



Trim Healthy Podcast with Serene and Pearl Episode #28 - Adrenal Fatigue, Do You Have It?

*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 Hey, Ladies and Gents. Welcome back to our cabin and our podcast. How's everyone today? Good?

P Oh, are you talking to us, Danny? I thought you were talking to the ladies and gentlemen.

D Well, I was, but then I realized they can't respond, so then I looked your way, like, someone help and say something.

S I'm grand. I'm so grand today, fantastic.

D Hey, could we take a...

S You know why I'm grand, Danny? Because I'm looking out this PODdy cabin window and I'm looking at these beautiful hummingbirds.

[00:00:32]

S Pearl's husband, Chucky Cheese...

P She calls him Chucky Cheese.

D Charles, Charles Cheese.

S He's kind of put up these beautiful hummingbird feeders and he calls the hummingbirds his "precious's".

P He calls himself the hummingbird keeper.

S Okay, so the hummingbird keeper has put these beautiful little feeders up, and these birds, I constantly see them. I'm actually facing the feeders and Danny and Pearl face you.

P Art.

S They face me.

P We face you.

D I think when we like something like hummingbirds or like that's our thing, like butterflies, you know, I'm going to keep butterflies in my garden, or whatever, it's like a little... We somehow relate, it's like a little reflection of the inner self.

[00:01:07]

S That was deep.

P So deep to start out this podcast, Danny...

D And I knew it would be.

S That's not hummingbird, that's Hemmingway, that's some kind of deep poetic...

P I'm telling you, if you think hummingbirds are so sweet, they fight, they are brutal to one another.

S Don't change my beautiful thought-life about them. Listen, I can't have a bad day after looking at these hummingbirds.

P You keep watching those hummingbirds they all attack each other over the sugar water, that's another thing.

S There's no attacking.

P Charlie's like buying sugar at the store, I'm like, okay, I hope a bunch of THMs don't see you, because he's like piling five pounds of sugar.

S No wonder he loves hummingbirds, because he loves sweet.

P Yes, he does. He connects with them.

[00:01:41]

D Now I see a THM analogy. Did you say that they attack each other over sugar?

P That's true. They're so hyped up on sugar I believe it affects their brain. Well, you know, he mixes sugar and water and that's their feed. I mean, they beat their wings... This is not a podcast about hummingbirds, Serene, why are we starting on this?

D Hey, let me ask you...

S He asked if I was having a good day and I'm like, how could I not? I'm looking at hummingbirds.

D But I've got to know this. In nature, do they... Where do they find sugar water?

P They find it in the beautiful flowers.

D Oh, so they're not... It's not sugar water.

P No, in nature it's some sort of pollen that must be sweet.

D Okay, so that's what makes them come.

S Hey, have you ever tasted honeysuckles and like sucked yummy stuff out of it?

P Yes.

[00:02:20]

D Yes.

P Yes.

S My children love that.

P But I think it does a little something to these poor hummingbirds, getting fed the sugar water.

D I think it...

P Aggressive.

S You know what it's like? It's like our illegal cock fighter neighbours that feed, I think, meth to their roosters.

P What?

D They're making meth for their roosters.

S And yes, no, it makes them crazy.

P So if you're just tuning in...

S So my point being is...

[00:02:36]

D And you heard meth and rooster...

S It's just natural forms of making, there are no natural forms of making roosters fight but they fight anyway. I'm confused.

P Okay, so we...

S Where are we? What are we talking about?

P Okay, to clarify that, we live out in the country. We have some rooster-fighting neighbours. Let's go on to our...

S We'll just say we can, humans can give some weird things to animals they don't get in nature.

D Hey and that about wraps it up for today. Thanks for tuning in. No, okay. Hey, tell you what. We've got a question from a lady named Tori.

S Oh, this is inviting, actually.

D Okay, we're not there yet. We're not ready. Okay.

P Oh totally, Okay, but can you... Can someone pull the curtains?

S No don't worry I'll be good, I'll be focussed.

[00:03:07]

P And my phone just rang. Okay, sorry. Shall we just start again on this podcast?

D Okay cut the tape.

P Start... You want to start again?

D No, no...

S No.

D We're not starting again. No, this is good, this is real, man.

S Our producer really did try and cut the tape.

D No, his finger, his bony finger went over to the space bar to cut, but you know what? This is how we roll.

S He does have a bit of a bony finger.

D So actually a great question that I think you guys would rock, and of course we need to do a whole PODdy on.

S We'll decide that, Danny.

P Yes, we'll be the ones who decide that, Danny.

[00:03:39]

D Oh yes, of course.

P So just bring us the question and we will give you our answer.

D Hold on, let me write this down for the future. Bring question, shut mouth, okay. Hi, Serene and Pearl and Danny. Can you talk about recovery from adrenal fatigue? I've been battling this for almost ten years. That's Tori from Oregon.

P Let us talk adrenal fatigue. And Tori thanks for writing in about that one, because actually we've had quite a few questions about that one, haven't we, Danny? And we just need to get our thoughts out on that. This is something that we've dealt with ourselves.

