



Trim Healthy Podcast with Serene and Pearl

Episode #26 - Don't You Dare!

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 to the Trim Healthy PODdy with Serene and Pearl and some guy named Danny. I mean, it seems like I'm always in parenthesis.

P You are. You're "Parentheses-Dan".

D Like, anyways...

P Welcome, everybody. Hey!

S Hey, parentheses are kind of a nice decoration.

D Yes, hey, I think this is going to be a good PODdy because I have a great question for you, to kick it off.

P Oh, we're going to just start out with a quest?

[00:00:29]

D That's cool. Yes, all right, so, this from Christa W. She says: Hey, Serene and Pearl! I'm struggling to stay on the bandwagon. I have three children under the age of six and my husband works nights. I've read your first book and have Trim Healthy Table pre-ordered. Thanks, Christa.

S There you go, Christa.

P Awesome!

D The best part of your show is that dashing, Danny character...

P Oh, no, wait.

D Vibrance and charm are what comes to mind. Wait, what?

P You're adding that right?

D All right, the last part was added. Let me get back to what she really said. Although I've lost weight, I need encouragement though, because sometimes I feel like it's not worth the E for effort. But, I added E, for effort. She said effort.

[00:01:05]

P Okay, this is going to be good because I actually... Christa, I've got something to say. Guess what? Sometimes actually, I, your friendly neighbourhood author... Serene might not share the same sentiment.

S What are you about to say? I'm a bit scared.

P Sometimes I actually feel like this is all too much work too. No need...

S What?

P Hear me out.

S What...What is work?

P Hear me out!

D I do too, Sister.

P Because you're the psycho-purist, you love...

S I'm about to stand up and slam that door.

P You love some good work.

S You can do the PODdy by yourself.

P Okay, here's the deal. You're making food at home your kitchen is a mess.

S That's normal life, Pearl.

[00:01:39]

P No! I'm just telling you like it is, Serene. Sometimes like it would be sure so much easier to open a box of mac and cheese than make a salad, right? Or, you know, some chicken and a soup. What's easier? You just tell me, Serene? Let's be honest here.

S But the other one isn't really feeding yourself.

P Okay, but what's easier?

S Yes, but Pearl... is jumping in a bunch of poop easier than making a salad? Probably! All you're having to eat is just junk.

D That would be way easier.

P Why does every podcast come around to poop for her?

D It does. I... You know, it's the pregnant thing.

P I don't know?

[00:02:12]

D I think it's the pregnant thing. It's like... because now, it's a pregnant lady.

S It's like I get stuck on things.

D Well, you know how pregnant ladies... I'm sure the audience knows how pregnant ladies are. You just can't control the same kind of...

P I don't think it happens...

S No, I can control all of that.

P Well back to Christa, listen, even I feel that way sometimes. But it's... I tell myself... Because those are little thoughts that we have to take captive, Christa. Because yes they will come, we're not all perfect. We have all sorts of thoughts coming into our head all day.

S Like, would cutting off your hair and eating it would be easier.

P I could walk into a store and say, maybe I should steal that? But it's just a thought.

S What? I have that bucket thought... I have bucket thoughts in my life.

P We resist those thoughts, because guess what? What are you returning to? What you tried to get away from, okay. You're returning to that weight gain, that lethargy, those sugar slumps and highs. You know, and then weight gain.

And then what are you going to have to do if you gain more weight? Then you're going to think Trim Healthy Mama was just too moderate. Now, I'm going to choose something extreme. So, let me go on a calorie restriction or whatever.

[00:03:13]

P So, we're here to say stay the course. That's just a little thought that you have to take captive and say, not you thought. You're not going to rule my brain. I can do this.

S Yes, to be honest I have to take thoughts captive all day. Every human does. Right, I get you, Pearl. I get you.

P I'm just admitting that I've had those thoughts. I'm just out there.

S I haven't had those ones, too...

D My sons have learned that if they skip a week of lawn mowing it doesn't disappear. They mow extra hard the next week. They have to actually... They'll mow on level four and then right back-to-back on level three.

P Exactly!

