



Trim Healthy Podcast with Serene and Pearl Episode #197 – Would you Consider Giving Up Brushing Your Teeth

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

S = Serene · P = Pearl · D = Danny ·

[00:00:00]

Announcer With surprisingly great rates, State Farm is the real deal when it comes to home and car insurance. State Farm agents are always ready to help personalise your insurance plan so you can create a policy that fits your needs. And you can manage your coverage, pay your bill or even file a claim right from your phone with the State Farm mobile app. You can always call one of the State Farm agents in neighbourhoods across the country. Get a great rate without sacrificing great service. When you want the real deal, like a good neighbour, State Farm is there.

S This is the PODdy with Serene.

P And Pearl.

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

J Trim Healthy Family, producer John here, filling in for the one and only Danny Valdes who is probably off interviewing some famous person somewhere, right?

P Probably.

J Anyhow, welcome. I have no idea what's going to be talked about today but, as usual, it will be awesome.

P Yes. Well, we're going to be talking a lot about brushing teeth.

S I love teeth as a subject.

[00:01:03]

J Maybe it won't be so awesome.

S Not. So not. My teeth... New Zealanders don't have good teeth on a whole.

P Sereney.

S Nor British people, says Leslie Pops.

P I don't think that... We've got a lot of New Zealanders listening, okay?

S Us Kiwis, we know it. All of us, we just know it.

P No, you're thinking back to the 70s when you grew up in New Zealand.

S Okay, the 70s Kiwis didn't have such great teeth.

P Okay, but there's a whole... Now we're in 2020. So, I believe it's a lot different. When we went back to New Zealand, I felt like the teeth were spot on.

S Yes, they were spot on.

P So, you're just thinking back to our day.

[00:01:40]

S Yes.

P Back in the day, but, actually, I'm not really talking about brushing the teeth as a whole. It's a whole analogy that came up with when I was telling Serene something... She told me you've got to bring this to the PODdy. I know we've touched on this analogy before in short spaces of time, Serene, but we haven't given it the full depth of just focus it deserves.

S And I feel like it's time and I... When Pearl shared this little brain inspiration she had, I'm like bring it. Not only is it a good truth, it is time because of what we've all walked through this year, 2020, and it's time because we're about to go into the holidays. It's time.

P It's just time and maybe it will feel like a bit of a kick in the pants, a little spank on the bot-bot.

S Ooh, I like to kick pants sometimes.

P Spank on the bot-bot PODdy. But sometimes those are just what's needed too. So...

S And just like we say to our children when we're about to do a good reprimand. We're like I'm doing this because I love you.

[00:02:39]

P Yes. So, we love you and... And I'm doing it for myself too but... Okay, so the other morning I got up and I was brushing my teeth and, oh, my goodness, I didn't feel like brushing my teeth at the time and these thoughts were occurring in my head, imagine a life where you didn't have to brush your teeth, and then I thought, I have to jolly well get up and brush my teeth for the rest of my life. I was allowing these thoughts to occur. But my head knew that I always would get up and brush my teeth. There was no out. But I was just allowing the thoughts to say, how really quite a hideous job it was, how it took up...

S Especially if you're a flosser.

P I am a flosser.

S Me too, so, it takes you a long time.

P It's part of my routine. It's not really fun. You've got to do the front, then you're going to do the back, then you've got to do the round and then...

S And then sometimes you've got the tooth where it gets stuck, the floss, and you've got to go find the scissors to cut it out. Cut the floss pick out, otherwise you'll yank your crown out or something.

P But let me tell you I'm not going to stop brushing my teeth, it's just one of those things I'm going to do. Why? If I don't, these are the things that are going to happen. First of all, I'm going to be gross.

[00:03:53]

S I won't want to talk to you.

P I'm going to feel gross, right? Can't probably smell myself but I'll have a yucky mouth. It won't feel clean and sparkling. I will smell of night breath and, worse, imagine if I go for a whole week or two and don't brush my teeth, imagine what that's going to do to my mouth, the hygiene of my mouth. Serene.

S It's going to spread. Then you'll get weird sinuses. They'll smell like your teeth smell.

P Yes.

S And then your eyes will start to smell like your teeth smell. Your eyes will get yellow, I bet.

P It's just going to be bad. Things are going to start to fall apart in my mouth and, consequently, my whole body.

S Everything's connected.

P Everything is connected. Then, okay... But I was thinking this and I thought to myself... I got my thoughts reined in. I said, Pearl, you're going to have to do this for the rest of your life, so shut up with these thoughts, would you? Just do it.

Just brush your teeth. And so then my thoughts shut up and I just brushed my teeth, got on with my day.

