



Trim Healthy Podcast with Serene and Pearl

Episode #190 – A Dannyless Poddy

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

S = Serene · P = Pearl · L = Lesley ·

[00:00:00]

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S This is the PODdy with Serene...

P And Pearl.

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

L Hello, this is not Danny. This is Lesley-Pops. And we miss Danny today, but he's off doing some big, mega-thing that he is, superstar that he is. So I'm introducing the girls today and their podcast, PODdy, PODdy, pod.

[00:00:55]

P You did that beautifully.

L Thank you.

P It was just the right touch of Lesleyiness.

S Yes.

L It wasn't very professional, was it?

S We were doing a mike test with Lesley-Pops just a few seconds ago. And do you know what she said for her mike test? Spaghetti on toast!!

L Yes, I did.

S Which is so British, which is so our heritage too. And it's so opposite Trim Healthy Mama, but it's funny to just think about...

P It's actually possible you could do it the THM'd way.

S Yes, you could.

L Yes, absolutely. But, yes, we talked about how we put everything on toast.

P Yes, the British like baked beans on toast...

L I still like baked beans on toast.

[00:01:30]

P Soup on toast...

L I don't like soup on toast.

S Split-pea soup on toast.

P We grew up with soup on toast. What else did we used to do on toast?

L I can see dipping toast into tomato soup...

S Oh, toast fingers. Did your Mum cut them up into toast fingers?

L Oh, yes, toast fingers, yes. Soldiers. Toast Soldiers!!

P You dip them in the boiled eggs, and the...

S Oh, yes, you dip it in the boiled eggs.

L Soldiers, toast soldiers, boiled eggs.

S Soldiers, yes, toast soldiers. What about, this is not just necessarily...? Sorry, I have a little tickle ...sorry.

P Just don't spread your COVID round here.

[00:01:58]

S No, my body doesn't COVID. My body doesn't COVID. I feel great. It's just a little tickle.

P And, hey, sorry for all those weak jokes about COVID. I don't want to joke about COVID, but sometimes you've just got to have humor in your life.

S Oh,

P So maybe I do want to joke. I know. I understand people have died, so I'm not joking about that.

S There have been people that have officially died of it.

P That's true too.

S There have been people that have unofficially died...

P That's true too.

S Where it wasn't really COVID. But that's another story.

P Anyway, what were we talking about?

L Well, we're on the Hilltop, and neither...

S Yes, my body doesn't COVID. But I just want to say this, though, it's not necessarily like a big thick thing on toast, but mousetraps. I said to my children, I said, let's have mousetraps for afternoon tea...

[00:02:35]

L There's a mousetrap.

S And he said, first of all, what's afternoon tea? I'm like, we've been married this amount of time. You don't know what afternoon tea? I'm like, it's afternoon snack. And then...

P Mousetraps is Vegemite on toast, plus, then you put cheese on it.

S Yes, you melt cheese on Vegemite toast.

P But this is not what we're talking about. We've got to get to the point of the day.

S Sorry.

L So off-topic!

S Lesley-Pops made me do it.

L Anyway, just as your introduction and some gross things on toast...

P Thank you, Lesley. We might be calling you back if we need you, or if we need John, to pep up the conversation.

[00:03:01]

L Yes, I'll just be over there, where I usually am.

P Okay, see you. Bye, Psalmers. We've got a bit of a three-parter today. Serene's got something that she wants to bring a little something-something.

S Well, it's just a little bit. It's an hors d'oeuvres, it's a horse-de-ovors!!

P And then I've got some listed questions, but I'm just picking one for today, because then I have a very awesome Superfood Spotlight.

S And you have a lovely dress on too, Pearl.

P Thank you. You know, I told you, right...

S A bit of a Mother-of-the-Groom dress.

P No, no, it's \$21 off Amazon.

S I know, but it's cream with red crimson flowers.

P It looks more expensive than it is. But you know how I was wearing that...? I started off with one grey dress... You know when you couldn't try clothes on earlier this season?

[00:03:44]

S Yes.

P Some states, you still can't.

S Oh, my goodness.

P I think, mostly, here in Tennessee you can't either.

S What?

P You can't try clothes on because of the...

S I suppose I don't get out enough.

P No, you don't get out. So, anyway, I bought one grey dress off Ama. Usually, things look terrible when I buy them off Ama, for me, horribly shocking. This one, everyone said, oh, I love your dress, Pearl. So then I bought a red one. Everyone said, Pearl, I love your dress. So guess what I did then?

S You bought 12?

P I brought a blue one, I brought a white one, I brought this floral one.

S I like that.

[00:04:17]

P I brought a teal one, a couple of others. So now I have seven dresses of the same style.

S Speaking of mother of the bride, my daughter's got engaged recently.

P Yes, Chalice has gotten engaged.

S I know. I'll be mother of the bride.

P Yay.

S For the first time!!! I've never been mother of the bride.

P Yes, I know.

S I've been mother of the groom, but not mother of the bride.

P That's true.

S Yes, she is getting engaged. It's all interpolitical, people. She's gotten engaged to the son of the man who runs Trim Healthy Mama.

P Yes, who's our manager of Trim Healthy Mama. We actually run it, Serenie. But he makes sure...

S I usually get told what to do, actually.

[00:04:57]

P He makes sure it runs properly. If Serene and I actually ran it...

