



Trim Healthy Podcast with Serene and Pearl Episode #11 - It's Not Will Power... It's a Heart Change

*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 You know we've been talking about failing and coming back and just trying to do this for life because so many women feel like they just fail and they can't. And we've been talking about how you don't stay down there in the dumps. You know there's grace. And there's no bashing yourself up because we all do it. We're human. But then you take those steps and you walk out of it because staying there pulls you down; pulls your family down. It's just going backwards. But we want to get deeper this week.

S What's really been mulling around my head in the last week is, taking every thought captive. Every thought, every thought, every thought. And that really is to me just the main work that I need to do. Everything else; that's meant to

just be resting. Resting... I mean... I suppose what... You know we're relating this to Trim Healthy Mama Plan and everything. But like we always do, it kind of... It kind of goes deeper. It kind of goes beyond into other genres.

[00:01:13]

S And so, just talking personally from my life right now, just... And the walk out of you know dealing with... I have a child who's dealing with cancer right now. And my whole thing is, I don't need to work out my faith. I don't need to work out my peace. What I need to work on is taking every thought captive; every thought captive. Because faith is a gift.

P Oh, yes...

S Peace is a gift. It comes from God.

P He says my peace I give to you. That's gift.

S Right... And so I don't have to do anything because it's not works. It's not works that I have to do. What He calls me to, though, is to take all the junk captive and replace it with the truth, right?

P He does. He says... What's the scripture? "...*Gird up the loins of your mind...*" and then - take every thought captive. And then, I love this one: As a man thinketh in his heart so is he...

S It's huge. So it is a practice.

[00:02:02]

P For woman...

S It's a full time job for me right now, but it's not depressing, it's just... It's something I'm laboring on, but I've got the peace. I've got the faith and so...

P Yes... So we're not called to these works. Like even in this eating healthy, you know we think, okay well I'm going to just summon more control there; self-control's going to get me there.

S That's the works part.

P That's the works part. You see it's not self-control. It's a heart and a mind change. Now how do we get that heart and mind change? Getting the junk out of our heart and mind...

D Oh, and that's a... You know that's an interesting little word picture there too; taking every thought captive. I mean it's as if these things are bandits coming in.

S They are bandits, yes.

D And robbing from you... You know what? Take them captive. Put them in jail. Apprehend them. Snatch them up.

S It's not the lack of self-control... It's so true, Danny. That's robbing you...

P No...

[00:02:56]

S It's the bandits with their little... Nasty little squirrely thoughts coming in.

P I've found... I think Serene and I... We've been going through a different... A similar paths for different reasons... But man, have I found that toxic thoughts have been stealing my joy for years. And they will steal your overcomingness; if there's such a word.

D There's not, but go on.

P They will steal you getting to your weight loss and health goals. The other things... Not you're being so full of self-control that you can avoid that cupcake. It's what goes on in your head to say, you know I can do this or I can't. Or, I am a Trim Healthy Mama or I'm not; I'm a failure. And you know what? They come... You've got to start to isolate them. You've got to start to realize what they are. It's not even you. It's these thoughts. They aren't a part of you.

S It's not even you. That's what I love. Because I was talking to my husband this week and I'm like, Sam, I believe. I have faith. But then I had these nasty thoughts in my head saying, you're a doubter. You know you don't have faith not even a mustard seed because look at that little thought that you had. You even had this imagination of like you know... Of it turning out bad you know? But I was saying, Sam, they're not my thoughts. They're not my thoughts you know.

[00:04:11]

S So why am I feeling guilty for it? So, what my husband was saying to me was like, Serene, as long as you don't make a nest with them. They are not yours. They are not yours. And it's like what Danny said they're little bandits coming in.

P I know.

S Just kick them out. Then you have no guilt. They're not of you.

P If they were our thoughts and just a natural thing, the Bible would just... Wouldn't tell us to get rid of them but it tells us to get rid of them.

