



Trim Healthy Podcast with Serene and Pearl
Episode 33 - Quick Answers to your Trim Healthy Mama
Questions Speed Round Time! Part 2

*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 Gentlemen, boys and girls, welcome back to another fabulous episode of the PODdy.

P Hello

S That was so awesome, Danny. You keep getting better and better.

D Did you feel that? Oh, I had... I felt the stank of the wind.

S Do you know why he feels the stank of the wind, or whatever you're talking about... I don't even...that's some weird man thing..... Do you know why, because he's empowered right now, because he has a certain Mr B that listens.

[00:00:33]

D Oh, Mr B they're talking about you, Bruce. We got a letter write in... a letter - is that what they used to do back during, before the war?

P Yes, hand-written.

S Before the war

D Did they compose letters and write them in. Got an e-mail; let me read it you. Says "Hi THM Team. I recently sent a THM testimonial and forgot to have you tell Danny that he has another male team member listening to the Poddy casts. I started from the beginning and caught up to speed a few weeks ago. The Foxy Mama Poddy was pretty funny with Danny's reaction." And by the way, if you haven't... we made a reaction video. I realised during the recording of the first "Foxy Mama" podcast we did that I wasn't really chiming in much. I didn't have much to say. I was surprised by the girls.

S You didn't know what we were going to talk about that day.

D I didn't know what you were going to talk about. So, I was pretty much mute, but I thought, hey, I'm contributing but it's in form of my reaction.

P And just so you know, this is all about you so far, so hurry it up. Okay?

Hurry the Danny stuff up.

D So, we made a video of me reacting to what the girls were saying. It's on Facebook, if you go to the Trim Healthy Mama Facebook page...

[00:01:42]

P Oh, he's promoting himself so much.

D No, no, no, I'm promoting...

P Are you going to sell your books after this?

D It's not on my Facebook page; it's on the Trim Healthy Mama.

P And your book is coming out when?

D My book is coming out in, what, a week or something.

D Yes, hey, here's the thing. I did want to talk about that, thank you.

P But did you finish your e-mail from wonderful Bruce?

D Okay, it's your fault. You side-tracked me...

S He forgot about Bruce, he's on to Danny.

D Bruce, no, I was on to the book.

[00:02:03]

D Let me... alright, I'll finish Bruce's thing. I want to talk about the book for a minute though. So, Bruce says, "I heard a lot of truth in that episode, but seriously they've all been fun to listen to. I sometimes laugh out loud at work or walk around with a big grin on my face listening to the humorous banter between Pearl, Serene and Danny."

P You love it, Danny.

D "Thanks again, Bruce."

P And Bruce...

S Just the way Danny said "Bruce", do you see the confidence he's gaining from the name? Because this isn't any old like - sorry if anyone's listening called Stacy - but it's not like a name that's kind of like carries...ummm

P It could go either way for a boy or a girl. Bruce is only boy's name.

S Bruce is one of the manliest names I've ever heard.

D Bruce

P And Bruce is listening to our...

S There aint no better than Bruce

P And Bruce is listening to the PODdy, and Danny, you made that happen is what you're saying

[00:02:49]

P Is basically, what you're saying is I'm bringing men.

S You know what he's saying? He's like I've got... what is that movie, Braveheart. He's got... I've got the leader of Braveheart, Bruce, like the real Scottish guy...

P Fighting for the podcast

S With like hair off of every single limb.... BRUCE....

D Wow, I'm glad this is what you ladies see when you hear just the word Bruce; that's impressive.

P Do you hear a storm? We're in a storm; do you hear that on our podcast?

D Yes, it's flooding.

P I don't know if it's coming through but we're in a bit of a rain storm.

D It's flooding on our cabin as we speak. But you know, no, hey... Bruce took the time to write in and I want to say, Bruce, thanks man.

S That was precious.

P Precious times

[00:03:28]

D On to the book though, okay. I'm holding in my hand one of the most beautiful books I've seen.

P Now you're talking, Danny. Talk to us.

D This is called Trim Healthy Table, by Pearl Barrett and Serene Allison. It's their newest book, and I've got to say I really dig it. These...I mean, it's almost a picture book in some respects; the photos are incredible.

P Thanks to Rhonda, our photographer.

S Yes, Rhonda rocks.

D Yes, she is.

S I think what you love most about it, Danny, is the floral spine.

D The floral spine is on point, friend. Is this mostly new recipes Is that your idea here?

P It's 300 new. We have like a tiny handful of older ones...

