



Trim Healthy Podcast with Serene and Pearl

Episode # 21 - What If You Weren't So Focused On Goal Weight?

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene • P = Pearl • D = Danny

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

P Welcome to the PODdy!

S Welcome...Now, Danny, do it just like Pearl.

D [Sing-song voice]. Welcome!

P It was such a... you guys sound so sarcastic.

S It was...

P I was true. I was really... My welcome...

[00:00:17]

S I know, you were true. It was just very sing-song...

P It is Wednesday and we are here in the PODdy cabin.

D Oh, ha ha ha! [laughing].

P And where is the tea, Danny?

D Sorry.

P When we start a PODdy, tea is supposed to be here with the PODdy.

D Yes, no, I've felt that. But, you know, we were having so much fun on the front porch.

P I know we were.

S I was late and I told them... Actually I was telling them when we first set up this idea of doing the podcast here in the cabin, listen we need to start at the dot of 12:30 every Wednesday because I've got to get back to my children.

S Well, I am the one that's always late.

P Actually, tell it...

D Like every Wednesday.

[00:00:48]

P It is Wednesday when we release. We record it a little bit earlier, but...

S You're trying to just...

P Serene, the podcast goes out at five in the morning Wednesdays.

S Well, I thought we were trying to fake it that it was Wednesdays.

P No, it is Wednesday. When we say it's Wednesday, it means they are receiving it.

S Oh, okay. Well, I thought, well, Pearl's trying to like put a number on them that it's Wednesday, so I'd better fake the Wednesday too.

P No, you little liar.

S I wasn't lying. Listen, I'm a PK - Pastor's kid. I graduated Sunday school at six years' old. So you could never lie.

P It's just that... Listen, even Danny looked at you and like, it's Wednesday, oh, oh, okay, well we'd better be Wednesday...

P It means... It means it is Wednesday when they receive it.

[00:01:27]

D It is Wednesday. Happy Wednesday, everybody.

S Yes, but in my brain I thought, oh, we've got to, you know, do a Christian...

P Yes, a Christian fib.

S A Christian fib that it's Wednesday. But the actual point remains that I'm the one that's always late.

P I know, and she gave us this strict order, because she's all about not being away from her children. She's like, if we do this podcast, we are not doing it every day. And we can get it out once a week. And it's going to start at the dot of 12:30, and we're going to finish on time, and I can't be away from my children.

P And then every time we do it we're all sitting here waiting for her.

S You guys were out on the porch. You guys looked like just a lovely crew of happy tikes.

D You know what, I think Americans stress out about time anyways. I mean, at 12:30, one o'clock, fine, life's life...

S Danny has his own timing, that's true.

P And Danny's sitting here wearing a Hawaiian shirt, like...

D My first Hawaiian shirt by the way

[00:02:15]

P You're really rebelling against time with that shirt.

S You wear it like you've got a 50 in your closet.

D No, what's really strange is I've felt like a good American boy until my curls grew out, and I put on a Hawaiian shirt, and now it's like straight Miami Vice, and my ethnicity really betrays me.

P You do Miami Vice today.

S It's like you drive that Kit Knight Rider car too.

P Yes.

D I'm going to blow your mind with some 80s looks.

P Bring it on. Bring them on. I like the 80s. Hey, we've got a lot to share today.

S We do, we do.

P As we were sitting on the porch, Serene came here with this best subject burning on her she wanted to talk about.

[00:02:48]

S Well, I was on Goodwill the other day with actually our older sister Vange, and Pearl was there too but she was on the phone like doing Mrs THM business, and I was having fun with my big sister, Vange.

P I was there for the same purpose as you, though.

S Yes, but we were just looking for like clothes to wear in China, minimalist clothing, because we're trying to pack nothing. We're trying to pack nothing.

P Can you explain China?

S What?

P Yes, we're going to China, for the first time...

S You explain it, Pearl, because...

P We're going on a trip.

S Yes.

P Here, we leave Wednesday.

S We're going to visit our konjac/glucce farms.

P Actually, when you hear this podcast we will be on the plane, guys. So you all...

[00:03:25]

S And pray for me because my baby just got sick and I think I've got 15 hours of screaming.

P Yes. And so, yes, we're going because we have a really great relationship... Stacy McGuire, who has worked for us from the get-go, from the time we started this business, was a missionary in China for years, and so he has a deep relationship with these farmers.

P These farmers farm this area of land like they always have for hundreds of years. They haven't changed.

S It's in the inland.

P So they don't use...

S It's just beautiful.

P Yes.

S Just organic, completely set aside for organic...

P They don't use pesticides or anything. They're very particular about who they do business with. Like, and so we have to keep this relationship going, you know, in order...

[00:04:04]

S We're going over there to schmooze.

