We've talked about colon lubrication and poop, but jello.

S It should be PPP because you were called PP growing up.

P That's right.

[00:35:20]

S For Priscilla.

P My name was PPC. Pearl Priscilla Campbell. Well now I'm PPB. But this would be PPP.

S Yes.

D P Three.

P P Three. It sounds very boyish and scientific...

S Yes, like

D Yes very techno... Very Silicon Valley

P Good on you, millennial.

S John.

D John's grown his hair out so he's pretty...

P John has worked for us for how many years now, since the beginning? Our first guy that we brought on for Trim Healthy Mama, and always he has to finish every idea he gives, but I'm just a boy.

[00:35:48]

D He's from the...

S He thinks he going to get attacked.

D He's from... With his hair now, he's from the glory days of Silicon Valley.

S I know, totally.

D Like one of these super nerds who invented the Internet.

P But no I'm telling you, try this PPP.

S Is it really PPP folks? I don't love it.

P No, I'm giving it to you. You guys tell me the feedback if you want...

D It's not Triple P. Like if we're going to really brand it, it's not Triple P.

S No it sounds like some kind of gas station. PPP...

P Honestly, Danny, if you were scrolling through your Insta, because you're not on Facebook much, you're on Insta, and it said... You came across something that said Perfect Poop Porridge...

[00:36:20]

S It could be Pearl Priscilla's Porridge. They don't have to think Perfect Poop.

P No, I'm not going to click on that. Would you... I would stop because...

D Yes.

P I would click.

D Yes. It's click bait for sure.

P Yes, and it's truth.

S It's truth.

D But to live in my cabinet, you know what I'm saying?

P Listen, it's just saying PPP and the fine print is Perfect Poop. It could be, you could say, and if you don't like that, there could be extra fine print that says, just change those words to Pearl Priscilla.

S If you don't like that. Pretend it's not this.

P Well I have books in my house for my children and if you don't like the ending you can chose another.

S Yes.

[00:36:54]

S Yes.

P Oh mate.

D I'm thinking...

P It could come with an extra sticker, to stick over Perfect Poop with Pearl Priscilla's Porridge.

D Some inspirational words, like I'm thinking, a belly healing oat pie, something in that type of room.

S I'm feeling like a...

D It's too much...

S It's a potbelly pig.

P I love Perfect Poop Porridge.

S It is... It speaks to my soul.

P The Lesley Pops, if you don't love it, blame the Lesley.

S She'll take it.

[00:37:20]

P She doesn't mind the blame. You can even guess Lesley's e-mail address and give her awful letters. She doesn't mind the bad mail.

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

S Serene.

P Buffy makes bedding that is earth friendly and cruelty free. Their products are made using only sustainable and recycled material. And I tell you what, they are soft. They're soft on your bed and soft on the planet and I actually, personally, love them. I have two Buffie's in my house, one on my bed and one on my little video couch.

S I believe I have three.

P One was supposed to be for you and I stole it.

S She stole it.

P Listen, I have the Breeze Comforter on my bed, which is made entirely from 100% eucalyptus fibre and it regulates temperature to keep you cool and comfortable all night long, which is a hugey for my man, Sam?

[00:38:14]

S Yes.

P He used to have to flip his pillow all night long, until I... Because he has the pillow of the Buffy too, the pillow case, to keep himself cool. And be pushing the comforter down, but he just sleeps all night like a normal, regular Joe now.

S Yes my husband can't do a heavy one that makes you sweat under the comforter. That's why the Breeze is awesome.

P But at the same time as not feeling like it's suffocating you with heaviness, it also makes you feel cozied up. And it's earth friendly, eucalyptus uses ten times less water than cotton to grow, and that's what Buffy's made from and its fibre is produced using recyclable earth friendly solvents. So their fabric is eucalyptus, which Serene and I love, because we're Down Under from Australia where eucalyptus trees are grown.

S Isn't it amazing.

P Hypoallergenic too, Serene.

S It has a high thread count, which shuts out dust, mould and mites. That is a hugey for people with allergens.

[00:39:16]

P Listen, why not chose 100% plant-based bedding that's better for you and the earth? I hear on our social group so many women have heard us talk about Buffy before, and they are loving their comforters.

S And listen, this is the cool part. Buffy offers a free trial. You can try a comforter on your own bed for free. That's F R E E. And if you don't love it, you return it at no cost. So there's no... You know, you've got no skin in the game.

P So for \$20 off your Buffy comforter, visit, buffy.co and enter trimhealthy. That's \$20 off Buffy. Visit buffy.co. B- U-F- F- Y.co and enter Trim Healthy.

S This is the PODdy, with Serene.

P And Pearl.

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

P Trim Healthy Hydrates take water and turn it into a drink of drinks with no harmful ingredients like sugar, unhealthy dyes, junk fillers, artificial ingredients and needless calories or carbs.

