



Trim Healthy Podcast with Serene and Pearl Episode 35 – Worst Podcasts Ever, (no really!)

*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 · J = John

[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 have to 'fess up and say we all walked... Well, I walked to the PODdy, Serene walked to the Poddy Cabin.

S I didn't today. I usually do, but I was late.

P So we all got here to the Poddy Cabin and just got here to record and just being honest. We don't know what to talk about.

D Have you ever been at a place in your life where you're like, I have to produce here. I'm being paid to produce. And yet, I'm coming up short.

S I'm glad you're being paid Danny.

D Some of us are being paid, to be here.

[00:00:38]

P We're not being paid, nothing.

S I tell you what man? We just, we had a lot of ideas – just so you know we're not all brain dead. We had a lot of ideas but they just weren't “PODdy Fodder”.

P They felt... Yes... PODdy Fodder is the best line.

D PF = PODdy Fodder

S Well that's where I get ideas for the book. I have a little notebook.

P Then it's called PODdy Fodder, okay.

P We had them. We've got them written on the wall but they didn't feel right for today because the new book is just a couple weeks out. It's like...

S Like we said everything in the book.

P That's what I feel like...I feel like we... and look, I know it sounds prideful, but we gave you so much from our hearts. We felt like everything that you sort of needed, we spent that year trying to give to you in that book. And so here we are, and we sort of don't want to distract you from where you are in it either.

[00:01:23]

S And I came here and I'm like, well maybe we should tell them, maybe get out of your rut and change is as good as a holiday, and catch a new wave of excitement. And Pearl's like, they just got the book.

[00:01:37]

P They're not in a rut.

S They're not in a rut. They've got three hundred new recipes to try.

P And then Serene said, yes but sometimes it can feel so lonely as a Trim Healthy Mummy you keep doing your own thing, and you're in a rut and it's good to go to someone's house and watch what they're making. I'm like Serene...

S You non-Facebook person

P Most people are on social media and there's like hundreds of thousands of our ladies on Facebook watching what other people do. You're the only one not on there Serene.

S I know. I'm like old... I'm just like Andy Griffithine.

P Excuse me?

S I was feminising the name Andy Griffith, like old-fashioned. I'm back in the old days.

[00:02:16]

P Oh, Andy Griffithine, like Jacqueline?

D Yes, no, I was there.

S Were you following?

D Yes

P Were you following that John? Andy Griffithine is the feminine of Andy Griffith.

S Well you know, back with the black and white TV. That's what I meant. Everyone else got it Pearl.

D So speaking of your book.

S Yes

D In addition to the recipes, is there a main theme? I know the title is Trim Healthy Table. What are you saying in this book for people who haven't gotten it yet?

S The theme is the theme... I went back to my lisp my childhood lisp, the theme

[00:02:48]

P That's not a lisp Serene. That's just a little bit speech dyslexic. And that's okay I... Not downing the dyslexia because I have that in my family.

D No, we love you Serene.

S The theme is that you can bring this to your table. It's not something that you have to do alone. You can bring it.

D Now, how do you mean?

P Girl, that was terrible.

D Alone

S I just mean, I mean it's doable for the whole family. It's doable to be sane

and create something that everybody will be happy, blessed, fed, nourished and right on track with.

P But do you know what I feel? I feel most people tuning in today to this Poddy, I think they have the book. We got like tens of thousands of pre-orders. So I don't want sit here and try and encourage you guys to purchase the book if you haven't. I think if you haven't got it in your budget...

S They've just read the first chapter that's told them what the theme was.

[00:03:39]

P I think if budget's tight, I don't want to have to force people to go do that. I think borrow it from the library because it can really help you out.

S Definitely on Craigslist for anyone who has a book that they want to borrow you

D In America we say lend.

P Serene, yes, lend. And also there's such thing as social media too.

S Craigslist is as modern as I get.

P So you know what I think we should talk about to all the people that have the book? Help them navigate through it. Serene, what you and I really want people to do with this book. How it can work best for them.

