



## Trim Healthy Podcast with Serene and Pearl

### Episode #184– THM Q&A

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

S = Serene · P = Pearl · D = Danny · L = Leslie · J = John

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Hello, world, it's the Trim Healthy Podcast with Serene, Pearl, and I'm Danny. And we're very glad you tuned in again today, and we've got a fantastic show filled with listener questions that are always good, yes.

P That had been stacking up.

D Hey, can I be selfish, though, and start off, actually?

P Yes.

D I was driving here, and I've been thinking about a couple of questions that I would love to hear.

[00:00:27]

P Yes, let's get yours out of the way, because they're probably... Let's hope they relate.

D They relate. It's women stuff, it's women-speak.

P Okay. Women stuff that you're actually interested in?

D Yes.

S Hey, by the way, Danny's the man that's sitting behind the coffee table with nursing pads on. He can speak the woman-speak.

P Hold on, he doesn't have nursing pads on, no. The coffee table has nursing pads on.

S The coffee table has nursing pads on, on it, in a basket.

P Yes.

S We are in here in the PODdy Cabin, and Meadow, Pearl's eldest daughter, has flown back from Japan and just recently had a baby. And they're living up here. When we don't have to be on the PODdy, they live here.

P Yes.

D What sort of English are you talking?

[00:01:05]

S And, anyway, so she has this beautiful basket of nursing pads right in front of Danny's face. He can ask the girl questions. Come on.

P Oh, yes, man.

D Since we be on the PODdy... Anyway, so, oh, here's what I was thinking. I was putting on my wife's moisturiser...

P I hope it was THM one.

D No, because I'm out of the rose cream.

P Oh, boy, you'd better stop by and get some.

D Yes, and then I just was thinking, does this train my face to need moisturizer? Will I create my own oils if I leave myself alone, Teacher?

S Pearl, can I jump in?

P You can, because I feel strongly.

S I've read the wonderful, I don't want to be mean and just jump in and say fantasy, of leave your face alone, and it's better, and you've got to let it breathe, and all that stuff. I tried it, and I didn't dig the results. I tried it further with my hair, if you leave your hair alone and don't wash it every day, it'll produce less oil and all that. Baloney.

[00:02:08]

D It actually goes into dreadlocks.

S Because I went three years without washing my hair...

D Did you?

S No, actually, five, I think...

P It's the same thing, don't put deodorant on, you're going to start smelling just right. Baloney.

D No, I know, the deodorant one's wrong.

S My hair stayed oily. The more years I didn't do the regular washing, the oilier it got.

D Yes.

S And a lot of this is hormones. It's coming from not your hair. My children, now they're teenagers, they're so oily. It's got nothing to do with them washing their hair and not washing their hair. It's produced from the inside.

D Yes.

[00:02:39]

P I feel strongly about the answer to your question, Danny. Personally, as a person who, I believe, was born with drier skin, I have left it. I've tried that. I've had that thought in my head, and it's bad. No, I need some help. God made us to need clothes, right. You think, well, you're fine just naked. Don't put clothes on, because your body needs to regulate its temperature.

D That's my belief, until you think about bus seats. But, please, keep talking.

P Yes, right. You think, okay, if you don't wear clothes, you're going to regulate the right temperature and acclimate, right. No, so you need clothes.

D You're going to be cold.

P Okay.

S Maybe for animals, a horse in the paddock, they put those big, huge, huge covers over them in the winter, and then they don't grow their thing...

P I need a coat in winter, and I need some moisturizer on my face, I'm telling you. And I would be so lined, I promise you, I would be a lined person, because I had dry skin that was tendency to lines. At 18, I was getting quite a lot of lines. I didn't moisturise. And...

S I didn't moisturiser.

[00:03:40]

P But I have been so faithful with orange cream or rose cream, THM stuff. And I'm doing good for, basically, 50.

S Hey, we're not trying to sell our stuff.

P Yes, use whatever...

S Go and jolly well buy your own lovely stuff from wherever you want to get it or make your own selves. I tell you what...

D Yes, but...

S But can I say two things, Danny?

D You can.

S Just two, because she inspired two things. When she said lined, just look at a National Geographic, beautiful people, beautiful, but they don't have easy access to moisturisers.

P Yes, and it shows.

S And it shows, okay?

D Yes.

[00:04:10]

S And then the other thing is leave your teeth alone, and then they'll be fine. Look at the National Geographic.

P Oh, I've got another one. And leave your boobs alone and don't wear a bra. Okay, you look at the National Geographic. They're almost hanging to the...

S Yes, National Geographic shall teach us some truths. Now, going higher, the National Geographic to the Bible. Isn't there a verse that says, oil to make the face shine? It was biblical back then. They knew that you put oil on your face.

P Did we answer that well?

D Okay, well, yes. And here's the follow-up question, and then I'm done. We're going to go to the list...

P Okay, but can I go back to the bosoms for a minute?

D It's your show.

P Okay. There's a lot of stuff out there, bras don't keep your boobs perky, right. If you actually leave them alone and go a la naturel, they'll actually be better supported. Okay, so...

S You tried that for a while.

[00:04:58]

P Yes. Well, I believe that we shouldn't wear push-ups, on the whole, because if you've got metal in there, shoving them up, what it is is your boobs can't breathe. And that's very bad for them. It's all about blood flow.

S They get squashed in the lymphatic area.

P The blood flow and the lymph flow has to flow through the bosoms, right?

D That's why I'm against whitey-tighties. Please continue.

P Exactly, but I do believe that just a bit of good support is good. I wear bras without any wire in them, but I make sure they have good support, because I did try the freedom for all back...

S Just say National Geographic, and we'll all understand.

P Yes, I tried freedom for all, and it's hard to go out anywhere, so you have to stay home all the time. And then your teenage sons are coming in, and you're like, well, I better go hide.

D Were you looking like Puppy's Mother?

P Yes, Puppy's Mother. It wasn't doing anything. I've tried these things. I believe that God gave us brains to actually help our bodies.

[00:05:48]

S Yes.

D Okay. So the follow-up then is, the moisturizer you're putting on your face...? I was in a beauty store...

P Of course you were.

D Because it's closer than the Bon Aqua [?] store to get our products.

S You aren't going to get anything as good there, Dan.

D Okay, but in there is... I'll ask the lady to take me to the Healthy section where... I want low chemicals or no chemicals, if I can get them. And she took me back to this brand, and it was the healthiest, but on it was benzonates and becalates and...

P Because they've got water in there.

S Yes.

D What?

S They put water in there, and then they have to have, especially their phenyl///

[00:06:22]

D Okay, but are those chemicals helping our faces or breaking our faces?

P I wouldn't use them. I'm a purist, like Serene, on my face now. Any time anybody adds water to a product, which they do for bottom-line, so they can make some money on them, right, then they have to add these things to stabilise the product.

D Yes.

