



trim healthy™ Official

Trim Healthy Podcast with Serene and Pearl Episode #22 - Butter and Coconut Oil Under Attack

*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 My dear friends, Serene and Pearl, I just want to say welcome back.

P Thank you, Danny.

S Thank you, Danny.

D And welcome back from China, I'm sure listeners may know that you've been in China. But, and I can, actually genuinely say, I missed you. And the weeks we didn't record I had no purpose.

S Well, I'll tell you what. We missed you too, Danny. We just had so much tea over there, and we were thinking of you.

D Make me jealous.

S And were just thinking of just...

P We did say, a couple of times: Danny would love it here. We had the trip of a lifetime here. I can't even begin to imagine to tell you how packed it was.

[00:00:48]

S It was so packed.

D You mean people, in China?

S Yes and that too...

P Yes, packed with the things that we were doing and discovering and seeing.

D Oh, you mean, your schedule.

P Yes, and eating, we've never eaten such great food. Serene's son, Arden came with us and got it all on video. So we're doing a documentary about it. But it was... It really changed my life actually, that trip.

S I know. When Pearl came back, she was, like, Whoa, my whole paradigm is different now.

P It is.

S And what am I doing here?

P I could spend long amounts of time in China, I think.

S We ate all day and all night, and we really lived it up on the food. We came back lighter, must be the chopsticks.

[00:01:24]

P Maybe there is something to the chopsticks, and all the vegetables. We discovered that the actual, ancient Chinese way of eating or traditional is so like THM. Oh my goodness.

S I know greens, greens, greens, greens, greens...

P You got your greens, and you got your meats and your proteins. And then there's just a little bit of carb at the end, like a little fruit, or you know, they have the white rice, but it's not like a big part.

S They don't have a lot of rice, like, if you go to Panda Express here in America.

P No.

D Maybe chop sticks are the way to shredding the pounds. You know, by the time you fight to eat your food, your stomach's closed up, and you don't have an appetite anymore.

P No, no, no, I don't know about that. It just slows you down. But anyway, we all want all of you guys to see the trip yourselves because it's hard to describe. You've got to see it. It just made you feel like you're alive. It was beautiful.

[00:02:15]

S Beautiful.

P And the beauty of the surroundings, and yet it was this contrast like you, sort of, drive down a road and you go, well, these people look like they've been living here for hundreds of years and never changed. They'll have, like, a little horse and buggy or something.

S So ancient and so modern at the same time.

P And then the big cities are way more modern. The bullet trains, and then you're going 300 miles an hour, and there are high-rises.

S And at the bottom of a high-rise, there's, like, little tiny carts with produce from a garden that was grown in the medium of the road.

P I looked and there was this huge high-rise. I looked and there was a little shepherd with a herd of sheep, on the outskirts of the city, and there was a sheep walking around.

D Yes, we see that in movies.

S Yes, it was unbelievable. It was so fantastic.

P Anyway but we've got a big topic today Serene so...

S And my baby was famous.

[00:03:09]

P Oh, my goodness...

S Because he was so white and fat and blue-eyed, and they were just lining up to take pictures.

P Everywhere Serene went because he's just two, but we had to take him in a stroller or he would be just running everywhere and getting lost in China. Everywhere we went, people were stopping wanting to take pictures of Remy.

D Strangers...

P Strangers...

S They thought he was, like, the Lost Emperor because he was in a stroller right. But we had to carry the stroller from time to time up the stairs of The Forbidden City and around places. So it was, like, he was carried around in a rickshaw.

P No, I'm talking crowds stop, crowds of 20 to 30 people.

S Yes, we could have made some Yen. Is that what it's called in China? I can't remember now.

P We could have made some money for charging for pictures with him.

D Just wanting a photograph with your baby.

P Oh, freak out. They'd take him on video. They'd stop. They'd start their video and just take him.

[00:03:54]

S And there's not a lot of babies everywhere.

P No, there's not a lot because of, you know...

D Oh, so not only is a baby rare, but an American baby is more rare.

P Yes, but you don't not see as many babies as you see here, that's for sure, especially the younger babies, when they're born they keep them at home. And they bring them out after they're about one; from what we were told. But sure, there's not as many babies, but we sure got a few, and oh my goodness, they were so gorgeous.

S There were cute, they were cute.

P So Arden got them on camera. But we need to get onto our topic today because it's very important.

S It is important.

P Oh my goodness.

S I'm like so feisted up about this.

[00:04:29]

P Yes, you're feisty.

S I am very feisted-up about this. We are going to discuss...

P We did a post about it on Facebook, okay, because last week, I think it was, there was this huge report that came out. It went mega-viral, not just viral, mega viral.

S And I didn't even know, right because I've got no TV, no nothing. I don't even have Facebook, right. Pearl calls me up and tells me about it, and straight away I reach for my coconut oil and just down the hatch, a couple of tablespoons, on the phone.

P They said, Danny did you hear it? Keep your hands off coconut oil. It's basically a heart attack waiting to happen. That was the headline.