P Yes, we're going to have to schmooze and make sure that we love them and they love us and, you know, and to... and Stacy has just like a heart for these Chinese people.

S And I'm going over there to just eat my full of gluccie noodles and all of that yummy stuff, and...

P So anyway, Serene, so yes, so we're all packing and...

S We're packing light because we're on a new, we're on a new like plane, train and automobile every day. We're basically going around the whole of China, and so we don't want to be just bogged down, so we're like looking for like the perfect light little thing that you can just roll up and it'll be like the size of a dime in your...

S So, and I'm like, we're just having so much fun, and this hasn't just been just like this one occasion. We have been doing this for months, preparing for China.

P We have.

S I mean, I have saved up and got this little tiny foldable stroller that goes on the plane so I don't have to check it. We're just so excited. We're just down with the excitement.

[00:04:54]

P And whenever we get together, what we're talking about is...

S China.

P Yes, because our sister Vange is going with us, with her husband, so this is like the trip of a lifetime.

S Her husband is even cutting the tags out of his clothes to make more room for his minimalist pouch. Yes, he even cut the whole entire exterior of his coffee, insulated coffee mug, so that there's more room now, and there's just enough insulation to hold...

D Are you talking about Howard?

S With his fingers.

P Yes.

S Yes.

D He would.

S So he can just hold it and his fingers won't burn, but it's more room now for like...

D Howard gets his jollies off of custom creating things.

[00:05:23]

P He does.

D And that's the end of that. It may serve... No, you know what, knowing Howard, it's probably going to be straight-up, secret agent...

S It is.

D Specialist, purpose-filled...

S He's an inventor and he's a complete, he's a complete secret agent, and we're going to get onto the point. But I want to tell you one thing about him. You know, and there's not much coffee over there, it's all green tea and everything.

P In China, yes.

S And he loves his coffee. And Stacy's like, you're not going to get much coffee over there, and if you do it's going to be like five American bucks for the tiniest little dainty teacup. So he's like, okay, well I'm taking my instant coffee, but he's like, that's going to take up too much room. So he has been, at night...

P What?

S Rolling-pinning it up, roll-pinning it out with a wooden rolling pin to make the already tiny crystals tinier so he has more space in his minimalist pack.

[00:06:08]

P Oh my goodness, Danny, you said you're not coming with us to China. You're sitting there like...

D I've, I've...

P You are sitting there with like sadness in your eyes.

D I've been through this with your husband. I have tried in every way to sell myself as a trip manager, as...

P I think it would have worked, but I think you sold yourself too late. Everything was booked by the time... He came home, he was like, I wish we could put Danny on it but the whole thing is like, the flights have been paid for. Danny, we just love you...

P We'll miss you, Dan, Dan, but you just hold the fort. But continue on with this point, because there's a big point here, guys.

S There's a huge point.

P So just hold on, guys.

S Okay, so the prep has been months of fantastical fun, relationship between all of us that are going, and just...

[00:06:47]

P The China group.

S Just so much prep fun and I was remembering back to when I was little and when I'd be like wanting to play dolls with my friends down the road, and the preparation for the game was just so much fun. We'd put so much energy and we'd forget our lunch, we'd forget our food, because we were just preparing for the game.

P What, like dressing your dolls up for the tea party?

S Yes, and just like making the little, like, the little houses out of the chairs.

P Okay.

S You know, the big kitchen chairs, and hanging sheets around them, making doll castles. You're setting it up for the game. And then the game comes, you know, it's fine, it's all good. But the prep was the fun part. You're hearing me, Pearl? You're hearing me, Danny?

P Yes.

D Yes.

P And like, it's the...

S It's the anticipation.

[00:07:28]

P It's the anticipation. So your point here is...

S You want me to say it or do you want them to guess it?

P Well, I think... That spark in your eyes, I know what you're saying.

S Yes, you tell us, Pearl.

P It's not that end result, that goal weight, that's actually the excitement and the joy. It's going to be great.

S It's this...

P It's going to be great. It's prep and it's the journey. It's the excitement of the day-to-day, like hey, oh my goodness, I just quit soda, whoa, I'm... I got that under my belt. Now, what's next?

S Exactly, it's just so exciting, just, just thinking about, you know what, you know, maybe you have some people you're doing your health journey with, and it's like, okay, so this month we're just going to, we're going to prepare... Just, we're going to start honing in on breakfasts and making them just so on plan and we're just going to just see how it's going to be fun when you start prepping with other people and thinking about it with other people, and thinking about the destination with other people.

[00:08:23]

S And it's that thinking and prepping and the fun of just the whole hoopala of it all. It's actually more fun than the actual result.

P Yes, goal weight schmoal weight, right?

S Yes and I want to say one thing, right. So when we were on the deck out there, Pearl, when I was late and I was rushing in like a freak-out, our producer guy.

