



Trim Healthy Podcast with Serene and Pearl
Episode 36 - Are You Ready To Commit? Here is How to Succeed

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O-D-D-Y.

D Hello ladies and gentlemen and welcome back to the Trim Healthy Podcast also known as The PODdy with Serene and Pearl

P Hey, hey...

D We are having a party-full time at The PODdy on this beautiful day as the weather changes in Tennessee and the leaves begin to turn.

P You know that Fall, there's nothing like that Fall feeling you know when you just first feel it and it's like a miracle?

D Yes, it's like a miracle.

[00:00:32]

P It is like Christmas.

S Yes...

P Fall never lasts long enough but it's like the miracle in the air, you know.

S It is, it is.

D That's such a good way to put it.

S The humidity is gone and then there's just this open heaven

P Yes, it feels like special magic. And I fully believe.... Okay, this is heresy probably but like Heaven's going to have fall weather.

D Maybe the cool... Maybe the cool of the day...

S Yes, I know, right....

D The cool of the day...

S Yes...

P But, hey, we today decided since our PODdy last week was totally...

S Trash...

[00:01:02]

P Yes, and was totally non content except for how to navigate the book...

S The dance was bad too. The dance...

P Yes...

S I think it was bad.

D But I mean that was a gift.

P Ah, no, Danny thinks it was great.

D Yes, I mean, The Pearl... I mean it was actually called, "The Pearl."

S Well we went to a wedding just recently. We've just all come back from Florida except for Dan-Dan, but Pearl and I and the rest of our extended family went down to Florida for a wedding. And I spied Pearl doing "The Pearl."

D Did you?

S Yes... In the middle of the floor

P I got up and did "The Pearl". Well, you know, my kids are like, Mom, get up and dance with us. So I don't know to do anything else but "The Pearl".

[00:01:33]

D So that was... We can picture you down in Florida cranking that out?

P Cranking it out...

S And you know embarrassingly I ended up doing "The Pearl" because I'm pregnant and I didn't want to do the jumping around like I normally do, like a psychopath.

D No...

P Serene usually has some moves.

S I couldn't do my moves. I just... I didn't want to like shake the baby too much so I did The Pearl.

P Don't shake the baby.

D Yes, yes... Well, The Pearl's a nice, safe, conservative approach to the dance floor.

S Yes...

P No, it really is. You don't want to shake your stuff too much when you're 46 and you're married.

[00:01:56]

D Ah, don't shake. Yes...

S I just did "The Pearl". My moves don't shake nothing.

D Now, you can leave the salt shaker at home.

S Yes, yes, yes, yes, yes...

P Hey, but all that to say we were supposed... What we were saying was this week we're going to give you big time content and not waffle around on our small talk.

S And we started really good, haven't we?

P And we already started the small talk. Let's get to it.

S Is it because I forgot to pray.

P Serene always prays before our podcasts but...

S We bring the truth and the precious to you and not just gabble from our own mouths.

D That's right. That's right.

[00:02:26]

P Last week was gabble.

S Bless it, Lord.

D There you go.

S Sorry for all those who aren't believers, but I do pray before it all.

P Yes, Serene prays over these. We all do. But I wanted to... I saw something on Facebook this week and I just think it would be a good... It just like resonated with me. And she was like, how do I get the mindset to fully commit? Like she's read the book... She knows it works, knows this is a healthy, grounded approach, knows this is not extreme, and knows this is... You know... Something that she should do... How does...? How do I commit? How do I fully commit? So I thought, maybe we'd just discuss this.

S Yes, do you know what first comes to mind? Just plunging right in... It's a head space. Fully committing to me is a head space because you can know it all. You can have all the books like Pearl said. You can have read it all and have all the products in your cupboard. But it's a head space. It's a decision. It's like with marriage. You just... Not that it's as important or anything... But just...

P What, marriage is more important is what you're saying.

S Yes, well, like the covenant you know. Like, I don't think you do a covenant to do Trim Healthy Mama.

[00:03:35]

P Right...

S But my point is, there's a decision. And you make this decision that says, "this is my road now."

P Ah, it's so true. And guess what; it gets stinking hard sometimes. Yes, because life's like that. Yes, Trim Healthy Mama's not a boot camp, okay. So we have delight and we have joy in it and it's really the easiest plan you can do if you're going to eat healthy. But the straight and narrow way is harder than going to McDonald's and eating the fries.

S At first, yes, right, because in the end...

