



## Trim Healthy Podcast with Serene and Pearl Episode #6 - The Premier Episode

*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.

P Do you have something specific you want to hear from Serene or yours truly, the Pearleth? Just write in your questions and send them in to [support@trimhealthymama.com](mailto:support@trimhealthymama.com) and we will get them. You know, being sisters and as different as we are and being business partners it's funny, but everything... We're the last two of six kids, right, but it is funny that we've ended up doing everything together.

S I know.

P We slept in the same bed until we got married. We had our own beds. Our mother gave us our own beds, but Serene wouldn't sleep in her own bed.

S And guess what happened when you got married?

P Slept in my bed.

S Guess what happened when you got married?

P You came and lived with us.

S And, I slept on your couch.

P Yes, thank goodness you were going to say, I was still in bed with you.

[00:00:54]

P No, I'm drawing the line. But, no, I couldn't have you move out without me.

D Serene, you did some vagabonding on her couch in the early years.

S I did.

P Oh, totally.

S I lived at Pearl and Charlie's completely.

P We have been attached at the hip really even though we're six years apart.

S Yes and we did the singing together.

P Yes, we did the singing, we travelled around the whole America and the globe signing. But you see, we fought all the way. Loved and fought.

S Oh, yes.

D What's the band you were in?

[00:01:21]

P It was Serene and Pearl and then we called it Considering Lilly. It was signed with a Christian label.

S We're some has-beens.

P We're has-beens.

P Mate, don't bring up the singing thing.

[Overtalking]

S I get a one cent royalty check sent me.

P Well, I still get royalty checks, it's hilarious, from the early 90's.

S Yes.

P We were in the Christian contemporary music.

S Like to send out the cheque was more money.

P Absolutely.

S Driving to the bank to cash it...

P Yes, your BMI wrote the check...

D You burned up the cheque.

[00:01:50]

S The cheque and some.

P No, but I would say being in business with Serene is...

S Hey, this is too fresh from the last fight, Pearl. I think we need a few days before we talk about this.

P Yesterday... I know, we need a few days. I love it because she brings... I'll say the good and the bad, then you can say the good and the bad about me. She's trying to think of the good.

S No, I just meant...

P I love it because she brings such purity of what our first passion should be, which is family. She doesn't allow anything to come in there. She's like that

person with the microphone... Megaphone... Don't call it microphone, a megaphone, always reminding us that comes in front of my family, that will come in front of your family Pearl, stop it, stop it.

S But your heart is for your family just as much.

P Yes, you actually feel more guilt than I do though.

S I do. I do.

[00:02:45]

P Serene feels a lot of guilt if she...

S I felt guilt this morning.

P If she takes time away from her family, if she removes herself from her home and is not taking all her children she's covered with guilt.

S Yes, I have to take that to the Lord.

P Yes, but I don't feel that same amount of guilt because I always feel in my head, well hey, I'm bringing great things to my family and they... But I don't want... I can't... I draw the line at travelling all year.

S But I'll tell you what, I'll tell you what you're doing.

P But I've got to tell... No, that was... Was that the good or the bad? That was the good. Now the bad.

S But I want to go onto you.

P No, I've got to say the bad.

S Great, go for it man.

P The good is...

S Is it a smoothie that I'm sitting here and like drinking before your face that looks like frog slime?

[00:03:24]

P The good thing is the priorities and then the hard thing too is the same thing, because it's so a line drawn in the sand. Like our argument was yesterday, okay we're just being honest and clear here. She said we can do three hours one day a week and I'm saying, Serene, what if we have to go over that three hours, what if we need to for the sake of our business do four hours? No because then four hours will always be four hours and then you're trying to stretch it to five hours. If I say four hours then it will always be four and a half hours, so three hours is what I've got. And so the very thing which she's fighting for her family, and she really is, she's fighting for her family, Serene doesn't care about money. Serene doesn't care about status. Serene doesn't care about what people think of her. She cares about her family and she cares about God's calling on her life which is open doors and so she does that as her duty. But if anything is pulling her away from her family she will fight tooth and nail. A mama bear has nothing on her. You go up against her, you are just... You can be beaten with one flick of her finger.

