



trim healthy™ Official

## Trim Healthy Podcast with Serene and Pearl Episode #1 - 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 Trim Healthy Mama. 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 • J = John • D = Danny

- S Hey, this is Serene. I'm sitting here with my sister Pearl. You're about to listen to our first podcast which we didn't know what it's going to be about.
- P Yes, so, what you're about to listen to is us figuring out what our first podcast was going to be about. You might not know this. We signed...a deal last year, 2016 with big dudes, big people on radio. And they want us to do a podcast and a radio show. So, we started recording.
- S And we're like: Who wants to listen to our podcast? So we got some guys from our office to just sit and, kind of like, brainstorm with us, and just try and knock it into our heads what we're meant to be doing here.
- SP And Engineer Man had already pressed the record button. So we just decided at the end of it: Hey, let that be our first podcast. Trying to like work it all out, and find out what this podcast should not be. Yes, but actually, there's some good stuff in here. We want you to listen to this stuff because when I heard this secret sauce for some real success for Trim Healthy Mama. And so, when I heard this back, I'm, like, no, let that be the podcast.
- S Yes, because some of the thoughts we didn't dare put in the book, Pearl.

[00:01:22]

P Yes.

S So, here you go. Take a listen. I don't even understand why a podcast will help anybody.

P Who, first of all, who is listening to this podcast? Like people who followed you on Healthy Mama, or people who don't. It's in the list of podcasts, like a million podcasts.

J One of the things we hear continually is that people want a deeper dive into the world of THM.

SP Do they really want to deeper dive because once they dive into Pearl and I they might just want to jump back out in the pool.

P So this is to our Trim Healthy Mama people. This is not to like someone, like, who really hasn't heard of Trim Healthy Mama, really then?

J Yeah...This is specifically for the mamas.

P Oh well, that's easier.

J New mamas, old mamas, all the mamas.

D Yes, I'd say it's for people who...

SP Who let you in here Danny?

[00:02:15]

D Yes, it's for people who have been walking down the journey of their life, and of, you know, they've read the book. They've made the recipes. They've seen massive results in their lives, and I think they're getting into a new season of lifestyle rather than early rush of learning and, you know, the baby steps. They're now crawling. You know, they're... And they want more, they want more. They want to know you, and what makes you tick more. Where did you get your knowledge from?

S You mean all the thoughts we didn't write in the book that we dared not write in the book?

P We should call it: All the Stuff We Didn't Write in the Book.

S I wanted to write them in too.

P No really, we could call it that?

D Yes.

SP The thoughts that didn't make the book: they were the best thoughts by the way.

D And here's a couple of politically incorrect ones to go with it.

SP Why don't we put them in then?

S Because they weren't politically correct.

[00:03:17]

J Maybe there's parts that shouldn't have been in the book.

P That's true. No, as we go on, we need to be honest. Okay, but this is what I don't want the podcast to be.

P Oh man, there's a million podcasts, okay.

S Why don't we call the podcast: What this Should Not Be?

S It doesn't really make sense.

P It should. You know, what...

P What shouldn't it be though...? You go on these podcasts. They weigh you down with more stuff to do like: Five Points to take Home Today, but you've already got 15 points you're trying to do from another podcast or another book. And in the end, you get pointed down. I feel like we need to... I want to unload our mamas from the stress. I don't want to load it on. Yes, everyone wants the secret sauce of how to get trim and healthy. But it's not more points, and points.

S Yes, it's the whole mantra. It's the whole food freedom, and let's take it further. Let's take it podcast freedom. I know of so many people that are trying to tell me what they're learning from podcasts.

[00:04:12]

- S I almost want them to stop telling me because it's just more stuff for me to do. Like you, like you're talking about. I just want people to be more free, not have so many things to tick off their box.
- P Yes, so one of the things we would say on our first podcast is: Okay, let's undo some things, maybe. Maybe undoing gets them to the goals. Like case in point, right, Serene. I know you're not on Facebook a lot... Okay, you're not on Facebook. But I mean going on, there are so many mamas saying: So I was off plan, and now I'm going to get back on plan. Like, and I was on plan for two days, but me, I'm just like: Hey mama, you're on plan whether you cheated or not. Like to me, Trim, Healthy Mama is just a lifestyle. It keeps going on and on. Okay, Danny, you're a drummer. You'll always be a drummer, right? Whether you played last weekend, or whether you practiced yesterday, are you a drummer?
- D Oh, as I live and breathe.
- SP Because it's who he is, right. So it's not like: Ooh I didn't tick my drumming box today, so I'm not a drummer.
- D Yes.
- P So to me, I'm like... I just want to say to our mamas: Undo something. I don't want to say, I don't want to give them five more points to be a trim healthy mama today. I just want to say: You are a trim, healthy mama. Don't...
- D That's it yes.
- P Stop that shame when you go off plan. You're still a drummer Danny. You're still a trim, healthy mama, because that's the way I look at it myself.
- S It's to own who they are not... So it's not like works, right. It's just who they are. It's just to relax, and be who they are. Relax into the knowledge that they've found... Relax into the freedom, the food freedom. It's not like: Oh, I have to do all these many steps or I'm not a trim, healthy mama. Yes, I see that?
- D Well, I'll tell you this from a male perspective. And you know what ladies, maybe this way even more. You know I don't want another thing to keep up with. I don't want another user name and password. I don't want your fun card for your grocery store, even if I save money. I'll pay more money to have less junk to keep up with. And I'd say, if this can-not be that, but more like, with each listen, there are more free...

