



Trim Healthy Podcast with Serene and Pearl Episode #2 - How It All Began!

*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!***

S = Serene • P = Pearl • D = Danny

[00:00:00]

S You guys are listening to the PODdy.

P This is Pearl.

S And Serene.

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

S We are so excited that we can sit here in our home - we didn't even vacuum properly this morning - and just relax here. Do you mind just coming in and relaxing here with us and just chatting?

P This is sister talk, so we're going to be real here. We're going to talk the issues, what are your challenges, what are you going through in your health journey.

S Sisters like to talk, right Pearl?

P Oh, yes.

S Okay, so I have nine children living in my home, and Pearl?

P I have five. And so our lives are crazy. Our lives are loud, but we love them.

[00:00:41]

S It's joyful chaos.

P Today we're going to share our crazy journey.

S How we got to the point of writing that huge book.

P Don't be scared by the hugeness though. Hey, we just banter like we're doing now, back and forth, so it's not like an encyclopaedia.

S Do you know where we were when we started writing this book? We were completely done. I mean so done. I did not want to hear one more crazy diet, because I had done them all, Pearl. I had even done the raw plant food vegan diet for seven years; I wouldn't even eat a taste-test from Costco.

P I know, but you're more extreme than I am. I mean like, I wouldn't... you used to get up and juice 50lbs of carrots.

S I was orange there for a while.

P I know, I was way too lazy to do that, but I'd been on my own journey, you know. Low-carb, high-carb, low-fat, vegetarianism, and it was... you know what it was? It was all hard, and you're always taking something out.

S But I almost liked the sadistic part.

[00:01:37]

P Yes, you do, because you're such a pure sadist.

S I know. But you know what, we... the other thing was we just always had a passion for health since we were little girls. When other people were at the mall, you know, walking around being cool going shopping, we were like dorks at the health food store, researching.

P What do you mean were dorks? We are still dorks and you're dorkier than I am.

S I'll wear the crown.

P Yes, the dork crown. But no, that's true. And so... but you know what? It was passed on from our grandmother, who was like the crunchy granola mom back way before it was trendy to be crunchy.

S We were the only ones who went to school and had the big brown brick bread, you know.

P Yes, back in the, you know, 70s & 80s, everyone else had the white bread.

S Everyone else had the white Wonder Loaf. Yes, we were teased. But anyway, so we always had a passion for health. And then we, you know, that passion turned into trying all the fads, using our body as guinea pigs. But then when we got married and had children, it was huge. It was like, wow, this is not just for us. This is the health of our children, the health of our husband, we have a huge responsibility here.

[00:02:36]

P And you know what? Weight is just such an issue for so many people. For you, it wasn't, it was about health, I had weight issues.

S I know, but you know what was scary?

P What?

S All the babies. I mean, I loved being pregnant, but the belly going out, and wondering if the belly would ever go in. That's a very vulnerable time. Pregnancy's a very vulnerable time for a woman to wonder, oh my goodness, I'm letting go of my girl body, am I ever, ever, ever, ever going to get any kind of semblance of that.

P You know, it's super scary. And it's almost scary to the point was, I don't know if I can do this again. Have another pregnancy, because look at... this is just out of my control.

And so I think that that was for both of us a reason why we kept searching. And then you've got these children, you've got this husband, you know. How do you find time?

[00:03:23]

S And how do you get energy, that was another one. It's like, okay, maybe I don't have a weight issue, but I have an energy issue. How can I look after all these

children with joy, so that they can be raised in a happy home, if I feel like just laying down all day and rolling around the carpet picking up lint?

P But you know what, and so, we tried it all, didn't we Serene. I mean, and we tried not just for two weeks - we tried these fads, always the latest diet, but was like the best thing for us. And okay, what did this guru have to say, what does this study say? And you know what, in the end, we found out that any diet can have all the science there, all the, you know, the back-up, this thing and it all makes sense. And then you do it, and then it's pulling something out, a food group out, and you come away and you're like, hold on, now I'm depleted.

I ended up with terrible health conditions, fibroids, reproductive health conditions, and you know, I remember, I was diagnosed with fibroids and I got on the internet: what's the best diet for fibroids? You know what it said? Veganism.

S Soy.

P And I had been a vegan for 10 years at the time and I'm like, I am done with this. I am sick of the confusion, sick of all the conflicting information - what do I do?

[00:04:37]

S Yes, and that whole raw-food season for me. You know, it was meant to be the pinnacle of healthy eating that a lot of people don't get to because it's so ridiculously hard. But, you know, I felt great after, you know, a few months, because it's a nice cleanse. But after, you know, a year on that, my body started breaking down, you know. So when I had got to my done point, I was completely muscles depleted.

