



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #9 - The Fit Scam!**  
**It Has Made Us Females Loathe Our Bodies and**  
**Wish Away Our Curves**

*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 This is the PODdy with Serene...

P And Pearl.

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

P Hey, you want to hear from us? Do you have something specific you want to hear from Serene or yours truly? Just write in your questions and send them in to [Support@TrimHealthyMama.com](mailto:Support@TrimHealthyMama.com) and we will get them.

P It's been warped, like you go on Pinterest right now, the pictures that you will see of any fit female will be the abs like completely glistening and rippled.

D Yeah, but what's wrong with glistening, oily abs?

P I think, I really believe that we have been deceived by that picture over and over. And that's what we think we should be like.

S If you don't have a natural mesomorphic body right, so it's more like the sporty kind that naturally builds muscle, if you do not have that, you going to work off every single natural womanly curve, then you will have to silicone it back in. I'm telling you.

[00:00:53]

P No, it's true because women have...

S You can't have rippling abs and breast...

P 12% essential fat and then you got to have fat for your endocrine system, you got to have fat to sit on, whereas men only need 3%. So Serene is correct to get those rippling abs you will have to completely eradicate your fat quota.

S And it will change your hormone profile.

P Which can affect, you know, your whole cycles, everything, and so I don't believe it's natural. Yes, we can have trim waistlines but to get those rippling abs, you doing something that's a little odd for your body.

S Yeah.

D So per, as usual, it's deeper than it looks.

S Yes, it completely is and it's aging.

P Yes.

S It really is, it's aging.

[00:01:33]

P Can be. Totally, and so what is, you saying what's true female strength, I think, so many of us are like, okay let's be strong like a man, let's be fit like a man - let's be strong like a woman, let's be fit like a woman.

S And that is, going to have a, you know, the whole way of being fit like a woman, is going to take her unique body in mind, that she has a womb, that she has organs that men do not have that she has to protect. That's why, you know,

women ... I've heard of people that do like these modern exercise that are all rage, I don't need to name any names, right?

P The ones where you throw over tires.

S Yes, yes, yes.

P Okay, that they start to pee and do all that kind of stuff, they can't hold it in anymore.

S Because they're not protecting their not protecting their pelvic floor and their womb, and they get splits down the middle diastasis recti where their whole rectus abdominis just splits and then their organs start pooching out.

P So many of us women... me included, you too, Serene, let's be honest...have actually done ourselves more harm with a lot of exercise, than good.

[00:02:36]

S I have ruined my body and I have had to years of rehab to fix it by being a exercise freak.

P But why, because we have this image, Danny, I mean... Okay, when you look on the cover of any fitness magazine for a woman, what do you see?

D First of all, we get to see the whole belly.

P Yes.

D Super-ripped abs, well-proportioned upper abs, is that what...

P Yes, upper abs.

D Can I call those that?

P Let's call them upper abs.

S Say the six pack or the two pack upper abs, yes.

D Yes, there are just epic two pack and it's always, I mean right out of something somebody could draw.

P Exactly, but how do we normal women get there? We can't get there without harming ourselves.

[00:03:14]

S No, no, no. You can't get, you harm yourself, then you have to do surgery to get there. That's the thing. You take Hollywood, they're so skinny, you know they can't have those curves there as well. They have to put them back in with silicone.

P Yes, and so I think that the media, magazine, this look of this woman that is everywhere, this fit woman, I think it's done us a great disservice. But what is a fit woman then? I don't know.

S I think she is trim.

P We can have strong, we can be strong.

S She doesn't have to be skinny. I think she's trim, not skinny.

P No, exactly, but we can be strong. Yes, but do we have to have the ripples glistening under that tiny, tiny bit of...

S I think there is a percentage of women that naturally have a more muscular body.

P Right.

[00:04:01]

S I mean we have friends for instance that they hardly do anything. I have a daughter from Africa, she hardly does anything and she is naturally more muscular, muscly but, I think most of us have to ruin our bodies to get there. But the thing is, no listen, this is really what I want to say, guys, this is what I want to say. Great, even if it didn't wreck her body, is it celebrating who she is? Or is she trying to mimic somebody else? My point being is, where is the women celebrating their natural womanliness? Why we trying to take it off? Why all of a sudden like back in the decades prior, a little curve on the belly was seen as beautiful, a little extra love handles on the hips was beautiful, these days it's repulsive. So we've gone somewhere wrong because that was feminine and it was healthy, but now all of a sudden it's the thing to get rid of and it's self-hate until it's gone.