S Of the best of the best, you know, the ones we had to repeat

P No, just the veggie ones that we had to put in there

[00:04:11]

P Like this book can stand alone. You basically don't even need any other Trim Healthy Mama books, although we say get the plan if you want to dig deeper.

S Did you hear what Pearl said, 300 new!

P Yes, so it's a stand-alone book. Like if someone has never heard of Trim Healthy Mama, they can come to this book, they can learn the plan and they can be...have all the recipes they need set for life, basically.

D I mean crazy.

P Does that sound boastful?

D No, no, no. no, it's accurate

S No, no, we're not going to have false humility here, Pearl.

D Thank you. Thank you.

S We've just put our lives into this book.

D Yes, you put the time in. And we're talking Crazy Easy Curry. I like every word I just heard there.

P Yes, because they're such doable ones, but as much as we want to talk about that, we need to get on...

[00:04:50]

S And Pearl, I just want to say, I'm proud of you, sis. I really am. When I look through that book, I just... you know, when we do the book I do my set, she does her set and we're all focused on, okay, making the recipes that we

were working on work and not fail. And it's not like we're self-focused, but we were focused on doing our part and doing our duty. So, when I get the book and I pour over all these recipes that Pearl came up with I'm like, oh wow, this is awesome and I can't wait to try it. And this is so exciting. I'm so excited.

S And I want to tell you; I want to give credit where credit is due. Pearl and I are a duo in this book writing thing and we creatively combine, but I have no organisation skills. If I touch the computer, if I do anything like that, the whole thing blows up; we lose everything. So, Pearl was in charge of everything organised. That's why you see her of the social media, because she's like plugged in with intelligence, okay. And so, the beauty and the organisation of that book, I owed big sister. That is so true.

P Oh, that's so sweet. But I'll give you kudos, I've been making a “Yuck Yum” everyday, a Yuck Yum Bidy.

S The recipes that I come up with had to have some word like that Yuck, in it.

D But Pearl, you said move on and I shall obey, but “Creamy Bean, Bacon and Butternut soup!!”

[00:06:04]

P Come on, man.

S That's a Pearl one. Come on man.

D Come on, with... alright, let's move on. I could literally read, turn every

page and read it.

P Yes, because the ladies' tuned in. Hey everyone, the ladies and your men tuned in for something new today.

D Well, they tuned in for something new and they're going to get it.

P I don't know why they don't just want our chat for 45 minutes, but still...

S We've better do something new.

D Well, so they have written in, of course, we've been getting a lot of questions, and we would like to dedicate a whole Poddy to each one, but of course, when they pile up like this, what we do is we create our Speed Round, and...

S I just got on to the edge of my seat and got ready.

[00:06:42]

D Are you pumped?

S Competition, veins are pumping. Like I'm just like ready.

P This is "Speed Round Two", Danny.

D Today is "Speed Round Part Two". That's where I ask these girls all, if we can your questions and they have a minute-and-a-half on the timer.

P Oh, but it used to be two minutes,

D It used to be two we are going down to a minute-and-a-half.

S That's awesome. That means we were so good last time, we need to up the challenge.

D Yes, this is Round Two. Yes, this is... Round One is over, it's a minute-and-

a-half.

P It's hard.

D When the minute-and-a-half is over...

P I'm actually feeling nerves.

D Time's up to answer that question, so...

[00:07:16]

S Remember I've got pregnancy brain, so you've got to give me a little bit of leeway. Maybe I get like a minute-and-forty, and Pearl gets a minute-and-thirty.

D Maybe it's just a minute-and-a-half for both.

P Yes, forget that.

S Unfair, what about my rights?

D Alright, so, girls, when you hear this sound, [buzzer buzzing] your time is up and don't be abusive to me. It's just over.

P Okay

D Okay, that's your alarm. Shall we begin?

S Yes

P Yes

D Alright

S We've never heard these before, just so you know.

D Yes, that's right. These are going to be unrehearsed, as you've come to expect.

[00:07:49]

S I might “next” some of them.

D Next question, Okay

D I have a question for the THM podcast and it's this. What role does sleep play in Trim Healthy Mama? I'd love for them to address this question on the PODdy a very exhausted THM twin mama. Minute-and-a-half and go [start the clock]

P See it's the season

S Yes, sleep is so important, but guess what When she said twin mama, I was going to change my answer altogether because when you think about what you need and all of that kind of stuff, you're going to be miserable. Do what you can, and yes, when they nap, take a nap. But don't crave something that you know you can't get in this season. Just embrace the season, pull yourself into it and say, you know what, this is going to pass. This too shall pass and then you'll miss the season. Because, you know, all the beautiful stuff that's only precious to the season. So yes, sleep is important, of course. But you know what embrace this because it's awesome.