P No, in the end the other way's harder because you know you get some health issues.

S The straight and narrow way... You know, the no rules living out the way you want to live feels okay to the people right then and there.

P It's easier, yes...

S The thrill life... but only for a while, right...? And then all the... I mean all the...

[00:04:20]

P But I love that analogy you did, Serene, with marriage. I know, right, we don't do a covenant. I shall now do Trim Healthy Mama for the rest of my life. Do I take this Trim Healthy Mama? Yes I do. No... But however, it is

a head space, and I love that scripture in the Bible that says, “As a man thinketh so is he.” It’s us saying in our minds. Now I am committed.

S Exactly...

P When the struggles and trials come ... No, I don’t... I don’t just, you know take off.

S Yes and Trim Healthy Mama doesn’t have to be... That’s just a word we’re putting in there... And it’s a plan that’s easy and doable. But really, when we say, the decision....it’s a decision to honor your body.

P There you go.

S It doesn’t... It’s like, okay, I’m doing Trim Healthy Mama. Hey, this is how you’re honoring your body. If you want to choose another plan that’s blood sugar controlling and that’s super fun and easy to... more power to you... But the point is, I’m going to decide to not trash myself anymore. I’m not... I’m going to decide that, like Pearl said, when the going gets tough... When I’m moving house, when my children are all like, all little and all around me and my husband’s working two jobs and everything is going wrong, I’m not going to like add the wrecking icing on the top and trash myself to boot.

[00:05:33]

D Yes... You know, and Serene to add to what you’re saying, it’s not, what do I want out of Trim Healthy Mama? It’s what do I want out of life?

P Yes...

D Trim, Healthy Mama is a tool to help you get what you want out of life.

S Love it... Love it...

D And the other day I just started... A friend of mine's real athletic and he just got me doing burpees. Do you know what burpees are?

S Is this your brother friend of yours?

D No, no, no, not my brother... He abuses me actually into health.

P Sure, we know what burpees are, Danny.

D Of course you do. Okay...

P But we don't do men-burpees.

D So men burpees are where you take a huge jump straight up in the air. You kind of land and head straight down into a push-up and that's one. So it's a jump and a push up essentially. I did about ten. And by the way, I'm trim, but that's genetics. I'm not going to claim, because I'm just beginning my Trim Healthy Man journey...

[00:06:23]

P Yes, but you've come so far, Dan-Dan.

D I have. So I'm not going to claim fully healthy yet, even though I may look it. But I'm going to claim trim. But the healthy part... I did ten of these jokers. My heart was like exploding. My lungs were on fire and I was like, I never want to do that again. But then I started to get real with myself and go; why have you not done these up until 37 years old. What, you know... And sure, I got busy in life and kids and work and all this stuff.

But at the same time... At the end of the day, yes, I could get up earlier. Yes, I could take 30 minutes and just crank something out. And, you know for me I just... I kind of needed my brother to be a little aggressive with me and say, dude, you're just not doing it because you don't want to.

S I love what you said, Danny. I just love all that and it's sparking a lot of things in my head; sparking a little story about Pearly here.

D Pearly...

P And I think commitment is...

S Preparation... I think it's preparation into reality.

[00:07:27]

S And what we've been talking about so far is that it's not always going to be easy; the straight and narrow path. It's going to be tough sometimes, right? And that's what Danny said. The burpees were tough but they felt... In the end, they were going to have great results for him.

D Well, I love the results.

S Right, exactly... So, Pearl, I think when you have a preparation of... That it's going to be not always rosy, then you commit; like when you say your vows. You know, it's through sickness, through health, through poor... The whole vows give you that reality till death do you part, right, and so when Pearl was heading into her first labor, she read this book that said that you don't have to have any pain and if you think a certain way and if you say a certain prayer...

D Ah yes, ah yes...

S You're never going to feel a thing and labor's going to be nothing, right? So Pearl went in to having Meadow with this fairytale thing that; ah, it's going to be amazing.

D Oh, my...

S 16 hours later; when she's been throwing up the whole entire time...And the midwife says, if you don't push this baby out now...

[00:08:24]

D You're out of here.

S I'm just like home-cutting you.

P Yes and I was at home.

S I'm like, I'm home-cutting you.

P She was ready with the knife to home-cut me.

S Yes, she's like; this baby is not doing well. It's either; you push the way you need to push...or

P I'm not against home births. I did go to hospital for the rest of them, but not because that was a bad birth. But that's a whole other story.