S So you might be thinking, oh what's new about this? Throw this little stick pack into water. I've seen it done before. Yes, but it's done before with chemicals. It's done before with preservatives. It's done before, if not with sugar, with aspartame, with sucralose, with all those brain cell destroying health and blood sugar wrecking ingredients. If your tongue is like a fluorescent colour after drinking some other stick pack, that's kind of a hint. Maybe it's not all pure. Trim Healthy Hydrates. Just leave the burst of flavour in your mouth and your body hydrated but nary a dye and nary a negative impact on your body.

P Children love Trim Healthy Hydrates. And you're going to love that they're drinking something that's natural and is hydrating all their cells in a healthy way.

S And do you know who else loves Trim Healthy Hydrates? Teenagers, and pregnant and nursing women. And of course anyone else like you, who needs to stay hydrated.

P Hydrates are available in four flavors. You've got Orange Oasis, you've got Lemon Love, Cherry Berry and Blue Skies Colada.

D All right, we're going to bounce to some listener questions of the podcast and we got one from... You know her name is very distinct and we're just going to call her anonymous.

S Anna. Anonymous.

D Anna, Anna writes, thank you so much for your valued perspective. I just listened to this podcast and I was blessed. I've listened to many podcasts, but I've never written to you before. I love the encouragement. I need it desperately. I don't think I know exactly what Danny's gut issues are. Or were, Anna.

[00:42:00]

D But mine is diarrhea. I really hate to even say it. I'm 71 years old. Life has thrown me a lot of very bad things in the depths of my heart I have given up. In my prayers I have asked God what I need to be doing and today, I am seeing that I am to be kind to myself. With humble tears, thank you. Anna.

S Oh.

P That's a timely question.

D Timely?

P For this podcast...

D Right, for... I mean we're talking about some gut healing oats.

S Do you notice that she said I've been through a lot and then she talked about her gut?

P Yes.

S And the gut is so related.

D That's interesting. Yes.

[00:42:34]

S Remember when your husband's Daddy died?

P Yes and I just...

S He had diarrhea for a year.

P Maybe you relate, but my husband is not one to express his feelings. He has got better a little bit, over the years, but when his father died of pancreatic cancer, and it was a very hard death, you know. It's... That one's tough. My husband didn't even know how to grieve, didn't even know how to cry. But for the next year, two years, his body expressed every day. Couldn't even bare to go... had to mat the bathrooms, because he had diarrhea. His bowels were saying, I'm in distress in my body.

D Yes.

P This is how I'm going to grieve, since you won't grieve.

S Yes.

P He just loved his father. So, you know Danny, you can relate, right?

D Well you know the doctor that coached and guided me, because I found that for... This took coaching from nutritional coaching, to mental coach...

[00:43:27]

S Yes.

D I mean we had to go deep with a lot of things and he told me that people that come back from war, who actually fought in real battle, said their whole digestive system is wrecked. And fight or flight actually, if your body goes into a fight or flight response, there's that... Now is it the vagus nerve or the vagal nerve?

S Vagal.

D The vagal nerve will actually turn off.

P Yes.

D And the reason the body does that is it doesn't need you thinking about eating and finding food, when you're running from a lion or battle, or trying to save your life.

S Right.

D So fight or flight happens not only though, to people who have been in real battle and PTSD but people who have anxiety, who are stressed in their life. You know she said, life has thrown me a lot of very bad things. That'll shut your digestion right off.

P But, and I love this light on the horizon. She said, today I have learned that I need to be kind to myself.

[00:44:24]

D Interesting, yes.

P And I think huge kindness, actually the vagus nerve is called the love nerve, and when it is turned on, it's healing to the body and I think Anna, there are some things... Even we were joking today about poop and all that, but it's a big deal. And I think maybe just trying the porridge, but much bigger than that is, and Serene, you'll probably have some things to say about this, is just allowing God to heal and knowing that there's His light, His forgiveness, His healing can create a new every sinew and every cell in your body.

S Yes that is so true.

P And every broken part, place, within you and it can heal.

S Yes. No it's so good you just nailed it, Pearl in every way. But it's just PPP, that's just one single little outer onion layer, but more than that, is the deeper onion layers which you have already started to realise, Anna. And that's just the kindness is seeking life in the true depths of your soul, first.

P Danny, you probably have some things to say, but I know, Danny, people that have diarrhea and things like that, definitely high fatty foods can be a bit of a trigger, okay? So you can definitely do a Trim Healthy Mama, maybe with a different approach, in that more whole grains. A little more, even when you do S meals, don't make them so fatty. Don't make them so oily. Keep in the fruits and the fibers and all of these things and the leaner foods.

[00:46:00]

D Yes, and I will add, because I'm no food, necessarily a food or health expert, although I feel like I am...

P You're getting there, Dan Dan.

D Nowadays, hanging out with these girls, but what I am an expert in, what I used to be an expert in, is self-hatred.

S Yes.

