



Trim Healthy Podcast with Serene and Pearl
Episode #185– Whine With Your Meal Madame

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

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

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Humans of earth, welcome back to the Trim Healthy Podcast with Serene, Pearl, and I'm Danny. And we're so glad you tuned in, and we are going to have the poddiest podcast of all podcasts for you today. Am I right, girls?

S We're right. You're right.

P Poddily right.

S Hey, just jumping in, bringing some meat, but it's a little bit on the, I'd say, a three- to six-ounce serving.

P Oh, so it's light meat.

D Like a...

[00:00:33]

P Is it like a yogurt?

D Six-ounce steak?

S Yes, a little protein. There's a little protein in this.

P So this is a PODdy Lite.

S A PODdy Lite.

P I have no idea what you're going to talk about.

D Blue cheese...

S I was listening to one of my faves, you know, good old Graham, good old cookie.

P Yes, Graham Cookie.

S And he said something that struck my brain as I read it. It was simple, but, boy, it was so profound.

D Do share.

S He said, none of us can whine and win. None of us can W H I N E and win.

[00:01:00]

D Ah, I thought you meant W I N E. I was like, I can testify.

S No, none of us can whine and win. And I just started thinking about that. It was a cute little saying, and blah, blah, blah, but I just started thinking about that and got to thinking, wow, it's so simple, but so profound. It super hits the nail right on the head, because whining is a favorite pastime for humans...

P Oh, it is. Don't you love it?

D Oh, it's my favourite.

P Is not it a feel-good thing to do sometimes?

S Oh, it's precious.

D I like to whine about others.

P Yes.

S Well, you see, we...

D I just choose not to, but it's so good when you do.

S It's a yummy pastime.

[00:01:35]

D You give it a good minute...

S It is a yummy.

D A good minute, and it's like, this is delish. It's like biting into a buttered steak.

P Yes.

S No, but sometimes it's that anticipation of it. Like, oh, I've got this to say, I could add that, I could add it. I could add this little juicy piece of information.

P Sometimes I almost want to call you, because I get juicy stuff, and I'm like... It's a dilemma. Should I call her? It's juicy. It will feel yummy.

S And holding back that juice makes you feel like you're a cocaine addict holding back the next hit.

D Yes.

S That's how much whining is something...

D Because if you bite the juice, the universe knows what you know, and that is, I'm better.

P Yes, I know.

[00:02:08]

S And we're not just talking about toddler whining. Because they just make it so out there, like everyone knows that they're whining. I can't get, I can't get... I remember Meadow... Remember, in the back of the garden, she was like...

P Candy.

S Mummy, I want ice-cream, ice-cream... Like, yes, we're on the way to get ice-cream. But, Mummy, I want ice-cream... We're on the way.

P She had to say it.

S It was psycho. Her whining was psycho, because they didn't know how to make it professional enough to put it under the radar...

P Well, she didn't understand time. She didn't understand that...

D The timing, yes.

P She was going to get ice-cream. It was only about now.

D Yes.

S She just hadn't got the adult professionalism either, because we whine just as much, but we make it so reasonable, so grown-up.

[00:02:47]

D Yes, that's right.

S Right, we make whining look like an intelligent kind of musing, like a realistic forecast. And we put on that professional forecaster's voice. Yesterday, you know, it's been a bit of a hard one, and blah, blah, blah... You know. In the future, I will probably see that coming down my path, and...

D All my wife lacks when she's doing that is coffee and a cigarette. She's just some old, like, New York, insightful person.

P I've just realized all these things about me, and I'm not going to be that girl, because sometimes you have to see yourself, and then you decide, okay, I don't want to be that girl. But do you know who I really find it yummy to whine to? I feel like it's my right. My husband, he'll ask me, oh, how was your day today? And I'll be like, my chance, my chance to whine. He'll really have to maybe appreciate me more. It's like sometimes you don't want to say, I had a great day. It's like you want to say, ah, um, well, you know, I mean, honestly, it's a little tough at times, but, you know, I made it through.

S Sometimes you feel like it gives you...

[00:03:47]

P Aren't I cute and sad and puppyish?

S But sometimes it feels like it gives you something to say. You think, oh, well, I'm boring if I don't whine. because whining gives me a lot of subject matter.

D Wow.

P So true, especially about food.

S Oh, I know. I just wrote this little thing down, but you can imagine your own thing in your head, Dan and Pearl. But I was just imagining, because I've heard this so many times, oh, I'm just really set back because of my Hashimoto's and it makes my cravings for the wrong food so out of control, it makes me so beyond tired all the time, so I can't think of exercising. Plus, I'm allergic to eggs, and this makes breakfast a real downer. Plus, our budget's super-tight, so eating healthy right now is just not possible. Oh, did I tell you about my operation last week and how my wrist is wrecked, and how it's at least two more operations before I can even think of cooking a full-blown meal at home. And that's just the beginning. And it sounds so reasonably... Just talking reality. It sounds intelligent.

P Yes, she has a right to say that.

[00:04:49]

S Yes.

D No, that's what, actually, my wife tells me, is I'm like... Don't get me wrong either. I've turned into Mr De-Listener, because I've figured out that that's the key to everything I want. And so it's totally selfish. But, yes, she's saying, I'm not whining, I'm being a realist. I'm just the only one here willing to look at the truth.

S See, I feel like we've become so grown-up about our whining, we don't even see it as whining any more. It's like whining undercover.

P So one could say, but all those are true, Serene. You're saying you shouldn't say them?

S Yes, because I don't believe that, necessarily, truths are...

P Truths are truth.

S True facts are true.

P We change truths by our speech, don't we?

D Yes.

S Yes.

P So, you're right, Serene, because you can look at it and say, but all those things were true. She has had Hashimoto's, she has hurt her wrist, she doesn't have enough energy for exercise. All those things could be said...

[00:05:45]

D Her husband doesn't support her.

P Should they be said, and could her circumstances change if they weren't said, if something else was said instead?

S Yes.

P That's where you're going, right?

S That's where I'm going.

D Let's go there.