S Hey, what did these midwives use?

S We're not against hospitals. We're not against home births. That's not our point. The point is Pearl wasn't prepared.

D Exactly...

S So she was just saying, I never want to do this again. This is crazy. What am I doing? So, be prepared that you know there's going to be a rough road.

[00:09:00]

S And then another a little story... We were in Florida and my husband is just recently got into kayaking and he fit himself all up with this gorgeous kayak and all the fishing stuff. And it was all fairytales and glistening waters and big... Like big Spanish mackerel in his head. And he gets down there. He's got to like push this thing on the sand for half a mile before he even gets to the water, right?

D Yes...

S And then, once he's had his nice little trip he's got to push it half a mile back. Now the first day he couldn't even talk in the evening because he wasn't prepared for all that. He just had the glory in his head, right?

D I'm calling Sam right after the show.

S But he got over it and he was like, you know what? If that is part of it, if that gives me that wonderful experience, I'm all in, but he had to... He had to get hold of it.

P Because there was glistening water and there was Spanish mackerel but it came with some work. It wasn't all just glistening water and Spanish mackerel.

S Yes...

D Step up

[00:09:57]

P I know and so, you know, in... As part of doing right by your body, let's call it that. You can call it Trim Healthy Mama or doing right by your body.

D I like that, actually because THM's a tool to do right by your body.

P Yes, exactly... I wonder... When we talk about fully committing, I wonder when people don't, you know, there's reasons for that. Sometimes it's trashing your body due to, life is hard right now. Or sometimes it's because of self-loathing. I don't love myself enough. You know, but here's what I want to say, you know, so many of us have been through things. You know I've experienced self-loathing. I had a great upbringing. I could not fault my upbringing, I have wonderful parents. But we're humans you know and we go through things and sometimes we don't think we're worth it or we loath ourselves.

S Well, everybody's got the dark side whispering into them all day. You're hopeless. You're nothing. You have to combat that all day.

P We need to go back to what Serene said. It's how we think. And we train our minds to how we think. Because our natural mind thinks in all the worst ways; let me tell you. I look back over my life and what I have thought. And the lies I have thought... And now, and I'm on a journey. We all are. Now I don't give any credence to those lies. I don't allow them one second because they will rob you, they will steal from you. And it is the lies that don't let us fully commit too.

[00:11:26]

P And here's something. And I want to go out on a limb right here and I... I know this is huge to say, but I don't know. Not everyone is believers, you know Christian believers here, but, personally I don't find it morally okay in my life to not treat my body right. Because God created me, am I not to give Him the right service? I mean He created this body. Am I not to honor Him in this way? You know, we get up and we brush our teeth and we go to work and we do all the things that we should do in life. And yet somehow we think sometimes, well no, it's okay if I trash my body. Where does that come in to be okay? It's just the way I think.

S Well, it's... You go, Danny.

D Me...

S Yes, you...

D Well to add to that, to the self-worth thing, because that's what you're talking about right now is self-worth.

P Yes, because He made us worth it and He expects us...

[00:12:20]

D Yes, self-worth... Here's a little exercise for you. Write down all the negative things that you're getting out of life right now. Maybe you're frustrated with your relationship with a son or daughter. A career... Whatever it is that's negative; that I'm tired of.... or I don't like this. Next

to that column write down what you believe about yourself. I am blank. And start... Are you going to fill that column with very rare, unique and beautiful attributes? Or what comes out in that column? And you'll find your belief about yourself is mirroring the results you're getting out of anything in your life. It all comes back to the worth you have about yourself. Not the ego, me-first garbage. That doesn't lead anywhere. I don't like that extreme either. I like the worth and beauty in the truth that you are a rare creature in all of the universe.

S You are chosen to be given the gift of life. You were chosen. It's a gift. And it's like if I gave... when I give my child a gift, I'm excited for them and I want them to treat it with care. I want... Say I buy them a bicycle, you know, I want them to be so excited about it. I want to get the best out of it and get the best years out of it. So, if the next day they're out like it's all like... Like it's not on its stand... It's like down in the mud. It's left out in the rain for rust. It's like being treated badly. First of all they're going to get no joy but it hurts me more. Because it's like, hey I had all this excitement in mind.

D Respect what you were given, right?

[00:14:05]

S I saw this as a gift. I meant it as a gift and I long for you to experience the gift.

