



Trim Healthy Podcast with Serene and Pearl
Episode #23 - Get Fast Answers to Your Burning Trim Healthy
Mama Questions

*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 Welcome, THM peeps, back to the PODdy. Hey, Serene and Pearl...

S Hey, Danny Boy!

P Danneth...

D Check this out. We have like a billion questions.

P A billion, really?

D Yes, every week, actually, a billion, one billion. They get sent to me, and it's absolutely overwhelming. But some of them are so good, touching questions that make me want to cry sometimes and some make me laugh. But I've just assembled as many as I could, and I've got an idea for today's PODdy.

P Yes, because, well you do, because I came armed with a topic, it's a hot topic.

D A hot topic, yeah, can we skip it?

P Serene, what do you have? Do you have anything?

S I think we go with Danny Boy. I think we go with Danny Boy.

[00:00:48]

P Really, two against one, but for real though, it's a hot topic. It's about another diet that is like so fad and just so trendy.

D Well here, that's easy. Watch this. Anything that's not Trim Healthy Mama, don't do it. Are we good? That covers it.

P No but I think people need to know the why, but I can save it because it's going to take a whole podcast, for real. Because we don't want to bash other diets, but we want to show the merits and just show, I think, where the loopholes are.

S We don't want to bash diets. We celebrate other plans that work. Because it's like other churches, right. You don't bash another denomination. It's, like, no we're all here in this together.

P So true and so many of them bring good.

[00:01:26]

S I think what Pearl's saying is that she has, maybe wants, to bring to light some areas of danger.

P Some pitfalls, especially when women do this sort of thing, when we're in our child-bearing years or even not, so anyway, Danny, okay I'm willing.

S We didn't take him to China see... I'm trying to suck up. Give him a little leeway.

P Yes, I know, poor little Danny. Okay Danny. We'll give you some dessert.

D Okay I would like to ask these questions back to back. And I would love to see a two-minute timer, in fact, I've brought a buzzer.

S I don't do timers, Danny.

D Normally, you don't. But I'd like to give you two minutes per question. And when that alarm goes off, we're moving on to the next question.

S What's the consequence?

D The consequence...

P Yes, what happens to us if we go over two minutes because that is tough, that's hard.

D I start acting so ridiculous that you'll wish today never happened.

[00:02:17]

P That's entertainment Danny. That's why you're here. I don't know, okay.

D I'll just start yelling, no.

P Okay so it's a challenge to see if we can do it. It's not in our nature.

D I want to see if my long-talking friends can boil this down. Can we begin?

P Yes, now I'm nervous.

S I don't even know if I'm, like, going to play.

P Oh really, I'm not playing! That's not fair.

S I'll think about it.

D Okay, check this out. First question Hi Pearl, Serene. And always, for some reason, I'm in parentheses. I still can't figure that out.

P Danny in parentheses (Danny)

D Yes, I think the Admins are writing me in because no one is...

P I have seen direct questions. They come to me too, Danny, not just you.

[00:03:05]

D Direct questions for me.

P No, no on Facebook, I see a lot of people like, love the podcast, and we love Danny.

D Oh sure, in parentheses they do.

P For real...

D Alright, Hi Serene, Pearl, (Danny): I love your PODdy-cast. Thank you so much, Pearl sounds so sincere...

P Oh, I do? Awe...

S And I must be just the cold hearted sister...

P You're chopped liver, Serene.

D Okay, so she says...

P Are you skipping all of the good, gushy stuff? Because I like that...

D Yes, Pearl sounds so sincere when she records.

P Come on, keep going Pearl sounds so sincere, what? I want more of that.

D Clearly Danny was made for this. No, that's not in there.

S It may have been Pearl sounds so sincere, but... There might have been something he was trying to protect you from.

[00:03:49]

P That's sounds so nice. Guess why because usually the questions are all for Serene, and Pearl is the chopped liver.

D I know. That's not in your head. I've noticed that.

P That is so true, what do you think, 75% of the questions are for Serene?

D Yes...

S I haven't noticed that.

P I think it's because she's the mysterious one who doesn't go on any social media.

S It's because I'm not out there, Pearl. You answer their questions already.

P Because you're like Charlie of Charlie's Angels; you're like the one that no-one ever sees. Okay, get to the question.