S I made Pearl cry.

P She made me cry.

[00:04:25]

S Pearl brings a lot of intelligence, a lot of smarts. She's very intelligent. She's very wise and she's very studied and on top of that she detail orientated and she cares about doing her best at things. She doesn't bother doing it unless she's going to do it her 100% best.

P That's my good and my bad, right?

S No, that's good. That's your good. I'm going to tell you your bad. I'm going to switch around to your bad soon. She does her best. Like she puts... She's not lazy. Now growing up we thought that she was going to be lazy. We called her Princess Pearl and she would lay on the couch and dream. It wasn't really laziness. It was her dreaming time.

P Isn't that funny, because I was very...

D [Laughing]

S It was very productive apparently.

P But when I think about relaxing I think about doing that. I don't do that anymore.

S She doesn't, but she used to do that a lot, lay on the couch and twiddle her feet together.

P Mom was so worried about me. She thought I would end up the laziest person.

S Mom made us all a bit worried. That was contagious. She may be contagious to us. But you are so not lazy. Pearl is such a hard worker and she's a very hard worker for her family. She's always put the meat and three on the table every night. Even before Trim Healthy Mama you were a hard worker for your family, you did the details and now you do the details too for the business. Now the bad part about that is it can get you so stressed and so full of anxiety because you put your finger in every single pie. It drives me insane.

D Yes, leave us alone Pearl.

[00:05:49]

S Like every time we do a video, you know, for Trim Healthy Mama and we're doing a cooking show and they're setting up the cameras, they're like okay we're ready and she's like no we're not ready, I have to look through the lens. I'm like why do you have to look through the lens, it's going to take me 10 more minutes away from my children for you to get your opinion on the lens.

P Guess what. Yesterday I wished I looked through the lens more but I was trying to be like more like you, make you happy and I didn't. I saw the final. My hair was like sticking out like electricity every time I turned around. Yours was perfect. It looked hideous.

S I bet you it didn't.

P No, it totally did.

[00:06:22]

S Anyway, all that to say and so she got the fingers in the pie stuff. And so...

P You're right about the worry and the anxiety. I have to give that to God.

S Yes, it's a bad point. But the good point about it is she does... If it wasn't for Pearl there would be no books or anything because I love to be creative, she's super creative too, but she brings the creativity into format. I don't have format.

P No.

S There's no format in my head. There's no lines, boundaries, squares, anything you put things into.

P Serene's full on creativity like any...

S I don't have any like things that you dump this section under that section, no it's just all for me.

P And the things that really impact Trim Healthy Mama, like who would've thought to put okra in brownies or in anything and now it's like all over the net, everyone's stolen it. That's alright. Serene's like who cares, God made okra. But I mean these things come out of Serene's head. I'm like how did that happen and they're a big blur of creativity and craziness.

[00:07:10]

S I hate talking about it. Listen, let's move on.

P No, stop little sister. But what she gives me, you know, is just a mess.

S It is a mess.

P It's just a mess.

S It's a full on mess.

P No they wouldn't... You're right Serene, thank you for that, they wouldn't be books without big sister Pearl.

S They'd be nothing. Pearl like puts it all into the ability to be able to be received by the world.

P But there wouldn't be books without you either because there would be no Fat Stripping Frappe and no all these things. But anyway, yeah, enough about us.

S It's like wow, like let's ook. Let's talk about...

P Narcissism is not too natural to us I guess.

S No, let's talk about something else shall we.

S Danny, hello, you want to talk about you?

[00:07:51]

D Oh I'm just sitting back fascinated in learning about the deep inner wild workings of the sisters.

P Sisters is such a special relationship too and we're very close to our other sister, Vange.

S Now this is amazing. We love Vange. She's one of the most incredible people born on this whole entire planet.

P Well, but you can't talk if she's around.