[00:03:50]

D And it's actually... They've learned. And we've just talked about this. It's so interesting this question. Because they found that it's actually harder to do, to give up.

S Bingo! That's why my encouragement for the pregnancy PODdy.

P That we did a couple of weeks ago, yes...

S Yes!

D Let go of that mic, Serene. She will turn it off.

S Was, stay the course. You know, keep focused. As much as you feel miserable, keep at it because what else do you have to do? Because it's harder to lose 80 pounds post partum with a new baby than it is to just stay the gentle course during the pregnancy.

S So, just see what I'm trying to say. It's harder to have to go... Let's see, we'll put the pregnancy aside. It's harder to have to go on some, like Pearl said some caloric restrictive freak-out. You know, do the big...

P 500 calories a day, or...

S Yes, and do the big CrossFit and all that kind of crazy stuff. And just beat yourself up.

P Than just plod along, doing the right decisions. And I want to do... I want to say this, Christa, too. It does get easier. So even though I admit that I have those thoughts, we all have those thoughts. It becomes a lifestyle where...

[00:05:03]

D I was just writing down the word lifestyle...

P When you're so used to... Okay, where's my protein? I'm going to get up, cook breakfast. You know, five minutes, to make myself eggs and veggies instead of that Pop-Tart. Okay, maybe I save two minutes making the Pop-Tart but what's three minutes?

And, so, then you get used to it. And then it's lunch. Okay, I'm going to have a sandwich on sprouted bread, rather than just cheese and bologna on white bread. I did... About the same time, I'm just thinking new thoughts and I'm making wiser decisions. Then tonight I'm going to have, you know, tonight I'm going to have meatloaf. And instead of mash potatoes or mac and cheese I'm going to have, you know, mashed cauliflower. It's just... It becomes so natural.

S Do you know what I think too, guys? Is, sufficient the day, this is a verse in the Bible, is the evil thereof. Not that eating is evil or having to eat healthy foods is evil. But sufficient today, how I see it is the things you have to do that are hard today.

[00:05:57]

P Getting up out of bed is hard!

S No, yes, so, my point being is, the start of people thinking, will I have to do this ten years down the track? Will I have to be having to getting up, making, you know, my breakfast from scratch, and all this kind of stuff?

S No, you just get up the next morning and you worry about the next morning's breakfast. And you don't constantly pile on. Like, if I'm exercising and I'm in the middle of just lunges, right, and they're burning. And I'm kind of, like, completely feeling the lactic acid build. And I'm miserable, right. If I think at that moment, every day for the rest of my life I'm going to do this miserable 15 minutes, I will just want to plop on my bum and cry.

S But, I tell myself just think about today. Just think about now. For the rest of the day you could be sitting reading your child a story on the couch. Like, you just need to... You think. You don't pile on the work, counting up the days.

P And, I was reading this scripture the other day, Christa, I don't know where your beliefs lie, but I mean, there is so much wisdom in the Bible. And, I know that these verses I'm about to read apply to our spiritual lives. But you see there are a physical side and a spiritual side. We are both, as humans. And we have to feed both sides of our lives.

P But this just really spoke to me. It's Hebrews 6:11 and 12. Verse 11 And we desire that every one of you do show the same diligence to the full assurance of hope unto the end. That you be not slothful but followers of them who through faith and patience inherit the promises.

[00:07:28]

P And I thought, oh, my goodness, because I was feeling sort of, slothful. Like, man, do I have to make dinner again tonight for my family? I just want... I don't know. I'm just sick of making this dinner. You know, just having some slothful thoughts. And then I thought to myself, you know what? What a privilege it is for me, to make dinner for my family. It's work. I was made for work.

S Can I have that Bible on your lap just while we're talking scripture?

P I was made to work. I was not made to be slothful. Now, we all have to rest. We don't work ourselves to the bone. There's rest and there's chill times, but there's also work.

P And, you know, our kitchens do get messy. But there are times we eat out too. And I just thought to myself, man, these scriptures just hit me in the eye. Like, Pearl, don't have slothful thoughts about your spirituality, but also about your physicality. Be a doer. Be a can-do and endure until the end. Don't think I'm just... I have a right to quit because this is hard. Hard things are important. Hard things are great!

