



Trim Healthy Podcast with Serene and Pearl
Episode #10 - Practice the Comeback
(a.k.a. What If You Could)

*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]

S This is the PODdy, with Serene...

P And Pearl.

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

P So, do you feel like you just, you can't? I mean, other people can do this whole healthy thing, but you've tried. You can't. It's too much work. It's too hard. Your life is particularly crazy.

P I mean, you really, you gave it a go, but you're right back to where you started up. I want to talk about that.

S And maybe, your life isn't that crazy. Maybe it's just, just the fact that you always seem to throw in the towel. Maybe, maybe it's just like, well you've given up every other time. And so, why would, why would this be any different? Why

would, why would I journey into a season of health, instead of just a sprint and give up again.

[00:00:50]

S You know what I'm talking about, Pearl? Because sometimes it's because people have frantic, harried lives and Ah, well, it's just not a good season. Other times, it's just because, you know, they think, well, I'm a giver-upperer. And so, that's what I do.

P Yes, and I see, you know, on our groups and stuff, I see women writing in and, and they're feeling this frustration. They're like how do you, how do you do it? How do you stay on? I quit.

P And, and really, it's a cry for help. Because you can do it. And that's what we want to talk about today. There's grace. And then there's living in defeat.

S I think what Pearl and I are wanting to say, is these questions... These, not questions, but these cries have been coming across the email for a, for a long while now. And we've spoken to the defeated heart in saying, hey, no shame. No guilt bash-ups. You know, hey, we all, we all do this. Get up. Dust yourself off and we've said that.

S But we don't want to leave you there, saying, you know, it's okay. It's okay. It's okay. It is okay, but let's do the next thing. What do we do, now we've brushed ourselves off?

P Yes. So, how do we climb back in? How do we make this a lifelong thing, where you're not living in defeat? Because, yes, we, we all fall off. Maybe, Serene, you don't fall off. Okay, but the realsters do.

[00:02:09]

S No, but I do! You see, because it's not...

P You do?

S Because I think we're not just talking about food here.

P Okay, yeah.

S As I speak about this, I'm speaking about everything, really. Because, you know, in my struggle in life with fear...

P Right.

S I go through seasons of just being in the victory of it.

P Yeah.

S Nothing's going to make me, like, anxious and all the stuff. And then, all of a sudden I'm just like in a pit of, like... Ahhhhhhh!... And every cell in my body is strung. And...

P Yes.

[00:02:36]

S I'm like, I did it again. Everything I learned. All the self-help. All the scriptures I memorized for this. All that...

P You know what? It's, that's me too. We both struggle with fear and just this morning, I was in the shower, like... I cry out to God. Here I am again, God. I have messed up. I have not trusted in you. How many times did you say in the Bible for me to trust in you? How many times did you tell me? Put your hope in Me and here I, last night, I wasn't.

P So, here I am again. But guess what, it's a clean slate.

S It is.

P It is a clean... That's what I love. I love, it's a clean slate.

S But you know what else I love, Pearl?

P What?

S We don't go all the way back to the beginning. I don't believe.

P Yeah.

S I think sometimes it's... Ah, I messed up completely again, but I think that every time, we're, we're a little bit closer. Well, maybe we can just switch back into the, into the new game.

[00:03:31]

P Well, we've learned from mistakes.

S Yes.

P Certainly.

S Exactly.

P Now, maybe, when it comes to food and healthy eating. Maybe we even put all the weight back on, plus more. It doesn't mean that you haven't learned things in that process.

S That's true.

P And, you know, so I think I love - bring the scriptures back into it - that, you know, the scriptures say His mercies are new every single morning. Every morning, we wake up with the choice.

P So we have a choice to live there, in defeat. Because, you know, saying well, I can't, I can't do this. So going back to whatever your vice is, potato chips, Coca-Cola. And whatever it is, going back there, it's defeat.

[00:04:08]

S Well, the mercy and the grace is there. So we don't have to feel the shame. And we don't have to feel the burden. Like, we have to wear this condemnation. No. But what we're saying is, the clean slate gives us freedom to move ahead. So we don't just stay there... Oh, I've got a clean slate. And just sit.

P No, no.

S We move forward. And I don't know how to put that in the words, Pearl. But it's just like, we don't get given this clean slate to just say... Yay, I've got a clean slate. I don't have to feel guilty for my six bags of potato chips last night. We'll be like, Yay. We've got a clean slate, so we are going to put some...

P No, absolutely.