S No. Yes, because she has incredible things to say and it's not...

D But you don't want to because she's like that, she has incredible things to say.

S She's saying amazing things and it's not that she wants the limelight. She does not. She's very humble. It's just that she's so full of the energy of life it's just there's no room.

P Yes, it's not a bad thing. And like and so Vange wouldn't want to be tied to this life. Like she didn't write the book with us. She doesn't want to sit down and have to do this sort of work. She wants to be fishing or out with her children climbing a hill.

[00:08:39]

S Yes, when we wrote this first book she was like turning the chirt hilltop piece of land that they had into the Garden of Eden.

P Beautiful garden. She's out there...

S If you wonder why she's not involved; life.

P She's out there living life. She's got a life, man!

D Oh, she's got to roam the hills.

P She's living life to the absolute fullest. For those of you who don't know Vange, she's our six foot red head...

P And she's a health freak, too.



P Wild.

S She's not out there at McDonald's. She's like sitting her like bone broth freaking weird health concoctions.

P Yes, you talk about purism, she's definitely on Serene's side of the purism. She doesn't understand my try to [overtalking] way.

S She walks miles per day. She's amazing.

D We need to get her in on an interview, don't we?

[00:09:13]

S We've got to bring her in because she would just... She's got... You know what, whenever she opens her mouth...

P But she's got a lot to impart.

S I'm always like wow, this like... I'm going to chew on that for a good month.

P Yes.

[00:09:24]

#### 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. When I see mothers with children that have matching socks, Serene, I mean... I have to stop. Honestly, I have to wonder where she is getting her super powers from. [Serene laughs.] I have never been able to manage to put my children in matching socks!

S They're not my super power, no...

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).

[00:11:10]

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.

S Hey, we'll read all your questions if you send them to...

P Only good questions!

S Trim Healthy Mama Support.

P No.

S What is it?

P It's [support@trimhealthymama.com](mailto:support@trimhealthymama.com).

P Okay, so big sister knows. You send them there but I'll read them.

P Yes, but being sisters in business it's been... I would never have had it any other way. I mean it's been an incredible, incredible ride with totally so many bumps.

S Good bumps.

[00:11:47]

P Good bumps, but it's just like hey if you can say sorry, if you've got to say... I think a lot of family relationships break up like husbands and wives have to say sorry, but sisters and brothers need to say sorry to for goodness sake.

S They do, oh yes.

P And we're a bunch of opinionated brothers and sisters but we have learnt to say sorry. It's a learn thing. Serene, does it come naturally to you?

S And it doesn't mean that everything's perfect.

P No.

S In our family we've had some huge fights.

P Huge.

S We've had some doozies. Now I'm not talking one-dayers.

P No.

S And we don't believe in letting the...

P Sun go down.

S ... Sun go down on the wrath thing. I'll tell you what, but we've had some doozies, like you know months long, yearlong doozies where there's...

P Not between you and I.

S No, but other members of our family where there's issues that are really heart deep.

P They are.

S They cut so deep you can't get over them in a day, right. I tell you what, our friendships in those situations are so deep and wonderful today because of that one word, sorry, because of humbling yourself. And I tell you what, if people are out there listening and they have relationship issues, it's not over. There is another... There is another season where it can be better than it was before the break.

P It can be beautiful.

S It can be mended so much better just by the sorry.

[00:12:57]

P Yes, I mean people again might look at us and think, oh what a lovely rosy life they live and their family is so wonderful.

S And it doesn't matter if there's two issues and it's like well I'm not going to say sorry till they say sorry because they really... No, let's just find out what our part was in the wrong and just get that fixed up. It takes one person to start that.

P All that to say... We've definitely had our family... Every family goes through it, but man when you get in there and humble... Amazing things happen when you humble yourself.

S Can you hear me crunching on my chia seeds?

P No. And you know what, it's not only sorry, guess what the other thing is, Serene. It's forgive.

S Yes. Yes!

