



Trim Healthy Podcast with Serene and Pearl

Episode 34 - Episode Title

*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.

P We were talking amongst ourselves, and now Danny and Serene are dancing...introduce us, Dan.

D Pum, pum, pum, dum, pum, pum, pum, dum pum [Danny drumming]

S You're not really... You haven't started recording yet, have you?

P Yes...

S We have?

D Hey, what is up, peeps? Welcome to The Cabin, which is also known as “The PODdy with Serene and Pearl.” we’re having a good day. Hope you’re having a good day.

[00:00:27]

P It’s beautiful.

S It’s gorgeous, and if you hear the chain saws in the background, that is not some rumblings of the tummy or anything other. It is just a chain saw going off in the woods.

D Hey and we’ve got some good stuff for you today. Rumor has it that hormones can make ladies...ummmm...

P Well, hey, they have an effect on men too, Danny, you know that.

S I was just about to say that.

P You’re not exempt.

D Oh, that’s true, I guess.

P People think hormones are just for women. They actually affect men too.

D That’s a good point. Men have hormones. Do we have swings?

P No not really

[00:00:59]

S Your cycle doesn’t swing. It can be lows in seasons of life.

D Hey, does this show you what men know about hormones or what?

P My children keep calling me on my phone. No, today we are going to take a whole podcast on hormones because I feel like this is such an important subject; hormones; especially when it comes to weight loss. When it comes to our moods... When it comes to our whole health, they have a big part to play. However, I want to bring in some truth about how big a part we let them play too. Right, Serene...?

S So, good... Now I'm going to put in... Sit down into my chat repose. Danny and I are standing, you know, just because sitting is akin to smoking, we think; you know sitting all day long. So we're standing, you know to get...

P I'm not.

S Some neutral spine... To get some, you know...

P Perky posture...

S Perky posture and Pearl's like, I can't chat in a standing position. I have to have my chat repose on. So she's like lounging.

[00:01:49]

P Yes...

S But you know I'm realizing I can't chat either all stalwart like this so I'm sitting down too. So yes, we are bringing the other side of it too. Yes, it's good to understand and learn about hormones but it's also to be able to say, hey, I'm not going to get hormones rule my life and I'm not going to be identified by, I can't have a good day today because I'm on an estrogen low. So, sorry the day's already ruined.

P So true... Danny you stand like a soldier.

S Or, hey, just considering the other Poddies we've done. I cannot like be available because I just... I'm just in the season nursing or whatever, and I just don't have desire that's...

P Yes...

S We're not... We are not labeled by our hormones.

P No, so true...

S We can rise above them.

P But we can do some smart things about them, too. And I think that's what we want to talk about today.

[00:02:33]

P You know, I'm not even going to get all scientific here because I'm just going to give you... I'm going to give you my best thoughts. Serene's going to give you her best thoughts. But science, especially within hormones, it changes. And we could be very behind the times if we say this is how you're going to do it. And this is what you should do and you should only take this. I feel like we could be in a really bad trap if we said that.

S And it's all so different for every person. What works for one person with hormones doesn't make the other person sing.

P It's so true, Serene.

S So that's why we're just going to... We're not going to be dogmatic and putting a bunch of studies out. We're just going to be sharing the journeys

that we've been through.

P Absolutely, because I've definitely been through some hormonal journeys...

S And ultimately saying, don't be titled by anything.

P That's what I think.

S Except for child of God hopefully...

[00:03:25]

P I know, hopefully that's our take away from today. Don't be "titled" with your hormone issues because you can walk through it. Actually you can overcome in many, many hormonal issues even when they say that's going to be with you for like. I don't believe that. I hate labels.

S And can I just say; the mind over matter thing; it's... Well, I believe true healing is a supernatural, amazing... It's God's touch, right, but there are also basic principles in the Bible and mind over matter and positivity; it's something that the New Agers have stolen from God.

P Yes...

S It's a biblical principle.

P Absolutely... As a man thinketh in his heart so is he. So that goes for women...

S And a merry heart doeth good like medicine.

P Absolutely it's our... When we focus on these labels... But we'll get into more of that later... They can overtake our lives and they can own us and that is something that I completely... I'm not going to let that happen to

me.

S You can just tell your body, sorry body, you can't feel good. I'm going to tell you how you're going to feel.

[00:04:22]

P Line up with the Word.

S You can feel like your label.

P And you know, so... Hey, but I wanted to start with maybe the issues that affect a young woman and go through the stages of life and talk about each one until we get to the mature woman's stage.

S What an organized, good person you are, Pearl, like...

P It makes sense, Danny, but you have nothing to say so far. I guess it's just...

D Yes, we're talking about hormones.

S Well, Pearl, Danny can take the periods.

P We're going to do the...

S He can take that segment and, yes...

D Take the periods...???

S You were going quiet so I was just thinking I would need to allot you a conversation.

[00:04:53]

P Yes, Serene and I are funny you know about our boys. Like we've never let period, the word period, be like an ookey word, or we've never let them go all weird. Like when we talk about periods it's a great part of a woman's

life. So Serene, you made your boys go buy the period pads.

S Well, don't call... Do not call DCS on me. Don't worry I've been called a million times and I've been cleared, okay. But, yes, they'll probably just say, ah, the Allison's, yes we go over there for tea all the time, for a cup of tea. We love those people. Anyway, this is not abuse. I don't think its abuse but I just think it is weird because they need to be able to... When they get married; be able to talk with their wife about stuff... And it's yes... Do you go the bathroom? Do you breathe? Do you eat? Do women have periods? Yes, this is just normal. This is just life. It's all wonderful. It's how God made us.

S So, when my boys are like... Eww... I saw a package of period pads in the bathroom. Mom, can you tell the girls to put them in the cupboard because I don't like looking at the plastic pack. It freaks me out. I'm like, all right, well let's go shopping for groceries. You go shopping for groceries and I'm like; well I'm going to go through this line with all the food. Hey, would you take these period pads and go buy them for like Chalice.

D He has to go in a separate line?

S He has to go in a separate line and buy them.

[00:05:59]

P Ah, that's great.

S It's great. It's not like abuse. It's just like, get used to it. This is life. This

is normal. Period pads are not the devil.

D Love it.

S I know.

D Do you ever...? Since we're going to freely talk about periods, do you ever hide that you're on your period so that you don't discredit... You don't discredit your emotions with your husband?

