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Trim Healthy Podcast with Serene and Pearl Episode #25 - What the Health?

*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 Ladies and “17” add two please from last week, gentlemen welcome!

P You have seventeen now!!!

S How did you know you had two more?

D Yes, well they came in, the Admins sent me from the support e-mail that a couple men chimed in and said: “Hey, man... I’m here too”. I think that they had listened to the previous one where I asked the men to chime in.

S Have you got, like, rings, like special like loops that you made out of, like, crepe paper and you're hanging them on your ceiling, and you've got 17 now?

P Seventeen men.

D Yes, I have a little shrine actually with candles.

P Okay, so you've got a long way to go because we've got about half a million women. We've got 17 men, so if you're a male out there...listen and just make Danny's world and let him know that you're listening.

[00:00:45]

S You could be identified by a ring of crepe paper.

D Yes.

P Do you have the word crepe paper here in America?

D Yes, yes we have crepe paper.

P You do?

D Well, not only the word but the actual paper is also here.

P I thought that might have been a down under thing because I haven't heard it.

S You were clarifying for me...

P I was.

D But either way, welcome back to The PODdy, with the greatest gals I know.

P And now we don't have to pretend that Serene's not pregnant.

S Yes, I know. The last few weeks were like.....

[00:01:14]

S Yes I was like, suck it up Serene, put a big smile on your face. Act like you're not sick. But now I can be my barf self.

P I mean, everyone's just here in the living room with us.

S I forgot, I can be my barf self.

P Your barf self.

S Sometimes I'm just laying on this couch holding the microphone because I can't even sit up.

P Yes, she suffers the major nausea in her first three months but she thinks it's a good sign, right?

S Yes, I had three hours of reprieve two days ago, and I spent the whole three hours worrying that everything was wrong.

P Serene, you don't listen to our podcasts?

S No, listen. I know that. I know. I know. I know.

[00:01:45]

P You should listen to our podcasts.

S I know but I've spent my whole life saying, since the miscarriage, and I wasn't sick, well, I've got to be sick every day of the first trimester.

P Well, I think its Episode 3 or 4, I want you to go back to listen, it's called fear.

S Okay, yes, big sister.

P Hey, but we've got a burning topic on our hearts today actually. Lately there's been a lot going around. It seems to cycle. These extreme diets seem to cycle around because...

S Because there's nothing new under the sun

P No, there's not. And Serene and I feel like we actually have grounds to talk about this because we have lived some of this. We have lived our lives. We came to Trim Healthy Mama because we tried the extremes and they were found wanting. We didn't try them for a couple of days or a couple of months. We tried these for years... Serene.

S And we weren't just like try that for a little time. We were staunch advocates, like basically...

P No, you were, I wasn't as staunch.

S If there was a day when I could have marched through Nashville, Tennessee with a placard, I would have. You know, saying that what I was doing was the only way.

[00:02:52]

S Everybody else was going to die in Hell.

P Yes.

D That's been my life because anything that I'm currently into is the only way. God himself is behind it, and, you know, that's how I've lived.

P Oh, but in the end when we came to Trim Healthy Mama...

D And I'm right...

P With Biblical wisdom, we realized that there's nuggets of truth in so many of these things. And we don't want to create a catfight today, like: scratch, they're such morons for thinking that. I mean, listen we thought this ourselves. So we want to come from a place of, hey, we didn't just think it, we did it.

S We drunk the Kool-Aid, and we were it. I mean I just remember having catfights on the other side with you Pearl.

P I know. That's what I'm saying. So hopefully, I don't want to turn today into a catfight against other ways of eating, but I do hope that we can bring some...

S We can't turn Danny from a doggy into a cat.

P No, but maybe he wanted to do a dogfight today. I don't know.

[00:03:48]

P Awesome, oh, you're pretty good at the meow. But, you know, we have lived this, and we have learned a bunch of things about extremes. And we really want to encourage you guys away from extremes.

D So "what the heck" is burning on your heart today?

P There's a viral documentary going around called "What the Health"...

S You said it! Pearl said we weren't to say it.

P Well, I called it a documentary.

S Well, we don't want a catfight, so we won't even say the title because there might be a few negative points that we have to say about it, and we don't want to bring you know any...

D Sorry, did you catch my pun when I said “What the Heck” ?

S Exactly, that’s why I went... [snicker... Serene laughing]

D Oh, I just wanted to check.

P And you had such a big smile on your face like, I’m so funny and good. Yes, so about this documentary. So it’s confusing a lot of you in Trim Healthy Mama land.

[00:04:42]

P You’re like, “What the heck?” “What the heck” Pearl and Serene, when I eat an egg, is that like smoking five cigarettes? Animal products, are they’re going to kill me?

S That’s what I thought my whole life. I thought eggs were cigars, and I might as well go and get whisky and do the whole thing.

D You thought, you believed that eggs were harmful?

P Major league.

S Oh, yes, eggs were harmful, coffee was harmful. When my Dad would go and have a kabana, we call them kabanans in Australia. Just kind of like a beef sausage or whatever.