S And to know that it's not just a thought... They're thoughts. The enemy comes with a thought that comes with a feeling. So even if you feel the feelings... Like I was feeling feelings of doubt, feelings of this... They weren't my feelings. As long as I didn't nest upon them and say, that's right and really just like get into that feeling; just get right down in the dumps with it. Then it still wasn't my sin. It still wasn't you know... I didn't have to claim it.

P And when you nest them, that's when they become a part of your body. That's when they literally become proteins in your body. So if you say, well here I go once again. I'm beyond recovery here. I am destined to eat this junk forever because I can't stop. Okay, then it's a protein in your body. Then it becomes like the Bible says: As a man thinketh in his heart, so is he. So your job and my job is to stinking well isolate those thoughts, know them for what they are, know that they're not right and get them out. And you know I just finished this book; Switch on your Brain I talked about it. Last week...

[00:05:35]

S Dr. Carolyn Leaf?

P Yeah, excellent book... But, and she was saying about, it's not only about just isolating these toxic thoughts and getting rid of them, but replacing them with something different.

D Nice, yeah...

P Because then that's what your brain will go to.

S Yes...

P And you know for some of us that's scripture. And that's what I'm trying to do; just... You know the scriptures that really ground me and tell me who I am as a child of God... But another thing she said was, if a thought comes into your head that says, well you're going to cave, you just can't get that right... Watch that thought explode in your head. Literally she said like the walls of Jericho coming down... See them crumble. Okay, that's your walking out. See that thought, isolate it for what it is, watch it crumble in your head; gone.

[00:06:14]

S And we're talking about this guys. And it doesn't mean that we have it all together.

P Oh, my...

S You know it's just... Just a few days ago my daughter; she fell and just split her face open. And she's so beautiful and so gorgeous and... she's four.

P How old is she?

S She's four. She's four. She calls it foy...

P Foy...

S She's foy. And the reason why it just upset me so much is because on the other side; on the twinsy place, she split. You know a little gash opened too. And I'm like, ah, she's gorgeous. She's going to have two scars down... I mean it's all healing up perfectly now. It's all great. But at the time...

P We'd spent last Wednesday at this podcast really going on about how you know we can do this no matter how many times we fail. And you gave your story about how you failed with Vision. And you're like, and next time I'm going to do better. And then...

[00:07:03]

S But I am doing better every time.

P I know. But this is the thing. You failed but it was much less.

S It was much less.

P It was shorter.

S Because when... With the machete accident with Vision, I mean that was just a miserable whole experience, right. It felt a lot longer. This was just like a ten-minute woo-woo, right?

P Yeah.

S Like blow off the head... And then for the rest of the night, it was like, celebrate. Man, I was so excited about how it was so mild of an accident.

P So back to the whole healthy thing... Relating this, yeah, okay, you caved to the fries last time and then the fries led to the cupcakes and the cupcakes led to the Pop Tarts.

S Pearl, I'm seeing a bunch of your children on a four-wheeler outside.

P Yeah....

S Okay, keep going.

[00:07:42]

P They do that.

S Right, keep going.

P My children are wild-woods children.

S Oh, but there's somebody on like a skateboard or something like... Hanging on...

P They're not pulling them on the skateboard are they?

S There's something. Somebody was hanging on the side of that thing. No, I like this part. Sorry...

P That's funny.

S I like this part.

D We just had our producer tell us to edit something out.

S Yes, Tim, keep that part in, this is real life.

D And we're going to be rebellious.

P This is real life.

[00:08:03]

S Okay, keep going.

P Our producer wanted us to edit that out. This is... Okay, edit the part where he said, edit the part.

S I keep hauling it in, man, that's real life.

D And edit that part.

P Okay, no, no... I've got to get back to where I was. It was so good. Okay, so the Pop Tarts... We got to the Pop Tarts. The next time you caved, okay, you went to the burgers or you went to whatever. You just ate too much or you had PMS or come on, you just dipped your hand to the cookie bin.

S People don't say bin, here.

P The cookie jar, okay... But it doesn't mean that you couldn't get it right again. It means you're learning from this. Maybe you did go for a cookie binge but you can come back quicker. You're practicing your comeback.