S It would be gone.

P Oh, my goodness, you wouldn't have any products.

S It wouldn't be Trim Healthy Mama.

P Because we wouldn't know what's coming from Sri Lanka and what's coming from India and what's coming from Asia. We wouldn't know all that stuff. Hey, all that, yes, and my son, Noble's, getting married October. Your daughter's getting married in December, but let's get on with today.

S Yes, totally.

P People tuned in Serenie.

S Yes, yes, and I'm looking to concentrate, but I see my children galluping up, ready to slam through the doors. But we'll see what happens, shall we?

P Well, Lesley can cut them off.

S Okay, I was just reading this morning. Pearl, was like, hey, got anything for the PODdy, because Dan's not going to be here, so it's just a light PODdy? You got anything? And I'm like, I was just reading this morning, and something just blew open a synaptic space in my brain.

[00:05:51]

P As you said, blew a bomb.

S Blew a bomb. I'm actually hot right now. I was cold, and I put a fitted sheet around me like a shawl because it's the only other thing in the PODdy Cabin to stay warm, and I'm taking off my fitted-sheet shawl. And it's not just for those Psalmer's that aren't Bible-readers, or whatever. It's still going to bless your socks off, because it's a paradigm shift for me. And it was unbelievable. This is Hebrews 11, verse 24. It said, Faith enabled Moses to choose God's will, for although he was raised as a son of Pharaoh's daughter, he refused to make that his identity. I'm like, whoa, he took his whole childhood, everything he knew, all the concrete memories, everything that cellularly made up who he was, all he knew...

P Yes, because, remember, Moses, right, he was a baby when he went into that little basket and went down the stream, those of you who know your Bible stories, went down the stream and then was therefore caught by a lady...

S What, Nefertiti? I'm not sure.

P And taken to the palace and totally raised, his whole life, as a prince.

[00:07:03]

S By Pharaoh. Yes, raised...

P Pharaoh, an Egyptian prince.

S Yes, but it wasn't life for him. It wasn't future of life for him. It wasn't his calling. And so he refused to take all that was his identity by right, by memories, by everything, and said, no, I refuse to make that my identity. And it just knocked me over my head. Because so many people, and me in the past, have been like, well, you don't know. You're not in my shoes. You don't know what I've been through. Or you don't know how... You haven't experienced this first-hand. And we can get very strong about our identities because of the concrete memories, all the years that may have built this identity in us. And I just saw it for what it was, we need faith for identity. We actually have to have faith, and why do we have to have faith? Because sometimes it doesn't make logical sense... Actually, it doesn't. When you need faith, nothing is making logical sense. Faith always need a leap. It's a step of faith.

P And, Serene, when you read this to me this morning, huge, huge light bulbs went off in my head. Because... Yes, they're coming in and out a lot, Serenie.

S Yes.

[00:08:19]

P Look after your children, why don't you? The door squeaks.

S Hey, if you want me to buy you a little treat when we go to the store, the bribe treat...

P Okay, so you can think of it in many ways, this identity, taking from the Scripture. Well, Moses knew that he was created for something completely different even though it was not how he was raised. God told him, you're going to be the leader of my people, this whole other group, this Hebrew group over there, that's what you are made for. But he was raised in a palace. He was given everything. He had a different upbringing, different food, different things, different... And then he had to go to this culture, and he had to put on that identity, Serene. I'm thinking this for many aspects of our life, right, but I'm also thinking it for our Trim Healthy Mama journeys. Many of us were raised in a home that comfort foods were something completely...

S Spaghetti on toast, Lesley-Pops.

P Spaghetti on toast, mates, or worse, right? Maybe it was Pop-Tarts. Maybe it was, no, we sit around eating sugar-laden treats when we're stressed. Maybe the culture in my home, our comfort was Coca-Cola in a can.

S Your's...?

[00:09:36]

P No, I'm saying...

S I was going to say, shoo.

P And it could be anything. But now our identity can be completely something else by faith...

S Totally.

P By calling.

S Yes.

P We are called to nurture and to honor this body we are given. And, actually, that past identity, if it was in the wrong, if it was an error, if it was something...

S If it did not breathe life.

P If it's not something we're called to, then that doesn't have to be our identity. We can actually cut it off.

S If you need to take a step of faith to have a new identity, well so be it. Because Moses by faith, it said, by faith, which means there was nothing in his natural sense that supported it. So by faith he had to take a massive leap and say, I refuse. I refuse for all that I know to be my identity, which is humongous.

[00:10:29]

S And it could be you've suffered with PCOS for years, maybe you've got fibromyalgia, maybe your adrenals have crashed and you are the Tired Woman. Your identity has been the woman that everybody comes with compassion and says, well, how are you doing this week? And you've always got the story of, well, the ups and the downs of all the struggles that go along with all of the illness that you may be suffering. But maybe a leap of faith to be like, hey, I am not this sick woman. I'm a healthy woman who's fighting off sickness. And just change the whole identity. And if it doesn't sound logical, well, awesome.

P Because Moses had all those memories, right. What if you're in a marriage, maybe you're still in it, right, and you have almost a whole lifetime of memories of hardship in your marriage. Now, logic says, well, that's your identity, right? I've been in a struggling marriage...

S Or it's the identity of your marriage.