S Because negativity kills our mojo, and whining is negative. Negativity kills our inspiration, our dreams, our confidence, our faith. Negativity distorts our present and steals our desired future.

P It's truth.

S The tendency for humankind is to allow what we cannot do to get in the way of what we can. That was another Graham cookie.

P Oh, yes.

[00:06:16]

S He's like, most people, it's just like whatever they cannot do now, they just let it totally...

P Yes.

S Bung up what they could do.

P Yes.

S And so, and so, and so, and so I want to use an example. I've said many things similar, but I can't eat these five foods. I'm just sensitive to them. So, basically, they throw in the towel of the 750 other wonderful choices and go back to only eating the five unhealthy ones that they were just originally on.

P Yes.

S The 750 wonderful choices, but because they're allergic to five of those, they're going to...

P I know, Serene. You're being mean, but you're being truthful.

S Or I have limited mobility in my left shoulder, so I don't think I could start the Workin's right now. I don't think I'm going to start exercising. But let's think about the Special Olympics, people. They had no legs and only maybe one good arm, and they're doing freak feats of nature that the best of us couldn't ever perform.

[00:07:15]

P It's truth.

S Because they decided to not let what they couldn't do get in the way of the things that they can.

P I like this tough love today.

S Most of us want to be problem-free. We can't be happy, we can't make lifegiving choices until the stars align in space. We think, well, when everything's perfect, then I will start my journey. But, you see, there is joy and life and pleasure and truth and wisdom to be found along and through the journey to our arrival. So on the journey... God loves the journey. The journey is meant to be the place where we do all of this learning and we find all of our strength. And so even if you're listening and you can only baby-step, you can't leap right now, you feel like you just can't zoom to the destination you want, maybe it's just the slightest little millimetre baby-step at a time. Let's just start with the baby-steps.

[00:08:20]

S I mean, I was just thinking about babies. You watch them, and even if it's just these little wobbly steps that are so ridiculous in comparison to our confident steps, and they're watching us confidently walk around, they don't give up and just lay down in their crib and say, I'll always be a crawler, I'm never going to walk. They giggle and clap with their wobbly steps.

P I know.

S If they fall on their bum, they sometimes find it hilarious. They don't take themselves so serious.

P Yes, I know, especially when they crawl. You know how they do all sorts of interesting crawls? Warren did the... He didn't crawl till the very... He did an army crawl the whole time, where he'd just wiggle his butt, like, across the floor, and he'd get from A to B. And we were just clapping. And he honestly thought he was the best thing in the world.

S Yes.

D Have you ever seen a baby when they're learning to crawl, and they're also learning to crack up too. They're just getting there, like, where things are just hilarious, and they laugh so hard that they lose their power and they collapse under their laughter. It's like when you're doing a push-up and somebody tickles you.

[00:09:20]

P Yes, I know.

D Please continue.

S No, no...

P We liked it, Dan.

S I wrote a few of these little things that sounds like I'm reading a teleprompter. I am. Because just before I came here, I've just been musing all week about you can't win and whine at the same time. So I just wrote these little thoughts. And I said to all of us, I was just cheerleading us all, I was cheerleading myself, and I was saying, let's take these little steps. Let's say no to giving up. Let's look beyond our walls of things holding us back and chart our journey around them. Maybe it's a different course than what we planned, but we can still get to that destination. We've just got to keep moving. Let's not just sit down in defeat poop and stare at the bars.

P That's so Serene.

D What color is defeat poop?

P Sit down in a plop of defeat poop.

[00:10:06]

D Defeat poop. I pictured a big cow patty.

P Me too.

D What did you think? Okay, because then my second was a yellowish-green.

P Totally, but the picture that came into my head is someone in green shorts, cargo shorts, sitting in brown poo. I don't know why, but that's what the picture...

D You saw green cargo shorts?

P Plop down into poop.

D Have you seen the movie Nacho Libre?

P Yes, it's the best movie.

D You know when he reaches and grabs the cow patty and then smears on his...? He's training with Esqueleto.

P Oh, yes...

D Please continue, Serene.

S No, it was all good, all good pictures.

[00:10:34]

P One of the best movies ever.

S I now have to repeat it, okay, because I've lost my place. I shall be repeating.

D Yes, I want to hear it again.

S No, poo's not just sit down in defeat poop and stare at the bars...

P Bars.

S Because I'm just saying, we're looking... I said here, don't look...

P That's where I couldn't put the bars in my picture.

S I said, look beyond our walls, these bars.

D I'm picturing THM chocolate bars.

S The things that we can't do, they're bars around us. They're holding us in place.

D Ah.

P Ah. See, my defeat poop was in the paddock.

D Yes.

[00:11:01]

S Well, you can imagine. You can go on a computer and put that in like...

L You're so

S Computer graphics, these bars around your inner pasture, in a paddock.

D I was out in Pearl's pasture.

S No, I was in a prison room, and I'd pooped with defeat, and I was sitting in it.

P Oh, you and poop.

S See, I was encouraging myself.

D Like, in your prison there was no toilet? You just left it all in the corner...?

S No, defeat was the poop, guys.

D And there you sat.

S There's no real stinky poop. There's just defeat. And it's like poop. It's negative, it's gross.

D Okay.

S Okay, so we don't just stare at these walls, these bars around us, right. We stare through them.

[00:11:35]

D Yes.

S Actually, we don't.

D No, no...

S We imagine, I'm just doing this right now, we imagine these bars are widening out and they just become, really, the frame now of the bright future. We just see the picture instead of these bars, right. That's what I see. Do you see that?

P Well, I'm still... Oh, the poop's still over the green cargo shorts in my head.

S Oh, man. You've got to get beyond that. You've got to get beyond that.

D She wants you to use it to frame the future.

S Yes, because sometimes our weaknesses, things that are holding us back, they can become, instead of our anchor, they can become our inspiration.

P So true.

[00:12:11]

S I've heard of people with problems, with sicknesses, some will get on support groups...And you've witnessed that, Pearl, when you had a thyroid issue, you just went on there to get some information, and you're like, whoa, no wonder people are so down about their issues, because these support groups are faux, they're deceptive. They're not support groups.

