



## Trim Healthy Podcast with Serene and Pearl Episode #16 - Get Your Blood Sugar Under Control, Part 2

*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!***

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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 Today we're going to keep on this subject because it needs a Part Two and it's all about blood-sugar, stabilising your blood-sugar which is "numero uno" on how to get trim and healthy.

S If there was an uno before the uno, it's that.

P Yeah, who cares about all the supplements, and who cares about taking collagen and who cares about exercise? All of it, it's all useless unless you get your blood-sugar stabilised.

S And if you're doing THM and somebody asks you, so what's this all about? The

take home point is stabilising your blood-sugar. So that's the take home point of the whole thing, the whole 650 jolly-paged book. That's what we were trying to get across.

[00:00:47]

P It's the foundation for health. It affects all your hormones because it affects insulin which is your master hormone. You see, blood-sugar, high blood-sugar creates high amounts of insulin in your body, and insulin affects every single hormone, other hormones in your body like your sex hormones; like your testosterone, like your estrogens, like your thyroid. All of it has this interplay. And so you have to get that blood-sugar into a stable place. And what we mean by stable, we don't want it sitting at 150, 160. Some people's blood-sugar is constantly sitting up close to 200. Do you know how hard your body has to work to get that down constantly, all day long?

S Yes, and do you know what? Diabetes is a huge killer, but it's not just Diabetes because there's a bunch of other diseases that sugar is paramount in forming.

P Exactly, even depression, what you're saying, Serene. All these things, okay now we're not saying, get your blood-sugar under control, and you can straight away go off your depression meds. But we have heard testimony after testimony saying, I didn't realize that it was sugar dampening my moods or making you angry, Danny.

D Yes, well that's the...

S I don't think of Danny as an angry...

[00:02:00]

P Yes, but he's come off sugar, Serene.

S Were you an angry sugar monster, were you?

D You know what, it's really weird because I would have never tied in. I definitely have entered into the chill.

S You've had a sugar past.

D I think I've entered in...

S A sugar monster past.

D I think I'm more chill in my older age. I'm not that old, but I wonder if a lot of it is what was my up and down spikes and crashes because I'm really sensitive to blood-sugar.

S But I agree. Overall, we try and have a self control over our moods regardless, but why make it harder?

P Exactly why make it harder? Because we always have the choice to absolutely have a fit, or we have the choice to close it down somehow. We always have that choice.

[00:02:42]

D Am I going to release my fit right now, or am I going to hold my fit in?

S Right so even if you have the self-control maybe you'll just have a semi-fit.

D So your sugar is in there, and it's like: Go on man. Say it. Say it!

P Our producer over here is having... What? Did you eat too much sugar John?

S Yes, he's having a sugar-fit. But anyway, it's right. It's like that little demon on your shoulder just like pressing all your nerves.

D No, it's like: Let it out and be a fuss bag. You know what? Your wife needs to hear it and why is it always on our spouse? You know. It's just, like, and I don't even need to.

P Because the ones we love are the ones we hurt. But let's be positive. The ones we love are the ones we love.

S I know.

P It's all the way we think.

S Exactly.

P But you know, yeah you're right. Even things like cancer. Obviously things are beyond our control, some things. I mean, you can ask Serene that.

[00:03:35]

S Yeah, I know, but the thing is, say you just happen to go through that. Well

sugar would be the first thing to take out.

P Yes, because cancer feeds on sugar. It feeds on blood sugar. And so last week we talked about, hey, it's not just spooning white sugar into your mouth that's sugar. Sugar in your bloodstream comes from so many forms that we don't realize.

S Oh can I just tell a story, a personal story? Did I say worms last time?

P Oh my goodness, yes, I was worried about that all week.

S I've got more. I've got more stories.

D Yes, you have haunted my dreams all week with that. I started googling.

P Oh, please not. You know what, I was going to come here this week and say I'm so sorry for Serene last week. We did say when we started this PODdy that we're unfiltered. But that was over the top.