S That's the title: Let This Not Be That.

D They're more encouraged.

[00:06:23]

S That's my favourite line. Can I have it as a quote on the wall, here in the office? Let This not be That.

J What about considering this podcast series like an audio buffet. And sometimes, you just want a snack. Sometimes you might want a healthy snack.

D Oh, I always want a snack, right?

J Sometimes you want a naughty snack. Sometimes you want to gorge yourself. What if this podcast is...

SP A purist here is not quite understanding everything that you are saying. Can you put that in Mama-talk? A simple...

J I've got nothing. [Overtalking].

S I want purist Mama-talk. Too easy... [Overtalking].

P I know what you're saying. It's not always going to be a 10-list to do. This podcast could take different shapes.

J It should take different shapes.

[00:07:14]

P Yes, got you. I can hear it from you Pearl. I can understand.

S Yes, exactly. I had to.

S Is that what you were you trying to say, yes or no? Is that what you were trying to say?

D Different shape John.

S It wasn't what he was trying to say.

J I am uterus-challenged. I am sorry.

SP He doesn't have one. Okay well, I liked what you had to say Pearl, just then anyway.

P All I'm saying is okay; 10 points to do it. 10 points to drink your water, and so on. I don't want this to be that. Exactly, Danny. Let's not this be that. And yet, let's give people, Serene, what you said, more freedom each time. But with more freedom, I think come more results.

S I agree. Look, it's like with exercise, you know. The studies that are coming out now; 10 minutes is enough. The more you do on exercise, the more you do in one sitting, the more stress you put on your body in one sitting. You're turning on your Cortisol, your stress hormone. It's actually making you fatter. It's actually making you less fit because you're actually aging, and unless it's done with fun...

[00:08:11]

P Unless it's done with happiness.

S Oh, going out for a walk in the woods because that's your joy, yes, but I'm talking about the people who are, like :Right, and it's like driving to the YMCA and its traffic, and it's: Beep, beep. And it's: Get out of my road. I want to be the first to get on that treadmill. I know there's going to be so many people there and then I have to wait in line. And they get on...

P Your voice is stressing me out.

SP I'm stressing myself out. Oh, let's take me a breath. But this is the deal. People have this thing where they have to tick the box, and I, for years, had to tick the box with exercise. That was my deal. I had to tick the box. If I didn't do it, I was in a bad mood. Sometimes, I felt like I had to wake up early on Thanksgiving or Christmas to do it. Trim Healthy Mama has got way larger than we ever thought. I mean, I feel like, and there's been a lot of pressure for us to put it in a box, to say, to condense it into snap-bites or to make it as a plan with numbers. And then just something that will fit on a Pinterest page, you know.

But I think that we should push against that pressure, and keep the freedom. I don't care if it takes... Yes I care, but I'd rather someone take a month to fully understand this for themselves, and that freedom that comes with it, than to be: Okay, 5g of fat for my E meal. Oh, I went over, I got 6g, oh no! It's taking more...

[00:09:30]

SP I feel like what God gave us because we struggled so long; so long with those fears about food; so long with taking this out of our diet because it was bad, or not doing that. And then God showed us this piece, right?

S Yes.

P Wrote it in that crazy long book. And it was freedom. It was hard to understand but it was like, at least it was freedom. And now we've got big, there's more pressure to put it in bite size units.

S Yes, that's true.

P But I feel it's like not worth it, even if we don't go so huge, you know, to take over the world. I want to keep that freedom.

S I know. People are just, especially at the New Year. You know, it's New Year now, and I just feel like so many people are trying to check the list, trying to put more things on. I really feel it. I'm with you Pearl. I think Trim Healthy Mama should be something that you are not necessarily what you have to work through, work through. I feel like the less Cortisol will make them lose weight easier. I do, and I feel that they stress less whether it's all the categories. For me, it's like...

SP Or whether it was perfect

[00:10:37]

S I believe they should try, you know, to put the knowledge into action, but the stress over it is going to stop the progress.