P John...

S Yes.

P Hello, John.

S He was like, I so understand what you're saying, because my mother-in-law, she was like, anticipation. She'd always say that, anticipation.

S It's just so... Hey, John, can you just tell me the right words? It's just so...

S Anticipation, she'd look up into the sky and say, anticipation is just the best part. And then she'd say, even like Christmas, like, anticipation of Christmas is almost better than the day itself.

P Yes, I know. It's the prep. What do you have to say about this, Danny?

[00:09:22]

D Well, it just, again, sounds like one of those things where, you know, I mean I've definitely been stressed out with the journey and then there's other times I choose to go, no, this is where... I'm here, this is it, this is what it's like, and it's another mind game.

D You just go am I going to love the journey or am I not going to love the journey? And I think you get to pick. I mean, that's where I always stand, you know.

S I want Danny to go on, but Danny always puts his finger on something so magnificent, and just, he just puts it, boom right there. And Danny, when you said mind game, it's all there, in that little two words, mind game.

S Because that's what I'm doing for the 15-hour flight, right?

P Yes.

S We could say, ah, miserable 15-hour flight.

D That's right.

S Stuck here. I feel like my behind is becoming the chair. Like, this is just ridiculous. Or it would be like, oh my goodness, we are going to a land we've... We're going to the Orient, to a country we've never been before.

[00:10:15]

S Freak out excitement, 15 hours of bliss, of going over the Siberian desert. We might be over there right now. It's pitch black but we know it's underneath us.

D Yes, yes.

S How freaking exciting.

P And you have your little two-year-old Remmy on your lap.

S So that's so right. He could be screaming and fussing, and it would be the best miserable 15 hours of my life, the best of them.

D That's so good.

S It is a mind game.

D It's a mind game.

S It's the prep fun mind game.

P And it is the choice, once again. Listen, when we leave ourselves to our own mind that's why we need to exhort one another, the Bible says, because our own minds can get just trodden down and filled with garbage. But we are told to exhort one another, so we are here to boss your brain around.

D Yes, and I'll tell you what, you're not going to escape life.

[00:10:57]

P Yes.

D You're in life. You're in the earth, and it is a certain way. And depending on how, what meaning you give the plane ride, the next failure at goal weight, or whatever the goal is, whatever you're wanting to do, I mean, you really do get to define your experience through that.

D I've done it with, gosh, my wife, my kids, you know, certain conversations. You know, there were times where I felt like, gosh, we don't really work together well around the house as a family. Whose fault, you know?

D Reclaim that. Do something about that. Don't just say that's how it is. Change that. Make decisions. Change your brain. Talk to your family. Have meetings. Get down to business.

P So if you're not enjoying this Trim and Healthy journey, are you focusing on the plane ride rather than... Are you focusing on the really bad plane ride rather than the anticipation of all these good things that you are doing...

S Oh, good.

P For yourself and for your family and are you focusing on the negatives, because they'll take away that anticipation and the joy.

[00:12:03]

P Let's talk about just some of the negatives we can focus on.

S Can I say one thing before you talk about that, Pearl, just...

P Okay.

S On the same subject, and then we'll just move one.

P Because mine's going to be good, man. Yours better be good.

S Yes, yes, it's going to be good. I was just thinking about, you know, again about the mind games and again, about focusing on the good, you know. And again, about just how it can be miserable but just changing your thought patterns. Because this child-like thought patterns gives...

S In the Bible it says, you know, the Kingdom of God is likened unto a child, you know. And so I'm just thinking, when I was young and playing, the play was not easy. I mean, we would like move whole furniture with little six-year-old bodies that didn't even have the strength to budge a little Barbie car around.

P Yes.

S And we were like moving everything around, and we were huffing and puffing and we were like...

[00:12:52]

P Yes.

S Doing it on no food because we didn't have time for food, but we thought it was just the best thing in the world, and it wasn't work, because we had a goal. It wasn't work because we had that vision inside. It was just anticipation, again.

S So it's the mind, it's not like, ah, and now I have to move this...

S Fifty pounds a hundred pounds to go. Ninety nine to go.

S No I can't believe it. One pound gone. That's so freaking awesome. And it's all, the future is bright because it's going to be another pound gone, even if it takes another month to do it. The anticipation. The anticipation of the small things too.

P Absolutely, and so what are some of the things that can like rob the anticipation? I mean, let's just list them and then let's just annihilate them.

S Thinking like an adult, was my first point.

P Yes, thinking like an adult. Let's think like a child, and let's get joyful again. Some of the focuses, you know, that we can put our brain on.

[00:13:49]

P Oh my goodness no, but like, you have a bunch of children as an adult, and you could be like, ah, changing another diaper, freaking out.

S That's true.