P Yes, that's my memory. We've lived in a struggling marriage, I'm in a struggling marriage. My relationships have been broken. But what if by faith that's not what you've been called to? What if there is something bigger? I'm in a marriage that is healing, not that is broken. It's two ways to look at it, like Moses looked at it, in a completely different, higher way than the actual reality was. The reality was, but, hey, I've been brought up, this is all I've known. The reality was he could've said, but this is all I've known. I don't know that other culture. But what if that other culture's better for you?

S Right, it's deep.

P Oh, Serene, it's so good for me, it's so good for me.

S It was just one line, but I was like, wow, faith and identity go hand-in-hand too. Because most people think, oh, yes, you have faith for a mountain moving, and you have faith for this, and you have faith for that. But people get very, very passionate about being married to truth. I'm just being honest...

P Realist identity.

S Realism, that's it. And when it comes to identity, they start putting their tent-pegs down, like, no, no, I'm being a realist. This is...

P No, no, my realism, I'm a stress eater because I always have been a stress eater. So that's my realism. That is what I have done, because those are my memories. That's what my family did. But, no, there's something more out there for you.

S I love that.

[00:12:51]

P Your higher calling, your higher identity is not a stress eater.

S And once we have our identity changed, identity is the beginning of everything.

P I know, and we keep harping on about it, but, Serene, I need it. Every single time you bring something, Serene, it's like I've forgotten the other things, and I need to be reminded. And it's so good for me.

S Me too, though.

P So if I know it's good for me, I know it's good for you guys, our listeners. Your children are going to come in for the 20th time. Good job, Mother.

S Okay, one second. You carry on with a joke, Pearl.

P No, I want to hear. I want everyone to hear you telling them off.

S A few more treats. Yes, there shall be toast without spaghetti.

P Who's calling me?

S And your phone as well.

P I'm turning this off.

[00:13:36]

L Shall we pause?

P No, it's okay. It's all real-life today.

S Yes, Danny keeps us in order, obviously.

P No, I know. I thought he made things more crazy, but I guess not. Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who are you?

S I'm Serene. I love shaving now, and I used to absolutely abhor it.

P Me too, and it's thanks to Billie, right?

S It's thanks to Billie. Because I used to have shavers that were less than deliciously wonderful. They were just cutters and wreckers.

P Annoying, and they'd fall down in the shower and get on the floor.

S That's once you've purchased it. And to purchase it, you had to go through all the bother of getting the lady with the key to get them out of the box.

P That's if you wanted a good one, and good ones are expensive.

S And they still were rash-givers to me.

[00:14:25]

P Listen, Billie changes all of that. Billie created a razor that is for women. And not only did they do, they were smart, and they created a magnetic razor-holder for your shower so it doesn't fall on the floor.

S Every time I put my razor back on the, bling, little magnet, I feel like magic had happened, and it was a special shower moment.

P Yes. So no more visit to the drugstore, no more pink tax for good razors, no more breaking the bank. Billie has changed all of that. Go to mybillie.com to get their starter kit for just \$9, right...

S Repeat that.

P Just \$9.

S That's unbelievable.

P This includes their award-winning razor...

S You can't get those key people's ones for under \$14.

P No, you can't. Two refill blades and a magnetic holder that keeps your razor safe and dry in-between uses and has changed mine and Serene's shaving life.

S Yes. So that's mybillie.com. That's B- I- L- L- I E, dotcom, slash, trimhealthy.

[00:15:27]

P And Billie not only has this razor. They've come out with a lot of other good, clean must-have products to add to your routine. And they have the wonderful face-wipes, and they have dry shampoo and things like that. So go stock up. Go to mybillie.com. M Y B I L L I E, dotcom, slash trimhealthy, to meet the razor that made everyone start talking about razors.

S This is the PODdy with Serene...

P And Pearl.

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

P All right, Serenie, I'm going to bring this, because I thought this was a really good question. Dear Serene and Pearl and Danny, and this from Michaela, M I C A E L A.

S Oh, yay.

P Michaela?

S Michaela?

P Well, Michaela's usually spelled different, but this might be a different way of spelling it. Sorry if I hacked your name. Thank you so much for your wonderful podcasts. I know I'm not the only one who looks forward to Wednesdays every week. I've been a Trim Healthy Mama since 2014, oh, a vet...

[00:16:29]

S Oh, go, girl.

P And love it. I was wondering if you could do a podcast about hospitality. Having people in my home and bringing meals to others is very important to me and something that I love to do.

S I love Micaela.

P Yes. But I struggle with the dilemma of making traditional meals for people, versus Trim Healthy Mama meals. Dessert is always the hardest part for me as well. I am on a budget and need to make things stretch. Traditional dessert recipes do save money, but I also want to help others in their health journeys, for example, someone who is sick or just had a baby. For now, I've just been making desserts that use honey or coconut sugar, to save money. Also, not everyone does Trim Healthy Mama. Should I take it upon myself to make them something on plan if it isn't something that they're interested in or care about? I would love your thoughts and to hear what you have all done for your families on the hilltop. Blessings to each of you. Man, we've got a lot to say about this.

S A lot, a lot to say. Should we just dive in?

[00:17:27]

P Because we've thought about this struggle with this, tried different approaches to this.

S Yes. I mean, it's true, I was about to say something so politically incorrect...

P Okay, well, just skip that and go with the...