D I tell you what... Some life-hack tips are really handy for me. And what I mean by that is I don't have to go to a destination place to reach my goal, for example. I can do it in my kitchen. And, one example, there was a time in my life where I wanted to have a big, buff man-chest.

SP Okay, I'm looking at you right now. This should be interesting.

D As you can noticeably see the un-results of that time in my life. But, I had a coach come up to me and say...

S Oh, I thought you hired the coach. That was going to crack me up.

S What, Danny hiring the coach?

D No, and I'm glad that's not stained on my résumé as well. But a guy came up and said: Just do one push-up before you wash your hands, after work; just do a push-up, one push-up. And that was super-helpful for me in particular, because with my ADD brain the way it is, I'm just not going to make it to a gym. I'm not going to pick the right supplement and do all the right stuff. I need to know that...

P One push-up is still good.

D And that's enough.

SP Did you get a big buff man-chest for a little bit?

[00:12:00]

D Well, no but what I did accomplish, what I did learn was that my particular body type; for those not seeing, it is a smaller frame. Click on the link below to download a photo.

P You're a big man Danny. You've got a big personality.

D What I realised is that, yes, my personality is much larger than my man-chest, and that I'm just not built for such goals.

P Oh but Danny that's such a good point. Oh my goodness, Serene. Danny, I'm glad they let you out of the cubicle today. Who let him out John, who let him out?

D Yes John, this is John's idea.

S When we have podcasts, can we have Danny come along with us?

P Danny needs to be here because think about that.

D I'm the sales manager you love to hate.

P So many women are trying to do this, Serene.

[00:12:45]

J With a marginal chest

P They are trying to lose weight, or exercise their body into another body.

S Oh they are. It's self-hatred. And I've had it.

P I've had it. I've noticed it because I'm tall and lanky, and I didn't want to be tall and lanky. I wanted the short, fun-side, and to be nice and curvy.

SP You wanted curves.

S But that's not who I am. And it's like you can unlove yourself and tick the box all day long until you make yourself into the size you want to be.

P Because it's like, oh my God: I've been here. I'm pretty slim and stuff. I've got some decent thighs. It's what God gave to me. But like: My thighs aren't like Serene's. Hers are long and lean. Look at this little bit of cellulite. And lately, I've just been realising. Oh, isn't this great? Wow, God blessed me. Okay, I'm just going to honour this body. I'm going to do my best for it. I'm going to make wise decisions. Look at those thighs. Aren't they great? Slap them a little bit. We've got to have some self-love. We hate ourselves, especially as women.

D Yes. And you know what? Men do it too but not consciously. But absolutely, no man wants his gut and yes he'll joke about it, but secretly: Man, I want my little baby-gut to go away. But you know, what am I going to take...

[00:13:51]

SP You haven't got a baby gut, Danny.

D Well, not today, but yesterday I did. And that's what I mean by my friend. [Overtalking].

S That was just a little bit, some air in there.

D No what it was, was dairy. And I'd love to get some insights from you guys on my dairy issues.

S Oh, okay. But before we go to the dairy, I just love what we're touching on. What we're talking about, just appreciating what God has given us, and honouring the fact that, hey, we don't have the right to say it isn't good because we didn't make it, right? We were given this body. It was a gift, and it's like; I was talking to my children about it. One of my little children said the other day: I feel dumb because I'm not good at Math, and so on.

S And I said, you are so smart.

P Who was that?

S It was Cedar [?]. And I'm like: You are so smart. You are so amazing in so many areas. Don't tell me you're dumb. You have no right to say that.

[00:14:44]

S God made you, and made your brain amazing. But the point is, is that I said to him: It's like me giving you a Christmas present and really putting a lot of thought into it because I want you to enjoy it. And one of your friends says to you: Oh that's not... Or maybe your friend says: Oh, you know, I really like what you have here. And you say: Oh no, I think that my parents paid 25c for it. They got it from Goodwill. Actually at the back of Goodwill, in the dumpster and it's really just junky. Imagine how I would feel. I'd feel like he had no appreciation for what I gave him, and I really cared about it. And it was from a really great place. And he's like down-ing it all. That's what God must feel when we're saying: I hate my big thighs, or I hate the fact that, you know, I have thin hair and not thick luscious hair. I hate the fact that I've got a small chest and not a big barrel chest. I'm not talking women here. I'm talking to Danny.

P Well, if we were talking about women, a lot of us say that too. But the fact is...

D Come on, husbands have goals, come on.

S We don't have the right to say that it was some piece of poop at the back of Goodwill.

P No, we don't.

S We have no right. We have no right to say that about our bodies.

[00:15:47]

S It was a beautiful creation from a Creator who cares.

J So it sounds like to me, this podcast, while the book is certainly about a plan, sounds to me like maybe this podcast should be about focusing, not focusing less on the plan, but the plan was created out of the spirit of freedom.

S Yes, it was.