P Sometimes my husband puts his arms around me, I think it's ingrained in us, because I will be in the kitchen, he will put his arms around me and then his hands go to my belly and he's just leaving them there, and I think, he's touching

my fat, he's touching my fat rolls, you know that's what goes through my head. And in his head he's loving it, he's like she is so curvy you know, but in my head, he's touching my fat rolls, how repulsive. But that's been ingrained in us where, us women, part of the natural curve of us is, not to have an insulin belly loaded, you know, from abuse of carbs.

S Kellogg's Corn Flakes

P But just to celebrate that womanliness.

[00:05:38]

S Yes.

P That it's okay not to be washboard right there.

S Yes.

P And I have had to train myself, Pearl, relax he's not thinking that your natural belly is repulsive, he's a guy and he's thinking that you have nice curves.

S Let's take it the other way around. Can you imagine if men tried to be women, I just wish I could get a bit more padding on my hips? It would be weird, wouldn't it? If they tried to get their bodies more womanly. So that maybe.

P Danny have you ever wanted more padding on your hips?

D You mean on me?

P Yes.

D I've wanted more padding on my, men want more padding on their biceps.

[00:06:16]

S Yes, but that's a masculine thing, if women thought to themselves, you know they wanted to celebrate their femaleness, I understand that, but what Pearl might try and get at is, we trying to look more masculine. We're trying to cut all our womanly curves off and put muscle in its place.

P Yes, and so this whole, this is real to some kid in that story of the Emperor's New Clothes, you know, where everyone's like oh, I love your clothes and he is naked, he is standing there and he believes a lie, and suddenly some kid says,

he's naked! So I think our whole society has been ingrained that this is what we should shoot for, this fit woman and someone needs to just stand up there and say it's repulsive, it's wrong.

S Well, it's you right now, Pearl.

P It's ridiculous, it's not going to work without harming myself, it's going to kill us.

S Exactly. And you know to go back to what we were saying, men actually are changing their form of celebrating their body to. What's with this cardigans, and the skinny jeans, and the hair? Like done with a special hairspray and their like, their hands like have never, ever seen the sunlight to get like a hard day's work?

P Oh, you know, yes there's a part of that, Danny, you wearing skinny jeans right now? No that's okay.

S I've seen his hands, and tools and wood.

P Yes, you're a woodworker right?

D Well, I built my entire house.

[00:07:39]

S My son is living in one of his houses.

D From the woods. So yes, absolutely.

P Yes, but okay, my sons said that they'd never wear skinny jeans and now I've seen them in skinny jeans. Your son was wearing skinny jeans the other day, Serene, you're preaching.

S He actually looked quite good, too.

D But what you all calling skinny jeans are not what the world would define a skinny jean, then.

S You know the metrosexual look, that's what we're talking about. Pearl help me out with the description.

P It is a little bit merging of the sexes these days. I would say so, I would say that

there is a lot of, okay, we're going to step on some toes here, but there's a lot of men going through college these days, they're coming out - it's a different breed of men. It's a different breed of men.

S And the cologne, a few years ago they use to have that cologne called One, Calvin Klein One, a scent that would match both men and women, what is with that?

[00:08:26]

P Is it a fashion thing, okay, they're just a cycle of normal fashion. Hey, back in the seventeenth century, look at our founding fathers, they wore big, white wigs, Serene, we could call that feminine and they were very masculine.

S Yes, they were feminine. Okay, those wigs were feminine and those pasty pale powder was feminine.

P Right, so all I'm saying we might not be, oh, this world is getting so horrific, look, men are turning into women. Back there our founding fathers were doing a fashion thing.

S They did their stuff, right? But when they were home in their fields, they didn't look with the wigs and the pasty pale powder.

P Every time I've seen...

D Did they powder their faces?

P Yeah, they did.

S Isn't that just the movies when they were doing the signing of the stuff?

P No, I think, no. I think that they were on horseback with it.

S I don't see them on horseback with the powder and the wigs, in my head.

[00:09:12]

P You watch the movies? At least they have a half powdered wig on, on the horseback and then the full one comes when they were signing.

S I don't know, I'm imagining like the commander in, that movie, what's that movie, like the, boat movie, the sail movie, Master in Commander? Is that it?

S And I'm seeing the little like...

P The ponytail?

S The sea hair with the ponytail, not seeing the wig with all the powder. Anyway we're off top.

D The point is give me a renaissance woman.

P And what is that?

S There we go, that's feminine that, Pearl.

P What do you?

D Back when chicks had hips.

P Oh, okay, yes.

[00:09:46]

S And he's got one too.