P Give me the baton, Serene.

S Go, go Pearl.

[00:08:44]

P Well, if you're not a mother of twins and you are able to get sleep - like

you're in a different stage in your life - it is important. I don't want you staying up until 12 or 1 in the morning getting anxious over stuff. So, if you are just sitting up, just fretting and worrying, go to stinking bed.

S And not even if you're not even fretting and worrying, if you're just staying up just like on Facebook and just, or just on the internet researching and just doing mindless stuff; you need to be asleep to turn that cortisol off.

P Yes, because it is important just for your hormonal interplay, however we, as Serene was saying, we're in different seasons of our lives. And God gives us grace sometimes, but sleep is important. You don't have to go to bed at eight and you don't have to think, I'm not going to get my sleep. and then you're stressed about sleep.

S Yes, and don't worry about cortisol if you've got twins. You've got other hormones coursing through your body because you're nursing and, you know, that it's just going to be helping you balance that out.

P Yes, you've got more oxytocin, so it makes up for it, so...

P Yes, we made it. Okay good.

[00:09:40]

D Hey, hope that was helpful, good job, girls. We're going to go to the next question; and it's a fun one. Hi Pearl and Serene, and Danny. I'm wondering if you've ever had a question like this - my husband actually likes me voluptuous. He has told me he hopes that I don't get too skinny. Well, I was a sugar-holic and I've had blood sugar issues. The last time he

said that I told him, I'm just trying to get healthy so I could live longer. He smiled and nodded, but I'm a bit worried that he will be disappointed the thinner I get. Sigh.

S Well, this is what I say...

P What's her name? Sigh?

S Her “sigh” was that she's sad, she's a bit confused because she wants to get healthy. Can I just jump right into this, Pearl, and then you can jump right into the others, but I just say this: There is ways of controlling your blood sugar and being healthy where you don't have to get to thin. Get to the place where you feel like it's healthy for you - because excess weight isn't too healthy - but get to your place where you are healthy and crossover, crossover. Do it in a way that's not spiking your blood sugar that is not wrecking your pancreas, but you stay nice and covered. Because crossovers will help you maintain.

P Yes, absolutely, but, you know, covered is just such a relative term too. I mean, there's covered healthy and then there's covered unhealthy and you want to be covered healthy. If you have too much covering, I'm sorry, you're just... your body then tends to make more insulin.

[00:11:07]

P You have more fat cells, fat cells, you know, and insulin. Fat cells go hand-in-hand and so, you've got the right approach, I just want to be healthy,

but you don't have to get too skinny.

P And my husband's the same way, I'm a naturally slender person, I mean, Trim Healthy Mama helps me stay that way, but sometimes I go, you know, a little but under my goal weight and he's like, hey, you don't need to do that for me. If you going to do it for me actually stay at that, you know the high end of your goal weight. He prefers me at the high end of my goal weight.

S My husband too, it seems like there's a little bit of a trend there.

P A bit of a trend, and so, you know, just be healthy and please, please don't stay S and E if you're sort of nearing that nearly healthy goal weight.

S Hey, are you timing your questions read?

D No, no, no, those aren't... that doesn't count against your time; is that what you're asking?

S I thought you were doing a little bit of foul play.

[00:12:00]

D Foul play, thank you, Fox News

P I think we've beat two of them, we like had that in the bag.

S Yes, in the bag, yes!!

P But so far, Serene and Pearl against Danny are two for zero.

S If we're still bantering and the time is up I don't believe that that is like a failure for us if we've already really answered it.

P Yes

S You know what, like you've said, if we've got it in the bag... if we've already kind of put our point across, it's fine. I we're still yakking, that's just your fault, Danny.

P Yes, we're rocking this. So go ahead, number three.

D Alright, we're getting into, on that note, Round Three, where we're going to lower the time to...

S Oh really...

D No, I wouldn't want to low... I might lower it, but maybe next time. I want to... I do want to give ample time for the questions that actually...

[00:12:38]

S You know what you sound like? The Princess Bride - for now we'll just take five years off your life for posterity sake, but in the future, we could go all the way to ten.

P Yes.

D Okay, next question. My question for you both isn't so much food related, but I do hope that you answer it. Its mama related. I want to know how you both do it all, starting a business, writing books, cookbooks and being great moms and wives to your husbands and all your children. I'd like to hear how you both balance work and family life, and if you have any firm guidelines or boundaries slash advice for another stay-at-home, work-at-home mama. Thanks so much, Bethany.

