



## Trim Healthy Podcast with Serene and Pearl **Episode #5 - Exercise Can Ruin You. There is a Wiser Way!**

*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!***

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S = Serene • P = Pearl • D = Danny

[00:00:00]

S You guys are listening to the PODdy.

P This is Pearl.

S And Serene.

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

D Alright girls, so we have gotten some great feedback on this podcast. The ladies and gents who are listening are just...

P Gents! We have gents listening?

D I'm afraid so.

S He's a gent, we have at least one gent, Pearl.

P Danny has fans!

D I don't know about any of my fans, but people are being really helped, really encouraged by this and I am... that's...very glad to hear that.

[00:00:31]

P Well good, because it makes it worthwhile to know that. It does.

D We've got a couple of questions in. Rebecca writes in: Hi, I was wondering if Serene could do a video or podcast on ways she was able to let go of her rigid thinking on exercising. I'm struggling with that and know she did in the past also.

P Does she have a question for me?

D Sorry Pearl, you're out on this one.

S Just me, Pearl, just me.

S You know what? Where do I start with this whole thing about being obsessive with exercise?

P And food.

S And food. Oh, and many things, but... yeah, with exercise, I became a slave to it. And I woke up one day and realised I'm miserable. Unless I tick the box, my exercise box off every day, I'm kind of in a bad mood. And if I don't tick it off before lunch, I'm kind of like antsy until I tick it off. And then I'm scared that I'm not going to tick it off. And then I realised, ooo this is a scary thing. I'm actually serving it, it's my master, it's my god. And when I realised that, that's when I'm like, ouch. This is not health-giving anymore, this isn't live-giving anymore, this is dangerous and it's a stressor. It's not a stress reliever, it's a stressor.

[00:01:48]

P But it wasn't also just a stressor for your mind and your soul and your spirit, it's - exercising too much like that is a stressor to your body.

S Yes. Oh yes. And I didn't... I used to [crosstalking].

P It took you years to realize that.

S And I destroyed my body in ways, you know.

P You look... I'm sitting here looking at you, you look so good, Serene. You know, I'm trying to... for you, I mean you're not, we don't try to be super models here, but you look so healthy, so relaxed. Your body looks who you are, you're a naturally, physically fit person, but you look so feminine right now.

S To me, though, I would think that this would be my... what would you call? Off-the-game, you know...

P I know, but you're learning to be happy with it. You still exercise, but now you do it moderately.

S Beforehand, I used to have to shred every single thing off me.

[00:02:35]

P No, to think that you were on your game. But now, you know what, you look healthy. You look glowing and you look feminine.

S But you know, the deal is, the deal is that, it was... actually, I had to, and still today, just being honest and vulnerable before people, I actually have to - you know there's a verse in the Bible that says, take every thought into captivity? So, I will often, the first thing that hits my head in the morning will be, okay, what work-out am I going to do today?

And I had to tell myself that, no, no you aren't going to think about that yet. You haven't even gone out... have you said hello to your good Lord? Have you said hello to your children, have you thought about some things that are a little bit more... that matter more in life? And I had to tell myself that, no, you will not think about that yet. That you are not... and then sometimes, before I go to bed, I'd be like, okay, in the morning, tomorrow - what's your workout? And I'll be like, no. It's not the opening thought and it's definitely not the closing thought. And I've had to actually put it in its box.

P I think we're so different because I've never had these thoughts.

S I actually have to put it in its box. You know and putting scripture and, I mean, scripture's helped me so much. It says, exercise profiteth a little. And so I had to put it in its little place.

[00:03:52]

S Yes, I should do it every day, that's a no-brainer. I shouldn't sit on the couch all day, but I cannot make it a god in my life.

P But to clarify, you don't have to work-out every single day. No.

S No. No, no, no.

P And you used to... six days a week.

S No, but I think if people... yes, and a bit... if people aren't working out, they have to be off the couch though. You know what I mean, we're just [crosstalking].

But I tell you what, I enjoy working out now a lot more, because, instead of it being a god that I serve, it is just something I do because movement is joy. You feel joyful when you move your body, and stretch it and feel, you know.