P No, no, no, no... Everybody knows when I'm on my period.

S Even down to her... When she had toddlers... We all talk about it.

D Do you do a little announcement?

P No, I was so open with it as we were growing up that my son was like 15... Bowen was like 15. He went to a party and I was supposed to be there I think, it was like a basketball party but I was really not feeling well that night and they said, where's your mom? And in front of everyone he said, my Mom's got her period so she didn't come tonight. And everyone was like, no...

[00:06:44]

S It gets worse than that. Well it's not worse. It's cute. But even when her sons were like two and three... And I'd be like, so what's your mom doing tonight? What's going on? Well, she's on the heavy day of her period so... Little toddlers... So by day three she should be fine. It just completely... Toddlers knowing everything...

P Oh, my goodness... I don't know if they were two or three. They might have

been four or five.

S I call her like Mrs. Horms, okay, because she's all in touch with her hormones and so...

P I have... I think hormones have been... It's been such a fascinating subject for me. I think hormones... Because I've been through my own hormonal issues and I've just... I've really studied the heck out of them for years and years and years. And the more I studied the more complex it got. I don't want to call myself as an expert at all. I think I know some things but I feel like in the end God is in control.

P And I've really... These days I still study, I still stay abreast, but I... actually I give all of this hormonal situation much more to the Lord than I used to. I used to think, there's got be an answer. Where's that answer? I've got to fight. I've got to do this. And it was almost an obsession in my life.

[00:07:54]

P And now I'm just like, hey, God, you made these seasons of womanhood. I am trusting you for them. I want to do my best. I want to learn. I want to be smart. I want to use the herbs of the fields that, you have created for our healing. I want to use medical stuff when it's warranted. And we'll talk about that later... But, I don't want to be always seeking like that Holy Grail, that answer that just completely eludes me, you know. Because I feel like he made our bodies. He knows what He's doing. And His Word is health to our flesh.

S Yes... I agree, Pearl. And there are seasons. And that doesn't mean they have to be unhealthy seasons. But there're seasons that are different.

P There are.

S And you're not always going to have the hormonal profile of an 18-year old.

P You're not. There's going to be changing taking place

S And there's... To embrace the healthy way of your hormone levels when you're even 80...

P Absolutely... So let's start off with maybe, if you're a younger woman... Or maybe some of what your daughters are going through and then we'll take it from there. And you know the first thing that comes to my mind... One of the first hormonal problems that happens for girls and women is PCOS which is polycystic ovarian syndrome. And you know my own daughter faced this. So I think it's so prevalent.

[00:09:06]

S It seems even more these days; or maybe it's just because it's more tested and...

P I think so. And you know obviously it definitely comes from a... It comes from a state of heightened insulin. And so if you do have PCOS make sure they're testing your insulin. And there's a stereotype with PCOS you know that you have too much testosterone and that sometimes it even can cause hair growth on the face and that the periods will stop. And, yes, that can be a part of it. That can be long term when it's definitely at its worst. But

there are many stages of PCOS and just heightened, elevated blood sugar can cause major symptoms of PCOS.

S I think that's one of the things, wouldn't you say, Pearl, for even girls that... Do not have regular periods or just kind of messed up on their cycles and especially with PCOS; balancing your blood sugar is the main proactive thing that you can do.

D Would you say, number one.

S Number one...

[00:10:02]

P Absolutely... Numero Uno; balancing your blood sugar... And someone with PCOS thinks oh, I can't eat carbs at all. You know I'm going to stay with these S Meals and I'm going to be in a ketose state or I'm only going to do the S Meal part of Trim Healthy Mama. But really that is not the best approach. Healthy carbs, slow burning carbs like maybe chana dahl or beans or just doing...

S Oatmeal even...

P Oatmeal or see what your blood sugar can handle. Like a nice green apple and a salad; those are fantastic actually for your blood sugar. And so we need those just for our whole hormonal interplay because the thyroid interplays with the sex hormones. They all interplay with one another and you need the carbs for your thyroid.

S Yes, you have to nurture that thing.

P You do. So with PCOS... You know I look at back and remember Meadow, that's my daughter, who is now fully healed from that and we've got a...

S Like ultimately... And I remember her saying in the car, well I'm in kind of remission from it right now but you know they say once you've got PCOS you'll always have it. I said whole lot of rot. I mean I love you little niecey but I'm just telling you that was crap. You are healed. You do not have to wear that title like... And she is... You know they say PCOS can have trouble conceiving.

[00:11:17]

P No, she's... No...

S As soon as she started trying, that baby was on the way.

P Yes, Meadow is pregnant right now. But you know it manifested in. I don't know if she's every told you this story, Serene. You know, well people might think, wow, how did Meadow, your daughter... you wrote Trim Healthy Mama.... get PCOS? Isn't it from too high of blood sugar? And you know we learned about Trim Healthy Mama later. She was definitely starting to be in her teenage years. So in her young years, I wouldn't... I don't say this is the reason or that this was what... caused it... She loved candy, her and her Dad. That was their love language. It was the love language between my husband who was a sugar freak out.

S I remember her being one year's old in the back of the car screaming, ice

cream. When are we getting ice cream? She was like a little sugar monster; bless her little heart.

P There's lots of sugar monsters that don't get PCOS. You can't just say... Say it was because of that. Who knows, we live in a fallen world. There are genetic things all sorts of things, but you know when she was about 14... 15... She had a bunch of issues that... and we went... Took her to the doctor and she started putting on a lot of weight even though she...

[00:12:21]

P But by that time we were eating healthy

S No one would have called her at all fat. At all...

P But her basic figure is like mine; very slender, very petite.

S Yes, very willowy...

P And we couldn't understand it. She would eat the same meals as me, like Trim Healthy Mama and she would basically gain weight, or if we have a cheat meal... We go on vacation and we'd go off plan. You know I've always sort of done that sometimes. I wouldn't really gain any weight and she would gain five pounds. It was odd, and so when we took her... You know she got tested and her insulin was very high and she got... You know they said you have PCOS, even though she didn't have high testosterone.

S Yes...

P So the main thing for her was definitely stopping that sugar and eating you know the great Trim Healthy Mama lifestyle long term. I remember there

were years she still struggled with it. She stayed on track, Serene.

S Yes she did.

P She didn't even see any results and she stayed on track.

[00:13:07]

S No... And I believe God really healed her. I remember storming up hills praying for her. But I believe that the Trim Healthy Mama... And we're just saying Trim, Healthy Mama, but any diet which is just...

