



Trim Healthy Podcast with Serene and Pearl

Episode #14 - Getting Trim and Healthy... Is it Selfish or Selfless?

*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.

D Serene and Pearl...

P Yes?

D I got a question from Laura. Laura asks how do we learn to love ourselves when so much of the messaging from society says that we as women are terrible? I'm really struggling to not fall into depression because every time I see my body it makes me feel like I'm a failure and disgusting.

Additionally, every time I prioritize myself over my family, I feel like I am failing my duty to care for them. I then get stuck in this negative cycle where it

is hard to do anything positive. Concrete steps and ideas would be helpful because on some level, I do realize that I am worth it.

[00:00:45]

P Awe, Laura.

S That's...

P You're breaking my heart.

S I know. That's the most amazing question. Needs a whole PODdy.

P Let's do it.

S Do what? A whole PODdy?

P Well, let's just talk to Laura.

S Yes, Laura... I tell you what, the whole society have given us wrong artwork.

P Yes.

S Our sister, I stole that line from our sister. She reckons on a lot of subjects we're just sold the wrong artwork. I tell you what, the whole airbrush that's not real. That's not even, that's not even a woman anyway, right? It's just a whole...

P The airbrush looks on the front cover of magazine?

[00:01:15]

S Yes. It's not.

P No.

S And I believe, if you ask a real man they don't like the skinny, skinny, binny binny, like all your curves shredded off anyway.

D I'll say Amen.

S You know?

P Absolutely, and I think taking time to put yourself first, I think is... It sounds

so politically correct. Well you need to take time for yourself and all that. We don't really approach it like that.

S Yes, we don't say it that way.

P But, you see you need to be there and strong and healthy for your family. And so when you do this, not so much oh I need to take time for myself poor me. But when you do this like yes God created my body, I need to honour this, and I'm going to honour this, and then I will be this role model. I will have energy. I can do this for my family when it, when it starts with you, but then, then it's, selfless.

[00:02:08]

S It is because when I get up and feel exhausted, don't feel like doing 15 minute little workout, I tell myself I'm doing it for them. I'm doing it for my children. I'm doing it to set a good example for my daughters. I'm doing it so that I can be young feeling to hang out and play around with them and just... I'm doing it for them.

P Yes so when you take...

S It's not really for me, because if I lived alone and on a desert island I'm wondering if I would really bother. I don't know. Maybe I would.

P Well, I think I would just because I think God gave us these bodies and we should honour them. But I feel like when you do something for yourself. Like take time to eat well, take those extra minutes it takes, it doesn't have to take a long time.

P When you invest 15 to 20 minutes in exercise or when you maybe spend a little extra on a supplement for yourself that you need, you know like Baking Blend, maybe you think well I feel so selfish doing this. It's not selfish; to me it's selfless. You're doing this for your family because they're going to get so much more of you. Your husband is going to get so much more of you. You're children...

[00:03:17]

P I tell you what, I used to, before Trim Healthy Mama. You know, as many of you have heard our stories, we've tried every diet in the world just to sort of find out what works. What is the best way to eat?

P And I remember I'd done veganism for about ten years and I had to take and I could not function in the day without this afternoon nap. My whole day was centered around it, craving it. I just didn't have the energy. And then I came off veganism and then I was a Whole-Grain Jane. And I was putting, I didn't realize it, but I was honeying and doing so many grains and that pulled my energy down too. And my children would have to be so quiet in the afternoons because I had to nap.

P But now that I'm, you know, full of protein and I'm strong, a nap, I'm like what's a nap? Who needs a nap? My children are getting that time with me.

S That is so good Pearl! And, you know, that I also tell myself if I have a little supplement in my cupboard, something special that I brought for me or just my husband, I don't think selfish I think seasons. I think, you know, for a while now I've been either pregnant or nursing or, you know, my husband and I are in a different season where we're having to fill the holes that... There may be a hole in the bucket and more is pouring out than, you know. Children are in that bloom and I make sure that they have whole foods and a healthy diet, but I don't feel selfish if they don't get a supplement because they're not in that season. I don't feel like it's wrong, I just feel like it's just honouring different seasons.