S Yes.

P We've a bit of a history here. We've done a lot of study about it and we have come to some thoughts.

S And a lot of personal, yes, climbing out.

P Climbing out, and so, first of all, Tori, you said you've been dealing with adrenal fatigue, and for a lot of people listening today, you know, they're just like, well, what is adrenal fatigue and do I have adrenal fatigue? And Tori, that's one question we're actually going to ask you, do you have adrenal fatigue?

[00:04:40]

S Yes, because some people can definitely have a form of real adrenal fatigue, but that does not need to be a depressing thing. So adrenal fatigue is completely beatable.

P You can climb out of it, it's not going to be there for the rest of your life.

S But many people are told they have adrenal fatigue, and wear a title that's not really theirs. Just like people say, hey, I am gluten-intolerant.

P Intolerant.

S Well, a lot of, most people aren't. The only people that are truly gluten-intolerant are celiacs, and they're rare. Okay, you can be gluten-sensitive, but most of the time you're not sensitive to gluten, you're sensitive to the sprays that they spray the wheat with, and they're finding out that that's the issues that are caused by wheat.

P Or this modern hybridized wheat.

S Exactly, but the point being is we need to know are you really, truly adrenal fatigued.

D Now, how do we find that out?

[00:05:29]

P Well, a lot of times people just get labeled because, you know, there's a bunch of symptoms checkers on the internet, all right.

D Oh, yes.

P Okay, check your symptoms and you might have adrenal fatigue. And they are, are you weary, you know, are you bone-tired, can you not get out of bed in the morning? Are you not dealing with stress well? Do you rely on stimulants? Is your mind racing? Is your mind not racing?

S Is your hair falling out?

P Is it not falling out? I mean, you could basically list every symptom in the whole world and you can come out with adrenal fatigue.

S You know when you kind of have... Well, I don't know, I used to have a worrying brain, so as soon as you get a worrying thought you quickly, you know, check up with Google.

P Yes. What condition do I have?

S And I've got... You've got every disease under the sun. Ooh yes, that's me. Oh my goodness, well that's me too. And all of a sudden you get off of Google and you got a bunch of things.

[00:06:17]

D Yes.

S But you really don't.

P But adrenal fatigue just means your adrenals, which are your adrenal glands which push out the hormone cortisol, when your adrenals are fatigued the idea is that you are not producing as much cortisol as you need to have energy throughout the day.

S Because cortisol is good, we'd die without cortisol, we need cortisol.

P Cortisol is fantastic.

S Cortisol keeps us alive.

P Yes.

D So maybe her bigger question is, why am I tired all the time? Not that it's hers specifically, but is that often someone's question when they think they have adrenal fatigue? Why am I tired all the time?

P I think so. That is such a trendy term these days.

S You know, some people are tired just because they're tired. They're doing too much.

[00:06:54]

P Yes, and they're staying up too late. But you can... What I'm saying is you can have adrenals that have been taxed through stress or through whatever, through diet, through different things, and we're going to list all these things today, how to overcome this if you have it. Maybe they're not emitting enough cortisol in the morning. Here's the deal. You want lots of cortisol in the morning because that wakes you up and gives you energy, and you want your cortisol to lower at night so you can sleep. If your cortisol is up at night and bottomed out in the morning, you'll feel so tired in the morning and at night you won't be able to sleep.

S But sometimes that's just life I remember being ten years old, not having any problem with my cortisol, lived a beautiful little sheltered childhood, and sometimes I just lay awake all night. Now I could have checked the symptom checker and decided I had adrenal fatigue.

P I know, and here's the deal with that, you see. So you might have this low cortisol and you can go... You check it by saliva, I've done it, okay. You check... You spit into this vial.

D You spit into the air where, if it lands back on your...

P No, you spit into this vial and you send it away to a lab.

S And you keep it in your fridge till you've got enough spit, and then you have to...

[00:08:01]

P Ah man, you have to spit and spit and spit. I hated it.

S So did I...

P So you send it away and they say how much... You know, I actually wasn't terribly bad. I had a bunch of cortisol in the morning and I had reasonable cortisol at night. Now guess what, Danny? I took that, because I thought I was in adrenal fatigue.

D An "Adrenal Fatiguer"...

P I thought I was an adrenal fatigue but I took the test and I actually officially was not adrenal fatigued. Now Serene, you were.

S I was. My adrenals were flat lined, Danny.

D You were? And did you... You felt it as well?

S No, but guess what? Yes, I felt it, but this is the deal. When I...

P This was after a lot of stress in your life, Serene.

S Yes, so much stress. I mean, and I'm not a person who's just trying to make up the stress. We adopted six children in a year, and so there was a lot...

[00:08:44]

P From Africa...

S Older, older children were teenagers with a reaction attachment disorder and, kind of, stuff. Stuff went along with that and our home was not a haven, you know, there was a lot of stuff going on. But you know what? And then I had a baby in that time and it was born two months early and all that, because of that stress.