P That lowers your blood sugar...

S Low glycemic which is stabilizing your blood sugar... It held her off.

P It did.

S She stayed the same way. She didn't get outside of like dangerous boundaries for weight. She was just very steady. Now she had to try hard like you said.

P She did.

S She couldn't cheat. But she stayed the way.....And it just... It kept her in a safe zone.

P Yes... And then you know it's amazing. Her healing was very amazing. She started claiming it.

S Yes...

P And she fell in love with Kendall her man that she's married with.

[00:13:49]

S And stopped worrying about it so much

P She stopped worrying about it. It was like the PCOS just fell off her.

S Yes...

P It was... I don't know if it was; a hormonal shift or something. But she doesn't struggle with it to this day. She said to me once, Mom, when I became a teenager I remember going through a stage where I really hated myself, Mom. You know we all go through these things. I want to talk about that in my own life later on. And she said, I just... I didn't measure up. She always had this perfection thing. And it wasn't anything we put on her. It was just something she struggled with. And she said, Mom, I believe that's why I started getting that PCOS. Isn't that interesting/

S That is so amazing.

P And so that was just her...

S And you've read many books, Pearl, neuroscience books where it talks about how when you have self-hatred that is such a disease instigator.

P It does.

[00:14:38]

S It really affects you.

P It opens the door for things to manifest in our lives. And so you know with PCOS, that's my first thing I would say, was just don't abhor your body. Love it for what you know God made. And the smart thing is to just... Don't let sugar into your life but keep the carbs in, in a good way. And I want to talk about Metformin. A lot of people are very scared. Oh, I don't to be on

medication you know. But Metformin is considered one of the anti-aging drugs. Now it does lower B12's so make sure you are on a B12 supplement. But if you have to be on it for a while to bring that insulin and those sugars down, I don't see anything wrong with that. I personally don't. But that's a personal decision. If you don't want to take medication, there is something else. Now what's it called, Serene? It's not...

S I am not Mrs Horms, Pearl.

D Prayer and meditation...

P No, prayer and meditation's good but it's on the tip of my tongue. I'm going to come back to that.

S Prayer, and as long as you're meditating on Jesus...

P Yes, absolutely...

S That's what Danny meant but I was just clarifying.

[00:15:38]

D Thank you, thank you, Serene, I can always count on Serene to...

S Not centering yourself or anything whacky like that, yes...

D To keep me out of a zone...

P I'm going to look that up and come back to that later because there's another thing that we got Meadow on that was really fantastic.

S Yes, can you come back on that one?

P Yes, I'll come back to that one.

S Yes, because I really think that people will need to know that. But, yes,

even if you don't have PCOS and you're just in those teenage years or you're thinking about a daughter right now or a family member or a friend who just has... deals with irregular cycles and just messed up. Even skin hormonal issues and stuff...Remember that number one duty; balance that blood sugar.

P Absolutely.... And now I want to talk about the next thing which is huge for so many women; the thyroid. And that interplays with the adrenals. They go hand in hand. And you know there are especially in the 30's, a lot of this starts to develop in our 30s; the thyroid issues. And thyroid really does have an impact on how we are able to shed weight.

[00:16:45]

S Yes...

P Because sometimes when I hear people you know and...

S Or even gain it if someone's in the rare hyper-thyroid.

P Yes, absolutely... And I've actually been in both places which I'll talk about my own thyroid story but you know thyroid regulates your metabolism. Your thyroid is crucial to basically all of your dynamics in your body; what's happening.

S But this... When you hear Pearl say this, remember this doesn't mean, all right that's why I can't lose the weight, so I'm just stuck being overweight because I've got a thyroid issue. No, don't wear it.

P No, no, no...

S Just get the knowledge behind you.

P Yes...

S Don't wear a title. Ah, "I'm hypothyroid." That's who I am. That's what I am. That's what I have to deal with for the rest of my life. No, no...

P No... But oftentimes I hear people say, well I can't lose weight on this plan you know.

[00:17:32]

P And then, maybe we'll see some things that they're doing wrong you know when we look closer. But then if they're doing everything right, I sometimes think... Say, have you had a thyroid panel. Because it is, you know, you want to sort of know what is going on and a lot of doctors will say, ohm your thyroid is in range. They go and get a basic TSH and then they'll get a T4. That's what most doctors do. They test for those things but those don't really show what's actually happening, what is the free...

S Free T3...

P The free T3... So Free T3 shows your available thyroid hormone and that's the one that's acting in your body. And you want to get that number. So really push for that with your doctors to see what's available because that's the one that's circulating in your body.

S Yes... And we're going to talk about Pearl's personal story here soon but you'll... I want... what I want you to see as she talks about her story is she went for the knowledge. She uncovered truth but then she didn't

necessarily wear any of it that was negative.

[00:18:29]

P Am I telling my story now?

S Yes, I really, really want you to.

P Okay... Well I want to give lots of tips and stuff for thyroid later. But I'll tell my story first. All right, so it was almost a couple of years ago now... I've always been... Serene and I... We're both like researchers, you know, and used ourselves as guinea pigs, and I just love reading books on breakthroughs and everything. So I read this book on iodine and I started doing lots of studies on iodine because one thing I always did struggle with was cystic breasts, fibrocystic breasts. You know I'd have a lot of pain and I'd feel like I'd use a herb or try something and then the pain would come back. And I'm like, oh, man, there's got to be an answer. And so I read this book and it said you know so many people are iodine deficient and...

S Which is true

P So true... There's much truth in this book and I don't want to say anything against iodine; it's fantastic.

S And many people have been cured from cancers...

P Yes...

S And all kinds of things with it... But it just so happens that there's a country called New Zealand that has the most depleted iodine soils.

P One of them, yes...

[00:19:31]

S Even though it's very high in many other wonderful things...

P There're some states here in America that are very low in iodine too, yes.

S They say New Zealanders are the most depleted in iodine and when they...
If they ever get supplemented their thyroid will act like a sponge.

P Well not all New Zealanders, Serene... But when I finally did go to the doctor and she talked to me about this, she's like, you're in one of those places, you know... New Zealand was one of those places that yes... Your thyroid acts like a sponge. Not every New Zealander but this did happen to me. Okay, so I will tell you this story. So I started on this iodine protocol taking Lugol's Iodine which is a fantastic thing.