S Oh, Pearl that helped me so. Ooh, do you know what?

P What...?

[00:08:47]

S When that whole experience happened with Haven, I kept on saying, practice your comeback, Serene. Practice your comeback. It helped me, Pearl. I was saying that line over and over.

P Were you?

S Yes...

S Thank you for that...

P I know. I mean we got a lot of feedback and it was so great. Especially what you said, Danny, too. About hey, what if I could? A lot of women are like, yes, what if I could?

D It's a powerful question.

S What if I could do this?

D Any time you're doubting and you're negative and you're, oh, this is a problem. But what if I could? What if it wasn't? What would it be like? How would I feel?

P Yes... And you could say, hold on...

[00:09:16]

D And those feelings come.

P It's so true. This is too expensive. But what if it could? What if you found ways around that? What if you...?

S What if you started thinking...

P If you did it without special ingredients?

S Well, it's more expensive when I have to like go to the doctors and get on medication and you know; do all that. That's more expensive. What if it...? Change the cost.

P What if you got creative? What if you could? God made you to be creative. What if...? And another. We've got a lot of feedback, Serene, too, about what you said. What if it takes me 15 years to lose ten pounds or whatever. No, ten pounds... Ten years to lose 15 pounds...? What if...? Yay !

S It's better than jolly well what you've got now.

P It's better than going backwards, isn't it? It's liberating.

S But I just pray that I'm just going to be... Like stop the woo-hoo mania right? The wobbly woos... And that's when I just like lose my head and, Woo, Woo, Woo, yes...

[00:10:01]

P The panic...

S The panic, right...?

P The fear...

S The fear... But hey, in ten years if I am 15% better?

P It's better.

S But I actually believe the power of God is working inside of me. And I'm a whole lot better. But I'm just saying, hey, the baby steps; I'll take them.

- P Absolutely... But what have we got here? We've got works.
- P Self-control... oh man, this is hard. It's hard, but I'm going to really resist those cupcakes.
- P Or... the heart and mind change. We know that God has equipped us with the ability to do this and it's the toxic thoughts that are stealing that from us. So we eliminate them and then we walk this out in peace and joy. When we mess up we pick ourselves up; we don't stay there and...

[00:10:48]

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.

[00:12:33]

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

S I'm 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 into Support@TrimHealthyMama.com and we will get them.

D Could I offer a really cool tool I use that really helps me doing what you're talking about? Acting... Let me tell you what I mean by that.

P Oh, boy...

D When I walk into a room, especially if there's new people there, or I haven't been somewhere in a while, or I haven't seen somebody in a while, I'm just as socially awkward as someone who's known for being insecure in public or meeting new

people or anything like that. I don't like the thing. I'd rather be at home. What I do is... Again, you know, going back to the question, what would it be like if you could? So a little bit like that.

D But what I do is... I play the role of a confident, energetic, life-of-the-party, someone who's comfortable looking at you in the eyes. Looking at a stranger in the eyes and making conversation... I fake it 'til I make it. And I play this role of this character who is that way. And I become that way. I actually transform into that way.

[00:13:52]

D And so I've never thought that I have more of a social personality than the next guy. I've felt that I'm a better actor than the next guy. And I think... My point is that...

P But is that acting, Danny, because I think though, people could say you know in this politically correct world you live in, well be your authentic self. You've got to be your authentic self.

D But here's my response to that. I hear you. Your authentic self is nothing more than the belief you have about your identity and who you are. And so everywhere you go...

S That's so true.

D You act that out. I'm this guy...

S That's so huge.

D Yes, I embody this. I'm this way. I think we... You and I talked about this once, Serene, where you were like, this week I'm the Bohemian chick, you know. And like I just had to... My truck just died and I was forced to buy a new car. And I've... It's the first time I've ever owned a car. But now that I'm in this car, and it's this zippy little car, you know. I feel all like an Italian sportser guy you know. And it's like I've even you know like, yeah, yeah, year, sure, sure. You know, I feel that coming on. And it's like... What happened? I just entered into another car. What happened was, in a micro way...

