



**Trim Healthy Podcast with Serene and Pearl**  
**Episode 37 - Are you In Serene's Purist Camp or Pearl's Drive**  
**Thru Sue Brigade**

*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            You want us to introduce today, Danny?

D            No, no, I was just...

P            You're just slacking off.

D            She was talking, and stuff.

P            Danny, introduce us.

D Hey

S You mean it's started?

P Yes, it's started.

D It has started... Welcome back to the PODdy with Serene, Pearl and me, the little Mexican you've grown to know.

S Pueblo, powerful Pueblo!!!

P Powerful Pedro....

S Yes, Powerful Pedro, sorry

P The Latin man

[00:00:34]

D We're so glad you're tuning in again.

P We are so politically correct, hey, Danny's our little brother. We have lots of colors in our family.

S Hey, calling himself little, you're only a few years young than me, I consider him as my peer.

P We are color blind here.

D We're just so diverse here on the hilltop.

P Africans, we have...

[00:00:53]

D There's a lot of Africans that live with us, like I live here.

P Yes, when we're here in the PODdy cabin.

D Yes, so we...

P And you're a Lateen.

S Yes, and we have Chinese in our family, we're just.

P And Japanese, my daughter-in-law is Japanese.

D This is an equal opportunity hilltop.

S And let's not forget we have Indian blood.

P You do?

S Cherokee, everyone's got Cherokee.

P Oh, why are we discussing race? I have no idea because you said, ah, you're the Mexican.

D Yes, something about Mexican

S And I am Mongolian too.

P But, you know what, this so relates to what we're going to talk about today

D Oh, completely

P Did you do that on purpose?

D I didn't but you know the Lord works in mysterious ways. It says in the book of hesitations, in fact. No, that's all I got.

[00:01:39]

P We were going to talk, we were just sitting here, like, what are we going to talk about today and we were, like, let's discuss how we're so unique and how we all do the plan different ways, and stop being a copycat and, like, Serene and I...

S Oh, my goodness could there be any more different people doing this?

P No, there couldn't.

S Like, literally, when we first started to write the first Trim Healthy Mama book together, we were polarized.

P Yes, we've come so much further together, Serene, I think.

S Yes, oh, yes.

P And I think it's what we want to talk about today too, is maybe starting where you're at, being who you are, unique, all the different ways you can do the plan but learning from others. I've learned so much from Serene. I am sitting here today with my Yuck-Yum Bitty. And I wouldn't have done that five years ago.

[00:02:26]

S I'm so proud of you. And I've learned so much from Pearl. You know, I'm a bit obsessive, a little bit, maybe I should say completely.

P Oh my goodness I had to give you so many lectures.

S And I've learned to relax with Pearl, I've learned to enjoy coffee. I've learned to just to say, hey, live a little girl.

P And that's good for your whole hormones, it is so healthy

S Oh, it's way healthy.

P Yesterday, I was, like Serene, she takes on so much. Serene's life sounds like, well, let me tell you something about her. She doesn't like, go for the easy life, like my life is to make things less hard, okay, because I like some relaxing. But Serene will take on things to make her life more intense, like,

she's pregnant right now and she's doing massive home schooling. And we have all this Trim Healthy Mama stuff and yesterday we had to do filming. And she came over and I could see it in her eyes, and she was maxed out. And she has this two-year old who is 55 pounds and he's so huge and he has tantrums.

S He's not 55 pounds.

[00:03:24]

P He's huge so he might as well be as heavy as Danny.

D He ought to be 55 pounds. I weigh 60, thank you.

S Well, he uses his weight against everybody, like a big plop and he won't...

P Oh, my goodness, he's like a big farm boy. I don't know what you feed that boy.

D Have you ever seen these babies where they're feet are so fat that their toes don't touch the ground?

S He's actually a toddler but he's still a baby to me...

P And I said to Serene, Serene, you are doing too much. You must stop it. And she's, like, no, I have to do this and I have to do that. I'm, like, why? You don't have to do it. But, you see, how did we get on that? We're all so different so today I'm going to talk about differences we even do in the plans and how we can just... how we can embrace those things about ourselves and say yay, or how sometimes those things might be little problems that we can just pull them back and learn from someone else.

D "THM My Way"

[00:04:10]

S And how Danny can even do the plan without even really doing the plan!

P No, he does.

S He does the plan. I find that Danny's plan, Danny has generalizations of the plan. Like, I got the general idea,

P He has a man plan. Sugar control

D The Man Plan

S Yes, the Man Plan. He's very much on the man plan.

P He does the Man Plan actually probably better than our husbands.

S Man plan men aren't meant to know the S & E and the Fuel Pull and all that.