D Yes, a friend of mine actually shared that with me. And it was like, oh, what now? And I was like, don't even... Just wait, just give us a sec. Let me talk to the girls.

S I'll tell you what. It's just history repeating itself. It's, like, there's nothing new under the sun. Back, back, back in the 70s, there was a huge war. It actually had a name, like the name, Second World War and all of these kind of names. And it had a name, The War of Oils.

[00:05:35]

P It actually went. It got political even.

D The War of Oils.

P It went to Congress and everything because, so saturated oils like palm and coconut had been used.

S And touted as healthy...

P And used for a long time in packaged goods. That war was essentially the soy bean oil wanting to take over. And so this big smear campaign came out against coconut oil.

S And these little farmers from the countries where mainly coconut and tropical oils were grown.

P Philippines...

S They didn't have the money to fight these huge super powers. So you know they squelched the tropical oils, but the packaged goods they couldn't last on the shelves anymore, so they had to hydrogenate, make saturated, artificially, vegetable oils. And that's why you hydrogenate vegetable oil because saturated oil has hydrogen atoms around the fatty acids, and it's all saturated with hydrogen atoms.

[00:06:39]

P So that's why you could use them in packaged goods and you wouldn't have to hydrogenate them.

S They were just naturally and healthily that way. But they had to turn, artificially, the vegetable oils into hydrogenated oils so they could have a shelf life, and it made a poison so dangerous, and so after the tropical oil industry was shut down from having a voice and having...

P It wasn't really shut down, but it was completely squelched. Everyone believed the headlines that basically, coconut oil bad. Give you a heart attack.

S But as far as exporting Pearl and business, it was shut down. I tell you what, you know a few years later... the tropical oils industry was made smaller. What do you call that word? I'm trying to find that word.

P Diminished, squelched.

S Diminished. But stadium seats a few years later had to be enlarged because this vegetable oil, it's the long-chain fatty acids in large amounts and hydrogenated especially, are super-fattening.

P As soon as everybody got on board with the American Heart Association, everyone got on board, and it was, like: Yes, this is the way to go. Get rid of saturated fats.

[00:07:44]

P And since that time, obesity has gone up. Health issues have gone up.

D Why are major medical publicists or whoever they are, why are they saying the exact opposite of what's true?

S Money.

P Yes, and it's hateful to think that, but they are funded by...

S First the soybean oil, and now the canola oil industry.

P Those people do donate. But I have to say this. I don't often think the worst of people. I hate doing that because people can say a whole bunch of stuff against you and I Serene, and they have, okay, without knowing us. I want to give them the benefit of the doubt. They have their studies okay, and they believe them.

P Now they have been refuted by thousands and thousands of other studies about saturated fats, that they are actually healthy. Trans Fats are not healthy. Naturally-occurring saturated fats are healthy; actually thousands and thousands. There's 1500 on coconut oil alone, okay. So there's all this new evidence against this old evidence. None of the stuff that the American Heart Association came out about with last week was new. They were just rehashing old stuff.

[00:08:51]

P But they have their studies, and I just think they've been entrenched and pushing them so long I think it's too hard to turn around and say: We're wrong.

S Like you can't teach an old dog new tricks...

P I don't know. When you put everything that you say, and everything that you do around a certain theory, maybe it's just hard for them to come out and say: We're wrong.

S You're a nice person though.

P Okay, Serene.

S No, but I'm just saying, you're a nice person. Because really, I really believe that why, all of a sudden there was a push against coconut oil again, is because it's getting trendy again. You can buy it in Walmart because it's becoming a little bit of a challenge to the vegetable oil industry.

D I was going to suggest that sales were low; I wonder if it's that simple.

S Exactly...

P You guys are... I think that, and then I think, no, how can they be like that?

S You can buy it at Aldi's, Walmart, Save-A-Lot. Coconut oil is everywhere now. People are starting to realise that it's healthy.

D Yes.

[00:09:48]

S They had to push back.

P I know. The evidence is there for that.

S You're a good Christian, Pearl.

P No, but I do think its part and part. I do think, obviously, that the money has something to do with it.

D But you're saying that people actually believe what they're putting out.

P I think they do.

S No, I reckon they're at home spooning their coconut oil into their children's mouths.

P You don't think... Oh, I think they believe it. I truly do. Okay, Serene; you used to be a raw-foodist, okay. You used to spout it. You even wrote this little... It was like a stapled together type of book. You sold a few hundred copies, okay.

S Yes.

[00:10:22]

D Oh, a little staple-book.

P But you realised that it was wrong.

S As soon as I saw truth in the opposite direction. As soon as I realised by my own experiences, long term, and new, more thorough studies, I turned around, Pearl. That's what I'm saying. They're not turning around because there's money involved.

P No, that's what I mean. You actually called all the people you had encouraged.

S I did. I called them.

P You called all of the people that you had encouraged to be on raw foods, you said, I'm sorry, I was wrong. I was wrong. You did that.