S I did the same thing and I'm from New Zealand but I took a couple of drops a day and Pearl took eight to twelve or something.

P I worked my way up to 50 mg.

S Which is how many drops...

P They say it's the optimum; that's for great healing. I don't know. I think it was like ten drops.

[00:20:17]

S That's a lot of drops.

P I can't remember. It depends upon the potency of your iodine. I did that over a period of nine months and I really felt good most of the nine months. And then...

S Your pain went away.

P Yes, it did.

S Your breast pain went away.

P Something happened to me. I got very breathless and...

S And super skinny...

P I could not put weight on. I went... Right now I do about half crossovers because of my goal weight. I went to all crossovers and I was just losing weight. Ah, man, we've got to get through this, Serene, time's going away. I kept on losing weight. I kept on... I could feel my pulse and it was like 110 constantly. I was like what's wrong with me? I had lack of energy. I thought something's really bad here.

S By the way Danny, thank you for that good point that you just gave us, it was good.

D Any time...

[00:20:59]

P Thanks for chiming in so much, Danny.

D Yes, yes, I'm just going to be over here chiming in.

P This is certainly going to be a 45-minute Poddy because it's on hormones.

S Well, keep going, Pearl.

P All right... I knew something was completely wrong with me, and I thought, what is it... You know, so I went in; got tested and they actually did a thyroid scan and all sorts of things. And they said... Basically my

blood work came back and they said, congratulations, you have Grave's disease.

S She gave herself Grave's disease by being a guinea pig.

D Grave's... What is Grave's...?

P And I'm like, Grave's, that's hyperthyroid. When your thyroid is over-reactive; not under-reactive, but it's working so hard it raises your heart beat.

S She couldn't even like walk across the road without looking like she'd run a marathon.

[00:21:39]

P No, my feet were swelling; huge. I mean it was scary. I mean you can have a heart attack if you have Grave's disease. I had it very... It was very aggressive in my body at that time and I was still taking the iodine, and so she's like, is there a family history of this? You know, often with Grave's there's family history. I'm like, no, no. And so we talked about what I was doing and then we talked about the iodine. She was like, oh, you know on some people iodine can cause this auto immune reaction and it can manifest as Grave's.

S And it's very rare but it just so happened it was Pearl.

D So, is that...? That was the case? It was the iodine.

P Yes, it was from my iodine.

D An allergic reaction so to speak...

P Self-imposed iodine; Grave's disease...

D Wow...

P But then you know... And this particular doctor was really great, actually. She was a lovely person and she put me on thyroid suppressing drugs. So, you know to stop my thyroid from working...

D Great, because it was going crazy...

P Yes, it was going crazy.

[00:22:34]

S And then guess what? Then she got hypothyroid overnight.

P Well I over-responded. She gave me the smallest dose because she said; you're a thin woman you know. I'm going to give you a tiny dose and I totally over-responded and... But she didn't want to take me off because she didn't want me to go onto Grave's again. So now I'm hypothyroid.

S Now she had to be like, oh, I'm all S and E's and Fuel Pull snacks only.

P I started gaining weight. Like obviously...

S No one else would notice, you know.

P No, but...

S But it was just something personal...

P Something I was noticing... So I've been hyper and I've been hypo.

D You're a hyper-hypo.

P Yes, I know.

[00:23:04]

S She was like, now I know what these ladies feel like. They say they try.

P Yes, stubborn loser...

S They do it all perfect.

P Yes...

D I've been a hyper-hypo my whole life but in another way.

S Personality-wise... Hyper then hypo.

D Yes, hyper and hypo...

P But all that just say, yes, the thyroid does have a huge impact upon your body. I walked through that. You know because they say, Grave's, you'll live with it. It's an auto-immune disease. You'll live with it the rest of your life. I just would not wear that.

S They wanted her to go get her thyroid tested every two weeks with a big, huge needle to make sure that it wasn't...

P Yes, no, no.... scan... they wanted to scan my thyroid because I had a nodule and things like that.

S Wasn't there some biopsy that you were meant to get every couple of weeks if you weren't going to get your thyroid taken out?

[00:23:40]

P Yes, there was. Not every couple of weeks... They just wanted to keep an eye on things and you know and I... They wanted me to stay on some sort of the drugs and then do a combination of ones to rev my thyroid and ones to suppress my thyroid and I'm like, I'm sorry. No, I'm not going to be

wearing this. I'm not saying don't do what your doctor says. I'm saying, I induced this on myself and I wasn't going to wear this for the rest of my life.

D Yes, you weren't going to enter into this new, I'm now this person. Now I'm on drugs.

P For a couple of months I went around telling everyone I had Graves' and oh, poor me. And you know this is a big thing and I'm like...

S Oh, we were praying and she was struggling.

P What am I doing here?

D You know some... and some people, I'm sure need to be on you know medication for years.

P They do.

[00:24:18]

D But man, I always wonder when I see those you know bottles everywhere in people's houses, is there another way, you know?

P Yes, and if God is a healer, He's a healer. And you know there's a special anti-iodine diet you could go on. I did none of that. I am completely fine.

S Basically you read some amazing books like the Bible.

P I did. You know, and I know that...

S Christ the Healer and then that book A More Excellent Way

P And Fear Overtaking Your Life, (a book) I had a lot of fear. That's why I was even doing this whole fibrocystic iodine protocol because I was fearful

of breast cancer and fearful of this disease and fearful of that disease. And then I got fearful of the Graves' disease, and I was on these Graves' support groups and was like, what is Grave's?

S And then you went on the Budwig diet and then you were just like...

P Yes... I mean you can... It's a tail spinner. I just thought, no more. I just claimed hold of the scriptures and I am feeling fantastic. All that to say, listen, if you have an auto-immune thyroid issue... And there's many; there's Hashimoto and there's Graves and if you have antibodies... If you do have a thyroid issue, test your antibodies because that will mean... Whether it's auto-immune or something... But it doesn't mean you have to wear that. It just means you're isolating a problem. Yes, Danny...

[00:25:25]

D May I ask a question?

P Sure...

D This is in ignorance so forgive me in advance. But, I kind of have this rule that before I go to the doctor, I get my exercise game on because I've found that as my foot's heading out the door to go to the doctor; if I instead jog around my neighborhood or something, I find that it's improving. So many times it's totally changed whatever was going... And I still don't even know what even was going on, on some of these issues but it just goes away.

P Really...