P Well, some do, Serene, actually. Some of the chefs... I've seen so many pictures of the new Trim Healthy Table book.

D On the Instagram page, in fact, which I've finally tuned into.

P Do you?

D Yes, there's men on there, and I'd like to see more by the way, but men on there who are... it's kind of like a picture of a husband and he's in his chef's zone and it's cool.

P Oh, yes, he does the menu making for the house. He goes and buys the groceries. He's like doing it

S I apologise, it's just that I suppose I've given up on the male world with THM because my husband, how many years have we been doing this, Pearl? He would not know which alphabet was where.

[00:05:09]

D You know what, though? They're handicapped. They have a disadvantage because they're married to the authors.

P I think that's it.

D It's totally it. It's like beep, beep, they got it. I don't even need to.

S Well, he's never read the book. Has your husband read the book?

P Refused.

S Only the pages that they wrote at the beginning

P Yes, that first one. My husband has not cracked a corner of our new Trim Health Table book... not even a top of the page.

S Neither has mine.

P How bad is that?

[00:05:34]

S He's like I had to live with that book until two in the morning with my wife pulling her hair out.

P Yes, they had enough of our melt-downs.

D Shout out to whoever, like, they don't give his name, but Lori R's husband, there's a picture of him on the Instagram page their Mom and Dad kissing

their beautiful little baby, he's holding the book, but he's one of those chefs we're talking about.

S He loves to praise his men.

P He does, because you've got, like, more than 17 now. You've got, what?

D This is a good looking guy. I mean he's got a nice beard, physically fit

S Is he a little Latin man or what?

D No, no, no. no, he's

S Big Polish guy

D No, no, no, he looks about my size.

P Raging Russian

D I'm trying to think of some, no, he looks my size.

P Anglo-American

D He's a little my-size guy.

P Oh, that's awesome, Danny, I'm glad you've got your little type of men.

S Moving on

D I'm sorry.

[00:06:30]

P So all we were saying was about embracing your uniqueness. Okay, for example, I always go to Facebook because that's where so many questions come in.

S Good, you go there because I don't know how to go there.



P And this is something completely new to you, Serene, so I'm going to hear your "aghastness" and I'm going to hear your "what", and then I'll walk you through it. Okay? Because you know me, at home I'm making my good THM meals and, you know, I'm rocking it. But I do cheat now and then. Once a month I'll have popcorn at the movies, honestly, you go to Dickson Movie Theatre, you might see me there and I might have some popcorn. Most of the time I don't have it, but when I have it...

[00:07:06]

S I'm cool with that. I'm cool with you doing that.

P I'm totally having the butter with it.

S Yes, that artificial stuff, yes, I'm cool with that. I'm cool with you doing that.

P Yes. But, okay, so when I go out most of the time...

S About two years ago I would have thought you'd go to hell but I'm cool with it now.

P Yes, yes. And I don't say, well, I'm 80... I don't say, well, I'm 95% on plan. No, I'm 100% on plan. Sometimes I just choose to have meals that aren't, you know, necessarily Trim Health Mama approved.

D THM My Way!

P Yes, that's me. On Christmas I'm going to be having whatever our sister-in-law brings with her, sugar laden cheese cake.

D Are you going to rock that eggnog?

P Totes.

D I am addicted to eggnog. There's my confession is Christmas time eggnog.

P But, you see, it doesn't derail me. I get right back on plan.

S Why does it not derail you because you do not see it as shame.

P There's no shame, nothing.

S Yes

D No shame

[00:07:57]

P But I know that if I'm there for two or three, four days, my body starts to feel rotten and I'm, like, Pearl, get yourself back on plan when you're going to feel great, girl.

D Your body will tell you.

S Yes, I just want people to know that I'm not 100% strict because I feel like, oh, I have to do this. It's my... brain space is... if I really thought that was a treat, the popcorn with that butter, then I would do it, but, to me, it's not a treat, you see.

P Not, for you...

D Right

[00:08:23]

S My whole brain space, it's a different personality

D That's right.

P You feel, when you're eating it, it is toxins in your body.

S You can't fully enjoy it because my brain is, like, toxins, toxins, toxins, toxins.

D You're hurting yourself. You know you're hurting yourself.

P Yes, my brain can't get over that so I... and whether you're hurting yourself or not, which you probably are with some junk, it doesn't matter because your brain is telling yourself you are so that's bad...

S As bad for your body as if you were smoking cigars or something, yes

P So all I'm saying, like, I will go, if my family, if we're going on vacation, my family will want Subway, I will go to Subway, I will have the six inch and the whole-wheat bread. I will tell them to take out the middle of the bread and I will call it an E Meal and be done. It's not perfect but I'm, like, hey, this is yummy. I'm close.