P Forgive. No, really forgive. Sometimes I say no I forgive you and then I have to... And it's something you've got to do and you've got to do this for the health. This is not just because you've got to because relationships are so important. You've got to do this for your health because unforgiveness and bitterness, it causes more diseases than anything you can throw down your gullet and eat. I fully believe...

[00:13:50]

S Oh, I fully believe it.

S And I cry up to the Lord and say: God, I forgive... but, why can't I forget?

S And that's what I feel like when we really forgive... I think it helps...

P No, you're going to remember, but you have to...

S But tell me how do I deal with that?

P No, literally you've got to go down into your heart and say, okay this person they have junk in their lives, I have junk in my life, it's not them it's their junk, okay. And I take this person and...

S And their junk is hurting them as well as it hurt me, right?

P Yes, it is hurting them and you've got to let it go and you've got to forgive and you say no matter what, yes, maybe they're still being an idiot, but like I love them. I forgive them. God bless them. God, You deal with them because I'm not going to deal with that. And that's healing. That is such healing for your health. That is such healing for your spirit. That is such healing for your mind and for your whole life.

S Because we're not God, right? We're not called for judgement. We're not called to just like look at the beam in everybody else's eye and not worry what's in ours, right? So when we go outside of what we're called to, we're miserable.

P Absolutely.

SP And we try and be everyone's Holy Spirit, we're miserable. We try to be everyone's conscious, we're miserable. Why that look, Danny?

D Man, because this is so fascinating.

S He's hearing me crunch on chia.

D Yes, the chia seeds are blowing my mind. You know just the radical truth that these negative things in our life are so tied to our gut and to our health that just nobody's talking about that.

S Absolutely, that's why like arguments and stuff if you're eating man, have you ever... The stomach aches you get when you're eating and arguing are the worst.

D But people think it's almost like - oh, you're reaching, you know, you're going too deep to try to talk about emotional issues or things like that as it pertains to health, but...

P Science though...

[00:15:42]

D I think there again science the more we learn it seems to confirm everything you guys are talking about.

S So I was eating this chia, Danny. I've got in here chia.

P It's a smoothie she's drinking.

S Baobab, wild raspberries, chia, hempseeds, double fermented kifer from the goats outside of my house. What else have I got in here? Antioxidant cocoa...

P Okay, are you coming to a point in how this...

S Yes.

P Okay, good.

S This is like super bomb health drink, but if I was sitting here thinking about how nasty Pearl was to me yesterday and really the nastiness is making me want to pick apart everything about her and if I was just thinking negative about stuff in life...

P Rehashing our argument and thinking - oh, that hurt me...

S Rehashing or reliving some kind of like negative thing in my life, this here will

be worse than the McDonald's double hamburger multi-size fries...

P It's not going to do any good.

S Upper size fizzy Coke drink, whatever you call it here in America.

P Like it took you a while to get to that point but it's a perfect one. So true.

[00:16:43]

S But isn't it better since I went through all the details? Did it not hit home more clearly?

P Yes, the point hit home with all those details.

D Yes, righteously home, I agree.

P It's so true. I mean that health tonic does nothing for you if your soul is bitter.

D Ah! And so might you blame perhaps the goat milk for your body's intolerance? Oh, I'm allergic to goat milk...

S Yes, there you go Danny. Danny goes deep.

P Right, but it was the thoughts. And we're not saying no one could be allergic to foods. Yes, of course they can, but so many times it's our emotions while we're eating and that we relate to that certain food or our body develops intolerances because of the emotions we had when we were eating.

[00:17:17]

S Yes and it's not even while we're eating, it's after we're eating and before we're eating. It's just basically it's deeper than food. Our health is deeper than food.

P And so yes we're going to have these... There's nothing wrong with feeling passion towards someone else and expressing your opinion. Yes, we're going to get real with each other sometimes. But, hey, we can't hold all this stuff in, man.

D It's the hanging on, isn't it.

P It's the hanging on, Danny. Serene and I could've hung onto that yesterday but she was determined not to. She's like, Pearl I love you, say it back. Say it back.