D And now, just like Serene shared that she used to be an expert in fear, I was an expert in self-hatred. And self-hatred doesn't manifest itself by looking in the mirror, pointing and saying, I hate you. It doesn't always manifest itself by cutting yourself, or something... Sometimes self-hatred looks like making the wrong foods for your body, and never questioning why you keep doing that? Why do you keep going back and punishing yourself? Punishing... You're hurting your body. Sometimes...

S That was profound.

D Sometimes self-hatred looks like ostracizing yourself from communities that would love you.

[00:47:05]

S So true.

D People that would support you and... Just because you go to church doesn't mean you're in a community that loves you and supports you, by the way. In fact, often, self-haters will find the types of religious organisations filled with fellow self-haters and they all judge each other corporately, and bring more self-hate. So, I'm not trying to go too deep here, but I do want to... I had to get extremely serious. I met a doctor who was a colon specialist guy, who does the scopes and checks you out from head to toe, right? And he said, after just looking at me and talking to me for a while, pushing around in my stomach, he goes, I wouldn't even recommend you get a colonoscopy. He goes, I would recommend you deal with your PTSD.

S Yes.

D And I was like, I don't know if I have PTSD. He goes, you 100% have PTSD. And he just starts talking about my childhood and stuff and I was like, what is this digestive specialist... I mean he's a proper MD. He wasn't a... So I had my alternative gut guy, who really did the most work. But then I went to this proper, mainstream, in a big hospital downtown, MD guy. And he said more and more his colleagues are getting serious about the mental health...

[00:48:35]

S So true.

D Of people with digestive issues, because we cannot ignore any longer this gut brain connection.

P No, in the Bible too it says you know, the bowels are the seat of our emotions.

D Yes.

P And didn't David say...

S My bowels, my bowels.

P My bowels, my bowels.

D Yes and so Anna, you're right. In your words, life has thrown me very bad things. I have... Where is it? In the depths... Listen to this.

S Yes.

D Listen to these words. Listen to your words, Anna. In the depths of my heart, I have given up. How much deeper can you give up? I don't want to just gloss over her words.

S Yes.

[00:49:14]

D You can't give up any deeper than in the depths of your heart. And so your gut itself is crying.

P Yes it is, but I'm glad that we... I'm glad that you picked... I gave you a whole bunch of questions today, Danny. And you just zeroed in on this one. And there's a reason why we're speaking today to Anna.

S Yes.

P And I believe this is the turnaround.

S Yes.

P And God wants to heal you Anna. And He will. He is healer. It sounds trite. Oh God wants to heal you. I'll say a prayer. No. God longs to heal you. Your body was made to heal. Literally. Science backs that up.

D Anna, we give you permission today, to love yourself in the food you make, to love yourself in the friends, the non-abusive people in your life, the boundaries you need to set up, to not be taken advantage of. I don't care if it's from your son to your husband, to yourself, to your Mom to your great-grandson, to your pastor, whoever it is, do not allow any harm to yourself.

[00:50:21]

P And guess what, as she grows in the love of God, and as she realizes the incredible depth of love that Christ has for her. The perfect love that casts out all this fear, she's not going to, I believe... You can be around people and not receive so much of that...

S Yes of course. If there's literal abuse...

D Good work.

S Oh, I'll cut that off...

P Totally.

S And you stand out, but then after that you can just...

P Yes because I went through a stage too, when I was coming out of severe panic attacks, where I was so careful about, even if they're a little bit of a personality that was just too out there...

D That triggered you, right?

P Aggressive, just... Yes, but I realised hey, that's not living. That's not real.

D Yes.

P It's protecting me and going like a hermit. No.

[00:51:03]

P If Christ is in me, I don't have to receive any...

S Yes and I think that there are steps too, you know? And Anna's right there and she's... Her very words are like, I don't even know...

D In the depths of my heart, I have given up.

S So I think it's just the first step is just, take back your hope today, Anna and I believe your body can heal and there will be steps, and I think that's true. Sometimes when we go through a lot there, we've allowed people to do things to us and there's a standing up, but then there's a loving them through that too.

P Yes.

S And I think that is a part of healing.

D Yes.

S Because when you stand up and then hold bitterness or unforgiveness, that's just as bad, right?

D Yes.

S Then there's a standing up and then there's the forgiving and then there's the walking forward.

[00:51:50]

D And break yourself off of sugar, because it will make you a psychopath.

P Yes.

D Sugar will make you crazy. It will give you anxiety. It will make you stay up all night, make you hate yourself and question everything you've ever done. Fill your life with regrets. Sugar did that to me, changed my brain.

S Yes.

D We love you.

P Love you.

Announcer And now a game of commercial chicken, brought to you by Progressive, where we see how long Flo can go without talking about insurance. Ready? Go. So, the weather, it's just all over the place lately, right? One day it's hot, and the next day it was windy, for a while, it's like, make up your mind already. Travis has switched to Progressive for saving. Okay you win. We can't help but save customers' money. Progressive Casualty Insurance Company and affiliates.

[00:52:46]