S I did.

P Now look at raw foods. There's a huge...

S I couldn't sleep at night.

P No, but there's a huge, wonderful aspect to raw foodism. And I think, too part of what the American Heart Association promotes, there's good in there.

S Yes, what, like what? Tell us.

[00:11:09]

P There's some good. Okay, they promote fruits and vegetables.

S Oh, yes, yes, but I just thought you meant something good about saying coconut oil was poison.

P There's nothing good about canola oil.

S Yes, let's explain that.

P But what I was going to say about that is, I just think it's time for them to come out and say: Hey, you know what? Evidence says that we were wrong about the saturated fat deal. I just think that that's time to change. Okay, there was one thing. The American Heart Association, they did put their whole big, "Yes", we approve this on Cocoa Puffs.

D The cereal.

S Cocoa Puffs.

P It's endorsed by The American Heart Association.

S No, you're talking about the cereal with the, like, candy-flavoured cereal?

[00:11:50]

P Yes, because they called it whole grain.

S Oh.

P No, I think now they took it off because I went to look for it yesterday because I saw the box. I saw the picture and everything. And I think they've taken it off because of backlash. Now they haven't come out and said that Cocoa Puffs are bad now but they took it off, I think because I couldn't find it yesterday. And it was on there a few years ago.

D I was going to ask if grown men and women are looking at Cocoa Puffs as some new health food. That would just be staggering.

P I went on General Mills this morning and looked at what they're saying about their cereals. And they said, the reason they're whole grains, the reason why these are healthy; it's because it has a whole grain and why whole grains are good for you. And it's a whole big thing.

S How many whole grains are in there?

P Yes but this is all part and parcel of it. The whole "get-rid-of-saturated-fats" mentality and replace with whole grains. Limit your fats.

S Yes, let's replace, not replace fats, but let's replace junk with some whole grains, some quinoa some brown rice, but Cocoa Puffs, people!

[00:12:56]

P I know. That's how crazy they've got.

S Let's explain canola.

P Now so canola oil: that's the one that The American Heart Association puts first as their preferred oil. Now, I just want to put that in contrast to coconut oil because canola oil is not, there's no such thing as a canola plant in nature.

D Funny, I was going to ask that, but I thought it would be inappropriate while you're in mid stride, but go ahead.

P No really, God didn't make the canola seed.

D The Canola plant.

P Now there's such a thing as the canola plant because they hybridised it from something called a rapeseed.

S But it had a toxin in it, so that wasn't going to work.

P Yes a toxin that was lethal to your heart, so this...

S Lethal to the heart.

P Yes, lethal to the heart.

[00:13:38]

D Did you mean grape with a G?

S Rape

P Rape

D Well, that's about the worst name of a seed.

P I know.

S Well, they have done a bit of raping to nature.

P But anyway all that was to say that this oil was used for like machines, things like that, but it wasn't an edible oil, but you see when this whole thing happened in the 1970s, they were, like: Okay we can't do saturated oils. We need another oil for all these packaged goods, and olive oil was out there, but it's way too expensive. They liked the olive oil.

S It's strong-tasting.

P It's strong tasting. So researchers hybridised this rapeseed and then they genetically-modified it and then they're like, Voila! Canola oil, and it's the lowest in saturated fats. That's why they like it so much. It's low in saturated fats.

[00:14:25]

S It's so dangerous, when you heat it.

P So to get it to be an oil, not only is it genetically-modified and hybridised, it's very caustically processed. So they heat this oil, and the Omega 3s in it are so delicate, they become completely rancid. So they have to bleach it, deodorise it, I mean, what is standing on the shelves right there is...

S Bleach sludge, toxic sludge...

D Far from anything natural...

P Far from anything natural and they hold that up against natural coconut oil. I mean you want the cold-pressed virgin.

S Let me tell you something else that makes me fuming mad; when you walk down the chip aisle at Walmart's, and it says on the corn chip packets, No Trans Fats.

P Now that just doesn't make any sense.

S It's a lie. First of all, we know there is Trans Fat in it before they use it because of how they process the oil. Second of all, once you cook or heat any vegetable oil like that, that is not naturally saturated, like a coconut or a palm or butter, you're creating super, super super toxic Trans Fats. It's a lie.

[00:15:34]

P Yes.

S Makes me mad.

D So we really need to get our food out of the chem-lab. Maybe get it out of the ground.

P Yes absolutely. I mean there's always been basic processing in life. Okay, you get olive oil from olives. You get coconut oil from coconuts.

S Yes, I like a bit of processing, natural processing.

P Natural processing.

S There's making wine, making aged cheeses, you know.

P Wine comes from grapes. There's a process, but when you actually...

S We don't suck cods, you know.

P To get cod liver oil.

D We don't suck cod livers.

S Yes.

[00:16:04]

P But you know when something has to be completely hybridised in a laboratory and then genetically-modified, I mean Monsanto is a sponsor for canola oil.