S Yes, that's good. I'm all about...

P There's no guilt there. I'm not doing that every day. I'll do that, like, there was this new thing at you know, I'll do the bun less burger even at McDonalds, for goodness sake. But there's this new thing at Taco Bell. All right, now, it's not perfectly on plan.

D Oh, Taco Bell

[00:09:21]

P It is an egg, egg white taco shell, Serene.

S Wow....

D You can trust anything egg from Taco Bell.

S What's not plan on that?

P Well, they had some food starch in there and some off plan oils but, you know, people want to...

S Off plan oils, Pearl, I always thought it was thought. This weird thing, a dyslexic thought, we have thought about this before. Off plan oils you allow, because I reckon mayonnaise is a soy bean, GMO, modified cocktail of sorts.

[00:09:50]

P But, Serene, all I'm saying now this thing has some... just like Joseph Pita's, are so far from perfect, like, we wouldn't put it in the book, but if you go to Taco Bell it's so much of a better option than to...

S Does it taste like a wrap?

P I don't know. I haven't tasted it but people have been asking is it on plan so my whole thing about it is, no, it's not perfectly on plan but if you want to do THM your way, choosing that is so much better than choosing the nachos.

S I'm going home to talk to my husband about that. He can do that.

D I feel like I'd just get sick, just the idea of anything egg from Taco Bell.

P Well, that's your way then, Danny. But I could totally chow down on that.

S Even though Danny's not, like 100% healthy.

P He's a food snob.

S He's a food snob. He's so... we all went on a vacation together and Danny came along. Oh, my goodness, he wouldn't even walk into some grocery stores, but he might have a little sugary bar in his pocket.

P We all walked into this Chinese buffet and John, sitting right here, our engineer, John and Danny, oh, my goodness, they're the most snobby food people I've ever met.

D And we actually got together on our snobbery.

J We formed a clique.

P We sat down and tried to eat, okay, I think I've found one thing, this is a pretty bad Chinese buffet, guys, but I found some, like, little wilted broccoli.

S I didn't eat there but I walked in.

J This place was filth.

S Danny and John, as soon as they walked in the door, walked out and wouldn't even sit in there.

D No, no

P No, they sat down, which is worse.

D I actually gave it a shot. I got a plate.

P You did.

D I took a bite.

P That was embarrassing.

D This is terrible. I'm not even going to finish this story.

P It was embarrassing. We all sat down, at least I try... if you sit down you've sort of got to follow through, right. So I had a little broccoli and I tried to find a little bit of protein.

[00:11:30]

P Danny sat down and put things on his place. And he's like... and he told the restaurant manager, he's, like, I cannot eat this food, and so he walked out. That's the snobby Dan.

S Yes, that's the snobby Dan.

D Speaking of it, I just spit this gross little piece of fake chicken, or whatever that was, maybe it was real chicken, but...

S This is how relaxed Danny is on the podcast, he's eating his lunch.

D Oh, I'll break down.

S Which, is so off plan

D I'll break down.

P No, it's sort of semi, it's like a Progresso type of food.

S It is Progresso.

D But they've got this piece of chicken in there.

S What's on plan about Progresso? Isn't it, like where's the protein in that?

P No, Progresso is another, Serene, let's call it personal choice, okay?

S But where's the protein? Everything's got to be centred around protein.

P There's a little bit of meat in there.

[00:12:13]

D You know what? I spit every piece out.

S What meat that rubbery weird thing?

D I spit them out... I spit them out because they are not chicken.

S Because they're not pinto

D They're not digestible. I'm not putting that down there.

P Hey, I enjoy a Progresso soup, stop putting it down. All I'm saying is these are the things, Serene, that you would never eat in your borne days whereas some of us might... what they do is they actually help us be healthier. Let me tell you how some things that are not perfect help me be healthier.

S Talk to me, Pearl

[00:12:45]

P Well, what they do is they allow a general greater health than me going and making way worse choices. So they allow me to feel like I can do this for the rest of my life.

D That's a fine point.

S They do, they do

P And so if I'm the person, or if you're the person listening that thinks, well, man, I eat Joseph Pita's, or, man, you know, I eat a little Halo Top ice cream sometimes, it's got a little bit of sugar in it. It's not perfectly on plan but if

that stops you from going and indulging in Haggen Daz, you see it's that thing that says...

S I see. I 100% agree.

P I'm doing better, and then we can learn to, you know, to make wonderful healthy treats at home but it's that "all or nothing" thing that derails so many people.

S I embrace that idea because I've had to learn that with my husband because if I want something and I haven't made it yet, I'll think I'll wait until next Wednesday when I make myself some Wonder Wraps to have a wrap or something.