P And some things we've noticed too is those that over-exercise - if you do an hour a day, you know, five days a week, or get up so early to go to the gym - it really affects, we find, their weight-loss. I mean, you think... people say, oh, I've got to really hit the gym to, you know, get my weight-loss going, but it often works the other way.

S And people that jump too soon into exercise after having a baby can destroy their waistline, just destroy. I destroyed mine once, I jumped into kettle-bells three weeks after my baby was born, and I pushed past through a lot of pain too. It hurt, it wasn't natural to do that. But I thought, oh, I'm going to be that... the exercise, you know, willpower, I'm going to do, this is what I should be doing. Well, I should not have been doing it. Took years to get back.

[00:05:13]

P And that's the whole shameless plug for our Workins that... we've just released our Workins, our exercise videos. But really that's what they are, they're all about finding the peace in exercise. The P-E-A-C-E, not that piece of exercise that you've got to push into your day.

It's the peace. And because, you know, we were created to move, yes, and we were created to love it and have fun, when exercise becomes so intense and miserable that you're frowning the whole time, that is bad for your immune system. We keep saying it over and over again. A merry heart doeth good like a medicine. So now, Serene, we just have fun and we be ridiculously stupid.

S Yes. And you know, now I can actually exercise with my children, because now

it's a friendly situation. Before it wasn't a friendly situation, it was like: Exercise! Get down onto your dead cockroach-like stage. If you don't exercise to the point where you're like panting, out of breath, and you're in the dying cockroach / dying cow stage, you did not, like, ring the bell on the top of Mount Everest. You did not get there.

D Okay, forgive me, Serene, but I'm going to need you to elaborate a little bit on the cockroach stage. What... is that a workout thing I'm not familiar with?

[00:06:19]

S Well, you can, not like, you know, in the rest period but maybe between an interval, you can't like just put your hands on your hips and lean forward a bit and like take a deep breath. No, you have to fall on the floor and get in the dead cockroach stage, because you can't get your breath.

P She, right now, has her hands clawed out and threw her head back like a dead cockroach.

S That's how I used to exercise. Do you know, and if I didn't do that, I'm like, well I didn't, I didn't, I didn't conquer today. But now I can actually just dance around the living room with my children or just for a walk, you know, picking daisies with my children and I'm healthier. I used to be miserable come the afternoon because I was so tired and depleted. I couldn't serve my family properly, because I had served the god of exercise.

P But let's talk about the other extreme. Perhaps someone wrote in with a question for me? Oh, you don't have one? Perhaps they're saying like, I just have no inclination to exercise. Pearl, is that you? I mean, there's many of us, Serene, the opposite to that. And that was one of the first thoughts that come into your head, and it's like, that's one of the last thoughts that come into my head when I wake up. However, I mean I think we both found that balance. That middle ground where I feel like, you know, maybe I'm innately lazy, I don't know what it is, but the inclination to move and to push myself and all that.

[00:07:34]

S I don't think you're lazy, I just think that you're more balanced than me. But, you know how I said that I had to put exercise in its proper place in my life? Well then, that was my mental exercise I needed to do, but I feel like you've had to do a mental exercise too, and that's, let me think about it a little bit.

P That's right. I need to put exercise in its proper place in my life, my natural

body doesn't want to have a place for exercise. Oh no, I don't want to do it. I don't want to do it at all. A nice stroll is beautiful in the outside nature, but I really want to pant, I don't want to hurt. You know when you have to stretch your muscles a little.

S But you don't have to, you don't have to.

P What?

S You don't have to go out and pant and all that.

P No, no, but you've got to raise your heart-rate up and do a little bit of that. Like even in our Workins, we raise our heart-rate, we get our muscles to burn so that they can be strong, and then we tone our muscles. And that's all important.

[00:08:24]

P Naturally, I don't want to do that though, because it's a little bit of discomfort, you see. There's many of us that don't like discomfort, but, you know, just like the Bible says...like you use that scripture about exercise profiteth a little, and it does. And guess what, in these modern times, it does a lot more, back than in Biblical times.