[00:04:45]

P And speaking of seasons, you know we've said this before, but embrace the season that you're in Laura because I hope that you don't have that mind-set that you have to attain that little cheerleader, high school girl or that model on the swimsuit you know the cover of a magazine.

P Because I mean, first of all that model's not really attainable for most of us anyway. But, you know, the high school figure that you're thinking of, that's a completely different season. If you're in your summer in your thirties, or your winter in your forties and fifties or fall...

S No, no, no, no, no. Fall.

P Fall would be forties and fifties. Winter might be sixties, seventies and eighties.

S I actually beg to differ. I think summer is forties. I'm in my summer, I've just told myself that.

P Oh I'm a summer too, hey?

S Because I think that you're just in your pre-spring when you're mama's. You're in your spring when you're in your twenties because you really haven't fully...

[00:05:39]

S I remember I married my husband at twenty. He didn't get his full rack of broad shoulders until he was in his thirties. Like it was actually his shoulders stretched this way, right? Like wide. It wasn't fat at that point. Don't... Let's... At that point and so... But my point is I really think that your summers now these days are your forties and your fifties because your fall is your sixties, and seventies. Eighties, nineties is your winter.

P Awesome, so embrace your season! Sometimes our summer and our fall we're not tiny. We don't need to be tiny we just need to be healthy.

S We've got to be queens Laura, queens, not princesses.

D Could I take a sip of my tea and say something to Laura?

P Yes, yes, yes. Take a sip.

D Just a moment.

S This is going to be wise if he needs some PODdy Tea sips before...

P Oh! That was loud. That sets the tone.

D I just want to say, love others as you love yourself. And if you really want to love your family well, make sure you love yourself well too.

[00:06:35]

P So true, we actually can't love others without loving ourselves first. It's biblical! Now that sounds so New Age and you pulled it right from the Bible, Danny.

D I did.

S I tell you what, New Age just has a tiny little bit of a truth that came from the Bible and then they are just kind of separating it. It was God's truth first, let's bring it back. He rejoices in Zephaniah it says He rejoices over us with singing.

P I love it.

S And it talks about in the Bible how so many thoughts, the thoughts that he has towards us are just so vast.

P So you have those thoughts towards you Laura. You're so worth it.

S But you didn't make you Laura.

P No.

S He made you!

P Yes.

[00:07:10]

S So you're actually condescending to His creation when you look at yourself in a more of a negative light. Laura, you are a creation of God. There is no one like you. Not one person on the creation, on this earth and you have a special something that God wanted to display on you to the world: physically, spiritually, emotionally, and mentally in every way. You have... Look, I think that we're all... You know animals aren't made in the image of God, but humans are made in the image of God. And each one of us has this diamond facet so that we're all shining a little different something of God.

P And, you know, I think when we're healthier and, you know I am not talking about skinny, but when we're healthier, when our blood sugar is under control, when we're at a weight we can actually get around and feel good we display that beautiful part of God that we are more effectively because we can. We're just physically able to be more of a light.

S As you're listening to this Laura, maybe you're in a little bit of a rut. Maybe you feel like you're not fully able to shine the way that you, you know, you feel like you could. It's okay. Life is a journey.

P Hmm...

S If we were all just exactly where we were meant to be, boom the day we were born, what would we be here for?

[00:08:23]

P And I think that's the whole reason we did the butterfly as the whole Trim Healthy Mama logo. And if you look at that butterfly closely you'll see that the

lady has her arms raised, and we're all emerging from that cocoon. We're not there yet, but we are becoming.

S Yes...

[00:08:38]

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.

[00:10:13]

Announcer: Hey, Mamas! Do you have a question for Serene and Pearl?
Send your email to Support@TrimHealthyMama.com.

[00:10:24]

S You know, and some people may have it all together in the trim area. They may be little Miss Trims and have it all together, but you know what we are all growing, we are all becoming... Maybe that person has years to go on you emotionally or spiritually or in different ways. We are all growing. I mean, I just turned 40 and I'm only just starting to emerge out of issues of fear and all this stuff. I'm on a journey.