S And can I say something though? Are you guys proud of us that we're not "fake artists?" That we didn't come here pretending we had something to bring? And bring you something that was pushed and try hard-ed; you know what I'm saying?

P Yes, let's boost ourselves up with that confidence, their proud of us right now.

[00:04:30]

D I'm proud of you both.

P So that's what I think we should do right.

S Navigate the book?

P How best to use it, and here's what I'll start off with. I did a post about this on our Facebook.

S Oh did you?

P Yes Serene, if you went on there you would know.

S Hey back when the first book came out, the firstie of the first. Not even the Random books, the firstie...

P Yes.

D The one with the little babies on it

S I decided to be a Facebook person for all of three days.

D I remember this.

S Yes

D I actually remember this. We became friends on Facebook.

[00:05:01]

S And my house just fell apart, and there was no surviving anymore.

D So for you...

S It wasn't my season.

P Yes, do you need a single focus, a one track

S There's still nine children running around the house jumping on the furniture, bashing each other's teeth out when they're high-fiving in the lounge because how they stuck beans up the toddler's nose.

P And you have one bouncing in your belly now too.

S Yes, so it's just not my season.

P So all I'm saying was, that's the funny thing. Sam set-up an account, Facebook account for you and so she's still there. But she'll never check it. I think you must have a hundred thousand friend requests and messages that you will never check in your life.

D Have you not even checked it?

[00:05:43]

S No, I actually have two or three accounts.

P Two or three different accounts

S Yes because I think I lost my password, and then Sam set me up another one. No, I don't check anything.

P Anyway, all that to say so, I put this post of Facebook saying please when you get your Trim Healthy Table book, read those first three chapters first. Don't just jump into the recipes. Because...

S You are a fake artist if you do.

P Nice

S What, no, you were coming across with the good old strong inspiring talk,

so I thought I would just put that out there.

P I was being so kind. I was encouraging them to read the chapters, and you're like, you are fake artists if you what, if you jump into the recipes?

S No, if you just refuse to read the first three chapters you're not going to get it.

P Okay well that's better.

D Oh like skip to the recipes you mean?

[00:06:31]

S Yes, skip to the fun? Don't skip to the fun.

P But why did you say fake artists?

S Because I was talking about how we could have been fake artists today. And the word fake artist was in my head.

P Oh got you. Okay.

S Would you guys forgive me? I didn't mean it in a bad way. I meant well.

P Is this is our worst Poddy ever?

S I didn't think anybody was actually going to skip it. So I thought that nobody would be offended.

P No Serene, people skip it. And do you notice in this book, there is no intro? Guess why we didn't do an intro? We started at chapter one because people skip the intro. We used to put real important things in the intros of our book. No more, chapter one is the intro and it's a disguise.

D Do you guys think anyone is still listening?

[00:07:09]

S I want to tell you something. I hate it when I'm home-schooling and my children get a book, a new book that they're meant to read. And they're like where do I start Mum? And I'm like, page uno, number one. They think they can skip the foreword. You're so right Pearl.

P Yes

S You're so right Pearl, skip the introduction skip it all.

S I want you to know as authors, we poured our life into every word of that first chapter.

P That second chapter is going to get you on plan and show you how to do it.

P That third chapter tells you how to navigate the book. It shows you how to do the recipes without special ingredients. It tells you why the heck we have baking blend in our cakes and what you can use if you don't have it.

S Yes

P And so those are all important things, so please, please read the first three chapters.

S And you're never going to be a fake artist.

[00:07:58]

P Now here's what I want to say. And this, now I'm really going to bring content Danny. Just brace yourself.

D I'm braced.

P Serene you wouldn't know this because you're not on social media.

S You're really digging it to me aren't you?

P I know yes. But it's so fun, sitting and watching all these recipes that we created Serene and now watching them come alive. Picture after picture of Mama's making them. I could sit there for hours, but I don't have enough time in the day. You would flip. Even your Trimmy Bisques are being made. Your dressings are being made!

S It's our baby right?

P Yes.

S We put it in the oven and we baked it up, all these ideas right?