P Yes, you won't do low-carb wraps of anything.

S But I won't go and buy low carb wraps, but my husband will be, like, I feel like quesadillas tonight. It's like he needs them tonight, like, you know, you've just got to give a little otherwise it's like he's going to go and buy the white stuff real quick.

[00:13:58]

D Quesadillas are so good.

P Or he's going to crave so bad, he's going to go through Taco Bell and he's going to get that white burrito filled with the beans because he needs that. And so I think personally, that although it's not a purist, you know,



direction, it helps so many of us but it doesn't mean, though, that Trim Healthy Mama's all about Franken foods because I know so many people listening are more like Serene, where they're, like, why would I put that in my body? I just don't want to. I want optimum foods in my body all the time and I say more power to you. I feel like we can learn from you and I have learned so much from Serene whereas now I'll rarely... I used to... when I first started this journey honestly, I used to eat a lot more low-carb wraps. I used to eat a lot more Joseph Pita's, whereas now I've sort of taught myself along the road to make Wonder Wraps or just be happy with just the vegetables and the meat. And I think I've come... I watch Serene and I watch her vibrant health and I watch things like that and I've realised, no, I can do that in many of my meals too.

S And do you know what's the great thing? Because you can, you don't really feel the necessity any more, you know.

[00:14:59]

S If it's like, okay, you can never, ever, ever slightly fudge the plan, then there's this trap

D Now it's a diet.

P Yes, it's a diet.

S Exactly

D Yes, it's the latest diet.

S But I'm all about it. I completely am all about it. I know all about the differences so don't feel like you're not 100% on plan. Don't feel the shame.

P I don't like it when I see people, I'm sorry, you're still doing it, but I know I'm on Facebook a lot and I see people saying, well, I'm 80% on plan and, you know, I've lost this much weight, whatever. To me, it's like, hey, I'm a Trim Healthy Mama you know, and sometimes I eat off plan meals or whatever but, you know, I don't like give a percentage. I just, like, I'm a Trim Healthy Mama, I embrace this lifestyle. I balance my blood sugar. I make the best choices whenever I can and when I make a choice that's not optimum for my body, I quickly forgive myself and I make a better choice next time.

S Hey, one of the main mantras of Trim Healthy Mama is shove the shame, boot the boot camp, like just get on... get back on the horse three hours later. So for you to be a real Trim Healthy Mama it means that you give yourself grace.

[00:16:12]

D I say welcome to Mama Kingdom, you know.

P You live here in Mama Kingdom.

D All the children in Mama's Kingdom are not the same and yet Mama loves all her children.

P That sounds so New Age, like, what's this religion you're creating?

D Mama loves all her babies.

P Okay, who's Mama? God-Mama?

D Isn't the family of God that way? It's like...

S Let's just say Papa. I can't handle that mama business.

P El Shaddai means Mama heart of God.

S Yes, exactly

D It means mama high God?

[00:16:39]

P No mama heart of God, the breasted one.

S El Shaddai all sufficient

P It actually means... I was looking it up last night, the womb and the breast of God. Can you believe that?

D Womb of God

S Yes, because, you know, men display the protective, the father heart of God, and women display that nurturing heart of God. God has everything. God has all those characteristics. We're all made in the image of Him...

D I could take us so off topic right now into the depths. I'm not going to.

S Yes, we're just going to put Danny back on the straight and narrow because I feel like his religion is a little off.

S Yes, yes he's started the Mama religion.

D Mama Kingdom that whole thing will just be edited out you listeners will never even hear this.

P Church of the Mama Kingdom with Pastor Danny, but, you know, and I just think so many people feel, I just think a little down on themselves because maybe they can't get to the place where Serene is naturally at but I think that's just something unique in her. We can all change. As we were talking about last week on the podcast, yes, we are transforming creatures. Yes we are that and, yes, we can be, yes, we can rely on less Frankenfoods but don't look down on yourself if you're just doing some here and there just to make this a doable lifestyle.

[00:17:55]

S Because, like I said, it's not because I have this 100% willpower.

P No

S It's not because of that, it's because I've got this, like, I just like different treats. I like my treats to be...

P It's how you look at things.

S Yes, it's a mind-set, but, yes, 100% I'm so... we're handshaking in the middle, Pearl, yes, like, we never used to but I really feel like we've got to embrace the differences, like the little song we wrote about Trim Healthy Mama, you know.

D I think you were born with a super power.

P Trim Healthy Mama, my way [Pearl singing]

S Yes, my husband used to think that but he's realised it's not willpower.

D No, it's brain space.

[00:18:34]

S It's actually not. It's brain space. You don't need willpower when you have certain brain spaces.

P That's true.

S Well, we're 18 minutes in.