S Bethany, I have super-strong boundaries and Pearl can account for that.

Like, I am Mama Bear about this stuff. And, yes, I just... I want to honour this platform God has given Pearl and I with Trim Healthy Mama, but umm... you know, God and my family come first and they are my priority and just what creatively flows after that, I give... I give that to the business. And I pray, I say God when I do Trim Healthy Mama, multiply the hours, let me be more productive when I do it because I want to honour this. But I want to honour the first, the first job you gave me which is to be a beautiful wife - meaning loving. No, I'm not talking outward appearance, I'm saying, to be, you know, not so harried and stressed because I'm being pulled in so many directions that I can't be kind and sweet and giving and making breakfast, you know. And to be a Mother who is there for my children, so I ask for productivity in the hours. And I believe that He blesses that.

[00:14:16]

S But yes, I just have strong boundaries. I'm like family first, and that's it. But I believe, you know...and what happens is some of the stuff that we do as work we'd be doing anyway, you know.

P You find something else to do, maybe?

S Like there's lots of mom's who spend time at the park and with other mothers. Or they go to coffee shops or they paint their nails, I don't have time to paint my nails. Still going, Danny, but I might have time to write for a couple of hours with Pearl, come here for the podcast with children playing outside in the yard. So, there's ways of doing it that incorporates

the family and I'm going to keep going because this is my point.

P You totally did not make that one, and I didn't even get a chance. But yours was good. I mean, Serene and I are in different seasons, and so...

D Oh, are you going?

S Yes, we decided to fail that one but we still had more to say.

[00:15:00]

P Fail.

D Is this your plan, it's my podcast party?

S Overall, I think Pearl makes up the rules and Pearl says we're still going.

D It's your podcast you'll do what you want... you'll cry if you want to?

P Yes, no, Serene's was good actually. I just... I can give more time in my... my youngest is twelve, and so I just have more time... Serene has toddlers, she's pregnant, it's... her house is a crazy place, but it's wonderful and joyous. But I do have more time, and so I'm able to give that. And I enjoy it because it's making a difference.

S And can I say one more thing?

D It's your PODdy.

S My identity, I used to worry and say, Pearl I feel like I've got poop in my pants because you're more than me and I just feel like does everyone at the office know how hard I'm trying and...

P Notice poop again?

D Oh, the poop thing

[00:15:42]

S It's like, you know, do they realise I'm not just like sleeping in and taking long baths that I'm just, I'm busy. And the thing is that I've had to realise, it does not matter about my identity or what people think anymore. It's not about what people think, it's about it matters that I know that I am, before God, that I am doing my duty, but honouring the priorities that He's given me first. And so, to me it's not about well Pearl does more. She does do more for Trim Healthy Mama, but that's okay.

P It's in different ways though.

S No, but I'm just saying, that is okay. You don't have to think, well, you know, I'm not doing as much work as I used to for our home business or... but that's okay. If you're in a season where you can't, that's okay. Your identity is not in how many hours you do for something, you know?

P Next, Dan

D I'm feeling you.

P Danny boy

D Oh look, a question for me.

S Oh really

[00:16:35]

D Yes, I have a question for Danny. I'm wondering if you are totally on plan now.

S Is this Bruce?

P Is this Bruce?

D This is not Bruce, this is from an anonymous.

P You better be honest, Dan.

S I think he made it up.

D At least I've seen it as anonymous. Has being a part of the PODdy helped you make the decision to be a Trim Healthy Papa?

P This is interesting. A minute-and-a-half.....go.

D I've got a minute-and-a-half. It's a minute-and-a-half for me to say no. I'm not totally, quote, "on plan"...

P What do you mean? But you do Crossovers, they're on plan.

[00:17:08]

D Well, here's what I would say, though you would probably file most of my meals in your cookbook somewhere. Or in your plan somewhere, I'm not conscious of it. I think that from being on this podcast and working with these ladies, it has given me a heightened awareness of just how to eat in general. And I know that at 11pm when I'm eating just strawberries, it's totally fine but I'm...am I on plan or am I not? I don't know.

P What you're saying is, you don't go around thinking in terms of S or E.

D That's it, that's all I'm saying.

P But you have ditched sugar, but you eat protein at your meals now, you are conscious of that

D True, true

P So what you're saying is, you don't think, oh, is this a Trim Healthy Mama's, but your diet is vastly different to what it used to be.

S Thank you for helping Danny, I think he needed a little guidance...

D No, it's actually true. I would say, yes, I'm not totally quote unquote "on plan", but I'm not not off plan.