S Listen, people, every single body... If you're listening, you've got worms probably.

P It doesn't mean they're bad worms.

[00:04:23]

S No, but I had bad ones because I was over sugarised because I was just living on...

D You were feeding your worms.

S Well, I was a plant raw foodist right. All I was eating was fruit, fruit, fruit, fruit. Dried fruit was my special little snackie and dessertie. And then of course, what was I going to replace the protein with, more fruit and more veggies.

P Carrot juice, don't forget your carrot juice which is sugar.

S And even if I had greens all day and coconuts and all that kind of thing, you're just going to fill up on your fruit because that's the yummy stuff. Anyway, I'm going to talk about this week, this is my confession this week. I prided myself because I've always been a health lunatic. I prided myself because I never touched sugar to my lips. So I went and got a colonic.

P You didn't share this last week? I thought you did.

S No I didn't. And the lady said to me, I was about 16.

P Danny she shared this last week.

D The word colonic sounds familiar but I don't know.

S Yes, we were talking about colonics after the PODdy.

[00:05:19]

P Beautifulness, this is so lovely.

S No but let's carry on. Listen, it's just like an enema on steroids and I just wanted to have a bit of a clean-out. You know, health food fanatics and lunatics will do things like that at a young age. I was a young teenager and I thought colonics was a way to spend my Saturday.

D Wait, wait, wait. How old were you?

P You were about 18 at the time.

S I was 16.

D At 16, you were studying out and pursuing colonics.

P You did not read our first book did you? You not only didn't read the second book, but you didn't read the first book. If you'd read the first book, you'd have known that from the age of eight, she decided to become a health freak.

S At 16, I would go babysitting to get money to go to colonics. This is how I earned my money for this kind of thing.

D Wow! I was trying to get to the movie theatre.

S Anyway, so I'm at the colonic irrigation office, and she starts the colonic, and she says... Hmm, she took me aside and she said, I know you're young, but I just have to ask this, you wouldn't happen to have an alcohol problem would you? And I said, no, I'm a Pastor's kid and I'm a Christian.

[00:06:32]

S And she's like, because it looks like you just get sloshed with beer like every day. You're whole system is full of alcohol, fermented alcohol. And she's like, I don't understand it. Well, I started to put 2+2 and started studying about it. All I was living on was dried fruit and fruit and fruit and with so much sugar, I had fermented my system. I was making moonshine in my belly.

D Wow! Wow!

P And so some of the things that we can think, well fruit is a good...

S That was what was encouraging the overgrowth of yeast in my body, over all those years. I was just a still.

P Well, obviously there's a place for fruit on Trim Healthy Mama but as we said last week, the place for fruit is not after a high-carb meal already.

S It just goes to show though that it doesn't have to be white sugar in a Snickers bar. When it goes beyond moderation, when it gets into abuse, and fruit can be abused, white potatoes can be abused, bread can be abused.

[00:07:20]

S So when it gets to the abuse level which is more than your body can burn, you're going to have a sugar overload.

D So is fruit the candy of healthy people?

P It can be. I think God made fruit obviously. In the Bible it says: Refresh me with apples, and it talks about pomegranates. And it's a beautiful man-made food. But yes it can be. When it's put on top of a Western lifestyle because you think... Let's just say you have a standard American diet. Breakfast you've got cornflakes and wheat toast. Lunch you've got a turkey on wheat with a side of pretzels. Afternoon snack you've got a sugar sweetened yoghurt frootie. And you know, supper time you've got lasagna.

D And I would have said that's a great... You've made great choices all day.

P It is carbs, carbs, carbs, CARBS!

S Good hospital food Danny...

P It's good hospital food. You put sugar, and then you think I haven't had my fruit today. I need my fruit, and you take a really healthy thing and you put it on top

of all those carbs, it's just the straw that breaks the camel's back.