[00:04:52]

P So, then a couple of days later I was listening... I just had the radio on in the car and there was this ad and it was like so you know you have to do it anyway. Oral hygiene is so important, so why don't you sign up for this subscription where you're going to make sure you're going to get your new toothbrush every three months, like you're supposed to, and new floss and all that, just because you don't want to have to do it but you know you've got to. Okay? And I was thinking, you know, they're right. All of us brush our teeth and I'm not sure who looks forward to it. Probably not too many people, but it's a given, we have to brush our teeth. There's no option. It's not optional. Why then, why, do we make it optional...

S Say why again, Pearl.

P Why?

S Thank you.

P Why? Why do we allow the option of not giving that same significance to the health of our body?

S Same significance is... Bless your heart, Pearl, but same significance... It's not even the same significance. More significant.

[00:06:01]

P Why do we allow the option? Now, I'm not talking about sometimes I will go to bed at night and I won't brush my teeth. I usually do. I brush... I'm a twice brusher but occasionally I'll go to bed and I just can't be bothered. Doesn't do anything to me. I'm good because the next morning you bet I'm brushing my teeth. So, we're not talking about perfection here but we're talking about a steady state of oral hygiene.

S Yes, steady state. Yes, she's not talking about, you know, you want to have a treat or a cheat here and there with your diet, big whoop, but you... You know, what's your maintenance? You know?

P Why is there an option for a non-steady state health for our body?

S Can I ask the other question too, which it just triggers in my head? Who knows of parents who don't insist, sorry, Tim, little Tim, Tim, you will brush your teeth

before... I don't want to. You will do it and then go in there. Even if they have to brush it themselves, you know, they will make sure that their children's teeth are brushed. They buy them toothbrushes and toothpaste because it matters. But then, ah, you don't want to have your broccoli? Oh, okay, well, here, just eat your mac and cheese.

P Yes.

S Your white chemical mac and cheese.

[00:07:06]

P No, I mean, we need to dig deep into this because why? I'm bringing the question, why do we allow the option of ill health and ill hygiene for our bodies? I'm calling it a non-hygienic state for our bodies. Why do we allow that but we won't allow it to our mouths? And I'm saying we have to relook at this.

S If people could have a view of their colon, the unhygienic state of a toxic colon would gross them out more than an unbrushed mouth.

P Or a pancreas, or a liver that's sluggish and has fat around it.

S Because of the diet, correct.

P You know? Because of diet, and these are all connected to these choices. We set up... I have a little toothbrush stand and my toothbrush is there and it's staring at me in the morning and at night. It has the toothpaste right there and the floss is next to it. It is set up for success because...

S Yes, I'm set up for success. I put my toothbrush in the shower.

P Yes.

S I don't have to even think about brushing my teeth. It's just part of the hot water rolling around.

[00:08:01]

P Right, so, any way you do it, you do it. I mean, it's five minutes out of my day, night and morning and yet five minutes out of your day in the morning for a healthy breakfast... Let's just say you can do it in five minutes, that's optional. I'm here to say finally, let's get serious, let's be the little boy in that story of the Emperor With No Clothes. Remember? Everyone was going around saying, it's okay, isn't he wearing nice clothes, and he was naked?

S Yes, he's totally naked.

P Why don't we be that little boy today and say, come on, guys, it's not stinking optional.

S I want to say this. Who would arrive at work? You know, because I'm thinking of the people rushing out of the home in the mornings, why they say they don't

have time for a healthy breakfast. Who would arrive at work with their like hair all in like total ratty tats?

P Leslie's laughing.

S No, I love yours.

P Your's is in an appropriate bun, Lesley. It's a bun.

[00:08:56]

S No, I'm talking like the bedhead. You know, when you wake up it's all sticking out like crazy? With unbrushed teeth and with like a... you know, an undone face. Like, you know, they didn't even check for the boogers or the sleep in their eyes. You know? It's okay if you're a make-up or you're a non-make-up person. People usually preen a little bit. They do a little bit of primp and preen in the morning. It's not even as important.

P No.

S As primping and preening the inside of you.

P Serene.

S Because health is from the inside out. Oh, my goodness, this is massive, Pearl.

P We are kicking bottoms and slapping on the bum-bum right now but sometimes we've got to because, okay, we just went through the pandemic. Now...

S Or plandemic, whatever.

P Whatever, plandemic/pandemic, whatever side of the fence you are on with that. But it doesn't matter because a lot of people got a lot more time than they used to have. So, people that put time, it's like, okay, my issue is time. Now, sometimes we are frazzled and we are busy but we can learn to make time. But a lot of people have more time and what happened, Sereney, they gained the jolly well pandemic 15 and it wasn't time. And time was the excuse but let's be honest with one another.