S Listen, water's not bad, but this is what you do. You do it yourself, you see. So I use our beautiful pure products, and if you want to keep yourself extra hydrated, I make some tea, oolong tea, our oolong tea...

D Really?

S THM oolong, and I...

P But we're out of that right now, Serene. It's coming back in soon.

S Well, just get it somewhere else, or use anything. Use green tea. Green tea's excellent for you face. And I put it in a little spritzer, and just before I put my moisturizer on, I spritz the tea on, which is full of antioxidants, full of polyphenols, full...

P And caffeine.

[00:07:09]

S And caffeine, which lifts the face. And then, see, that hydration is there. And then I trap it with our moisturiser.

D Whoa, that's brilliant. I mean, are you glad I asked these questions, or what?

P Actually, they're good, they're good questions.

D I mean, that was good just to hear, because what I realised in this beauty store is how huge a topic face care is for women.

P Yes, and you care about it now because your face is going on TV now.

D Maybe.

P Yes.

D Maybe I care about it.

S He might.

D Maybe I still don't care and I'm rugged.

S He might need a little tonal corrector sunscreen on one day for film, for film.

[00:07:42]

D With some SPF in the, yes, in the tone...

S Yes, he was looking at foundation shades, just for film.

P He was.

D How do you know this?

P No, I'm not kidding. He was asking us about makeup.

S And it's like, it's not foundation, it's a tonal corrector, with SPF. We're like, that's foundation. Danny's wearing makeup.

D I got color-matched at the beauty counter, I'll be honest.

P Oh, wow, because you have to do your own makeup these days.

D It's early, it's early.

P Hey, bring us some of the questions that have been lining up, Dan. And we have to get to them, because I feel sorry for all these people that write in, and then we never get to the questions.

D These are, by the way, long questions. We have some long-question-asking women.

P Yes, but we train them well, because we give long answers.

[00:08:18]

D That's true.

S Intelligent people ask questions.

D All right, let's rock it. Can I use first names?

P I think if they're there.

D I mean, you gave your first name. Hey, future note, if you don't want your real name used, let us know in the notes there in your email.

P And we'll call you Anna for Anna Nonymous.

D Hey, we should think of a stock name for the anonymous ones.

P Yes, Anna.

D Not Rebecca?

S Anne Nonymous.

D Oh, Anna?

S Anne, yes.

[00:08:43]

D You guys are brilliant. Hi, Serene, Pearl and Danny, this is from Marigold, by the way, love listening to your podcast. I recently started THM not for weight loss, but because I was looking for a healthier lifestyle and, hopefully, some help with hormonal issues. Thanks for all the inspiration you all put out there.

D I have a question about iodine. I know doctors always say to use iodized salt, and I've heard that it's a good way to keep your iodine levels healthy for your thyroid. Is that true? What foods have iodine, and do we get enough from food without using iodized salt? I love me some mineral and sea salt, but secretly worry I'm not giving myself and my family enough iodine. What are your thoughts?

P Isn't that a good question?

S That's a great question.

P Oh, John wants to talk about that too. Wow.

D What, John's all passionate about iodine?

P Wow.

S He's passionate about everything.

D There's a lot of things to be passionate about. I didn't even hear the word Iodine.

[00:09:26]

P I have some passion about this question too, because, wow, it's such a hot topic, and people have such strong feelings on this... Oh, you can start, John, but what if we have to fix you up?

D John's chomping at the bit. Get in here, sir.

P We might have to fix you up.

J This goes to my passionate views on water. The iodine that is in table salt that you buy at the store is not, despite what it says on the table, because it's tricky wordsmith word magic, it is not a natural occurring substance.

S Well, I agree with him there.

J It is a chemical, a manmade chemical. So don't confuse iodine in table salt with the actual iodine that is very, very helpful and necessary for your body. So I just wanted to start the answer off there.

S I totally agree with him there.

P Good.

D Nice.

[00:10:24]

P We'll start with this. I've had a long history with Shall We Iodine, or Shall We Not? And John's correct. However, John, they started putting it in salt because there was a lot of people in areas that were growing these huge goitres, right. Now, when they did put this synthesised iodine, and the goitres did go down...But it doesn't matter. Just because it was a form of iodine, it did help. Okay. But this iodine in salt does nothing for the requirements of the iodine in your breasts, as women, which is the second requirement your breasts need, iodine, and your uterus and your ovaries. These things in your body take up a lot of iodine, as do your thyroid.

S But, you see, John's uterus and all that kind of stuff...

P Yes.

S He didn't get to that point, because...

P So even if you're taking...

S His was healthy, his uterus was healthy.

P Iodized salt, it's not going to help in those areas. And a lot of people get cystic breasts and those things because of a lack of iodine in their diet, and they're taking table salt, and it's not helping. Okay, so then you read a whole bunch of books, and it tells you to take things like supplemental iodine, Lugol's Iodine, for instance...

[00:11:28]

S Which I did very well on myself.

P Yes, and many people do great with it, okay. I had a reaction to it. I got myself up to 50mg, which is a very high dose, I don't recommend you doing that unless you're under the supervision of a doctor, and I got very hyperthyroid...

S And the reason is, though, is she's from New Zealand, and they say New Zealand has the least amount of iodine in the natural soil, volcanic soil.

P Yes, and so some people can react. So I did, and I got very sick. I went off the iodine. I'm completely better now. But mineral salt does have trace amounts of natural iodine, that's true, but if you take any other things, like just some seaweed, kelp, you know, those seaweed snacks that are made of...

S Maca, if you want to throw some maca in your smoothie, is super-high in iodine.

P Seaweed, things like that, they're great sources of real iodine. If you're really worried, you could take a small amount of like Lugol's Iodine or something like that. But, yes, table salt's not really going to help you very much. Go for it, John. Am I making sense?

[00:12:25]

J Yes, actually, table salt won't help you at all.

P Yes, that's right.

J And, in fact, table salt is harmful.

S Yes, totally agree.

P Yes, it is harmful.

J So definitely go for an actual natural salt. Hey, Danny, Danny, do you want to get that phone?

P Danny's, he's got my phone.

J The other thing too is, as far as a healthy way to take iodine where you won't overdo it, as you should know if you've listened to lots of these podcasts, one of the most effective ways, if not the most effective way, to get something into your body is through your skin. Skin is literally the biggest...

D Absorber.

J Absorber of things. So you can take Lugol's Iodine, you can put it on your hand, your wrist, or whatever, somewhere where you can see it, and you can see, when you're iodine-deficient, you'll see that your skin will absorb it really quickly. If you don't need it, you'll look six hours later and that red spot will still be there. So you can't overdo it if you're just letting it go into your skin. And that's a really good way to gauge...

[00:13:26]

P That's what they say, although some people go back and forth on if that's a good way to gauge. And then they tell you to do all these testings to back it up. It is a good initial way. But you're right, if you want to do topical iodine treatment, it's so safe, you can't really overdose.