P Yes

[00:08:37]

S And now you're feeling the baby kick by watching...

P Serene all the recipes are coming to life so it feels like we've got the baby now and we're looking it. Look at its toes, it's so cute.

S We're looking at our ultra-sound. Sorry, I went to my first ultra-sound the other day and it's a clear representation of what's going on.

P You're back in the pregnancy, we birthed the baby. See the book is out, so the baby's birthed if you go with the analogy. You're way behind.

D But you saw the toes first. Is this a breach situation?

P No the head came out – this is really wacked.

S Hey, the baby's not birthed yet because we haven't gone through transition.

P No, we have!

S Transition is when people start calling in and writing in and saying, my recipes is not working. You've missed out an ingredient.

D So what stage, to summary up... What stage is this then..

S We're just starting to feel the baby kick.

P No!

[00:09:25]

S I'm telling you.

P You are messed up Serene. The baby got birthed, September 12th on Tuesday, when it was the launch date.

S We missed transition?

P I went through transition.

S She did.

P I don't know where you were.

S I want to tell you the reason why I'm nervous, the reason why I don't feel like it's birthed yet is when we were in China going from place to place to place, I had the heaviest, hugest toddler. And I was pregnant and feeling sick. That's when we were meant to edit the whole book.

P Yes.

S It was in loose papers, and Pearl's like you're going to lose the papers and I already had the baby...

[00:09:56]

P Well then they bound it for us.

S Yes, freaking out all over me. So I just could not hold the papers. He was going to make paper aeroplanes out of them or something. So Pearl said, I'll just edit all my recipes and we'll just pray over yours.

P I went through yours.

S Unless it's the person who made it up, you never know right?

P I know.

S So I'm just praying over mine, I asked God to bless them and I'm not sure if people are going to write in and say you missed...

P Yes but that was definitely transition doing the five edits of the book.

D So the breach baby is here. I can almost hear...

P The baby is here.

D I can almost hear the sound.

P That's the baby.

S It's so cute.

[00:10:33]

D Serene just went into pre-labour

S No don't you dare say that.

D Don't even speak it.

P I actually have a point to all of this Serene. I was saying, so all that to say. So the recipes are coming alive and what people are making over and over again is the wonderful white blender bread.

S Oh I know, I knew that was going to be a hit. I haven't made that yet. That was Pearl's spectacular idea...

D Blender Bread

P It's amazing okay. It's white bread, fluffy white bread.

D Fluffy white bread that you make in your blender....

S Fuel Pull mate, can you believe that? She was the star of the show with that thing.

[00:11:05]

P Thanks Serene, "Hangry Pockets" are another star and that's yours. But all that to say okay, now I want to get to some good stuff I'm going to give you. So I'm seeing that bread a lot so I want to tell you how to use some of these recipes in the book in balance.

P Okay, before let's just say you were having eggs for breakfast. And let's just say you had a meat with them and a veggie and let's say you're a big breakfast person. So now you think I have bread! And so you now you're going to have your eggs, now you're going to have your meat, and maybe have a little yoghurt on the side. And now you're going to put two or three slices of bread.

P I want to say this to you. Don't just pile on and add. You need to replace, okay...because, yes it is a Fuel Pull bread, yes it is slimming, yes it balances your blood sugar. But you don't just add it to a plate of already... What you've already got, you've got a full meal.

P Change it around. So yes, do your eggs. Take that meat off because you're adding more protein in the bread. It is a protein bread and enjoy your eggs over the bread maybe with a side of wilted spinach. Serene, am I making sense here?

S You are so making sense. I think what we noticed in the first Random book.

P You say Random book, but what you mean is the cook book.

S Yes

[00:12:18]

P The original cook book. Random was our publisher.

S The Trim Healthy Plan explained a lot of the foods like collagen.

P Yes.

S So we had the collagen became like the supplement that was announced with that book, and it was so exciting and people kind of caught on to it and they were seeing benefits to their bodies pretty fast.

P Yes.

S And they were like, okay so I'm keeping this in. I'm adding it to my meals. And what we noticed was that instead of maybe substituting it for the whey sometimes, the whey protein, or...