P They're not.

D Yes.

S They're places where people just commiserate their misery amongst each other and...

D Lament groups, if you will.

S Yes, lament groups. That's so right. And you're just all staring at the misery and telling each other what has been stolen from your life because of this misery.

P Yes, no, I got off there. I joined this group when I was diagnosed with Graves' disease, which I walked out of, I don't have Graves' disease...

D Graves' disease? What, that's the gut?

P It's hyperthyroid.

S But you baby-stepped yourself right out of it.

[00:12:55]

P Totally, took a long time, actually. Took over one to two years. But, anyway, I went on there, because I thought I could find some good things on a support group. And I got there, and I left after 24 hours, because it was just thread after thread of, tell us what Graves' has stolen from your life, everyone share. So one said, my relationships. One said, my energy. One said, my sex life. One said, this and that. And I'm just like, I'm not going there. I don't want to say it, because it's not going to steal one thing. And I was determined. I'm like, you're not going to steal one thing from me, you Graves'.

D Great.

P Yes.

S So there's some people that will sit in those support groups because they feel like that's help, but that's not. It's lament groups. And then I've heard of other people with issues, and maybe it was like breast cancer, and instead of losing faith in that area, like, well, you know, I'm really feeling like I'm suffering with this, so I have faith to pray for somebody with knee issues, but breast cancer, because I'm dealing with it, I don't really have faith. I've seen people go after that, they'll pray for everyone with breast cancer, and that's what they have faith for, because the problem in your life needs the most life thrown at it. The problem doesn't need the most commiseration and lament and pity. That just makes the problems worse. It needs the most of your faith, the most of your life. So that's what I'm saying. Our issues don't have to be our anchors. They can be our inspiration.

[00:14:22]

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, 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.

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.

[00:15:18]

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.

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.

[00:16:14]

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. What are some of the things in our life that are stealing momentum from our lives? I started to ask myself that today, what are the things that are stealing momentum, and what should be my first teensy, little baby-step?

P Right.

S And let me find fresh perspective in that. And so, I mean, we could...

P Did you ask this...?

S I did. But I don't know if it's something I would share with all of you guys. Maybe it was just...

P I would like to hear.

S It actually wasn't necessarily in health for me.

[00:17:03]

P That's all right. Just bring it.

S Because things like that seem to just... I've had a natural personality bent that that stuff isn't...

P Yes.

S But we've talked as sisters, and I'm just sharing, one of our sister's things is that she would always be like, well, I can't go and get a new wardrobe... She'd like to wear the same thing over and over again, Vange...

P Our sister, yes.

S She'd get a little uniform, her hilltop uniform. And we'd be like, yes, let's go shopping, let's get some clothes. She goes, well, I can't really yet, because I'm planning, and even though she's in great shape, I'm planning on doing this kind of marathon training.

P Yes, and getting real fit.

S Until I'm in the peak of my peak of my peak, I can't wear new clothes.

P Yes.

[00:17:40]

S And so my thing is, I love music, and I feel like worship and guitar is a place of incredible... For me, it's where I just feel alive. It's like, ah, this is what I was born for. It's just a beautiful love of mine that I haven't done for years, because I'm just so busy. And because I know that I couldn't sit down for that beautiful two-hour just session with myself and God and just get in the flow of it, I just don't do it at all. Because I'm like, because it's not perfect, because the stars are not aligned, because I'll have to change diapers in-between because the babies will be untuning the guitar while I'm trying to play, and because it's just not the right environment, I'm not going to do it at all. And I have not experienced that life... I know it's such a life giving thing to my life, because in times that I've cultivated it in my life, it's brought such growth and breakthrough and just health to my family...

P Yes, I believe it.

S And to everything. And so that's what I thought of first this morning. I'm like, well, maybe I'll just start with picking it up and trying for one song, one song a day, playing one song a day just to God and just... I know that it's going to reset the environment in my home.

P Absolutely.

[00:18:54]

S And it doesn't have to be the two hours. So I thought that's just my baby-step.

P That's like that one guy that changed his life through one push-up.

S Right.

P Yes.

S Yes, the guy that's like, I can't do 45, but I know I can do one. But then once he was down there, sometimes he'd do two. And that was like he was a hero then, because he was only going for one. So I told myself, I'm going to baby-step. I'm just going to pick up the guitar, and I know that it's not going to be that perfect environment, but it's going to be a seed. And I know that before I know it, what I thought was a can't-can't-can't in this season is just going to be like breathing.

P Love...

S How about you guys?

D I'm about to do push-ups right now.

[00:19:28]

P Yes. No, I mean, it's such a truth, Serene. I think when we wait till things are perfect, or when we think we're ready or things are ripe and ready, it doesn't happen, I mean, that's what's... I naturally sing around the house more, but I wanted to sing the psalms. And I find that if I just read a psalm in the morning, right before breakfast, when I'm drinking my water outside on the porch, in the summer, well, I would just sing psalms all day. And it's only just because that one thing I read, it just sows that seed. These are little seeds in our lives, right, little habits that we do that are seeds that grow into plants.

S So, yes, we don't wait for perfection, we don't wait for the stars align... We have heard a lot, well, I can't do Trim Healthy Mama right now, my mother-in-law's living with us, and just in a really tough season. My children are all home right now, and I have to cook different meals, and... There are so many different things we can put as an excuse to stop our momentum, but let's not let these little infringements stop what, really, we can do. We can do a lot of things. We may not be able to do everything, and they may be infringements that are actually stopping us in those areas right now.

P Yes, and...

S But it doesn't mean we can't chart a different course and still move forward.

P Right, or maybe we're not crawling perfectly, we're crawling on our belly. But we're still getting from A to B.

[00:20:51]

S Yes.

D And let's not say that life handed us a bad deal of cards, especially if it is something we created ourselves.

P Right.

D I find ownership is a very important first step to not making excuses. I find the more I think that life did something to me, the less power I have to do Trim Healthy Mama while my mother-in-law is in town, or do my push-ups even though my kids are wanting time with me, or whatever. I figure it out all of a sudden. Like my sons now, we all do push-ups together.