S Put some steps today to move forward.

P And we've got grace. And we've been given grace. And we have to give ourselves grace. Or else, we will stay in defeat. We have to give ourselves the forgiveness.

P And then, it's a moving forward. Because staying in that place of defeat, only pulls our lives down. It pulls our spouses' lives down. It pulls our families' lives down. I mean, you know, doing harm to your body gets you nowhere. Only further back.

S Right.

[00:05:14]

P And so we have to make that choice here. Yes, okay, I messed up, but now I am back. Now, how do we do this?

S You've heard Pearl and I say for a long time now. The mantra of Trim Healthy Mama food freedom. The mantra, shove the shame, you know. Kick the boot camps or the, or the line as we say.

S Yes. A hundred percent true. But we don't shove the shame to just...

P To stay in the shame.

S To stay in the shame.

S We don't say, food freedom. Just so that we can binge.

P Yes.

S On ice cream every night. It's food freedom, so that we can keep moving ahead. If we mess up, clean slate. Move ahead.

[00:05:48]

P Absolutely. And we're never too far gone. We're never at the point where, okay. That right there is the point where I can't turn around. That right there is the point where I'm too far gone and I'm not worth it. Or I'm too far gone and I can never make this work because, as children of God, we are creatures that are transformed.

P And it's a renewing of our mind. So it is a mind change. It is our mind telling our brain, this is the way it's going to be, Brain. Because when we listen to what we... It's the thoughts we listen to. And if we listen to the thoughts saying, well, I messed up. I guess this is the point where I am never going to get it right. No, I've gained those twenty pounds. So, okay. Well, this is me. I can't do this. That's the point where you say no.

S Well, Pearl and I have been reading a couple of books lately that we've just been passing between each other. One is called Fear: Overshadowing Your Life by Henry Wright and the other... I forget the name, but it's by Caroline Leaf, is it, Pearl?

P Yes. Oh, that's a good one. It's Switch On Your Brain.

S Both of them deal with the facts that thoughts aren't just little airy-fairy little things floating around in your mind that do nothing to your body. Thoughts are actually, they become your body.

P They do?

S They are matter. And so it's. They actually form proteins and, and become who you are.

[00:07:07]

P They start as heat and energy and then, the more we believe in them. The more we listen to them, we exercise that thought.

S This is that New Age.

P No, no, no.

S Devil.

P This is absolute science. And it's Biblical.

S Yes?

P The more we listen to that thought, practice that thought, it actually becomes DNA in our body. So if we believe, well... You know, I just can't do this. It's too hard.

S I'm just addicted to fat.

P Yes, I'm addicted to sugar and I can't break it. Your body believes it and acts like it. But if you tell yourself, no. I'm a new creature. I can do this. I can break this. I have the choice to choose life or death every day before every decision. Before every meal. And I choose life.

[00:07:48]

S It's the whole... It's so interesting how science backs up the Bible. It always does. And, you know, it's, it's just amazing. It's just absolutely incredible. Because I've seen it in my own life with panic attacks.

S You know, I suffered extreme panic attacks. I end up in the ER. And I remember feeling them come on. And the more I concentrated on them, like, I'd say to my husband, my throat is closing. Like, my heart is pounding through my chest. My hands are being paralyzed.

S The more I said it my body just obeyed the things that I would say. And yes, it was physically happening to me. Yes, it was, it was completely... I wasn't making it up. But I was telling my body to respond and now, I can actually feel them come on and say... No, that's just... You're just. You are okay. This is all being made up, by just yucky fear...

P Fear.

S Fearful thoughts. So you can stop it now. And I will tell my throat, you relax. I will tell my heart, you can stop beating. God's in control. And I will actually come out of the panic attack by just, the thoughts. It's changing the thoughts.

P And yes... and this, this is not New Age. It's biblical. And we're told to renew our mind. We're told to throw out every thought that is not lovely. That is not pure. That is not good. We have to throw out these toxic thoughts. These toxic thoughts that tell you that you can't do this and that. This is too hard.

[00:09:12]

P You know that you just can't break the addiction. Your parents are like this. You grew up in a certain way. You miss those certain foods. They're all toxic thoughts that need to be pulled up, plucked out and literally thrown out.

S Yes.

P And the only one that can do that is you. You have to isolate those thoughts and say, that's actually not who I am. I'm created as a child of God and I can change.

[00:09:32]

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.

[00:11:14]

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

S Serene.

D I have an empowering question for you.

P What?