P Having it as a balanced part of the protein breakfast.

S Right they kept what they were already doing and added it to. So each meal just got a hundred more calories and we're not calorie counters but what we're saying is if you get these new wonderful ideas, or whatever we're introducing in this new book, take a little piece off of that meal and add the new thing in, and then juggle it around...

[00:13:16]

P But never take the veggies out of your meal.

S Right

P What we're saying here is you can actually overdo protein. We don't count... We never say, oh am I doing too much protein, but the Trim Healthy Mama has a beautiful balance with protein. It has ample protein but it doesn't shove it and pile it on top of one another.

P And so you don't want to do eggs and then meat, and then collagen in your coffee and the new Blender Bread, because you're just having a little too much protein now and maybe your body just can't handle that. And so be really smart about – use this bread as a grilled cheese and have a tomato soup on the side, or a salad on the side. But I just want you to think of it as another protein source.

S Yes, so good Pearl.

P Same with the shakes and smoothies okay. And that's why we put the big size and the baby size in there.

S Because a shake can be a whole meal sometimes

P Absolutely

S Like when we come to the PODdy, our meal is usually...

P One of the big shakes

[00:14:19]

S A Yuck Yum or something, we don't have to sound like we're chewing.

P Yes, but if you've got a meal with ample protein. Let's just say you have your dinner at night and let's say you have one of the good casseroles with protein and then you have a side veggie and a side salad.

P And then you think well I want dessert, so you go to one of the shakes. You wouldn't make the huge big shake with one full scoop of protein powder. Or a full scoop of collagen because you see you've already had that wonderful protein in your meal, the natural source of protein.

P And so go to the baby shakes and make one and there's just one to two tablespoons of the protein powder in and it's not too much then. Your body can handle it.

S Exactly, and if you're making a Trimmy or an after dinner tea, put a teaspoon of the collagen in, not a full scoop if you've already had your protein in your dinner. And it's not like we're worried about your kidneys or anything because we're not.

P No

[00:15:09]

S That's a whole myth, but we're just thinking of over and abusing food.

P Yes, so we've given you all these recipes and we love seeing you make them and I love watching them come to life. But we just want to give you a few tips on how to include the new with all that you were already doing, including the new.

S And I also want you to understand, and I'm sure you've already got the gist that there are two cultures going on in the book, definitely. There's the Pearl Culture, and the Serene Culture. And so if you skip, be a fake artist and skip, no, I'm just teasing. If you skip the Trimmy Bisques, chap, chappie ...

P Then you are wrecked.

S You are not getting the Serene culture. You are just not getting it because that basically is the culture of my home, is the Trimmy Bisque. Every night there's a Trimmy Bisque..

S And I'm not wanting you to do that at all. But I'm just saying hey, once a month. Pick up some Serene culture please.

P Because you're worried that they're going to go to the Pearl culture because Pearl is a little easier.

[00:16:16]

S Because Pearl culture is more American too, and it's more like easy, and it's more like what people eat already. I'm just saying open your palate; open your ideas because the Trimmy Bisques are super slimming. They are going to really help you lose weight.

S I've got recipes in the other chapters too but I kind of designed them for the American culture but for the Trimmy Bisques I have made no apologies.

P No

S I didn't try to make them apply to anybody else's palate but mine.

P But they're amazing. But what you're saying is... Listen I think when someone starts if you're starting the plan or even starting the cook book...

S Don't start there.

P You don't need to start in Serene's culture right there in the Trimmy Bisques because they even use a few more special ingredients although we show you how to get around them.

P However, my recipes you might find, even though I've tried to lighten them up, use some cream cheese and use your cheddar and you put it on top of your casserole and I encourage you to use a side salad to balance that up.

[00:17:14]

P There's a beautiful balance when you take what Serene does and then you take what I do and you include both of us. So, yes as much as I put my wonderful casseroles in there which are great for the family and your kids and husby are going to love them...

S My husby's going to love them Pearl.

P Yes I know Pearl. I kept thinking about your poor husband who doesn't get his casseroles and he loves them.