S And when you're nursing or pregnant, you need extra, anyway. I find it's a time that it's not too scary to start with Lugol's. A lot of people need it.

P Yes, but things like fish and eggs have iodine. Trim Healthy Mama is a great actual diet to get a good foundation of iodine, anyway.

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

S I'm Serene.

P Hey, why do all pairs of glasses look totally different on the shelf than on your face?

S Oh, they look like, I'm going to look intelligent, when they're on the shelf. And I put them on, and all of a sudden, I am not.

[00:14:18]

P Coastal makes it so easy. Browse and virtually try on hundreds of frames without having to leave your couch. Serene and I just love companies that you can buy, purchase from from your own home.

S Can you imagine, especially as mums, you've got to put the toddlers in the car and a few other screamers and stragglers...

P And go into a glasses store.

S And then you realise they don't have their shoes on, and then they're pulling all the glasses off the shelf...

P It's not good. At Coastal.com, you can get prescription glasses starting at, listen, starting at \$9...

S What?

P With free shipping and 30-day risk-free returns. Plus, they have the most advanced virtual try-on technology you'll find anywhere.

S No way. I can try them on? It looks like my face with that glasses?

P Yes. Turn your frames into sunglasses by testing out cool, coloured lens tints, or finally see what a cat-eye or aviator would really look like on your face.

[00:15:13]

S It's called aviator, Pearl. Come on, you.

P Oh, aviator, yes. Oh, the pilot-type glasses, yes.

S Yes. But, listen, with Coastal, you see, you don't have to spend hours at the store or hundreds of dollars. You could actually even lose your sight by going to the store and accidentally tripping over stuff.

P Good way to sell it, Serene. Go to Coastal.com, pick the frames you want and see how they look on you, on your phone. Then enter your prescription details and just order. So this is what we're doing in my family now. We've got two people that wear glasses, and this is just so exciting, because the whole buying glasses ordeal has been awful.

S Coastal has over 2,000 frames to choose from and 24-hour customer support. But, listen, that's pretty amazing, 2,000?

P Yes.

S Wow, you're going to get what you want. We're talking about Newsweek America's Best Customer Service.

[00:16:03]

P And you'll never waste time or money at an expensive optometrist again. Just go to Coastal.com. Now through 31 October, they're offering our listeners, that's you, you Trim Healthy Mamas, the best deal they have going anywhere.

S Do you know what that deal is? 50% off.

P Five, oh.

S 50% off your first pair of glasses at Coastal.com/trimhealthy.

P So this is what you're going to get. You're going to get free shipping, 30-day risk-free returns and 50% off at Coastal.com/trimhealthy. But it's only until 31 October, okay.

S Spelled, Coastal, C-O -A -S -T -A -L, dotcom, slash, trimhealthy.

P You're going to have fun virtually trying on glasses.

S This is the PODdy with Serene...

P And Pearl.

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

D All right. Heather writes to me.

[00:17:00]

P Oh, really?

D It was approved. Dear Danny, you must be very humble being...

S Humble Dan.

D No, I'm just kidding.

P You must be very humble.

D Next question. I've never heard of anyone being fired and wanting to stay again and again.

P Oh, she must've listened from the very beginning when, remember, you used to get fired all the time.

D Weekly firing.

P We haven't fired you in such a long time.

S Danny's life matters.

P Danny's life matters.

[00:17:22]

D Well, there's been a major leverage shift in the power here.

P That's true.

D I love hearing the stories, and John is right, it's like a therapy session, and because you keep it real, it's therapy for us too. I'm a mom-of-four wanting to do better for them and for health. Started binge-listening to the podcast. I listen to four to six each week. Let's get it. And I'm at the one-year mark now. Where are we? Like two and a half?

P We're over three.

D Whatever.

S Good on you, mate, Dan.

D Good on my...

S And you've been there for all of those years.

D Good on you, Dan, forgot his Ritalin. I ordered the book for gifts. She means mine.

P Probably.

D Yes, then she says, God definitely blessed Danny.

[00:18:12]

P Aw, it is your book.

S Yes.

P What's the name of it now, What If You Could?

D Yes.

P It's a good book, guys. I've read it.

D Yes, if you accidentally hit the link in my Instagram bio, you'll buy it. And Pearl and Serene too...

P Pearl and Serene.

D Pearl and Serene, how were you so disciplined to live the plant-based and vegan lifestyle for so many years?

S That's the question?

D The question is, how were you...?

P Does she keep going after that?

D She does.

[00:18:36]

P Because it might make sense if you keep going.

D Okay, I love this plan. I didn't understand it even though I read most of the first book, but I was around so many friends who didn't do it the way you guys do it. It seemed like a more healthy Atkins, but now that I'm listening, it's leafy greens and everything I can get behind. I thought it was bacon and ranch dressing, L O L, and it's not. Now I am more on board to try it. Small baby-steps. I wish I had your discipline. Love, Heather.

S Yes, one of our biggest things that we've tried to undo is the false identity that THM can... Well, it's not our identity, but the false... What do you call it?

L Stereotype.

S The stereotype. Thank you, Lesley-Pops. She said the right word from the back. The stereotype that we are a low-carb plan because we have S meals in it.

P Yes.

S But that is only just one part of our juggle. And we've tried to get ourselves out of that stereotype ever since we began, that we celebrate carbs and...

P I think what it was, was we started this Trim Healthy Mama coming from vegan. Like you mentioned, we were vegan. How did we discipline ourselves so much? I didn't really. I still ate fries at McDonald's, even as a vegan, okay, so I wasn't the healthiest vegan. Serene was a very psycho, health...

[00:19:54]

S But I didn't need discipline for it. It was just genetics.

P Yes, she's...

S The genetics were for the personality type. That's the personality type of our family, can get very focused.

P Yes, Serene has that. So I think what happened with how some people thought we were like an Atkins diet, was we came out of veganism and for a while, even though we understood the need for carbs and the need for fruit, and we still ate them...

S It was already there. We didn't feel like we had to herald that.

P Yes, and we were just a little... Because when we were vegans, we used to sit and eat three or four bananas at a time. And so we were talking about how bad that is, and maybe if you're like us, you need to just settle down on the bananas, just maybe have half or... And we were just a little bit scared of carbs and scared of fruits and things like that just because we're coming from a vegan diet. But now that we've done this for so long, we just realise the importance of this natural balance. We're not scared of fruits.

[00:20:49]

S No way.

P We keep them in a blood-sugar-balancing way. But, yes, I really consider myself a vegan who eats fish and meat, because...

S Yes.

D Nice.

S Yes.

P I mean, I wouldn't call it a plant-based diet, Trim Healthy Mama, but I'd call it a plant-strong diet, wouldn't you, Serene?