P Like, you know another meal to cook. When you're little it's like, bring on the dolls. Can I have 15?

S Hmm...

P Like, can I have them all wee their pants, you know?

S Oh...

S Can I... Can mommy... Can you buy the one at the store that leaks and wees the pants?

P It's so true. And Serene, thinking about it, you know, especially with the baby, you know, we anticipate the baby when we're pregnant. We never think, I'm going to be changing dirty diapers. We're like this life is coming into the world.

P And it's hard. Pregnancy is hard.

S Pregnancy is hard.

P But it's joy.

[00:14:22]

S But it's joy.

D I'll tell you the problem with adults.

S Yes.

D Speaking of I don't know why, but at some point adults, we begin adulting, and we create perfect worlds that are free from stress, free from... and most importantly, free from problems to solve.

P We try to, yes.

D This world exists in our brains as some nirvana state.

P Yes, it's true.

D Here in the world, right? And so then when setbacks happen or problems seem to be solved or you... Or this thing is still just gnawing at you and it's not solved, we're confused, depressed, hurt. But weird of all, weirdest of all, excuse me, we're surprised. We actually are surprised.

D And, you know, actually heard that by the time most people get to age 70 they have stopped... Their brain has stopped forming wrinkles, sometimes for like 40 years.

[00:15:17]

S Whoa.

D Because when you... Like, you know, you get into your 30s and into your 40s, you've solved so many problems, you've got some...

S Wrinkles in the brain are good, I imagine.

D They're good. Ah, they are amazing.

P Let's clarify that, because wrinkles are the weakest...

D The brain and the muscles in your body have a rule, use it or lose it. You don't use your muscles, they're going to atrophy.

P Yes.

D You don't use your brain it's going to atrophy as well. And so when have eliminated problems and we are coasting through life and we're not learning things and struggling through things, we're actually getting really weak.

S Ah...

D And so it feels like we're not stressed out. It feels like everything's good, quote good. But in actuality if there's no growth, if there's no trial, if there's no pushing forward, it's death.

[00:16:00]

S It's like that butterfly analogy, too, that I've heard. Well, it's not analogy, it's just fact, it's just biology, it's just science. That the butterfly has to struggle. It has to struggle in that dark cocoon, where it does not know even why it's struggling. It doesn't even see the end, doesn't see the light at the end of tunnel.

S It's just in this dark cocoon and it's just struggling against the walls. Just pushing as hard as it can push to get at and to be free, so it can be a beautiful butterfly and take flight.

S But if it is helped and like prematurely cut out of the cocoon, if it doesn't push through to the climax of the struggle, to the fullness of the struggle, it dies. It doesn't take flight. It has to struggle.

D Yes, and analogy day, if you don't get lost in the city then you don't learn your way around the city.

P Yes, true.

S So true...

D You know you don't show up to the city having magically memorized the map. Knowing... And that's close to home because anywhere I go I'm lost without my blue line on my GPS. But, you know, there was a time I had to get a map out, you know, in my car.

[00:17:05]

P Exactly, back in the old days. But you guys, you're going to go on with these analogies all day.

D Yes, we might.

S One more analogy

P Oh my goodness, I've got something practical.

S I'm so about you, Pearl.

P Oh, really...

S Worship the big sister... I'm so...

P I don't want your worship, I want your obedience.

S Okay, obedience will come. Just one more thing. When he said adults try to create a nirvana and they're kind of shocked when it doesn't happen, I just kind of watch... My children have got the flu right now, and my little six-year-old or... I've got about four with it right now.

P Okay, Serene says the flu, that's the Down Under word for a cold.

S I was just...

D Oh, a common cold...

[00:17:34]

P It's very interesting. They call the common cold a flu, where...

S It's just a common cold.

P Here is the flu...

D It's like life-threatening.

S No, yes, we don't have anything life-threatening. But they are coughing and hacking with a smile on their face, running around coughing and hacking and just basically yacking it all up, right, happy.

D Yes, happy yackers.

S But when Sam and I start yacking it up we are miserable, because in our head space this shouldn't be happening.

D Yes.

P I know.

D You need the authority.

S But children don't know any better. It's like in winter when they run out, you're chasing them around trying to put snow outfits on them and warm woollies. They don't even know they're cold.

[00:18:07]

S They're like, why, mama, are you making me put this on? I'm just having too much fun.

D Yes.

P I know.

S Good analogy, right...

P It was...

D Good analogy.

P It was worth it.

S Look at the child.

D Hey, I've got another... No, I'm just kidding, I'm just kidding, I'm kid... He he.

[00:18:19]

Announcer: Hey Mama's, do you have a question for Serene and Pearl?
Send your email to support@trimhealthymama.com.

[00:18:28]

S When you give in and you eat the entire box of Girl Scout cookies, you feel

horrible, and that is a hard feeling because it's gross. But guess what? You learn from it.