[00:08:27]

S I just opened up good old Proverbs 31, because I was reading about wisdom too. About how wisdom is far, is above rubies. The price of wisdom is above rubies. And I thought what else is above rubies, the virtuous woman. Let me read that too.

S The two things that are above rubies, wisdom and... So anyway a virtuous woman. So, I was reading and just really, it inspired me and it challenged me. And it really kind of like, got to me too, about how... And it's talking about how not to be slothful. How she rises early and she girds her hands with strength and honour.

S Her clothing... But it talks about how she looketh well to the ways of her household and eateth not the bread of idleness. But if we look well to the ways of our household we look well, and we think okay, so it might be easier for me to put a mac and cheese in the pot real quick. Two minutes for my rambunctious children running around and everything seems chaotic. But looking well to their

health, thinks, okay, well, I'm going to take a few more minutes and I'm actually saving time.

S Because then maybe I'm not taking the extra trip to the dentist because their teeth are all rotting, you know, in a few months. So, and then the other thing what is saying here, it was... They're talking about her husband. She will do him good and not evil all the days of her life.

S But, you know, it's pretty strong talk. But, do him good. You know, if we can quickly like, heat up some stupid, sugary thing for him for breakfast, that's not doing him good. You know, so, take in the extra couple of minutes for a husband, for our children, for ourselves, I think is... I think this whole Proverbs 31...

[00:10:01]

P Very practical, isn't it?

S What Proverbs 31 was talking about to me. What challenged me is, don't be idle. Don't be idle and slack. And think about the ways of your household even if it's just you, living at home. Think about the ways of your household for... Even for you and your health.

P And, like, Serene and I talk about a lot, is how we look at it. Like, it changed my thought processes when I was like man, I have to make dinner again. Or, like, what a privilege it is for me to make dinner.

S And then, oh, man I've got to go groceries shopping again. Oh, I just wish... Or what about, I love about, how it says here she... It's like the merchant ship she bringeth her food from afar. You know, so, there's work involved. And maybe we have to go order off Trim Healthy Mama and bring our food from afar.

P Well, we don't have to, but...

[00:10:42]

S No, I'm just teasing. My point being is, it takes... It's worth that little bit of effort to look well to our households.

- D Yes, you know, Christa, my wife, Lisa, she can... I see her, you know, weekly get into the zone of children. And, you know, her husband, me, doesn't work nights, but I might as well because I stay up. My, I lock in creative mode around seven pm. You know, and so, but... You know, Lisa gets into kind of, the day to day and addresses issues as they come, right there in the moment.
- D And she often gets side tracked. And I don't know what this means necessarily for my wife, but what I've offered and has seemed to help her is building a system. It goes back to a lifestyle of the kind of things you buy upfront. The kind of things that is available in your cupboard to make, the kinds of things that you go to for emergencies.
- D These things are maybe pre-thought through, pre-built, pre-decided, so that when the moment comes, because it's going to come... The kids are going to throw you for a loop. And so, I've kind of... I think my wife's gotten a little bit of value out of kind of, having some on-purpose systems in place that are just go-to's, so, no longer...

[00:12:09]

- D So, like, I've heard you girls say on here, right now THM might be new for some of you ladies. Or eating properly might be new and so... You know, baobab is like this foreign word. Well, for Serene and Pearl it's a very normal word. So, it's normalised. It's lifestyle. And I think as you continue the faith, the THM faith... As you continue the THM race, you know, I want to encourage and say that things...
- D For me personally, I mean, I was a sugar addict. You know, and everything was crazy at first. Steviaize all of my drinks and such. Now it's just lifestyle. I don't find it a chore at all.
- P It's true. And planning ahead... Having those things in your cupboard for real really helps.
- S I do want to say to you, Christa, don't give up. Don't give up!

P And don't you dare quit, because your family needs you healthy. Your husband needs you healthy. And you need you healthy.