S I was about to say, you can't throw your pearls before swine. And I didn't mean it in a bad way. I just mean sometimes...

P Oh, you mean all those people that don't do THM are swine?

S Well, no, well, just being sometimes we go...

P You're all swine heathens.

S No, but sometimes we'll go to a potluck, a big, large church potluck, and I won't bring my grass-fed beef and put it in that chilli, because they don't even care.

P No, it's very true...

S And they drink it with their sugar-sweet tea. So whatever I make or I bring to a big event will always be whole foods, healthy. I'm not going to put sugar in anything to poison people off. But I may not bring the specialty foods for certain members of our family that care and need it.

[00:18:17]

P Yes. Can I help you get some good point going here?

S Thank you, Pearl.

P Because we've tried it both ways, right? So it depends on the situation, Micaela, Micala, don't know which. It really depends upon who you're making this for. I believe if someone's really trying, like if a mother just had a baby and she really wants to keep her blood-sugar steady, she's in that postpartum, we want good milk for her, she wants to shed some weight, then I'm all about taking her something that fits that need.

S Yes.

P So it will be Trim Healthy Mama. It might be a Crossover even. Okay, but if I, like Serene said, Serene and I have figured this out, if we take it to a potluck, and there's teenagers there, and there's all sorts of people there, we don't feed our really treasured THM ingredients to them all, because it's lost on them.

S It's lost. They don't care. And then they're all going after the pizza.

P And then they've got the sugar desserts right next to it.

S Straight after.

[00:19:15]

P So what's the use?

S Right, but I think we have a certain moral in the fact that you wouldn't bring to them to the crappiest thing.

P Like our Hilltop church, we have our things that we bring, mine is always a wholefood thing. I make a chilli, and it's wholefood. It's a Crossover. That's what I bring all the time. But, honestly, this is the truth, Serene, if my husband got given sugar desserts, and I don't want them in my house, I'm taking them to the potluck to get rid of them, because they're going to eat them.

S Yes, sure. You wouldn't make it.

P No, I wouldn't make something with sugar and take it.

S Yes, exactly.

P I'm not saying for special occasions, like Christmas or something, I would, or...

S Guys, I wouldn't feel guilty for making a cake for a large family or something. Like I said, if there's a lady just had a baby, she's got weight to lose, she needs energy, milk to make, I would do the specialty ingredients. But I wouldn't feel guilty about baking a cake for a family who just moved in next door, with honey or coconut sugar in it.

[00:20:11]

P No, not at all.

S I mean, it'd be wonderful. So you're not going against the fact that you don't want to pull down people's health. You're not pulling down people's health with honey or coconut sugar.

P No.

S You just may not be making them lose weight with that cake, but who cares?

P Exactly, big whoop. And so I think you should feel great about what you do. And I love that you want to reach out to people. I love that you're making things for other people.

S And so the fact is that, right, you can't afford specialty ingredients for the whole world...

P You can't.

S But the other thing is there are cheaper things you can for dessert, like berries and cream, frozen berries, not fresh, they're expensive, but frozen berries with whipped cream on top. And you're not having to spend a heap of money on like Baking Blend and all that stuff. So there are other desserts that are totally on plan but are just cheaper, because they're just two simple ingredients that are whole foods.

[00:20:58]

P There's two parts to my next sentence, Serene, I want you to help, but the other thing, so if, on the other hand, if you are trying to get someone, show this way of eating, then it's different. Then you do take them something with Baking Blend and Gentle Sweet, and, like, look at this Trimtastic Chocolate Cake. This is what you can eat on Trim Healthy Mama. And you're pulling them into the fold, which could change their life.

S Right, and, also, the other part to her question, if she's inviting people into her home and having hospitality, very similar to the potluck experience, when I have big families over to my house or just people that may not be coming for the interest of learning the diet, I'm just putting whole foods on the table...

P Me too.

S Healthy whole foods, making it stretch. And there may be a few little side dishes that end up being particularly THM, but that's great. It's just I'm not going to put it all out there like a big, expensive splurge.

P Serene and I don't, even though we're the original Trim Healthy Mamas. If we have a party at our house, we make it whole food. But I've got regular blue corn chips there, I've got regular salsa. Our children are growing, and they're wiry. We don't have weight issues...

[00:22:05]

S You won't find Coca-Cola and Fanta and... Is Fanta a drink?

P No, you won't find... Fanta was back in New Zealand, Australia. I think they have it here too. But you're not finding Sprite and those sorts of things. But you are finding basic foods. And people will bring sugar-laden items to our parties, if it's potluck, sometimes. And we're not like, oh, you can't come in the door. We're like, oh, thanks, that's awesome, bring it in.

S Usually, it's left, but then that's fine. There's no looking down the nose at that either, yes.

P No, we don't. We just have a good time and fellowship with one another. So I think you're so on the right track. I don't think you should bust your budget.

S Yes, not at all.

P Especially if it goes unnoticed and unappreciated.

S And sometimes, if you're going out to somebody's house, because you want to be part of the other end of the hospitality thing, bringing a big, big salad is not like you're... So that you can share it with everybody. It can be absolutely hearty and delicious. But you don't have to bring everything that had your four specialty ingredients you saved for a month to purchase.