S You will feel just how gross and nauseated and kind of sickie to your stomach that eating a whole entire packet feels and you will learn from it, and next time I think you'll think about it.

P Okay, I'll give you B minus on that.

S But whenever I give in, like...

P It's pretty good.

S And it's not Girl Scout cookies for me because I'm a purist, right.

P Yes.

S But it can be like a... Let me think, like just...

S What, a whole...

P What does she do wrong? She does nothing wrong.

S No, instead of just eating a couple of slices of artisan sourdough bread, I might just go for it with thick peanut butter and have six.

P Okay.

[00:19:10]

S Just like... Just, just 'cause, 'cause my children are doing it, right?

P Yes.

S It may not be six, but it might be four, and it might... The peanut butter might be the size of an inch thick, and it's just like big, thick slabs. I kind of feel stuffed to the gills and gross, and I just remember that feeling and it's almost like I'm glad I did it because next time I have double the willpower, because I'm like, I don't want to really feel like that. I don't want to feel, you know, stuffeded.

P Stuffeded, I know. Stuffeded is the right word. When you're stuffed you are stuffeded. Danny, don't look so confused. Stuffeded is the right word.

S Is it not an American word or something?

P I don't know.

S It's not even a New Zealand word. It's our word, like doonk.

P Yes, it's like...

S It's copyrighted

P If you've got too much food in your belly you feel gross, stuffeded.

D Oh, I fully support it.

[00:19:53]

P Okay good you fully support it.

D Oh yes

S Okay, let's look at... Thank you, Pearl.

P I'm not going to put my hand out because I'm feeling...

P Let's look at some of the things that really like... And we've talked about some of these on our podcast, but just let's label them for what they are, because they steal joy but they don't have to.

P Okay, your family's not giving you the support that you have... That you could be like, well, hold on, man, I can't even do this Trim Healthy Mama journey. I can't do this. My family won't support me. Is that a lie?

S It is a lie.

P It's taking the joy. You can do it.

S Because you can do it, because we wrote the book when our husbands weren't kind of... You know, like, they didn't even... They still don't know what S & E fully were..

[00:20:32]

P No, exactly, and it might be your actual reality. But you can still keep the joy in this journey. You can, like, oh yeah, I'm doing it alone, folks. I don't have the support of my family. Maybe one day they come around but right now I'm doing this. I'm going to set the example.

S Yes

P I'm doing it alone.

D Secret husband insight

P Okay.

D So I kind of look at... In our house I kind of look at my wife, and she agrees, thankfully, as she's the manager over certain things, right. So food is one of those at our house.

P Amen

D And so I actually, I actually like when she, as the expert, just handles it and leads us in that, in the correct direction, because I don't have time for it. I've got a job, I've got things to do, I've got the things that I'm managing.

D And so for her to, you know, when you talk about, you know, your family's not helping you, I would contest that deep down husbands actually want the wives to show leadership in the kitchen area.

[00:21:35]

P I mean, I think...

D At least, I do.

P I think it's beautiful that you do. And I think my husband came around after a year. He was very resistant for a year. But I think that some women are facing, from what I've, you know, they've shared with me, that their husbands are like, I'm going to eat my potato chips after your meal, and you...

D Oh, so it's a struggle

P Yes. And, don't you not buy those sodas. You know, I want those sodas. I have the money.

S And I want the white yeast microwave dinner rolls on the table.

P Yes. It's like, don't take my white rolls away from me, and so they're facing these real things, where a lot of husbands are like, honey, I just can't believe you're doing this for our family, you're awesome.

D Yes, okay.

P But sometimes... And these men, they might not be jerks, they're good men. They're just used to things a certain way, and their brains... On their journey their brains are not ready yet.

[00:22:15]

P And so let's just give them time, give them patience, but lead by example. Truly lead by example.

S Lets see how great you're starting to feel.

P Yes.

S And how Foxy Mama-ish you're starting to feel.

P Oh, don't underestimate the power of the Foxy Mama.

D There's no argument there. Yes, no, yes. That's a case closed. That is the gavel laid.

S And there you go, from a male himself.

D From the male

P Okay. Next thing, what... It's like, okay, but I have allergies, I have to stay away from gluten, I have to stay away from... And then you list the next twelve things you have to stay away from.

S Dong, dong, often times... I hope I'm not standing on...

[00:22:48]

P You were very dong mean.

S Yes, and I'm about to be meaner. Should I stop it right now?

P Well, if you be mean be kind. Sometimes, though, you can nurse the issue, right?

S Sometimes it can be your friend, because it's... Because it's and I've had that in my life before, where I used to be like, yes...

P Yes, your problem is your friend.