S It's like Pearl, what she said before is, what else is there, Christa? What else is there? Just letting it all go to pot again so you have to work harder?

P Yes, and you know, we're your sisters and I think as sisters we say some tough things to one another, I think. You know, Serene and I do. I mean, we're very honest with each other. We come to each other with things.... You know, if we see something that maybe we could help with, in that sisterly way... So, I don't think that we have a right to our own bodies, to let them be in destruction.

[00:13:37]

S I agree.

P I don't think that we actually have a right to give up. I mean, you can call it THM. You can call it what it, the healthy way to eat, okay. Not shoving yourself with sugar and not eating refined foods, that sort of thing. It's healthy, right?

P Personally, I know we think, well, I just feel like giving it up. And, you know, even I've had these thoughts. We don't have that right because God created our bodies and they're fearfully and wonderfully made. And we need to honour Him with them. We need to be there for our families. We need to be the best us we can be.

P You know, these days it's so politically correct, everyone's like, get healthy for you. Do it for you when you feel ready. Don't let anyone tell you that you have to do this and... I don't know, I look at it differently. I'm like, yes, we need to be healthy for us. Yes, we need to make that decision. But we need to do it for those who love us. It's not...

S Oftentimes, I don't believe in the do it for us, anyway. It's kind of humanistic. But the do it for us doesn't work. Like, do it for yourself. Like, do it for me. I don't feel like that works because a lot of people have a self-hatred they don't even realize.

P Yes, that's true.

[00:14:45]

S And so, I feel like do it for somebody else is a lot of a stronger pull.

P I do. I think so. And we've definitely got to get past that self-hatred. You know, we've all struggled with that. And God loves us. He loves you so much, Christa. And, so, you are so worth looking after yourself. You're so worth those few extra dishes in your sink.

P Hey! You're listening to the PODdy with Serene and Pearl. And I'm Pearl and who are you?

S Serene!

S I want to say a hard thing too.

P Bring on the hard.

S It's all relative, Christa. It might seem hard, you know, to have to do things from scratch, and food... And not just drive through McDonald's. But, you know, you're probably have a dishwasher? Maybe you don't. Mine doesn't work.

P I don't.

[00:15:27]

S But, we don't have to walk five miles to the creek to do our dishes. And then, you know, walk up the hill. We don't have to grind our grain with a mortar and pestle. You know, we don't have to walk to the market every day fresh because we don't have a refrigerator.

P We don't have to haul water.

S Yes, and so, you know, you watch these little documentaries, these little National Geographic documentaries of African tribes. These women, every day,

walk five miles just to get the water to drink for their tribe. And so, I feel like its all relative. I feel like, we have it easy.

P We do. I mean, and you... Sometimes life doesn't feel easy and there's things that go on that, you know, hardships.

S But actually, our day to day eating is a whole lot easier.

P Yes, that's what we mean.

S And even... That's what I'm saying. Even, just think of back in the pioneer days and everything.

P It was tough man.

S Even our day to day eating is a breeze.

P We have toasters and ovens.

[00:16:20]

S Even if we make everything from scratch.

P Refrigerators.

S We have electricity. I remember camping once for a whole summer because we were building our house and we decided we'll just move out to the land and just camp while we built.

S Interesting decision! That interesting decision, I tell you... We were so hot. We didn't even have enough gas to run our generator. You know, so it was just all like, out there with a little propane. They didn't even have propane back then, right?

P Back when oh, you mean back in the old times.

S Back in the old days...

P How old are you, Serene?

S No, we had propane. But it's like flies and chiggers and ticks and just hot and sticky, and the fire and then the dogs licking the bowls when you're washing outside. It was just pain. And I thought to myself, why? I didn't even know... I didn't even realise how good I have it, you know, when I have a home.

[00:17:11]

P So Christa if you've got a kitchen, if you've got a sink, if you've got a refrigerator.

D Hey, Christa!

P Go hug it!

D Hey, I remember, you know, speaking of back-in-the-day stories, we were on our way... I must have lost three or four friends to diphtheria. We were trying to get to Oregon.

S Is this a true story?

P It sounds like this is some Western or something?