P A beef sausage...

S Tears... At 13 years old, tears would be streaming down my eyes because I had so convinced myself reading all the books in all the health food stores because I was like a food nut, freak, psycho. That was my hobby; to read about it. I was so indoctrinated with all the dogma out there, a lot of which is all fear-based.

P Yes. And we’re going to talk about that.

[00:05:31]

S So on this, whatever it was, video, documentary, I think it was...

P Yes.

S And so I would cry every time my Dad would eat red meat. And I would bawl my eyes out severely, like not as a joke.

D As a child...

S I thought he was going to... I thought I would be burying him next year.

P Well yes, we were fully indoctrinated. But let's share our stories very quickly so you know where we're coming from, for people who are new to Trim Healthy Mama, and haven't really heard Serene and my story, I was a staunch vegan for 12 years. Serene you were...

S I was a staunch vegan since I was about... Well, I was a vegetarian at seven. At seven years old, I decided that I wasn't going to eat candy anymore at a birthday party

P That you weren't going to eat sugar, when did you stop eating meat?

S At about 10

P Yes, and then you started veganism completely.

[00:06:16]

P At 14

P And then you went, and continue.

P When did you start raw foodism completely, no cooked food?

S Probably 25, no 23

P Okay, so seven years fully, absolutely...

S Until Chalice was born. Not even a taste test at Costco, not even a sprouted piece of... even if it was, like, a piece of, like special little organic, black rice pilaf at Costco or something.

P So you ate raw, plant food only for seven years straight. But plant food only for 15 years correct? No, 16 years.

S Yes, yes...

P Okay

D That's incredible, math.

P So we have something to say about this.

S Yes, we weren't just like: Oh, we're just going to eat bags of baby carrots. No, we had the green star juices. We had gallons of juice coming out every day. I'm talking like, not just like the carrot and apple kind.

[00:07:04]

S I'm talking the straight mustard greens. The stuff that makes you want to vomit through the toilet.

S We did the cold sheet treatment from Dr. Schultz where you have to like stick mustard, like the hot herb in your bath, and give yourself a fake fever by having these hot ginger herb teas. And you're just like creating this hot fever, and then you stick yourself into an ice cold bath. And then you go back into the hot. Like all this crazy stuff. We were into all the colonics and all the stuff.

P Yes, we did it, and at the end of it.

S Had no ovens. Had 12 dehydrators...

P I had an oven. I was never as extreme as you.

D You know what I did back then? None of that

P What?

S Good for you

P You were on the soda though...

S Not good for you

D I was straight main stream. Never gave a thought about food.

[00:07:46]

S Do you want to hear what happened at the end of that incredible time which I thought I was in like food purist heaven. And I thought that my poop was better than everybody else's poop. Everyone else's poop was vile.

P She just said that her poop was better than everybody else's poop.

D I heard that.

S No, while you're all... It's what raw food people believe. They think everybody else's poop has parasites and theirs doesn't.

D But, like, you were walking around thinking that your poop doesn't stink.

S It was... My poop was precious.

D Double p on that

P Precious poop, there's a next book title.

D That is the next book.

P Now that one is going to go to number one.

S They're into poop. They have poop diaries.

P A lot of them do. It gets this extreme Danny.

[00:08:34]

S It gets extreme.

S It gets really extreme.

P So I want to talk about... Let's start talking about this documentary because it's confusing a lot of people. So Serene and I decided to watch it together.

S I forgot to tell what happened at the end of it. At the end of it was I in good health Pearl

P No.

D At the end of Veganism.

S No, I had so many root canals because I had teeth crumbling out of my mouth.

D I remember this day.

S Because through nursing and pregnancies and trying to be raw, and then I had children with quite intense speech delays because they didn't have the EPA, the DHA they needed during the pregnancy, from eggs and from fish.

D And you think it was from Veganism?

S Oh, completely, I had Sarcopenia muscle waste then.

[00:09:01]

P Let's just talk about your children now though. You really fed them up on all the good things.

S I prayed and prayed: God, sorry because of my ignorance. And then they had Cod Liver Oil by the spoon every day.

P But your children are very fantastic now.

S Oh, they're fantastic.

S They don't have any speech problems.

S It's just like, instead of talking at one, they talked at two.

P No, they talked at three.

S Thanks for telling the truth.

P Children naturally talk at three anyway. I know but they did have teeth issues though.

[00:09:25]

P I know, when their teeth came through, their teeth were all rotty and...

D And those strange unicorn horns that also grew out of their foreheads.

S They're fantastic, they're fantastic now... It's amazing what can happen once you get them on great nutrition. But the thing is, I had Sarcopenia, muscle wasting.

P You did. I remember, this is what I'll say about Serene...

S And I exercised every day.

P You did. After 15 years of Veganism, the last seven being raw foods, I look at you now, and you're a picture of health right. Look at her. She's shining, right?

D Yes.

P Good muscle tone.

D Great muscle tone.

P And I look at you, and I don't know what to tell you. You were skinny but you looked pregnant. You had this pooch and you had cellulite on your arms.