S Yes, because we push a button for everything, right? Wash our clothes, okay, press a button. Well, in the olden days, they used to have to walk down the hill with all their big clothes on top of their heads, maybe a baby on the back, baby on the front, not with an Ergo, you know, tied around where it hurt the shoulders and it hurt everything. And then you go down to the stream and you're washing and you're scrubbing. And then you've got the wet clothes on your basket, which are a lot heavier than they were when they came down the hill.

P Yes, so they didn't really need that little bit of exercise. We really do. And I've realised I do, I've realised I do I feel better. My blood sugar numbers are better. Everything is better when I incorporate, you know about four times a week, maybe 20 minutes of exercise. And then not be a couch potato the rest of the time either.

S So, it's finding the balance between the both of us, right. And when I realised, okay, yeah, exercise is a god in my life - I just have to be honest - I had to come to the point where, okay, so do I kick the whole thing out? You know, or do I just find its little place. So I think that this is an important subject that we're talking about. Where is the balance between the two sides here?

[00:09:40]

S And I remember looking into it, even looking into the Bible, okay what, you know. There's that scripture, it profiteth a little, but let me look into it. And it was interesting where, you know, the women in the Bible and the children, they were the water bearers. That was not a little task.

P No, they had to be strong.

S They were strong. So, we have to put it into our lives.

P And we have to honour our bodies. And that's the thing that compels me to do some exercise, and it goes against our nature, because God made our bodies - he made them pretty incredible - he called them good. They're a workmanship. I mean, you know, we're all designed differently and there's no perfect - I love our differences. You know, if you've got hips, or if you don't have hips, so whatever body style you are, that's cool. But you need to honour it.

P And sitting on your tuft and doing absolutely nothing, letting muscles atrophy, that's not honouring. That's the way I feel. I can't do justice to God and let my body atrophy. I've got to use it.

S And when you put exercise in its rightful place, in its balanced place in your life, it brings freedom.

[00:10:45]

S It brings energy. You know, when you're over-exercising, it's going to fatigue you. But sitting down all day on your tuft brings fatigue. It makes you feel like you're just not getting enough oxygen to all your cells. I'm tired when I sit down all day. I'm tired. But when I put a little bit of, you know, bit of circulation through my body, wow, I just...I did a bunch of exercise, and you know what I find, I actually think about food less too.

P Oh, absolutely.

D Yes, it curbs.

P You, too?

D Yes. I find that when I start the day with exercise, I am not such a raging psycho about getting food into my stomach.

S And you were chowing down on some chips just a few seconds ago, Danny.

P Danny's always doing the naughty things.

S He didn't do his exercises this morning, I don't think.

[00:11:26]

D Yes. But we're deep in the country with no food around, so I had to bring some snacks.

S Yes. We're doing this podcast from the hilltop where Pearl and I live, and it's just a little doll's house.

P It's a little, a log cabin.

S [Crosstalking] Go and chomp on that cow out there, Danny? You man, you.

P No, here's the reason why you're not as hungry. Exercise balances your blood sugar. So it becomes beautifully balanced, and those really strong hunger feelings you had are now pushed away. Because you've got a lovely, balanced blood sugar. And so then you can take some time. Like I often, oh my goodness.

S It releases some of the sugar from your cells, and that's what your...

P It does. And they go into your cells, so they're fed. So it goes from your blood into your muscle cells.

S You're actually having a little meal when you exercise.

P You have a little meal.

D Wow.

[00:12:09]

P You get your... your cells get fed. Isn't that fantastic?

D That's really interesting.

P Oh, but here's the thing, I cannot, Serene and I are so different, I cannot, I don't know how you people do it, get up early and exercise. Like jump up and just... how different. I'm telling you, honestly, it sounds like a concentration camp.

S No, no. [Inaudible] That was part of my exercise as a God thing. I don't do that anymore. When I get up, like I said, it can't be the first thought. Now, sometimes I'll do it. If I know that the day is so, so, so busy and I haven't exercised in a couple of days, and I know it would honour my body to work out, sometimes I'll just grab a quick, you know, like Skinny Chocolate or something, get some energy in me, and I'll do a little 15 minute workout because I'll think I'll be more tired at the end of the day. And it'll give me more energy, but it's not a habit.

P I can't, right. And I know there's some people...

S It's not a habit anymore.