D So this could be a foundation for Diabetes.

S Oh, yes absolutely.

[00:08:27]

S Now that's point number one Pearl, and it was well-said. Now point number two, what if it's not a standard American diet? Like that was what I was trying to talk about before. What if you've just read that book, I won't say the title; that says: Just eat fruit until lunchtime. You're hungry. You're a nursing mama. You've got five bananas down before 12 o'clock.

P I've eaten three bananas. Back in my vegetarian days, three bananas in one sitting was nothing.

S Oh yes nothing. Throw in a packet of dates right on top of it.

D Yes, we'll all run around like pre-diabetics now.

P Absolutely, I mean, even with children, that's why our book "Trim Healthy Table" coming out, addresses this. I mean, for the first time in history, children have Type-2 Diabetes. Never before in history has this happened.

S And my children can handle more carbs, more fruit, more pieces of toast than I can, but I always say to them, hey look, where's your protein?

P Let's talk about how to get your blood-sugar under control.

[00:09:23]

S Drink your PODdy Tea so we can sound intelligent.

P You don't like my voice as it was? I was sounding intelligent.

D Cheers, mates.

P Cheers for the PODdy Tea, because now we do the how, okay. The how, and Serene gave it away before I let her, but she did it anyway, I'm bossy to you today, aren't I?

S I love you Pearl. This is the sister that pulled me down the stairs by my hair

when I didn't clean the room properly.

P That is so not true. There is no memory of that in my head.

S But just to make the score fair.

D Because you were the abuser.

S I was the sister that stole her best friendship. We used to have this little game when we grew up. Mum, kind of, arranged it so we'd stay sibling friends... "Secret Friends", right, so you pull out a name from a shoe, and that name that you got, that was your secret friend, a family member. And you did something nice for them, you did a secret nice thing. Well, my brother had pulled out Pearl, her name.

[00:10:17]

S And he had brought her this special treat, her favourite treat, a crunch bar, a Cadbury crunch bar.

P It was back in Australia. It was chocolate but, hey you know, I didn't know Trim Healthy Mama back then.

D That sounds legitimate.

S And he hid it under her pillow, waiting for her to find it when she got herself cosy in bed. Guess what? She wasn't going to find it because I stole it and ate it with delight.

P I hope you had a "Come to Jesus" repentance over that.

D Well, you got dragged down the stair because of that.

S I did. I've had so much guilt over that. Maybe that's why I turned to health. Maybe that's why I turned against sugar aged seven. I was six when I stole it. I think that's the trauma behind it all.

P Anyway, so we're going to talk about how, and the first thing with how is protein. Protein. Blood-sugar releases insulin. Insulin causes fat storage. That's it. It's a fat-storage hormone. Now protein releases something called...

S Glucagon.

P We call it glu-cage-on, others call it glu-ca-gon.

[00:11:15]

S Glu-cage-on is just the way I remember it. Glu-cage-on, I was going to say something nifty about it. It releases the fat out of the cage.

P And so you see... glucagon, it tempers insulin so that instead of storing your fat, your body actually releases fat to be flushed out of your body. So always, that's why we say, protein at every meal. Trim Healthy Mama is not a diet that's high protein and chicken breast all day and count your grams of protein... because that's unreasonable and imbalanced.

But, it is a plan where we center our meals around protein so that you've got your protein first and then you have your beautiful vegetables, maybe a grain and then fruits - if you're eating an E Meal.

D Would all protein be cool?

S No, because that's imbalanced because where's your veggies? No, that's another Trim Healthy Mama question, Where are your greens?

S No, is that what you're saying? Would all protein be good, or what types of protein?

D Could I make a fried egg and just suck it down?

S Oh, for breakfast, if you want coffee and eggs, go to Danny, go to...

[00:12:20]

D No toast needed?

S No, it's just the fact that on the whole, you have to ask yourself where are your veggies ?