S Are you trying to make me even more mad? You're saying this..

P You can go on their, onto the canola oil website and see Monsanto as a sponsor.

S This Monsanto is just like the name of the devil. They're going to come after us.

P I know. I mean, Serene, when we worked on that article that we put on Facebook, and when I went to press Post, I was so like, oh my goodness, what are they going to do to our families? What are they going to come after us with because they're big boys. We're going up against the big boys, and it's, sort of, scary.

P What do you use in your house, Danny?

D Coconut oil, of course.

S Right answer.

P Now did it make you think twice though? When that article came out, did you think, hold on, what the heck am I doing to my family?

[00:16:59]

D You know what was crazy? A friend shared it on social media, and she's really cool and funny. She likes to bust fads so when she saw it... I didn't read her context. She actually may have been sharing it to mock it.

S Yes, okay.

D So she shared it, and my interpretation was, oh man, she's laughing because all these coconut oil fans are now busted, you know. So I didn't really go into it. But that was the first time I saw it. And I thought, oh, it's probably nothing. Then I started seeing it everywhere. You start to hear people talking about it and it's like, man, after just a little announcement from some big company.

P I think it was more than an announcement though. I think that all and any media station was being prepared because every news station went out with it almost at the same time. Every radio station, they were all ready.

S And you don't think that there's some sinister stuff behind this? I'll tell you what I'm all fired-up on coconut oil, I am adding more than ever.

P I want to think the best of people, but then these thoughts come into my head. Strangely enough though, someone on our posts said, Oh, and you're not funded by the coconut oil industry.

S No, we are not. We fund them by buying it the whole time.

D That's actually cute.

[00:18:11]

P We found them, and then another person said, hold on let me see if I can actually find it here. They said: What are your credentials? What is your medical degree that you can versus The American Heart Association? That we can actually question them, what do we need a medical degree for, for that?

S I'll tell you why because I have had a pet-love for coconut oil since a teenager. And it's just been my pet-study. I love coconut oil. I love to study. I love the whole... I love everything about it. I remember when I was on raw foods back then I was so buying coconut oil from Nature's First, little greeny sites right., and I just... It's been my... I've got, like, a million books on the stuff. So maybe, I don't have a degree in it, but it's my study. It's my baby.

P Oh, yes...

D Can I do a little 15 second side piece here, real quick? That is a very strong belief in our country, that if you have paid for an education on something, that that makes you an expert in that thing. And what it actually means is that you have very thoroughly learned what the people that you paid to teach you believe. Now it may be right. It may be 50% right. It may be 100% right, but it doesn't always mean you're an expert because of that.

[00:19:37]

D Nor does it mean that you're not an expert because you've not paid for somebody to teach you what they believe is true. So I just wanted to throw that out there, that I would much rather hear from someone who has spent their life's passion researching, studying, living. I'd rather hear from that person than somebody who says, well, you've got to believe me because look over there on that wall. Don't you see?

P I know. And I think results speak for themselves.

D Results.

P Results and we see blood results every day with better cholesterol markers. You know. My HDL's gone up. My Triglycerides have gone down.

S Not just yours, you're saying that's what people are saying.

P That's what people are saying to us all the time. Constantly, every day I see this. And so there's the proof in the pudding.

S And personally too, I mean, I'm an extremist. Pearl calls me a taker. Like, if I believe in anything, I take it in extreme amounts.

P You do. Yes, I'm more moderate.

S I'm a taker and I get it from my father.

P Yes.

[00.20.38]

S He's a taker with a capital T. So if coconut oil was bad, he would already be in the grave, and I would already have one foot in because I take it.

P You saturate yourself with it.

S There are seasons when I take like nine tablespoons of that stuff a day. I mean, I would wake up in the night just to eat skinny chocolate.

P And you are in optimum health.

S And my father, he gets on extremes, and he doesn't put it in nice recipes. He's like: This is good. So he actually drinks cups. Like he makes himself gag, and he has gone through seasons of drinking cups of coconut oil.

D Wow!

S He's almost 80, and he's amazing.

P I saw him out there yesterday hammering stuff, and I was like, hey, my Dad's got good muscles.

S Good biceps

[00:21:20]

D Isn't it healthy to like swish coconut oil around in your mouth?

P Oil pulling.

S Oil pulling, yes some people do that. That's a good, old fad.

D Leave the coconut alone.

P Okay, what about butter? The same report said, and butter's shockingly awful. You know I'm paraphrasing. They didn't say it's shockingly awful. They said, you know, stay away from butter.

S Can I tell you one thing real quick? Then I'll be quiet because I just want to shut my gab and let you guys speak.

P Why?

S Because, I'll just say, we're not just speaking here to fill up a podcast, and then going home and doing something differently, right. We believe in what we're saying. I believe in butter, so much so that when we were in China some of the food was hard for my baby to chew, you know, like a big, old lobster with tentacles and stuff.

P I didn't eat the lobster. I'm going out on record saying I didn't eat that.