S He loves casseroles, but he loves those Trimmy Bisques!!

P He does, he's a soup man. But don't make, I can't believe I'm saying this.... Don't make my casseroles every single night with all that cheese and cream cheese. Yes, it's fabulous. Get your family on board with them. But branch out into Serene's recipes too because they're very super foodie, they're very extremely slimming, and they don't do all this pasteurised dairy which stalls some of us.

D Can you tell whose recipes are whose, in the book?

S No, there is a lot of recipes that are a combination of the both of us. And there's a lot of recipes that Pearl and I designed for other people's taste buds. But there are certain recipes like the Casserole recipe chapter and then the Trimmy Bisque recipe chapter that we wrote separately.

P And it says Serene Chats or Pearl Chats.

[00:18:23]

D Oh, okay. You guys kind of intro if it's your recipe?

S Yes, yes.

D Got you.

S Like we both added to the dessert recipes and the drinks recipes.

P Although the casserole recipe you got the Loaves and Fishes one in there.

S Oh that's true.

P You know and that's very slimming too. Not to say my recipes aren't slimming. I just meant...

S They're super slimming. And her Blender Bread, you go girl, that's FP.

P But all I'm saying is, mine are a little more American, or normal. And so you've got to have the cream cheese and the cheese in there and it's a great way to come back into the fold, or bring your people back into the fold.

S And when you bring it to church, I love it.

[00:18:59]

P Don't just stay there. I don't make a casserole every night. I am using some of Serene... I glean from Serene. I glean what she does. And you know she gleans from me.

S I do. I glean from her.

P That's why we've got both these cultures. You could just say well I'm a Pearl and someone else could say I'm a Serene. But there's something you're missing if you're just a Pearl.

S Because let me tell you a little secret. I'm not just a Serene. Because I'm besties with Pearl, I've kind of adopted about 15 per cent of her personality. We're like mutts.

P Now I make the Yuck Yum Bitty.

S She does people!!!! She does her own home made raw kefir

P I do.

D Pearl, you're making kefir at your house?

P Totally

D Really

[00:19:39]

D And I can't believe I'm saying that because I never in my life imagined that I would. But when Serene and I...

S To you this probably sounds normal but it's like God turns us off...

D God was done.

S We actually don't know if we're coming in on a half sentence or something. But...

D All of our gear, all our studio gear just turned off. I think there was a message there.

P It was like stop.

S We didn't know what to do while our producer was trying to work on it. We didn't keep on some deep rant which is what we normally do at the end of a poddy. We're kind of on a roll. We turn the button off for you guys but we keep talking because it's just like we are feeding each other, you know. But we're just a bit air-headed so we've just being doing a Pearl dance.

D We just started dancing, we literally came to that.

P And it was bad dancing because I'm the worst dancer in the world. So this whole PODdy has been the worst poddy. We should title this PODdy "The Worst PODdy Ever".

[00:20:32]

D I completely agree. Hey, but you know what? Let's give a bonus. Fortunately we captured that dance on video. Those of you, who are still listening, all three of you...

P Three, you've got high aspirations.

S I'd say two and a baby.

D We're going to get you a link somehow. I don't know if it'll be in the notes or what, but find the link.

P No, I was just saying – okay because I'm wearing a white skirt, long. I'm not looking my best today. Let's just say I got up and I was like, hey if you're wearing a light, white long skirt, even if you think you're a good dancer when you start dancing, it's not good

S There's no beat to it, no vibe to it in a white skirt.

P Danny and Serene joined me in the Pearl dance.

S We were not doing our own dance. We were doing a Pearl.

D This dance is called “The Pearl” and you're going to see it. I don't know how we're going to bring it to you.

[00:21:24]

S You could bring it to your next disco family night.

D John, what do we say, link in the notes? Is there a link we're going to give?

S I tell you what it's like. It's like when you get to the bottom of the grossest cereal, you get a prize right?

P Hey, listen. We deserve to have one bad PODdy. How many PODdy's have we done here? How many PODdy's have we done?