D Alright I'm confused about sweeteners. While the THM sweeteners, thankfully, will not spike my blood-sugar, I read elsewhere that our brains are bio-chemically addicted to sugar.

[00:04:28]

D So are we still feeding our sugar addiction if we use THM approved sweeteners? Okay two minutes, go.

S Okay because I was, let me just tell you. God designed the first food for humankind to be breast milk. Breast milk have you tasted it? I have, even recently. It's darn sweet.

P Oh my goodness, hold on, hold on stop her... Two minutes.

S Breast milk is sweet. We start with that. Go Pearl.

P Oh my goodness, you just said, even recently, have tasted it. Oh, I don't want to even go into that, but you are still nursing so I guess one taste is fine.

S Every time you have a baby, you've got to check it out. Okay, keep going, just the one little taste test.

P Okay. You're right about an innate need for sweet. Look at a sweet potato. Sweet, oh my goodness, look at fruit, it's sweet. To deny that part of ourselves is like saying, I should never have something savoury. I should ever have the bitter taste of coffee. It doesn't make sense. But of course, we don't want to spike our blood-sugar. Now, let's get to what she's saying. Yes, there is evidence that shows that artificial sweeteners... They did a study on which one? Was it the pink one?

S Aspartame

[00:05:34]

P Yes, they did show that people that would eat that consequently would want to eat more food afterwards. Not the same with stevia. Stevia showed no rise in blood-sugar and none of that addictive stuff with the brain.

S Hey, if stevia made us want to eat more carbohydrates, our plan would not work. Our plan works. People are losing weight all across the globe.

P Hundreds of thousands of testimonies, oh my goodness...

S Is that under two minutes? It was 1:21. [referring to Danny's timer] I'm playing. Next. Done.

D You actually made it before the buzzer.

P She actually thinks she's a winner, and she announced that she tastes her own breast milk.

D Well, buzz on buzzer.

[Danny presses the buzzer]

P That's only supposed to go off, right, if we don't make it? So were you just showing us what it's going to sound like?

D That's what it's going to sound like.

S All he really wanted to do is press that, and he didn't get a chance.

[00:06:21]

D Alright, question two. Hello Serene and Pearl. I've been wondering, do you ladies prioritise buying antibiotic-free, hormone-free natural chicken or beef, or do you just buy regular old conventional chicken and beef at the market?

P What a great question, who is this?

D This is from Stephanie.

S Well, you go first Pearl because I went first last time and we're different families, so you go first.

S There you go.

P Okay, it starts now.

S You're too slow.

P Oh no, okay, start the buzzer now.

D The buzzer, the timer, 12 seconds...

S It started.

P No, because I wasn't ready, okay. Oh my goodness, okay. Obviously, shush, I'm going to slow it down. Obviously I think it's better to have grass-fed meat. It's optimum. It's fantastic, and then they're not getting fed grain and soy and corn and all that sort of thing. However this is what I want to say; if all you can afford...

[00:07:12]

S The question was, you, do you?

P Can I keep going, and then I'll come back to me. This is my roundabout way of getting it.

S Okay, great...

P If all you can afford which has been my life before, Serene, is, you know the meat at your local grocery store, what are you not doing? You're not spiking your blood-sugar. You're getting your protein. Now maybe that meat isn't optimum. Pray over it.

S Yes...

P That's what I do. And we have tricks to get the toxins out. The toxins are stored in the fat. Serene, am I taking over everything you wanted to say?

S No, no you're not.

P What you do is you just brown that meat that ground beef, and then put it under boiling water, pour boiling water all through it. It releases all the fat, all the toxins.

[00:07:53]

P Now you want to use it again. You want to put some more fat in it maybe or just keep it lean...

S Coconut oil yes go for it.

P Add some really good fats like palm oil or coconut oil and you've released those toxins. You see, you can do this on any budget.

S Okay, so when I was poor, I couldn't afford it right, so I just asked. I didn't have the provision to buy all this wonderful meat, so I asked for the protection, okay. And I believe I got it.

P Because stress will do you worse than like some Omega 6 meat.

S But now we've got a little more money, I try my best. Like, we go in and we try in fourths as a family or we raise our own cow. We've been doing that this last year. It's exciting. We butcher on Thanksgiving Day. But, do you know what? Because we have so much extended family... 1:54 [referring to the timer] we give out all this meat and everything. We end up having a freezer that's empty very quickly so I go to Aldi's and I just buy.