[00:22:08]

S There was a lot of hard, chewy stuff that you know, wouldn't go down very easily. So I found little tubs of butter.

P They had New Zealand butter in China. Isn't that interesting?

S New Zealand butter in those little tubs in hotels, and I just put them in my little backpack. And I just open them up and feed him off my finger; dipping it in and letting him suck it off my finger. Buttah!

P King Remmy.

S That's how much I believe in it. I'm feeding it to my baby, straight.

D Aside from poison coming out of a dart frog, I mean, most things that are coming from the earth, are pretty safe for the human body.

S Butter is high in vitamins E and K, high in selenium. It actually has anti-tumour, anti-cancer benefits. What is it Pearl. It's the conjugated linoleic acid.

P Conjugated Linoleic Acids, CLA's basically.

S They are cancer-fighting. They are muscle building and immune boosting.

P And you wonder why butter is... Well, people say, everything in moderation.

[00:23:03]

P Yes, I agree. You don't want to overdo butter but it actually is a health food, especially if it's grass-fed.

S It's ancient. It's Biblical, Pearl.

P I know. Yellow, it's yellow right, especially when it's grass-fed. Where is that yellow colour coming from?

D That's a good question.

S Grass right?

P Yes.

D Butter off the shelf isn't yellow. It's like whiteish.

S Yes but that's your Walmart stuff, but even so, if that's all you can do, it still has some of these benefits.

D But I use Kerrygold butter, and it's like...

S Well, there you go.

P Well, it's a high source of vitamin A you see. You notice carrots are orange. They have carotenoids in them.

D Because that brings some of the colour then.

P I don't know. But I'm going out on a limb to talk about it.

[00:23:45]

S Talk about the X-Factor.

P Yes, the X-Factor is in butter, and it's not in any plant food. X-Factor is only in certain animal foods, like butter.

S Is that why they call it X, because it's hard to find?

P It is hard to find, and it's this factor that is so health-promoting, one of the most health-promoting factors in all foods.

D Wow!

P It's loaded with vitamin E and vitamin K, anti-inflammatory, speeds wound-healing, enhances immunity; this is vitamin K, and may protect against Diabetes and Heart Disease.

S There you go. And not everybody listening is a believer or a Bible reader, but many of you are, and if it's good enough for God, it's good enough for us.

[00:24:33]

S Now, in the Bible, Pearl, you...

P Yes, this really changed my mind about it because I used to be a Wholegrain Jane, and I really shunned butter. I had a love for butter all my life. Like, I longed for it.

D Did you say, had, past tense?

P Yes, I had a love before I turned vegetarian, sort of, wholegrain. And then I thought it was bad. I just really thought I'd stay away from that, clogging my arteries. I really thought it was devil-incarnated but secretly, I loved it.

D Yes.

P And then, so then I was reading through the Bible, just asking God to finally show me, you know, what is truth about this whole diet thing? I was sick of reading all these books that tell me, this is bad, and that's bad. And it's like, what's truth? And I got to that story of Abraham in the Bible, when he makes the Angel of the Lord a meal, an actual meal.

S The Angel of the Lord was God himself.

P Jehovah and in the Strong's the angel says Jehovah, so God incarnate came down, had a meal with Abraham; sat under a tree. Abraham went to run to make him a meal. So what did he make him? What did he give him?

[00:25:38]

D A stick of butter, I don't know.

P Was it canola oil and vegetables?

S It wasn't that raped oil?

P No.

[00:25:45]

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 4th 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.

[00:27:26]

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

[00:27:36]

S My precious coconut oil has been put on the stand, and...

P It's been smeared.

S Not seriously tearful, but mad, seriously mad.

P Yes, so what did he make for him? He made him beef, full of saturated fat, brought him butter, and then it says, a morsel of grain, so a small amount of grain. His basic meal was a big old bunch of saturated fat.

D Well, if it's good enough for Jehovah...

S And some gluten in there.

[00:28:04]

S Gluten saturated fat and red meat.

P Of course, the ancient gluten not the puffed up stuff these days.

S Oh, I know that but my point being Gluten in its natural state, in its right amounts, is God-made.

P I'm telling you that story changed my life. I got this little shred of faith. I thought if it's good enough for God, and obviously Abraham was eating it. It was the food of the day, right, I am like, it is good enough for me.

D I'll just make a confession. Sometimes I'll take, now is a good time for this, a knife and go and cut a little splice of butter.

S Well, you don't have to feel guilty.

D Just straight and put it in my mouth.

P I can't do that. It gets me all weirded out. I just like it on things.

S Oh, my Remmy can do it.

P My eggs with butter in the morning.

D You know where I learned to do it?

P Where?

D When I was a kid I was staying the night at a friend's house and this cat was hunched over eating the butter. And I was, like: Man, that cat is tearing into that butter. And it looked good. It was like he was having a piece of cake.

[00:28:54]

D And, like, ever since then, every time I'd do it, I pictured this cat, hunkered over this butter stick. And I'm like, if it's good enough for the cat, it's good enough for me.