P Yes, exactly because veggies are also a great part of this program because veggies, non-starchy veggies are a huge thing on Trim Healthy Mama because they don't spike your blood-sugar.

S Protein anchors the ship, but where's the ship?

P So they're almost like... We have them in such succulent ways that you can eat

lots of them without thinking you're on a diet and just you know have Iceberg lettuce and a tomato, and that's a salad. Oh, that's foul.

S Danny, if you get to have an S Meal... We're just training you here with the alphabet. If you have an S Meal, you can jolly smear on that butter, drizzle on that melted butter and grate that cheese over, and broccoli just becomes divine.

D Okay so I mean, it's safe to say that if you're tearing it out of a package, you're probably about to have a carb festival, out of balance.

P There are some packaged foods that you could eat, but on the whole, we just eat our proteins, we eat our veggies, we eat our fruits, and we eat some gentle grains.

[00:13:25]

P We'll get into that soon.

S Sweet potatoes, gentle carbs.

P Yes, absolutely. Yes but, most of the packaged stuff you buy, and from the health food store, is just a blood-sugar festival.

D We need to get it from the earth, don't we?

P Yes, we do, but there are so many women that follow our plan. I'm like, Serene not so much, and I'm like, unless it's doable for me, I can't do this. I'm the person... I'm not a gardener right. I'm not going to go milk my cows. I'm not going to do everything from scratch. But one of the ways I can do this is with shortcuts. So we don't want to exclude those people.

S Pearl, you buy the organic, romaine, already prewashed, and you don't even cut it, you just rip it with your hands, done.

P Absolutely, I make things easy for myself, so I don't have to go out in the garden.

S I'm the one going out, got to get my jalopies on first; and then take out my scissors and my special like wicker basket. I have to straddle the fence and get the sheep into one place before I can even walk through.

D What are me jalopies by the way?

S Gum boots, Danny, me gum boots.

[00:14:27]

D Oh, like rubber boots?

S The point being is no matter how you do it; just do it with centering around the protein, having the non-starchy veggies because the non-starchy veggies help balance the sugar too in your meal. Why, because of the fiber content.

P And yes, there's actually something, maybe this is higher learning maybe for high school students here on our Trim Healthy Mama plan; not for those just starting, but there's actually such a thing where you can get an imbalance with protein. Let's just say you sit down to a whole meal of only protein, and you pile like chicken breasts on your plate, and then you have some collagen, and then you have some whey protein, and then you have another meat.

S You got an apple and a couple of raisins in your bag at the end of the day, go to it. But we're saying if you have an opportunity to make your meal more balanced, do that.

P Yes, because too much protein can actually turn into blood-sugar because it's just too much fuel.

[00:15:21]

S It's a long way around and it takes your body a long time to turn it into carbohydrate so it's not really going to super-spike your insulin, but it could turn into an excessive fuel in the end.

P Start off with your protein. Keep it lean if you're going to have an E Meal, and then with your E Meal, you are going to have some good, gentle carbs. And let's talk about gentle carbs. There's fast carbs and there's gentle carbs. On this plan to keep your blood-sugar steady, so it's not going to get close to 200, you don't do the fast, spiking ones.

S The fast would be, let's talk for bread, for instance. The fast would be flour. That's why we do a cultured sourdough because you've actually eaten the carbs out of the flour, or you sprout the grain which actually increases the protein and decreases the carbohydrates.

P It decreases what's called the glycemic load, and that just means how fast it turns to blood-sugar in your body. So, that's why we say sprout your bread.

S And when you sprout the sourdough bread, it's sour and that sour actually lowers your blood-sugar. That's why you can add vinegar to a meal or lemon juice squeezed on your meal. They actually help with the glyceemic load.

[00:16:24]

### 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.

S [Laughing]. Pearl, this is honesty for me. I used to think that matching socks were like all important, right? When I first started having children. But now, if I can find two clean ones of any kind, I'm like...