[00:10:09]

S It's always an excuse because the thing is, is if we realized it wasn't an option, then we wouldn't care about the excuses. We'd be like, well, I don't want to have rotten teeth, so I'm going to brush them like. Well, I don't want to feel like I'm like absolutely rotting from the inside, so I'm going to have time like for the breakfast and a healthy lunch. Pearl, you're so right, people had all the time in the world and they destroyed their health more.

P A lot of... Not everyone, of course. Not everyone.

S Many.

P Many did. 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 haven't met Billie yet, I just think it's just the best razor in the whole entire world. I want to introduce you to it. I have struggled with razor hatred. You know, people have road rage, I've had razor rage, especially because I'm a cutter. No, I don't cut myself, like I'm a freak out. No, I just... I've cut myself shaving because I like to do it fast and furious and Billie is just so well done. It has five blades in it that are American made and it just gives such a smooth shave and my favourite thing about it, before I let Pearl take the show away is that it has a special little cute magnet holder, Boom, that goes to your shower and whenever you put your shaver even near it, it just sucks it up and holds it tight. Now, all those other lick and stick brands, they end up all soggy at the bottom of your shower and all that lovely little shave gel line gets all googaggar and I can't stand it but Billie is the bomb.

[00:11:41]

P This is why we speak for Billie, because we love it ourselves. And it's just not only the shaver now. Billie has started making everyday essentials and natural ones and so Serene and I are all about that and all of it comes directly to you. No pink tax, no visits to the drug store, oh, my goodness, no breaking the bank.

S I ain't lying, people. I'm just telling you, I personally... And I don't get it free from advertising. I am on auto ship. Every month I get sent Billie razors because I paid for it out of my own bank account. I don't even like auto ship. I put myself on an auto ship.

P So, go to mybillie.com to get their starter kit for just \$9 which includes their award-winning razor that Serene has changed her life for, two refill blades and that magnetic holder that goes zhoop and that keeps your razor safe and dry and Billie is out to change more than the way you shave. They change the way women shave and now they've got these awesome products like the dry shampoo and the face wipes.

[00:12:39]

S Listen, and it may not come in the starter kit, I don't know, but if you ever get money or you want it in your Christmas stocking, ask for it, their shaving cream. It's like putting icing, like it's so luscious and nary a cut happens.

P Go to mybillie.com to get their starter kit for just \$9, right.

S Repeat that. Just \$9.

P Mmh-hm.

S That's unbelievable. So, that's mybillie.com/trimhealthy.

P That's mybillie, B-I-L-L-I-E, it's not a Y, dot com/trimhealthy for that nine buck starter kit.

S This is the PODdy with Serene.

P And Pearl.

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

P John, you want to say something. Come on now. Come on, John John.

[00:13:30]

J Yes, no, this is super near and dear to my heart. If you were to ask me... I know you didn't but, if you were...

P I was going to ask you, John.

J The things that we care about. I say we collectively. To me the brushing of the teeth or the hair or the... It's all cosmetic, it's all visual. Marketing, if you will. But the very topic of your health, it's not even in modern narrative, to be a personal responsibility.

P Right, responsibility.

J Just think about the term healthcare. And I'm not coming down on any one person. Everyone's in different situations but most people expect their healthcare. They push that responsibility off onto a third party if they don't have healthcare through their work or whatever. You see what I'm saying?

P Yes.

S It's a good point.

J It's like health... If your health and the care of your health isn't your own personal responsibility, my goodness... So, we approach this whole topic as modern day people backwards and I would... I mean, we could go off on a bunch of different rabbit trails and I could say that that's by design because there's a whole business model in lots of people being unhealthy.

[00:15:06]

P That's true too.

J You know? But I think at the core of it all your average person walking through life, male, female, old young, professional... Most people think of healthcare and the burden of healthcare as something that is farmed out to a third party and it is not their responsibility.

S Good point.

P But...

J I mean, look at people, people turn to... The entire medical system is a commercial for profit layer of corporate stuff.

S I agree, and if you don't care of your personal, it's your personal intent to be the one who's responsible and then something happens and you're squashed on the road or just the fallen world and you end up needing doctors, great, more power to you, you need the outside help. Somebody comes along to help you as well. But it's got to start... I love the point, John, it's got to start with you.

J And just look at the... Look at like the everyday examples. I mean, when... I must say most. I realise this doesn't apply to all but when most people get sick, the first thing they do, the first thing out of their mouths, I've got to go to the doctor. You know, they're not even... Their first thought is not what can I do?

[00:16:22]

S Right, maybe I shouldn't have that pop tart for breakfast.

J You know what I mean? What can I do? If your phone started becoming sick, people would sit there for hours trying to figure out how to get that thing to work. You know what I mean? Or if your car got sick, you know, you'd... At some point, if it was something major, you'd have to take your car to a clinical doctor, a mechanic or whatever, but if it's... If your car just stopped running, wouldn't you go, well, does it have gas, is it out of water, oil, you know, is the battery dead? I mean, there are some self-diagnosis things that you could do with your car but we don't... As a people, we don't do that with our bodies.