S I'll tell you what. When I want butter on bread, when I want to treat myself...

P For a Crossover.

S Oh my goodness, I don't want it thin, I want it thick. I want it thick like cheese.

D And it is cake.

S It is cake.

D When you put butter on toasted bread, you have cake in your mouth.

S So good.

P But anyway, all things in a beautiful balance.

[00:29:19]

P Our plan, Trim Healthy Mama, is all about balance. Let's talk about some other oils because we don't just only eat coconut oil, and we don't just only eat butter. I think that things are beautiful in a full balance. So Serene, what else do you use, and what's best for heating, and what's best for raw?

S So the best for heating is your saturated fats, so you've got you coconut and you've got your red palm oil which isn't for everybody because it's got a very ethnic taste, I love it.

P It's very healthy though. It's red because of those carotenoids.

D Where can you get it? Can you get it at the grocery store?

S You can get it at my house, Danny. You can get it at your grocery store. It's very expensive. You can go to an African store and get it cheaper or online.

D Oh...

S But I'll tell you what... And butter is brilliant for cooking. But for my salads, I love me some, besides from olive oil because that's a good staple, been around for years and years.

P Olive oil is fantastic. If you look at anything that has been around for thousands of years and just tick it on the good box.

S It's amazing.

P You know, coconut oil, thousands of years, let's do a tick.

D You know, that's a good way of looking at it.

P Butter thousands of years, let's do a tick.

S And you can see all the nay-sayers, all the miserable people trying to make themselves unhappy and say, well, you can't trust olive oil these days. None of it's really olive oil. It's cut with this and it's cut with that. It tastes like olive oil people. It looks, kind of, greenish, and it's bitter.

P Yes...

S So, there's a lot of olive oil in it. And I do believe, you know, that when it says that it's from Italy and it says that it's from Spain, I believe that it is. And I might just be placebo-ing out, but placebo's good for your health too.

P I know. I believe it.

S But if you're turning away from olive oil because you're worried about that, and you're sticking with your canola oil, you're not doing yourself any favors.

P It doesn't make any sense.

[00:30:54]

S Avocado oil too, Pearl.

P Oh, it's got a beautiful taste.

S Yes, it does.

P Now avocado and these oils, and even, like, olive oil; well you might be able to do a light bit of sautéing. We recommend that you stick with saturated oils for cooking.

S I don't cook with any of those things.

P But olive oil is great, raw on your salad. Avocado, keep it raw.

S And I love making mayonnaise with half MCT, and half avocado oil.

P And that's a recipe in our new book, Trim Healthy Table, coming out.

S Yes, so delicious MCT oil is fantastic. There's a little bit of processing in that. It's not that awful processing. It's just that they... It's a therapeutic oil, it is straight energy to the brain. It is an incredible medicine for your brain cells. It's incredible against dementia. It's amazing. So what they do is they take the

middle-chain fatty acids that you get in any tropical oil coconut oil, palm oil. The one we sell is straight from the coconut, the coconut oil.

P Yes, we sell MCT oil but we don't sell coconuts.

[00:31:46]

S They've just removed the one middle-chain fatty acid that's a little bit longer. So they keep the Capric and the Caprylic acids in there which are the shorter of the middle-chain fatty acids, meaning that they are quickest to absorb. So it's the quickest amount of energy, and it's the easiest to burn.

P You know we get a lot of questions about grapeseed oil. People are, like I like grape seed oil. Can I use it, and can I cook with it because it has a high smoke point? So it stays stable a little longer. What do you think of grapeseed oil, Serene?

S Sounds like I'm put on the spot. I just don't have a lot of experience using it because I just, I have my favourites, you know.

P But any cold-pressed oil is great, we think, raw.

S If you love yourself some grapeseed oil, go to it.

P And if you want to do any light sautéing, you're probably fine.

S I wouldn't do a bunch of heavy cooking in it.

P No, no heavy deep-frying or anything, but, and we also like sesame oil.

[00:32:42]

P I try to put it on after I've cooked something because again, cooking with it, but sometimes I just cook with it, little bits because a little bit gives a lot of flavor.

S I do. I love it. Oh my goodness, sesame oil is one of my friends, my besties.

P So there's so many great, great oils. We're not just saying only coconut oil.

S But I use sesame oil like a spice.

P Yes.

S It's a condiment to me. I don't use it like a lot to cook with. It's just that flavour that I add in at the end.

P Any basic cold-pressed oil, except we are sort of down on the coconut oil just because it's been hybridised.

S Coconut oil, Dude, canola.

P Oh, sorry, no I mean canola oil, there's a GMO factor. Canola oil; they both start with C.

D I was like: This show is in vain.

P No, we're not big on soybean oil either.

S No, I'm not.

[00:33:22]

P Corn oil and those are the three that the American Heart Association recommends.

S I'll tell you why. It's probably genetically-modified.