[00:14:57]

D It's not changed my whole personality or identity; by no means. But in a micro way I'm letting my world around me become the character I've invented for

myself. And we've all done that subconsciously through our lives. So what I suggest... What I suggest in this acting thing, right?

P I don't want to call it acting. Can we change it? It's bothering me.

D We can change it because you're right, that...

P It's not acting.

D That suggests inauthenticity, right?

S No, it's stepping... Do you know what it is? It's stepping into different thoughts because that's when... Danny, when you were talking about this... And I know... I don't want to get you sidetracked. Hold that thought because it's going to be good.

D No, you go. You go.

S But it's a huge download to me and I'm going to take it for myself as authentic. But what thoughts are you listening to?

[00:15:36]

D That's it.

S Your authentic self... Ah, I'm just the loser. I'm just the one that's never... I've got the PCOS. I'm the one that's got the thyroid problems; who's the turtle. I'm the turtle. Blah, blah, blah, blah, blah... I think we should change that group title, Pearl; the turtle. Like you know what I mean? Like your authentic self... You might just be listening to the wrong thoughts.

D That's it. That's what...

P Yes, he's not saying acting, he's saying...

D It's huge.

P Huge...

S It's huge.

D Like mountain-huge.

S It's so mountain-huge.

[00:16:06]

P Okay, let's just stop, all right; right now. Well, even myself... Well, I'm just the peri-menopausal woman. Okay, I don't want to define me.

D That's a great point.

P Sure, I might be going into a new stage of life. How wonderful.

S Yes...

P Okay, I'm going to embrace this rather than... You're so true. There so many of us with challenges. Like I have the PCOS so that's just why it's hard for... It may be harder for you, it may be challenging, but no longer do you define yourself by PCOS. Remember, Serene, you were very strong about this. Meadow, my daughter, was diagnosed with PCOS about 15. She'd had some struggles and went to the doctors, got all the tests and it came back PCOS. And you know she really lived that for two years. It was a tough time until you said to her one day; don't let that define you, Meadow. You're not PCOS-Meadow. I mean God had... Not only can God heal you but don't live under that title. I don't want to hear you say... You got madder and you said.

S I don't want a finger pointing in that poor little niece's face.

P I don't want to hear you say it, Meadow. And I was like, oh, Serene, but she's got it. And Serene, you were so strong, that I thought, no, I'm going to keep my mouth shut and see what happens with it. Well Meadow dropped that title from her life.

[00:17:09]

D Wow...

P She's walking out today without PCOS because she started to live a life without it defining her. And it's not just mind over matter. But the more we think about these things, the more we become these things and that they're our DNA and they're out protein. Go, Serene.

S I just love it. So now on I'm not a wobbly woo anymore, Danny and Pearl.

P Okay...

D Yes...

S So it means... And I know I'm just... That's not who I am.

P You're not a panicker anymore.

S I'm not. I am not.

D And it's not mind over matter. Your mind is matter.

S Hey, when I tell myself...

P That is so true.

[00:17:38]

S This is my authentic self; I'm just a panicker, you know like, well then I'm going to panic every time, right? Because I'm just living the role I told myself. I'm living my authentic role. But I'm going to tell myself I'm something different. I'm actually going to tell myself the truth of the Bible, right?

P Yes, the truth...

S That I am a child of God, that He is perfect love, that He does hold my children in the palm of hands. That's what I'll tell myself, right?

P That He has given you peace that is greater than, you know... it passes understanding.

S Yes, so I can be an authentic self with that.

P That's it. Our thing... You're true... And let's not call it acting, let's just call it being the authentic self that our thoughts allow us to be...

S Being told by the right person what your role is... Do you know what I mean?

P Yes...

[00:18:17]

D See, you're... That's the thing. You're going to assume a role. And usually you have two major conflicting thoughts that come on any issue or about who you are or what you're about. One is very positive and empowering. The other is very

negative and tearing down. And why is it always those very clear distinct lines of thoughts.

P Guess why, Danny? I just want to tell you something that's from my Sunday school when I was a little kid.

S Pentecostal power; take it away.