P I think that is true. So, that does, I think, give us part of the answer on why. Why is it okay and why is it an optional thing, I think, because probably, you know, and doctors are there for a purpose and we've got health professionals in our family. We love them and they're great but, yes, responsibility has been abdicated to the healthcare system. Okay. So, that's a reason. We're not coming down on anybody. We live in this world and society has given us these things to believe. But what about if you're a Trim Healthy Mama and you're listening right now and you're like, but hold on, I am trying to take responsibility but sometimes life derails me or sometimes I just lose the plot. Well, here is what we're saying. How about you don't give yourself permission for it to be optional?

S Right.

P How about you look at it like brushing your teeth. It's a new way to think about it and for me, it's the only way I think about it.

S Right, and it's so true, Pearl, because, you know, say you go and lose the plot on your teeth, just say you do, and don't brush them for a week or two or three, some people lose the plot on diet for months.

P Yes.

S For years. I mean, havoc starts to happen. And it's like with my hair. Sometimes I'm just busy. I don't have time to... And my hair's super long. I don't have time to brush it. Throw it up in a wad. Next day, I don't have time to brush it, throw it up in a wad. Sometimes it's a week and just life is busy and I'm out with a pencil and a big bun on top of my head. It would have been so...

S And I keep kicking myself every time. If I had just taken two minutes to brush my hair every day, I wouldn't have to be sitting here for seven hours in front of like a movie that has like different, like number one, number two, number three because it's taking me hours and hours and hours to get the dreadlocks, like full on dreadlocks and I'm pulling half my hair out. So, sometimes we think, well, I don't have time. Well, people's health to actually regain and redeem issues, problems in their health takes so much more time, so much more money, so much more time off work when just the little steps every day is so much more time-efficient.

[00:19:19]

P Yes, absolutely. And so I am... I mean, it's just... We sort of... I really wanted to sort of push this this morning and I want us to not like feel necessarily like now I have to eat oatmeal for breakfast and I just can't eat that Pop Tart. But what if we are full on adults here and we say my health is my responsibility and I'm no longer making it optional. Sometimes I won't brush my teeth at night. You know, take the analogy, meaning sometimes I'm going to eat Marge's pecan pie, of course I am. But day in day out, I'm going to jolly well do the stuff it takes to look after my body and I think that needs to be sent out into the society, that we need to start making it non-optional. We need to start making it non-optional for our kids.

S And it's not optional even when health food is more expensive than junk food. It's not an option to say, well, I can't afford it, because the other food isn't food. It's not food at all. It's just chemicals, it's not food. And there are ways to get creative, to make health food cheap, cheap, cheap.

P Yes, and we've done PODdy after PODdy as to how to make it inexpensive.

[00:20:33]

S Correcto. You know, even just the simple humble pulses (legumes), they're like 72 cents a pack at Walmart.

P But, listen, if you're going to look at the white fluffy bread like, you're going to get it for like... Can you still get it for like 89 cents a loaf or something?

S I don't know. I don't know anymore.

P But it's not even real food.

S No.

P You're going to get a packet of like generic brand potato chips, probably like a family pack, you're probably going to only spend like two bucks on it.

S You can get a pack of crayons for 72 cents and eat that.

P It's still not food. You know? It's still not food. So, yes, it's like why does this food have to be more expensive? But you're not eating food.

S Yes.

P So, we need to figure again once more priorities. I don't know anybody that doesn't have a toothbrush because you can't afford it.

S Yes, exactly.

P Not one person.

[00:21:19]

S And if a toothbrush became \$15 a brush, you know, that many people would just go ahead and do it anyway but those who wouldn't have the money for that, they would just get really creative and they would still brush their teeth.

P Yes, they would.

S With a brush that was very efficient but they would get practical and creative. And so like you could end up making your own bread or people that can't afford kombucha like... Well, that's not John's issue but he makes it himself. You know, you can get creative, you can do things yourself. Oh, yes, it's a definite... It's an identity. It's a mind switch.

P Yes.

S It's not... Yes. And, Pearl, I want to touch on this too because you said, some people say, well, I just don't have so much time and then when time's given, then they don't necessarily do it, like with the pandemic or plandemic. But remember that saying that says, if you want something done, find a busy person because they'll be the one that gets it done.

P That's true.

[00:22:10]

S Look at here, like with John here, he's like got so many... Or Lesley Pops. They have so many things on their plate but we know that they'd be the ones to get it done.

P Oh, yes.

S Because they're used to getting things done. And so it's not an option to not get things done in their heads. And I just feel like if we just use that same kind of mindset, that this is just what needs to happen and not see it as an option, I think it would be incredible.