D And, next question...

S The chicken and the beef, I do the tricks. You can't really do a trick with the chicken, so I just pray over it.

[00:08:49]

S And we enjoy. We're a big family anyway.

D Disobedience... disobedience.

S I enjoy, Danny.

D Hello, I have a question that I would love to be explained on one of the podcasts if possible.

S Danny's a jerk.

P Serene just called you a jerk on air.

S That's my Christian swearword as far as I go.

D Can the sisters explain why we lose inches from our bodies and our clothes fit better or get loose, but we don't see the number on the scale changing much at all?

S Yes, I'll explain.

P I want to know her name. That's a good question.

D That's a weird phenomenon. This one's anonymous, and I don't know why.

[00:09:17]

S Okay, Mrs Anonymous. This is the deal why. I'll just say it really quickly.

D Okay, Serene, let's go.

S And then big sister can fill in the gaps from all the things I leave out because her brain is so superior in her mind.

P That's so true.

S This is the deal. We lose all these inches. It's the Trim Healthy Mama "phenomenon" because our whole programme is centred around protein. We do not lose muscle mass. We build healthy muscle mass. We're actually burning more calories that way so instead of having our jeans floppy in the back, we're building good behinds.

P Good derrieres...

S And we're building good just thighs and biceps, not huge and gross, but we're just keeping muscle mass. People after 35, actually they lose muscle mass. It's called sarcopenia. We don't do that, as swiftly on Trim Healthy Mama because we're actually helping our body sustain the muscle. That's the reason.

P Yes, and muscle is denser than fat. If you look at muscle and then you look at fat, muscle takes up a smaller space.

S The people on the Western Diet, the Modern Western Diet and other diets before that may not be so protein heavy, they actually gain muscle on Trim Healthy Mama, so they will gain a denser weight, but they're actually losing fat.

[00:10:34]

P Yes, and so that's why the scale can sometimes stay the same, but you will be shrinking, and your clothes will be much looser. Oh, we did that one in one minute 28 seconds. [referring to the timer]

D A minute and a half...

P We are rocking it.

S Don't you dare press that buzzer just for fun...

P No, the buzzer does not get pressed unless we go over.

S Or I might have to call you a morone. You know when I was little, my brother said: I will pay you \$5 and that was huge back then, if you clean my room. And it stunk of old, dirty socks. He was, like, a 19-year old like slog, slob.

P Sloth, slob...

S And I believed him, and I spent all day with my best friend cleaning up that room. He came home, and I asked for the money and he wouldn't pay it.

[00:11:17]

S So I got this big sign, and I wrote, you are a moron, right. That was the worst I could think of but I spelled it "morone"

P With an E...

S With an E, you're a "morone" Danny for pressing that buzzer.

D I'll take it, alright.

P She's given you two names today, a jerk and a morone. Where's your lovely Christianity gone?

S When I play games, my Christianity goes out the window.

D Yes, you can pray over your food, but...

S Yes, my competition comes out.

D Okay, next question. It's from Julie, Hello Pearl and Serene. You were first bill here.

P I love it!

D Hello Pearl and Serene: I'm writing because I'm sincerely interested in knowing what is truly healthy and what is simply hype. There's so much information available on the internet, not to mention books, magazines and quote "nutritionists" unquote and I feel like I'm drowning in this contradictory information. How do you wade through everything and know what is true? And go.

[00:12:15]

P Before we go, you used your real radio voice for that, Danny. It's like you had practiced...

S You are already five seconds in, compliment Danny after.

P Okay, let me go on that one because I so hear what you're saying. That's how this whole Trim Healthy Mama thing started with Serene and I. We had, literally cases of books of diets totally conflicting one another. And each one had the science to back up what they were saying. We'd done them. We'd done low fat. We'd done high fat. We'd done plant only, but then it's like, hold on, plant only is not the way. How about you know, just hunks of meat?

S And like pork rinds.

P And live like cavemen. And in the end it's just so confusing. Literally, we were so done. I remember Serene, you'd just got to that place, you were crying.

S I was just so confused. That was a book-burning, Pearl. I couldn't give those books to Goodwill, and confuse another simple, innocent soul.