P Oh, you're celebrating...

S I'm like 4<sup>th</sup> of July. It's fireworks. It's celebration!

P Oh, me, too. Matching socks... they don't exist in my drawers.

S Huh uh...

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](http://honesttea.com/podcast).

[00:18:04]

Announcer: Hey, Mama's! Do you have a question for Serene and Pearl?  
Send your email to [support@trimhealthymama.com](mailto:support@trimhealthymama.com).

[00:18:15]

P You know we're not against carbs. People sometimes think oh so Trim Healthy Mama, it's a low carb diet. No, it's not.

S NO! Oh, no.

P You need carbs. God made us to need carbs. We wouldn't crave them if we didn't need them, if they weren't a human function. You know, so we have the gentle ones, the ancient ones, the ones we were designed to actually eat rather than an explosive bag of potato chips which is going to spike your blood-sugar so fast.

S And so let's go to like root vegetables, sweet potatoes would be the gentle, white

would be more fast. Now if you're at maintenance and you're rocking your goal weight, you can throw in a white potato here and there.

P And like Danny you have the fast metabolism, right and yet you're susceptible to blood sugar, it can make you cranky. So you probably could do some white potatoes because of your fast metabolism, but just make sure you've got your protein in there because that will temper with how fast they spike your blood sugar.

D Yes, I've been really on a protein push lately, and absolutely, gosh, it's the dreams come true of my wife for me to take ownership of my own, you know... Instead of, what are we eating, it's like, what do you know, she wants me to be conscious of what I'm eating.

[00:19:19]

P Long journey for you but you're making baby steps. Man, you got off the sugar and now you're adding protein. Next minute, you'll know what an S Meal is. I bet you don't.

D Know what an S Meal is? Totally know what an S Meal is.

P You do?

D It stands for super. [laughing]

P No, for real, quiz time, quiz time.

D And we just ran out of time, here on the podcast.

S Your PODdy Tea is too excellent. We're not going to fire you Dan.

P Quiz time, John thinks he knows, our producer. Quiz time Danny.

P Danny your job is on the line.

S Drum roll, drum roll, drum roll.

D What's the question?

P What is an S Meal? You've only worked for us for over two years.

[00:20:02]

D Saturated. I would say it's saturated with...

P Satisfyingness, okay, you're so not close.

D Close, I was close. I was there [laughing].

P Okay, man that has worked for us for a long time doesn't know what an S Meal is.

D Do you want to tell me what an S Meal is?

P Yes, it's Satisfying. It means you have your fats.

D Because fats satisfy.

S Yes, because E's are energising but they're not satisfying. I find that I'm hungrier quicker after an E Meal.

P And you know that's the trick with E Meals. I always end with chocolate milk made with some protein powder and just almond milk. And I use half a scoop because I've probably had protein in my meal so I don't need a whole scoop.

S I need a pacifier after an E Meal. A little "passy", I have to cap it, cap the meal off.

P Yes, because carbs make you hungrier. Fats make you fuller.

D Carbs make you hungrier.

P They do, because they release insulin and insulin makes you hungry.

[00:20:53]

S Yes, they do.

D I, kind of, like the attention of being taught by you. I'm learning. You look at me and you tell me stuff and it's like a private school here.

P But we sit here week after week and talked about an E Meal and an S meal, and you just pretend you know?

S That's why he's staring into the steam of his PODdy Tea, thinking about all the special stuff he puts in there.

P He's just content not to know, I guess. But you have come a long way so baby steps are good. So anyone listening out there, maybe they've heard us talk for two years about Trim Healthy Mama and if you still don't know what an S Meal or an E Meal is, you can learn still.

D But you know what, attention ladies, I represent your male that's in your life. I mean this is where our brains are...

P Our husbands don't know what an S or an E Meal is.

D And I'm not going to know at the end of this day.

[00:21:41]

S I hear him talking.