P Yes. You were telling me a story, though, about somebody, Sereney.

S Oh, yes. Yes, this is about... I was listening to... I love to listen to messages in the shower or when I'm walking my toddlers in the stroller. There's one particular story of this guy, he worked like three jobs, just crazy busy, crazy busy, but he was a believer and he loved the Lord and... But he just didn't feel like he had the time to dig into the word and delve into the word and it was one of his greatest longings, like I just wish I had time and I would just love to sit with coffee and delve into the word. And then he just worked himself silly and had to take a break. So, he got to the stage where he just... He had enough money, anyway, saved up, so he just took a nice hiatus. He took a year off of work. Wouldn't that be great, if we could do that? But he did. He took a year off of work and he came crying to this one pastor who was actually speaking this message and telling this story that I was listening to and saying, I realised it was nothing to do with time at all. Because I've taken this whole year off and I haven't dug into the word any more than I did when I was super super busy. Because sometimes we just lay it on as excuses but it's... We just have to jump in and it's not even...

P Yes. It's just priorities.

S It's just priorities.

P And it's what we allow. Priorities too aren't something that... Sometimes we think, well, priorities are instincts, like natural. I want to delve into the word or I want to get healthy because that is my passion. You know? It just comes from deep within. Now, I have a natural passion for health too but... And I have a natural passion for wanting to read the word but if I just go with my natural passion, neither of those would get done. Priority is a decision, right? Priority is like, no, this is what I do. So, we can't wait for the desire, you know, to burn. Hey, you're listening to the PODdy with Serene and Pearl and I'm Pearl and who are you?

S I'm Serene. Butcher Box is giving you something extra to be grateful for this Thanksgiving. You know what they're doing? They're offering new members a turkey for free in their first box.

[00:24:44]

P That is so cool. I love it.

S So, never be without something to cook for dinner when you have Butcher Box as your friend because there's always meat in the freezer, you've got one less trip to the grocery store and, better, you have a more affordable selection of real meat, not this fake weird chemical stuff.

P No. Butcher Box is all about natural clean pristine meat. And every month Butcher Box ships a curated selection of high quality meat right to your home. All meat is free of antibiotics and added hormones, much of it grass-fed and wild.

S And you know what? Each box has nine to eleven pounds of meat, enough for 24 single servings, packed fresh and shipped frozen and vacuum-sealed so it stays that way. And you can customise your box or go with one of theirs, which I love, because what if you just want something different than just a regular old box. You want to like custom fit it. You can.

P I thought you said you loved what is theirs. No, I could never imagine you doing that.

S No, I love...

P You're customising, mate.

S No, I love the fact that they give you the option of either. I love that. Either way you get exactly what you want. It's the best meat shipped right to your door.

[00:25:52]

P Yes. Options like 100% grass-fed and grass-finished beef, listen to that finished part, that's important, free range organic chicken, heritage pork, wild caught Alaskan salmon which is my favourite, I love that stuff.

S And sugar, nitrate-free bacon.

P Yes, and Butcher Box, really, it's actually the most affordable and convenient way to get your healthy, humanely-raised meat.

S Do you know, Pearl, that you get this high-quality meat for just around six bucks a meal?

P Yes.

S That's cheaper than half of the fast food meats.

P Yes. And, as we said, right now Butcher Box is offering an incredible giveaway to you guys. A turkey for free in your first box. Whoa, that's an entire turkey for free in your first box. Just go to butcherbox.com/trimhealthy. You know how to spell butcher, right? Then put a box and then a dot com and then you'll have it.

[00:26:42]

P Hey, Sereney, when we first were about to do this ad, you had this wonderful song come to your head. I want you to sing it.

S Butcher Box is here to stay. Butcher Box is way...

P No, that wasn't...

S I had it.

P You had it.

S No. The Butcher Box is done my way.

P That's it.

S Butcher Box is friendly. Butcher Box is...

P No, you ruined it. They're not going to want that now. Just go to butcherbox.com/trimhealthy. That's butcherbox.com/trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

[00:27:27]

P I was going to say one more thing. And, yes, John, as you come to the mic.

J I was just going to add that the prioritization is a responsibility.

P Yes, right.

J I'm kind of dealing with... My wife and I have a teenage boys. Actually, I have two boys but one's not a teenager anymore. And said teenage boy, you know, he's about to turn 16 and so, you know, there's a lot happening in his life and prioritization is a heavy topic around our house because he can prioritize but he just doesn't always prioritize responsibly. You know? So, just the ability to prioritize in and of itself isn't enough. It's a separate responsibility to be able to prioritise correctly. I mean, there are... I mean, there's four of us sitting in this room right now and there's probably something else all four of us would need to be or would rather be doing right now. But this is a priority and it's a responsibility and if anyone of us flaked out on this responsibility...