P Yes, if there's any reason for adrenal fatigue it might be that...

S And we were like trying to build our house, living without electricity at the time and all that.

D Launching babies early.

S Anyway, all that to say is, when I thought, okay, I've got adrenal fatigue, before I even found out that I really officially had, I was going to bed at, okay, 8:00 o'clock. No parties for me, no fun.

P Yes, because they say if you've got adrenal fatigue you need sleep, sleep, sleep.

S Now remember this was before I was officially diagnosed. I started wearing these like dark masked things over my eyes so that I couldn't see any blue light from the alarm clock or anything.

[00:09:36]

D Yes, it keeps you up, or whatever, yes.

S Oh yes that would affect my melatonin and, you know, I cut out chocolate.

P All caffeine.

S Yes, all caffeine.

D Serene, I love how you go all in. Like, I don't care what it...

S I cut out everything.

D Like, it could be like, I was seeing a little blurry this morning, and so you will spend... Like, you'll figure it out you are going to go all in.

S Oh, and then I like tried to like cut down on my exercise. And then, most of all, I tried to protect myself, especially from family members because I come from a wild family, and Rocklyn, my brother, is very over stimulating right.

D Yes, yes he is.

S You're friends with Rocklyn.

D Yes, he is.

[00:10:10]

S And I protected myself from Rocklyn because whenever he came around I'd get all like teary-eyed, right.

D So you ran from Rock?

S Yes, so I was like, oh, I can't go there, Rocklyn will be there, right, trying to protect myself from life.

D You go all in.

S It was crazy. I went all in, but guess what? I got worse and worse and worse. And then I went and got officially diagnosed, and I thought, you know what? Let me think about this. I just went through something that was nothing. Like people go through German Nazi, like they go through the...

P Concentration...

S Concentration camps, right. And then they get out and live till 93, okay.

D I know.

S They don't say, oh, I bet I've got adrenal fatigue now. Oh, yes, I am tired, oh yes, yes, I feel that and I think my hair's a little bit falling out. No, they like get on with life, okay. Just think there were the pioneer women and half their families died on the way out there. When they get there, there's no running water.

[00:11:04]

S They've got to go kill some wild thing and bring it home and get the firewood and, I mean, I went through nothing. So I thought to myself, why am I protecting myself from Rocklyn, my brother, who's never done a mean thing in my life? He's just loud and obnoxious, but he's not... Like, he's never abused me. He's great. I love him, but...

D He's not affecting your adrenal gland.

S He's just loud, and it was just like, oh no, I've got to keep myself... No, no, everything's got to be quiet, just classical music, you know. At night time it's got to be candles, all the lights start going down. Crazy stuff.

S I started saying, no, my God is a great God and He created a great body and He created us to renew, for our bodies to heal, right.

D Yes.

S And so I just said...

P Yes, our strength will be renewed like the eagle, come on.

S Yes, so I said, I'm not going to wear this crazy title. I've been through... When I was saying, yes, I've been through a lot, and when my friends would come around, yes, you have been through so much I just can't imagine how tired you feel, I would...

[00:11:57]

S That's why I got so worse, because I was pampering myself and I was nursing my symptoms and checking my symptoms and looking up things all day and taking things all day, and I got worse.

S But when I decided that my body was made from God to heal and I started... I was still smart I didn't go to bed at 12:00 every night. I didn't start drinking gallons of coffee. I didn't like go out and do hours of weightlifting. But I started going out for good refreshing walks, I was...

P You drank a cup of coffee a day.

S Yes, I went around my family. I stopped taking all the crazy supplements. I just ate a really great diet, and had some turmeric and some sea salt and other good things.

P You drank the Singing Canary, which helped.

S Yes, every day, but I just decided that I wasn't going to wear the crap.

P Hah, she said the four-letter word.

S But it deserved it. Why? Because...

[00:12:41]

D The C-word here and now.

S Because... Because wearing titles...

P There are children listening to this podcast.

S Wearing titles to the point where you are almost serving them like an idol, like it's who you are.

P Serene is on fire today.

S Right.

D I'm letting her burn.

S And I had a friend called Chris who was adrenal fatigued too, and she struggled for years, just like... Is it Tori?

P Yes, Tori.

D Tori is the original, yes.

S It was like ten years and she got Raynaud Syndrome in the mouth and it was just... She started being allergic to all kinds of foods, and it was crazy. And she went to all different natural... I'm going to shut up here soon and let you and Danny go.

P No, I love it. She's burning.

S But she got to the point where she was... All she was was doing special cleanses and fasting and her whole life was revolved around getting over adrenal fatigue and she could never beat it. But guess what? She decided one day to... All on her own, it was separate timing from mine. She was like I'm just going to live. And she stopped being so fastidious over the whole thing, but she was still smart. She didn't just go out...

P She still had a very incredible good diet.

S Yes, but she just didn't become so obsessed with it. To this day she's like cured, she is over it, she's awesome.