[00:13:07]

P So listen, we don't know where you are with your Biblical beliefs; if you have them or not. But for us, we finally like, were, so done with it all. We just turned to the Bible and said, does it actually say something?

S And it does.

P This wisdom, I mean, even if you're not a spiritual believer, it has wisdom galore.

S And it's an ancient description of how people ate and in a lot healthier times.

P And historical ways of eating, so we looked in it, and oh my goodness, our minds were completely blown. When, in Deuteronomy, it talked about the food groups. It listed all of them.

S The blood of the grape, the fat of the ram, the harvest of the field, the milk of the goat, did I leave out any Pearl? I probably did.

D The honey of the bee, I'm sure.

P But it didn't say hey, leave out carbs for optimum nutrition. It didn't say, leave out fat, low fat. No, it said, have them all.

S And all through the Bible it's weaved. Let apples refresh you. And then it says, eat honey for it is good. But don't eat too much.

P Yes.

[00:14:06]

S You know, there's so much balance in there.

P Wisdom.

S One scripture says: Have enough goat's milk for the maintenance of your maiden.

P And then you looked into that where maintenance actually means refreshing. Oh, can we please... But she needs her question answered. Just give us like 20 seconds to round it up. So in the end, we realized, hey, let's not throw the food groups out.

[Danny buzzes Pearl & Serene]

D Sorry...

S He felt like a sinner just then. He felt...

P Let's not throw them out but let's just work them all in a way that is just so smart and so common sense. And let's do them with the way our bodies metabolise things, the interplay of our hormones. We learned about insulin. We learned about how our body works and instead of throwing out carbs or throwing out fat, we're just like, let's include. Let's not exclude.

S Let's embrace.

[00:14:53]

P Yes. And so basically it comes down to what makes common sense.

S It's so much more sustainable and nutritionally sound.

D Okay, I'm going to have to cut you off right there...

[00:15:04]

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.

[00:16:46]

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

[00:16:56]

D Next question a little bit different here.

S Should we time Danny's questions and beep him if he speaks or takes too long?

P Yes.

D You don't like getting beeped, is that it

S It's bad.

P No, she has a scowl on her face. She's all like fisted up about it.

D What are your stories behind how you met your husband's? And go.

S Awe!

P Do we get two minutes each?

D No, you don't.

P We do.

[00:17:17]

S Story number five, Pearl quick, go.

D I made this game.

S You met your husband first.

P I met my husband in a studio actually. My husband was a country music singer.

S He had long hair and a cowboy hat and a big cowboy belt, with shiny pointy boots.

P Actually, it wasn't love at first site though. He was engaged to another woman at the time

S Shock, horror, jerk, no, I'm joking.

D Shhh... that's a morone

P No, but you know, that didn't work out, and I wasn't trying to steal him.

S No, it didn't work out before it worked out with you guys.

P Yes, it worked out with us. And so, he's actually 15 years older than me. So I didn't have any thoughts in my head. I thought he was extremely talented. I thought he was extremely intelligent.

[00:17:58]

P When he was talking, I was like, this guy's talented, and he's super-intelligent, and he wears glasses.

S Yes, you were a swooner for glasses.

P A country boy wearing glasses, I was like, suspicion with that. And so you know, we just got to know each other over time. He became a friend of our family. My husband...

S You take two minutes. I'll take two minutes.

P Oh, it's 1:02. [referencing the timer]

S Keep going. You take two.

D This is my game.

P But we employ you.

D I know, there's like a tension. I feel a nervous tension in the room.

S Hey, you're taking her time. Go.

P He became a friend of my family. My Dad actually baptized him because my husband led a pretty wild life out there, singing those country songs all over the country for like 20 years.

S He's the best yodeller in this whole entire country.

[00:18:41]

P Oh, my goodness the yodel...

D We'll have to have him in for that.

P He's an amazing yodeller. And so, the friendship grew, and then it grew to love. And I was like, if I do not spend the rest of my life with this man, I'm going to die. And so, we got married and have lived happily ever after.

S He's a good man, Uncle Charlie Chucky Cheese.

D 15 seconds left. Serene, how did you meet your husband?

S You be quiet, morone, you start me off at number one.

D Alright, tell you what. This will be a little bonus round. We'll give you another two minutes, and go.

S Okay so I didn't meet my husband. I actually met his father first. I went up to New Mexico to like a hippy commune where actually they were Christians gathering to talk about God, but they were ex-hippies.