S It's a mind-set Danny.

D It's satisfying, and fats are satisfying.

S Yes, now listen, our husbands, they're the business think-tanks behind Pearl and me. I hear Sam on these business phone calls all day trying to explain the plan, you know, while he's sourcing ingredients and all that. And I just have to get my giggles on, and run out the room because it's hilarious. He has about 60% grey matter where it's just so grey it's like not describing anything. It's just like...

P He probably says, it's not a diet, right. That's what Charlie says it's a plan our wives came up with, it's not a diet.

S He says all the mantras and all the one-liners that don't say anything. Back to concrete lessons.

D Good call Serene.

P About concrete steps, we did protein.

S My baby, I've got to get back to my baby.

P Her baby's sick. We've got protein that is stopping the insulin from rising too high and releasing the fat. We've got greens, non-starchy veggies. Why, because they're the perfect balance. Here's another reason. Meat which is protein has all your vitamins and minerals except for Vitamin C.

[00:22:54]

P Vitamin C is so important and it's in your greens, higher than it's in oranges.

S Vitamin C helps you lose weight. In fact, if you're working out and you are depleted in Vitamin C, you will burn way less calories than if you had an adequate Vitamin C store in your body.

P People don't understand. They think Trim Healthy Mama's is all about cream cheese and eating bacon. Girl, where are your greens? Where is your Vitamin C? You want to release fat then eat. You don't have to take a supplement. Yes we're going to have one come out called Baobab which is one of the highest Vitamin C foods in the world. But you can get it... that's why we press leafy dark greens and berries. They are the highest forms of Vitamin C and they're the perfect balance to protein. They help you release fats.

S Well they're not as high as Baobab. But they are at your local Piggly Wiggly people. You've just got to start with what's around us.

P I do, and Serene and I have said this over and over, Serene and I started this plan with no money. We were very low income families. I admit it. I still live in a trailer home. God has blessed us, and we're building our first home ever, and it's a beautiful home. I live in a trailer home people.

[00:24:09]

S I live in a home that is interesting too, alright.

P So we are not a couple of rich ladies that...

S We're still getting rid of or trailer home cockroaches.

P So we know what it is to budget. And we, so even though we are not scrimping and saving now because God has blessed us through Trim Healthy Mama, I find that even though I probably could have the money, I don't buy everything organic, because I think, there's one thing I do buy organic, it's leafy greens.

S Greens, greens, greens.

P Just because they're the most thing I eat. I just throw greens on to almost every plate, but like, if I go to buy apples Serene do you buy organic apples?

S No, I have 13 children.

P I don't buy organic oranges. More power to people that can, but we have big families, and it goes through your money like...

S We have cattle now so we get our own meat and all that stuff, and our sons hunt and all that, that's so great. But before that, we go in fourthsies with families and get good healthy meat and then organic greens. And everything else was good whole brown rice, sweet potatoes, you know, food that you buy at your Kroger.

[00:25:12]

P So what we're saying is, even if you can't afford an organic lettuce, the green in it, it still has vitamins and minerals, it still has chlorophyll. It's still filling you up with water content foods. It's still doing all those things. It's better than going and buying organic corn chips. See what we're saying. People say I'm going to go and spend five bucks on organic corn chips at the health food store. It's just not doing anything for you.

S I've got one for you. This is a shocker. Ready? You could go to Mickey D's, McDonald's and get their little cup of salad with their little one cherry tomato in it and a whole cup of iceberg, right, and a couple of pieces of grated carrot in it, or you could have that or think. No, I'm going to be healthy and go to Whole Foods and get yourself a special, what shall we call it, Organic Zumba Monster Smoothie or something, made out of apple juice concentrate, organic, a bit of cane syrup in it, a bunch of fruit concentrated purees that are organic. And then buy yourself some kind of organic gluten-free, special like rain forest approved bagel...