P Oh, yes.

D Yes.

S Because God created us to go through things in life and to not think, oh, I bet my adrenals are just toast and they'll be toast as long as I'm under this stress. Oh, I just moved. I just did this big... Oh, somebody, you know, in my family, I

was looking after my invalid father, whatever. You can come up with things and just say, my adrenals are wrecked now.

D Yes.

[00:14:00]

S We're meant to do stuff and go through stuff in life. We're meant to tax ourselves and then be able to heal.

D That's a great point and, you know, I don't think the original question-asker is doing this, but I think that, you know, as we have lived in relative peace and prosperity in this country for a very long time, we can tend to over think. It's like we, you know, and I thought about this when you mentioned the concentration camps, you know, their level of problem-solving and things that they were worried about, and I know this is extreme talk, but it was just different than...

D I guess my point is, I wonder as we go on and, you know, don't have really massive problems, and do we over think too much? Do we kind of create and invent things to micromanage and compulsively analyze about our bodies? And can we go, as Americans, you know, a little too far in our over analyzing of every little tiny, what's wrong with me? And, you know...

P Oh, totally yes, if you think of the times of the great world wars, you know, and the loss of beautiful, beautiful, so many young men that went off and served this country and just, you know, gave their lives. And think of, you know, those left behind, even now to this day. I mean, you know, military families are losing loved ones. And sometimes we don't know how great we have it, those of us...

[00:15:31]

S Exactly, and, you know, even if we go through things and do go through things, God still wants us to prosper. He still has a great future for us if he's left us here, and he doesn't want us to be wearing titles.

P No.

S Now you can assent, mentally assent to the fact, is, okay, I've had it tested, all right, I'm dealing, dealing with adrenal fatigue, but I'm not... I am not now an "Adrenal Fatiguer".

P Yes. Yes.

D Yes, yes, yes, yes. That's a difference, like, yes.

P So, and I want to talk about some things. If we do have a sense that, hey, my adrenals could use some help, let's just not go around wearing that label, I have adrenal fatigue. Because who told you that? And if you haven't been tested... Like, I thought I had adrenal fatigue, man.

D Yes.

P I was weary from this and that and I was, like Serene, looking this up and I was ticking the boxes. Oh, I have racing thoughts sometimes and other times I don't deal with stress well, and, oh man, I'm tired in the morning. I look back on my life and I've always been tired in the morning.

[00:16:31]

D Yes.

S Even when you were six, you were tired in the morning, Princess Pearl.

P I know.

D Yes, I have a rare condition where every morning I wake up tired. That's...

P Yes, it's just I don't want to get out of bed. It's just one of those things that you conquer the flesh and you get out of bed, you know.

S My ten-year-old... My ten-year-old is the healthiest little strapping ten-year-old in the world and he's awesome, but he could tick that box. He wakes up so tired and then he stretches his bum for like two hours before... Like he stands in front

of the fireplace, even when it's summer and there's no fire in it. He's kind of... because he's tired. So he's just like this, so melodramatic.

D He's just not ready yet.

[00:17:06]

P Hey, you're listening to the PODdy with Serene and Pearl, and I'm Pearl, and who are you?

S I'm Serene.

[00:17:13]

P We're almost 20 minutes in and I want to give some really good takeaways, things that we can do. Because our adrenals can get taxed, right. We can walk out of that. So Tori's asking us, hey girls, give me some help here.

D And you have... Just to recap, you have said step one is, first of all, confirm with a real test that your adrenal glands are fatigued.

S Or don't even worry about it, just do great steps towards adrenal health.

D Okay.

P Yes, I know I'm not telling anyone to go and confirm it, actually.

D Okay.

S I'm just saying if it hasn't been officially confirmed, don't wear it.

P Because we should always be doing these same things to walk out of anyway, whether you decide you have it or you decide I don't have it but maybe I'm a bit more tired these days and I've had some stress. Let me heal my body from this. Let me walk out of it, okay. So I think we should all be doing the same things.

P I want to talk about what can actually make the adrenals worse. If you've got a condition and your adrenals are a bit taxed and your cortisol is messed up, not enough carbs will make the problem so much worse, yes.

S And then too much refined carbs.

[00:18:13]

P Right, exactly. So let's find that middle ground, which we want to do at Trim Healthy Mama. But let's talk about those two real quick, Serene, because I want to get through a few points.

S You talk about not enough and then I'll talk about too much.

P Exactly, not enough carbs is hard on your adrenals and it's hard on your thyroid. There are actually studies that show it lowers your thyroid and, you know, the thyroid and the adrenals work together. If you do not have enough cortisol your thyroid can't work properly.

P So carbs are just so important for stimulating that whole area and we're talking about good carbs here. So in your E Meals on Trim Healthy Mama, they are your carb meals. So you need fruit. You need grains.

S Sweet potatoes.