P Yes, so maybe... and I think that Serene and I are never there, we're not perfect with our diet. We're still learning, we learn things, but yes we did... We are able to maintain very healthy weights and do it with ease. Okay? Yeah, we got it. Okay. But we're still becoming in other areas of our life. Maybe you have some areas that you are just...

[00:11:08]

S Rocking it out of the park!

P Way rocking it and we could learn so much from you.

S It's true! We would! We could!

P I know we could.

S Everybody has something to teach another person.

P And so we're just, you know, you're learning from us, we're learning from you Laura. And that's just a part that you're still becoming. I'm becoming in many, many ways.

S Yes me too, Danny? You look like you have something there.

D Yes, well, you know, I've got four kids and the feelings that overflow my heart for them are staggering. And one thing, you know, I've talked before about acting and pretending to be, you know, more confident than I am and then I become more confident?

Well, one thing I've had to kind of discipline and maybe act a little out too is God's feelings towards me. And my kids have really helped me do that. So when I look at them, you know do I...

[00:12:01]

D Let's say one of my kids asks me a question like Laura asked you guys. How would I respond to my children? What would I tell them? Would I want them to be confident? Would I want them to love themselves and take care of themselves and just have, just pouring out of them this overflow because they're so well loved?

P Absolutely you would.

D Absolutely, so what I do is I go... let me just for the sake of theological discourse pretend, even if I don't feel it and believe it now, that that's actually what God wants for me, for me to feel so like I'm really special. And I've not felt really special my whole life.

And when I started having babies, I started going, wonder if God, I wonder if I mean a lot. Wonder if I mean a lot more than... You know and I think a lot of people are there. That you know... Especially when we see these questions come in. It's like they're almost wondering if they mean something, if they have worth and the answer's... yes.

P And that's another thing in our mind we know the promises. That He's written

them for us in the scriptures. And it says that we...

S We're fearfully and wonderfully made.

[00:13:02]

P Yes, fearfully and wonderfully made. And that He made us, and that it was good, and that He loves us and counts the hairs on our head, and His thoughts are love, and He sings over us.

D And look, that's hard to feel. And that's hard to believe when your childhood, your upbringing, the whole world has told you everything but that.

S Yes, but that's what I want to talk about now. What are we going to believe? What are we going to think even if there's a million voices that are stronger in our heads saying you're just a piece of junk, you know, you can never make it, blah, blah, blah? But where are those thoughts coming from?

I don't believe they started in you Laura. I believe they were planted there by the enemy. Like we've talked before, there is two sides to this world: light and darkness. And so when we get those thoughts, you know I can get them too.

We get certain thoughts that are just kind of negative and just downward spiralling. And it's the ones we have to take captive. It's the ones we need to say, that's not what God thinks. That's not what God thinks about me. So that's not fact. If God doesn't think that then it's a lie.

P Absolutely, and you know what? Laura asked for concrete steps.

D Yes, she did. Yes, she did.

[00:14:05]

P Yes. So what are some concrete steps? And I do think that self-talk like you're saying Serene, our minds and our thoughts is the most powerful thing here. Replacing the dark, negative thoughts about the things we've thought about ourselves or what the media tells us, the lies, the junk. Getting them out and actually replacing them with either scriptures or if it's not scriptures for you Laura, just know that God, He does absolutely love you. And to remind yourself of that, even to say it out loud. I am loved!

D Even if you feel like pretending, right?

P Yes. I am loved and I am worth it! I tell myself that. I am so loved! I am so worth it! God loves me! And I say it and I say it until I feel it.

S And my big thing, like I've said a million times on this podcast ready to bore people, is the fear issue for me. And the one I use is perfect love casts out all fear. Perfect love casts out all fear, that's a scripture in the Bible and God is the embodiment of perfect love so why should I fear? Perfect love. Perfect love.

D Yes, and my concrete step that I'll add is, again broken record, acting because you're not going to feel it at first. You know the things that I believe that are great and confident about myself that I have today, years ago started out as total fraud syndrome.

[00:15:24]

D You know it was like you're putting on that thing, you're saying that because other people are saying it, because everybody's dancing around about this. And, you know, no, I had to, it was fake at first for me. And so I think that's important too.