P Okay, so let's quiz, quiz. And this is going to freak people out. People are going to hate us for saying this. Which meal is healthier? You take the buns off your burger at your fast food store and you have that awful looking salad, okay. None of it is organic. It's frowned upon. Or you go to Whole Foods and you have the meal, not necessarily Whole Foods, your health food store, and you have that meal, which is healthier?

[00:26:55]

D I love this. I love the direction of this. I love sticking it to the man.

S The simple non grass-fed, regular old hunk of meat with that sad-looking salad is healthier for you than the blood-sugar spiking, Acai Zumba rain forest approved, trade-friendly, eat sugar-laden smoothie with no sugar in it but just the concentrated fruit sugar.

S Isn't that incredible though.

D Let me tell you, the feeling that washes over me, even as I enter a Whole Foods that I have already made the right decision...

P Oh, so you think whatever you are going to buy in there, it's going to be good because it's organic?

D I know better now. And I knew better then, but even so, you go in and it's, what, sweetened with cane sugar so you're just...

S Or it's sweetened with that agave thing which is fructose to your system right.

D Jesus sent agave to the earth for all of us health-conscious people to finally have our sweetener. And that's, kind of, like, the unspoken in your mind. Oh, agave, you've heard of agave. That sounds like guacamole. [laughing]

[00:27:59]

D You know what I'm saying? Agave sounds so right on and so natural.

S It does.

P It's concentrated corn syrup basically.

S The deal is, guys, and I forgot the deal I was going to say. The deal is...

P We know which is better. Sadly, it's that sad-looking meal at that fast-food place.

S I thought we'd already decided that.

P Why? Because it is more gentle on your blood-sugar.

S Now listen to this. Pearl and I, you know, we're getting a little bit more tame as we age...

P As we mature in these beautiful years.

S Remember we had added at the Whole Foods counter we said to the poor cash-register lady, why are you selling this here? The bars in the little grab-as-you-pay kind of, right there at the counter, one of the first ingredients, the second ingredient was sugar. Remember that?

D Regular old sugar.

S She was like: I don't know.

P It wasn't her fault...

[00:28:57]

S We were like, well, we'd like you to get the manager. We do not understand why, at this health foods store, right at the counter, you are going to make people think they are making a good choice.

P They think, and it's deception.

D Yeah, they are trusting that company to have made the right decision for them.

P There's a lot of good things at Whole Foods. I mean, I do go there sometimes and get some food. But mostly, I just go to my economical places where I can get whole, normal foods.

S Save- A- Lot, Aldi's. Come on, come on.

P So what have we got? We've got protein. We've got veggies. We've got the difference between a whole bunch of organic, concentrated natural sugars which just spike your blood-sugar versus regular whole foods. We're learning to see the difference there.

[00:29:42]

P Getting past all the packages.

S So you think of the protein, yes, tick. You think that you've got your fiber in there from your non-starchies, and it is going to be filling. Tick, right. And then you either choose the gentle carbs...

P Or you think fats.

S If you're choosing the gentle carbs, if you have diabetic-prone tendencies, go for a little drizzle of vinegar or lemon juice. That's a little tip, it really does help.

D What does the vinegar or lemon juice help?

S It helps with the glycemic load. It helps to have a slower release to your carbohydrates and your blood-sugar.

D Okay, would, on that note, would, would lemon water, wow it feels like 10 minutes have gone by, would lemon water be a great...?

P Sipping on lemon water all day is always a good idea. And that's why we do the "Good Girl Moonshine" with the vinegar. It's sour, and it helps you shed weight. We just got told we've been talking for 40 minutes.

S And the Baobab Boost powder, Pearl, well the Baobab Boost powder, which is not at all like a necessity like we said, hey, do berries, do greens, but it's incredible too.

P Because it's sour.

[00:30:48]

S It's incredible at lowering the glycemic load.

P You know think about berries. You know how they're sweet but they're also sour. I mean, that's why they're good. So we need to quit, I think we covered it all.