P Let's say someone has to go to work all day, that's their window. I mean, sometimes they have to get up and do it. It's okay, but I tell you, I'm glad I don't have a job that I have to work away from the house. I can't do it. I would have to do it after work, because in the morning I'm no good for exercise. I have to wake up slowly. I have to have my coffee, I have to just sit there and sort of slowly wake up. No, don't do anything too physical for a while. It's just the way I'm made.

[00:13:21]

S You're crock-potted to life.

P I'm so crock-potted.

[00:13:24]

#### Honest Tea Advertisement

S I have great news! The Honest Tea Company... have you heard of that before??... They have come out with these zero calorie teas and Honest Fizz Sodas. That is what they are called - Honest Fizz. They have Trim Healthy Mama approved sweeteners.

P So, they use stevia and erythritol, which we are cool with.

S You can check out the ingredient list and they even pass my approval, Mrs. Purist...

P They are all USDA Organic and Fair Trade certified... And the best of all, Serene, they actually taste fantastic.

S And the cool thing is for people like me, if sweet is not your thing, they also have unsweetened tea flavors with like a little bit of lemon...

P Ooo... I love it!

S But it is great... because now you have the option when you are out and about of chugging something healthy instead of going thirsty or giving in to junk.

P No, exactly... And they are growing, they are like every where. Now they are in most grocery stores, and of course on Amazon, you can go to [Amazon.com/honesttea](https://www.amazon.com/honesttea)...

S We are joining Honest Tea and celebrating being refreshingly honest.

P Yeah. And in the ways that we are less than perfect. Because... look, we might be authors and you know we got the picture on the back of our book and all that...

S All poised...

P We look like we have it together, but we don't...

S Noooo...

P We don't have it together. So, hey, here we go. We are going to be honest.

S Pearl [laughing], this is honesty for me. I used to think that matching socks were like all important, right? When I first started having children. But now, if I can find two clean ones of any kind, I'm like...

P Oh, you're celebrating...

S I'm like 4<sup>th</sup> of July. It's fireworks. It's celebration!

P Oh, me, too. Matching socks... they don't exist in my drawers.

P Are you refreshingly honest? Share the fun and funny ways that you are also less than perfect. On social media, use the hashtag #refreshinglyhonest, and learn more by visiting [honesttea.com/podcast](https://www.honesttea.com/podcast).

[00:15:03]

S You guys are listening to the PODdy.

P This is Pearl.

S And Serene.

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

D You guys have a Workin, as we call it, series of DVDs that are, I guess, workouts but you call it Workins and they're so new that I haven't even had a chance to watch them myself.

P Well, thank you, Danny for mentioning them.

D I'm just curious; are you addressing building balance and workouts into your daily real life?

[00:15:33]

S We're addressing that, yes. So that is one of the puns about working in, definitely. Trying to work it into your lifestyle without it being a stressor. You're not like working yourself out until like oblivion anxiety. But, the main kind of meaning is to work inside first. Basically, to strengthen your inner core before you do circus moves, before you go like, do like cross-fit, let's strengthen, you know, your transverse abdominis before you like put a bunch of pressure on your rectus abdominis, which are your larger muscles.

D Wait... the trans-who-da-what?

P Well, a lot of women are competently split down the middle. We women have been fooled into, I believe, into working out like men. And you know, you see the ripped abs... I'm sorry, to have ripped abs, there's only one way to have... some of us are more muscular than others. But to have ripped abs like a man, you have to rip all the body fat off your body. You have to lose your curves.

S You've got to say no to the boobs.

P I'd say there's only 1% of women in this world that can have completely shredded body fat and ripped abs, and still keep normal feminine curves.