S Plant-strong, oh, that's so good, that is so good, yes.

D I like that.

S And I think it is a diet of inclusions.

P Yes.

S Just a diet that celebrates all God's good gifts, unless you're allergic to one of them.

[00:21:17]

P And let me tell you, veganism is cycling back. For a while, it was so... Like the diet cycle, right.

S Paleo, keto, paleo, keto...

P Paleo, keto... And keto was so strong for a while, but now, you watch, veganism is coming right back.

S It's coming right back. But just so you know, not to fall into an extreme pitfall, as keto is extreme on the animal side, when it was cool back 20 years ago, we were doing it and did it to the point where we started to realise the pitfalls.

P Yes, there are pitfalls. And I still read a lot of books from a lot of different authors of different diets, because I always want to never miss out on any truth that they can bring that I don't know. And then I can balance it out with the Bible. Reading a book by Dr Fuhrman, Serene, right now, Dr Joel Fuhrman. It's called How Not to Diet Again. He talks about plants and all the goodness of nuts, seeds, plants, fruits, all of these. And then he's saying, you probably could have 5% to 10% of your diet as meat or animal foods, but he has this chapter, it's very interesting, called The Pitfalls of the Very Low-Fat Diet. He's been a doctor to the vegans for all these decades, because he's basically vegan himself.

[00:22:29]

P I don't agree with everything in his book, but this was very interesting. And he talks about how sometimes vegans will be so staunch, and it's a mindset and it's a belief and it's against animals. But, he said, I see the bloodwork, and every time, when a diet has been, a vegan diet, low-fat diet, I see a shortage of omega-3 fatty acids, and that can cause cognitive decline. There's all these things as you get older. And, he said, I see them. So he said, I don't tell my people they have to start eating meat, but I do say, you have to take this supplement if you want to give it up. So all I'm saying is these things, they can be tasty, they can look at us and say, hey, look at me, I'm vegan, I'm so clean, look at me, I'm such a clean diet, but there's pitfalls and there's shortcomings because we were created by God, and God knew we needed to eat all these things for our benefit.

S And just first-hand, I just want to share with you first-hand, when I was... I was vegan for years and years and years and years and years and through babies, nursing, pregnancies. Do you know, I don't know if I've shared with you fully, Pearl, because I've always shared with you the muscle-wasting and things, and I really was very thorough with the way I did it...

P You were.

S Cognitive, things in my brain were not clear.

[00:23:45]

P Really?

S No, I felt not sound in my brain, and it was an inner fear of mine that things were just not clicking as well in my brain, they weren't working as well. And I felt emotionally, at times, just like PMS-y all the time in my head that I just had to take control of. But I had this inner knowing that it was there, I wasn't getting the right fats.

P Yes. And even Dr Joel Fuhrman, you mentioned this is long-term. You can come and start a vegan diet, it's going to be... He's promoting it. He's like, it's going to be fantastic for you, you're going to clean up, you're going to get rid of toxins, all these things are going to happen. But, he said, I'm talking long-term here, the body will be depleted of these things. And that's what happened to you, Serene. You were long-term...

S It was long-term.

D You talk about brain fog, I've concluded that anxiety is a lack of clarity.

P Yes.

D It doesn't summarize all of anxiety, but, for me, anxiety...

[00:24:39]

S Well, I think it summarizes everything when you think of anxiety as a lack of clarity of who God is for you.

D True.

P That's true.

S That's a revelation. So it really is the ultimate definition.

P But what makes a lack of clarity physically? Sugar highs too.

D Absolutely, and I've gotten more spiritual, but I've gotten less spiritual. What I mean is I see that I am so susceptible and food, and my big, zinging highs of revelation and energy have in the past been caffeine. And some of my personality has been caffeine. And so when you start to reclaim your health, and you're putting food that the earth gives you in your body, you develop this really steady, solidness about your...

P That is true. So, therefore, when you make decisions, they can be made with more clarity about, hey, what do I truly believe and what does this truly mean, rather than, this is a sugar high, I'm just going to get down and depressed right now. Whereas if you're coming from a place of groundedness with food, you can rationally realise, okay, I'm not trusting God right now, pretty clear.

D Keep it simple, keep it sane.

[00:25:54]

S Yes.

D And if you skip lunch, and you're a very thin person, you're not going to be sane.

P Yes, that's true.

S No, you're not going to be sane at all.

D All right. Jo would like to know, Dear Trim Healthy Mama, thank you for your plan and all your words of truth and encouragement on your podcast. I've learned a lot, laughed a lot, and checked my resting face...

P That's great.

D I would like to hear more about parenting, specifically helping my children cut the sugar when they don't have the taste for stevia. They feel loved when I bake them treats. By the way, the waffles and pancakes have been fantastic for them. I assume she means from your book.

P Yes.

S Trim Healthy Pancakes, mates.

D All right. They're so excited to have white, quote, food again.

[00:26:34]

S You know what I'd like to say...?

P Well, let her finish, because then you'll be able to do the full thing.

S Good on you. Yes, it was good. You put me in my place. I receive it.

D I have one daughter sensitive to sugar alcohols, and she gets a stomach-ache and cramps if I feed her natural sugar alternatives. I've not tried straight stevia yet. Moreover, how do I speak God's words of truth over them without being weird or heavy-handed? Life's difficulties have turned my husband away from God, and I feel it is a delicate situation. I pray for them but would like to speak it. Ever grateful.

P Precious.

S Yes.

P Go, Serene.

S Well, I think, first, just touching on the lighter of the two subjects, just about the baking and the sweets and children not liking the taste of stevia, well, first of all, if they don't have severe weight problems, I think baking with adding a little bit of honey in their baked goods and in their treats, when they're not having them all day long, is totally fine for growing children, totally fine. And maybe you could try sneaking a little stevia a little bit at a time, like a little doonk at a time, till they get used to that, and not even telling them that you're doing it, and so slowly eeking up so it's a...

[00:27:48]

P What you mean is stevia mixed with honey. We call it a "honey-and-doonk." And it's a really lovely combination, Dan. You could do honey, because you're on the thinner side. Honey with stevia, it softens the stevia, and it also softens honey.

S Even though I'm trying to fatten up my toddlers, they're fat already, but I love toddlers fat.

P You do.

S So I really do the opposite of our plan for them.

D You want to see them like Michelin fat.

P Yes, she does.

S Yes, so I mix raw honey with avocados and goats' cheese in their smoothies, and MCT, the whole deal. But even though I try and keep the carbs and fats then high together, I will honey-and-doonk my toddlers, because...

D Because you want cheese growing in their fat rolls.

[00:28:29]

S Well, I don't want to overdo what is healthy for their body to process. Too much sugar for your body to process at one time, even if it's not a weight issue that we're worried about, it's just not healthy.