S We got the concrete steps for you Danny. Where's your protein? Where's your non-starchies? Hey, you got a little problem? Where's your sour? Choose your gentle carbs or gentle fats.

P Hey, we're back here next Wednesday, bringing more to you.

S No more worms. No more colonics.

P Thank you.

S I'm going to go have people start to love me.

P Because, you're going to get a lot of hate letters this week.

S No, they're just going to walk on the other side of the road when they pass me. There's the worm lady. There's the beer laden belly lady. [laughing].

P She's got a whiskey still in her stomach. [laughing].

[00:31:33]

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

[00:31:38]

P Serene, I want to talk about our original Pure Stevia Extract sweetener today.

S You mean our little baby?

P Yes, this is what we started off with, and it's original and it's economical.

S Yes it is. Actually Pearl it's the sweetener, that's the one I use. My girls do a little bit of baking.

P Our family, we do bake for our families but Gentle Sweet is easier for baking. I think people forget about that Pure Stevia Extract. It's just so inexpensive. It's less expensive...

S If I'm making a drink or a smoothie, I only use the doonks.

P That's what I want people to know, that if you're making an All Day Sipper, like "Good Girl Moonshine" or you're making just lemon water, or you're making teas or a smoothie, it works so perfectly in there. It lends itself to drinks and it will save your budget.

S It will.

P It is cheaper than honey, it's cheaper than sugar.

S We are not doing this to try and make a buck ourselves because we would be saying: Hey, buy Gentle Sweet.

P We would, because a little goes such a long way. That's why you have that tiny, little spoon in there which Serene calls a doonk.

[00:32:41]

S It's just one thirty-second of a teaspoon and you only need one or two doonks to sweeten.

P Yes, we did an awful, YouTube about it. Why do you bring that up? Quit, Serene. I want to talk about stevia. I also want to talk about the purity of stevia, though. It's so important. You know people think, stevia, it's artificial. No, it's not. It's grown as leaves.

S I'll tell you what, I'm a purist and I sent my husband over to the organic farms

where they grow our stevia. He's been over there three times. Pearl and I are going in about two weeks. So this is a personal friendship here between the farms and us. It's not like we don't know where our stevia comes from. But anyway, when we sent him over the first time, we said, check out this process because I'm going to be partaking and I have a high, super-psycho standard. I'm pleased. I'm pleased. It's a process just like making vanilla extract.

P We know every step in this process but the fact is we've had multiple opportunities to buy much cheaper stevia sweetener. I don't want to poo hoo, other companies. We say all stevia's on plan, and a lot of people buy it from grocery stores, that's fine, if that's what you do and you can afford it. But I do want you to know that most stevia sweetener on the market has been processed in a way that uses maltodextrin.

[00:33:54]

P It doesn't list maltodextrin on the package but it's called enzyme-modified stevia. We've had multiple opportunities to purchase it and sell it to you.

S We could have not had to live in a trailer home.

P We could have had our dream homes built already. But we refused to do that because it's just much more harshly processed. And so we do a water process. So we just needed in our hearts...

S We don't make much of a profit from it.

P We don't, but we needed in our hearts to really be cool with this process.

S That's why we call it Pure Stevia Extract, because it is the purest on the market.

P We just don't want you ladies to forget about this because it's really going to help your budget. And here's a quick tip, I know we've got to go Mr. John Producer, if you want to use Gentle Sweet for your baking, that's awesome but if you want to save your budget, use some Gentle Sweet and then get out your doonks of stevia and add a little bit more it saves how many cups of Gentle Sweet you have to use.

S And if you have children that have a little issue with blood-sugar even at a young age, honey and doonk, so half the amount of honey and a doonk of stevia.

P Yes because children can handle honey more than adults usually but temper it with some stevia. So that's all we have to say about that. Don't forget about it.

[00:35:06]