P This is like Danny.

J Yes, for the record Danny did not flake out. He's legitimately busy. But if we flaked out on this, there wouldn't be an episode recorded to be produced, to be listened to.

[00:29:01]

P That's good, John, I just got a big download. Okay, if we weren't here, this wouldn't go out next week or whenever it's going to go out, right? Same thing. If you wait tomorrow and decide it's optional to eat healthy, one week from then your body's going to be in a lesser state than it could.

S So true.

P It has consequences.

J Yes, that's it. It's a trickle down effect. If that person, that story you were listening to, that wanted to delve into the word, I would say... I don't even know who this person is, nor the story, but it wasn't a priority in a responsible way to that individual.

S Exactly.

J He may have wanted to do it... There's a lot of things that I want to do but the responsible side of me goes, man, you don't have time to do that right now, there's other things that take precedence, there's more important things. Lots of things I want... Maybe he or she just wasn't responsibly prioritizing that particular thing high enough on the list.

P So, can I be even more than of a little bit of a... Not a beat up session because I like to think this is an encouragement session in a locker room sort of way or in a kick in the bum-bum sort of way. For us sometimes it's... Usually we're so nice here.

[00:30:16]

S Yes.

P Okay, John, you just said your 16-year old is learning to prioritize whereas, you know, we can all prioritize but some things aren't very adult-like, right?

J Yes.

P Okay. So, now I'm going to be a little bit mean, cruel to be kind. If you are having trouble telling yourself this is not optional, maybe you're still being a kid. Maybe... Okay, it's mean but maybe you've got to grow up and say, no, my health is not optional. The two-year old in my head that's screaming I want the doughnut, sorry, you're out of here, I'm in charge, I'm the adult. This is not optional. You're going to get up, you're going to have some protein, you're going to have your good... I don't care if you don't like the taste of stevia. Okay? Be an adult.

J Yes, it's kind of the essence of parenting. You know what I mean? On any scale it's like if you are responsibly parenting, you're helping shape those priorities and responsibilities for your children because the children... Again, all children can prioritize, they just can't prioritise responsibly and, you know, so their priority might be I want to watch this show or I want to go to my friend's house or I want to not put my clothes in the hamper, Reagan, that's my son, by the way. You know, so I don't know. I just think that the prioritization is one thing but the responsible prioritization, that responsibility component has to be there in order for you to prioritize right.

P I know and I don't think we have to hate ourselves over it. I just think we have to realize sometimes that we have allowed ourselves to be children maybe. I want Doritos. Okay, let me eat Doritos. If I want Doritos, let me eat Doritos. That's an option. I get to choose that option. What if you tell yourself, no, you don't?

S That's so true. I love it. And I've got this thing come into my brain and I don't know if I can get it out the way it's in my brain because it's in my brain in pictures and a concept that's not my brain in words. Okay? So, I'm going to try and get this out but it's going to be love. It's going to bring some love into the subject. It's going to bring some happiness into the subject. And I think I've tried to bring it up here before in one of the poddies ages ago but talking about how... I think this is a mindset change too. Mindset, like Pearl said, we're not going to see it as an option. That's a mindset change. But I think there's a mindset change to not see these things as discipline but to see them as delight. You ask any, you know, Olympic athlete or sports professional, you know, and they have to get up at four in the morning. I mean, they have to train for hours and hours and hours and I remember one of these particular athletes being interviewed. I don't know the name anymore. And some interviewer was saying, so how do you get such willpower, this discipline to get up and do it. And his basic words were because it's not discipline, it's delight.

[00:33:19]

S Because the result, the goal or the feeling of when they're performing or the feeling when they're crossing the finish line or the feeling of when they're doing that stunt in the ski, you know, whatever, it's the delight to them, so they look to that. And all the training is not... The mindset is it's not even about discipline because they've got this incredible inspiration, this desire, this passion. It's a drive other than discipline, something deeper than discipline. And so what I like to say, let's change our mindset.

S And I've heard it said that discipline is just a consequence. It's a consequence because oftentimes you get discipline because you didn't do something, right, so it's a discipline and oftentimes when you don't eat healthy, the discipline will be sickness or weight or whatever. But discipline is also a consequence of not having delight, you know, because you'll see it as a correction thing, as a heavy. But when it's delight, it's not a discipline. And it's become like that with my teeth because I actually look forward to brushing my teeth. I didn't mention it earlier because it would derail the point and the point was great.

[00:34:27]

P No, I was going to come around and take that point again too. Okay, but I want to hear what you're saying but I was thinking, as you were just talking about that.

S Yes, I like to run my tongue across the top of my teeth.