[00:23:05]

P No, absolutely. I hope we answered that one, and I hope we're freeing people up by that. Because some people feel if they make something that's not perfectly with Baking Blend or Gentle Sweet, they're not a Trim Healthy Mama.

S That's not the case.

P That's so not true, okay.

S My family love Scones, Jam and Cream. We put a THM-approved recipe for our Scones, Jam and Cream in the Trim Healthy Table book, but it's a traditional meal that we grew up on. So that's just plain whole wheat flour, I mean, I use spelt, forgetting spelt, but, still, it's not sprouted or cultured. And that's something we will...

P It's because you're making it for so many people, Serene.

S We do this every week.

P You're just using what you can afford.

S Yes, and it's whole foods.

P Yes, it is.

[00:23:49]

S I'm not sweating. If it's whole foods, I'm not sweating.

P Not sweating. Hey...

S My whole family, just so everybody knows, is not a Trim Healthy Mama plan person.

P No, they're not like... No.

S My husband is, when he obeys.

P Yes, my husband too.

S And he's being a good little boy right now.

P Yes, but we just raise our children on whole foods. Now, obviously, they get a lot of our tweaked foods. You're putting baobab in so much, Serene.

S Putting baobab in the chilli and in the Trimmy Bisque's, and I've got one on the table every night. So, basically, every evening meal ends up being... But they'll cross it over with the whole meal.

P Yes, and they've got your good homemade bread and.... So I don't really know how they're not on Trim Healthy Mama. But what do you mean by that? They're not on the weight-loss part of it?

[00:24:29]

S That's what I'm saying. What I mean by that is they'll have the blue organic corn chips, and they're going to have popcorn with coconut oil all over it. They're not making an E or an S. They're having real food.

P Yes, absolutely, and sometimes my children, just from the store I'll buy them bread, wholegrain bread that's sometimes not sprouted. Sometimes they don't want the sprouted form. And they're fine.

S Yes, I bash my children... No, I'm joking. No, I'm like, you are having something else other than sourdough?

P Yes, you make it yourself, so of course...

S I'm just teasing. I'm just totally... I bash...

P But, Serene, my children love your sourdough. Sometimes if you give me a loaf, it's like my children's dreams have come true. They put it in the toaster, they butter it, and they put cheese on top, and they're like, bliss, Mum. Why don't you make Serene's bread, Mum? I'm like, why don't you make it?

[00:25:14]

S Exactly.

P It's time-consuming.

S My children lose points, if they're wanting regular bread over my sourdough, they lose points.

P They should, because yours is best.

S But everything else, they don't lose points on. And I even make granola for them with honey and coconut oil, with oats, and I don't try and throw all the Gentle Sweet in it.

P I want my sons to put honey in their... My son, Rocky, needs to gain weight. I try to get him to put more honey in.

S Yes, all of my toddlers are all on the Anti-Trim Healthy Mama diet, which means we do the opposite...

P Well, it's all whole foods.

S Which means we put every fat and every good whole carb together. I want them chubby.

P Well, all you mean is you're doing the very extreme Crossover version for them.

[00:25:49]

S That's what I mean.

P That's what we mean.

S The opposite of how to lose weight. I do the opposite, yes.

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

S I'm Serene. Here we are talking about our favorite Buffy. Again, if you don't know who Buffy is, well...

P Where've you been?

S Yes.

P Buffy makes bedding that is earth-friendly and cruelty-free.

S Their products are made using only sustainable and recycled materials, which makes them as soft on the planet as they are on your bed. It makes me feel good to know that I'm snuggling up to something that's not ruining the earth.

P Let me tell you, if you haven't slept with a Buffy, you don't know what soft is without suffocating you. There's this thing where you can have a nice, soft, yummy comforter, but then you wake up hot.

[00:26:37]

S Oh, boiling, like a burrito that's desperately screaming to get out of the burrito shell. Oh, my goodness. But the Breeze, the Buffy has a blanket called the Breeze, a duvet. What do you call it? A cover?

P A bed covering.

S Yes, it's called the Breeze. It actually regulates your temperature. Its 100% plant-based design is breathable, and it keeps you at a comfortable temperature. I don't know how it knows how to do it, but it does it.

P I know.

S It's because it's not polyester, down-filled. It's made of eucalyptus fabric inside and out, and it's softer than cotton. It naturally soothes the skin. It's hypoallergenic too, Pearl.

P Yes, plus, its high thread-count shuts out dust, mould and mites, and you don't want those while you're sleeping. Also, Serene, maybe we love it so much because we're from Down Under, and that eucalyptus...

S I know.

P Brilliant.

[00:27:27]

S Brilliant.

P Okay, the Breeze brings wellness to your bed.

S If you have a child that suffers from allergies, asthma, the Buffy is for your family.

P 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 predict there will be no returns. You're going to love it.

S Let me tell you, let me just be honest, we got sent a Buffy...

P At first, yes.

S Because we were talking about it. At first. But guess what good, old Serene did? I brought [sic] with my own money another one.

P Yes.

S Now, I don't do that.

P I've done the same, Serenie. I brought one for my... Because they wanted mine.

S Yes.