P Yes, that's cool.

D And my one son, who, in his mind, was physically... He didn't have the chest that big brother had, and he could only do push-ups on his knees. And it was embarrassing for him, but he was like... And even then, he's like, something's just painful, it's just the way I'm built, my, because he had his clavicle broken twice when he was younger. And he's like, something about, I think, from the break and everything, he's like, it just hurts when I do them. And he had this

special little handicap in his life, and so, of course, Father made him do handstand push-ups.

[00:22:07]

P Really?

D Yes, and he can out-push-up me at this...

P Really?

D Yes, absolutely.

P That's so awesome.

D In fact, there was... And then we started making him do push-ups for consequences. Instead of like missing media or something, we'd just be like right out of the military, just, yes, man, ten push-ups. And if I give him ten, he'll crank out 15.

P That's cool.

S Oh, that is awesome.

D Now it's his identity, he's the push-up guy. He can do push-ups, and he didn't know he could.

[00:22:31]

S I love that. So his weakness...

D Is his strength.

S Is now his strength and is now his identity. I'm the push-up guy. Yes.

D He has a special ability. Yes, he has a special ability. Like two weeks ago, he was a handicapped person who had a unique disadvantage that nobody could relate to. Fast-forward two weeks later, because I made him train that... There's this idea of training beyond what you're going to actually need to do on the field. So if you're a football player, and, typically, you have to catch passes at ten-yard passes or 15-yard passes, you need to catch 30-yard passes in practice so that when you get to the game, this is like lightweight, it's no big deal. So it's the same... I'm taking him into these crazy types of push-ups so that when he thinks about some guy doing push-ups, for him it's just lightweight stuff. It's just like, oh, man, yes, you're doing push-ups? Welcome to earth. So what? Who doesn't do push-ups?

S Yes, that's great.

D Yes.

[00:23:29]

S Yes. No, but it's just back to that line, just so we can all muse on it, you can't whine and win. Whining is negative. Whining is saying, because of this situation, I am handicapped, I've got a special handicap.

D A unique disadvantage.

S But you can't... Look at these handicaps. Yes.

D Yes, and we make those up. Every last human on earth, at one point or another, or right now, people listening have a pretend, pet, little handicap that rides around on your shoulder and whispers in your ear about your special thing that you can't do.

P But we do. We stop. As soon as we speak this out, we stop our going forward, don't we?

S We do.

D Yes.

S And we think whining, you've brought it so many times, Pearl, but people think whining is the truth, it's being realistic. But it's not, because we have two ways we can look at life, negatively or positively. And negatively isn't necessarily the truth. Because reality is what you make it.

P Yes.

[00:24:28]

S Reality is not your circumstances around you.

D Serene, every time, without fail, I never want to do that first push-up, ever.

S Yes.

P No, never.

D Ever, ever, ever. I never want to do it.

P I never want to do my Workin, ever.

D And, look, when I'm at push-up seven, okay, I probably feel it like... when I'm doing that first set, probably at, like, right now, at about push-up 15, I'm just like, this is a thought, and it hits me every single time, the thought comes into my head that you don't have the body type to build muscle like other men, and you're never going to get there, and so you should stop now. Don't keep pushing, because you're not going to get there because you have this unique body type.

P Yes, you're at a disadvantage.

D As soon as I hear it, I'm just like, crank.

P Squoosh.

[00:25:19]

D Let's go, dude.

S But you know what, it's so funny about the enemy and the dark voices that come into our lives, because you, as muscle-to-weight ratio, you've probably got a lot of muscle to lighter weight. So, see, in my husband, who's really, really, really tall, with long, long arms and legs, his dark voice that comes into his head is, well, you see, I'm just so big, and so on push-up is just way harder for me. These little guys, they can do it all day long.

D Exactly.

S And it's not fair. I have this unique disadvantage.

D He makes up his own narrative, absolutely.

S Yes, and we all have these unique disadvantages, on both sides of the fence.

D Absolutely, because we live in bodies. I mean, you could take a power tool, and you could say, this power tool, while it's so suited for this, boy, it isn't perfect for this over here. And it's like, yes, but...

P But then you take a master, right, who can wield wood, and they can make that power tool like a...

[00:26:10]

D I could cut crown moulding with a circular saw. That might mean nothing to the listeners here...

P You go, you're a master, Dan.

D But for the carpenters, they would go, whoa, you could cut crown with a circular saw, alright. You just...

S Yes.

P Yes. I know. I mean, all my life, really, too there's some things like... And it goes back to identity, and we speak about identity over and over here on this podcast. But you and I, Serene, you are a natural more muscular type than me, you have more athletic body. So I used that as an excuse for years, like, well, Serene just was born for exercise, and I wasn't. I don't have much muscle, I wasn't born with much muscle. But you got what you got, like Danny, right, and you work what you've got.

P I don't care to be like an Olympian or anything, but I'm going to take my body without much muscle and whatever I've got, I'm going to honour it and I'm going to tweak it. I'm going to make it the best it can be, and I'm going to forge my own path, not Serene's path, my own path.

[00:27:05]

S And look at you, you are a dancer who always thought that you didn't have one... And I always thought you danced groovy, but you...

P No, I had...

S You had this thing in your head that you didn't have the groove. I always thought you did, Pearl.

P No, I didn't have the groove.

S She's got the confidence now, and she does her little rumba and her Zumba and her little dance stuff...

P Yes, rumba and Zumba.

D Your little white-girl dance.

P No, no, I learned it from the Zumba people.

D Oh, you're doing some...

P I don't white-girl dance any more.

D African stuff?

S Latino, mate.

[00:27:29]

P Latino.

D Oh, Latino?

P I mean, I learned some moves, yes.

D Yes.

S Yes.

D You're going to demonstrate?

P No.

D No?

P Not right now.

S She likes the privacy of her own little parlour.

P Well, Autumn recorded me, because she was laughing so hard. She's got it on video.

D Yes.

[00:27:45]

P But...

S You talk, Pearl.

P No, I mean, I was going to say, if we're done with that, we can go to a listener question at the end, but...