S Yes, I did.

P And your arms are so toned. You're a naturally athletic person.

S I saw the cellulite, I was looking up cellulite sites.

[00:10:11]

P You would look at me and say that you had cellulite on your arms, and I would say, well, it happens to the best of us Serene. But deep down in my soul, I was thinking, why does she have stinking cellulite on her arms?

S I know. Do you know why, because all the tone was going away because I didn't have any protein, the thing is, I thought I was.

P You thought you were having protein.

S I mean, I was sprouting everything, and I was having the nuts and living on the young coconuts, which doesn't have much protein, but I thought it did at the time.

P You had some protein. Back then, there wasn't as much, but you did have some protein meals.

S Like what?

P Did you have pea protein or something like that? At the time, I remember you buying...

S No, I never had protein powders, ever.

P Well you see, in the community of the Veganism, they do now.

[00:10:48]

S Pea protein powders, but you know.

D May I ask... why?

S Why did I do that?

D Yes.

P And that's what we're going to come to.

D Your sister is watching you waste away.

S Yes, fear.

S Because I was desperate to, well, my father-in-law was dying of cancer at the time. My husband had cancer at the time.

D Okay.

S I was sticking them on this raw food diet and I thought I'd better do it with them. And I also thought: This is the way I'm going to be an example to my children too. Even before that entire cancer situation, it was fear. I just was born a fearful person.

P Mine was my fear too.

[00:11:21]

S It was just my thing. And I thought I needed to...

P When I was on Veganism, I thought, this is the way my body won't get all the diseases that are going around. And now this is what I want to say. When we watched this documentary, "What the Health" and we're going to talk about the good in it. Obviously there's some good but it started out with fear.

D Wow!

P Yes, the person that...

S I am a... What did he say? He said, I am a... What's that word again?

P Hypochondriac yes but he talked about his journey and it was beginning with fear, and you know what? In the end, Serene and I had to lay down those fears because fear is more toxic than a lot of things you can eat.

S It is more toxic than McDonalds.

[00:12:01]

P And fear will lead you to extremes.

S More toxic than processed meats

P And fear is not of God. Those of you who are Christians like we are, and even if you're not, there's wisdom in this. And I was thinking about this this morning. God has not, in the Scriptures, God has not given us the spirit of fear but of love power, and this is the last thing, a sound mind. You see...

S But do you know what's beautiful about that, for those of us who are believers? Sorry for those who are not. I'm not really sorry. But anyway, power, love and a sound mind, that's the Father, the Son and the Holy Spirit. Sound mind is the Word that's Jesus. But love is the Father. And then the power is the Holy Spirit. Isn't that amazing?

P It's amazing and in a sense, with a sound mind, and when we lose that sound mind, and we go into fear we become extreme in areas...

D Okay and do you think that that is a control attempt because you're afraid?

P Absolutely

S Absolutely

D And food, isn't it so rooted and controlled in your life?

S I thought this is the way I thought I could control what went on in my family, in my health and in my family's health. But, you know what, it's not... God numbers our days. I know we do our duty. We don't go and, like, take drugs and live on the junkiest food that we can possibly live on.

[00:13:18]

S But we also don't need to think that we are God of our own life, and if we do everything and put our duckies in a row, nothing will ever happen to us.

P Yes.

S We just need to trust. Do the best we can, and trust. But the fear thing has no place.

P No and it can't have a place, otherwise, if we let it to these decisions which put us in these states where...

S I know people who've done everything, Pearl, the green juice and...

P I know.

S Like colonic people who died of cancer

P I know.

P It's not like this big thing that will stop you from getting cancer. Nothing is. We have God. We have to trust God for these things, but we can make smart choices.

P And you know, when I finished my 12 years of Veganism, I had major problems.... I got uterine fibroids. And I was like, how can I have uterine fibroids. I've had 12 years of no meat. I haven't had butter. I haven't had dairy.

[00:14:11]

P They tell you, I swear I looked it up. What do you do for uterine fibroids? They said: Stay away from dairy. Stay away from meat. Eat a plant-based diet. I was like I have done that for 12 years people.

S Didn't they even tell you to eat soy, and that's what your major thing was?

P I lived on soy.

D Hey, let me ask you this too; both of you. Did the extreme diet, attempt at control, etc., did it make your fear go away?

S No.

P No, it got worse, it fed it

D It increased it.

S Yes.

S You know the sad thing though, Danny? This was a sad thing. I'll never forget this, my husband and I going out for our anniversary and going out to this Thai restaurant. It was a beautiful atmosphere. Everything was just gorgeous, and he ordered this lovely Thai Curry, and I'm sitting there with my little brown bag of like raw food.

[00:14:59]

S I think I'd just made burgers out of, like carrot pulp; the pulp left over from the juice I'd made, these terrible dog-tasting biscuits, and I sat there on our anniversary thinking that I was, like, so doing the right thing because this is the way I was going to be here in our marriage.

D With your carrot-pulp burgers, like a boss.