D And this may be worth a whole podcast here. Not this episode, the whole podcast.

P Whoa, whoa, whoa.

S We're dazed, Danny.

D It comes in a story form. Last night, my wife and I are driving home from a friend's house and it's pouring down rain. And our little minivan. The head lights are kind of bad. So the visibility's bad. And every time a car comes our way, you know, the oncoming headlights are even further blinding. And in my head, I've got all my kids in the van. I'm like, man, you just... I got to get new lights. I can't see a dang thing. And the more I said that, it seemed like the worse it got. Okay?

And then I forgot, I forgot an old question, that a friend of mine taught me to ask. And I asked this question. What would it be like, if I could see really, really well right now? And if this wasn't a problem, what would it be like? And so I went, what would... And then I went, what would it be like, if I actually had such, like, crazy good vision, that even while everyone else around me couldn't see... I could actually see crisply shoot right through this windshield and really discern, know what I needed to do. What would that be like and how would I drive?

And I'm telling you... Let's go New Age, if we want to go New Age, okay. But I'm

telling you, it got, like, fifty percent more clear. And I don't, I know that it did not physically change anything. What changed was my wherewithal.

P Yes.

D And so, here's the question.

P Your wherewithal?

[00:12:46]

D Here's the question. When you... Because you're... I've just been deeply listening and you're talking about, you know, when you just fall off the wagon. And you're like, man, I blew it again. Or I can't do this. What would it be like, if you could?

S I love it.

P I love it.

S Danny, is it the PODdy Tea? Or what?

P Are we handing you the keys to the podcast right now?

D I'm telling you. It's worth the whole podcast. Am I...? Now, am I right?

S You're right.

D You know what? Anything it is.

S Great.

D Oh my gosh, I've just, I gained those five pounds right back and I can't do this. But what would it be like if you could?

[00:13:17]

D What would you eat, if you could do it? What if you had a movie role you had to prepare for it and you were a superstar. And you had to be... You were going to millions and millions of dollars. And you had to do this. What would it be like if you could? What would tomorrow's morning look like? If you could....

P Because that's the thing. We all can.

D We can do it.

P We can. Even though, some of us obviously have more challenges than others. Some of us has conditions that make it harder and make... And maybe make, make us feel like, well I don't see results this far. So why even do it?

P But what, what's the other choice. You know, when you go back to what you were doing, it's, it's far worse.

S That's what I said to my husband the other day. And it was actually an exciting thought to him and to me.

S Because, you know, Pearl and I, we're so busy. And you know, we love being mothers in the home, but we're just so busy. And I feel like my poor husband kind of has to fend for himself, especially while we're writing this book right now.

S We're, we're writing all these health recipes and he's like coming home and grabbing what he can grab.

P My family too.

[00:14:16]

S And so, he's got a little bit of a paunchy. But I love him and he's gorgeous and so handsome.

D Well, what does he have?

S A paunchy-paunch.

P She means he's gained a few. Because she... He does... Paunches... You know, we're creating recipes all day. There's no just, like meal. There's no dinner, because you have to, might have to create that recipe in the morning.

S Sam if you hear this, I so think you're a, like, rock star. Rocking the world. Awesome dude.

D Yes, I heard that balance just in case you're heard.

S Listen.

D I've done that for my wife too. And then, like.... and, and, and... And then, in the most beautiful way, is what I mean.

[00:14:46]

S But listen, he's 43. I said to him, darling, this is so exciting. When you're 53, let's just say, let's just take ten years.

S Ten years to lose fifteen pounds. Ten years to do... How do-able is that?

P Oh, do-able.

D But that's too much.

S Fifteen pounds.

D Not for, not for a man. That's as good as nothing. He needs a week.

P Yes, you see that's the mind-set of most people, but yes.

S I just want to say, take ten years. You're going to feel better at 53. He feels great anyway, but you're going to feel better at 53 than you do at 43. And you're going to look fitter and everything. Ten years for fifteen pounds. Let's do it.

P Right, and so those ten years are not living in defeat?

S No.

P They're having joy in the journey, but they're making better choices.

S What I'm trying to say is, even if you're the most stubborn turtle?

P Yes.

S Ten years for fifteen pounds.

P Awesome.

S Anyone can do it.

P Because, guess why, you're not going backwards. You're going forwards.

D Is it okay to just say, though, it's just hard work, sometimes. I mean is it?

S Not in ten years.