P So even too much honey is not healthy. So what we're saying is, yes, it's a great idea, since your daughter can't do the sugar alcohols, like erythritol and xylitol, to try pure stevia. Maybe you're going to make a banana cake, okay, and you think, oh, man, I can't use Gentle Sweet, it's going to give my daughter a stomach-ache. Maybe xylitol will, maybe erythritol, just Gentle Sweet, the one without xylitol, won't, but maybe you've already tried that, and it does. So you think to yourself, okay, well, what's left? Sugar, I'm not going to do. Honey? But I have to use so much honey. Well, this is where the honey-and-doonk comes in. use half the amount of honey and put three to four doonks of stevia in. it's going to be delicious.

S It's going to be.

D What about fruit smoothies?

P Yes.

S And then add a little maple extract or something...

D Oh, there you go.

[00:29:29]

S And it almost makes the stevia taste like maple syrup.

P But, yes, sweetening with fruit, especially for children, is great, Danny.

S Yes, like adding a few more bananas and...

P But they're talking about baked goods. She said that her children feel blessed when she bakes with them.

S Yes.

P There's something about Mama baking cookies.

S And with the subject with sharing with them the love of the Lord even though it's a delicate subject because it's probably maybe other ideas shared with them from maybe a husband who has turned from the faith, wow, I mean, that's nothing I've had to go through. So I don't know what to actually share. But just sharing the truth from your heart in a way that's just natural... As the Bible says, as you walk by the way... So it's not just sitting them down for a big heavy, but just like it naturally flows from your tongue. When they see the love of, the delight of His presence, God's presence in your life, that you just by example just emanate the joy of the Lord, and...

[00:30:29]

S It's like the biggest impact that I have from my parents sharing their faith with me was really, even though they're pastors and I've heard them speak multiple messages, and they're great messages, more than any of those words, was just me watching their life, watching the joy of the Lord was real for them. It wasn't just something they put on, like I'm going to wear this because I'm going out and I want to be thought of as holy or whatever. No, it was something so real. And just hearing them just walking round the house singing praise songs to the Lord, and I just thought, this is a friendship that they have that is so true, it must be true, it must be real, because it's not something that they're... They can't fake it for this many years. So I just think as it naturally happens and as you have a revelation, just naturally sharing that as it comes to your mind, and if they're right there in the room, you're like, oh, do you know what I was thinking? I was really just thinking then how, whatever that came to your mind, whatever revelation, just share it naturally when you're there, so it's not like lecture time to sit down and untrain you from what maybe...

P Yes, and I think just, also, even uplifting the children's father in front of them too. Just because he believes differently right now doesn't mean that we ever need to put him down or anything, because he's got a dose of wisdom too, and he's going through something. Now, obviously, you keep your faith strong and share in front of your children, because you have every bit of right to do that as a mother. I mean, that's what Proverbs says...

[00:31:51]

S Yes.

P The instruction of your mother is everything. So I agree with what Serene said.

S And oftentimes too you read the Bible, and they're talking about these kinds, this kind followed the Lord, and his mother was blah-blah-blah... This kind did not follow the... And his mother was... The mother is held there as part of accountability for whether they moved on...

P Yes. But I just think just respecting their father too in front of them, and just not having that as a big heavy, like, oh, we don't believe the same.

S No.

P I believe that you can still have a beautiful, strong marriage, and God will work these things out. What do you think, Dan-dan?

D Yes, for sure. A lot of men process their faith differently too...

P Yes, that's true.

[00:32:32]

D And sometimes they may have a nudge from Heaven to question things or to not see things the same way they used to. And she might be talking about some horrible, dark thing, but so many times it's not horrible and dark, it's just scary for the wife.

S Well, can I just interrupt for one thing? And I agree with that when it comes to all different kind of theology things, but I think if she is actually talking about turning away from His salvation through Christ, I can understand that's not a nudge from Heaven.

P Right.

D Sure.

S And I can also understand that that is the freaky thing to say, well, your dad might have some wisdom there. And I don't believe Pearl's talking about that.

P Right.

S I think what she's talking about, instead of trying to undo the father because he believes something opposite that you believe, just to praise him for the things that he says that are wisdom.

P Yes.

S Like your Dad when he says that you should have your early night and you should take more concern for your math test, or your dad is right... Appreciate your dad speaking to you about blah, blah, blah. So whenever it aligns, to always encourage and respect.

[00:33:38]

P Yes, absolutely. I think I'm speaking from experience too in my own marriage, because my husband went through something where he never denied God but he went through, and he would not mind me saying this at all, he went through a stage where he was a very talented musician and he was going to be signed by, back in the day, in the 90s, by the big country music...

S Sony

P Sony. It was all supposed to be, and it all fell through, and then he was suddenly in his 40s and too old. And so he went through a very, very rough stage where he believed in God, but he was mad at God. And I remember those years, and they were tough years, because I wasn't mad at God, but my husband was, and he told me...

P And I remember we went to church one day, and we didn't go to church a lot at the time, but he sat there, and I'm like... It was communion time. And I took the bread and the wine, and he didn't. And I was like, oh, my goodness, is there some sin in his life? What has he done? Is he unfaithful to me? And I asked him afterwards, I said, you didn't even take communion. And he's like, no, I'm not going to take communion. I'm mad at God. I'd be stupid if I took communion, you know what I mean? But he was still such a wise man. He was still such a good man. He was going through trouble. And through that, I mean, Dan has a point, through that, I feel like he came out the other side, he made his peace with God, he repented, but through that, he grew. His borders were enlarged. Now, obviously, if you stay in there and you stay in the bitterness, that's not healthy. But he came out the other side, and he saw another piece of God that was even bigger than what I see. And he saw God's love and forgiveness and the big picture. And I'm just saying that there is hope for your husband.

S Yes.

P Just respect him and love him through this. And it is hard, it's very hard. Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who are you?

S I'm Serene.

P Hey, this is a time where Everlywell is just shining. Because whether you're actively managing a health condition or you have to get routine testing done, or you just want to make sure you're maintaining good health during this time, which is me, Everlywell is here for you to get the tests you need in your own home. You don't need to go sit in the doctor's waiting room.

[00:35:58]

S I love that. I've always loved that.

P Everlywell offers more than 35 different at-home lab tests...

S Bingo, right there. 35. This is a one-stop shop.

P Yes, everything from fertility, find out when you're most fertile, to food sensitivity, to thyroid and heart health, or you just want to monitor things in your body to see how you're doing. Because then you can figure out, oh, maybe I need to eat more of this, maybe I need to eat less of that, or maybe I need to take this supplement.

S And this is not just an app. It's not computers and machines. This is physician-reviewed.

P Yes, this is not just you stabbing in the dark.

S Yes.

P You send your test away. When it comes back, they actually give you some physician advice. A doctor looks at your results.

[00:36:42]

S Yes, and the shipping is free.