[00:19:24]

S And this man came. He had no teeth, and he had long hair and a long beard. And he looked like a cross between Moses and the guy that would hold up the sign saying the end of the world is coming. Repent!!

D When did Sam lose his teeth?

P It wasn't Sam, it was his Dad.

S He came up to me, this scary man, and he said, I have a son and he's tall. I suppose he thought I was tall too, and he was going to just like, match-make us right there. And I'm like a little bit nervous and running away from him. And then he takes my father on a walk through the New Mexican sage bush, and he asked my father for my phone number, and Dad said no.

P Oh, He did?

S But the guy got my mother's magazine "Above Rubies" and saw an address on the back. Gave it to his son in basic training, which is now my husband, and said, you're going to marry this girl, I have met your future wife. And Sam is like, this is crazy. This is psycho, and threw the address in the back of his war locker in the army and he was, like, I'm not going to write to this girl, especially because my father said so.

S But every time he went for something in his war locker, the address would fall out, and after about 15 times, he was, like, this is a sign from God. I'm going to write to her. So he writes to me as a Private in the Army.

[00:20:26]

S And I think this is really awkward and strange. But I had this bucket thought. You're probably going to marry this man. Keep the letter. I have the letter to this day.

P Do you?

S Two months later, he arrives at our doorstep, all in his little Army uniform with his little Army hat.

P It wasn't little. The guy is 6' 5 or is it 6' 6?

S Yes, so in his Army uniform, he arrives at my front door. And it was Sunday morning, and I was ironing my Sunday dress, and Dad opened the door, and there was a man in a uniform, and yes, it's all over from there.

P There you go.

D I can't believe you did that in under two minutes.

S I left out all the "juicies".

P I've heard her tell that in, like, two hours. Thankfully, I like this game. The two-minute version was good.

[00:21:08]

D Ugh, oh okay, next question, from Carrie, what do you think about Bullet-Proof Coffee? Go.

S I think it's a whole lot of calories, not that I'm scared of calories.

P No, there's nothing wrong with it, but people think that it's like a THM recipe. It is not. It is from the Bullet-Proof Man which, he's done a lot of great.

S And people wonder why they stay satisfied until four in the afternoon when there's half a stick of butter in there and a bunch of stuff.

P They put a lot of coconut oil and a lot of butter in there. And some people just fast on it right. And that's their breakfast.

S And we're going to talk soon on another podcast about Keto and it's part of the Keto diet. It's the Bullet-Proof.

P So a lot of people use it for a very low carb diet because it's giving you fat and... So we say, if you love it and it's working for you, you can use it on our plan. But we like you to get some protein for breakfast, and we actually like you to eat something, something.

S Yes, yes, yes. And we also think that if it was a regular part of your everyday because you're not on a full Keto on this diet, it can be an abuse of calories.

[00:22:12]

P Yes, there's a lot of calories.

S Not that we're afraid of them but we still want to be smart about them.

P Yes, and so, especially if you're going to eat something else which we like you to eat, that's why we came up with the Trimmaccino. It's got some coconut oil in it. It's also got a little protein in it, in the form of collagen or whey protein, but it's very much lighter, but still it tastes creamy.

S Yes.

P And so we do that so you can have that wonderful creamy drink every morning with the good fats.

S And I've done it before just as like a juggle of fuels and like a body shocker, just to have it on a Saturday morning, and just have a good old bullet-proof.

P And really go to town with the fats because with the bullet-proof you really throw those fats in there.

S That's right.

P And so, yes.

D I can't believe this. I thought for sure I'd be buzzing you to your face all day.

[00:23:00]

S He just wants to press the button.

P We have actually won more than we have lost, Danny.

D You did. It's true. And in fact, next time, we'll do a little points system, but I'm going to give you a minute, because two minutes is too long.

P No, no, no but our readers, I mean, our listeners, they really want answers here. It's more about the answers than the game, Danny.

S Yes, it's more about the words than the beep-beep.

D I'm not even paying attention. I'm just staring at my buzzer with child-like wonder, getting ready to launch onto it. Alright, next question. Hello. My question is in regards to coming off of a low-carb diet and on to Trim Healthy Mama. What does that look like in planning the meals? How does the low-carb versus THM affect our hormones and metabolism? Thanks so much. Love listening to the PODdy, Kaitlin.