D So I just wonder how much of that comes into play.

P I don't know. I was exercising at the time.

D Okay, yes...

P Yes, I've always... I've never not exercised.

[00:26:06]

D But don't you... Because you...

S Maybe that would be a great point for somebody who wasn't and was very sedentary.

D Right... And would you agree that that...

P And you've had blood sugar problems and you see, exercise pushes blood sugar into your muscle cells, Danny, so it's going to make you feel a whole bunch better.

D In a good way, you mean?

P Yes...

D Okay...

S That's why I can be starving and then do some exercise and be completely full because my body's got some new you know nourishment in the bloodstream.

D Okay... But would you agree that that is maybe a general rule before racing to the doctor to make sure your health game is on point?

P Ah, definitely get your health game on point.

D Yes, eat right, exercise...

P Absolutely... But I had my health game on point.

[00:26:38]

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 TRIMHEALTHY [spelled out]

[00:28:23]

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

S I'm Serene...

D Do you think in our culture today that we ought to be doing... That we ought to be exercising every day; we ought to be sweating every day...

S Yes and no... I think there's over-sweaters.

P Yes, you can overdo it, Dan-Dan. We've done some PODdies on that.

S In the woman... Maybe not in the man-thing because they're like out there doing hours and hours and hours of maybe like a huge, long job. But women too.... But you know where they just don't feel like they have the gusto to exercise when they get home. But I just feel like there's a lot of women who are very, very over-motivated on exercise and it's what's wrecking their thyroid and their adrenals

D Yes, yes...

[00:29:05]

P Yes, there's a good balance because there's under-exercising which is extremely harmful and then over-exercising is extremely harmful.

D And I want to ask... As we are talking about hormones, I know personally... And I don't know what's going on my body sometimes, but after I work out or something, man, I feel new chemicals surging.

S And then there's the weight lifters who actually have proven and done all the testings saying, we're now low on testosterone and low on our sex hormones and all of this because when we overdid it...

D They over-trained.

S Our hormones just tanked

P But you see insulin, you know... I mean, yes, exercise can have a great positive influence...

S Yes it can.

P On your hormonal interplay as long as you don't overdo it...

S And when we're talking about training, I'm really not talking about getting out and having a nice walk or whatever. That to me is just life you know.

D Yes, yes...

P You're talking about getting out there and slogging it for one hour.

[00:29:49]

S Doing something that you don't really have... Can't have a conversation with someone...

P But I do want to get to this thyroid thing. There is no condemnation for taking thyroid medication. I wanted to say that. I needed to for a while. I didn't need to for life. But if it's in your season where you need to, there's nothing wrong with that. And there's a huge debate over that. Do I take natural thyroid hormone which is desiccated or do I take Synthroid which is made in a laboratory but it's actually just like your T3 hormone in your body, and I... I've studied this for years and I don't think there's a definite answer for that. It's what works for your body.

S And sometimes you know the effects of a hypothyroid can be worse for your body than taking some drugs.

P Absolutely, than taking the medication... Especially if you're pregnant and your thyroid is low you don't want that to happen because there's a high chance of birth defects and everything like that. So there's no shame in

taking this. All we're saying is; yes take your medication.

[00:30:46]

S But the medication is not God and that's not what's holding you together and it's not the big ceiling over your life...

P And He is, and I believe He has something even greater. I mean we walk towards healing. I believe we walk every day towards healing.

S Amen...

P And so that's the thyroid thing... Thyroid demands carbs, healthy carbs.

S Yes...

D Thyroid what demands carbs?

P It... The health of your thyroid...

D The health of the thyroid...

P Demands carbs

S Though just remember Trim Healthy Mama is not a low carb plan. It is just carb conscious.

P So don't stay on just S Meals, especially if you're got a thyroid issue, for days on end.

S I'm going home for another couple of slices of...

P I haven't eaten lunch

[00:31:23]

S Sourdough bread with cottage cheese, mmm...

P Let's talk quickly... Oh, my goodness, about PMS... I mean it affects so

many of us.

D This is where I chime in.

P I'm sure Mrs. Valdez...

D This is where I chime in, right here.

S Danny, take the mike.

P Danny, take the mike.

S Take the mike with caution, though, because you're going home to Mrs Valdez.

P And she listens.

S Oh man...

D Oh, dear...

[00:31:48]

S But I want to say one thing about our dear mother because she...

D Now that... No, go on.

S She's an amazing overcomer, just an amazing overcomer. And she's been through all the seasons. She's almost 80. She's in her late 70s. She's been through all the seasons of her hormones. And she's always like, yes, hormones can play a part. They can affect you. But she's like; I was always into rising above, just because I feel like chopping somebody's head off doesn't make it right to chop somebody's head off. It's still a sin to chop somebody's head off.

P Yes...

D Yes, there's still like...

S It's still nasty.

D Love, joy, patience, kindness, peace, gentleness, faithfulness and self-control...

S Yes...

D To be modeled, right...

S Amen, so it's not like; all right, I've got PMS, so just... I'm allowed. I have a free ticket to be an absolute freak-out for four days. No...

P But you know estrogen is our happy hormone and as we get towards the end of our cycle it drops out and so we don't have that soothing...

[00:32:40]

S And our serotonin drops too...

P And our serotonin drops; which is our happiness, because it goes hand-in-hand with estrogen... And so we don't have that balm... And some of us you know feel it more than others but I think what Serene says is you know we can't let that rule us. And then sometimes we just turn to sugar and chocolate because we want to get back the serotonin in our bodies you see. But then that can cause a serotonin high where we actually get immune to serotonin because we're spiking it all the time and we can't even feel it.

S Yes and spiking it makes it drop again. So it's like a cat chasing its tail. So it's those gentle slow-burning carbs. It's an E Meal with sweet potatoes.

P Or even a Crossover...

S Or even a Crossover, yes...

P You know I know that sometimes if I do have PMS, I'll turn to a Crossover.

S And can I say one thing. This is not my own thought, it's actually something that I heard by a wonderful man of God. But this is the deal.

[00:33:30]

S Just remember when we were saying how, yes, sometimes we can just feel like we have a low estrogen and therefore a low serotonin and we don't feel any of the happy, little singy-zingies inside of us, right, hormonally but we can still overcome because you know when we go through trials in life as people, that doesn't necessarily give us the singy-zingies, right? But this guy was saying, when you squeeze oranges, what do you expect?

P Yes...

S Orange juice...