S Yes, so it only got worse. It only got worse, and I couldn't even hardly enjoy going to people's places to eat. But isn't that sad? Life is about fellowship.

P You missed out on that.

S Yes

P You missed out on that beautiful night with your husband.

S Yes, but even beyond that Pearl; people, church functions, anything. I agree, don't go and have a bunch of 10 doughnuts with your, you know, fellow friends.

P Hey, you go to any Baptist potluck.

S They're the worst. But you're very exclusive when you can't have dairy, and you can't have meat. There's easier ways of eating a chicken salad.

P And I can bring anything to eat to any potluck. Now they're going to have a lot of sugar there.

D You Baptists out there know exactly what we're talking about.

[00:15:55]

P Yes, I know. Hey, I was at a Baptist church for a long time.

S You bring a salad to go along with whatever bit of meat you've got there. But, it's very exclusive when you can't eat anything there.

P Oh, exactly...

S It's sad.

P So the whole documentary starts out with fear, but and we'll talk about what's good about it because there are some good things. And we don't want to slam people because we've both been there before.

S I was them.

P Yes. I know but I'm so thankful that we came out of that and to the truth, and where did we find the truth? We found it right there in biblical wisdom. But, I want to say this, you know, they talked about, you could come away thinking that sugar is not really the problem, and that animal products are. But here's my deal with that. You look at the annals of history. You look at civilizations back thousands of years. Meat is not new. Meat was there.

[00:16:43]

S Amen.

P Now diabetes and these problems that they were talking about, these amounts of cancers, all of it is new, right?

S It's new.

P What isn't new? Don't tell me it's meat, that's not new, the amount of sugar consumption.

S That's new.

D That's new.

S And let's talk about this. Let's not talk about meat because it's not new. Let's talk about that. Pearl, aside from some countries that are religiously vegetarian, like the Hindu, what countries are vegetarian?

P There's no countries that are vegetarian.

S What tribes, what generations or years back?

S Do you know of any?

P Or no animal products at all I think there's a tribe in Africa that only drinks the milk of the cow.

[00:17:18]

S No, but they drink the milk and they drink it to the point that they are stuffed to the gills. And they drink all kinds of other stuff.

D If my internet browsing and documentary searching has served me correctly all these years, it seems like that these people that are only eating lettuce and such, are in desperate situations, and they're pulling stuff off trees. And just surviving and wrapping bugs in banana leaves. And you know, I've never, until modern times, I should say, until lately in my life, I would never have associated that style of eating with health.

S People didn't choose vegetarianism unless they were religious, or unless they were starving.

D They were starving. Now that's just my opinion... I could be proven wrong. I don't know.

P No, you're right. And I mean, we don't want to come across as know-it-alls because we're still learning ourselves, but I don't know of any culture...

S We're just trying to say that we've so learned guinea-pig style gives us more insight because it's not like we have it as our whole life and it's like: Those crazy vegetarians what are they talking about?

P No, we did it.

[00:18:17]

S But it is true, it's the sugar that's new. Because okay, fruit; that's not the sugar that brings Diabetes, right?

P No

S The sugar that's new is this "white fan-dangled", freak-out stuff that's been completely de-vitalised and put in food in such incredible amounts. I mean how many teaspoons of sugar are there in a soda? How many teaspoons of sugar are there in one jellybean?

P But, let's not just talk about sugar itself, but what becomes blood sugar in your body is the white, de-vitalised product. And that's in almost every Standard Americans diet.

S Right, there you go, exactly. Refined grain is new.

P Refined grain, all these things are new. So, I don't like it that animal products are being blamed. Now, let's talk about animal products themselves. Yes, we want clean animal products.

S Yes, but let's not stop there Pearl. Yes, we want clean vegetable products but that wasn't talked about.

P And that wasn't mentioned.

[00:19:05]

S Because just as much as there's a negative side to meat and the way it's processed and the way it's raised, same thing with vegetables.

P Yes.

D Now in this documentary which I haven't seen yet, what is their main point? What are they really trying to say?

P They're trying to say, and there was a lot in there about processed meats and that animal products are causing a lot...

S Be honest though, we could only watch half of it, and then we couldn't watch any more.

P Yes, and I don't want fear in my life because fear is toxic and is very unhealthy.

D Okay, so they're basically saying, okay, we know everyone's terrified of cancer now. We know everyone's on the lookout for these wasting diseases.

P Serene just spilled her water. All over Danny's notes.

D She's spilled a whole bottle of water.

P On all Danny's notes

D All over my show notes.

[00:19:46]

S I know. What am I meant to do? Am I meant to stay in the podcast, or go and be the Martha and get the towel?

D No, we're good. Just let it ride

[00:19:52]

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

[00:20:01]

D So, everyone's afraid of getting, you know, one of the big diseases that seems so prevalent now. And everyone we know seems to be going to the next realm because of it, and this, "What the Health" documentary seems to be maximising on that and offering just, kind of, a new thing to say about why that may be happening.

P Yes, it's true. Exactly something new, but you see it's not new. I mean, it keeps cycling around.