J 33

P That's John, John the producer. He thinks this is so abhorrent he's coming over here to help.

S You know the Muppets right? You never, ever see the Muppet Mama's face. You only see her socks.

P No

D John, give us a word.

[00:21:58]

J Remember the grumpy Muppets that sat up in the little chamber and they were grumpy and they yelled at everyone...

P This is John trying to save the PODdy.

J That was me. So, are we going to let them have that dancing video?

D Oh no doubt

J So here's what's we'll do. I will put it somewhere in the navigation bar on Trim Healthy Mama dot com. You'll just have to go to the website and hover over the different navigation spots. You may, or may not find something that says "Funny Dancing Video."

D So this is a prize for the truly committed. Those who are....

S We're getting to the bottom of the bad...

D Yes, you made it to the bottom of the bad cereal today. And you get a prize. And it's going to be on our website, Trim Healthy Mama dot com.

[00:22:51]

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]

[00:24:34]

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

S Serene

P I've got one more thing to say that might be content.

D That might be worth us sucking oxygen today.

P Here's my content, another thing about the book. Hey listen, I'm sick of promoting the book, but you already have it right? If you have it, here we go. also with desserts... Serene, hear me on this one.

S Yes, yes.

P Yes, we've got a lot of cakes in there and we say this in the book I want you to read our little intro about the cakes, two page intro. It's great to make Trim-tastic cakes, great to make - you can have cakes, muffins and shakes and all that. But be smart with dessert.

P If you've already had a full meal... It may not be the best for you, especially if you're a Stubborn Loser to go have cake as dessert. We've got some lighter things in there for dessert. For instance maybe a baby shake, a baby Fuel Pull shake, or the Incredible Chocolate Cookie Muffins, they're lighter. Cake is wonderful for breakfast!!

S Because it's a meal

[00:25:45]

P Yes, or wonderful for an afternoon snack. I look at it more as meal, or if I have it for dessert it's like a smaller piece.

S I'm not saying technically, traditionally a meal. But as far as fuel, it has enough fuel to be a meal.

P Yes, and it has protein and it has things like that. And I like big pieces. And so I like to have it for my afternoon snack, or for a breakfast, and not on top of eggs and bacon, and stuff.

S Or if it's like a weekend, it's a Saturday night and all the children are off staying at friends, or family. And you just want to sit down with your favourite podcast people and have a big piece of cake.

P Your favourite podcast that you used to listen to but you're not sure after this week.

D Yes, this was a... guy's it's been fun.

P Oh you're quitting? Hold on.

S He's quitting the B, he's queuing the 17 men...

P Quitting the band

D And I'm taking my men with me.

[00:26:31]

P Going to start your own PODdy

D Danny goes, we go, and we're going to have 20 members.

S What's it going to be called Danny, your own little pod?

D "The Danny Show"

P Oh, of course

S That's original.

P We'll come and be guest artists on your show.

D I should totally do “The Danny Show” and interview only you guys. Every time, in fact, “Welcome to the Danny Show”.

Announcer Hey Mama's, do you have a question for Serene and Pearl? Send your email to, support@trimhealthy.com.

D Kind of a unique question for you...Chris who kind of feels like some of her decisions have maybe damaged her body and she is really hoping to recover from that. She writes in, I made a huge mistake on a diet before THM. I did and HCG diet and lost 40 pounds in four months and then started THM.

D I've never struggled to lose weight but in almost a year of THM I've lost only 20 pounds and have at least 30 more to go. I do have a cautionary tale, that fast weight loss, is not better. My question is though, is my metabolism ever going to heal?

S Yes, it will.

D I'll go months and not lose an ounce. I've lost inches, but it's still so much slower than I used to lose. I do the Workins and I see a change with that, so I'm hoping the inches continue to go. I believe in the science and I have seen enough progress that I won't stop until I'm at goal. But I just wonder if this will be a struggle forever?

P Wow, you know I want to do a happy dance for you for those 20 pounds that you have lost.

S I know.

P Oh my goodness, go you!

S That is so fantastic.