[00:16:42]

- D Now this is the first time I've even heard such speak. I mean, I'm on Instagram and, you know, God forbid you hit the search button, you know, to go see just randomness on Instagram. But when you do, you'll see a lot of workout stuff, you'll see a lot of ladies. They've got killer six-pack, every... you know, they're posing right, everything's perfect. And...
- P But they have, still have a bust. All the women on the covers, they have a six-pack and they still have a bust, but mostly... mostly it's surgically enhanced.
- S It's not usually found in nature.
- P Now we're not saying there's anything against medically enhancing, that's up to the lady. But we're saying that's not naturally in nature, that usually the way it happens when you shed your body fat.
- D And maybe you're saying, also, it doesn't have to be an OCD, hard-after goals to get those abs for ladies.
- S No. You know what? You know, when I was studying to help design the Workins with Pearl - we studied for years for that Workins kind of kit that we did - and I'd just go on a lot of sites, just daily. Just a lot of exercise experts and just reading what they had to say. And they would say that when they thought they looked their best, they were miserable, actually had terrible health. They were, you know, going from flu to flu to flu, because they ruined their immune system to look that way. And that they weren't happy. And when they were actually healthy, there was a little bit of cellulite, there was a little bit of stuff. [overtalking] But that was healthy.
- P What we're seeking, especially in our Workins, is a trim waistline, not a shredded waistline.
- D I personally like my gal soft.
- P Oh, your wife is so beautiful.
- P But all I'm saying is, Serene, isn't it we've been deceived.
- S Yes.
- P We've had to start thinking again. Serene and I had to put a different image in our heads of what a feminine, fit woman is.
- S That's why is was... that's why the whole mantra is Feminine Fit. We don't want

to be masculine fit, we don't want the big traps, the big gladiator necks, the big, you know, biceps. That's not how God meant us to shine.

P And getting back to this Workin business, so many of us are undone in our whole core. Inside our feminine bodies we are different to men, we have a womb, we have ovaries, we have things that need to be protected and they can be ripped apart by exercise.

[00:19:00]

S Or prolapsed.

P Yes, prolapsed or they can fall. That's why so many women end up in Depends and, you know, as we get older. And all these problems, a lot of them are coming from over-exercise. Or exercising the wrong way, or under-exercise. Again, there's a beautiful balance there.

S There's a linea alba, basically it's connective tissue that runs down the middle of our six-pack. And if you put a lot of pressure on that, which, after a lady has a baby, it's not quiet healed up, it's not quite seamed up. And the first thought she thinks about is, I feel fat. Let's do, you know, 50 crunches and sit-ups. She's just exerting pressure, enormous pressure, through that linea alba and stressing it out. And ruining or thwarting any healing that's going on.

P And so it splits, and so that's why...

S It already split through the pregnancy, to allow the baby to grow.

P But it doesn't mend.

S No, it doesn't mend. But also, it can split, even people who've never had a baby, they can have it split.

P And men can have it split.

P And that's why you hear... have you heard the word diastasis recti?

D No.

P That's when your... that sheath of muscle is disconnected and it didn't mend again after pregnancy. Or it was disconnected through different things, exercise.

D So this is a permanent injury?

S It can happen through... No, it's not permanent. You can fix it.

D Okay.

S Yes. I mean some, there's a small, very small percentage of women, who can wreck it beyond the point where they need surgery.

P They have to have surgery.

S But that's small percent. Most people can fix it.

P And so our whole Workins routine is designed upon rehabbing this core that we have first. Yes, let's work out our whole body, but let's do it so that this meshes at the same time and that we heal it and protect it at the same time.

[00:20:43]

S And you know, it can also be wrecked just by posture. From a little girl onwards, if they just stand just with pressure forcing through the linea alba, they just kind of stand with their stomach pooched. They don't stand up straight and just kind of stack themselves in a neutral spine, that can cause a lot of just excessive inter-abdominal pressure. And men can do that too.

And then another time to be careful, for men too, is when they get bad flus or colds and just, you know, coughing puts a lot of pressure on that too. So if you've got bad posture and you're coughing a lot, you know that can... there's other reasons, other than pregnancy to cause... is what I'm trying to say.

D My wife is, you know, she's not extremely tall, but she's taller than a short little lady, and she used to constantly lean over in order to accommodate shorter people. Especially if a man was in the room, you know, she didn't want to tower over a man, so she had, you know, the worst posture just because she's nice. She didn't want to make people feel short, you know, or whatever. So...

P Yes, posture, for us women, as we're leaning over, even nursing, things like that. And that's all normal, but then we have to learn [crosstalking].

S And so the Workins, it addresses all of that. WE just, we get down to the nitty-gritty and to the functional way about how we should be standing and [crosstalking].