P Can we grade the way you read the questions too because that was lacking in a little bit of energy, would you say Serene?

S It was a little bit like rehearsed.

P Yes.

[00:23:51]

D I've never read this question ever.

S Fired.

P If you do it, do it a bit better. Like put some oomph into it.

D She put an exclamation point on after: Hello!

P Put some oomph in it, Danny.

D Hello! My question is in regards to coming off a low-carb diet and on to Trim Healthy Mama. What does that look like in planning meals? How does the low-carb versus THM affect our hormones and metabolism?

P Now it just sounds like you're being mean. Okay, you just can't get it right, today. It's a good question though. What's her name now?

D Her name is Kaitlin, and I know that she doesn't talk like that.

S The low-carb only diet, not when you're cycling but you're actually staying low-carb, can affect the metabolism. It can definitely slow it down.

P Absolutely.

[00:24:29]

S Definitely because the adrenals, it's very harsh on the adrenals. It's very harsh on the thyroid, and because it actually tends to be more calories too, again we're not obsessed about calories, but it's best to juggle them. It's best to be conscious about them.

P It's a beautiful balance.

S So when you're constantly having cheese and meat and eggs and all this kind of stuff, steak and pork rinds and everything that's just constantly high-caloric, the body in the end, to be able to keep and maintain weight, what happens in the end is it slows your metabolism down and people end up having to count calories on a low-carb program.

P Usually, okay so how if you're coming to THM your body's been deprived of carbs so you need to start adding them in to start revving that thyroid. Because what happens, and we'll explain it in another PODdycast, is that your thyroid hormone blocker starts raising when you're in a low-carb state. So your body doesn't actually receive as much of your active thyroid hormone.

P So we've got to get that working. And to do that, you need carbs. You need healthy carbs. You don't need to spike your blood-sugar, but don't be afraid of them. I know you think, like, oh my goodness I'll eat an apple I'll get fat.

[00:25:43]

P No, you'll slim down. You do not need to be in a state of ketosis to lose weight.

S Exactly because you know what, carbohydrates, healthy ones, rev your thermogenic temperature. They actually are the fire behind it.

P Yes, they are. And so, we call them E Meals. They are our energizing meals and they utilise good carbs. And so, what you need to do is maybe just start having one a day. Try breakfast or lunch. They're easier in breakfast or lunch than they are in supper, wouldn't you say Serene?

S If you're really freaking out and you just need to baby step, start with some S-Helpers, but we would prefer you to jump into E's.

[Danny buzzes Pearl & Serene]

P An S-helper, Serene is when you just add a little bit of carb, rather than say two pieces of bread

D Look at the slightly annoyed look on both of your faces, like you didn't agree to play this game.

S Look at the glee on his face, and he raised his fist and was pumping it into the air with every doonk of that buzzer.

D Got you.

[00:26:36]

P Oh my goodness, did we answer the question well enough, Serene? I just think...

S Don't be afraid...

P Oh, I do want to say one thing, notice how I'm completely ignoring the buzzer, change up your carbs. Don't just always just have bread, okay.

S Or fruit or sweet potato.

P Yes, try and utilise them. Have oatmeal one day, then have a sweet potato, then have some fruit. Just change them up. See how you do.

S It's kind of, like, I'm just ignoring Danny. It's kind of, like, even in the exercise world where sometimes it's not even, even doing the same exercise. You change up your reps you change up the accent on the down of the contraction or the up of the contraction. I don't know if you know what I'm talking about.

D I do.

P Yes.

S So say you're, like, doing squats, you can, kind of, do the accent on the down or the accent on lifting up, and that even changes your metabolism. That even helps.

P It does. Look at Danny's face though.

S Even in the E Meal, changing up the kinds of E helps the metabolism.

[00:27:33]

P He's completely, like, horrified.

S I just want to ignore him. I am just excited... Can we keep going on this Pearl? What did you have more to say about it?

D Just for a fact, just to push forward, hey could we do one more question because we are out of time for the PODdy? But I do have one more, and I'd like to redeem my question voice.

P Okay, do it.

S No, no, I have a question for you. How did you meet Lisa?

D Oh, do I get a timer?

S Yes, 30 seconds.

P 30 seconds, Danny.

D 30 seconds.