S Totally, we're totally done, but I just wanted to leave and...

P I loved it.

S Let people think of this last picture in their head, and we've mentioned it already, but what about, you think you have a, well, you can't move forward because you have this little, unique disadvantage. Think about those Special Olympic people.

P Yes, I know. But you know what...

S Literally, the feats that a human body can do with willpower...

P It's so amazing, but I am going to think of that, and I hope my brain reminds me of that before I want to whine to my husband or I want to whine to anybody, or you, about anything, I'm going to think, when you whine, you can't win, right, you're not winning. Is that it?

S Yes, exactly and let's just think about the politics today and all that stuff, instead of just... Because it's rising up in me, whenever I want to get with you, Pearl, I want to just go, can you believe it, what's going on? Can you just believe...? And just go on. But I...

[00:28:38]

P We want to whine about the country or whine about anything.

S But, guess what, the whining's not going to help. Praying will.

P Yes.

S And so I think let me just take that energy that I was just going to whine about all the weird stuff that's happening in the world...

P But it's fun.

S Can you believe how messed up...? It is fun. But, guess what, there's power in the positive.

P Right.

S And so the prayer is the positive in it.

P Oh, look at Lesley-Pops.

[00:28:57]

S And it changes things, and it breaks chains. And so, yes, we can't whine and win.

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

S I'm Serene. If you don't know Billie's name by now, you're either new to this PODdy, or you just...

P You have not been listening to us.

S You haven't been listening. Okay, so Billie, he, well, maybe it, has just changed my life.

P It's an It.

S Yes, it's amazing.

P Do you think of your Billie is a boy razor? I do, for some reason.

S Well...

P It's just because of the name.

S It's purple. It can't be a boy?

[00:29:32]

P I just think of it as Billie the Boy.

S Okay, well, I tell you what, Billie is a razor, and it's a razor like none other. It has a little magnetic holder that sticks in your shower, not by lick-and-stick, but by different, wonderful, miraculous science. And I tell you, what happens is your razor will never fall to the floor like when the lick-and-stick would get not sticky. And the goo that comes from a razor, like the aloe and the moisturisers that are on those razors, the strip, will not get all gooey in the bottom of your shower, because, guess what, it won't be falling to the bottom of the shower.

P I know. And the razor itself changes the way you shave. This razor is designed for women.

S It's American-made.

P Yes, and before you had to go, if you wanted to get a really high-quality razor, you had to go into the special part of the store and get that special lock-key box. You don't any more. You're going to get the highest-quality razor, which is a Billie. And it's going to be in your home, and from that time forward, you'll be a Billie user. Trust us.

S Can I just talk a little few seconds more? Can I just give Billie an...? I used to use razors with soap...

[00:30:36]

P Yes, Serene, because you don't stick to script.

S Okay. But I was sent a Billie shave-cream. Changed my world. Pearl, have you ever used shave-cream before?

P No.

S Oh, my goodness. The Billie shave-cream...

P Always use conditioner.

S It just revs it up to a different level.

P How did you get that, and I didn't? Now I need some.

S Because I took it home, and you didn't.

P Oh, she nicked it.

S It is amazing, heavenly stuff.

P Hey, so that's the thing, Billie has started to make some really quality personal products. They have dry shampoo, they have smart things like face-wipes. They're all natural...

S Face-wipes that are incredible. My daughter... It's the only one that doesn't make her face sting.

[00:31:15]

P So it's not just shavers, but it all started with a Billie shaver. And, listen, go to mybillie.com to meet the razor that made everyone start talking about razors. It's just \$9 to get your starter kit. And here's what you get. You get their award-winning razor, which Serene and I talked about, two refill blades and the magnetic holder that keeps your razor safe and dry in-between uses and changes your life. Plus, free shipping always. Go to mybillie.com/trimhealthy. Spell that, Serene. Spell Billie.

S That is B- I- L- L- I -E, dotcom, slash, Trimhealthy. This is the PODdy with Serene...

P And Pearl.

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

P Hear Lesley-Pops's...

S Oh, yay.

L I've got two stories in two PODdys. This one...

P Right, Lesley-Popsy.

[00:32:08]

L Okay, so I'm positive, right?

P Yes.

S Yes.

P Totally.

L You're both positive. We're all positive. But walking through life, jobs, farm, animals, dealing with people, there are moments where I really just want to like offload. And talking about you're doing it to Charlie, to me, Steve, my honey, is the last person, because if I take him... Even if try and sugar-coat the situation, not bad, just whatever it is, okay, so he can escalate it so quickly. There's a happy ending here. So we have this balance, right? I'm too positive, and he's a bit too negative. He wallows in the, well, it's all going to fail, everything's wrong, it's broken...

P An Eeyore.

L I can't do it. And I'm like, oh, my God, everything's amazing, let's do that, rainbows, all the things. And so we have this joke, and so when something's bothering me, I'll sort of have to build myself up, because I want to tell him, right, I want him to help me through whatever it is. Anyway, so the happy ending is, very recently there was a noise in his truck. And so, usually, that's it, the truck's dead. What're we going to do? How am I going to get to work? And I got him an appointment at the mechanic. He said, it's all going to be fine. You guys.

[00:33:45]

P Isn't it huge?

L My brain exploded. I was like, Babe, you know what, it was fine. It was just like a silly, little \$30 thing that...

P Do you think that you'd rubbed off on him all these years?

L Absolutely.

P Oh, good for you, Les.

L I totally own that.

P You own it, mate.

L Because how could it not be? It's a constant conversation in our relationship, constant, that we...

S I can't believe we didn't go there, and it took Lesley to go there. This is a huge part of the PODdy that we need to bring. It's not just life for ourselves...

P Yes.

[00:34:13]

S It's life for other people. When we stop whining, we affect other people's lives.

P That's true.

S We build them up. Lesley, that was too groovy. She changed her honey's whole perspective.

D It's called Permission to Succeed.

S Yes.

D People need that. There was some, John Maxwell, you remember that guy?

P Yes.

D I gave this whole story about the girl who was ringing him up at McDonald's, it's a bad story for our podcast, I realize that now...