P You need sweet potatoes. You need beans. Don't just totally go to one side of Trim Healthy Mama, which is your S Meals, your fat meals, and leave that important nourishment out, because they're so important for your adrenals. The other thing, before Serene get's to the...

S Too much sugar?

[00:19:05]

P What side are you taking?

S Too much sugar.

P Too much sugar. I want to talk about enough Vitamin C in your Trim Healthy Mama journey, Tori because Vitamin C is crucial for supporting your adrenals.

S And you kind of clicked onto that because you said fruit and all of that kind of thing.

P Exactly I did, and so we want you to be eating a lot of berries, they're high in Vitamin C, but lots and lots and lots of leafy greens. You know, if you're forgetting those important, you know, greens that are the highest in Vitamin C, apart from the supplement baobab which we've talked about too, you're not supporting your adrenal glands. It requires a lot of Vitamin C to function at a really good and healthy rate. So don't just, you know, put that hunk of meat on your plate and, you know, and the eggs, and then not forget those veggies.

S And do a bunch of cream cheese and cheeses.

P Yes. That's not Trim Healthy Mama. It has that beautiful balance. And we'll talk about supplements later, Serene. Serene, go on too much sugar.

S But I just want to say really quickly, remember that Trim Healthy Mama is not a low-carb plan.

[00:20:03]

P No.

S It's just carbohydrate-conscious. We're just conscious to not put on our plates the modern devitalised weird carbs. And we're conscious, if we're losing weight, what we're pairing them with...

P Exactly.

S But we embrace carbohydrates.

D That's why I love THM. Don't mess with my carbs, man.

S Well just look out the window and look at the trees, mate. Half of them are dripping with fruit.

P Yes.

D Yes.

P Serene, you were going to talk about the sugar.

S Yes, with too much sugar when you spike your insulin you spike your cortisol, and so you're constantly releasing that cortisol which, in the end, you use up.

[00:20:37]

P And your adrenal glands get tired.

S And that's why people get... A lot of people, if you see...

P Cortisol bellies.

S Yes, the cortisol bellies. You know, you look at some...

D That's a thing?

P Yes.

S You go to some grocery stores and you can tell that they've gone to that grocery store their whole life and they've only bought the junk, and there you can see their carts, it's their bellies that are big. Sometimes they can have skinny legs but it's their bellies that are big.

P And that's to do with insulin, but insulin interplays with cortisol.

S And when cortisol is released in a spiking way... You don't really say spike with your cortisol but, you know, when...

P No, say spike with your blood sugar and then too much insulin has come out

S Yes, but when it's surges in just crazy amounts, because of the high blood sugar it's the belly fat.

[00:21:22]

D Do you mean like when a man is...

S It basically signals to just gain the weight on the belly.

D Oh, so yes, it's like the pregnant man belly kind of thing, where he's got like a ball down there.

P Yes, that's part of it. And some people genetically store weight on their stomach, too, because of their hormonal interplays. But listen, if you're spiking your blood sugar through devitalised white or through sugar, you know, sodas or just ice-creams full of sugar, your body has to release a lot of insulin. What happens? Because your body has to release too much insulin your cortisol spikes.

S Because it's an adrenal, it's basically a fight or flight. Your body sees it as a state of stress and it has to freak out and take the cortisol out

P And so that's the sad thing, you know. A lot of people go through stress. They crave comfort food so they'll sit down with a big bowl of ice-cream.

D Yes.

S That's a double whammy.

[00:22:10]

P But that's just hurting them.

D And these foods are acting like hardcore drugs on our bodies.

P Yes.

S Oh, yes.

P And then... And so that, okay, that was quickly... So the food needs to be balanced and you need a good amount of Vitamin C, and weight... You know a lot of people...

S And you feel that crash, and that crash will make you feel that awful time that will make you tick the box on Google that you have adrenal fatigue.

D Yes.

P So spiking your sugar makes you tick the box for adrenal fatigue.

S My children, they've never had sugar, they're never raised with sugary cereal...

P Oh, they've had a bit of sugar here and there.

S No, I'm just talking about in their diet on the whole, right.

P Right, on the whole.

[00:22:39]

S And so they went to a birthday party the other day, and I'm nauseated and pregnant, so I'm just like, ah, told their grandmother, can you take them, let me just stay at home, you know. And so they came back and they were different children. They were different children. They were like moody and sullen and I'm like where are my happy faces, Like, what's going on?

P They'd already had the raise and you got them when they were in the lull?

S I got them when they were in the lull. Yes, they'd been running around like banshees at the party. I'm like, what did you eat? Popsicles and cake and blah blah blah, and I saw...

D Yes, they're psychos.

S I saw it because I'm so not used to seeing them like that. I've never seen such depressed children.

D Yes.

P That's funny. We need to get through some things real quick.

S They were in adrenal fatigue and they could have decided they were adrenal fatigued.

P Serene, I do want to talk but we've got three more things to cover.

[00:23:21]

S Yes.