D In all of the universe you were given a body. You have... You've got to come to earth and experience a marriage for some of you. Children for some of you... Living your dreams for some of you.... But the rare and precious, unique thing that is you is not to be underestimated.

S And we'll be liars and fakers if it's what we believe about ourselves. We have to see what the Creator believes about ourselves. And if you're not a Christian that's going to be a lot harder but maybe it's what your spouse believes about you or your best friend believes about you.

P That's so true.

S But it's hard to come up with your own things sometimes.

D That's kind of a good point.

S You've got to see truth through other people's eyes.

P Yes, that's true. What about though, you know we can say all this but what about people that feel they're too far gone or it's such a habit. They're used to this. This is what's comfortable for me. I revert to this when stress takes over... Maybe you know their childhood upbringing was cheese whirls and potato chips. I mean, Danny, you experienced that.

[00:15:15]

D Mac and cheese and hot dogs...

P You know...

D Every meal...

P And that's what they know.

D Love you Mom.

P So something completely new feels so foreign. But I want to spend some time here.

S It's a story of... It's the mystery of the universe. It's the story of God and us. Transformation is the biggest story here. It's the pinnacle of why we're all here. So it's not like, ah I can't be that person. I can't change. This is what I've always done. No, what this is all about... Why we are here and given breath is transformation.

P Yes...

D Can you feel it?

S So you can teach an old dog new tricks. It's all about that.

[00:15:57]

P That's what it's all about, actually. It is.

D Oooooooooooooow...

S So if you're 80 years old and all you've done is smoked cigarettes all day, sat on your porch and drank whiskey and sworn and bashed everybody around you...

D So you're a pirate.

S Yes, you can... The whole reason why God's heartbeat is there is for you to transform.

D I love that.

S Not through your own power...

P As long as we have breath, we can change.

D Yes...

P And become a new creature. And no matter what our upbringing was, no matter what we've reverted to, no matter if like I'm a stress eater, throw this "I Am a" out. Throw it out.

[00:16:38]

S I used to live by that lie. I am an anxiety person. I fear. I'm a scared person. My whole life I was caged, I was captured. I was paralyzed by fear. And in the last couple of years God's done like incredible, spiritual surgery in my life. I've had this transformation and I'm no longer bound by fear. I'm no longer a slave of it. But guess what? Sometimes the devil comes with this little thought. The enemy comes and says, remember you're a fearful person. You remember you spent 38 years of your life doing this. This is what you do. This is what you're good at.

P You do it well.

S Yes, this is your habit. This is your lifestyle. It's a lie. And now I say, hey, no, I've been set free. That was a lie. That was deception. I am free. This is what I'm meant to do. This is what I was born to do. This is what I was created to do. You were created to live in health. God says, I want you to prosper and be in health.

P Yes...

S Just as much as your soul prospers, I want your health to prosper.

P That's His desire, isn't it? That's what the scripture said. As much as your soul prospers I want your body to prosper also. So, you know, we take these tools as doing good to your body; you know what we found from Trim, Healthy Mama. And we apply it. And yes, there's going to be bumps, and yes, life is not going to be perfect. And sometimes you're going to come home at the end of the day and the last thing you're going to want to do is cook dinner.

[00:17:54]

P Let's just say you do go off plan and you fall... What happens in our Christian life when we really determine not to lose our temper but we do?

S We say, next time I'll do better.

P Is there forgiveness there? Have we... Transforming is a day-by-day thing. It's not perfection.

S No... Well, we can't have perfection.

P It's the... No, we can't attain to that but it's this pursuit and it's how we believe. And I really fully believe... I can't say this enough, is how much we have to kick out the lies that come to use from our own brains and the stuff that says I'm this, though.

S So let's get rid of the lies. First off I'm thinking, if your life is really hectic right now, if you're going through a tough time, the lie is, the best thing for me to do right now is trash my health and just eat mac and cheese and drive-through McDonalds.

P The lie is, I can't take the time right now.

S Right... But the truth is the best thing for you to do right now is support your health. It's not going to take much more than five extra minutes of preparation and thought to eat healthy.

[00:18:55]

P No it's not.

D It's true; so true.

S You have to go to the fridge, pull something out and make it. You have to pull out white bread and like processed deli meat. So why don't you pull out Ezekiel bread you know and it's quick subs.

P And if you've got the... You know, but not to promote the book every week... But if you've got the new Trim Healthy Table book, those meals are not taking you any longer than your other ones you were making. They're not. They're actually shorter, a lot of them. So just, so be smart. So that thing is I don't have time. That is a lie.