D What about pineapple?

P Yes, you're eating it right now.

D I'm just curious.

P No, pineapple's great, it's just a high sugar fruit, Danny, so that's why you brought that pineapple out here and I'm like what the heck are you doing, where's your protein?

D She mama'd me, she's like where's your protein? I was like it's in the kitchen heating up.

S You are going to zap every little morsel of protein right out of it...

P So what we'll say to you is no shame, Danny, but do better next time, okay?

D Next time

[00:20:46)

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

S Serene

S You know what we could talk about right now? We could talk about good old Danny here and what the heck is he doing here

P Since it's sort of being about Danny?

S Yes

P I know we've always promised, we're, like, why is Danny here in the first place, right? We should tell you a story. We've got ten minutes to tell you a story of why you are here and why you utter things. Why we allow you to utter things to our women.

S Danny is, like, he has always been, even before Trim Healthy Mama.

D Before you were born, I am.

S No, but, like, before Trim Healthy Mama he was part of our family

P Yes, he was.

S He was like a family member who rocked up on the scene and was very similar to our own brother who just would say obnoxious things at every party and get himself punched.

D Is that right, Serene?

S Rocky and you are just right down the same.

P Yes, Danny was there but you were always doing, you were always just trying to go out there and trying to make a living. You were doing real estate or you were doing construction. Danny's very skilled with the old hammer and nail actually. He's a craftsman. So he would eek out a living for his wife and children...

S Actually he's a musician too.

P Yes, Danny's an amazing musician Jack of all trades. So you'd be on the road or you'd be coming back, building things for people or you'd be real estate.

S There was a time when Danny had long Afro hair.

P Oh, yes

D Oh, I've got the photos to prove it.

S And I'd bump into him at Wal-Mart and he had this big fro.

P You wouldn't say long, it would be tall.

P But anyway, so Serene and I... so he's just friends with the family, always there, always Danny, you just wanted to hang out with him because it's just too much fun.

S He'd come over to our house and we'd end up, like all of the people hang out, playing charades.

[00:22:31]

P Yes.

S Like he was just one of those kind of friends. He just hung out.

P And we loved his wife. She classes him up.

S Yes, she's a classy woman.

D Yes, somebody's got to help me.

P So, anyway, so we did Trim Healthy Mama. We were at... our business had been running.

S He had moved out to the country and then he left

P Yes, he moved out here on the hill top, he actually lived on this road

D I joined the cult.

S And then he sold his cult house to us so we could have it.

S Serene owns Danny's cult house.

D Yes, but, yes, Serene and her husband bought my little spread out there.

P We've totally, like, people tuning in for the first time today, it's like okay, this is a cult, I knew it.

D Next podcast, we'll try another one.

P So how you came to be here, Danny, was, you didn't work for us but Lisa had all our books and was a Trim Healthy Mama.

D But you know what, though, I kind of did because when I first... I'm from here, I'm from Nashville, I moved away for a season and when I came back I needed work and I saw all of you wazoos coming out of... at the time it was called Wild Oats, now it's called Whole Foods.

P But that was before we had the Trim Healthy Mama business.

D Way before, oh, yes, we were all kind of on the same path.

P Yes, we were dirt broke.

D We were all so broke. I had no work.

S What were you doing at Whole Foods, like?

D Shopping, yes, Nancy, your mom...



P We used to go there for the taste tests. It was Wild Oats, yes.

D You must have been doing, okay, so, and we all met and talked and Nancy was, like, do you have work?

P That's our mum.

D And I was like, no, I'm actually looking for work, and she mentioned that Serene's husband, Sam, was a painter and needed help. So, actually, I joined the paint crew. This was 15 years ago, I joined Sam's paint crew.

S You were his little Latin man.

D I was his little Latin man, and we soon learned that I was not a skilled painter. We started...

P Did he fire you?

[00:24:21]

D But he re-hired me, so

P That happens every day here.

D In fact, it does. In fact, I developed a little saying because I knew so many people that had been fired by Sam and yet still buddies and stuff, like somehow we still, like, showed up at church together and stuff. And I developed a saying that you haven't lived until you've been fired by Sam Allison because I was just watching people sign up and they'd get canned, like, within a week.

D So I signed up for a very high hourly rate because I told him I had paint experience.

P Oh, of course you did, Danny.

D Because I'm the greatest salesman in the world

S Because what if you could, right?

D Yes, that's totally true...

P I'm a painter.

D That's my life story. I was, like, yes, I paint.

S You're a Powerful Pedro.