J And maybe this podcast reinforces that freedom, and is less about the check-boxy aspects of what a plan would.

P Yes, that's so true. I would still want to encourage mamas: Yes, eat your S meals, yes eat your E meals because that's just science.

J But while they're deep in the discipline of doing that, never forgetting, losing focus of the freedom, that like you say, 6g versus 5g. Don't get bogged down in them. Don't get bogged down. It's not about the grams.

S Yes. And it's not about the fact that you're going to go and have a nice date-cheat-meal with your husband. And you're not going to go for your condemnation. It's not about that. It's food freedom saying: Okay, you can go off one day but you're going to get right back on.

[00:17:02]

S You're not going to feel so much shame that you're not going to get back on.

P Shame is the killer.

J And not just food freedom, but freedom in general. Freedom of this lifestyle.

SP Yes, yes.

J And it would also be about Danny's chest.

D Clearly an important topic.

P Well, we might put Danny back in the cubicle. But no, it's so true what you're saying. Like, there is so much deception for us women out there. And obviously, I think this podcast will be, mostly, to women. I think it will right, if it's about Trim Healthy Mama?

D You know what, I think...

P So we can talk about periods and stuff.

D Oh, I hope so.

S Fallopian tubes, they've got to be in there.

P But, listen. Just look. If you look at pictures, at any click-bait on the internet; it's like Five Ways to get Flat Abs.

[00:17:49]

P Some of us are never going to get flat abs. Flat abs is a total fallacy. I don't even think it exists after you've had babies.

D Oh my gosh.

SP Well sometimes I've seen six-year olds who don't have the pre-diabetic rolls that you see these days. Normal six-year olds at the beach in Florida that don't have flat abs. That's just how God created them.

D Pot-bellied babies.

P So we're not going to have... Obviously, we're warring against Insulin imbalance and things because that is toxic to our bodies. We're warring against blood-sugar that's pulling down our health. There's me makes us less the mothers we can be, makes us less of the wiser because we feel chunky. But when your natural shape has a nice little curved stomach, why are we just warring against it and hating ourselves.

S Well, that's the freedom Pearl. That is the freedom. We're going to have freedom against the disease-kind-of sickness, right? That's the insulin. But freedom against this perfectionist spirit.

[00:18:52]

P There you go. Hey, is that the name for the...? What, does that work for a title? No. Freedom.

J I don't know, but we have an overall theme. It's freedom.

D Yes, it's freedom.

J Let's have a cheer.

P There's another diet that took our food freedoms.

SPJD Team Freedom

J On three. Freedom.

J One, two, three.

SPJD FREEDOM!

S We need to do it like a Braveheart thing- Freedom!

S The rebel yell - Freedom!

P But we need a name though. We still need a name.

S It's the PODdy. Don't you know that?

[00:19:20]

J The freedom party.

P PODdy. P-O-D-D-Y. People will think we're saying potty P-O-T-T-Y. Even if it's no accent. Americans say: p-ar-ddy.

S PODdy; P-O-D-D-Y. Can I tell you a funny story? You don't have to go right back to work to your cubicle right? I want to say a funny story.

D No, I'm good. In fact, I'm being paid to be here.

S Let me tell you this funny story. When we first came to America right, Dad, our father went to Walmart, and he's like: Can you tell me where the party things are? Right because we were putting on, I think it was your 21st wasn't it Pearl? Or something, we were putting on a party. And they sent him back to the restrooms. And he was like: Why am I here. And he went back and asked somebody else: Can you tell me where to find the party stuff?

P It's just like he spoke so fast: Can you tell me where the party stuff is?

D And they sent him back?

[00:20:10]

SP We don't use the word potty in Australia. That's an unheard of word. They thought he was asking: Can you tell me where the potty...? We shorten everything because we're from Australia.

P Down-under, we shorten.

S So it's like: Have a Happy Chrissy, a Happy Newy, you know.

P Have you had your brekky yet?

P It's all short.

SP Have a good avo for afternoon. That's awsie- for awesome.

D Well, whether it's called this or not, I think every episode ought to be a freedom party.

S Yes, it should be a freedom party.

P Yes, but PODdy is awesome. P-O-D-D-Y, it sets us apart from all the podcasts too because podcasts to me are already: It sounds boring. Like, I'm going to fall asleep.

S We could call it the Freedom Party and just let it fall what it may.

P Party almost sounds like freedom.

[00:20:55]

S It does.

D Freedom.

S And I have to go to the potty right now.

P So, there you go. You listened to that whole brainstorming session. And that's it. It's a PODdy... Freedom.

SP Say it right, you know, just like you have to say: doonk, not dunk. PODdy. It's the PODdy. P-O-D-D-Y. For evermore it shall be the PODdy. So tune in. We're going to discuss stuff here.

S Stuff, but it's always going to have the vibe of freedom.