S Squeeze apples... What do you get? Apple juice...

D Apple juice...

S When you squeeze a Christian... Now we're talking about a PMS.

D Christian juice...

S A Christian woman, what do you get? Christ? No... You get a freaking crank out, right? So that's... that there is the challenge... When we get squeezed... Now PMS might be a time of our squeezing, however it's not necessarily a trial.

D That's a great analogy.

[00:34:20]

S It is a squeezing. Are we going to squeeze Christ, or is it going to be you know, Mrs Jerk that comes out.

P Mrs. Jerk [laughing]

D Do you find yourselves during that time, does the fear level go way up too?

P Well I just... I no longer allow fear.

S I haven't had PMS for so long because I haven't had my period in years.

P Oh, yes, Serene's always nursing or pregnant.

S Except for the one before I got pregnant...

P She doesn't have many periods; whereas I've had a lot of periods.

D Keep them pregnant...

P Yes, but anyway...

D Keep them nursing.

P Yes, and so... Yes, all that to say... You know there's a lot of herbs and stuff people take. Ah, man you go into that. I've tried basically everything. I don't know. I've just...

[00:34:59]

D Pearl, I was going to ask you about that.

P I've found your emotions feed your hormones too. I feel like there's a lot of interplay that we don't even understand; that our thought life feeds our hormones.

S Ah, completely...

P That we, the way we think... Like the Bible says so as a man is, the way he thinks. I think that goes with health and I think that goes with everything.

S I think... I don't know this. You would know this, Pearl, but let's talk about men. When a man thinks courageous thoughts, when he thinks thoughts of protection and I'm going to do this to like protect my family; or they think... Do they...? Does their testosterone rise?

P Oh, it's shown in studies, testosterone rises.

S So when they're out there on the battlefield or wherever, I bet you their testosterone... God's planned their body for it to rise above normal levels, to be able to handle what is about to happen, right?

[00:35:39]

S So I think probably in everyday life even as women, I... Like you said in our Poddy, if you think thoughts towards your husband, sexually, you get more estrogen, right? It comes.

P I know. And I thought... In our Foxy Mama episodes One and Two, we talked about how actually more frequent sex in marriage raises your estrogen. So if you've got PMS there's a good remedy there.

S So I reckon...

P Probably better than some herbs...

S So I reckon positive thinking raises your serotonin; your happy hormone.

P Well it does.

D In my research I was on Wikipedia and read that hormones affect behavior but behavior affects hormones.

P Absolutely...

S Go, Danny.

D And they call it a feedback loop, a hormonal feedback.

[00:36:16]

P It is exactly.

S Oh Danny, you've got some good things to say, Dan Dan.

P And that's why the Bible's true. I know that everyone listening here may not be biblically believers but it is backed up by science. So that's all I have to say about PMS. Quickly, on to Peri-Menopause which happens the years before you go into menopause. That's when your FSH, your follicle stimulating hormone just goes.... It's like you press the accelerator on it and it's just constantly pressing on your ovaries to try to make more eggs but there's you know, not enough. And so it's like sputtering so constantly pressing down on the gas so that's why your follicular stimulating hormone goes up. When you're just in your normal child bearing years it's just neutral. But it goes up and that's when you start skipping periods and your hormones go so wacky and you can have two weeks before you have a period. And then it's like two months. And it's a pretty interesting time. And I'm 46 and guess what?

S You're in peri, Pearl?

P I'm in Peri

S Mrs. Peri Priscilla

P Mrs. Peri... and so it has been interesting.

[00:37:13]

S You're not wearing the label, though, right?

P No, I am not, I am so thankful for this time.

S Do you like the name Peri Priscilla?

P Well, if I'm Peri, bring it.

D That explains you almost firing me the other day. So I've got some new ammunition now.

P Oh, really, no, that was jokes.

D Pearl can we not peri-out right now and just maybe I can keep working here? I don't know.

P No really...

D No, Pearl's never been rude to me, ever.

P Actually, no, I mean, no. I feel like I've learned a lot from this because you know things are sort of beyond control. We're obviously going to go into menopause. That's a part of life.

[00:37:45]

S And I feel like what I've seen in you too, Pearl, is embracing it. Like instead of like, ah, can't I just hold on to those days of just being, you know, in my

like the... Like the...

P The fertile years...

S The fertile years... But guess what? God didn't design a woman to stay there.

P No...

S And everything that He designs is wonderful. So there's a new season for you and it's exciting.

P Yes, it's exciting. I do find the season exciting.

S Vange is already there and she calls it her adventure season.

P Yes, that's our older sister.

S Yes...and all of her children are grown up, and so instead of being hearth-and-home; which she still has a beautiful heart for home. She's out on kayaks and she's adventuring and she's bringing the stories home to her older children.

[00:38:22]

P I do believe the way we... It's the way we look at it. Because things can go wacky with periods and all of that but if we get bogged down; if that's out identity, and we're in Peri and it's so hard. And you know I have my period every two weeks and it floods. And we could say all of this but if we say, yes, I'm on my way to menopause. I'm having a different season of life and I feel like I've gained such knowledge.

S And I am on my way to being a queen.

P Yes...

S I was a princess and that was great but guess what's better than a princess? What's higher ranked?

P Yes...

S A Queen

P Absolutely...

D So do you, you know you mentioned herbs very briefly. But do you have any favorite products and or practices to kind of help the hormonal challenge?

[00:39:07]

P I wish we could say that, Danny. I honestly have tried

S I mean there's so many. There's the Chaste Tree, we could go for a list and lists and lists. Everybody's different; how they respond. But you can try.

P If you respond to something then that's great for you. Honestly, I've tried almost everything out there in my days of research and...

D And it's just... Hormones are what they are.

P Hormones are wacky, man.

D It is what it is.

P The hugest thing that I can fully say is mindset and giving it to God and how we...and what we're believing about our body... That's what I've come to in the end.

S Well, that's what happened with my adrenals that were completely zero-

flat lined. And I did everything, Pearl. I was taking the little adrenal... cut up and put in tablets to give you animal adrenals or whatever they were. Taking all the Russian Rhodiola and the whole deal... And going to bed at eight o'clock with a mask over my face... No blue lights... All taped around the room to make sure everything was dark and my melatonin would be optimal... I got worse. But I was just like, you know what, people go through concentration camps and they don't have burned out adrenals. I'm not claiming this. I'm great. I feel fantastic.