S Yes...

D Fat lie...

S Number two lie, that it's always going to be rosy. You're going to be out in town; stuck out doing errands; starving with low blood sugar. And you're going to see a Snickers and you're going to want it. And just know, hey, I can go and get a string cheese. It may not be exactly fulfilling that perfect little desire there, but like, there can be a little...

[00:19:44]

P Or the closest “on plan” bar I can find, until the Trim Healthy Mama’s bars are out there, hey, you’re doing better, not just getting close.

S The lie is; is that...

P There is nothing else.

S If it’s not perfectly perfect, then you know... If I can’t really have exactly what I desire this is too tough. This is... No, sometimes you’re going to make a tough decision to just lay down that temptation and you really feel better in the end, right? So we’re getting rid of that lie. We’re getting rid of the lie that it’s always going to feel perfectly good to you.

P Yes... It’s always going to be a bed for roses.

D And I love the anger analogy, Pearl. You said you know when you lose your temper and you’re angry with somebody. What do you do? You apologize. You turn. You tell them that you were wrong for that. And that’s love for someone else. But what happens when you harm your body? And that’s an interesting way to look at....

P So true...

D Those beautiful, golden McDonald’s French fries... Okay...

[00:20:45]

P I don’t really like them anymore. I used to.

D Oh, really

P I used to like them when they... back in the day, in Australia they'd actually cook them in proper fat.

D Oh, yes...

P And these days it's like Canola oil type thing.

S What grosses me out is; once when I was a teenager and I was with a friend and we were eating fries, and they looked wonderful and fresh. And then I got one and just squeezed it with my fingers.

D I know. It's wet.

S And out came this like... Out came this deluge of rancid oil, and I'm like, oh, that's gross.

D Soggy underwear...

S Keep going with your point Daneth.

D So when we harm others we're conscious of it.

[00:21:20]

P True...

D And we apologize and we repair. But when we harm ourselves, do we first of all see it as harm? I think often... I know often, that the way we love ourselves in food, are hand in hand. When you're putting something into your body, it is very much, though not conscious in the moment, having to do with what you believe about yourself and worth and all that stuff. It's very much tied in to the foundational beliefs about who you are, what you're doing here, what you're about, what you want out of life, right?

S Yes...

P It's so true. It's nurturing your body.

S And so let's get rid of lie number three. Lie number three is... It was kind of the beginning of what you said, Danny. And what you said before, Pearl, is that we're about perfection. That's a lie. You're going to make mistakes. You're going to have that Snicker bar occasionally. You're going to have to say sorry to yourself. You're going to have to say, hey, I'm going to do better tomorrow.

P All or nothingness is so ruining.

S Everyone's blot of...

[00:22:28]

P Can you believe that we.... You know those of us who are believers; we're all or nothing Christians. We wouldn't stay believers very long, would we? But I'm a believer, right?

S Yes, exactly...

P I'm sure that I messed up yesterday.

S Yes, the path of the righteous shines brighter and brighter. We get better as we go along. It's awesome.

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 1940's but we're in the 2000's 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]

[00:24:28]

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

S I'm Serene...

P Here's another lie. I think this one throws so many people off. The lie that says, but I have to have everything planned out. I have to have my menus planned. And I don't have time for that. I don't know how to plan Trim, Healthy Menus or... So I'm just going to the drive-through or whatever. I don't get it. You know people... I don't know. I think there's a wonderful, wonderful place for planning. Serene's more of a planner than I.

[00:24:57]

S Well, yes and no, like, I think there is a wonderful place. And if you're that personality and you dig it and it's your thrills; go for it but Pearl and I... Pearl, have you once used the printout menu's on our membership site.

P Never, never...

S Not once...

P I know they bless a lot of people. But I have never... For my own self and my family, I have never, I promise you, written out a menu. I have ideas of what I'm going to make that week and when I go to the grocery store, I keep them in mind. That's as good as I get.

S I don't even get that good when I'm in the busy season. I just know what healthy staples to buy at the store. And I have... I don't know what I'm going to cook until two hours before that meal.

P Look, just find 10 or 15 Trim Healthy recipes, you know and make sure they're S and E and crossovers for your children who need. 10... 15...Listen, that's all you have to know. Just keep rotating them. It's not that hard. You don't have to plan... If you love planning like Serene said, please don't let us stop you from that. But don't think to do this that you have to fill out every little snack

S No, sir...