D Why would I buzzer myself?

[00:18:15]

S But I think a lot of husbands are there, they think now in a lot clearer way on fuel and food and food that is nourishing and food that is going to work for them. But they don't necessarily think in the alphabet S or E.

P They don't have to, for goodness sakes.

D Okay, that's a great point; you're right. So, I guess, yes, I'm on plan, but I don't think in terms of alphabet. I think in terms of how I'm feeling. Like my non-scale victories are how I feel in my headaches and nausea. Because, you know, as a, I guess my body-type, that's my struggle. So being on plan for me is really about the non-scale victories, more than anything. How's that?

P Yes, I'll give you a good C plus.

D I answered a question.

S Along with Pearl, you did well.

P A good C plus

S She helped you there.

D Hells, I was... That was pumped. I was glad to answer a question...

[00:19:05]

D Okay, got another one for you though. I have a 16-month-old who eats well and I want to make sure I'm getting good, healthy nutrition by adding in the extras he needs to grow. What can I give him extra if I've made an S Meal or E Meal, etcetera? Also, is it safe for him to have the same supplement such as lecithin, collagen, whey, gluccie, etcetera in his meals? Minute-and-a-half go.

S I would just say there are some things that are definitely great. Like, I put whey protein into my baby's smoothies because that just is a simple protein. Yes, he has...if I have something with gelatine in it, you know, he... my little two-year old, he eats along with me. I'd be careful with too much gluccie for a child because that really absorbs the fat in whatever recipe it's being made with, you know, gluccie tends to make everything pass through in a way where the fat is not really absorbed. It kind of absorbs the fat in your intestines and pushes it out. So, I'd be careful with too much gluccie for a child. Wouldn't you, Pearl, for a little toddler?

P Yes.

S Yes, but you know, I actually... we... it's not out yet, but baobab, I add baobab to almost every little... like a teaspoon of baobab to all my little toddler's meals, because it's a boost of nearly every nutritional factor. It's amazing.

[00:20:23]

P Yes, and I just think be careful to make sure all your toddler's meals are Crossovers.

S Coconut oil, I throw a teaspoon or two of coconut oil onto all my children's' stuff.

P Just make... they need the carbs they need the fats and they need the proteins, so don't just do S and E Meals for your little children.

S No. no, no, they shouldn't be on S and E. Pour on some cream on their sweet potatoes, and put a bunch of butter in there too, and yes.

P We did that in one-nineteen.

D Oh, you just blew the alarm on that one.

[00:20:49]

S We are so excited, well I am Pearl...we are so excited about this new air purifier called Molekule.

P Molekule introduces a breakthrough science that is finally capable of destroying these air pollutants and it does it at a molecular level, it absolutely destroys harmful pollutants like bacteria, viruses, mold, allergens and airborne chemicals.

S Which is huge because most of us are sitting inside our

homes and offices stuck in there with that stale, stagnant, poisonous air, this stuff gets rid of it at the molecular level, hence, the name Molekule. I'm excited about this because it's new technology. Remember when phones were those old, like, things you had to, like, dial around with your fingers, bup bup bup bup, bup, and then they would spring back?

P I do remember, yes.

S Aren't you glad for your iPhone?

P Yes, I am.

S Well, this is new technology with this air purifying system. The first air purifying system was back in the 1940s but we're in the 2000s and something, people.

P But guess what, for 50 years all air purifiers had been on that same old model until now. They even did studies, there was a study presented at the American College of Asthma, Allergy and Immunology, and they found that those that used Molekule, even after one week, had symptom reduction of all these things.

S One customer even said that she was able to breathe through her nose for the first time in 15 years!! This is huge

people!!!!

S We have an awesome offer for you.

P So for a full \$75 off your first order, visit molekule.com, and that's spelled M O L E K U L E .com, [spelled out] molekule.com, and at the checkout enter trimhealthy, T R I M H E A L T H Y [spelled out]

[00:23:02]

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

S I'm Serene...

[00:23:10]

D Next question

P Okay. Get the questions going faster too, come on, come on.

D Oh, you're into this. You're pumped now. Okay.

D What would you do if someone prepared a meal for you that was totally off-plan? I'm in a touring band and am quite often in this situation. I have really high anxiety in these times because I don't want to be rude or weird for not eating, but I have no desire to eat pizza, pasta, fatty casseroles filled with who knows what, etcetera. Help, minute-and-a-half and go

P I've got lots to say, you go ahead Serene.

S Oh no, you go sister.