P Okay, Danny. That's a good point, right. Because we talk about how. To Serene and I, this is food freedom. And we get to eat carbs. And we get to eat fat. But I've heard people come on and say, this, it's too hard. This is hard.

P And I think because anything that's change, feels hard. Because if you're used to doing, if you're used to grabbing a packet of chips for your snack, whereas you now have to go take five minutes and make a healthy snack.

[00:16:11]

S Like a Fat Stripping Frappa.

P Yes, takes five minutes. It feels hard, because it's not your normal. But you see we're new creatures and that's just what I, I just really want to emphasize to today.

P We are created to change. Our brains change. They can create new matter in your body. We don't have to stay in this place where we think it's too hard. No, it's just new.

S We get to eat carbs. That's so exciting. We get to eat fats. That's so exciting. But this is what we get to do. We get to feel healthy.

P Yes.

S Even if that takes the extra five minutes.

P Yes.

S That's the freedom in it. That is the freedom. And you know what I love. I love that even if you're 83 and you're listening. There's always a clean slate. You can always learn something new. And that's what I I've been talking to myself about lately. Talking to God, really.

S Saying God, I love you for so many amazing things, but you know what I love you so much for? You keep teaching me. And you never leave me where I'm at. I mean, I just turned 40 and I'm like, yay. I've struggled with fear for 40 years. But I feel like, this year has been like...

P The biggest breakthrough...

[00:17:15]

S The biggest breakthrough. And I'm like, God, you're so cool. Like, I'm not 14. I wasn't 14 and delivered, but I'm 40 and delivered.

P Isn't that cool, because Serene, you have had some breakthroughs along your life.

S Yes, yes.

P Little mini breakthroughs with fear.

S It was a journey.

P It was a journey. But this time you're... Look at what you've gone through with your own children, facing life and death. Your son right now is still fighting cancer, okay? You could be living, at this time in intense fear, but you are not. And so you have had a major breakthrough.

But you're 40. And it took this long. And we can take that and say, okay. Yes, but the last decade, I've been messing up with my health. I keep... I keep trying and keep falling off, but God has not finished with you yet.

[00:17:56]

S [Overtalking]. Yes. And then I fought the tenzies again.

P Okay...

S I've got the next ten years. And, you know, lose fifteen of your worries.

[Laughing]

P Yeah...

S This is the deal, what I love about watching my parents too. I mean they're almost at their eighties, Pearl. And I see God moving in them. I see changes in them. That are happening in their older years. And it's like, you're never just - okay, this is who I am. Sorry this is just, can't teach an old dog new tricks. This is just me.

P Yes.

S God can teach anybody anything.

P Yes. But if you want it to be you, that is you. Because you'll sit there and you'll stay there. But it's a decision.

D We decide who we are, don't we?

P We do. And we do with God. And God made us that way.

D Right.

[00:18:37]

P So it's not this whole thing, where we are gods of our own universe and all that. But He created us to make those choices, life or death. Life or death every time. Choose life, He keeps saying. Choose life, He tells us, but it's up to us to make that choice.

P And yes, there's a grace. We're going to slip up, but we never hold ourselves down there. A slip up is just a temporary thing.

S Yes, so...

P The future is higher.

S Yes, exactly. Like the other day, my son, you know, cut his hand with a machete. Sounds really great, right.

D That's only on the hilltop.

S Yes, DCS, don't come looking for me, please.

P You already... you took him to the doctor. He got all fixed up.

[00:19:13]

S All good, all good. He pulled out his own stitches the other day...

P He was chopping wood.

S Yes. Anyway, but you know I thought that I was over the fear thing. You know, I was all good. Because Pearl rang me up, she was on a holiday and she's like, I heard about Vision. Tell me how was it? How are you?

S I'm like, well Pearl. Instead of being, like, alright. Take a deep breath. Straight into faith. Great. Straight into in the calm mind. Straight into, what's the first thing we're going to do? I went straight into fear.

S I went straight into a screaming maniacally... Oh, my son, my son. Oh, my precious son. Where? Where? How bad? How bad? Don't show me. Don't show me. Okay. Who, who, who's going to take him to the hospital? And I'm getting up my husband on the phone. Why aren't you here? Why aren't you here?

P And you blamed it all on him?

S I'm stuck here alone. Well, yes. Don't tell. Don't call me and tell me my son's got a cut in his hand, if you're not going to be here. Blah, blah, blah, blah, blah.

And I felt so down when I finally went into the... took him to the hospital. He was all taken care of and came home. I'm like, God? What was that? Like, where was everything I learned? But do you know what? I'm not going to say, because of that experience, I'm just going to go... I'm just back to being a big old loser of a fear monger.