S I have anxiety, I have anxiety issues and, you know, I do... I have panic attacks. It used to be something I could talk about to people, and it was like they could be, poor me, right? They could say, oh yes, poor you, right?

S But I had to realise it was something that I needed to not be my friend. It wasn't a friend, it was a foe, right? So yes, you can't just say, well, I don't want to have allergies. You're stuck with them, maybe, right?

S I believe in healing and I believe in, you know, in healing the gut. I believe in supernatural healing. I don't believe you have to have it for the rest of your life, but you can't just clap your hands and be gone, right?

P Right

S I understand that. But sometimes it can become your friend and you list things that aren't even going to stop you.

P So true...

S You can list you know what, mustards, rosemary. I mean, you could do healthy eating without mustard and without rosemary...

P Yes.

S And without... You know so there's certain things that...

P You don't let them be that, that thing, that thing that you nurse to say, I can't do this, because yes, there are challenges, especially if you're allergic to eggs. That's even harder. But I've got friends... Our good friend Kris who is... Who is, who...

S Coach to the coach to the coach...

P Yes. She's going to be doing our coaching program for us. She's the coach that helped us in our Workins program. She can't eat eggs.

S No.

P She's done Trim Healthy Mama for almost ten years without eggs.

[00:24:12]

S Yes, yes.

P And happily.

S And she doesn't do dairy, Pearl.

P No, and she's with joy, but she's found a way around these other things. And when Serene said she's going to be mean, I said be kind when you're mean, but sometimes, you see, we're here to help you with your brain space like we help one another.

S Right.

P Because sometimes our brain space needs just a little bit of... It lets someone to kick out the junk.

S And let's encourage the fact that you are blessed with variety, because around the world, you know, beans and rice it is.

P Yes.

S Two foods, two things...

P In many places...

[00:24:40]

S They're stuck with, right, in many places. There is an example. Another example is even people who can eat everything, the western standard American diet, wheat wheat wheat wheat wheat wheat wheat wheat, white white white white white potatoes, fizzy drink.

P Yes, most people even...

S They don't even eat the salad. They don't even eat the veggies. They don't eat the vast variety of grains. They have like three things...

P Yes, or maybe ten things they keep circulating in their diet. So it's not a vast diet anyway. So even if you have only...

S Usually people have their faves.

P Yes. If you have ten things... Let's say you can do meat. Let's say you can do lettuce. Let's say you can do butter, or maybe not, maybe coconut oil. Let's say you can do fruit.

S Yes, berries.

P Oh my goodness right there you've got some fantastic foods, mate.

S Fantastic foods...

[00:25:23]

P Fantastic foods...

D Serene, what did you mean by friend? You said something about friend. Were you referring to food, that it could... Like a, like a... What did you mean by that?

S Oh, no...

P She said when you're... When your allergy, when your condition, when what you're labelled with is your friend, you're nursing it.

S You don't want to let it go because it's... You're... It's... You're used to it, and it's... You're used to being it around. It's comfortable to have it around. Like...

D But what... You mean specific foods?

S No like an issue.

P An issue...

D Ah...

S Like, I've had issues in my life that I know that I need to get rid of, but it's like, oh, hang on here...

[00:25:51]

D I see.

S It's kind of fun to nurse that, to think about...

D Okay, okay.

S Like say you should stop thinking negatively, you're like, well hang on, at 4:30 in the afternoon where I feel a bit slumpish it's kind of fun to sit down, do some self-loathing on the couch for 15 minutes.

P Yes, that's my friend.

S That's my date with myself in the afternoon.

D Now, I wanted to tell you something about that, then, because it's true. They say that addiction... People that are addiction counsellors will tell you that addiction is not so much a chemical issue as it is a bonding issue.

P Oh.

D The person addicted to whatever it is actually has a bond, has a friendship...

P Oh, interesting.

S Oh, very...

[00:26:28]

D With the substance and take a hardcore drug, it's reliable, it's dependable, it does the same thing for me consistently each time. And it's a go-to. Smoking cigarettes is that way. I used to smoke, and I can say absolutely, for sure, those cigarettes were my friend.

D This is, gosh, over 20 years ago. And, you know, I was teenager, trying cigarettes, kind of thing. But it was a bonding thing, you know. When we got in the car, cigarette and I, you know, man, we hung out.

D When I woke up in the morning, or after a meal, we hung out.

S Yes, right.

D Dependable friendship, there was a bond there.

S Right

P It's...

D And I think the same can be true about food.

P Absolutely food, but also the negatives is what Serene's saying. These negatives that we're labelled with and we pull out to wear.

[00:27:13]

P I can't do this because I have this. They're our little friends sometimes.

D Our little friend, our little identity, or...

S It's our image, it's our identity. This is my group I hang with. I hang with me and my allergies.

D Yes...