[00:40:01]

D Well then maybe we need to take with us the line, hormones affect behavior but behavior affects hormones.

P It's so true, Danny.

S Let's do another B. Not only behavior affects hormones but belief affects hormones.

P Absolutely, belief is a huge. But, and now let's go onto menopause; when you've reached it. Or post menopause; that's when you stop having periods. What happens then is your ovaries no longer secrete your estrogen and testosterone. You have a small amount of progesterone but the fat cells in your body start giving you a different type of estrogen called estrone.

S You get some good boobies; just let me tell you that.

P Yes... The estrone does sort of plump those up, so now

S It can plump up the middle, too, right?

P Yes, what happens is those sex hormones go down so therefore your insulin goes up. Now insulin is a great hormone but it is a fat storing hormone. So those past menopause do usually have to try harder. They can't do as many Heavy S meals you know. And maybe they just can't take as much fuel. Their body doesn't burn it as quickly. And so you sort of have to tweak and figure out...

[00:41:06]

S Lots of non-starchy vegetables.

P Lots of veggies.

S Fuel-pull snacks... But still be able to be very nourishing to your body.

P Absolutely... You could still have some Heavy S's now and then and things like that. You know I often think about when I go through menopause how I'll tweak things. And I'm like, hey, bring it. We'll have fun with that.

P But I want to talk about what to do when you don't have the hormones. There's two schools of camp and they always argue a lot. And I was on one side. But now I'm sort of in the middle like; okay if your eyes go dim, or if you have... you blow your knee out, do you think, okay, well that's me now. I'm not going to do anything. Or do you get glasses or do you get a knee replacement?

S Can I say one thing to that? I don't think that your eyes are, because some people are in their 80s and only use the glasses for reading and their eyes are fine for the most part. So I don't think there's a season of eye damage

like you go through peri-menopause eyes and then you go through...

P Well usually in your late forties to early fifties, the eyes don't even read well anymore. And then it's like, well I'm not going to use glasses.

[00:42:04]

S Right, but there's definite seasons where it's hormones. They're ordained seasons, right?

P Yes, absolutely...

S It's not like you're unhealthy. It's not like...

P But I feel like there are two schools of camp and I don't want to judge any. So you could say, hey, I'm in my low hormone season now. I'm going to accept that. I'm going to rock it. Or you could say, my low hormone season now is causing some issues. Maybe I have vaginal dryness from low estrogen. Maybe I have a lot of brain fog. I could go to a bio identical hormone doctor and replace those hormones naturally.

S And just so you know, are Moms are on those bios.

P Yes, but there's nothing wrong with that. It's really a great option for men too; who lose their testosterone either early in life from an accident or because their pituitary stops working properly or from age. Sometimes the testosterone declines.

D Spanish men don't struggle with that.

[00:42:53]

P Well, I've....

S Here was Danny. He was on the ground doing a bunch of pushups just because he had like downtime.

P Yes... But all I'm saying is that can really affect a marriage. So I believe when something's affecting a marriage to do it... Replace it naturally. Is a good thing...

S Yes, that's true.

P I mean Medical Science is fantastic on some occasions and there's no shame in doing that.

S Well sometimes it's not even Medical Science. Sometimes it's just the herbs God has provided. There are herbs that help.

P And they get these hormones from the yam.

S Bio... You see the bio hormones they're not the synthetic hormones.

P They're not. And so I think that that is turned so many people around. And yet others absolutely thrive in a state where they have lower hormones.

S Yes...

P It depends upon you. And that's all we want to say. It's so unique.

[00:43:36]

S And I think that's why you are in the middle camp now too because you're not like the perfect little profile of hormones. That's not the ultimate. The ultimate is where you feel great.

P Yes and the ultimate is where your mindset is. I was always chasing that perfect profile of hormones.

S The fountain of youth...

P Yes, and it wasn't even youth. It was just like; I have to get them so perfect and it was a never ending thing. And I just feel like it's much better to have... to not fear... It's much better to love myself... Not like the New Age love yourself, but to be thankful for who God made me to be and not to loathe myself. And to be kind to others; all these things...

S Not because you're anything great of yourself but because God made you and He made great stuff

P It's so true. So we're going to close but hold on one sec.

S You're a gift to the world...

P Yes...

[00:44:23]

S Every single body... Every single human in this world was created to shine in the image of God. And everyone shines a different ray. Like on a diamond you know how it shines all different facets. We all shine a different image.

P Absolutely...

S Like a different ray of His glory...

P Remember I was talking about the alternative to Metformin, if you have PCOS... To bring those blood sugars down. It was Myo-Inositol. I think it was about one to two grams per day.

D Good old Myo-Inositol.... I mean that's on everybody's tongue, right?

P Yes, yes, tip of the tongue...

[00:44:55]

Announcer Hey Mamas, do you have a question for Serene or Pearl?

Send your email to support@trimhealthymama.com.

D I've got a question... Not so much a question... But Sandy has kind of an insight here, an observation I guess she made. And I don't know.

P She wrote in with it?

D She wrote in with it and...

[00:45:15]

S Well, observations; they're good. We'd like to hear that.

D I wanted to throw it out there and hear your comment on it.

P Is she mad at us?

D No, no, no... She is a sister all day.

S Hello sister...

D She just said that she... It's rather a topic that she would like to hear addressed from you. Since starting THM she's noticed, specifically on Facebook a lot of conversations about being able to eat so much and have so many sweets. She says, through her own journey she learned that the problem was not only the food but also the amount of the food she was

eating. She says, I've had to determine that dessert is dessert; even if for breakfast. But having a wonderful piece of chocolate cake for dessert, for dinner and then for breakfast, was maybe feeding the original problem that got her to need THM in the first place. She was just wondering if, In the name of freedom, maybe there are some abuses happening.

S Can I start.....

[00:46:10]

P Interesting...

D Please...

P What's her name, Sam...?

D This is Sandy from Richmond.

P Thanks for your insight.

S Yes, that's good, Sandy. I would like to address it this way first. We've always talked about... In the book...You know about having balance you know. But we're also talking to people... When we say, to eat, we're talking to eating to satisfaction where there are some ladies who have been starving themselves for years. They've been on the HCG diet; or caloric restrictive diets to the point where they've been hangry for years. And we're trying to say, hey, you don't need to be hangry anymore. You can be satisfied. You can eat to a comfortable place. That's not eating to...

P To gluttony...