P Yes, and feel how clean...

S I love the delight of the feeling and when there's scum over there, I just want to throw up and run to the bathroom. So, I look forward to the moment where I can run my tongue across shiny smooth stones, you know.

P Yes, I picture them like that.

S So, it's become a delight. Like when can I get that moment where it's going to feel like that in my mouth again.

P Oh.

S And so instead of a discipline, I'm looking for that delight. And it's like that with exercise too. Sometimes I'll switch back to the really not healthy mindset and I'll be in the middle of like squat repetitions and there's lactic acid and there's burn and I'll actually think do I have to do this every day for the rest of my life? Now, how many days is that if I want to live to 100 or blah blah blah. Oh, my goodness, life is a dirge. It would become like a bad mindset, a disciplined mindset. And I switch it over into delight mindset and I'm like, that feeling, when I'm sitting on the couch for hours reading to my toddlers and not feeling like a freak out flap bottom, you know, because I know I've done training, you know, and I feel great and I feel like I'm going to be strong, even when I'm 85, that delight as I'm going to eat a nice big supper tonight, knowing that I deserve it, you know, that delight is something that I've switched it over to. So, it's not like, oh, discipline, I look for that delight.

P I love that, Serene, and I think that's where I was when I opened this PODdy saying brushing my teeth and letting all these really depressive thoughts come, like I really hate this, it's really annoying, what would life be like if we didn't have to brush our teeth. But then I thought, well, I have to, because there is no option which is a part of what this PODdy is. There's no option. But then, once I pushed the thoughts away, I was a lot better and I just got on with it. But you're saying go even a further step and I love this. I'm going to get up tomorrow morning and I'm not just going to like, okay, go along with it, no option, Pearl, because, you know, that's step one, I believe.

S I think discipline is step one.

P Yes.

[00:36:34]

S I think there is discipline but I love it to grow to delight.

P I think so. And so I'm going to... When I'm brushing my teeth, I'm going to be like, man, I'm loving that. I love that feeling I get after my teeth are brushed, Pearl. Your mouth is going to feel so beautiful and look at you looking after your teeth and all of that. There's just two ways to look at everything. I do think, like we said, no option starts first. But then let's grow the good thought trees around it, right, and that's what I'm going to start to do.

S It's like I like to say to my children, hey, there's no option. Like look at your fingers. Look at the beautiful unique fingerprints and look up in the sky. There is a God. You know, there's no option to not... Like when you think about it, this is the meaning for life, okay, but then I hate to keep it on like... Okay, so we get the no option down as far as...

P Some people listening to here might be atheists.

S Okay, sorry about that but with my children, this is how I train my children because this is where I'm like, hey, this is the meaning for life. But then I don't want it to be like a discipline or a, okay, we've realised this is... No, from then on I'm like... I never like to say to them, bible reading now or whatever. I like to say... Sometimes I'll mention... If they're running out the door or whatever, hey, have time with your best friend. Like I want to make it a delight. And I've heard Graham Cooke speak about this and say, oh, there's people that are like we have this responsibility to go to prayer meetings, this responsibility to blah blah blah, and he's like, yes, we're meant to gather and pray but isn't it meant to be a delight, not a discipline. We've got to turn these disciplines and see them as a different mindset and when we see them as delight, that's where the joy is in these things.

[00:38:18]

P Yes, enjoy is so important too. Hey, you're listening to the PODdy with Serene and Pearl and I'm Pearl and who are you?

S I'm Serene.

Announcer Support for this podcast comes from State Farm. With surprisingly great rates, State Farm is the real deal when it comes to home and car insurance. State Farm agents are always ready to help you personalise your insurance plan so you can create a policy that fits your needs. You can manage your coverage, pay your bill or even file a claim right from your phone with the State Farm mobile app. And you can always call one of the State Farm agents in neighbourhoods across the country. Get a great rate without sacrificing great service. When you want the real deal, like a good neighbour, State Farm is there.

Announcer Trim Healthy Mama product news and notes.

[00:39:03]

S It's been three years, people, since our last cookbook.

P Yes, Serene, can you believe it, it was three... It was 2017 when we released Trim Healthy Table and there hasn't been one since then.

S So, here we are announcing the new official THM cookbook. It's here for pre-order. Welcome, Trim Healthy Future. I love that name.

P Yes. Man, it's exciting, Serene, because in this book we have joined forces with our niece, Rashida. She is part of the next Trim Healthy generation.

S She's a Mum of three and she has amped up our trusted plan with fresh creativity with incredible yumminess. She has taken the foundation and just put a fresh twist on it that Trim Healthy Mamas were just ready for.

P Yes, I think they were. I was ready for it. This book, we have been working on it for two years. I am so excited, I am already making the recipes. And don't worry, no, Serene and I are still in the book.