D Okay, so this has been said.

P So, even in the Bible times it wasn't new because they talked about, and in the New Testament, Serene, what's the scripture, it's like, you know the doctrines of abstaining from meat.

S Oh, well...

[00:20:40]

S Let's talk about that. I was just reading that the other day in Timothy, before...

P And then it says if you abstain from meat if you are weak in the faith. And it takes faith to trust God because God did say very plainly in Leviticus, He said, these are the meats you shall eat. He didn't say no they are second choice.

S It's actually...

P Don't eat much of them. He said you shall.

S Listen to this. Not everyone who listens to this is Christian...

P But still, there's wisdom.

S There's wisdom, but God calls it a Doctrine of Devils. He says, now the spirits speaketh expressly that in the latter times, sorry, I'm reading King James, Some shall depart from the faith, giving heed to seducing spirits and the Doctrines of Devils, speaking lies and hypocrisy, having their conscience seared with a hot iron, forbidding to marry and commanding to abstain from meats which God hath created to be received with thanksgiving of them which believed, and know the truth.

D Abstain from meats "What the Health"?

[00:21:30]

S Which know the truth which God has given, and we should receive it with thanksgiving because we know the truth.

P And did you catch that? Which God has created...

S No, God has given.

P God has given to be received. Isn't that amazing?

D "What the Health"?

S Every creature of God is good and nothing to be refused to be received with thanksgiving because it is sanctified by the Word of God and prayer. Why is it saying, by the Word of God? Because God says, it's good. I give it to you.

P Now listen. I would prefer my cows to be grass-fed. Now but we live in an imperfect world. We can only do what we can afford. And I do want to talk about the processed meat.

S Can I say one thing?

P Yes, you may.

S Wouldn't you prefer that every single veggie that you put in your mouth, even when you went out to a restaurant would be all organic too?

P I would. But don't you see...

[00:22:12]

S So you see it's the same issue though,

D Hey hold on. No, I'm sorry.

S No, you go Danneth.

D I'm going to. Okay, I just want to nail something down because I know, I get the whole can't afford it thing. I totally do, I've been the brokest man in America, I feel, at times.

S You and my husband have been together at times.

P My husband too, remember when the three of you were so broke, you'd sell your blood.

D Danny, Sam, Charlie, broke down jokers, okay. And we're not even going to go there.

S Meeting at Walmart to cry on each other's shoulders

D Yes, I need a laundry mat that I can just slip into right now, so I can remember the good old days. But, here's the deal man. We are spending money on what we want to spend money on. We are finding ways to afford whatever we want.

[00:22:59]

D We've got our...

S Smokers still by the pack of cigs for the homeless

D Exactly, no doubt, and I'm just saying like I'm crossing some bridges in this buying quality food.

P Here's the thing. The last PODdy or one of the PODdies you said, hey, can you afford Netflix if you can't afford Kerrygold butter? And I'm thinking, Danny, that's mean. I can't afford Kerrygold butter, and I don't have Netflix. But you know, you've got a whole bunch of women agreeing with you on Facebook. They were like, Go Danny, Go Danny!!

S Yes, well, I'm taking all my Aldi's butter and feeding all my 13 children, and I have no guilt.

D Hey, by the way, is it salted?

S It is.

D Let me encourage you to do something. Try that same butter unsalted. It tastes like a spoonful of Crisco...

S It's not, no it's just all fat, and it sits hard, like lard.

P But I need to get something... Did you finish your point? Oh, you, sort of, did.

[00:23:49]

P I need to get to something. Time is going away.

D Spend your money on the right stuff.

S I agree, but the fact is, for the documentary to be truthful, they should have said, you know what, it should have said, there are problems that are causing cancer on every side of the food pyramid.

D Now in this documentary...

S But let's talk about refined sugar that's causing all these diseases. But it wasn't. It was, like, meat, meat, meat.

P I do need to talk about processed meat versus regular, I've got to get there, but Danny go...

S Danny, you go.

D Well, I'm just curious. Did they talk about sugar in any negative way whatsoever in this documentary?

S We didn't last, did we?

P We didn't last it all out but, no, not of what we saw, no.

D "What the Health"?

P Danny, do you just like promoting the thing?

[00:24:30]

S Stop it, Danny!

P Yes, stop your cattiness. Okay, I want to talk about... They talked about processed meat significantly raising the chance of disease and cancer and things like that. But these studies that came out, it was about 10 years ago that said meat causes cancer. It was a big thing. Okay, so recently, there was that whole coconut oil is bad for you. It was a big thing. It was about 10 years ago that meat causes cancer. Well it was debunked. Here's what the study said. It was like this. If you ate processed meat all your life for all your days, processed meat not regular meat; like sausage and processed meat, okay.

S Yes, that's like the worst Spam.

D Yes.

P Your chances of colon cancer are 6%. Now, your chances for colon cancer are already 5% for any normal human being. So there's a 1% difference.

D For earthlings.