P But the food thing, Tori, I don't know, you know, if your adrenals are taxed, a lot of times people that, you know, are in adrenal fatigue, sometimes they have trouble losing weight. And a lot of that to do is... I want to come back to that Vitamin C thing. I think a lot of that to do is Vitamin C deficiency because...

S Because when you're Vitamin C deficient you cannot, you're resistant to weight loss.

P Yes, so you... I want to talk about that.

S I think I almost would suggest eating, you know, lots of berries, lots of leafy greens, but even, you know, investing in a supplement like baobab.

P Yes, a supplement that has a good amount of Vitamin C. And whole food sources are always definitely better.

D But we're not going to get around a leafy green diet. Like we got to get into that, right?

S Danny, you embrace it, mate.

D You know, I mean, that's kind of what I'm coming to. It's like, where am I going to get my Vitamin C? And it's like so powerfully in leafy greens.

[00:24:15]

P Exactly powerfully I'm so glad you've finally come to that, mate.

D Why do we run?

S Let the organs play.

D I tried to find a salad for today and I just had to race here because I forgot my phone, as you know. But yes, I'm just... I'm coming to accepting that, you know, you can't run from the garden. That's where the food comes from.

P You can't run from the garden, mate, and if you hate salads you'd better be putting it in your smoothies. But baby steps, it's okay, you'll learn to love them. Hey, I want to get to this next one, it's a hugey. Exercise with adrenal fatigue. A lot of people are told when they're labelled with adrenal fatigue, stop all exercise.

S What are you going to do? Lay on the couch and think of your symptoms.

P Yes, but again there's this beautiful balance. Don't be working out for an hour a day, six days a week, for goodness' sake.

S No, go on refreshing walks.

P Yes.

[00:25:03]

S Do some great stretch... Do your little Workins in under 15 minutes. Do the Gentle Fit.

P Well, they are 20 minutes, yes, do your Gentle Fit, if you've got labelled with adrenal fatigue...

S You don't do Thrill Fit.

P You can do our Workins, because we actually designed them around the idea that some people might have adrenal fatigue, but you know what we said? Don't do them five days a week, please. If you have adrenal fatigue you can do the Gentle Fit and do them maybe three days a week.

S And go for walks on the other days, that doesn't mean you sit down sedentary for the rest of those days you're not exercising. Walk. God made us to walk.

D I'll tell you a fun way to get that exercise in. Go nuts with your kids, man.

S Exactly.

D Every afternoon when I get home from work it's just like insane festival time with Dad.

S But isn't that, Danny, the most natural form of movement?

D Yes.

[00:25:45]

S Because when I used to over-exercise I was miserable to the children for the rest of the day because I had no energy to be nice, let alone play with them.

D Look, here's a problem, I think. People ignore their children and then, so they set aside time to go to the gym. And it's like, dude, they're like your workout coach. Like, Dad, Dad, can we please... Dad, can we please throw the ball, can we please... It's just like, no, sorry I've got to head to the gym to get my workout in. Dud, it's right there.

P That's good stuff.

S If you copy them in their movement, you'll be exhausted.

D Oh, yes, if you can hang with your 12-year-old boy, you're going to be a beast, or a beastess

P Oh, no, that was good stuff, Dan. I'm glad we actually let you into the PODdy today.

D I appreciate you keeping me around.

P Hey, exercise, I'm telling you, you can really ruin yourself with too much exercise, though. And if there's anything that's going to cause adrenal fatigue, over-exercise can be it.

[00:26:31]

S Oh, completely, any exercise besides your walking, because that's just natural, and like slow cycling around the lovely lake looking at the beautiful scenery. But I'm talking exercise that you are like, no time for being friends with anybody, right. Anything past half an hour, cortisol is going to go maniac.

P Yes. So you're going to push spurts of cortisol, once again, then your adrenal glands are going to get tired.

S And then you're going to be like the little exerciser that has some great thigh muscles because you do all this like long-distance kind of exercise, but you've got a little pot, because your cortisol is released and you lose weight and then you put it on your tummy.

P Yes, and I'm telling you, our over-exercisers, our ladies that get up at 4:00 and do an hour, I'm going to show you a lady who can't lose weight. Over and over we see it, do we not, Serene?

S We see it all the time, yes.

P Is there like... I don't know why the scale's stuck. First of all, oftentimes they're obsessed with the scale and that causes too much cortisol, okay. I'm getting up at 4:00. I've even added another day of exercise from five days to six days and I can't lose weight. I'm like, well, stop the exercising so much.

[00:27:33]

P Go out and walk, enjoy nature, take a deep breath. Release that stress.

S We've seen it even in our family members, you know, because we have a family trait to be obsessive.

P I missed that one but, yes, you got it.

S Yes, but you know, but we've seen it, we've seen it even in our own children and our...

P Certainly there.

S Where the ones that would be obsessive about exercise and diet and strict and they'd even get to have a little weight problem. And then one of our family members fell in love and then just, it all went out the window and just relaxed a bit and became skinny-bins.

P Yes, she still exercises but she just stopped stressing about it all.