P Oh okay, I think the anxiety - get rid of that for a start because anxiety

pulls your health down. Don't feel anxiety about it there are things you can do. If it's completely frequent, where this is five nights a week, you have to make a change here. You're going to have to be really wise and wary like you can... everyone has a salad. Like we used to tour, you know, this is the way it works, it's like lasagne and salad. And so, you know, you had the salad and then you're going to have to do, you know, sly things...

S Like a protein bar in your purse

P Yes, or pull the meat out of the lasagne, or pull the toppings off the pizza and put them over your salad and things like that. But you can definitely ask ahead of time, can I just, you know, have some protein or a spaghetti sauce on the side or something?

[00:24:27]

S It's like when you fly on the plane and stuff, sometimes if you, you know people with special dietary conditions, they have to like call ahead and when they plan their seat, just yes. It's almost worse afterwards when you just, they put all this energy into their making and fixing this meal for you, and they can tell that you're like, you know, like just picking around it. If you say, hey, we so appreciate that you're providing this meal for our band, or whatever, but, you know, I'm just trying to get healthier. I have had some health issues and so I am really just trying to do a lot of salads, just simple salads and chicken and blah blah blah. And people love to help out with what's needed, don't you find, Pearl?

P Yes, so if you are able to put on your, what's it called, the little band statement, hey...

D We don't know what it's called because the alarm is going off.

P Oh no, I've got so much more to say. Ask... just to have some grilled chicken, if they're making lasagne, ask for some grilled chicken on the side.

P Would you turn that off?

S It's so normal these days to say, you can use what we hate, the trendy, gluten-free thing, right? Because, you know, we think God put gluten in natural grains, in the ancient ones and everything, and sometimes gluten isn't the issue, but so easy these days to ride that wave and say, hey, you know, I'm gluten-free. I can't have the noodles, can you just have the meat and cheese.

P I got one more thing. Sorry, Dan, but I want to tell it.

D That's okay. As long as we call this a point for me, I'm fine.

P Okay, point for you, but if... listen, if this is just happening occasionally. If this is not four, five nights a week, eat the meal.

S Hey, can I just tell you, pure Serene, even Purist Serene went once to this lady's house and she...

D Once

S No, no, no, what I'm saying is everyone usually knows, who knows me and invites me out, knows my style, right. As they always have a salad there or

whatever, but this lady didn't know anything about how I ate, and it was like deep-fried Eggplant Parmesan with...and it had like white noodles on the side, and it was just like... but she was the loveliest lady and poured her heart into it. And I had to eat it and bless it, and I really feel like God blessed it. It was probably the healthiest meal I've ever eaten in a long time

[00:26:16]

P There was love in that food.

S Because it was self-sacrifice really, right. And also, yes, there was her love poured out into that food and once is not going to kill you.

P Anxiety's worse, but don't do it. Don't do it every, you know, all the time, but hey, alright we...

S Pre-speaking into that situation, pre-organisation, people actually like to know what's helpful.

P They do, they want to please you, you band member, you.

D It's true, yes. And maybe work with your tour manager and other powers-that-be in your band to...

P Are you helping us fail for this question?

D Communicate that... well, no because now I'm heart in now, because we've all been there.

S Hey we've all been... we've all been musos on the road, so this is a... We could do a whole Poddy on this alone.

[00:27:00]

D We can. Okay, next question. I already make Good Girl Moonshine, The Shrinker and The Singing Canary. That's my best Aussie right there. [laughing] Alright, I've heard there's a new "sipper."

S He's really digging himself [laughing]

D These are such Aussie words, every name you've named any of the sippers. I've heard there's a new sipper in the new cookbook, how will I find time to make them all? Cathy from Oregon writes.

P You know what, Sippers are so like not mandatory. All the Sippers came out after we created this plan, we didn't have Sippers when we first created this plan.

S They just came to help you stay hydrated. The Sippers where designed to help you stop incessantly snacking, so they help, but they're, like Pearl said, they're not mandatory, but the thing about them is, we didn't just want to fill in the gap with something that was just like inert. Like Switzerland, like neutral. These things have power to help you nutritionally with superfoods and with slimming powers, right. So yes, don't add them in, and you're still a THMer. Do add them in, and that's great, it's icing on top. But don't do them, all at once. That's overkill, that's too much for your body. Take a season where you just do the Sippers.

P I love seasons. I find myself in seasons - I'll Good Girl Moonshine myself for two weeks, then I'll do nothing. It will just be water. And then I'll find

myself with a Shrinker and then this new one we've got coming out in the new book, it's called Hello Health. Oh, my goodness, it's amazing.