D Oh, wait! That didn't happen. It was a game, The Oregon Trail. I'm sorry. Go ahead.

P Oh, okay. So, that wasn't real. That's hilarious.

P You totally had me.

D Hey! Do you guys not know about this game, The Oregon Trail?

P Yes! My husband played it.

S I don't know anything about it.

P It came from a book. My mother read us The Oregon Trail when we were little.

[00:17:50]

S Yes!

P As children, it was a book. It was amazing, we cried. She read it like, ten times to us.

S I just have to say one more things. I'm so sorry I'm a talkaholic right now. But I have to say this one thing.

D You talk, Sister.

S When did we lose the love, the play, of being around our home doing stuff? Like, when I was little... Look, go to Walmart. You'll see in the toy section the little play kitchens, the little play things. And it's fun to imagine, when you're seven years old to imagine, one day I'm going to have my own home. I'll be in my own kitchen with my own pot, and my very own wooden spoon. Like, it's like, my own broom!

P I remember when I first set up my kitchen I was like that. Oh, my goodness.

P It was like, this tiny apartment when I got married. And it was dingy. It was awful. And I was in heaven. I was like...

[00:18:41]

S When did we lose it?

P Well, it's because we had to start doing it.

S I know, but the fact... No, but it doesn't matter, we had to do it every day. I played it every day for hours.

P You were playing?

P But it means it's instinctual. It means we can return to that.

S It means that when there's a different mindset it can... The hours can just run away and you can be doing the same thing you're doing now. But it can be seen as joy.

P Why don't you dance around the room with a spoon right now.

S But it's a mindset. I'm just saying, as children you see it as romantic. Just a dream, but now, somehow, we think of it as drudgery. It's not drudgery. It's our honour, to serve our family, it's our honour. And in the Bible, you know, it talks about the people that went off to war. You know, and everything, and when they brought back the spoil it said, give also to those that looked after the pots because they had such a big part in it.

D All right, Boys, pay attention. To those of you, you get your women in church. She'll start quoting scripture and looking after them pots. [Laughing]. Yes, you didn't think about that, did you?

S That was a special message to your Seventeen.

P That was to the Seventeen.

[00:19:43]

D That was to my Seventeen bros.

P I don't know if we beated up on Christa? We definitely treated you like a sister. And so, I hope that...

D Hey, she asked... She wrote to you.

P It's true. And sometimes we're going to give tough love and sometimes it's going to be gentle love. But I felt like a tiny bit of tough was in order today.

S Well, no mama left behind, Christa, and sometimes when you go into that warzone. When you see the person in the warzone with their own negative thoughts, you have to put them on that stretcher and get them out of that warzone of their thoughts. And sometimes that's a bumpy road, a bumpy ride.

[00:20:14]

P Yeah, exactly! Like our own thoughts is so silly sometimes. You know? Even though they sound like, logical, we have to get rid of them and put on better thoughts, better thoughts for our health and it's the way we train our brain to think. So, hey! Christa, I hope that we've encouraged you today with that little bit of tough love. And you can do it. You so can do this, little by little.

S You can do it.

P Day by day...

S Christa, Danny has a song for you.

D [Singing] All by myself...

[Laughing]

D No, you know, it actually... It actually...

P That was pretty good.

S It was because I just said that he had no idea.

D What... You may want to YouTube this, but when you were talking about, you know when we were kids. You know, it was all fun to play with pots and pans. It reminded me of a great stand up bit by a comic named Brian Regan.

D And he said... He goes, what is it? You know you're a little kid and, you know, your daughter brings up to you a picture she drew all by herself. You know, and then what happens when you hit like, 28 and cut to "All by Myself", like what happened to all by myself, It used to be something wonderful and now.

[00:21:27]

S You'll take all the help you can get.

S That's funny Danny.

[00:21:33]

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

D Hey! I've got a question for you from one of our awesome, awesome... Did I mention awesome listeners, named Emily. She says: Dear Pearl and Serene, Hey, Pearl! Welcome to the question forum...

P Thanks for including me, Emily.