D And that day, I just remember, I was up on the ladder painting these windows at, like, .2 miles an hour while these painters were whirling around this job site. And Sam just kept... every time I would feel something and I'd turn around and there would be Sam looking up at me on that ladder, just wondering what is this guy doing? And that afternoon, he goes so the pay. He said, you know, I thought you had a lot more experience than you seem to have and we're going to bump you down. And he bumped me down \$6 an hour less. And I said, dude, totally fine.

D I showed up the next day.

P That's so funny. But okay, so then, you know, you didn't last long on the paint crew. So you were doing your own thing for years. Then Serene and I, we were doing this Trim Healthy Mama thing, John here was our first employee.

D John, our producer, he's off mike.

S He's sitting here, he's like the, you know.

P He's Charlie of Charlie's Angels.

S He's silent, yet.

P And so he...

D He's so loud though, normally.

P Danny came in a few years into this, it was about two years ago, right?

D Yes, about two years

P And it was, like, once more to Sam again, he's like...

D Once more talking to Sam.

P I want to work for Trim Healthy Mama, just give me a job, any job.

D No, hold up. Hold. Sam, for the record, takes me to lunch.

S He has a heart for good old Danny.

P That's not the way I heard it.

S He believes in good old Dan.

D No, Sam and I have always been super tight. We get along famously, even when we do hard things, we have to work on hard projects, we do it.

P So hold on. This is not the way I heard it, this is news to me. You didn't ask for a job, Sam offered you a job?

D I didn't ask for no dang job.

P Really

D I was in artist management, okay, and Sam, because I was doing entertainment and touring and things like that, Sam took me to lunch and

he said, hey, man, we're building some cool things, we might do some entertainment, have kind of like a media wing of Trim Healthy Mama. And he was like, you know, I think you'd be great and just have you on. He's like I don't even know what you do right now. He goes, but, you know, Sam's the kind of person that just wants the right people on the bus, you know.

[00:27:10]

D It's not like here's exactly what I know you're going to do. Sam's always been like I like you, we vibe good, we can do cool stuff and that was kind of the set up for me coming.

P That's funny because Sam told me, yes, Danny wants a job...

D He was maybe appealing to your kind, motherly heart.

P Oh, okay, Danny needs a job, I'm like, let's do it. We brought you on and we did not have a place for you so were, like, hey, fix that door, Danny, grab a hammer, Danny. He didn't have a position for like the longest time.

S He was like the comedian of the office corridor, where, you know, okay, what shall we have Danny do? Okay, make funny faces on the little roller chair as you go down the corridor.

P Charlie's the finance guy. He's like Danny has to do something, he has to make his money. So we put him in this office, right, in charge of wholesale. You almost died in that office. No sunlight, Danny's personality, in four walls, not seeing anybody.

S You know, it was so bad, like all of a sudden we were like smelling these strong smells and he has these like mood lighting. He has the aromatherapy going, like, the salt lamps, everything, trying to make this little, tiny, dark cubicle vibey. His “what-if-you-could” vibe office

D Yes, I’ll be honest. The minute I got a chair and a computer in front of me, I began to suffocate from lack of oxygen to my soul.

P It wasn’t you.

D And so I, yes, I brought in LED colourful lights and just made it this whole zone of escape.

P Serene and I would walk into the office, Danny would come out and we’d just had these long conversations for two hours in the corridor.

D Oh, totally, totally

S And everybody was like it’s just so much more fun now Danny’s working here.

P Yes and Charlie would be like, yes, well, working?

D Yes, they kept me along for the entertainment.

S But there’s a positive energy in the place.

D Yes, yes.

P So then, long story short, long story short, we did that first podcast. Remember John-John was there too and we, like, didn’t know why we were doing a podcast. Danny was there.

D Yes, go back and listen to the first one. How lost we were.

P All basically on accident, you were there, John was there, and we started talking about doing a podcast, figured the name out. If you haven't listened to podcast number one you will hear what happened. How we came to this.

[00:29:29]

D It's so croaky. It's so croaky.

P Until now, and then Danny was there and then he just stayed on. I don't know, he just kept turning up.

S And now we couldn't do it without him.

P No

D I keep working with this family on sheer accident. It's like the stars line up.

P John's about to say something

D Great, now producer John's coming, I'm doomed.

J Ironically, we've come full circle and this is an appropriate time to tell you, Danny, we're going to need you to hang a door. I'm being dead serious, in the office, next week, so after this podcast we'll talk doors.

D Let's set that up.

J Yes, and I think we need the lawn mowed.

D Okay

P But, actually, speaking of that, Dan, you were a help, as was John's son, and so many other people with our new store. Trim Healthy Mama has our

first official store in Nashville opening October 14<sup>th</sup>. It might be open when this goes live.

S It's so beautiful!!!