[00:20:21]

S No. No. I've learned things. I've learned things. That's still my, my treasures that God has shown me. I, I... yes, maybe I just, I just stumbled there, but next time, I'm going to... I'm going to still work on it. I'm hoping that the next... I pray that there's not, hoping there's never a next, but that the next time, I have to put peace in there, instead of, like frantic lunacy. That I'll rest in the Lord and so I'm going to see it as a challenge for the next time. And it's not about works. But it's just about... I'm not going to just say, I'm always going to be a lunatic, because I was last time.

P Yes. And so let's, let's do a few practical steps then. Okay, let's just say this is you. You're feeling right now okay that Pearl and Serene you are speaking to me. I've sort of given up here. I'm sitting, living in the land of I can't do this.

Tomorrow morning, you have a clean slate. You're going to choose life or you're going to choose death. And guess what, we're telling you to choose life. God is telling you to choose life and you need to choose life.

[00:21:22]

P And so you make yourself a good protein-centered breakfast. You tell yourself, I'm not doing the sugar tomorrow morning. And you do it.

S And it doesn't matter if you've done it for the last 17,000 days in a row. Tomorrow is new.

P Tomorrow is new. It doesn't matter if even tomorrow night you mess up. And your life's crazy. And you drive through and you cave to the fries. Okay. Hey listen, I wrote the book with Serene and I've done that. I've done it. I do that.

S I know, Pearl. We'll talk about the story where you were on the vaycay, stuffing white bread in your face with and some Trim Healthy Mama lady comes up and says... Look, Pearl, from the book! And Pearl's holding the white bread dripping with butter to her lips. And she's like, ah-ah-ah, I don't usually do this.

P Yeah... And I don't. But sometimes I do, okay?

D You get busted in public?

P Oh, totally! I mean...

D No, I...

P Yes.

D Let's hear it.

[00:22:13]

P Yes, I've been busted, like several times.

D I want to hear it.

P But, I... At least I'm honest in the book. I say, listen I do go off plan sometimes. But my norm is to go back to plan. You see...

S No, she does. She does.

P You see what, it's what you do. You practice your comeback. And it's quite good if you go off plan...

D Practice the comeback.

P Because all that means is you've got to practice your comeback. And your comeback is going to get you to your goal. Then it's going to get you beyond.

S Ah! That is so profound. And ert... It's what I've been trying to teach myself.

P What was that? ert?

S Well, it's what God's been teaching me. It's so true. Yes, but this is what happened. I'm a wound up personality. Now if I wind myself up into like...

[00:22:44]

S If I open my son's bedroom and it's a foul mess. And then I open the fridge and there's like, dripping jam. And there's like butter packets like all over the sides.

P Like my fridge?

S Down the sides. And then I go open the boys' room and everything just falls out all over me. And I can get myself worked up. And then I start training and start, like, saying to them. Okay, you know, after school today, we're going to do a big clean. We're going to do that. And next time, we're going to not go, you know, to the park until this is clean and this.

I get myself wound, right? And so, when I'm wound up, I'm wound up. And then I feel myself, all, all, like, intense. And then... but it's all done. I've already told my children what's going to happen. We're going to clean up. You know, it's all going to be good. But my body wants to stay in the wound up state.

P Yes...

S Or it could be fear. Right after Vision's machete accident, I wanted to stay all wound up. And I had to tell myself. It's done now. The best thing for you to do is just take a deep breath and then, just, it's over. Feel great. Feel great, from now on, right?

P Yeah.

[00:23:46]

S Stop being wound up as tight as a tick. Stop being angry about mess. Now just feel great. Smile at the children. They've been told. You know...

P You don't have to stay in your wound up state.

S You can go and have a tea and a truffle. And read a good book. The machete thing is over. But my body wants to keep in the zone, right? Okay. I worked

myself into this. Now I'm going to be in it for a while. But I feel like it's with the whole... Like you said, you practice your comeback. Let's learn to rebound.

Okay, so yes, we just had the big cave to the fries. Who cares? That was that. That was pretty yuck, but let's rebound. Let's go, let's go back home and for dessert, let's have a Cottage Berry Whip.

P Let's do it.

S You know, instead of a Coca-Cola.

P It's only one next choice away.

S Right, so see, when I'm all wound up, I feel like, well the rest of the day, I can have a badder. I can just be like, okay...