[00:28:01]

P How did you meet Mrs. Valdes? Your beautiful wife... And let me just say, those...

D We can't start the timer.

P No, start the timer again. And for those who don't know Danny, Danny's like... We've known Danny... We'll have to do a podcast some time on how we met Danny, but he's an old friend of ours. He's like our little brother. But he has the most awesome wife in the world.

S Little brother, we're only a few years apart, dude. Pearl thinks she's ancient.

P I do. I have an old soul.

S She thinks she lives in an ancient realm or something.

D You've lived 1,000 lives.

P I just have, you know. My words are just pouring with wisdom.

D Yes, they are.

P No, but Danny has an awesome wife, Lisa, who is Mrs Valdes. She's a Trim Healthy Mama. She tries to get Danny on the right side of things but it's been quite a challenge.

S I'll never forget, Danny, once after church. It was at potluck dinner, once, seven years ago, and you looked at Lisa, and you said, Wow! Did you just fall off the good-looking tree or something? It wasn't those exact words, but it was to that extent.

[00:28:58]

S And I never forgot that. And I thought that was a really cool compliment to her. And I thought she must be a happy wife.

D Yes, we've been married 15 years, and last night some friends actually bought tickets for us, and took us to the Rymen.

P Start the 30 seconds....start them now...

S That's not how you met, Danny.

D And after 15 years, we were cuddling and snuggling and goofing off like we had just met. Alright, we met, I was, kind of, my position was the greeter at a youth group, and I greeted everyone that came in the door.

P I bet you did.

D She came in wearing grungy blue jeans, red cute shoes, but like sneakers, and a yellow shirt.

P He remembers.

D Yes, and when I saw her, I didn't think love at first sight, but I thought, that's someone that I would love to be... like I could just be best friends with that person.

[00:29:52]

D Never actually had a conversation with her. That's how I met my wife.

S Awe, that's sweet.

P He did pretty well, actually. It was good. Okay, so give us this last question. We'll see if we can do it in a minute then.

D Alright.

P To wrap things up.

D I'm going to read it in the voice I think Amber-Lynn wrote it in, is that okay?

P Amber-Lynn, yes try your best Danny.

D I'm really enjoying these Poddies could Serene and Pearl talk about fasting / intermittent fasting "question mark". I'm curious to know their take on it. Thanks.

P I actually really like that.

S That was really good, Danny.

D I nailed Amber-Lynn's voice though didn't I?

S Yes, I think intermittent fasting, yes, you did Danny... And fasting, like everyone who listens to us isn't necessarily biblically-minded and all that, but I actually think fasting is great for spiritual reasons. I do it for spiritual reasons. But I think as women, it can be dangerous for physical reasons.

[00:30:49]

P Child-bearing years.

S I think you're protected from that when you're like fasting because your child is sick or you are wanting a breakthrough spiritually. I think there's a protection in there.

P Well, fasting is biblical. But it's a bit of a movement, this intermittent fasting, maybe just eat one meal a day, and fast from this time to that time. Once again, it has shown in studies that men do better on this sort of thing than women do. And that God created us to be life-givers and nurturers and especially if you

have young children, or if you're in your child-bearing years or nursing or anything like that, it's definitely something to stay away from.

P And we need to remember to rev our metabolisms and keep them going by eating every three to four hours.

S Yes and, kind of, some of the reasons behind the Ketogenic diet too, is the reasons behind the fasting because I've seen, there was a study by Hippocrates in 500 BC, and that's where it first started, where they saw certain illnesses, Autism.

P No, it wasn't Autism, it was Epilepsy.

S Epilepsy, that was the word.

[00:31:52]

S Be... you know there have been incredible changes, recoveries with Keto or starving. Starving? Really, it was fasting. Right, but the deal is that they realise that it's not sustainable, and there was a downside to it. There were actually a lot of illnesses that came about because of Keto or too much fasting. And so there are ways to benefit without doing fasting and without doing a Keto diet.

P Yes, MCT oil is one that can really give you the benefits.
[Danny buzzes Pearl & Serene]

S And turn on that one gene, Pearl. What is it? SRT1?

P SIRT1, the longevity gene, yes, I think we answered that question horribly, Serene.

S It was so foul. We are so Boo. Boo. Boo.

P Give us a three out of ten.