P It is stunning. Danny did a lot of the work. He wielded his hammer in miraculous ways, his carpentry skills, as did a lot of other people, but that store is... what's the address, John, of that store, please?

J 5006 Harding Place in Nashville, 37211 I believe is the zip.

D So you can actually come in, buy products. It's super nice. Meet people.

P We've had our little offices here in podunk Bon Aqua Tennessee, where we carried products. It was never a proper store but lots of people come in, locals, or people passing through, but this down in Nashville is an official store. It's beautiful. We're so excited and we think, you know, these stores are maybe going to go right around the country at some point, might branch off into cafes, restaurants, who knows?

D Yes, even talks about having, like you said, restaurants where on plan meals are actually cooked by chefs and you can order trimming drinks, and I'm trying to think of the name,

S Yuck Yum Bitties

P Trimmies

D Oh, Good Girl Moonshine, that's the word I was looking for.

[00:31:30]

P Yes, so, half hour, we're good, and I'm glad we got your story in there, finally, Dan.

S Yes, well. There's a story of a wonderful, awesome, oddball who is so talented and amazing, and just how he finds his place in life. We all find our place in life, we're all, like, God is just connecting us all and it's just how are you going to find your place in Trim Healthy Mama. It's like we're all different, we all plug in in our own unique way. We can all do it differently. Pearl can do her Franken food occasionally and I can be like a weirdo purist, crunchified person.

P Danny can do the "Man Plan".

S And it's so cool. We all find where our little connection is and you don't have to mirror other people.

P And I've learned a lot from Dan. The things things he's brought, like the **"what-if-you-could"**? I often think often think of that. I know many women have taken that and it's revolutionised their lives.

D For the new listeners, let's talk about it.

P We did a PODdy on, you know, well, "I can't, this is me" and then you said this thing, but **"what if you could"** think about your life? Change that around, **"what if you could"** do that? What if you were someone who got up and made an on plan breakfast? **"What if you could"**?

D Yes, what if that was your identity?



S        **“What if you could”** is his Powerful Pedro-ness. It’s like whatever he does in life, he puts on that cape. And it’s like, hey, it doesn’t matter if I’ve never even thought about this before. It doesn’t even matter if I’ve failed a hundred times before. What if I was like the freaking hero at this?

P        Yes, because you certainly... we weren’t like... Serene and I weren’t authors. Serene and I weren’t business women

S        **“What if you could”**. **“What if you could”** write a book, 650 pages long.

P        Danny, you weren’t like a podcast person. **“What if you could”**, you know.

S        When you first picked up your hammer and made all those artisan tables, it was **“what if you could”**.

D        I didn’t know Jack. I remember I would have... I’d be at a customer’s house, you know, let’s say, framing up a room, and, hey, do you install tile? I had never laid a piece of tile in my life. Yes, I do, because daddy’s got to pay them bills.

S        And you know what, **“what if you could”** could have worked for painting too but you just hated it.

D        Yes

P        And you know what, Danny, you’ve come a long way with, you know, learning from Serene and I too. I mean I’ve watched the way you’ve eaten and how it’s changed and I’ve watched your health become a lot better. I mean you were a sugar-aholic.

D Yes

P You eat your protein now mostly. You will stay away from sugar. You have changed.

D Can I share a non-scale victory?

P Yes, please do.

D So whenever, in the past, when I've been invited to parties, get-togethers, dinner at a friend's, etc., when I get there I have a glassed over look in my eye, brain fog, I feel like someone has reached into my gut and is just pulling me into the grave with this hypoglycemic crash and all I can think about is food. And I'm slightly rude...

S Is that why you're always contentious at church?

D That was why I was.

S Because church is the hungriest place in the world

D It is so the hungriest place. It's just like can we stop singing to God, please. Kidding, kidding, kidding.

P Yes, but come on.

[00:34:33]

D Kidding, kidding, kidding, but, so...

S That's why you had to have your zippy of almonds and dark chocolate.

D Oh, totally

P Let's hear his non-scale.

D So the NSV is, and I actually became aware of it last night at a get-together, which I like to call them parties.

S Why weren't we there?

D I don't know.

S I'm offended

P Okay, anyway, keep going

D Yes, like you'd come. Way into town.

P Yes, Serene.

D So, I didn't...

S People only go out at night, if they're going to rob a bank, like, why do people go out at night? Keep going.

D Everyone was there, the food came out and I literally helped with kids and stuff and wasn't flipping out and needing food and was just more relaxed...

S You helped with kids?

D I was super, yes, well, I always...

P This is because you've been balancing your blood sugar, right?

D It's the balance of the blood sugar. So I wasn't in a full-on hypoglycemic crash when I arrived at a party.

P It's huge.

S You probably stood in line with your plate.