P Yes, your lovely wife, she is voluptuous. Man, she is beautiful.

D Don't change a thing, sister.

S She's gorgeous.

[00:9:52]

### 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).

[00:11:32]

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

S Serene.

P Hey, you want to hear from us? Do you have something specific you want to hear from Serene or yours truly? Just write in your questions and send them in to [Support@TrimHealthyMama.com](mailto:Support@TrimHealthyMama.com) and we will get them.

S So that's the thing though, I think that's what we're trying to say here today is I think women beat themselves up. Because they try and think that they have to be something that is going to, you know, destroy them to get there.

P And let's... and what is strength in a woman? I mean, Danny started this off, what is, what is... how is a woman strong? She's strong like a woman, we are strong. But so are men. And we're so wonderfully different - I love it. I just so love...oh, that's another thing, let's get onto this topic - I don't want to step on toes again. Oh, man, why are men shaving their chests?

[00:12:28]

S They're not. Who said that?

P Men shave their chests these days.

S How do you know that?

P I love my husband's hairy chest, because it's so different to my own.

S Why are they doing that?

P Because it's this merging of the sexes thing. They want to be like oiled and show... if they go to the gym, maybe. They want to show off these muscles that they've recently acquired. Maybe it's that. Danny, have you ever shaved your chest?

D No, but I came real close.

P Did you? Why? Okay, why were you wanting to shave your chest? Please tell me?

D If we're real honest, the root of it is that I saw someone else with a shaved chest and I thought he looks more clean-cut. It was kind of a grooming thing. Like, I'm a kind of a mess there.

[00:13:11]

S Men are meant to be messes.

P Yeah.

S That's what I think.

D That's just what I thought, because it's not this like gorgeous.

S I've got a man from the wild woods, I like him, I like a Marlboro man.

D Well, that's how I was. You know, I've got dark coarse hair, so you know, I've got this Al-Qaeda thing going on.

P So you started to self-loathe it, right. You were like a little bit, a little bit self-loathing, Danny? Am I right?

D You know, maybe it was a... you know, if we get, again like we said, everything's deeper. And if we get down to the deep, you know, man-scaping may have its origins in a little insecurity.

P Yeah, and you saw one guy... and was this guy all buff and shaved?

D Of course.

P Right, so you associated buff with no hair on his chest.

[00:13:56]

S But I think women like men to be masculine and deep-down men like women to be feminine. I think, I just think that what we as women think men like; they don't.

P Often times.

S And I think what men think we like, we don't. I think that each gender really likes the true traditional.

P But I do believe that society, or the media, whatever you want to call it, is pushing us to be accustomed to certain images that we shouldn't be. I do think that. And I think that this is causing some of the balance...

S That is true.

P So we have to really take a step back and say, hey, is that the way it's meant to be? I know I see that everywhere, but maybe that's not the way it's meant to be, and maybe it's very unhealthy.

P So I think that's what we're trying to say. Stand up, take a stand and say, no, I don't have to be rippled to be beautiful. Or to be strong.

S Yeah, I don't have to be...

[00:14:48]

P You know, naturally, we're all so different. Like Serene, we can do the same exercise program, you come out and you actually will have some rippled abs - you have more natural testosterone than I do.

S But listen, no matter how much I exercise though, I'll still be weaker than a guy. Because I went to Academy of Sports one year thinking. I was actually into weight-lifting for a while. I've kind of since changed my tune. Because I wrecked my abs and I got it split down the middle and I had to completely like restore my abs since.

S But anyway...

P You had these big muscles on the top of your neck.

S I did. I had big traps... anyway, so I went to Academy of Sports looking at this weight-lifting machine and there was like a bunch of weight already on it. And I lay down on the what-do-you-call-it, that thing there.

P The incline thing?

S And I went to bench-press it - I couldn't move it, right? I couldn't even move it.

P And you thought you're all so strong.

S And I was at the height of all my strong, yeah. I was like, oh, yeah, moving steel on steel.

[00:15:45]

S I loved the way the weights sounded when they clanged together, and then this little, insipid little, pale-faced teenager came in - looked like he was half on meth - came in and he was like playing around with his friends, like joking. And he wasn't into exercises at all, he was there for another reason, like probably getting a hunting gun or whatever. And he just, oh, look at this. And he gets on the incline bench and just does about 15, like lift that. And I was just like, you know what, the weakest of men is stronger sometimes than the strongest of women.

P I just say let's embrace who we are, stop trying to muddle all this stuff. It's a bit muddly right now, guys. So if you are trying to attain that rippled look, yes, be strong. Let's be fit, let's be feminine fit.