P Question Danny, I'm looking at you right here you know because you grew up it wasn't an easy upbringing, right? No Dad in the house...

D That's right.

P Different things happened. So you didn't really know how to be a Dad, right? But I look at you now and I see you rocking the Fatherhood.

D Zero, yes. Thank you.

P I see your love shining for the kids. I see you being... I have never, ever heard you say a terrible thing about your wife. Always your words are good about your wife, always every single time. So is this, I'm asking you, is this something that you decided to play the part of and became, not fraudulently but just to put that on?

S You saw it as truth and you stepped into it and then...

P Because you wanted to wear it and then be it. Is that how you did this?

[00:16:17]

D Yes, well, I think that for me again I could go on way too long about my childhood experiences and the things the world told me and convinced me that was true and real about myself and my future and all that much of which was very negative.

And, you know, there comes a point where you have to decide where you're going to end up, who you're going to be, what you want in your life. And I just, I really don't know why. I really have to give credit to God on that because, you know, I was on a...My accomplishments were on a big, deep path of destruction. I was ruining the earth and my life and people around me.

And, you know, that all changed and the things that kind of get me pumped now are that you actually have a choice of how your life's going to look. And it all starts on the inside. And so, you get to create that.

Yes, I would answer your question yes. It is constant acting and it takes. I think you just have to be courageous, you got to be bold and you got to be willing to play the role for a little bit until the truth really gets down inside. And then it becomes who you are, you know?

P Yes, this is me. I'm going to act out like a good father even though I had no father figure. I'm going to do this and be this, and then suddenly this is you.

[00:17:48]

D If you see these babies want to play and tickle, well guess what your night's going to be like? Doesn't matter what you want to do. You know? And it's more fulfilling. You know.

S Well people act out the part of their negativity all day long and that's why they become more and more and more the failure that they think or the negativity starts to, you know, become even more of a real fact in their life.

D Oh it's all identity.

S Because yes, because they're believing the negativity and acting it.

P Well Laura, I hope that helped you in some way because I'm actually getting something from it too.

S Yes, me too.

D Laura, you rock and keep on rocking.

Announcer: Trim Healthy Mama Product News and Notes...

S So why whey protein and why Trim Healthy Whey Protein? Well first of all, just whey protein in general, the good stuff, is incredible. It's incredible! It fights depression, it helps you lose weight, it supports your immune system...

[00:18:50]

P And you know how it fights depression, Serene?

S Tell me Pearl.

P It raises serotonin.

S Yes, yes it does.

P And that's your happy neurotransmitter.

S Yes, it does too. Like I said it helps with the immune system. It's so incredibly absorbed by the body so quickly. So it's wonderful to just feed the muscles after working out.

P Quick energy, people think of body builders taking whey to get big. We take whey to trim down.

S Because they add a bunch of sucrose and dextrose and sugars purposefully to get that anabolic kind of like pump pump. But we don't do that.

P And no, so our whey is very trimming.

S And it is CFM, cross flow microfiltration. That just means that all denatured particles have been removed. It's gone through these micro little filters and it just keeps the good stuff in.

[00:19:42]

S Now, a lot of people say well I want to do the goody, goody two shoes concentrate kind because it's like fifty bucks a tub so it must be really good. Well the fact is that concentrate still has the lactose, the milk sugar, still has the milk fat in there.

We don't want those things. When you make a powder, when you dry something out you make these little tiny particles, you're making a lot of surface area able

to be affected by air and by light. Now you do not want oxidization to the fat. Oxidized fat is dangerous for us. That's why we remove the fat, remove the sugar, it's better for our plan anyway.

P And we remove the lactose. Many people that, you know, have problems with dairy products can do our cross flow micro filtered whey. And what do we use it for? It creams up smoothies.

S Ooh, yes...

P And shakes and makes them, you don't have to add a bunch of fat and you've got this creamy result.

S Poofy and creamy and bubbly and latteish and awesome.

P And then don't forget we've got new chocolate and strawberry wheys that just rock.

S Oh, that's crack.

P Blend them with almond milk and you've got an immediate chocolate or strawberry milk.

S Your children can do whole milk, it's crack.

[00:20:47]