S I give Pearl credit for so many wonderful recipes in that book...

P But this is Serene's.

S Hello Health

D But Serene, do you give Pearl credit for.... [buzzer buzzing]

P But just, listen, don't overwhelm yourself. If you want to make, you know, Hello Health, take a break from Good Girl Moonshine for a while. Enjoy the new one, I'd say.

S Yes

P Hey, where... where do we sit, Danny? Like, I think we won more than we lost.

[00:28:57]

D You're doing good I mean, if I count this whole idea of, well technically we were finished but we were just rambling when you hit the buzzer. I mean, I need... I could call the rule book out on that one and say that it's been very one-sided in my direction. But I'm a man of mercy I am someone who wants to give.

P Okay.

D I know where my pay check comes from.

S Hey, what about your band trauma, you know.

P Yes, we need to add your band trauma and your little advice here and

there...

D Either way, we're getting towards the end of this PODdy and I want to...
can we do two more questions?

P Hurry them up.

D Okay, one's for me.

P Oh, look at his face. Is it Bruce again?

S Is it Bruce? Bruce.

D No, it's Jim.

S Jim is a quite a manly name. I've never met a woman named Jim.

[00:29:46]

P Never have.

D No women named Jim, that... me too.

S And Jim is like beef jerky, right.

D Step into a Slim Jim

S Slim Jim, there you go. Yes.

D Alright, this one's anonymous. I noticed my weight goes up after E Meals.

P Okay, so she's eating E Meals, not e-mails. It sounds like, when you said
it, it said e-mails. Don't count this as my time.

D Oh, yes

P So E Meals, meaning carb meals

D That's a Northern thing, E Meals... I said it like mills, almost.

P Yes, her weight goes up. Let me tell you, your weight's not going up it's just

that when you have carbs, your body pulls in more water into your cells, your muscle cells. It has to, when you have carbs, you take in more fluid.

S And you know that's a good thing, because instead of your muscles looking kind of deflated, it kind of plumps your muscles up. It's a good thing.

P And overall, your scale, you know, will probably have a down descent over time, but little spikes up does not mean you are gaining fat at all.

S And it's - yes. And it's not your fat that's being plumped up, remember, your muscle's being plumped up. It's when that glycogen goes into your muscles because they're being fed with the energy so that you can go out and do a work-out and you can face the day with energy and a pep in your stride. The water goes in there too, because of the glycogen.

P And I'm telling you why it's so important for your muscles to be plumped up with this, it sends a signal to your hormonal interplay to say I am fed.

S Thank you.

P If that doesn't happen, your metabolism turns itself down because your body says I am starved. But when your glycogen goes in there and the fluid, it says I'm fed, let's keep this metabolism revved.

S So it is a myth...

D So speaking of glycogen...[buzzer buzzing]

[00:31:26]

S No wait, Danny, I'm not done. It is a myth, okay people. And it is not...it is a dangerous myth that says, you know, I do better, it's safer for me to stick

to S-meals because, like Pearl said, the scale goes up. Or because, you know, I feel a little more bloated.

P It's not safer.

S It is not safer. Those signs are a good sign.

P Can I...and I'm totally... we started off great, Serene, we're totally failing now. But I got something to add.

D I won already, but go ahead, take your time.

S I've given up on trying to win this I just want to help now.

P Oh okay, yes, it's not about winning anymore.

D That's good, because you lost.

P Alright, well, with your E Meals, can I give you a tip?

S Yes

P Don't forget your leafy greens with them. I think some people do... with the E Meals, like, let's say our Cowboy Grub in the cookbook, which is like beans, rice and corn and stuff. And they'll just eat that or...and then they'll have a piece of bread on the side, but you see, you lighten them up when you have them over a big salad or don't forget those non-starchy veggies, so you've got water content with the dry content of the E, the grains and the beans and stuff. Don't forget that. I think they're really going to help you even get that weight loss shedding further.

S Yes, and then it helps you stay satisfied with the E Meal, so that medium sweet potato really satisfies you when you have that nice luscious salad on

the side too, instead of thinking, you know what, I really could go for a second sweet potato.

P Yes, exactly. So true, Serene. Danny your final question from your dear man

D Alright... dear Jim writes in, Hey, Danny - and then in parenthesis...

S I bet he wears a cowboy hat.

D And then in parenthesis, and (Serene and Pearl.)

P Oh, so Danny is actually the one...

[00:32:57]

D This is the first I've got first bill. Alright, I'm one of the seventeen men that listens to the PODdy, and as a former RN, I find them quite interesting and helpful. Recently, my wife decided to buy me one of those quart sipper bottles you sell.