[00:28:02]

P So for \$20 off your Buffy comforter, visit Buffy.co, that's B- U- F- F- Y.co, and enter trimhealthy. That's \$20 off, guys. And that's off your Buffy comforter, at Buffy.co. Enter trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P THM oolong tea is back. It's been gone so long, and it's back. And, guess what, it's better than ever. We had a great source of oolong tea for a long time, and then the last batch they wanted to send us did not have quite the great specs that we like. We love to get oolong tea that is low on heavy metals, does not have toxins, things like that. And the batch they wanted to send us wasn't up to our standard, and so we rejected it. And we looked for another source, and now we have found a brilliant source. Because oolong tea, Serene's going to talk about all the health benefits, but, sadly, oftentimes it has too high levels of lead. And there's much of it out there on the market.

S Tea overall does. Black tea is super-high.

P Yes, and oolong tea, Serene's going to talk about why it's good for you. but then you've got to take all those health benefits and have high lead, nah-uh. So we have oolong tea...

[00:29:21]

S Clean, pristine.

P Clean and pristine. And, oh, the spec sheet is just amazing. So we're super-excited. Smooth taste. Serene, talk about oolong tea. Why do we want to be drinking oolong tea?

S Because it's the main ingredient in our Shrinker. And why is it the main ingredient in a drink called the Shrinker, because oolong tea shrinks your body. I'm telling you, for every cup that you drink, over 130 calories get burned by just drinking a cup. That's incredible.

P Yes, it is out of all the teas existing, people say drink green tea for fat loss and weight loss, oolong tea is significantly more effective.

S Trumps it all. Significantly, through studies and research. But I tell you what, it's also incredible for reversing diabetes, preventing diabetes. It's relaxing. It'll give you a little pep from the caffeine, but it's also known, because of its theanine levels to be a relaxant.

P And so we love oolong tea. It's actually called the Elixir of the Ages. It was thought to prolong life in Asian cultures. And all the polyphenols, it is rich in polyphenols, to pep up your health and to shrink your waistline. So oolong tea, it's back and it's fabulous. Go to trimhealthymama.com and get our new 20-count pack. You no longer have to put 100 teabags in your box, which is a little cumbersome, and so this is easy. And it's less expense for you to shell out, and it's all new.

[00:30:49]

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

S I'm Serene. You know how there's some companies that put the prices so exorbitantly high, it's like they only think that top-quality meat products are for the really rich?

P The rich and famous.

S Do you know what I love about Butcher Box? They believe everyone deserves high-quality, humanely-sourced meat.

P Yes, Butcher Box, it's a no-brainer. It's the best meat shipped right to your door, which means one less trip to the grocer's. And you've got options like 100% grass-fed and grass-finished beef. Did you hear that, grass-finished?

S Free-range organic chicken, and those who eat pork, heritage pork. Wild-caught Alaskan salmon.

[00:31:31]

P I love their salmon.

S That is my favorite. And sugar nitrate-free bacon. It's the way meat should be, the good, old-fashioned, clean, not-full-of-chemicals meat. Butcher Box is the most affordable and convenient way to get healthy, humanely raised meat. With Butcher Box you get the highest-quality meat for about \$6 a meal. That's cheaper than fast food.

P It is. And they even have free shipping nationwide, except for Alaska and Hawaii. So right now, Butcher Box is offering new members ground beef for life.

S What?

P Yes, that's 2lb of ground beef in every box, for the life of your subscription. That's a great deal. You've got to go to butcherbox.com/trimhealthy, or enter the promo code trimhealthy at checkout.

S Do you know what I love about it? It's like mixing the best of the old with the best of the new. Because didn't you love growing up, Pearl, in the good, old days where you'd go to the butcher? It's not the big, old, humongous supermarket that's just like not a specialty on anything, it's just all conglomerated in there. But the good, old butcher who knows the best meat cuts, and it's all pristine, but then the best of the online shipped to your door, probably from drones...

[00:32:44]

P Yes. No, that's butcherbox.com/trimhealthy, or enter the promo code trimhealthy at checkout.

S You should do this.

Announcer Trim Healthy Mama Superfood Spotlight.

P It is time for our Superfood Spotlight. Listen, Serenie, we have never done a Superfood Spotlight on watermelon, right? Because I think we had some hiccups about watermelon when we first started our Trim Healthy Mama plan.

S A little, few hiccups, because we were like, well, you know, cantaloupe is so much lower in the glycemics.

P We were in bondage, just like we used to be with bananas, but we've been released, okay. And we used to say, well, if you're going to have watermelon, just have a real little bit, maybe one cup. Well, one cup actually has only 9g of sugar. Two cups is still less than 20g. And its fruit, it is good fruit sugar.

S Watermelon is 92% water from nature.

P What? I know.

[00:33:47]

S You know, like perfectly distilled and purified and...

P Yes. So, listen, if you do have blood-sugar problems with it, then stick to one cup. But I think most of us aren't going to. I want us to be released because I want to talk about something I discovered about it last night, Serene.

S Go for it.

P Oh, my goodness.

S And then I'll throw some exciting things out there.

P Very interesting, okay, we all know watermelon is full of lycopene...

S That's what I was just about to say. Yes, everyone gives tomatoes a good, old crown...

P I stole your thunder.

S No worries.

P And we've done a Superfood Spotlight on tomatoes before, and we talked about lycopene. But watermelon is another great source of lycopene. Serene, why do we love lycopene? Do a refresher.