P Ah, I told Serene this. It was last year when I was wrestling with something. It was... To me it was just something in my life that I'd had. I didn't realise it was an issue until I was reading this book about getting rid of... Just freeing yourself of things that you're holding onto.

P And, I... And, I...I thought to myself, I'm pretty free, I'm a great person, pretty happy. And then I feel like God revealed something to me and I thought, well, I'll let that go then. You know, it was a hurt. It was a hurt, that someone had hurt me.

P And so I tried to let it go, my goodness I'm like, okay, God, just take this away. And it was like, ah ah, no no no no, not this one. This is the one I pull out. This is the one...

S This your cuddly?

P My cuddly.

[00:28:03]

D Little cuddle bear.

P My cuddly I'm not going to get rid of this one. When I was... I was like, no, Pearl, you let this hurt go. And in my brain, whatever was in me was like, no, I don't want to let this go. This hurt too much.

D Wow...

P If I let it go, what would I... How would I feel sorry for me? Or how... What would I think about, I mean, I'd have to totally forgive? Completely forgive?

That was hard.

P But I did. I let it go, and it was hard, and it was painful to let it go, and then I was free. But some of these things, we nurse them, and they are our friends and they're vile and they're toxic. And we need to let them go.

S And we make them, nurse, we make them big fat chubby babies.

P We do.

S I mean we make the problem worse.

P Yes.

[00:28:41]

S Because we almost...

D Little cuddle biscuits.

S And it's not mentally that we want it. You could talk to somebody and they're like, I don't want to have this issue. You didn't want to have the hurt, but it's a subconscious thing of just...

P Yes.

S Holding on

P Well, it's just mine, my hurt that happened to me, you know?

S Yes

P And this is... This is my label I'm wearing, and this is why I can't find the joy. This is why I can't do the journey. And all those things, the can'ts, hey, they need to be released, because greater is He that is in us, than He that is in the world.

S And it doesn't mean the problems go away. It may not mean that your allergies go away...

P No

[00:29:14]

S Or whatever, fibromyalgia go away, or whatever goes away. Your husband may never be onboard. These problems may never go away. But guess what? Your brain choice about how you look at it is going to go away.

P Yes.

D You know...

S Because then you're going to get the victory.

D I've found a way out of my toxic cuddles.

S Yes

P Yes.

D Self-worth

P Yes.

S Yes

D Higher self-worth

[00:29:33]

S And where do you find that self-worth?

D Oh man that is the question, self-worth is not found in a moment. Self-worth, I believe, is a practice. It's a discipline. It's a muscle that is unworked-out. I think naturally, at least most of the people I know, the self-worth muscle is not very strong.

D And it was... And I didn't realise that it wasn't very strong in me. And when I started saying absurdities, what at the time sounded like absurdities to myself, that I am actually greatly valuable, and like there is a God smiling, smiling at me, and so pumped and so, like...

D Like, I think the shock of it all is everybody thinks like, oh yes, I know what I believe, but when they hear, hey man, well done, you did good it's going to be a shock still.

D I'm not sure we're... I'm not sure we're as conscious and as free as we need to be in the self-worth department. We don't know how loved...

S How much God love us, yes..

D And beautiful we are.

P Yes

D Yes

[00:30:43]

P Yes, I think... I think, yes...

D And that's weird and hard for a man to say, but it's not for me anymore.

S Right, right

P So true, what are a couple, quickly because we need to close pretty soon, what are a couple of the other things that can... and we have done even whole PODdies on these like, okay, this is too expensive, I can't do this, it's stealing my joy.

P We just did the two-part podcast on top ten foods that you can do inexpensively.

S Can they go re-listen to it if they haven't heard it?

P Yes, everyone can go re-listen to those podcasts. Just ten foods that basically you can do the whole plan on.

D The last two, right?

P Yes.

S We'll move on then, next step.

[00:31:16]

P And you don't need to use special ingredients. Those things... What else do we have, Serene?

S Okay, so we have... I'm a stubborn loser and I never lose weight on anything, anything, anything

P Yes.

S Well, if you weren't doing anything you might be gaining.

P Exactly

S And you may feel awful, but at least you're feeling better.

P And you're getting your blood sugar under control, right?

S Right, yes.

P And give yourself time rather than giving up, and to heal your body.

S And remember it's the journey.

P The journey

S The journey

P This is the good part.

[00:31:51]

S And anticipation, which you should have in a journey, because you're looking forward to an end, you're looking towards a goal anticipation is hope, hope that you're going to reach it. That's why you anticipate, right?

P Absolutely, and so is keeping positive, staying positive, and just celebrating every little milestone, like when Serene was, you know, a little girl and moving the furniture around to create your castle, move one chair and it's like, yes.

S Mate, yes. And we're going on this plane flight. It's going to be 15 hours. My baby's got a cold. It's going to be awesome because we're going to be flying over the Siberian desert, Pearl.