[00:25:50]

P As you get more mature in this journey it will just be like breathing in and breathing out. And it just gets effortless.

S There are times... Just to play devil's advocate.... Just throwing a spinner in the works... There are times in my life where; if I'm having trouble with self-control, I'll be making stupid decisions. I'll make a mental note. It doesn't have to be some piece of paper I fill in. But I'll have a mental note. Okay, for dinner, I'm going to have an E Meal because I've S-d for like four days in a row and I've just been over... Calorie-abusing the fats, and you know I really need to... So, no matter what I feel like at dinner, it's going to be sweet potato and tilapia. I've just made that decision. I'll make a mental note.

P Oh, I agree. Mental notes of reigning-in are so important. I do the same thing, Serene. But I don't think we're real like jot-it-down people.

S No...

P We write things down on little bits of paper that get lost.

S Yes, exactly...

P So I think some people love to see it like that and it helps them. So if that's you, make a written note to reign yourself in.

[00:26:43]

P To say, okay, I've made ridiculous decisions in the last three days, Pearl. Come on, you know what meals work for you. Let's make sure you're having that for breakfast in the morning. And let's do that for dinner tomorrow night, okay. Okay, I can do that Pearl, thank you.

S And it's not even about how... Sometimes it's just about how you feel too. It's like I have been... We just came back from Florida and I dehydrated all this sprouted granola and made like these dehydrated crackers. And I did all these seaweed things and everything. And I am so full of like bloatedness right now.

P Are you? Dehydrated bloat...

S I feel like baby looks five times as big. I can't even breathe. My ribs hurt.

P You don't look very big.

S And I just made a mental note. Enough of that... I'm, just going to... I have six bags of granola still left. I'm going to put them aside for a while and just... There's sometimes you just know, I'm not feeling good in what I'm doing, even if it's healthy. Like I just... I need a break from Big Boy smoothies you could say. I'm feeling a bit like blended up. I need a break. I'm going to lose my mind if I have another smoothie. So the mental notes have changed. They're helpful.

P Yes and I think... You do be firm with yourself.

[00:27:51]

S Yes...

P I get firm with myself. Five.... Two days and I haven't you know had a salad, I'm like, Pearl, what the heck are you doing? Come on. Tomorrow you're having a salad. Okay, Pearl, I'll obey you. But it sounds like I'm a real weirdo.

S No...

P But I tell myself things you know.

S Oh, I talk to myself like that. What about you, Danny? Do you talk to yourself?

D Oh my gosh do I talk to myself.... Like a psycho... I mean the narrative in my... I've become in the last couple of years, probably in the last year, so conscious of the narrative running through my head...

P Yes, yes, yes...

D Because I used to just shower, now I hear a very loud volume voice in my shower and it's saying things to my brain. And I've learned that if it's saying the wrong junk, I'll be like, no, no, careful, careful, careful, because my self-talk has got me into being broke in the past. It's got me into arguing with my spouse in the past. It's made me a bad Dad. It's made me a bad friend. It's made me insecure. It's made me selfish. That voice in my head...

[00:28:56]

D But now it's... I've... I don't know why. I feel like it's just louder nowadays. And I'm taking control of that voice.

S Oh, good...

D And I'm starting to...

S You're aware probably more.

P Aware of it...

S Maybe it's always been loud but you're more aware.

D No, you're right. It's loud. It's loud.

P Me too... I used to think it was just... I just used to go with it.

S Yes...

D You go with it; or you subconsciously go with it. And you know, the thing is, is it's built from a young age.

S Yes, exactly...

[00:29:22]

D You know, so many of us have had an older brother or sister that the minute you do something good, you know, they're shutting you down. You know it's like, oh, yes, I mean you, no, you've... I mean that's okay but check out what I did. And then you're like; okay...

P Is that me to you, Serene?

S No, Pearl, I didn't... Aside from the fact that you pulled me down the stairs by my hair because I didn't clean my room and I peed in your bed, but, no you're really encouraging other than that.

P Yes, yes, I don't remember that.

D So siblings do it. Sometimes parents do it. I think when the Dads do it, it's a big thing. I mean the moms as well, but something about fathers and that authority they have in their voice to kind of establish their identity and say, son, you are strong. Daughter, you are beautiful. And you know if...

S Can I strengthen your point?

D Please...