P And it made me just feel like eating, going to McDonald's and doing fries. So there we were, we were just like completely done and that's how we...

S Done with the wisdom of man.

P Yes, and I think that's what changed everything. So this is how the seed of the book got started, because we were done with all man's wisdom. With all the things we done wrong.

S I got all my research books, and I mean I had bookshelves and bookshelves, and I told my husband we just have to do a big bonfire. I can't take these to goodwill and get everyone confused the way I was confused. So, I went to the Bible. I just

opened up and though, all this doesn't change every few years. It's been...about the same words have been in this book for a long, long time. So this is some grounded information.

P I know, you know, we had looked at...I mean we're Christians, and we sought the Bible as a spiritual guide, but we decided to look at it as a physical guide. Was it in there? Did He have a plan for us?

[00:05:56]

S I was so shocked. I was so shocked, Pearl, at what... remember I came to your house and I was like crying on your porch. I'm like, Pearl, Pearl, I know I'm seeming so dramatic now, but huge things are happening in my life. Like my whole paradigm is shifting, because I'd always taken food groups... Always, you know, the extreme diets I was on, always whole food groups were missing. But I saw it so poetical in Deuteronomy, how it said, you know, every food group is included; the fat of the ram, the blood of the grape, the harvest of the field, the milk of the goat. It was all there, and a light-bulb went off in my head. Okay, okay, you know there... apart from allergies, all these food groups were a gift. That was huge for me.

P So that was the turning point for us both. We said, okay, no more. No more taking out fats, no more taking out carbs. No more.

S Hey, grains are in. And I know that sounds so untrendy.

P And so that was the birth of this book, really. And we don't pretend that we found the plan in the bible, but what we found in the bible is common sense.

[00:06:56]

S Okay, so we first started writing this book and, you know, we didn't have any particular time paradigm for it. It took us five years.

P Yes, but that's because... Serene, we worked hard. It was all the children. And mainly your children.

S I mean, I was bouncing a baby on my knee the whole time with, you know, like. Pearl actually did the typing, and we would both, we wrote it at the same time. We'd be like talking the sentence out as we wrote it. And we're be like, no don't say that, no say this, oh that's stupid. Oh no, that was great. Like things like that.

P And 13 children, basically bouncing off the walls. We'd like throw them apples and feed them boiled eggs every now and then.

S Do you remember when Cedar put raisins up his nose, and we were like, freak out.

P Hospital, I mean, emergencies. Putting out fires the whole time. I'm surprised it didn't take us 10 years.

S Or that we had any kind of brain left at the end. Or any... there was any academic thought. Do you know what, there was a few spelling mistakes when the whole thing was published. It must have been.

P People were... they forgave us, it's so nice, but the funny thing happened.

[00:07:59]

P We ended up with this book, okay, because we're two sisters chatting her, that was 640 pages long, because we wanted to answer every single question. We knew mamas needed all the resources to do this for life.

S So we wanted to answer every particular way, like in an OCD fashion. So we thought, okay, we could answer it this way and then that way. Let's answer it six times. So somebody, you know, comes to us with a problem, we'll say page 452, page 367.

P And we knew of we took this book to a publisher, we'd be rejected outright, and I just... that was going to hurt my feelings. We didn't even bother taking it to a publisher.

S We would have been rejected. Because it doesn't fit the normal bill of a book. It's too long, it's too quirky, it's too chit-chatty, it's too weird - because we're weird.

P But, we shared this plan with our friends and we were getting calls all day, e-mails. They wanted to know how it's working, those friends were sharing it with other friends. Their weight was starting to turn around, their health issues were starting to turn around, and so we could not keep up with these phone-calls. We're like, we need this book. Let's put it out, maybe we can sell 10 copies.

[00:09:06]

S No, we thought maybe we could give away five. But the thing is, is that really, absolutely blew our brains. From the day that we self-published it, you know we

haven't put one penny into marketing or advertising, it took off like wildfire. You know, to the point where we were so humbled, we were so humbled. We were like, what is going on? What is happening? It was freaky.

P I remember calling you. It was like, Serene, I just saw that our book's on Amazon now and there's all these people buying. Who's buying it? Who is telling them to buy it? And it was just mamas telling mamas because they were finding this food freedom.

S Yes. And because it was this doable thing that was joyful. Because you get to eat chocolate for breakfast.

P I know, it was like a sigh. It was like...