P No, it's all right.

D Was ringing him up at Whole Foods, and he asked for some tweak to his meal. And she said, we can't do that. She was confused, she didn't see it on the illustrated menu in front of her, designed for three-year-olds. And she goes, oh, we can't do that. And he looked at her and smiled and said, yes, you can. And then she was like, okay, and she did it. And he goes...

[00:35:10]

S Permission, yes.

D She needed permission to succeed.

P That's true. Yes, but that's Serene, though. When we go to a restaurant with Serene, because she never, never asks for what's on the menu...

D Oh, Serene will put that...won't she?

P But she encourages them, like, yes, all you have to do is you just, she walks them through it, you just go and you ask the chef and just tell them to do it this way. No, it'll be fine, it'll be great, yes.

D It's fine.

S No, they do that for me. Yes, chefs like to do that.

D Yes, it's fine. And you like tips, right?

P She tells them, they'll like it, they'll like it, it'll be great for them.

D You work for tips, don't you? I thought so.

[00:35:40]

P But, I mean, it's so true, and I have to say this, I think that we believe in this so much, sometimes I even forget it in my own life, but sometimes when you hear other people, I mean, and then it's not to be mean, but then you're like, okay, I don't believe in that. That's not what I want to be, even though I do that myself. Serene, you and I, we don't travel to many book-signings or anything, and we're just here at our homes, and we do the PODdy, because we don't want to travel, we want to be with our families. But when we do go and we greet Trim Healthy Mamas, I think sometimes we're so loving, we love to hear people's stories, but I think we're firm in the fact that somebody will start their conversation with us, oh, you know, and they'll be like, well, I love your plan, I fell off the wagon. We'll be like, oh, okay, why? Well, I just can't because I have this issue, and I just can't. I just hate stevia, or I just did this, or this went wrong... And we're just like, hold it right there, that's not true. Don't say that about yourself. That's not true. No, you don't hate stevia. No, you think you hate stevia. Hold on, here's how you're going to love it.

S Yes.

D Yes.

P Okay, so we don't even allow it.

[00:36:44]

S Yes.

D Don't even allow it.

P And they look at us like, what, I don't? And we're like, no, you don't. No, not at all.

S Yes.

P And they're like, oh... These things are going off in their head, like I don't, maybe I could love it. Of course, you could. This is how you do it. And then it's like, oh, yes, permission to succeed, Danny.

D Yes.

S Because positivity breeds, just like negativity breeds.

P Yes, and you've got to cut it off sometimes. You hear it...

D I met him a long time ago, I know him, he's a friend of mine, very wealthy man who was telling me that his children were going to be going to Harvard. And I was just like, puke. I was like...

P Sorry for all the Harvard grads out here, listening.

[00:37:22]

D I left school in the tenth grade and just strived for the rest of my career. And at the time, I was just like, oh, college made me sick, but Harvard made me sicker. So I was like, why? Why is that your goal? I'll give you college, even, they're like trying to be a doctor or some sort of training you need. But just an ambition for Harvard. And he said something that at the time I was even still like, man, is that even right, but now I'm like, I get the principle, whether or not his conclusions are sane or not. But he said that, he goes, I don't even care about the education. He goes, I want my kids in their mind to say, I do business with those people. I am in those circles. And because the type of business this guy did... And he said, it's an identity piece. He goes, I could send them to community college, and they get the exact same education, maybe better, from a more passionate teacher, I don't know. He goes, but it's a business decision for them to identify with the sorts that they are going to deal with. And so while that's very businessy, the principle is that...

S Yes, so there's a principle.

D There is a principle that... I get what he means. He put the emphasis on Those People, because it would knit in them at a young age anything not at this high level of success was odd and awkward in their lives, and they would subconsciously get it out. And they would also subconsciously create these high levels of success, because it's not congruent with their identity.

[00:39:04]

S Yes.

D So I love that whole, what you're talking about, like, not allowing things... That's a huge thing.

S And that's a huge thing how, this could be a huge debate, but we've talked about it here at the PODdy before, all three of us have a similar ideal about it with our children. Instead of letting children say, I suppose it's very natural to fear and it's natural to get upset, and so let's just explore that for a while. And then when you're all vented, we'll come back and we'll talk about it. No, in my house, it's like, no, we cut anger off immediately. We just don't explore it at all. No, we kill it. We kill anger. Not children. We're not talking about that. As soon as the anger comes, it's, no, we cut it off. We don't allow the venting, because negative things grow. They don't have a healthy vent.

P Yes, and it's not to pretend there's not problems, and we put our little heads in the sand and, okay, things are perfect, I'm Pollyanna. No, we've got issues, we've got challenges...

S Major.

[00:40:10]

P And those are real, and they are out there. But it's how we look at them and how we approach them and how we say, well, we can handle this. And there's a way, there's a course that we navigate, like you said, around these things, Serene. 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...

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.

[00:41:10]

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

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, shoutout 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.

[00:41:56]

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 and enter trimhealthy.

P Spell it, Serene. Spell Buffy.

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

P Yes. And it's Buffy.co, not dotcom, okay. And that's \$20 off, and visit 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. I just have to say, I'm not trying to be proud, Pearl, about our Workins. I wish somebody else did it, so I really trump them big. Because I just believe in them now, even more than when we first came out with them.

[00:42:57]

P Serene, you're talking about Workins...

S Yes.

P Which is our exercise DVD. That, actually, yes, you should be proud, Serene, because you created them. The Workin's focus on rebuilding your whole, entire body from the in out. That's why they're called Workin's. And they help strengthen and heal your core, and they heal your more fragile foundational layers before concentrating on outer muscles. But guess what they do. They also make you fit at the same time.

S I'm telling you what, this is not just for rehabilitation. It covers rehabilitation and makes sure you are rehabilitated. But I tell you what, it gives you a slammer of a workout.

P Yes.

S Like I'm in a level in my life where my baby is two years old, so I'm ready for workouts that challenge me, and the Workin's challenge me.