S To gluttony... And I don't think we've... I think when people read the full

book, they get the picture that we say, hey, you know, it's a balance about non-starchy veggies. Balance your Heavy S's with your Deep S's and you know make sure you're juggling up your fuels. So when we say, having cake for breakfast, we're not imagining people having it all day long.

[00:47:18]

S Now maybe we need to be clearer with that, but...

P I don't know. You know I think that there is a problem. Actually when people hear about our plan rather than read the plan too, because I do believe we've tried very hard, now obviously we're not perfect. I think we've tried very hard to show that there... That this plan is not just all about cream cheese for breakfast, lunch supper and then dessert on top of that. We want to show that non-starchy vegetables have a great place, and there are light foods and there's heavier foods and all of these play that perfect balance...

S And I don't think there's...

P But I think when people here about the book rather than read it, they don't read that. And so they can come here and think, ah, I'm just going to eat dessert for breakfast, lunch and dinner.

S But that's not actually what we say when you read the plan, right?.

P It's not the plan

S We might say as a matter of fact, hey you can eat chocolate cake for breakfast.

[00:48:08]

P And I do.

S But because you can and there's nothing wrong with the taste bud that can say it's sweet. There's nothing wrong with that. It's God given. That is not evil. And the cocoa bean is not evil. So when you put protein in the cake, and you have even a secret non-starchy veggie thrown in there, you've got the anti-oxidant rich cocoa and a little bit of healthy fat. That can be a healthy breakfast. I don't think that's a sweet that's feeding the problem. I think the problem is when people say, you can't have sweets and sweets aren't healthy; that's when they just want to go binge on a Snickers because they feel like, you know, what's the point. I don't want to be eating birdseed for the rest of my life.

P I know. I think there is a beautiful balance in there. Like Sandy, honestly, to be very honest I did eat chocolate cake this morning for my breakfast and I had it with coffee and I felt... I didn't feel an ounce of guilt. But now I'm not going to go have it for lunch and afternoon snack and dessert.

S Well, because we said in the book, hey remember all the wonderful other parts of the plan.

P Take all your fuels... You know there is a place... If you're doing that, you're just solidly in S-land anyway. You're not doing that beautiful juggling of the fuels which really... Energizing meals where you're eating your carbs and Fuel-Pull foods where you're doing lighter amounts. And I

think the whole balance of the plan needs to be embraced and then this won't be such an issue for people.

[00:49:27]

S Yes...

P But I think that we all deal with sometimes gluttony and sometimes overeating. And that's just something that we have to work out with God, too.

S And so I feel like maybe you know the feel that somebody may get on Facebook is not actually The Plan but just what people may see it as the gist of The Plan. But the real plan is not to eat cake all day long.

P We're all on different journeys too. Sometimes we can start out and so if someone's coming from a sad lifestyle and they're a couple... They've got a significant amount of weight to lose, sometimes it's just okay to eat lots of these good foods and just get their feet wet and learn to balance their blood sugar and we don't want to judge them either, and they'll mature and they'll come to where you're at Sandy; where you realize, there's a beautiful balance here and let's embraced that.

Announcer Trim Healthy Mama Product News and Notes.

P Noodles, noodles...

S We are noodle folk.

S We are noodle folk

P That's a weird accent.

S I don't know what that was.

P I love noodles. And on Trim Healthy Mama you can eat your fill of noodles. Listen, we're about to talk about a product. You don't jolly well need our products to be on plan.

S Throw a zucchini in the garden and whiz it around in a thingy... Thingymajig and use that for noodles.

P Yes, it's.... What do they call that, a spiralizer.

S Yes...

P Spiralize a zucchini if you don't want to use any special ingredients. And I do that anyway. But if you want like noodles, we use konjac noodles. And they're actually not special, Serene. They've been around for hundreds of years.

S They've been around for millennia.

P Yes, and they are from the konjac root, grown in Asia. And they make konjac noodles. We call them not-naughty noodles. Actually we've got a...

S Because they're not naughty, they're nice.

[00:51:10]

P No because they have zero carbs and zero calories... Just zero anything and

yet they're vehicles for flavor.

S Now we need to do a five-second "Noodle Therapy". Don't eat them and expect them to taste like Italian fettuccini. No, they have their own wonderful texture that when you open your mind up and allow yourself to know that they're going to be a little different at first, they are so much more scrumptious than the regular noodle. They are so addictive and I just can't get enough.

P Oh, me too... But it is that thing we keep talking about as opening your mind to new taste and new experiences with food. Because, well, how is the old box working for you? It wasn't.

P And so these are awesome noodles... Now, yes, they're a little chewy but it's all how you cook them. So I think the best way to start with Not Naughty Noodles, konjac noodles is to just stir-fry them. I love sesame oil, Serene. Sesame oil... Soy sauce...

S With a little fried egg and having it the Asian way with the fried egg...

P Yes... Fried egg... vegetables, whatever you have in your fridge or even frozen vegetables.

S A little soy sauce...

P A little soy sauce or Bragg's Aminos...

S Sprinkle the sesame seeds on it too.

P And a little bit... I like a little bit of heat. I like a little bit of cayenne pepper or chili flakes.

P Now you get that all up in that oil... Sesame oil or even coconut oil if you don't have it...

S And don't be like quarter-of-a-teaspooning it, like you can be luscious.

P Let it be luscious and let that fat really go on there.

S Hey, and if you want to, you could use like a tablespoon of MCT oil and then just a teaspoon of sesame for the flavor..

P Yes, absolutely...

S MCT oil, for the burn...

P Absolutely... For the thermogenic burn that helps you lose weight. These things are so weight-loss and you can have a huge bowl. You don't have to limit yourself. We love them.

[00:52:49]

P I'm to the point now where I'm so used them, though, I can have them with spaghetti sauce, because your mind acquires that...

S Bring on the cheese sauce the spaghetti sauce, the Alfredo sauce. We can do it now, Pearl.

P Ah, but if you... These can help you on your weight loss journey. And we're coming out with a new form of them. They're called Trim Healthy Noodles.

S They look more like the regular kind of Italian noodle.

P That's because we put a tiny bit of oat flour in there not enough to spike your blood sugar, just a very small amount... They are white and so you don't think, why do they look like that, all see through.... now they will be

white. But guys give them a try. Open your mind and keep experimenting till you love them. See you guys here next Wednesday.

S Good on you, mates.

P Bye...