S You mean I don't have to go to the YMCA for four hours a day? You mean I don't have to eat some 100-calorie snack-pack?

P You mean I can eat my carbs? You mean I can eat my fat?

S Cheesecake and steak? Yes.

P So then it started making sense to us, because we were like we want everyone to eat this way, why wouldn't they want to and... somehow, it caught on. It's a God thing.

S It is. We're humbled.

[00:10:14]

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).

[00:11:54]

Announcer Amazing things start to happen with one small step!

S The first small step to take is to go into your brain first and decide that you are not going to do the binge-and-purge cycle anymore. That you're done with beating yourself up for 30 days, over-exercising and eating birdseed, and then going back to fast food and just giving it all up. You're going to decide that you're

going to choose something that's gentle enough, even if the weight-loss is super slow. But it's gentle enough that it's fun, it's enjoyable, you don't turn into a crank-monster for your family, and you can do this for the rest of your life. That it's sustainable.

P That is the thing. The decision of your mind. Because if you think, oh, I've got to lose 30 lbs by Christmas, then that's not the right mind-set. You're just going to binge-and-purge again. Change it.

S Before you do anything physically. Before you go and chuck all your junk out of the pantry and go to the food co-op and buy everything organic, take a deep breath and decide: I'm not going to abuse my body anymore. I'm taking the gentle road.

[00:12:55]

S So we're going to go to the phones, and we've got Charlene on the phone. Where are you calling from, Charlene?

Charlene [Inaudible] Florida.

S Oh, I'm jealous.

P Tell us a little bit about yourself Charlene. Why are you calling in?

Charlene Okay. My daughter and I, Shelley, have started Trim Healthy Mama and my daughter, Shelley, has Down syndrome. So I have tried this with her because she has had some health issues, and I felt like maybe this was a better route to take with her. So that's what we did, we started it together.

S That's so beautiful.

P How long have you both been doing this together?

Charlene I've been doing it about eight weeks. Shelly's been on it a little less, maybe a week less than I have.

S What are some of the changes that you've noticed in Shelley?

[00:13:46]

Charlene Let me give you a little history on her real quick. Shelley was having

kidney problems, so she has been being treated for that. Even during all the treatment, I was still having some issues. Couldn't figure out what the problem was and I decided that the Trim Healthy Mama just sounded like a healthier way of eating.

So I tried it with her and it seems to be working out wonderful. She's been on it about seven weeks, and after about four weeks I took her off of everything I had her on and depended on the Trim Healthy Mama diet to see how she would do on this by itself. And she has done wonderful for the last three weeks. She's lost 11.5 lbs.

SP Awwww...

P And does she like the food? I mean, she'd have to like the food, right?

Charlene She loves the food and she's actually getting a little bit spoiled, because when we were eating our regular way, which was causing us to gain weight, she could very seldom have any kind of dessert. Whereas now, she thinks that Trim Healthy Mama, she can eat a dessert after every meal.

S That's right. That's the Trim Healthy Mama way.

P That is so awesome. So is she proud of herself? What does she think of this?

Charlene She is. She has me go in there with her every morning and weigh. And the first place she heads is to the scale and she seems to be keeping up with her own progress. She's making very wise choices, I'm very proud of her.

P Does she like to help you with the cooking? Does she enjoy that?

Charlene She doesn't help me with the cooking as much as she has been a wonderful help rinsing out all the dishes and getting the dishwasher ready.

P [Crosstalking] Oh, man. That's wonderful. Will you say a big Hi to her and a big hug to her from us. And tell her we're so proud of her. And proud of you.

Charlene And I will say that this has also encouraged some other parents with handicapped children, that had been battling their weight - and there are some other parents now that have their children on it, and that are starting to see results.

S Oh, wow. That is so encouraging.

P That's fantastic, and that's amazing. You know with children, you know you don't want to put them on a diet. You want all food groups included and that's the way this can happen, the gentle road and the yummy way.

S And isn't that interesting? You never know, you're just starting this with your daughter and... I mean look what your example has done to your community of people with special needs children. That is huge. The ripple effect.

[00:16:20]

Charlene Yes, it's very exciting.

P Thanks for sharing this message.

Charlene Thank you.

P So we're going to back here from our living room and talk to you more. Hey, come visit us too at our website www.TrimHealthyMama.com. We've got lots of little tidbits to help you, tricks, we've got more encouragement. Join the sisterhood.

S We're just here to cheerlead you along.

P We had fun today, thank you for your listening ear. We loved it.

S See you.

[00:16:56]