D It may be a cost thing for them to make it in bulk and cheaper.

P No, those things are so cheap. But you know as we close here, think about both butter and coconut oil if you're worried about this new report that came out. They are both extremely similar to a mother's breast milk.

S Especially coconut oil

P Yes.

S The middle-chain fatty acid profile of coconut oil insanely mimics human breast milk. Now human breast milk is a food given to a new-born at a time when it needs incredible protection against viruses, bacteria, fungi, everything. And so this is what coconut oil provides as adults. We don't need to be going sucking on the breast milk, but we can have coconut oil, right. Get a similar benefit.

P Yes, and coconut oil is extremely saturated but so is breast milk. You know, these doctors talk about how, don't have any saturated fat in your diet.

[00:34:22]

P Why did God make milk, a mother's milk, so saturated?

S And you know what, it's good for our brain, because coconut oil provides ketones to our brain. So does breast milk provide ketones for a baby's brain.

P Yes, which is energy to the brain.

S So you don't have to go on these weird low carbohydrate diets to put dangerous amounts in your body.

P We're talking about butter though, Serene. Butter fat is called Butyric and it is a short-chain fatty acid which supports colon health.

S Good for your digestion.

P Colon health.

S So do you know why, because your body ferments that and causes good bacteria.

P And you may be surprised to learn that there's a lot of that in a mother's milk too, the same substance that mothers produce to nourish their babies.

P And that just makes common sense. It all comes back to me, to common, basic, ancient wisdom.

D Great point.

S And let's say... I'm, like, on a roll.

P We're at the 33-minute mark, sister.

S Well, I just want to tell you guys to imagine this, okay. Picture the green hills of Holland, a windmill in the background, sheep. Okay, it could be Ireland if you want Pearl, take your pick.

P What about New Zealand? We grew up there.

S New Zealand. See the healthy farmer, you know, walking up this steep hill with his crook. Not a crook because he can't walk, but, you know, the sheep, shepherd's crook, right, and the children frolicking around and the rosy cheeks and the living on the butter. And then see the Sri-Lankan little village and the

men, you know, climbing up the big palm trees to get the coconuts, completely, you know, what is that word when they've just...

P Shredded.

S No, it's not shredded. It's tawny.

P Lean and muscular tawny, you're painting such a romantic picture.

[00:36:11]

S Yes, exactly and now look at an American hotdog, canola oil, soy bean; just look at a football stadium, and see them sitting down there with their hydrogenated, oil foods and just pick.

P Pick. [laughing]. A lot of people would say to that though, when you get butter from your grocery store. It's not the yellow, little red rosy-cheeked one.

S But Pearl, it's not the butter that's made America like this.

P That's what I was going to say.

S Half of America is raised on margarine.

P Even if you can't afford the Kerrygold butter right, and you're just having regular butter because that's all you can afford, those saturated fats still have some benefit, and you're not having the fandangled, chemically processed, hybridised one.

S Sally Fallon from Weston A. Price talked about that, saying: If all you can get is the regular, old pasteurised cream and butter, you still need the fatty acids from them.

D Yes, but if you can't afford Kerrygold, you need to shut your Netflix account down.

[00:37:06]

S No, I can't.

P She doesn't have Netflix,

S And guess why because I have to buy 8lbs...

D I have Netflix and Kerrygold.

P We pay you too well, Danny...

D If I had to pick; we're not going to be watching movies going on some margarine.

S Okay, but look at me. I've got, I don't know how many children still; 10 children still living in the house; the older ones popping by all the time; grandchildren, right now, staying in the home. I have to buy 8lbs a week. I'm not buying Kerrygold. I buy Aldi's butter.

P Sometimes you buy a treat of Kerrygold.

S Yes the treat of Kerrygold, and I stick it in two plastic bags wrapped tight and I put it in the back of my fridge, and I pull it out for my Crossover meal.

D And it's your personal stash.

S I'm so sorry ladies. Don't think that I'm mean. But again, you have to survive in a big family, okay.

[00:37:46]

D Oh, the same, survival, no, agreed, can I have some Dad? No, you may not. I hear this every day.

S Because they eat a little bit of bread with their butter, my children put it on thick, but I'm proud of their diet. I feed them the Aldi's and I'm happy about it.

P Let's close shall we? You want to pray?

D Pray for our protection, in this time, of coming against major corporations.

P Yes, it's scary. But I hope we've alleviated some fears today because I'm... You know what, and I even saw it on my Facebook, a lot of Trim Healthy Mamas going, what, what the heck what now? Have they steered us wrong? You know, and I just thought, man this dud science is just being pushed and like you said Serene, because more and more people are catching on. But guess what, this time; I don't think that this war will prevail. I don't think that the other side will win because back 30 years ago you could only go to the library and you didn't really have time to do that, research anything. And now we have the Internet, we can look up the studies as much as any doctor can, okay. We have access to all that. You can go and look up Pub Med.

S You don't have to be an expert. You're a home-pert.

[00:38:51]

D Serene and Pearl!