P Now that's with processed meat. Personally, processed meat might come into my diet very occasionally, not much. I don't think, I wouldn't want to eat it for breakfast every single morning. Some people choose to. Some people on Trim Healthy Mama eat processed meat and they get healthier for goodness sake.

S And their lipids go down... and they get off their Diabetes medicine.

P I do believe there's a balance. I believe that grass-fed meat that's not processed is more optimum.

[00:25:50]

S And we don't want to promote processed meat, I'm like Mrs Purist. I'm against it, but I don't...

P You don't eat it, but I would occasionally.

S I don't like it when things are swayed, when things are told to be the villain behind certain diseases when it's actually something else. I want the actual true villain to be able to be slammed in the slammer.

P Yes.

S The true villain is refined sugar.

D Yes.

P It is and not just refined sugar Serene, all the refined whites.

S That's what I'm calling refined sugar.

P Oh.

S Sorry.

P Girlfriend, but you see you're confusing people. Another thing, Serene...

[00:26:23]

D "What the Health"?

S Well, see because white wheat is refined, right?

P Okay...

S All these little fishies, and Cheerios, and things...

P Sometimes I need to clarify things for you, little sistah...

S Okay, all refined starches.

P Okay. People are also going to write in, and since you don't go on Facebook and I do, they're going to say: Serene says she's against processed meat.

S I'm not against processed meat for you. I'll tell you what. I don't like it myself because I'm a Purist right. But I do not believe that it is the rise for Diabetes and cancer in the way it is.

P Oh, I don't believe that for a second.

S No

[00:26:58]

P Let's just go to some scriptures, you know Serene and I... Listen, you listen to our podcast, I'm sorry you're just going to get some scriptures because that's where we found our truth. We can't, like, pretend that we got any sort of wisdom without them because there's really no wisdom without them.

S I was actually reading about wisdom today, in Job. It was just amazing. I'd love to go there. And we're taking too much time already but... Where can you find the path to wisdom? And it was just talking about how even in the depths of the earth, you can't find wisdom. And it was talking about all this stuff. And it was saying because wisdom is only found in God. And there is no price on wisdom. It is far above gold and rubies. And it's just amazing. You see, wisdom comes from God.

P And when you look at the Bible, that's what Serene and I finally did, after trying all these different, extreme things, we finally went to the Bible for wisdom. And what did we find there, Serene? We found meat.

S And wisdom is simple right, because he uses the simple things to confound the wise. Because those people, they sounded wise in the eyes of man, the documentary. It sounded all good. It sounded all right. But sometimes, its God's wisdom is simple meat.

P We found meat. We found milk. We found plants because, here's the thing...

S We found greens.

P We found grains.

[00:28:22]

S Not hybrid-ised grain

P We found ancient green. We found all the food groups. And that's what I mean. This whole abstain from meat. It's not a traditional path but of human culture.

D I'll tell you why else that type of teaching works. Think about the generation of people raised on cartoons with talking animals and I mean, come on I think Bambi was, like, the Godmother of all weeping for animals kind-of-thing. You know, you start... Man, these things want to live. I'm not a hunter because I'm one of those kids raised on talking animal movies.

D And, you know, I went hunting with a friend once, and I looked down the scope of this rifle pointed at this deer who clearly wanted to live. I was, like, I'm not shooting this creature. I get it. I eat meat, and when you prepare, I'll buy it from you.

P I'm the same.

D I could personally get hooked in if I didn't know any better, to, kind of, like, how morbid it is to like take life.

P I know, but... Danny, you're killing a plant.

S You know, you're killing a plant every time you go and pluck a carrot off a plant in the ground because why, they're... Why do you have to put them in the refrigerator, Danny? Because they're dead, and then they are dying and they'll rot unless you put them in that cold coffin and embalm them.

[00:29:46]

D Hey, have you seen this picture, it was of a sliced tomato, and it happened to look like two eyes and like a screaming face. And it was like, think about this, next time you vegans decide, you know, like, what about this tomato's rights?

S You're plucking it off the umbilical cord vine.

P You know what I mean. Everything that we eat is supposed to have life in the beginning whether it was plant or animal. And this is the flesh life that we are in. Animals were created for our food. What if Jesus when He fed the 5000, He fed them raw fish, which was once a living thing, do you think He was intentionally doing them harm? And then He prepared the meal for his disciples. Once again, He fed them fish.

P You know, when God told the Israelites the night before they had to leave in the big Exodus, he told them to eat the lamb. Not only did it signify Christ coming and things like that, but it also was extremely important for the journey they had to take and their health.

S And the nutrients in the lamb

[00:30:43]

P Yes, and so God our Father is a good caring loving God. He's not... I don't believe he is saying, eat that meat. Watch what happens, and laughs hee, hee, hee

- D The circle of life, that's my best Elton John.
- P But I think you didn't get the right premise of what I was saying. I wasn't saying that God's trying to kill us. I was saying...
- S That He's wiser than us because so many times...
- P So circle of life just popped out then?
- D You inspired me ... What you said I got it so deeply, right.
- S So many times, just being a little bit nauseated and thinking about pregnancy, I can think about meat, looking at the fibre of it raw and I can think, oh, it's such a gross thing. It's such a gross thing, like you said Pearl, a morbid thing. All that stuff about the wisdom of man, and because I've been down the vegetarian route, and saw what it did to my body and saw the destruction, I have to snap myself out of it, and say, Serene trust the Lord. Just believe what he says. Stop thinking your wisdom. You just believe in God's wisdom, and I snap myself out of it.
- P Yes I think if someone wants to take the approach of, oh, I don't want... They don't want to... Because a lot of people said they don't eat meat like we used to in the old days...