P Yes. So each Everlywell test comes with super-easy-to-follow instructions. Listen, I've done this, I've done these tests, and it was so much easier than I thought it would be. Your results are reviewed, as we said, by a board-certified physician and sent directly to you digitally within just a few days. And you can even share those with your current health provider, your doctor.

S But, listen, you get 20% off at Everlywell at-home lab testing. All you have to do is visit [Everlywell.com/trimhealthy](https://www.everlywell.com/trimhealthy) and enter the code trimhealthy for the 20% off.

P Yes, so that's Everlywell, that's spelled E- V- E- R- L -Y, well, W- E -L -L, dotcom, slash, trimhealthy. Everlywell at-home lab tests, your answers, your way.

S This is the PODdy with Serene...

P And Pearl.

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

D Hi, so Eva says, hello, to all you at the PODdy Cabin. I want you to know how much I appreciate all of your research and how you've taken time and effort to pass on what you know to others. To make a long story short, I've suffered with migraines. I went the doctor route, CT scans, MRIs, medicine, the whole nine yards. I was not satisfied with taking meds my whole life, good for you, and never knowing what was causing the migraines. So I began researching.

[00:38:09]

D I came across a book called The Migraine Miracle by Dr Josh Turknnett. It was a life-changer. I cut out gluten and sugar, and, basically, my migraines quit. Then a friend suggested I was only a step away from Trim Healthy Mama. I like the idea of having guidelines to follow, and support from you all as well, as others of my friends on the plan. I've been doing THM for over a year now. I've lost 35lb, and I feel better than I have felt for years. Can you talk about the plan and how it relates to migraines? I want everyone to hear about it. There is help if you are suffering from migraines. THM works. I'm proof. I haven't had a migraine in a couple years now, thanks to diet change. Maybe Pearl could share a little about hormones and migraines. I'm sure that at least some of the headaches I still do get are hormonal. I thank God almost every day that those awful migraines are over and I have found some ease to put into practice. Keep doing what you're doing, girls, and Danny too. But I was in parentheses. Truly, your PODdie's aren't as much fun if he's not on them. Yes, yes.

P Did you make that up?

D Yes, note that. No, she wrote it.

[00:39:19]

P Hold on, she wrote that?

D She wrote it.

S Go check, Pearl.

D That's where raises come from, Eva. How do I Venmo you? Love and best wishes, Eva.

P I totally thought he made that up.

S Yes.

D No, he didn't. It's right here in blue and white.

S Pearl, you need to jump on this, address it. Because you used to suffer so...

P Oh, man, I'll jump on it.

S All I could say, in just ten seconds, and then I'll pass it on to Pearl, was just that sugar causes inflammation, and headaches can be caused by inflammation, Pearl.

[00:39:42]

P Absolutely.

S You know deeper the stuff on that.

P Absolutely, so that makes so much sense, how you are so much better from your migraines. And we've had that testimony come in countless times.

D Is migraines inflammation? What is migraines? Do you think it's inflammation from bad food?

P Oh, man, there's so... Yes, but I don't know. It's not just that. It's so many different things, Danny, and I think you're susceptible to them by your different nature and your makeup of your body. Because Serene and I are sisters, and Serene's rarely had a headache. She gets them after she has babies, which is hormonal.

S Yes, I get them... They're hormonal, yes.

P And that's it, nothing else.

D Hey, could it be spike-and-crash withdrawal from sugar?

[00:40:17]

P No, it's not.

D Okay.

P I mean, yes, it is for some people, absolutely. It hasn't been in my case, and hormonal...

D But that's not the core root of all migraines?

P No, and so here's what's helped me. Honestly, I used to be, debilitating headaches... It actually started during my vegan years. Well, that can be a lack of B12, and that can be a lack of iron, okay. And I had fibroids and I bled a lot. So you bleed a lot, you don't have enough iron, you don't have enough ferritin. That causes headaches. Please, if you have headaches, check your ferritin levels, which are your iron stores...

D Low iron causes bleeding?

P Woman bleeding.

D Certain types of bleeding.

P Yes.

S It comes from...

D What about nosebleeds?

[00:40:56]

P That can, Danny.

D I wonder...

P Low iron can cause nosebleeds.

D Okay, continue.

P Okay, once I started Trim Healthy Mama, my headaches got less and less. But it also can be the way your spine is aligned. There are so many different things. If my spine's out of whack or I'm at the computer too long, my shoulders will cease up and I'll still get a headache.

D Chiropractor.

S And then some of it is stress.

P Some of it is stress. Some of it is diet. Sometimes if you drink a little too much red wine or have some foods that are triggers, like foods that are histamine foods or...

S Cheese or... Yes.

P Things like that. We're so different, all of us, and you have to dig deep and find out. I've sort of found out some of my triggers, and I...

[00:41:39]

S You would know when you were going to get a headache...

P Yes.

S When you knew your estrogen was dropping and...

P And one of the cool things, now that I'm almost hitting menopause, I don't have the cycles all the time, so I'm not having all those. And you were right, the drops and the highs of hormones can cause headaches. And so I'm not having them all from that. So that's something to look forward to. But I can't be at the computer for too long. Lesley-Pops is coming. I find that CBD helps me. I take Heavy Hitter right before bed, or Feminine Balance. I eat a lot of greens. I'm going to let you do this in a minute, Lesley, and there's things like feverfew that can help. That's an herb. Let me think, what else?

S Magnesium.

P Magnesium is so important. Oh, foods, okay...

S Magnesium chloride rubbed on you.

P Yes, magnesium chloride rubbed on you. Foods, okay, quinoa can be helpful....

[00:42:31]

D I've got one you're not even thinking of, but I'm going to wait.

P Flaxseeds, so good. I've got my flaxseed porridge coming out in the Trim Healthy Future book, which is so fantastic for headaches, I'm telling you. You go, Lesley. I might think of some more things.

D Wait, I have the best one.

P Okay, Dan.

D The best thing ever...

P What?

D Of all time that ever cured any headache...

P What?

L Water.

P Oh, yes. Oh, absolutely, man.

L Totally stole my show. So from the age of ten, I mean...

P Debilitating.

[00:42:58]

L I mean, people used to go, well, do you drink enough water? And I'd be like, yes, I drink enough water. I had a brain... Do you know what I mean? I was speaking it. I was like, I'm going for an MRI. This is... I am debilitated. It would be three times a week, and I would be just on the couch...

P That's the worst. You can't even think.

L It's the worst. It's so hard for me... And I knew, like, I was like, I'd made up all these allergies in my head as well, like anything that was really vinegary or raw onion, I couldn't do. Because if I... And, you know, some foods do trigger...

D Yes, you were trying to connect it, yes.