D Let me know. I want to know the truth.

P There's a darkness and there's a light in this world. And God created the light and He said it was good. And I'm telling you, there's two things. There's two warring forces in this world.

D Sure there's... Yes...

P Let's just be spiritual for a little minute. Come on.

S And there's not 15, there's only two.

P And so there's light and there's dark.

[00:18:58]

D Why is it that every single time one, you get to be in these micro moments throughout your day, throughout your week. You get to choose which person you're going to be. Are you the one, right? Are you the one that embraces these thoughts? And let me get a little science nerd on you. Just do a little search of... Type in; cells. Type in; thoughts. And what you're going to find... You're going to start reading about neurotransmitters. You're going to start reading about how... That when you really micro-focus on something and you really are are you know... That's the thing and that's real. Let's say it's a very... A negative thing about yourself... Or whenever you feel that pain feeling in your heart, you know, whatever that pain feeling is... And it comes...

P Yes...

S That pain thing...

D And it comes at least once a day, I'd say for me. Where I'm just like, no, I've got to move on. My life is hard. Whatever it is... Those things change the cells. The neurotransmitters then go throughout your electrical system in your body. It affects all manners of things. I'm a drummer. Studies... I read this study that

talked about how musicians, without practicing, just by thinking really hard about practicing, improved as much as the control group that practiced the instrument.

[00:20:18]

D And I believed it and so I went and I actually tried that out. And it's actually true. When I...

P Absolutely...

D Yes, I actually can do better when I practice in my mind this thing.

P In the book, *Switch on Your Brain*, it talks about how little thoughts enter our heads. And at first they're just energy and heat.

D Yes...

P And then if we give them time, they actually grow into these little trees. I mean you can see them though on paper; what they look like. And then those trees sprout branches. And the more time you give them, suddenly they're protein...

S It's a forest.

P And matter in the forest; in your body and there they are.

S And you can't see beyond the forest. And can I just say one thing?

P Yes, because we're going to close and take a question.

[00:20:57]

S Is this...? And Pearl, this has been huge. I was almost like so excited. Like I started like... Guess what? We're not going to call it acting. But guess what? I just thought about it. The Bible says too. Because the other morning you know I had the bucket thoughts going through my head. Ah, you know I just... Just you know with the worries about my children and stuff...

P No, what were you thinking?

S I was thinking about... Yes, my son...

P Because your son's going through cancer.

S Anyway... But then I felt like God say, put on the garment of praise for the spirit of heaviness. Put it on. Put on my stage clothes.

D Kind of put on...

S Whatever I put on that morning...

D That's it.

S I'm going to walk in that role.

D That's it.

[00:21:30]

S Put on the garment of praise. So I actually... Waking up in my authentic self... I would have woken up and... How're you doing, Serene? Ah...

P Yes, that's your authentic self, yeah.

S You know, I... Or my authentic season... Like authentically we're walking through this as a family... Authentically.

P It's hard.

S It is hard. Authentically you know I should be filled with anxiety and worry, but no, put on the garment. My Creator says, put on the garment of praise, Serene, for the spirit of heaviness. So I'm called to act.

P Yes...

S I am called to have a sacrifice of praise.

P Yes...

D Yes...

S And you know what? It changes me that I'm not acting anymore. It's who I am.

[00:22:03]

P Oh, oh, my goodness, I love it. So you're right. Okay, I'm wrong. I said, stop calling it acting. But it is because we assume the role. And another one straight

from the scriptures, you know. David said, why so downcast oh my soul? Put your hope in God. Telling himself to be something that he's not right at this minute... Telling himself to feel something that he's not right at this minute...

D Right, so we're going to go and talk about sugar.

P You've got a question?

D Are you game? I've got a question for you from Rachel. Rachel says, I would love to hear about sugar addiction and sugar withdrawal. How long does it take to go sugar free and get past the sugar addiction.

P Maybe... I mean this goes right into what we were talking about today though.

S Yes...

P Doesn't it?

S It's as long as you want it to take, Rachel.

D Ah, that's good.

S Choose, yes...