S Yes.

D I always have to ask when I see the I am woman, hear me roar kind of thing, which I... you know, all power to the young ladies, but I always have to ask what sort of model of feminine strength, perhaps, did their mother's show them, or lack thereof.

P Truth.

[00:16:50]

S Our Mum was a really, really strong, strong woman. But she was always feminine.

P She is to this day. She's 76, can work circles around Serene and I. I honestly, you...I don't know, she could beat you at an arm wrestle. She could flatten me. She has natural strength, she's 6-foot, red-haired like Amazon woman.

S Our Mum. But she's so feminine.

P But she is so feminine. But I feel like if she'd really joined the women's movement... she always says to us, doesn't she? In a different life, yes, if I wasn't a pastor's wife, girls, I could have been a much different woman. She always says that.

P But instead, she decided to carry her strength, she's not afraid of her strength, she's used it with so much grace.

S And dignity.

P And dignity. And I think that was a model for us. She's a... and our dad's a strong sort of man, but, I mean, she really could have... she probably could have pushed him around, but she decided not to. She decided to, hey, he's my husband, I love him, I respect him.

[00:17:50]

S But you know what, she's more strong, I see her as more strong, because she's been able to be so gracious to him and to other people. And I think that's one of the beautiful things about women and a thing that we can celebrate in our womanhood is to be graceful creatures. To be graceful creatures, and that is a strength.

P I think that some... it is a little lost these days too. That grace. And you know, sometimes I, my daughter pulls me up, because, my daughter Meadow, she's...

S Oh, she's queenly.

P Yes, she's very queenly. She came by it naturally and sometimes I'll just sit there, and maybe I'm just not the ultimate of femininity - I'm in my jeans and my old shirt around the house, and I'm like, oh man. I'm saying this and that, you know, and she'll pull me up, she'll like, Mother, why are you saying that? Why are you talking like that? I'm like, okay, she has a point. I'm not being very feminine or classy or graceful right now. And so I'm mindful. She wears that beautifully, it's something beautiful to behold.

S It is. It's so beautiful. It a lost art, I think it's a lost art.

S I think it's more than that, I think it comes deep from the soul. But I think it's something that we can cultivate.

[00:18:58]

P I think we need to, and it's all to do with this, let's stand up. Let's just say, isn't it great to be a woman, isn't it? Don't we have such wonderful strength that is so much different to a man. Let's just...

S Celebrate our uniqueness.

S And even when we have opinions, and strong opinions on things that we even want to fight for, when it's done in grace I think people...I think it's something they might want to listen to us even more, because it's like, whoa.

P She's not yelling at the top of her voice.

S And you don't... listen to this, this is something really interesting. Our last, our maiden name is Campbell, which means loud mouth. Actually means crooked mouth.

P Crooked mouth. But loud goes with it.

S The Scottish sailors, I think they had a bit of a crooked speech.

P Yes.

S Anyway, and then of course we were married into the Bowen family. I mean, they were called the Blowing Bowens.

P We weren't married. Our mother was Bowen, Dad was Campbell.

[00:19:54]

S Yeah, well they're married in, okay. Get the point.

S Anyway, so the Blowing Bowens and the Crowing Campbell's, they got together and created us, Pearl.

P Six kids and I feel like they're all loud, loud, loud...

S And that's the reason why I was named Serene, because Mum was in hope that there would be some peace at the tail-end of all the children.

S But listen to this, so, you know, when we had to go to do the adoptions and everything.... sometimes you have to go through the training schools and the foster training to get the home study done to adopt. And one of these people said something very interesting that stuck with me. Because whenever I've ever tried to prove a point... [chiming noise]

P Oh, I'm so sorry.

S Pearl, turn your jolly phone off.

[00:20:32]

S Whenever I've ever tried to prove a point, as a mixture of these two loud families joining together, I've always just, you know, raised my voice and gotten louder

and gotten more demonstrative. But this person said, when you're dealing with children, the more crazy your antics, the more loud and more dramatic you become, the less they concentrate on what you're saying. Because there's so much more distraction. But if you really want to get through to them - because they're talking about children with reaction detachment, this was and all these things that adoptive children can come with - if you really want to get through to a child, be calm and say it peacefully. That's actually when it can enter into their synapses. It stuck with me, I don't think it really changed the way I behave, but it's very interesting.

P I've seen you practice that now and then, I do. I think when you remember.

P Let's be strong, like a woman.

P See you next Wednesday, guys, we'll be here! See you next week.

S Yes, bye-bye!

[00:21:33]