P Yes, because you are more of a Thrill Fit, and we have three different levels. So not matter what level you're at, if you're very unfit, or you're moderately fit, or you're like Serene, where it's your passion, then you can just fit right in. It's for women of all types, all shapes, and it all heals. And, guess what, it's 20 minutes or less.

[00:44:05]

S There are eight DVDs and eight different workouts, and you can just shuffle them around, and your body will never adapt. In the Workin's, we don't just have building exercises, we also have anabolic exercises that rev our fat-burning. And we cover all the bases. So you never know what's next, and it's so exciting.

P You can get put off exercise when it's too long and too over-consuming. And that's not that this does. Like Serene says, it's short, it's fun, but it's very effective. If you've had any problems with like incontinence or things like a diastasis in your stomach where the muscles have separated, Workin's is actually designed to help heal those things. And we have countless testimonies of people saying, I can laugh, and I don't pee any more.

S And the great thing is, okay, they're 20 minutes or less, but they're made up of a warmup and then three five-minute different segments. If you have only time for the first five minutes, or you want to skip it and just do the last five minutes, it all helps.

P Hey, so give us a few minutes of your day and celebrate the joy of movement with us.

[00:45:17]

S Go to our website, trimhealthymama.com, and search in Workin's. Type it in the little typing bar. And it can be streamed to you, and come Workin with us.

D Listener question, shall we?

P Yes, let's do it.

D Angela writes, hello, Serene, Pearl and Danny. I'll start by introducing myself, even though my questions ultimately are not about me. I'm an avid fan of yours, and I've listened to every podcast since the very beginning. You encourage me in my walk with the Lord and my journey of health. Never had a serious weight problem, but after having four kids and holding onto a little baby...

P Oh, can you slow it down a little bit?

D It's so long.

P That's all right. We want to hear her, hear her heart, Danny.

D You all are true women. I've never had a single...

P No.

S Do you find when your husband talks really quickly, you're like, so what happened in that conversation? It was really interesting. And it takes two seconds to explain. It's not good enough. You left out too many details. It's like, no, repeat, repeat, repeat.

[00:46:06]

P We want to hear her details.

D Amen, I'm going to tell you a new secret I'm starting to use with my wife. Just say, I don't know.

S No, that's really bad.

P No, that's awful. Doesn't work.

D I have had all this pressure my whole life to answer the question. And then I just realised that sometimes I don't... No, if you don't know, say, I don't know, that's what I mean.

P Oh.

D Because I don't know often, but I make up something because I don't want to not know.

S I don't know [overtalking].

P I don't even know... This is not helping me, Danny. Can you read her with respect?

[00:46:33]

D I've never had a serious weight problem, but after having four children and holding onto a little of the baby weight, I was happy to see that your plan made me shed those extra 8 lbs easily.

S Oh, yay.

D So enough about me. I have bigger concerns now and need your help. Two of my children have cystic fibrosis. They're now ages 14 and 12. All their lives...

P And you were going to rush through her post.

D Don't you shame it. Don't you try.

S You didn't even know that there was these issues that we needed to address.

D Guys, I was abandoned as a child. My empathy is very low. So your church won't work with me.

P You're feeling it now, though. You're feeling it now.

D All of their lives, we have had to work at helping them gain weight. This is why my ears perk up and I really zone in when you talk about Danny's struggle to gain weight and eat healthy. Don't you drive in another point...

[00:47:21]

P I wish.

D Just because she mentioned me.

P Oh, you know.

D See, after all that, Danny, you're going to gloss it over. All right. Recently, my boys have started new medication that helps with the basic defect in CF. And many people have added pounds by the week on this drug, as in the case for my older son, but not the other. Even more recently, it was found that my 12-year-old is tending towards CFRD, or CF, cystic fibrosis-related diabetes. This can make gaining weight very difficult and explains why he has had so much trouble even though he tries hard to eat a lot. Personally, I have been hearing what you say about staying away from sugar, and I've worked to help him with this. So I know for diabetes, pure sugar is terrible, but I have to get this kid to gain weight somehow. What tips would you have for helping someone gain weight in a healthy way. Also, I noticed that after a breakfast containing oatmeal, his glucose numbers were much lower than after a meal containing hash browns. Is this coincidence, or is oatmeal that good for controlling glucose? Could it help with weight gain? Thank you for taking the time to slowly read... No. Thank you for taking the time to listen to and answer the questions us mamas have. I really appreciate all you're doing to encourage us to lead healthy lives. Sincerely, Angela.

[00:48:36]

P Angela, man, love you. And, man, you've had some challenges on your hand. I do want to address that oatmeal thing first. I mean, yes, it is easier on blood-sugar than white potatoes, usually, depending. White potatoes, with oil at the same time too, can be a bit of a spiker for some people. But I'm telling you, yes, oatmeal could help your son gain weight only if you've got a hunk of fat with it, like good two tablespoons of nut butter.

S Raw honey.

P Raw honey on there.

D Is that okay with the glucose issue, the honey?

P Okay, if he can't do raw honey, try a couple of doonks of stevia, right, Serene. Let's see how he does with the honey, or maybe a tiny bit of honey and some stevia.

S We were just saying honey because we thought for the calories, but...

P Right, but he's got some diabetes. But...

[00:49:24]

S I was actually just reading up about cystic fibrosis while you were... So what was the thing about the glucose, so I can be part of it?

P Well, some people with cystic fibrosis also develop diabetes with it.

S Oh, okay.

D Which he does.

S And it wasn't from the medicine? It's from the actual CF.

D Yes.

S Okay.

P So, yes, and if you put some really good hunks of nut butter, get some protein in that oatmeal too.

S Right, because the more fat and the more protein that you're adding to a carbohydrate meal, you're going to be lowering that blood-sugar spike. So you're going to make it much more easier on the diabetic issues. But you're also going to be adding more stickability of those calories.

D I sprinkle in, with my oatmeal, the THM Just Gelatin.

[00:50:08]

P Yes. So if you put that in the fridge, it would set.

D The oatmeal would?

S Yes.

P Yes, Jell-O.

D Oh, it would be like Jell-O?

P Yes.

S It would be incredible.