[00:31:59]

- S Actually they did. The priests who were the most holy, the ones who were the Holies of Holy who were going to go into the very presence of God and the shikiena glory, they were the ones that were eating meat all day.
- P Yes you look at some cultures like Eskimos, all they lived on, I mean, I believe in greens. I believe in the full balance, but it's also wrong to say well people used to eat a lot less meat. That's actually not true.
- S They didn't have refrigeration and when they made sacrifices, and when they killed something, they had a feast of it. And it was a lot of meat at once.
- D "What the Health"... that's what I say.
- S I'm sure they made jerky and I'm sure they made all kinds of stuff.
- P Danny are you counting the number of times you say it?

S Well, that little boy was having that lunch out there when the disciples brought the boys lunch to Jesus, and He multiplied it. That was just an everyday lunch and there was meat in there. I believe fish is meat,

P Yes, I consider fish, well, fish is flesh food. But you see this documentary was basically all animal products, including eggs.

[00:32:55]

P And, you know, it was insinuated that it is akin to smoking cigarettes. I said that when you're feeding your children meat, eggs and things like that, you might as well be frying them up a whole bunch of cigarettes.

S Well, when I didn't feed my children eggs, when I gave them spirulina smoothies every day, they not only had the Bengal shakes; they did this little shimmy shake as they took down their morning gross smoothies they've termed the Bengal shakes, that was their term for it. But, I wasn't feeding them the eggs and they had issues. Now I'm feeding them the eggs and they're amazing.

D A friend of mine sent me a text. He said, you know if you add, and he's, kind of like, mocking the... He knows what I do for a living, and he's, kind of, mocking the health food thing. He's like, you know if you add a little olive oil to your kale salad, it makes it easier to scrape the whole thing into the trash, I just thought that was funny. You know, I get it. When you talk about your kids having the shakes trying to get it down...

P Your next NSV Danny is to learn to like kale.

S Kale salad is one of my favourites.

P I wouldn't be coming back here not having tried kale.

S That's one thing I can think about right now and not actually shudder because of the nausea.

[00:34:05]

D Kale is like pro-level. I mean, once you've got your doctorate.

P Well, I can tell you Danny, you're going to be a pro, Danny because it can be so good.

D I just watched you eat kale substance with chop sticks. I was like... Are we that cool, we're eating with chop sticks?

P That wasn't kale. That was my Waldorf apple salad.

S Hey, we went to China so we're allowed to eat with chop sticks.

P I've been eating with chop sticks ever since we came back from China. It just makes everything better,

D I've always been the guy in the restaurant, you know, I'm sitting with my fork because I'm an abysmal failure with chop sticks, and I look around and everyone is just like chumming it up and doing their chop sticks, and I'm like: You guys are frauds, man. You're frauds.

P So, were you thinking fraud thoughts when you saw me?

D I had a little bit of ...

[00:34:42]

S Oh yes its failure wrath

P Failure wrath

D I was like, "What the Health" does Pearl think she's doing?

P I do want to talk about, let's just say, you don't feel good with a bunch of meat, or you just, maybe you have a tender heart towards animals, listen, I don't want to bash up on anybody today. We all have our own mind challenges. We have our own things we care about. You can do Trim Healthy Mama without a bunch of meat, sure. There are other proteins I mean it's hard without any animal products at all because you've got Greek yoghurt for your protein. You've got cottage cheese for your protein. But I guess you could do it Veganism if you really tried hard. It would be hard. You'd have to have a lot of pea protein.

S A lot of pea protein which, by the way, has a chalky texture

P Yes, it's not as yummy.

S But I do want to say this just to prove that I have a heart, Pearl has a heart, Danny has a heart. Danny has a heart for everything.

P Danny just wants to say "What the Health".

S Just to say, we're not against these people because we were them. And we actually have a soft spot for them.

[00:35:52]

P I am against spreading more fear though so I don't want these documentaries that are all so sensational and viral you know to confound our fear.

S The sensationalism was just freaking me out.

P And so just going back to common sense, we were created to eat meat.

D Yes, common sense. A little guiding rule is, I find that whenever I'm like obsessively, panicky going after something, it's not a rule, maybe, but I'm often wrong. And I find that when I'm at a place of chill, and just like, it's just lifestyle. I don't need to really put out a big old bill board for it.

S To do the placard bit.

D When I'm trying to convert, the minute I'm racing around, I mean, I get it, there's passion in anything that you do so...

P Lots of people are trying to convert others to Trim Healthy Mama.