L But let me tell you the connection now, all these years later, because I actually... Someone, a colleague that I worked with a few years ago in my previous industry, she said, you don't drink enough water. She says, cup for cup today, we're going to drink the exact same amount of water. And I always got it the next day after Zumba, right. So I'd exerted, and the next day I was just like, oh, you know, I couldn't... So dehydration was the huge one for me. Let me tell you the THM connection now. When I first was here, and you told me the fact about orange juice, I thought that I was allergic to oranges, because the biggest migraine-inducer was a glass of orange juice at breakfast. Seemed like so healthy and so like... With that whole... and then when you guys said... I never really told you about that, but I was like...

[00:44:27]

P When we said it's sugar, right, in your bloodstream, right.

L Yes, it was a store-bought glass of orange juice, and, I mean, it would drop me to the ground I would go in like 20 minutes.

D Wow.

S Wow.

L Because of the, I assume...

P But the connection you made, it's the blood-sugar spike.

L Yes, I mean, I assume all the other things...

P Oh, absolutely.

L Anyway, that's my little story, but now I'm so... I know that we don't... CBD does help me now if I do try it, but you should watch taking too much over-the-counter medications for them. Because, actually, some of them have caffeine in them, and then that, if you're taking pain management, even whatever it is, when that leaves your system, you're then craving the caffeination that was in the medication...

[00:45:16]

P I know. And then it's a rebound thing.

L Gah, and that was too much...

P I had to take so much ibuprofen at one point in my life I ended up in the hospital because it was eating the lining of my stomach.

L Yes, so bad.

D Because you're living on ibuprofen.

P Yes, and then when you go off it, it rebounds, and that gives you a headache.

D Yes, it does.

L You know what I realized? Actually, my most water intake was when I was taking over-the-counter... Do you know what I mean? I was like, no, I'm drinking water, every time I take...

D Every time you took your pills.

L So, anyway, I'm so sober from all that life now, it's so amazing.

[00:45:43]

P Yes, it's so good. Before I have my morning coffee, I am half a quart in. I have to do my half-quart, or I won't drink my water. And then I drink my coffee. I have finished my other half-quart by ten. I try to do another half-quart by noon, and then I do another one in the afternoon. So I have to be two and a half to three quarts a day.

S And I've shared it here at the PODdy here before, and one of my secrets is not only guzzling all day, another secret is exercising. I know you think, well, you perspire with exercising, so you'll perspire just as much as you drink. No, you will drink in more.

D Yes, you will.

S It makes you thirsty.

D Yes.

S Between every little rep of a Workin...

P See, I'm not thirsty.

D Yes.

S It's like it resets my muscles, to have a quick swig.

[00:46:25]

D And it gets those toxins out of your body.

S It does. If you just put a big jar of water...

P You think I should swig during my Workin's?

S Yes.

L No.

S I can't work-in without a big quart of water. And then I take a quart into the shower with me, and I just drink as much water as I can in the shower.

D Yes, it'll give you power while you're working out.

P Really?

D Absolutely.

S Oh, yes.

D You'll feel all depleted...

P I've never done that.

D You'll chug water, and you'll get strength.

[00:46:45]

S Yes.

P And then even after I do my Workin's, I don't have a natural thirst, like people do. I have to eat so much salt, and then I'm slightly thirsty. So my water is just forcing myself. Even after I do a work-in and I'm sweating, I don't feel thirsty. I make myself...

D Really?

P Yes.

S Yes, but good what-if-you-could, right? Good on you.

P Good what-if-you-could, Pearl.

D Good what-if-you-could.

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

S I'm Serene. Buffy makes bedding that is earth-friendly and cruelty-free. Listen, their products are made using only sustainable and recycled materials, which makes them as soft on the planet as they are on your bed. And, listen, I'm telling you...

[00:47:21]

P I'm listening, Serene. Keep telling me to listen. I am.

S Because I'm trying to tell you my bed is the softest bed on planet earth because of Buffy.

P I know. Well, mine is too, because I have one. And Buffy's latest product, the Breeze, is a comforter made entirely from 100% eucalyptus fibre.

S Go, Australia.

P We love that, because we're Down Under girls. And this regulates temperature and keeps you cool and comfortable all night long. And when it says Breeze, no, you really feel that.

S And when you said, the Breeze regulates temperature, that's not a lie. I'm telling you what, no more night sweats.

P Yes.

S My husband used to want to flip the comforter and flip his pillow to try and get the fresh coolness. Not with Breeze.

P But you can get cozy still. You know how you want something to cosy up in, but then you don't have to overheat.

[00:48:09]

S Yes, I love it.

P And we love that this is earth-friendly.

S And we love that it's hypoallergenic.

P Yes, and, hey, shout out to eucalyptus, because eucalyptus uses ten times less water than cotton to grow, and its fiber is produced using recyclable, earth-friendly solvents, so none of the junk.

S And, listen, because its high thread count shuts out dust, mould and mites are shut out too, you have a healthier sleeping environment.

P Yes, so why not choose 100% plant-based bedding that's better for you, and it's so great for the earth? Buffy offers a free trial. You can try a comforter in your own bed for free. And if you don't love it, return it at no cost. I'm thinking you're going to love it.

S Yes. But there's no risk in that.

P Yes.

S So why not? Hey, for \$20 off your Buffy comforter, visit [Buffy.co](http://Buffy.co) and enter trimhealthy.

[00:48:58]

P Spell it, Serene. Spell Buffy.

S B- U- F- F- Y. If you're Lesley-Pops, you'll say Boofie.

P Yes, and it's [Buffy.co](http://Buffy.co), not dotcom, okay. And that's \$20 off, and visit [Buffy.co](http://Buffy.co) and enter trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

D Hey, and...

P Oh, we're 42 minutes in.

D About to bless you on the Topo Chico train, though.

P Oh, I'd love it. You see, that's great, and that's a delight.

D Yes, and I'm going to take it up now for you.

P Okay.

D Everybody knows the magic Topo Chico. It's got more CO2 or carbonation or something. It's particularly crispy...

[00:49:40]

P Well, you've made us believe that. We're all drinking your Kool-Aid, Dan.

D We know this.

P We believe it.

D It's the Bible, but if you want to go next-level with it...

P Yes.

S Yes.

D Get you one right outside of your hot shower, baby.

P Oh...

S Oh, yes.

D Oh.

S Oh, I agree. Now, I haven't tried that.

P You drink it in the shower?

[00:49:57]

S The crispy ones. But I drink...

D Yes.

S I drink carbonated water in the shower.

P Do you?

D Oh...

S Hot water, cold carbonation is the bomb.

D Dude.

S But I haven't tried Topo Chico in the shower.

P Okay, so these, people...So since you shared Topo Chico with us, I mean, I'm a total Topo Chico addict now, because I have it in the afternoon, before dinner. It's like my appetizer.

D Listen, and I did the research. It's as hydrating as water.

P It is, yes.

S And can I tell you...

[00:50:20]

D Possibly more, because it's mineral water.