[00:24:40]

P A badder? A badder like a B-A-D-D-E-R?

S No, just like a... I don't know how you want to spell it.

S She's calling a bad day. A Badder.

P Yes, like just a badder, just go for it.

D Oh, you mean a bad day?

S Like, just go for it, man. You... it's already wrecked.

D Oh yes, just lean in.

S You let one piece of bread go for the whole loaf.

D Yes, lean into it.

S Like I already like lost my temper. Or I already like caved .

P I might as well be mad in the now. I might as well be mad when my husband comes home too. [Danny laughing]

S Yes. Yes, exactly.

D Yes. Yes.

S I'd actually like to show my husband sometimes what sort of a day I had.

[00:25:09]

S Even if he's weary enough, this kind of thing and I think he really needs to know how bad it was. And it all just start working it up again.

D This is powerful, because I'm getting some inner workings of the female mind right now. That's what it's like on the other end of this thing. See, all I experience, is coming home. And it's just like you could feel the, the cloud hovering over the house. And I'm just like... You know, and I kind of like slowly like, oh, I got a little work to catch up on. I'll just head on back to the...

P Because we're scary at that point.

D Totally.

S And how does it feel like. We feel like it's like our duty, it's our duty...

P It's our duty to show you how bad it was.

D Yes, that's what it is.

S And maybe it's not even a husband... maybe people are listening who aren't even married... To show the world.

[00:25:48]

P Yeah.

S What kind of, let's go to Walmart and go grocery shopping and let's get us in an aisle next to me... Just needs to know, how bad my day is going.

P But all this to say, hey we don't have to act like that.

S Practice the comeback. What was in the line? I went, huh. Like, you know, practice the comeback is... After Danny's poignant piece. Pearl, I mean, that was like, that was it too. Practice the comeback.

D Alright, let's go to a question from our fabulous audience and Cathy G writes in. Should you just THM when you begin or go through menopause? And, let me

just say upfront, this is a question that I'm going to be decidedly out of.

S Danny, we could have handed the whole thing over to you and your expertise

D Yes, if you were to do that, my response would be [inaudible Danny mumbling].

P Cathy, oftentimes you may need to and just the amount of fuel that you take. And again, we're not saying you're going to have to start counting calories. But, this is what happens when you go through menopause.

Your sex hormones, estrogen, progesterone and testosterone go down, which causes the hormone insulin to go up. Now, insulin is your fat storing hormone. And so what happens is it makes it harder for your body to metabolize fuels.

[00:26:57]

P And so Trim Healthy Mama is definitely the fantastic way to eat through menopause, but you just want to be mindful about how much fuel is in your meal. Like even with your S meals.

And maybe, if you were 30 or 35 or 25, you could have a big meal and then cheesecake at the end of it, plan approved and then have a handful of nuts later, because you're a bit peckish. Where your meal might not want to have quite as much fat fuel. So definitely have your good fats...

S Right, and don't be hungry.

P No, but maybe just like eat wiser.

S Like Fuel Pull desserts.

P Yes.

S And Fuel Pull snacks. And maybe not heavy S hamburger pie every night.

P Yes, but still enjoy those S meals because you need your fat, but maybe have a salad with chicken breast and then a nice tablespoon or two of oil, which is your fat. And a small sprinkle of cheese, rather than throwing on the cheese and...

[00:27:42]

S Right. But do hear us. And I'm speaking to the people that may be like me. We're not saying, once you get to menopause, that you have to live on Fuel Pulls.

P No.

S Or count your calories. No, all we're saying is, it may not be, it might be a time to reign in Heavy S's.

P Yeah...

S And, and mindless snacking on handfuls of nuts.

P And, you know what, some of us. Some people with hormonal disorders, PCOS, thyroid conditions. They're not even going through menopause and facing the same, similar things. So it's not just our menopausal women. Hey, I'm 46. I'm heading there. And so, you know I'm, I think about my fuel. I don't just pile fats and fats and fats in my S meal. Sometimes I do and I just go for it, but other times I think - Hey, Pearl, you're 46. You're not 26 so...

Enjoy your S meal, but you don't have to have that cream cheese dessert after it. Why don't you have it for breakfast. And why don't you have it for an afternoon snack, rather than tack it on to the end of your meal?

[00:28:40]

S This is the PODdy. The unfiltered PODdy, where we just brain fluff. We just let all the thoughts escape from our heads the way they are. It's the uncensored Serene and Pearl PODdy.

[00:28:55]