S Yes, when it's militant it can be...

P When it's militant it ruins you. Hey, next one is supplements and then I want to cover sleep, because we've only got five minutes left, guys. Okay, so supplements...

[00:28:20]

S Vitamin C is King.

P Vitamin C but, you know, I'm not sure about just taking ascorbic acid all day long. So, but there's...

S No, no, no, no, I'm talking about like a whole food powder, like a baobab.

P Yes, and then there's things like...

S Which is, do you know that it comes as a powder?

P Yes, I know.

S They don't even have to process it into a powder. What I'm saying is that they blend it up a little bit, but it's dried on the tree. They open that baobab fruit and it's just like a dry, dusty powder...

D Put it in a blender, right, and it just goes to dust.

P John here, our producer, is growing his own baobab tree. No, I'm not kidding, he is.

S The company, where we get our baobab sent him a root, and he's growing it.

D And his house is going to explode because these trees get insane.

[00:28:56]

P John, I'm seeing a picture of it right here. It's a beautiful tree. It's going to end up huge, though. Oh, but it's gorgeous. Hey, so supplements. Now, Serene, when you were coming out of your adrenal fatigue, though, you did drink the Singing Canary, which is...

S Every day, because turmeric is so wonderful.

P If you're new to our program, it's a beautiful drink with turmeric and Vitamin C and lemons.

S And the sea salt.

P Sea salt, ah.

S And it has the mineral salt in it.

P Can we talk about salt?

D We can, we can do it.

P You need good, healthy mineral salt for your adrenal glands.

D Where can we find some good, clean, healthy Himalayan mineral salt, does anyone know?

[00:29:29]

P I know, right. But it's so important. You know, people say, oh, salt will kill you, and actually, people that refrain from salt and cut down on it die earlier, they've found.

S And even those with high blood pressure, they have more problems when they cut down the healthy salt.

P When we're talking about... Refined salt's not going to help you. You want unrefined in the form of, hey, sea salt, which is that grey colour. If you're having white salt, don't eat it. It is not good.

S Yes, even if it says sea salt, it was just once upon a time.

D At some point.

S A long, long time ago it came from the sea before...

P Your salt needs to either be grey or pink, which is ours, which is Himalayan, and there's different forms...

S Or blue.

D There's blue salt?

P Or there's even blue, it's so expensive but it's incredible.

[00:30:10]

D Where is it from?

P We got given a sample and I've been using it, I love it.

D Where do you get blue salt?

P It's from Iran, Persia.

D Persian salt.

P It's the most rare salt in the world.

S There's only one mine in the world.

D And it tastes different?

P And people, we were considering, you know, just bringing it to people because it has... Mineral salt has more potassium than regular salt. That's why it doesn't... You know, it's not harmful on your blood pressure.

D Okay.

P It has four times the amount of regular refined salt potassium, so it's much more balanced. But this Persian salt has even more potassium.

[00:30:40]

S It has 17 times more or something.

P Yes. I've been using it but it's so expensive. We got given some, but for them to mine it, there's only a small amount in the world, and so they were like, you should take this to your women, and I'm like, I wish we could. I don't know who could afford it.

S I know.

D Hey, sidebar, I'm excited that as a country, maybe even as a planet, we are coming out of the industrial age of food and like, and yes, some of these things

like cost a little bit more money, but we're comparing it to chemically-laden processed not real.

S Yes, 99 cents for a pound at Save-A-Lot.

D I don't know why I just... I know that it's off-topic, but I just... It just bears saying that... Because any time anyone's talking about eating better and, you know, immediately in my head I'm like, the cost, and it's like, no, you're comparing it to the cost of dirt.

S Yes, you're comparing it to the cost of rat poison.

D Right, it's like of course it's cheaper.

[00:31:32]

S Yes.

D It's not food.

S Exactly.

P A really quickie on the end of that supplement little point...

S You can do like these adrenal, like actual adrenal, but I don't know about it. It didn't help me.

P Yes, that's what I want to talk about. I mean these... You can take all this as...

S The glands.

P Rhodiola.

S Yes, Russian rhodiola.

P I mean, all these things may help. They're good things. God made the herbs for our healing, but sometimes you can just pile such a big arsenal of supplements.

S It almost becomes toxic.

[00:31:55]

P You've got to take 15 minutes in the morning to shove them all down your throat, and...

S And a lot of people feel this adrenal fatigue in their nursing season.

P Yes.

S I was nursing or pregnant during all of that, kind of, the time when I was dealing with it, and you can't take half of that stuff.

P Yes, I know. So we're not saying those things for adrenal fatigue are bad maybe, maybe they're good. I feel like you can get over adrenal fatigue with just a good, solid diet, the Vitamin C, the mineral salt, without having to spend \$300 a month on supplements.

D Yes.

S Oh, can I say something? Nursing was actually the time and the season where I went through it, but actually, pregnancy can heal adrenal fatigue.

P Yes, I know.

S Because...

P It resets your hormones.