S You do. You do.

D That's such an underutilized skill in today's world is really just letting go of that little hurt that your brother said to you or your...

P Oh, the little ones. The little ones add up.

D Just tiny... The tiny, tiny foxes. Look, I have a fox right here, little tiny foxes.

P Yes, so true.

S It's his little daughter's pet cute little stuffed animal he brings to work.

P It's so cute, Danny, how you do that.

[00:18:06]

D Just so people don't think I'm a little awkward, they send is the way I would like to phrase that. They send.

S You don't take it to work. They send it.

P And it's so cute.

D I don't sneak their stuffed animals out of their room.

P His daughters, his two little daughters have these cute two stuffed animals and they always want to come to work with daddy. So they can't come to work with daddy, so he brings their stuffed animals and sends pictures of them to his wife who shows his daughters.

P So cute. It melts my heart.

D Oh, it's precious. It's one of the highlights. It keeps the day going.

S But you know, Danny, how you were saying... So getting back to it, you know how you were saying it's just so easy to hang on. I also think that the real freaky part about it is it's delicious to hang on.

P To hang on. So true.

[00:18:51]



D Oh, it's filling and tasty.

S It's a good friend. It bites. It's a monster at the end, but...

P I could go now and think about things in our conversation yesterday and then really dwell on them. Oh, she said...

S And have a good time.

P Remember she said that...

D Oh, doesn't it prop up your ego too?

P Oh, it does.

D Your sense of... You want to avoid that sense of loss and that you're wrong and that you have something you need to change, right.

P And then self-pity feels really nice too...

S Yeah...

P Like how could she say that to me, man that hurt. That hurt. Doesn't she know what I do? Doesn't she realize?

D I carry all the burdens.

[00:19:19]

S And that's the twist of the enemy, right? Because it's like having a lollipop and at the end it's the dagger to the soul, you know?

D Dagger Pops.

P So true. So we go to...

S Dagger Pops.

P Dagger Pops.

S Dagger Pops.

D Dagger pops from the...

S That's it, Danny.

D The devil's Dagger Pops.

P They are and we lick them and we savour them and oh, what she said... Then, oh... But you know what we have to do? Throw them in the garbage.

S Throw them in the garbage! Because we wrestle not against flesh and blood.

[00:19:43]

S The daggers.

S You know that scripture in the Bible, bet against... You know, the powers of the darkness of the... However it says. I'm not really good at like perfect translations. But the thing is is that people, yes, yes, they can be miserably miserable wretches. Not you weren't that yesterday. You know and like people do some terrible things to people. I'm talking like people...

P Really bad things.

S We all have gone through some terrible stuff, but you know what it's not like the devil made them do it. No, they're responsible. They're going to be responsible before Christ, but not responsible before us, right, as far as...

P Well, in some ways, like you know a child was abused... Yes.

S Yes, but I'm just... Yes, my point being is we're not the ones to bring judgment on them. But the fact, because it's going to hurt us, but the fact is is that it's... There is an enemy out there that...

P Yes, wanting us to be miserable.

S Right.

P Wanting us to savour those lollipops and think, oh isn't this nice. Oh, I'm having my own lollipop time now thinking about all the things she said to me or he said to me.

[00:20:38]

S But it's the enemy out there though, Pearl, that's not making them do it but that they are under the influence of when they do these evil, evil things and we need

to pray for those people because they are bound in chains that's the worst... Worse than cancer that's physical. Like you know it's situations that is destroying their happiness, the people that are being the meanies, you know and that's... So we'd feel sorry for them, not angry.

P Not harbour.

S But sorry and...

P Yes, I know so that... I mean our little spat yesterday spurring this whole thing.

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

P Hey, you got questions for us. All your questions come to us if you use the email [support@trimhealthymama.com](mailto:support@trimhealthymama.com). But hey, we've got to go because your baby needs you. I've got to get home and cook dinner.

S Yes, my baby... Gotta go nurse.

P See you next Wednesday.

[00:21:32]