[00:28:10]

P Because doing...

S And the inches too, that is still going.

P Because extreme diets sometimes can mess you up so that you won't lose at all for who knows how long. And 20 pounds is absolutely fantastic in a year, and the inches.

S It's great.

P When you do something extreme like that, it's very hard on your hormone profile, and not everyone will be able to lose after that. Some people can rebound back and they will be fine, but we are all unique. For some it's just very, terribly hard on their hormones. I would definitely encourage you to go get a hormone panel now.

P Because when you go on an extreme diet that lowers both carbs and fats sometimes your thyroids and adrenals can be affected too. So we don't know from your question whether you have an inactive thyroid now, and maybe going to get that tested. I encourage you to get free T3 tested which is the active thyroid hormone, see where you're at.

[00:27:21]

P And some supplementation, some natural thyroid hormone could help you. But even if it's not your thyroid just hanging in there like you're doing is fantastic.

S Yes and as you nourish your body and you chose to do THM, and continue as you're trying to reach goal, just doing it for your health even, that's just going to nourish your body and nourish those adrenals and thyroid back to health so that the weight loss hopefully, prayer-fully will start to speed up in time.

P Yes and just a couple of little of tips. Keep those lots and lots of leafy greens in them.

S And some people that come from HCG even gain at first.

P They do. Oh, yes.

S I've seen it.

P The fact that she kept on losing just a little bit here and there is really great.

S It's beautiful.

P But I would say little tips. Keep lots of leafy greens in your diet. Don't ranch them all with heavy dressings all the time, just some vinegar and oil on them. Some good carbs don't forget about those. Don't stay in S land.

S Sweet potatoes

[00:30:06]

P I'm sure – it sounds like you really know what you're doing on plan. I'm sure you're doing all these things, but...

S I'm glad you're having fun with the Workins

P Yes.

S We're going to do a crazy dance for you. Because we really feel like, those 20 pounds, they do need to be celebrated.

P And like Serene said in another podcast, hey, you've got ten years to lose those next 20 or 30, 15 doesn't matter. As long as you're headed in the right direction, you're doing awesome.

Announcer Trim Healthy Mama Product News and Notes.

P You want a really effective weight loss tool, bring on the MCT oil.

S Bring it on mamas. MCT oil, first off. Yes, it raises the thermo-genic temperature of your body.

P What does that mean Serene?

[00:30:46]

S It revs your metabolism, it heats you up. Which basically makes you burn baby, baby burn.

P Burn your fat.

S And it is brain fuel. It feeds your brain. If you put it in your coffee in the morning to make a Trimmy not only are you going to get a natural rev from the caffeine, but you are going to get brain fuel. You will be focused.

P Actually, it's clinically studied to actually almost reverse... first of all prevent, but in some studies reverse dementia and Alzheimer's.

S Yes, oh yes.

P It is brain food. I want to talk about though how it really helps to shed weight. First of all it's tasteless so it's a wonderful oil on salads Serene. It doesn't give... I love olive oil, I use that too, but it has a strong flavour.

S Okay, so we all know about the science behind coconut oil, the middle chain triglycerides and how wonderful and how they burn the fat.

P They help your thyroid.

[00:31:45]

S Yes but the MCT oil is taken from the shorter chains. There is the middle chain triglycerides in coconut oil, there's one that's longer. There's a 12 chain. Well the MCT oil has just the shorter of the medium chains. They are so quick to metabolise, they burn like a carbohydrate without raising your insulin, so they don't metabolise like a regular fat. They metabolise like a carbohydrate, so they boost your energy but without any of the carbohydrate issues. So we love it.

P So you burn, so that's the way they give you energy then?

S Yes, yes.

P And they make a great Trimmy, our Trimmacino, our hot frothy drink, we use MCT oil, so it's a brain boost in the morning, it's a weight loss boost in the morning, you've got to give it a try.

S It gives everything a silky texture you just put it over tuna. Like for a tuna salad. You just pour it. Whatever you pour it over it gives a mouth feel that's second to none with fats.

P See you next Wednesday

[00:32:46]