[00:32:36]

S It might have been actually one of the things that happened to me, because remember I had Breezy's pregnancy, Breeze, that's why I called Breeze, because it was like a refreshing Breeze and my health came back, yes, because it balances all your hormones.

D Original question asker, Tori, did you hear that? I think we've just landed on your solution. It took us 34 minutes to get here.

S That's so funny, I mean, let me have a slurp of water for my nausea. How to get over your adrenal fatigue, get pregnant.

P Oh my goodness, can you imagine how that would go over on Facebook? Get pregnant to get over your adrenal fatigue.

S No, but it's true, Pearl, I'll explain why. It's because your hormones start to surge.

P Yes, you get... Your body naturally makes more of the hormones, and also Kris found that too. The same thing happened with her.

S Exactly, but you know what? The key to that is having a pregnancy, and I could only do it with God, but staying restful.

P Yes.

[00:33:25]

S You know, mentally, and not stressing out.

P So you don't have to get pregnant to beat this, but, you know...

S Right, no, but the point is if you have a pregnancy and you're stressing out every day it's not going to happen.

P No, yes, hey, the last thing is sleep, and we need to talk about that and then wrap up. Because sleep is so important, but like all these things that we've listed, there's a beautiful balance to that. Because if you're going to go to bed at 12:00 or 1:00 at night and stay up and stress over things, yes, that is not going to be good for your adrenals at all. You need sleep.

S Perhaps when you eat the stuff that you're not meant to.

P Yes, at 12:00 at night you're not going to be thinking really good thoughts. It's stupid, dumb thoughts. You need to go to bed.

D They're stupid. They're so stupid. They made my...

S Your cortisol turns on, starts to turn on again, that's a surge after 10:00 o'clock.

P I know, and so you don't need to get so like obsessed that, I must go to bed at 10:00. It's a good time to start winding down.

[00:34:11]

D At midnight I want to argue with my wife about the colour of the wall. It's insane, like I just look at her and I'm like, who can I argue with? There's one. Come here, wife, I want to argue.

P So you do need sleep. I mean, for... If your adrenals are taxed, get some good sleep, but don't go like Serene and obsess about sleep. Then you'll start worrying about, I have to have sleep.

S You're not sleeping when you go to bed at 8:00 o'clock, especially if it's summer. It's still light out, and all you're doing is, I'm not sleeping, I'm not sleeping, and then you count how many times you're getting up to the bathroom, and it's just miserable.

P Oh yes, so get yourself some good sleep. I mean, tell yourself to go to bed at a reasonable time and don't get up at 4:00 in the morning unless you have to for work or for something. You're going to get up if you're nursing your baby and those things. Those are just parts of life.

S Hey and you probably don't have adrenal fatigue. And if you do, it's beatable.

[00:35:02]

Announcer: Trim Healthy Mama Product News and Notes.

S So why whey protein, and why Trim Healthy whey protein? Well, first of all, just whey protein in general, the good stuff, is incredible. It's incredible.

S It fights depression. It helps you lose weight. It supports your immune system.

P And you know how it fights depression, Serene?

S Tell me, Pearl.

P It raises serotonin.

S Yes, that it does.

P And that's your happy neurotransmitter.

S Yes it does. Like I said, too, it helps with the immune system. It's so incredibly absorbed by the body so quickly, so it's wonderful to just, you know, just feed the muscles after working out.

P Quick energy.

S Yes.

P And people think of bodybuilders taking whey to get big. We take whey to trim down.

S Because they add a bunch of sucrose and dextrose and sugars purposefully to get that anabolic kind of like.

[00:35:57]

P Pump.

S Pump, but we don't do that.

P And no, so our whey is very trimming.

S And it is CFM, cross-flow microfiltration. That just means that all, all denatured particles have been removed. It's gone through these micro little filters and it just keeps the good stuff in.

S Now, a lot of people will say, well, I want to do the goody-goody-two-shoes concentrate kind, because it's like \$50 a tub so it must be really good. Well the fact is, is that concentrate still has the lactose, the milk sugar it still has the milk fat in there. We don't want those things. When you make a powder, when you dry something out, you make these little tiny particles, you're making a lot of surface area able to be affected by the air and by light.

S Now, you do not want oxidisation to the fat. Oxidised fat is dangerous for us. So that's why we remove the fat, we remove the sugar. It's better for our plan anyway.

P And we remove the lactose, so many people that, you know, have problems with dairy products can do our cross-flow micro filtered whey.

[00:36:55]

P And what do we use it for? It creams up smoothies.

S Oh, yes.

P And shakes.

S Mm-hmm.

P And makes them... You don't have to add a bunch of fat, and yet you've got this creamy result.

S Poofy and creamy and bubbly and latte-ish and awesome.

P And then don't forget we've got new chocolate and strawberry whey's that just rock.

S Oh, that's crack.

P Blend them with almond milk and you've got immediate chocolate or strawberry milk.

S Your children could do whole milk. It's crack.

[00:37:20]