P Whoa! He's excited.

D No, no I'm... That's how Whitney from North Carolina started her question.

S Hi Whitney...Now how do you know that she did that?

D There's a fat exclamation point on the end.

P Oh, she did then.

S Wow! Whitney.

D Serene and Pearl!

P Love Whitney

D Okay, so here's what she says, Call me crazy but I can't wait to find out what is in Serene's... now she put:, "Yuck Yuck Biddy." But, Whitney my love, we know what you mean.

S I'm going to have to help you Whitney.

D We know what you mean.

S It's, Yuck-Yum.

[00:39:20]

S Do you know why?

D She's asking if you can share your secret ingredients.

P Whitney is talking about this smoothie drink that Serene brings to the podcast. After she's finished her PODdy Tea, she'll start chowing down on it. It's a smoothie.

S But you see, Whitney, it's not Yuck-Yuck because you go to the very threshold of yuck, and you, no actually, of yum. And you teeter there, and you see how far you can go before you fall off into the abyss of yuck, but you never quite fall off there. So, it's...

P Wrong, you start off in the yuck. I'm telling you, you like earthy things. When I first started, you first brainwashed me about this smoothie, yes it's very suspenseful. You said, Pearl... You were drinking it, and I said, what are you drinking, and you said, Oh, you wouldn't like it. Well that made me think, I will. Give me a try. You said: I promise you, you won't like it. And I'm, like, but I was hungry, and it looked chocolatey and divine and lovely, so I took a swig, and honestly it was yuck. But as I swallowed, it was like, hold on, is that yuck?

S A yum came back.

P No, no, no, don't tell me what I thought. I'm telling you what happened.

[00:40:32]

S Yes, yes Mummy.

P Yes, because you liked it from the beginning. So then I took another swig, and I'm, like, Honestly, I'm not sure if it's yuck. It's slightly yuck, but there's a tad of yum in there. Then I took another swig, and I slowly... oh my goodness yum, but it's still yuck, but it's yum. And so it began the love affair.

S In the end it was full yum and now, as I give her a sip she is like this is my favourite food.

P It's my favorite food.

S It is. It's her favourite food. So for Pearl, it's the Yuck-Yum, but for me, it's the Yum-Yuck. But we officially call it Yuck-Yum for big sister.

D The drama surrounding this drink is staggering.

S But the drama to me is it does go to the full spectrum of yum, and does teeter on the edge of it. For me, I never fall into the yuck. I never fall into the yuck pool but I go so close. The suspense and the... It's thrilling.

P It is thrilling, but it's not a cold smoothie drink.

P No, it's not got ice in it.

P It's something different that you've never experienced before. Now Whitney...

[00:41:36]

P It is coming out in or Trim Healthy Table book, so we can't give you the full recipe.

S We're going to give it to you in the book and I'll tell you why. Because my Yuck-Yums they morph. And I have morphed mine now to wild edibles and all kinds of crazy things. So, I can't remember exactly what I put in the book.

P It is a Kefir-based drink. It does have kefir.

S We use a couple of cups of kefir, sour plain kefir, none of those flavoured, sweetened kinds. And then you add a couple of tablespoons of unsweetened cocoa powder which gives you the yuck and the bittie, the bitterness. And then you want to play up the sour so you are going to add a handful of raspberries.

P Even cranberries, fresh cranberries.

S Cranberries are some of the yummiest yes, and if you can find it, Baobab powder...

P Tart.

S We are going to sell it in the future, but it's so tart and it's such a super-food, about a tablespoon or two of that, and then just one doonk of Stevia, two at the most.

[00:42:29]

P Our photographer Rhonda, she's funny because she took pictures of this. And she's like: You could call it Yum-Yum if you add lots more sweetener like I do. But you see, it's supposed to have that bitter edge.

S Yes. it does. And then you can have... There are other options for super-foods. I throw in a teaspoon of matcha powder, and there are other things you can throw in.

P Now kefir has some protein but...

S You want to add the protein. You can add a little collagen, or you can add some whey, or you can add some fermented pea protein, if you have it. I tell you what,

if you're going to add the whey, I would add... I would blend it all out smooth and then just add it at the end, and then just blend it for a few seconds because this is not something that you want very aerated.

P And there's no ice in here. And then you thicken it. You don't have to thicken it, but it's the way I have learned to love it. Serene makes it thick, so it's almost spoonable, so you actually bloom a little gelatine. How much Serene?

S I bloom half a tablespoon of gelatine in a couple of teaspoons, no a couple of tablespoons of cool water, and then a couple of tablespoons of hot water.

[00:43:35]

S Stir that round, and as the blender's going, I pour that in. And then, after it's set in the refrigerator, it will get harder.

P It thickens into this spoonable deliciousness that is so good.

S Or you could get some chia seeds and hydrate that in water, and then add that too.

P Yes, exactly, and that thickens it beautifully. But that's the basics of it. It will all come out in perfect, making-sense order in the book.