[00:22:46]

P Actually the taste buds are... Take about three weeks to change. But isn't this interesting that a thought process in your mind to change takes 21 days. It's about the same time that it literally takes for your taste buds to adjust to a new flavor.

D No way...

S So Rachel your taste buds could change in about three weeks.

P Three or four weeks.

S But then if your mind... If you're not renewing your mind about it... You know what I'm trying to say? You're still feeding that desire; that addiction. So it could be longer.

P Yes, but it's amazing. Give yourself some grace and take some time because truly when you do first start off with sugar... Even if like for example, back in

our good old days when we were trying to be good Wholegrain Janes... You know, go from sugar to honey... Honey used to taste horrible to me at first. Then I grew to love honey. Then going from honey to stevia I grew... Stevia was yucky at first but now I love it.

[00:23:37]

S We love honey, right? It's a Biblical sweetener and it's great and it's healthy for children. And if you're at goal weight, you know, have a little here and there. It's medicinal. It's great. But it's so about your taste buds because even though I don't think honey's bad, it's not the taste I'm used to. So if I have a honey-sweetened thing that I give to my child, it does taste different to my stevia thing. It's hard for me to go back even.

P It's all about what you're used to.

S It is so about what you're used to. It doesn't mean that you hate it; it just means you're used to it.

P So true... And I think when adjusting to the taste of Stevia; getting off sugar, it's best probably not to use the extract at first. You can use it in drinks, like sippers or water and lemon; thinks like that. It works really well. But baking with it is not so great. Try Gentle Sweet.

S Yes...

P Or something with... That's cut with a lot erythritol. It's so much more gentle and so much... It tastes more like sugar so the adjustment won't be as hard.

S Yes, well you might get the hangrys. You might get the angrys a little bit but that you know...

[00:24:32]

S The hangrys and the angrys and just... It can feel like headaches, blahs... Just because your body was used to being fueled with sugar. You're taking that away.

S Completely...

P And your body has to now get fueled on protein and things like that. And it's not even used to it.

S It's basically taking that rollercoaster ride and smoothing it out. But you know there's a little interim there where it gets even rockier.

P It does. And that can take about two to three weeks too. So hang in there but like Serene said, the more you sort of, leave sugar in there, the harder it is to let it go.

S Or just leave sugar in your mind...

P Yes...

S Yes, like you know, while you're drinking your little frappe mixed with Gentle Sweet and you're thinking, ah, I really, really want a doughnut right now with sugar sprinkles on top, or something like that... You see...

[00:25:17]

P Yes... No, let that thought crumble; Kapoof... It's gone. So you become the person that says, I can do this, I can learn to love this new flavour. Bring it on. I can do this. Pretty soon you will be rocking it. Rocking it...

D Then it's worth the work, right?

P Oh, yes... You quit sugar, Danny?

D I did. I was on violent forms of sugar like Coca Cola and I started drinking Kombucha and slowly just kept replacing stuff and I'm...

S Now he's a Kombucha snob.

D I'm so glad for it. I feel a billion percent better. And it was just worth the work. And it wasn't much work at all. Like...

S If you don't have a Kombucha in your hand, you know it's like one of those people that don't have a cig in their hand.

P I like Kevita better. I like the one...

D Sure...

P It's only got one carb. It's like...

S Lemon cayenne...

P Lemon cayenne... But Good Girl Moonshine is another thing that can really help you kick the soda. That's free...

D Good point...

S Good girl...

P That is free on our website; that drink. It is just basically water with ice, apple cider vinegar...

S A doonk of stevia...

P Ginger and a doonk or two of stevia... You put that together. It is amazing.

S And that is one you don't have to waste your Gentle Sweet on because that is such a strong... Yeah, it'll catch your throat, you know, make you swear like a Baptist... Not like a sinner. So you're not even going to tell what kind of sweetener you've got in there. You know what I mean? Like it's so strong anyway...

P It's so strong but it really builds your immune system and helps curb those cravings too. So I hope that helped you, Rachel. And we're pulling for you and we know you can do it.

[00:26:43]