[00:34:24]

S Lycopene fights cancer. Lycopene is excellent for the eyes. Lycopene is an antioxidant, which, basically, gets rid of the free radicals in your body. Lycopene, oh, my goodness, anything wrong with you, lycopene is there. It's like a Navy Seal.

P And it's amazing for men.

S Yes, it is.

P Because lycopene is one of the strongest anti-prostate cancer things there is. But I discovered something else for men, and for women, but mostly for men, last night in watermelon.

S Good, because my man loves watermelon. He loves fruit salad.

P Okay, that's to do with it. I was reading this book... I've been taking a long time to read this book called How Not to Die, by Dr Michael Greger. And I've been enjoying this last part of it, because it's all about the different foods, what's good about different foods. So he's just going on about watermelon. It's like, yes, yes, I know all that. Yes, yes, that's really good, but I know all that. And then he said watermelon is the highest form of food in the world for L-Citrulline. Not only does it lower blood-pressure, and it gets your blood moving, a very, very good form of nitric oxide in the body...

[00:35:31]

S Ooh, fruit salad.

P It is one of the best things for males for the old ED. Not only does it prevent ED, erectile dysfunction, it can actually return it to normal. Studies have been done. Now, watermelon...

S I'm going to get watermelon all year round.

P I know, right. Watermelon's the highest source in the world. One slice has actually a couple hundred milligrams, so if you're having two cups, you're getting a really good dose. Now, I started thinking, well, my husband's in his 60s. I want to keep our loving around.

S Amen.

P So I was looking into it. So I looked up, and I'm like, L-Citrulline, I've never really looked into. I've heard of L-Arginine before for the whole nitric oxides...

S I like to say L-Citrulline.

P It's a good word.

S I find myself feeling quite intelligent.

P It's a good word.

[00:36:23]

S It's a good word.

P I looked it up, and, yes, they've discovered that everyone wants L-Arginine for the whole male performance, nitric oxide thing. But it doesn't stay around in your body. And it's inhibited by your digestion. Well, they've found out L-Citrulline is not. Your body can use it. It's a useable form.

S I like it.

P And so I looked online, and, yes, they actually have supplements called L-Citrulline that they take from the watermelon rind. So it's in both the rind and it's in the red stuff. But have you...?

S Have to eat down a little bit into the white?

P Eat some of that white too.

S I like it.

P Yes, eat some of the white, because that's a really potent source.

S Hey, Micaela, if you're still listening, we answered your question.

P Micala or Micaela, yes.

[00:37:06]

S That's a really good, cheap, stretching thing, a watermelon, taking a watermelon somewhere, dropping a fresh, beautiful watermelon at your neighbour's.

P You always do that, don't you, Serenie, when we go...?

S Oh, I love it. It's cheap.

P When we go places, you get the watermelon.

S \$3.99 for a big, large, massive thing that feeds a crowd.

P I know, and so I looked into it, and the supplement itself looks amazing, of course. You can take supplements. But, remember, whole foods, your body knows what to do with them more than supplements.

S Because you don't know, there's special cofactors in there. And sometimes they'll remove them...

P Yes, make it absorbable.

S Right.

P But just thinking about watermelon, any food that's bright, like berries, like sweet potatoes, like tomatoes, red, red, anything that's bright, it's from God, I believe, telling us, eat me.

[00:37:51]

S Yes, I believe that the watermelons, good, old-fashioned watermelons, with the seeds inside them, they say that the fruit that still has the seeds inside them, that haven't had them scientifically bred out of them, they actually are lower in the glycemic index, having a fruit with the seed in it.

P That is true, Serene. And I agree. And I know you're the type that can do seeds... Do you know that my daughter, Autumn, I didn't know she was doing this her whole life, she swallows pomegranate seeds.

S Oh, that's what I do. What do you do? You spit them out? You weirdo.

P Yes.

S You weirdo, you think that... you're the one that's weird. She's the normal.

P Hold on, no...

S Lesley-Pops...

P Hold on. No, no, it wasn't pomegranate...

S You swallow or you spit?

P Hold on. Tim, you might have to edit this. It wasn't pomegranate seeds. She's swallowing something else, so hold on...

[00:38:36]

S Well, I'd like to leave it on, because I want to say we need to ask the people out there...

P No, I do eat them, but I find it hard to swallow them, crunch, crunch.

S Are you carrying a little cup, like people that do dips, and having to spit out something that's been in your mouth?

P No, it's not that I can't swallow them. I find it hard. But there's something else that she swallows. I'm going to call her. Just talk amongst yourselves.

S Yes, call her. But, Lesley-Pops, do you swallow the pomegranate seeds?

L They're a bit chewy, texturey, yes.

P Sometimes I just suck it off and then spit them out.

S Ooh, you're like a person with a dip cup. You know those good, old tobacco-chewing people, and they have to carry around something to spit the leftovers of their mouth?

[00:39:09]

L I remember, as a kid, and if kids are listening, don't do this, it's not cool, it's not clever, but I used to collect the watermelon seeds and then be like... That's so naughty.

P You did a machine-gun spit.

S Oh, you kept all 50 in your mouth, and then it's like machine-gun ?

P No, I thought you're sitting in Danny's seat. Danny is the one that would've said that.

L Yes, but only into the bin. Yes...

S Only into the bin?

L Only into the bin, I promise.

S The trashcan, for all you Americans.