D I know your looks too by now, and when you're, like, gingerly annoyed, you don't show it, you just, you don't, you actually... Like, you didn't even look in my direction.

S No, Danny.

D You kept focused, and you looked straight at Pearl and pretended.

S I treated you like my phone.

D Yes, you pretended that wasn't happening.

[00:33:02]

S Yes, just ignore.

D But I saw the look.

S But there are ways of turning your SIRT1 gene on, that's what I was looking for. And here are ways of getting the benefits of starving without starving because fasting is starving.

P That's what we should have answered the question like, in 30 seconds because we did a horrible job. What would you give us on the other ones? Like a nine out of ten?

D I would say you all killed it, and I mean...

S What happens is the metabolism does slow down.

P Oh, she's still going.

S The metabolism does slow down, but they say, if you want to not gain back your weight after fasting, you actually have to take as long as you took fasting in easing back into food because your metabolism has so slowed down, that... I even was listening to a tape on fasting for spiritual reasons the other day.

[00:33:45]

S And if you take a two-week fast, you need to take at least two weeks slowly getting back on food.

P When you fast for spiritual reasons, Serene, you then make sure to have some E Meals afterwards too, for sure.

S Exactly.

P You don't want to go from fasting to low-carb, mates.

S Yes, and it's like my father. He fasts for spiritual reasons a whole lot more

harder than I do as a nursing mother, right. So I might fast for a day, and it will be on liquids and fruits.

P But you still get nutrition.

S But never just on... I have fasted just on water alone before but that was for desperate, dire needs.

P Okay, that was it, so.

D Well, I hope you enjoyed the game. I can say unequivocally that you did not enjoy my game. However, I hope you the audience enjoyed the game and that you learned something out of it. And actually, I hope the original question-askers were listening.

[00:34:36]

S A side of me is very upset. I feel like the last question showed my bad points and I just didn't really shine.

P She feels like she lost a tennis match in front of thousands of people.

S I didn't shine. It's like I tripped in front of the whole... What's that famous tennis place, Bennington?

D Wimbledon.

S I tripped at Wimbledon.

P Actually, I thought it was quite funny Danny. We should do it again. And we got some questions out of the way because, Serene, since you are not on social media, you have no idea how many questions are piling up.

S I'm so glad that I don't have any idea.

D Oceans.

P So, we'll have to do it again another time.

[00:35:11]

S Oh, just to let everyone know, it's not that I'm not on social media for Trim Healthy Mama. I'm not on social media for anything.

P I tell her. We've, like, got family in like in New Zealand and Australia. You could keep up with them.

S I agree but I've got family in my home, a lot of family in my home. And if I'm on the family that's not in the room, I'm not on the family that is in the room.

D That'll preach.

P Preach it.

[00:35:28]

Announcer: Trim Healthy Mama Product News and Notes

P Hey, we need to talk about Peanut Flour, because it is one of the yummiest products Serene, I think that we carry. We carry it because we like it so much.

S We carry it because we were peanut butter addicted, like freaks. You know, we were just consuming our weight in calories in peanut buttah.

P We needed a little bit of a lighter alternative with all the flavour.

S I love to stick it in a shake.

P Peanut butter is one of the most calorie dense things you can eat, so you can easily abuse it, like nuts are great on the Trim Healthy Mama plan but you don't abuse them, and Serene and I were into this abuse, where we just like wanted peanut butter, all to ourselves, all the time.

S Well, peanut butter is on plan alright and we were going through a jar a day.

[laughing]

P So, peanut flour is so great because you can make sauces out of it, like Thai sauces, you know just some peanut flour, some chicken broth, thicken it with a little gluccie, put your flavorings in there, on chicken, that rocks!

S What is that peanut junkie nutty bunty, what's that name we gave it? Junky Butter, Junky Nutty Butter?

P We don't know the names of our own recipes in the cookbook. Peanut Junkie Nutter Butter [laughing] Peanut Junkie Butter.

S It's because we have a billion names, Nutty Junky Butter, those that are listening probably know the name that I am trying to say perfectly.

P It's like peanut butter but you just add a little water, just a tiny bit of MCT oil and some sweetener and it's like perfect with apples, like then you can eat your carb like apples with peanut butter.

S You don't have to have just one teaspoon, you can go for Tablespoons!

P Yeah, that's why we women love it!

[00:37:03]