S We've shoved 12 of our favorite recipes that are rocking our world, 12 each.

P Yes, 12 each.

S But Rashida has over 200 all new scrumptious timesaving recipes. Because, remember, I said she's a mum of three and they're all like three and under. So, she doesn't have much time, so they're all quick for you guys.

[00:40:20]

P And they're very... Her recipes are very homestyle recipes. Like they're for you and your family. Like there's some single serve meals and stuff but a lot of them are just easy meals, get on the table for the family and that are not a lot of hard to find ingredients, just make it work recipes.

S And also, for those of you who are dairy-free, there's wonderful dairy-free options with easy to find ingredients.

P Yes, and lots of recipes for stubborn losers. You know, if you find it hard to just lose weight on basic Trim Healthy Mama, there's a lot of tweak recipes that can really help you.

S Rashida, she has a knack for making things taste so naughty and luscious and rich but she doesn't make them Heavy S for the most part.

P Yes.

S She has this knack of it, because actually one of the main reasons for writing this book is she wanted to get recipes for the coaches, to help with their people that were having stubborn weight loss. So, this book is going to kick it.

P And so this will be great for your Trim Healthy collection, your cookbook collection, but if you're just new to Trim Healthy Mama, it's actually a fantastic way to start. There is one chapter in there, in a nutshell on how THM works, very nutshell, and then just...

[00:41:34]

S Rashida just strips it down to basic simple THM. So, now to the nitty-gritty, okay, you want to know, the pre-order sale begins November 5th. So, when this PODdy comes out, it begins tomorrow, people. If you're listening on the day the PODdy comes out, tomorrow is when the pre-orders start. You're going to get a bunch of goodies and you're going to get a bunch of discounts.

S We do need to say it ends on Cyber Monday.

P Yes. Through Cyber Monday. So, at the end of Cyber Monday pre-orders stop. So, here's what you're going to get. You're going to get the discounted book price. Instead of \$29.99 it's going to be \$24.99. This is a big, huge 408-page beautiful glossy...

S Beautiful, with pictures all through it which Rashida took of all the food. She's a photographer. Amazing. Now, after Cyber Monday, Pearl, I just want to say this quick, the book will go up to its regular price and the freebies will no longer be available. So...

P So, you want to get on on the pre-order. You're going to get that. Then you're going to get, and this is huge, along with your paper copy you're going to get a free digital copy of the book. So, you're going to have the eBook, so then you can look up things whenever you want, you know, when you don't have access to your paper copy.

S And a free three-month membership to Trim Healthy Future with access to Rashida's corner where Rashida has filmed videos for some of her recipes and will continue to bring you tips, tricks and exciting new recipes in that video corner of hers.

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P Yes. And this three months is available to new members, if you've never been a member before, but also if you're an existing member, you get three months tagged on, baby, too. We're not going to leave you out.

S And I tell you what, that membership has a lot of stuff. A lot. We've got a heap of our crazy videos.

P Membership is so great. You've got custom menus, you've got your menu builder, you've got over a thousand vetted recipes. You've got 10% off all Trim Healthy Mama products.

S You've got friends to chat with.

P Yes. Also, you are going to get three bonus recipes that Rashida created just for those people who pre-order. So, along with the book and that amazing... Pumpkin Pie Cheesecake, a meatball skillet that's full of hidden veggies. That's amazing. I've actually had it.

[00:43:49]

P And a Strawberry Bliss All Day Sipper that's sort of like the bar. If you love our Strawberry Bliss Bars, it's like in drink form. It's amazing!!

S So, early book arrival, those who pre-order will get the book before or by release date.

P Which is December 15th. John, is that okay for us to say? John's coming.

J Yes, we feel pretty confident at this time that we can get... If you take part in this presale, which goes from November 5th through Cyber Monday, if you take part in that, you will receive your physical book, the actual book itself, which the street date for that is December 15th, like Pearl mentioned, but we're going to do our best to get it to you on December 15th, or before.

S You know the cool thing about that, then you've got it for Christmas, Chrissy, and then, guess what, then you're ready to start your future, 2021, the right way.

P Yes. And that's why we called this book Trim Healthy Future because it's going to catapult your health into the future and the health of your family and also the future thing is about, you know, passing along the baton to our future generation. So, we're so excited. And, yes, grab it while you can in this pre-order season. I mean, I think we covered it. Maybe we just have a short PODdy today. Wouldn't that be like unusual?

S We didn't have Danny here giving his wonderful Dan moments.

[00:45:10]

P Danny, he would have been looking up to the... You know how he looks up left corner up to the ceiling and then he's like, girls...

S Yes.

P We missed him. That's it. We had great John. John brought some meat.

S He did.

P See you guys.

S Bye bye.

[00:46:05]