S Because it's such a great point Dan, and that's what the Father is saying about you guys as you're listening here today. You are so worth it, because I designed you and I sung of you. In Zephaniah it talks about, you know, when... That he sings over you and so many other thoughts that I have for you.

S And you are so worth it. You are so worth taking care of yourself because you're not your own. Not only are you not your own, because you're God's but you're not your own, you're your husband's or your children. And you're doing this, not only for yourself and you're doing it for others and you are so worth it.

P And they are worth it. They need every bit of you and at the optimum you can be. You know what? We need to wrap this up. But I think what we've come out with; just discussing between ourselves. Serene even tried to get point numbers. I can't believe you did that. It was pretty good. But it really is how you think, not so much...

S Not so much what you know...

D Right...

P Yes, it's not so much what you know. So you get the knowledge but then you have to let that knowledge happen by pushing out the junk. Because that knowledge can only become a reality when all those other lies and stuff are put in their place; which has no place.

S Pearl, bingo... It's not just pushing out the junk like pushing out the white bread, pushing out the sugar. It's pushing out the junk thoughts. They're more dangerous to your journey.

[00:31:18]

P Yes, so true...

D Your want-to, is only manifest in your actions. I can say, I want to get rich but if I'm waiting on the lottery, I don't want to get rich. I don't want to put...

S Right...

D And I'm talking a little straight and that's... I'll talk to the men, whatever. But you know you want to drop 100 pounds? Take action. Take action. You can do it. Look in the mirror and say, I'm the athletic one. I am the one who busts it out, who can't wait to break a sweat. It feels so good.

S Danny sees himself as Powerful Pedro. He doesn't see himself...

D I'm Powerful Pedro.

S As Danny...

P What were you going to say here? Sees himself as...

D Sees himself as the anorexic feminine-fit body that we see...

P I thought you were going to say, Little Dan or something.

S No I am just saying he walks around like he's in a cape.

P Yes, he does.

D I'm in a straight, purple cape.

S Is there something we can learn from Danny?

P No, there's a lot we can learn from Dan. It's "what if you could"... He lives his life by this but he didn't always, Danny.

D I didn't always. I did not.

P And if he's saying, listen if you've got... If you are at this place where, how do I do this? You speak to yourself who you are going to become. You don't be that person who you were, because as you breathe you can change. Every morning you can change.

S Amen...

P His mercies are new. And you don't have to stay in that state. If you weren't a planner and you feel like you need to be a planner, hey, you can become a planner. If you weren't, you know if you were a stress eater, and you don't want to be, you can become a non-stress eater.

[00:32:44]

S Yes, it's about transformation, and know the road. Know it's straight and narrow. Know it can be tough sometimes. Know it's not always Spanish mackerel and glistening water but know that it is as well. And you're going to feel those times of glory and wonder and splendor and health and fitness. But just know there's going to be the tough times too and it's worth it. And commit now, knowing that that's going to be a new journey. Commit. Have the head space, not just the knowledge but the head space. I'm in through... You know let's commit, not with the weird vows... But you know I'm in

through the tough times, through the good times. I'm in through the hectic times, through the peaceful times. I'm in through the poor times, through the rich times.

P And I don't think that there's one person that's had a marriage that hasn't hit the rough times, you know. But if there's that, well I'm married. I'm jolly well married. Now run. I mean, just when it starts to get a bit rocky so...

D That's why I believe... By the way, I was thinking about that on the way here. That's why I believe in the marriage covenant, not just the, well we're dating and now we're together and we've been together for 30 years. I mean I'm not judging that but there is something about that covenant that is an official accountability partner that kind of makes you go, let's work on this.

P I believe God made a covenant with us when He breathed life into our bodies and when we took that first breath. I mean, didn't he? He said, I love you and I have chosen you and I've given you breath. And don't we honor Him for that?

[00:34:10]

P So, hey, I believe we've said what we needed to say for the show and we will see you here next week.

D Yes, we will. And remember, you are the author. Write down what you want out of your life. You can make anything happen you want.

Hey, Mamas, do you have a question for Serene and Pearl. Send your email to support@trimhealthymama.com.

D Serene and Pearl...

S Yes...

D Got a question for you. This comes from a little, lovely audience member who we shall call Annonny.

P Anonymous...

D How is this food freedom when I keep having to think about food all day?

S I'll tell you how. Do you want me to start and then you do all the intelligent parts after I've just like brain... Like just blurt...

[00:34:57]

P Yes...