S When I want a treat after dinner, Pearl, you're so right, because when I want a treat after dinner, if I get myself, I haven't used Topo Chico yet, because I haven't found it in Dixon...

D Yes, but I got you...

P Yes, it is in Dixon. It's in Kroger.

S Well, I went and couldn't find it.

D I've got a thing for that. But you go.

S But let me just tell you...

P I've got to say something too.

S When I have a sparkly at night-time, I put a little cider vinegar in it and one doonk of stevia, I call it Cider-Pop, I'm telling you what...

D Heaven.

S I don't need a snack.

[00:50:49]

D No.

S That is my treat and there's no calories.

D No, it's a treat.

P You say yours and then I'm saying mine, Dan.

D It's a treat. You don't even need to make cookies or eat ice-cream.

S No.

D You've got your Topo Chico.

P It's a grown-up treat. I want to say something, but I'm seeing ladies just drink it straight out the bottle...

D Sure.

P But that's not where I get... No, I get no joy out of that.

D Really?

S No, but I do like it that. I don't like adding lime, myself.

P No, you've got to put in a glass, over lots of ice, with...

[00:51:11]

D It takes the fizz.

P A lime.

D It takes the fizz.

S Now, if I was a beer-drinker, which I'm not, because I was raised a good old pastor's kid, I would do it straight out the bottle. I like straight out the bottle.

D Me too.

S I don't want to put it in a cup. I'm a bottle girl.

P Oh, okay. So I don't love that.

D There's something magic about the bottle.

P I don't love it straight out of the bottle. And now I'm going to give you a tip too. For over a weekend, I drink my Topo Chico very Baptist during the week, but on the weekend, I like to add a little tequila. Do you know that tequila is the lowest calorie of all the alcohols?

D And it's a probiotic.

[00:51:42]

P It is a probiotic. It's so good for your blood-sugar. I told Serene about this.

S What's the probiotic? The worm?

P No.

D No.

P Topo Chico, I'm not trying to teach you how to be...

S The buggy little worm?

P How to be an alcoholic, but if you already like a bit of alcohol, it's a great way to do it. Because if I drink...

S See, we're sisters, and I'm not going to do this, so just feel the joy of both of us here.

P But if I drink wine, if I drink too much wine, I will get a headache. It's the histamine.

D Oh, sure, yes.

P Now, tequila won't do that to you. And guess why. They say for every glass of wine you drink, and I usually stop at one, but on a rare occasion I'll have one and a half, I could get a headache doing that, it's because you have to drink two glasses of water for each glass of wine you drink.

[00:52:20]

D Yes.

P Well, with Topo Chico, you're already chowing down the water.

D Yes, you are.

P So you have this little bit of tequila, it just flavours it up. And with the lime, it's such an amazing, good-for-you healthy drink.

D Topo Chico, lime and tequila, I mean...

S These are saved Baptists.

D Father, Son, Holy Spirit, I mean, there's the three...

P Even the Baptists could... I don't know if they'd allow it. Look, we love our Baptists.

S We do.

D Hey, those Baptists love their tequila too.

[00:52:46]

P No, they don't.

D Well, they like bourbon.

P Baptists, you're not supposed to drink at all.

D I don't know a Baptist that doesn't drink, not one.

P Okay.

S You're going to get all the letters to you.

P All mail goes to Danny at Danny.com.

D Yes, come and send it. I love ignoring things. Hey, so what I was going to share, if you can't find Topo Chico...

P Oh, okay, yes, we forgot about this.

D Okay, we've got all the off-brands. We've got AHA, which is the latest. It's got caffeine in it. What are some of the other...? There's all the sparkling water. There's Walmart brands in cans...

P La Croix.

[00:53:20]

D First of all...

S La Croix.

D Let me let you know as a certified professional of carbonated fizzies, we call them fizzy lifting drinks, anything in a can is trash. Don't even buy it.

P I agree. I agree, Dan.

D Okay? Anything in a can. Next level up...

S Well, I've been finding some in Dixon...

P Serene, you're not up with it. You're lower-class.

S Yes, but tell you what, I tell you, it helps me if I...

P She drinks stuff out of a can.

S No, I don't drink out of a can. I drink out of a bottle.

P Well, you just said you find stuff in a can.

S Well, yes, I do, and that's when I put it into my glass.

[00:53:52]

P No, she's

S I buy it in a can, and it goes into the glass for drinking.

D No, Serene, the can ruins it from the beginning...

P Dan, tell her she's not in the cool club, tell her.

D From the foundation.

S I totally agree, but I live near Dixon.

D I know. So I got you, I got you.

S Pearl goes into Franklin for these upper-class things.

P I bought some in Dixon Tennessee.

D Here's what I want you to get, then, and it's not as good. It's a plastic bottle...

S No.

D It's a plastic bottle, but we're going for...

S Take out an annuity Dan.

D If we're going for taste...

[00:54:14]

S What is it?

D Pellegrino.

P Yes.

S Oh, I love Pellegrino.

D I'm going to give Pellegrino a second to Topo Chico.

P Yes, I've got some...

L Yes.

D I don't know if it's the turbid... How would you describe? It's more of a mineral-y...

P Dan, you've got your second choice.

S It's like an adult, bitter thing going.  
D Yes.  
P Yes.  
D But if you squeeze a lime into it, it totally fixes it, and you are borderline Topo Chico.

[00:54:32]

P You're borderline okay. I've got boxes in my pantry right now, my special pantry...  
S Of Pellegrino?  
P I've got some. It's behind my Topo Chico.  
S Okay.  
P So let's just say my Topo Chico runs out...  
D Little stepchild.  
P I'll be like, yes, you, yes, I'll be like, okay, then, I'll do you.  
D It's like, yes...  
D We'll give you a shot, rookie.  
P Yes.  
S You know where I keep my bubbly? In my little upstairs refrigerator in my own parlour.

[00:54:56]

D Yes, you do, girl.  
P Yes. Va-va-va.  
D Hey, I just met a guy off Facebook Marketplace to grab my own personal little refrigerator.  
P Yes, Danny  
S Yes, your Topo Chico refrigerator.  
D It's for Topo Chico only.  
P Yes, and you need them when you have teenagers in the house, see.  
D Yes.  
P Oh, you need your own little fridgie.

S I buy those cans and stuff it in the... But I'm going to put the bottles up there eventually, when I go to Franklin.

P Bottles are so much superior. Hey, we could take more questions, but we're 48 minutes in.

D Do we do our question ceremony on the next one?

[00:55:25]

P Yes, I mean, we can just take single questions on some next PODdie's, but we should say goodbye and all that.

D Goodbye, friends.

S Goodbye, farewell, auf wiedersehen...

P Night, Mary-Ellen.

S Something or other.

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 is 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. Drivers who switch to Progressive can save big. Okay, you win. We can't help but save customers money. Progressive Casualty Insurance Company and Affiliates.

[00:56:17]