S But, I think it's more of a chill.

P I think its how they've seen it happen in their lives.

D But, and...

[00:36:54]

S I don't think they want to put out a documentary out though and put a big placard and do a demonstration in their down town.

D Yes it's just a different vibe when you're at a place of rest and arrival.

P Yes, you're right.

D When you get to a place where you're like, wow, I can be done with my zealous ego-stroking.

S That was a very intelligent, little last-thing you said there, just about the rest and arrival and it's a bit shocking when you come out with the outfit that Danny is wearing. Usually Danny is wearing a very suave shirt, and he says intelligent things, and it just matches and goes with the vibe and the flow.

D But today there's a problem? What's going on?

S But today he is wearing these shorts.

P It's the shorts. Serene thought that they were long boxers, but he tells us they are \$130 shorts

S But then it's like you are wearing a linen shirt that you could wear to a wedding with the shorts

P It's a long sleeve shirt with shorts people!!

D Yes, my shirt is very "Indianesc", I don't like routine and if I look in the mirror and I see something that I keep seeing over and over, I get disgusted.

[00:37:58]

S Well, this is not an over and over. And surprisingly Danny, what you said. I really am going to take that for my life too. I love what you said. When you get to a place of rest and arrival, it does not have to be frantic anymore.

P It has to be rest. You see stress and anxiety over what we're eating, that's not of God, and it doesn't do our bodies any good. And so we need to trust in him. Trust that He's got it. Trust that He knows what works best for us, and trust how we were created, and not allow ourselves.

S And if you're not a Christian, there is a lot of rest and arrival in the fact that for generations and generations, for countries and tribes, in historic wisdom that meat is not a new thing, but refined food is.

[00:38:40]

Announcer: Trim Healthy Mama Product News and Notes

P Hey, let's talk about the new flavoured whey's...

S I can't keep it in my house.

P Yes, because your children are using them.

S I want to say its crack but Pearl says it's not holy.

P No, it's not nice to use the word crack.

S It's a modern term for addictive and wonderful. You know my children are not on drugs Pearl.

P I know, okay. So we've got strawberry. It took us so long to get these out. People were asking. Can you put some flavour in your whey, like forever, we have strawberry and chocolate, they rock. They are so delish.

S Because we would work with the flavour-artistry company, and we'd be like, no, no...

P That tastes like a diet milkshake. No.

S Yes, it always tastes like a bitter edge with a synthetic vitamin taste right. The key was, in the end, we had to stick a bit of our mineral salt in it. You know, to balance out the sweet and give it that full, rounded taste.

P Yes.

D I actually never knew why the salt was there.

P Oh, it changes everything. So are you, which one are you liking because you said you were downing this?

S Oh, no...the chocolate whey is like childhood chocolate milk.

S And the strawberry whey is amazing too, just the smell of it, I could just sniff it from the bag.

[00:39:58]

P No, but this is the thing. If you're a chocolate milk lover, and I am, it just makes your life so easy. It's just like one glass of almond milk. Or if you're like you and you have a high metabolism or growing children, you could do real milk.

S Whole milk, my children do it with whole milk.

D I personally do it with coconut milk.

P Yes, coconut milk is great, and then I do half a scoop and it's about the right sweetness.

S You know why Pearl likes chocolate milk and she can do it the right way now, without chocolate. With our chocolate whey with unsweetened almond milk because when I was little, I'm taller than her, as you can see, and I have a larger face, and I'm just a little bit Shrekky around her right?

D I would not called you that.

S When I was little, I had an issue with being younger and bigger so I used to try and feed her chocolate milk.

P So I would be bigger than her.

[00:40:46]

D You were trying to sabotage her face.

S Oh, yes, I can see that you are tired after a hard day of homework, would you like me to make you a chocolate milk? I always offered chocolate milk on tap.

D Sorry, I'm too busy-distracted. I'm measuring your faces.

S Yes, it's longer and bigger.

P She won't put her face next to mine in the mirror.

S Just look in the book people. My face looks like it's five of Pearl's.

P It doesn't.

D I don't see it.

P But anyway, okay so what were we saying?

S I am all settled about that now

P We were talking about, here's what you do. Any meal where you're having an E meal, an Energizing meal with a bunch of carbs and a bunch of fat, I find that I can still be a tad hungry. You don't feel satisfied sometimes. You're like, oh, I still want to eat.

S You want your pacifier.

[00:41:30]

P Yes, but when I include the chocolate milk. I'm done. Oh, somebody just put me to bed. Wrap me in a blanket.

D It's satisfying for sure.

S And put the pacifier in your mouth, you have to say yes to my good thought

P Not a good analogy...

D For me it's easy, like a man thing. I don't want to cook and prepare and do stuff but I want to fly out the door. I just throw down that chocolate whey and some coconut milk.

P Yes, my teenage boys like it like that...

S Do you know what it is? That's good Danny...I like it for my children because sometimes it's like, where's your protein?

P I like it for that too.

S Okay, crazy meal, grab some whey.

P It's the ease.

[00:42:08]