S Forget the cowboy hat, he's an RN. He's...

P Yes, RN's don't wear cowboy hats.

D Imagine my delight, when I saw this pastel blue bottle with butterflies and pink trim. I'd like to suggest that you start a Trim Healthy Man line, starting to feel left out. Thank you, Jim.

S Hey, I agree. But what happens if we had a cool army colour green, Jim, but what about the butterflies?

P There's still the butterflies.

S Yes

D Okay, well, Jim...

P What do we put like special... Danny's just like looking at me like this is my question, Serene.

S If he was a cowboy hat wearer like I imagined, you know, cowboy hat cut-outs and an army green thing.

D Yes, is that your idea of man, by the way? Is that we need camo...

S Yes and cowboy hats

D Well, it's true. Your peeps do.

S I live in the woods, my man wears camo sometimes.

D Well, here's what I would say to you Jim. We do have a Trim Healthy Man line it's called buying your woman things from Trim Healthy Mama and that, in turn, will make you the stud which will ultimately improve your life. That's the THM man line.

S You may not get a sipper, but you may get something else!

P Oh, and refer him back to our Foxy Mama PODdy.

D Yes, yes

P It all comes full circle.

[00:34:24]

D So yes, there you go. That's the Trim Healthy Mama PODdy for this week. It's been a roar, and we're so glad...

P You sounded so fake, it's been a roar.

S He read that.

D And I am so glad you've all joined us. Really though, seriously thank you.

[00:34:39]

Announcer Trim Healthy Mama Product News and Notes.

P Oh my goodness, Serene, the Cuffin Mix is saving my life.

S I love the Cuffin Mix. I love it personally because I don't waste product anymore, because my children used to mess up on their cakes.

P Yes, you've got baking girls, right.

S Yes, young baking girls

P Some young and they like to bake.

S And they love to bake. But you know they just put all the wrong measurements in. When it says two cups, they put two teaspoons and it tastes disastrously gross. But now, with the cuffin mix it's really hard to mess it up.

P So what is the Cuffin Mix? The Cuffin Mix is a cake muffin, cake slash muffin, mix. It's already pre-made all you have to do is add your wet ingredients. And it's either chocolate or cinnamon.

S Or it's cake, or a whole muffin.

P Or you could make individual muffins...

S Yes, you could.

P Or you could make cookies, or you can make a cake. Or you can make pancakes and waffles for goodness sakes.

P And here's, this is saving my life because, you know, my husband Charlie and his sweet tooth.

P But he's a sweets man. Your husband Sam's not so much a sweets man, my husband's a sweets man. So, all these years, helping him keep his weight off that he lost with Trim Healthy Mama, I have to provide him desserts.

S Yes, you do.

P Every night

[00:35:56]

P It was a lot of thought, Serene. Now, it's just like, okay. I whip out... I either use a one-third cup of the cuffin mix, or the muffin in a mug packets, it's the same mix, guys. It's just in a pre-made packet. Rip it open.

S Which is great to take out with you oh my goodness?

P I know. Rip it open and then you put it in your little mug, or your little, you know, tiny cake container Pyrex dish. And you can make it an S, an S with one egg, one tablespoon of coconut oil and one-and-a-half tablespoons of water. Just mix it... yeah.

S Or you could make it a Fuel Pull.

P Absolutely, and that's what I've been doing. Charlie can't tell the

difference. I use two egg-whites, I don't put the oil in and I put the water in, but then I do an S-frosting. So, it lightens it up.

S A little Greek yogurt

P No, no

S No

P I do two teaspoons peanut butter, two teaspoons cream and two teaspoons of Gentle Sweet.

S Oh, you mean Light S

P But you could do a full Fuel Pull deal.

P Absolutely, so, but I do a nice Light S. I mean, he loves it because I make the frosting really sweet.

S What's his favourite, choco or cinnamon?

P He likes the chocolate, but I like the cinnamon.

S Me too, me too

P So for an afternoon snack, I can just have a cinnamon muffin and life is easy, cup of coffee now.

S It's Drive-Through Sue.

P Yes, it is a Drive-Through Sue item and for all of you that are Drive-Through Sue's if you like something quick and something easy, you will love this mix.

S It passes my purists stamp.

P It does, but you're not going to microwave it, you're going to bake it.

S I'm going to bake it.

P The rest of us will use a microwave. So anyway, guys, I've heard some great comments ...we've heard a lot back about these things. We're so glad you are loving it, so anyway, Cuffins!!!!

[00:37:25]