D Really? I've never even needed... I don't even notice it in there.

P Yes, because you're eating it warm.

S So sweet potatoes are very slow blood-sugar release, and plenty of coconut oil or raw butter or pastured butter or even just regular butter in that with protein...

P With carbs, okay, here's the thing too, and John, Producer John here, was talking about his wife before we started here. And he was talking about how Dawn has always had trouble putting on weight. She's doing some different things, but one of the things she's doing now is goat's milk. Goat's milk is incredible at helping to put on weight, because you can't skim the fat from goat's milk, right, Serene?

[00:50:50]

S Yes, you can't.

P So it's got the carbs and the fat in a really digestible form. And it can really help people. She's drinking up to almost a quart a day, right, John?

S And because it's got natural carbs in there, but, also, a really good amount of healthy, healthy, wonderful fats, capric acid and different fats that are so healing, they fight disease. Actually, there's incredible protocols for fighting cancer with raw goat's milk, and all different diseases. But because of this big wad of healthy fat in there, you will not get a spike from those healthy carbs.

P No, so I do encourage you, I know you want him to gain weight, sugar, just white sugar, anything with sugar, won't necessarily help his condition or help him gain proper weight. It might just make his diabetes worse. So let's do things like healthy carbs, like we're talking about, with fat with them, like...

S Preferably a raw goat's milk source.

P Yes.

S If you can't, you could just use the Meyenberg.

[00:51:46]

P Yes, absolutely. But let's just take sweet potatoes or oatmeal or other things like that, put a fat with them, put a really good hunk of fat, like a couple, two or three, tablespoons of nut butters, right, Danny. Or if he can tolerate cream, things like that. Always put protein with them.

S Yes.

P We would always say raw honey, but we don't know if his blood-sugar's going to stand for that right now. So make sure...

S But if there's enough fat in raw butter with it, maybe he could.

P Yes. Make sure there's always protein, carb and fat, protein, carb and fat, protein, carb and fat in every meal.

D Yes, and for me, I wonder too if he has a low appetite, because I had a...

P Probably.

D And if I'm not careful, I will have a low appetite any day I'm not conscious of... If I try to get up, because sometimes with these health issues come a certain type of personality as well. My mom has this type of personality, I do. I want to get up and run into the day, run into work. Now, her son may not necessarily be running to his career, or whatever, but either way, in the morning, if he will do push-ups, some sort of working out... I don't know how old he is...

P I wonder if you can with cystic fibrosis.

S Well, they said that it's hard to work out, because cystic fibrosis has a mucous that covers...

P Mucous covers the chest.

S The lungs and covers the intestines, and that's why they can slow grow, because not enough nutrients from the food can be absorbed.

D Well, if you can, though, get some sort of... That's what really... For me, I needed to make my appetite bigger and stimulate my appetite. So any sort of... Cardio's not good for skinnies. You need cardio, right, but it's not to...

P No, it just takes...

D It's going to shred.

P It's going to shred the fat off you.

D Yes, so you can get enough cardio in your push-ups and any working out you do.

[00:53:31]

P I wonder if there's some specific exercises she could look into that cystic fibrosis kids could do.

D That's smart, yes.

P Because to stimulate appetite... I think you might have something on that.

D Yes.

P And then always that, just always think, carb, protein, fat, carb, protein, fat, every time he eats.

S There are certain foods that stimulate appetite too.

P True.

S And she can look that up.

D I also like to pound calories in drinkable form, in smoothies, because I struggle to eat big meals like chicken and rice. When I eat chicken and rice, it's such a small portion. I can eat quadruple the calories if it's in a smoothie.

P True. And my Rocky does that. My Rocky was a skinny, and now he's really muscled up.

[00:54:10]

D Is he pounding smoothies?

P He makes his smoothies about 3,000 calories each.

D Yes.

P He puts...

D Just ridiculous.

P He puts one or two scoops of our whey protein. He does milk. Then he gets about a quarter cup of peanut butter...

D Nice.

P Then he pours heavy cream...

D I like this.

P Then he's got raw honey, whatever we've got. Then he throws nuts in, and he'll throw one or two bananas in. And then it'll be a small amount. He doesn't make it too big, because his stomach is small. So he just puts it in one tall glass, not a quart...

D Absolutely.

[00:54:45]

P And it's just so dense.

D If I could ingest it, I would.

P And it helps him.

D Yes, when you're struggling to gain weight, typically your appetite is small, your brain is a revvy brain, you know, that's thinking about stuff and creating all the time. And so drinkable... My...

P And then you could put green powders or whatever's really healthy in there too. You can disguise them in smoothies, right, Serene.

S Yes.

D A scoop of matcha powder. I mean, you could go to town, man.

P All those things you could get if he likes a smoothie. And don't make it too big so that he couldn't finish. I think that's what Rocky has learned.

D Yes.

P If it's a quart... Like me, I'm a volume eater, I just want to eat and eat. And I do tricks to make it lighter, right, because I want more food. Some people, like you, Danny, and my Rocky, he doesn't want mountains of food. He just wants that small amount but make it dense.

[00:55:27]

D Yes.

S So the smoothie thing is a great idea, and, also, little balls, little squares of just nut butter. You try out the raw honey, if he can do it. But maybe even, because there's fiber in it, like organic dried figs and dates and things like that and it could be quite slow if there's...

P With his blood-sugar, maybe.

S Nut butters in there. I think it will slow it right down.

D Oh, what about making like...?

S Protein powders into little balls.

D Yes, protein powder, oatmeal and peanut butter balls. Is that a good idea?

P Yes.

S Yes, and slamming it before bed too.

D Yes.

[00:55:56]

P The slam, do the slam.

D Like all the opposite of what you all tell the...

P Yes, all the opposite of what we teach our ladies, on that note...

S On that note...

P Angela, we are just sending, really, prayers...

S Yes, prayers.

P Towards your sons today.

D Yes.

S Amen.

P And just all of us as the THM group, we just want to offer up some prayers for your situation. We pray for long life and health for your boys and that you will be equipped with strength to deal with this, and wisdom. But we love all of you guys. See you later.