D Now I saw a picture of you two, and I thought there was a... it looked like someone doing a squat with a broom in her hand.

D I mean, are we talking using things from your normal house?

P Yes, I mean just... because we realised, you know, buying a whole bunch of equipment... and we just wanted... that's going to put people off. We just wanted things to be as easy as possible. Just do things in your own living room, don't dress up in your little cute outfit.

S Who're you dressing up for?

P No stress. We don't look cute. Let's get it done with, and just get it done quickly and just have fun. So, really that's all that is about.

S And you know it's a bigger subject. This whole subject is a bigger subject, I've been thinking about it as we've been talking, and Pearl, we need to... we just need to address it. Because when something's meant to be freeing, but it becomes your master, that's a bigger subject here. Let's talk about that a little bit. It could be even a diet. It could be even the Trim Healthy Mama diet. Like it's meant to be freeing, it's meant to be food freedom, but somehow, along the way, or even it... maybe it began straight away for some people, it became their master. And they started being enslaved by it. And just thinking, oh, it's been three hours, I'm not hungry, but I need to eat because that makes me a Trim Healthy Mama. Or, oh, I had 16 carb points instead of 15 on my S-helper, so that means it was a Crossover, I'm done. I'm wrecked. Like just enslaving them. Let's talk about that.

[00:23:32]

P It's sad. It makes me so sad, because, you know, when we started this whole thing, we'd come from diet after diet after diet trying to find... trying to find the ultimate way to eat, but we found ourselves enslaved in every single one. And so, when we came to Trim Healthy Mama, suddenly we could incorporate all food groups. Suddenly we could eat dessert, suddenly fat, suddenly carbs, yes, all of it was there. And yes, we found out a few little guidelines to help us metabolise these things so we'd lose weight, but it was freedom. And it felt so good.

S I want to hear that properly Pearl. The rebel yell.

P FREEDOM!

S There you go.

P That felt so good.

S I feel you've got a better one than that.

P No, no, no. That's it. And you know what, we wrote it in the book, and there we wrote guidelines so it works. But when I see people take that and it becomes their master, and maybe they go over... maybe they don't do something right one day, and they're like, oh, I blew it today and maybe it was just a Crossover instead of an S-meal. Who cares?

[00:24:37]

S THM is not your master. I just want to say it right now, it is not your master. Don't make it your God.

P And we all do it differently for goodness sake. Serene's a purist, I'm not. Who are you? Maybe you're in-between us, or maybe you've got your own thing. Just listen, take these principles, they're not rules, take them and make them your own. Do not get down in guilt and condemnation and shame.

S That would make your life... THM, the reason why we did it was to make... it made our lives happier, so we wanted to make your lives happier by sharing it. So it's meant to be sharing happiness. We did not want to add rules to your life.

P So, if this Trim Healthy Mama to you, even right now, if it's sadness or if it's rules or if you feel enslaved, just stop, okay. I don't want you to go off plan, but I want you to stop and rethink it. Just think, okay what am I doing to make this - why am I a slave to this? Where is my misery, I need to find the joy. Look at the things you can eat, look at what you can do. Yes, you're saying goodbye to some sugar and stuff like that, but if you eat it now and then, life's life, just get back on the plan.

[00:25:40]

S No shame involved.

P No shame, no condemnation. Freedom. Don't let anyone take away this freedom. Serena and I fought so hard for it, mate, and we're going to keep forcing it down your throat. It's freedom. FREEDOM!

D Well, gals, that has been really great content and Rebecca, I hope, that not only answered your question but really encouraged the other ladies out there listening.

S Poor Rebecca got an earful. [Crosstalking]

D You remember her? You remember Rebecca?

P Oh my goodness. We had more questions, that's only one, we went on and on and on.

D And that's okay. I think it's been really great.

S We're signing off now. Come here, back, next Wednesday, we're going to give you some more freedom.

[00:26:17]

P You're going to be so stocked up with freedom you won't know what to do with it, because every Wednesday we are shoving freedom at you.

P But hey, we've got to go because your baby needs you. I've got to get home and cook dinner. So, see you next Wednesday.

[00:26:31]