L Oh, yes, in the trashcan, and that was just a really vivid memory that you just gave me, because I was thinking about that. But since then, yes, I've just [overtalking].

P I fully believe that... I'm calling my daughter. Just give her a second. But I fully believe, Serene, it's the...

[00:39:51]

A Hello?

P Hey, baby. Hey, remember we were talking the other day, and what seeds did you swallow, and I'm like, you're swallowing seeds?

S Crickets.

L Radio crickets.

A You are on the PODdy?

P What seeds was it? And then Tivvy said that she did it too.

A You're going to share it on the PODdy, aren't you?

P Just tell me what it was.

A What are you going to talk about?

P Okay, just tell me what it was.

A Mom, please.

P Your mother is telling you. Just, please, darling.

[00:40:18]

S Auntie Serene won't let her talk... She won't put this on the PODdy. She would never.

P It's not like I would put it on the PODdy.

L Or this phone call.

A Who are you talking to?

P Just tell me what it was. I'm your mother, and I'm...

L Control you.

S Eshay, illway, otnay, oopay, on the oddy-pay.

P I'm going to call Tivvy and ask her, because she's done it too. Which one was it, then? I just can't remember. Girlfriend, hurry up.

A Mom.

P Darling, it's not going to hurt anybody. Just tell me what it...

A I know, but you're going to share it on the PODdy.

P I know. I maybe won't. Just tell me...

A You normally share false information.

[00:40:56]

S Never false.

P Never false.

L Oh, my goodness [overtalking].

S Always true.

P Okay, I'm going to call...

A I've heard it, Mom.

P Okay, I'm going to call Tivvy, and I'll tell the story about Tivvy because...

A Okay. When I was just swallowing them?

P Yes. What fruit?

A Cherry seeds.

P Oh, yes. Okay, I love you so much, and I might not...

A Mom.

L What was it?

[00:41:17]

P Okay, baby.

A Mom, please don't.

L This is really funny.

P Because why?

A I don't know. Somebody's got to say that I'm...

L I feel really bad.

A Swallowed 15,000, like somehow...

P I love you so much, and I will get you...

L What was the fruit that she swallows?

P Cherries.

S Cherry pits. She is a weirdo.

L Oh, that's a bit big.

P Oh, I love you so much, and I'll get your permission before I edit this...

[00:41:45]

L Love you, Autumn.

P Before I put this in the PODdy.

A You never do, though.

P I know, but this time I will before this goes live. Okay, bye.

L Maybe, that's so funny. That was so funny.

P Yes, so cherry pits.

S Cherry pits.

P She looked it up when I told her, I said, you don't swallow cherry pits, do you? And she's like, yes. So then she found out Tivvy, her cousin, does too. I have to get her, I have to.

S Oh, I'm sure they're healthy. I'm sure that's probably why they're so beautiful and tall.

P No, they actually said that you don't want to swallow too many of them, but you're probably okay.

[00:42:18]

L I think when I was...

S I think that might be painful on the exit.

P That's all off-topic.

L No, I don't think so.

P If you're listening to this PODdy, and hearing this, Autumn is letting me share that, because I wouldn't without her consent. She's so private, my little Autumn sweetie-girl.

S Sweet girl.

P But I didn't know she was swallowing cherry pits her whole life. What sort of mother am I?

S Yes, what were you doing? You could've had her choking at two.

P Well, I don't know. She survived, and she's actually a super-healthy girl. Maybe it was the cherry pits, all that to say it's the fruit that you will eat that's good for you. Okay, so I hate watermelon with seeds so much, I don't eat it.

S Don't you tell me you buy these seeded?

P Oh, is that my identity, then?

[00:42:54]

S Yes.

P Maybe I could be that girl that likes them?

S You could be that girl.

P Oh, but there are so many seeds, Serene. I buy seeded.

S Flick them out.

P That's a lot of work. You don't mind work.

S I just swallow the jolly things. They're lovely.

P I'm like a Drive-Through Sue, that perfect watermelon with no seeds, so shiny and bright.

S Yes, but it's looks like scientifically, like people with white coats have been...

P I'm still getting lycopene. I'm still getting L-Citrulline...

P L-Citrulline does something else. Guess what it does.

[00:43:18]

S What, mate?

P It helps you, after workouts, it helps your body break down lactic acid, Serene, and it takes the ammonia out of your body.

S And wouldn't you want to just get a nice, cold slice of watermelon after a workout?

P I know. Isn't that amazing?

S So hydrating.

P It can also give you energy. L-Citrulline gives you energy. A lot of bodybuilders take L-Citrulline, the supplement, before workout because they have more energy to do their workouts, and they get better pumps. You know how they call them pumps?

S Yes.

P Bro pumps.

S Yes. Oh, my.

P So it releases more blood-flow to the extremities of the body. So that's why...

S The nitric acid connection.

[00:43:57]

P Nitric oxide...

S Oxide, sorry.

P Can help men as they age it keeps the love life a'flowing.

S Yes, yay for fruit salad.

P I mean, great. So, anyway, it was a shorter PODdy than usual, but Danny wasn't here, and I think we covered it all.

S Yes, I think you did.

P See you guys here next week, yes?

S Do you guys eat the cherry pits and pomegranate seeds?

P I mean, I, yes, we'll hear back from them.

S Yes.

P Bye.

[00:44:34]