D I actually got in line. I actually waited on others. Can you believe that?

P Love it, Dan. Hey, we're going to close with a song.

S I thought you were going to close in prayer, close in prayer after the weird religions we've been putting out.

D What if you could, little Pearlie [singing]

S What if you could, little Dan. [singing]

P What if you could, little Sereney. [singing]

ALL What if you could, little Mama.

P So that's the worst.

[00:36:15]

Hey, Mamas, do you have a question for Serene and Pearl? Send your email to [support@trimhealthymama.com](mailto:support@trimhealthymama.com).

D Hey, I got a question for you from one of our awesome, awesome, did I mention awesome listeners, named Emily. She says Dear Pearl and Serene, hey Pearl welcome to the question forum.

P Thanks for including me, Emily.

D Dear Pearl and Serene, I would love to hear more about the research that backs up the separation of fats and carbs so that your body can focus on metabolizing them each separately to help with weight loss.

P Well, Emily, there are no books about it. You will not find a clinical study about it. But it absolutely works and let me tell you there is science to tell you that your body will metabolize carbs first. It has to, okay? That's why your insulin gets released, to sweep the blood sugar out of your body.

S And there is science to say that insulin is our fat storage hormone. And there is science to prove that the more carbs you eat in one meal, the more insulin is pulsed out.

P And there is science to tell you that while your blood sugar is being swept away and while you are burning those carbs, your fat actually goes into storage to wait to be burned later.

S And there is science to prove that the more fat alone, by itself, that you eat in one meal, that the more you start digging into your own adipose fat tissue.

P Yes, so all those things, put together, and you can research them because there's a lot of science out for that, we sort of came up with our own guinea pig style of doing this. I mean this was trial and error. Now, to tell you the truth, though, let me tell you something about body builders, okay? You might think they're bros and they have bro talk and they're not the most civilized people.

S You might have this idea in your head, they know their science. Oh, they know their ups and downs of all this.

P So Serene and I, we were actually studying all this, we used to go on body building forums and the language was not nice, I'll tell you this. But, man, they knew their stuff and body builders...

S They know about hormones.

P They knew how to use their body. They knew how to cut their body. They knew how to build their body and oftentimes what they would do was build up their body with carbs and then go, you know, go into almost a low carb state

S And they'd cut, cut, cut

P They'd do these cycles between low carb and then adding some carbs and it was harsh.

S Very harsh and it was detrimental to their body and it was aging. I thought how can we make this friendly, anti-aging and work for us?

S Yes, and so

P And so we decided to make it mama friendly and we started, you know, changing up our carbs and fats, not like the way body builders do it where you go to extremely low carb for a week and then spike your sugars for one day. But we did it in a way that... so it's really a one of a kind thing, I guess. I mean there's nothing new under the sun but Serene and I just... we just used ourselves as guinea pigs.

[00:39:06]

Trim Healthy Mama Product News and Notes.

P So why collagen, why do we have this as a product?

S Why, because it balances your amino-acid profile, now, THM is centered around protein. It's awesome for weight loss. It's awesome to balance our blood sugars. That's great. But concentrated protein, all the time, that's

not balanced, is aging but it can be anti-aging when you balance your amino acid profile. What we mean by that is methionine and tryptophan are amino acids found in skinless, boneless muscle meat and in some dairy.

S Yes, but you know what? If you're always having that, that, that and that, and never the other amino acids of protein out there, like, glycine and proline, then you're not balancing it out and do you know what? When you have the full picture, like back in the olden days where they had their chicken and made their broth out of the bones with it, it was anti-aging, it was healing, it was medicine. Protein was wonderful, it worked for them. Why, because it was balanced.

P It was complete.

S Yes

P And so these days the way our world eats protein is incomplete.

S So if you don't eat protein, that's aging too. So if you think, well, I'm just going to be a raw foodist and just eat no protein, or hardly at all, and just be a plant foodist, that is aging as well because you need muscle. So the answer is not just, well, to limit protein. No, the answer is to have the full, complete picture of protein.

P Yes, and so some of us don't have the time to make stock and so that's why we have collagen and gelatin powders because it's just easier and they're not only complete protein but they do other wonderful things for our bodies, such as they cause us to grow wonderful, thick hair. They beautify our skin.

They raise our immune system. They cleanse our liver. Serene, you need a few minutes.

S Well, I'll tell you what, they calm you, they relax you, because, I'll tell you what, glycine, which is such a potent amino acid in our collagen is calming

P . It is anti-anxiety.

S Yes, it is, they're actually using it in medicine for mental issues because the brain can't stop worrying.

P And as mothers, our lives are not very calming a lot of times.

S So have a little collagen Trimmie before bed.

P And snooze

[00:41:21]