D It's Q&A time. We've got one from Susan for you. She says, hi, I have a question for Serene. Sorry Pearl.

P Oh, so I'm to butt out of it or something?

D Yes, if you could stay out, that would be great.

P Oh, okay.

S Well, you might butt in, Pearl, because you always help me answer my questions.

P Usually the questions are for Serene and not me.

[00:32:45]

D That's interesting.

P Hurts me deep down in my soul, but go ahead.

S That's not true. All those hormone questions, I kind of...

D Well, this one will make sense, this one will make sense, once, for Serene. You were on a raw food diet for years, and you've told us the negative side of it. But do you think there was any value in it at all?

S Yes I do. I think there's incredible value to raw, healthy foods. This is my point. I do not believe there is any value to being extreme and only doing plant raw

food. I believe, yes, juice raw greens. I, you know... Or cucumber or celery base, or whatever. I believe, yes.

P But, you don't juice currently.

S No, well, I do right now because I've got heaps of kale in my garden. I've got to do something so I have a kale shake every morning.

P Oh, yes.

S But, no, but, you know, she's saying is there any merit. Yes, of course there's merit to some green juice. Of course there's merit to some yummy raw salads. Of course there's merit to having some raw nuts and seeds and some sprouted things.

[00:33:35]

S But, guess what? There is not merit when you eat it, just a plant raw diet. It's imbalanced for these reasons. What are you going to, what are you going to fill your plate up with, right? So you've got to have protein, you've got to. Or you just...

S And that was one of the things. I had sarcopenia. I had muscle wasting because I didn't have enough protein. When I tried to get enough protein I was overdoing the nuts, and that really was overdoing the calories.

S And I put it on, not in my arms and legs because that was emaciated where I needed muscle, but there was kind of a little bit of a poochy going.

P It was the only time I've ever seen you have a belly.

S Yes, exactly and because there was unbalanced sugar, like I had raging sugar issues because of all the dates, because what are you going to fill up on, right? So I would make like date nut rolls and date nut bars and date nut squares. And, you know, the meat was made out of nut patés, right, that was my protein, or nut burger patties that I'd stick on my salad.

S So yes, there is merit, but there is merit when you put it in the big full picture of, you know, hopefully either fish or other forms of clean meats and wonderful ancient grains and fruits and berries and beans and just a balanced diet.

[00:34:44]

S I hope that answered your question.

P Though it was a piece of the puzzle though, wasn't it?

S It was a piece of the puzzle.

P Because.

S I don't down any of those wonderful foods. I just ate them out of balance.

[00:34:53]

Announcer: Trim Healthy Mama Product News and Notes.

P You want a really effective weight loss tool? Bring on the MCT oil.

S Bring it on, Mama's. MCT oil. First off, yes, it raises the thermogenic temperature of your body

P What does that mean, Serene?

S It revs your metabolism it heats you up, which basically makes you burn, baby, burn

P Burn your fat.

S Yes and it is brain fuel. It feeds your brain. If you put it in your coffee in the morning to make a Trimmy, not only are you going to get a natural rev from the caffeine but you are going to get brain fuel. You will be focused.

[00:35:32]

P Actually it's clinically studied to actually almost reverse... First of all prevent, but in some studies reverse dementia and Alzheimer's.

S Yes, oh yes.

P It is brain food.

S Yes

P I want to talk about, though, how it really helps to shed weight. First of all, it's tasteless, so it's a wonderful oil on salads, Serene.

S Yes

P It doesn't like give... Sometimes I love olive oil. I use that too, but it has a strong flavour.

S Okay, so we all know about this... We all know the kind of the science behind coconut oil, right. It's the middle chain triglycerides, and how

wonderful, and how they burn the fat, right.

P They help your thyroid.

S But they... Yes. But the MCT oil is taken the shorter chains, right. There is...

[00:36:15]

S There is... The middle chain, I'm getting tongue-tied, triglycerides in coconut oil is one that's longer, it's a 12-chain, while the MCT oil has just the shorter of the medium chains.

S So they are so quick to metabolise. They burn like a carbohydrate without raising your insulin, so they don't metabolise like a regular fat. They metabolise like a carbohydrate, so they boost your energy but without any of the, you know, carbohydrate issues.

S So we love it, so we can have it with...

P So you burn... So you... That's the way they give you energy then.

S Yes, yes..

P And they make a great Trimmy. Our Trimmaccino, our hot frothy drink, we use MCT oil. So it's a brain boost in the morning. It's a weight loss boost in the morning.

S It's silky it gives everything a silky texture. You just put it over tuna, like for a tuna salad. You just put... Whatever you pour it over, it gives a mouth feel that's second to none with fats.

[00:37:09]