D Dear Pearl and Serene, I would love to hear more about the research that backs up the separation of fats and carbs, so that your body can focus on metabolising them each separately, to help with weight loss.

P Well, Emily, there is no books about it. You will not find a clinical study about it, but it absolutely works. And, let me tell you there is science to tell you that your body will metabolise carbs first. It has to, okay. That's why you... Your insulin gets released to sweep the blood sugar out of the body.

[00:22:26]

S And there is science to say that insulin is our fat storage hormone. And there is science to prove that the more carbs you eat in one meal the more insulin is bolstered.

P And there is science to tell you that while your blood sugar is being swept away and while you are burning those carbs, your fat actually goes into storage, to wait to be burned later.

S And there is science to prove that the more fat alone, by itself, that you eat in one meal, that the more you start digging in to your own adipose fat tissue.

P Yes, so, all those things put together... And you can research them because there's a lot of science out for that. We, sort of, came up with our own guinea pig

style of doing this. I mean, this was trial and error. Now, to tell you the truth though... Let me tell you something about body builders, okay. You might think that they're bros and they have bro talk and... You know, they're not the most civilised people. You might have this idea in your head, they know their science.

S All they know, is the ups and downs of all of this science.

P So, Serene and I was, we were actually studying all this. We used to go on body building forums and the language was not nice, I tell you this. But, man, they knew their stuff. And body builders, they know how to use their body. They knew how to cut their body. They know how to build their body.

[00:23:37]

P And oftentimes what they would do was build up their body with carbs and then go, you know, into an almost low carb state and then cycle this. They would do these cycles between low carb and then adding some carbs. And it was harsh.

S It was very detrimental to their body, and it was aging.

P Very extreme...

S How can we make this friendly, anti-aging and work for us? And so...

P We decided to make it mama friendly. And we started, you know, changing up our carbs and fats. Not like, the way body builders do it, where you go extremely low carb for a week and then spike your sugars for one day.

P But we did it in a way that... So, it's really one of a kind thing, I guess. I mean, there's nothing new under the sun, but Serene and I just... We just used ourselves as guinea pigs.

[00:24:24]

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

P So why collagen? Why do we have this as a product?

S Why? Because it balances your amino acid profile.

[00:24:39]

S Now, THM is centred on protein. It's awesome for weight loss. It's awesome to balance blood sugars. It's great, but concentrated protein all the time that's not balanced is aging. But, it can be anti-aging when you balance your amino acid profile.

S What we mean by that is methionine and tryptophan are amino acids found in skinless, boneless muscle meat.

P And in some dairy...

S Yeah, but you know what? If you're always having that, that, that, that, that and never the other amino acids of protein out there, like glycine and proline then you're not balancing it out.

S And do you know what? When you have the full picture, like back in the olden days, where they had their chicken and made their broth out of the bones with it, it was anti-aging. It was healing. It was medicine. Protein was wonderful. It worked for them. Why? Because it was balanced.

P It was complete. And, so, these days, the way our world eats protein is incomplete.

S Now, if you don't eat protein that's anti-aging, too.

S So, if you think, oh, well, I'm just going to be a raw foodist and just eat no protein at all, and just be a plant foodist... that is aging as well, because you need muscle.

S So, the answer is, well, not just to limit protein. No, the answer is to have the full complete picture of protein.

[00:25:54]

P Yeah. And, so, some of us don't have the time to make stock and so, that's why we have collagen and gelatin powders because it's just easier. And, they're not only complete protein but they do other wonderful things for our bodies, such as they cause us to grow wonderful thick hair.

P They beautify our skin. They raise our immune system. They cleanse our liver.

S Yes...

P Serene, you name a few, mate.

S Well, I'll tell you what. They calm you. They relax you because I tell you what, glycine, which is such a potent amino acid in our collagen, is calming.

P It is anti-anxiety.

S Yes, it is. They're actually using it in medicine, for mental issues that are... Because the brain can't stop worrying, so...

[00:26:32]

P And as mothers, our lives are not very calming at times.

[Giggling].

S Take a little collagen Trimmy before bed... and snooze.

[00:26:40]