S The brain blurt that comes to mind immediately is, when you're having cravings from your normal like bad food and sugar addiction and everything, that is slavery to food thinking. You know it's like until you get your afternoon Snicker's fix or things like that... So I feel like this is food freedom in the way that it sets you free from that kind of food bondage. But guess what? We're not meant to be set free from the celebration of food. We should still think about food because Jesus came to the world and thought about food, right? He came eating and drinking. We're meant to celebrate food. He didn't give us like a lifestyle where we're meant to just pop a pooh... Pill...

P Pooh...

S Pop a pill... That's what I meant.

P Pop a pooh [laughing]

D Just one...

S That too... That too, listen. You know we're... I forgot what I was about to say now.

P You were saying, listen, we celebrate food.

S Yes, we... No, God didn't mean us to pop a pill and be like... Not think about food and be like, okay, that's it. I've got all my nutrition met. I'm not going to think about food.

S No, He designed us to eat three meals a day plus snacks in between which meant he meant...

P You're talking so fast.

S He meant us to have brain space for food.

P Okay... You got... You really blurted. And you were talking 1000 miles an hour.

S I'm really red. I feel like my ears are hot red because I'm really feisty on this subject. I don't think we're meant to not think about food. I think we're meant to.

P I agree. But I think what Anony is saying is, when she first starts the plan, it can be more overwhelming where you constantly think, well, hold on, I

got to get my E. What's an E now? Oh, that means I have to have how much fat now? Okay... Because it's new

S It's just because it's new.

P In anything new... Like when a baby is learning to walk they really have to practice that walking a lot and they keep falling down and it's...

S But walking is freedom.

[00:36:43]

P Yes, that was so true.

S Yes...

P It is freedom because once you get the ropes and once you're walking in this, it becomes like breathing in and breathing out. And then you're still thinking about food but it's in a good way. It's in a celebration way. It's like, when I go to bed at night, honestly I'm thinking about my breakfast...

S Oh, I'm excited.

P And my coffee the next morning...

S Oh, I'm excited about it.

P The coffee... I'm like, I get to wake up and have cream in my coffee and I get to... I am going to have my eggs tomorrow. Oh, yay... And then after breakfast you know, a couple of hours goes by and I'm like thinking, lunch... Lunch.... Oh, yeah...

S If I am late to lunch, like if I don't hit my kitchen by 12 I'm thinking, what was so important in my life that I like missed lunch? Food is... I love food. I just love it.

P I don't think there's anything wrong with thinking about it, as long as you're not thinking about it with stress... No, I think when you first start the plan there is a little bit...

[00:37:36]

P Let's not call it stress. Let's just call it a challenging, bumpy time because it's new. Anything new is challenging. Anything...

D That's a great point.

P Anything new is bumpy so it requires more thought but as it becomes second nature... We don't want you to stop thinking about food. Just think about it with peace and joy and, okay, what's my next meal is? Let's plan it out. Ah, that's going to be good.

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

P Hey, we need to talk about peanut flour because it is one of the yummiest products, Serene, I think that we carry. We carried it because we like it so much.

S We carried it because we were peanut butter addicted like freaks. You know we just consuming our weight in calories in peanut butter.

P Yes, and then we needed the little bit of a lighter alternative with all the flavor.

S I love to stick it in a shake.

P Peanut butter is one of the most calorie-dense thing you can eat... And so you can easily abuse it. Like nuts are great on the Trim, Healthy Mama plan but you don't abuse them. And Serene and I were into this abuse where we'd just like want to peanut butter ourselves.

[00:38:40]

S Remember that peanut butter's on plan. All right... Go through a jar a day.

P And so peanut flour is so great because you can make sauces out of it like Thai sauces you know. Just some peanut flour... Some chicken broth.... thicken it with a little gluccie and put your flavorings in there. That rocks.

S And what is that peanut junky, nutty, bunty... What's that name we gave it? Nunky butter... Junky, nutty butter... [laughing]

P We don't know the names of our own recipes in the cook book.

S It's because we've got a billion.

P Peanut Junkie Butter...

S Junky... Nutty junky... Those who are listening will probably know that I'm saying the name perfectly. [laughing]

P It's... It's... It's like peanut butter but you just add a little water; just a tiny bit of MCT oil and some sweetener. And it's like perfect with apples. Like then you can eat your carb with like apples with like peanut butter.

S You don't just have to have one teaspoon, you can go for tablespoons.

P Yes... So that's why we women love it!!

[00:39:31]