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**Trim Healthy Podcast with Serene and Pearl**  
**Episode 38 - Toxic Marriage Equals Toxic Health!**

*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 Hey boys and girls, welcome back to the Trim Healthy Podcast, also known as the PODdy.

P I would say boys don't come first, there's 17 of them.

D That's, kind of, a good call. Hey girls, and a couple of guys, welcome back to the PODdy the Trim Healthy Podcast if you will with your hosts Serene, Pearl and the young man.

[00:00:50]

P Young, you know what's funny though, there will always be 17 men, even though there's probably a couple of 100 listening now, I mean, we started off at, like, we counted to 17 and from that moment...

D And then, yes, that's the number.

P That's it; it's always just been Danny's 17 men.

S I'm cutting you off, Pearl, because I'm just so excited about the subject. I just want to get straight into it. I tell you what; we're going to talk about a subject today that is such a huge rung in the ladder on our health journey. You know, people are all about, okay, I'm going to get my diet down, not that we need to diet, but our food lifestyle, we're going to get our sleep right, we're going to de-stress our lives, I tell you what, I reckon one of the most important, I actually would consider it the most important....relationships.

S First of all, of course, for me it's my relationship with God, but just on a broader scale, relationships in general either pull down or lift up our health more than I think. Hey, I'm going out on a limb here, I just feel like somebody could be eating sprouts and quinoa all day long and if they're just in, if they're just, like, toxic, just really just not... like it says a wise

woman builds her house.... So tearing down all the relationships around her, I just feel like she's tearing down her body, number one.

[00:02:16]

P Absolutely, and Serene you, remember when we first started this PODdy, I think we did one, you and I had had a, shall we call it a disagreement of sorts.

D A banger

P Remember, it was about how much time we were allowed to, you were going to give to this and...

S Yes-yes-yes, I'm still pretty strong on that though.

P Yes, but we had a major...

D That's not back in the day.

S You know, as sisters you're going to have some arguments. And then we talked about how we have learned working together in business and just being together as sisters, how important it is. And now it's, like, I love you Pearl, but I just have to tell you, Pearl you know I love you, but I'm just going to tell you my mind and you know I love you, but...

D Yes, I thought something was about to come out on air, and I'm, like, yes let's do this right now.

[00:02:57]

P We figured out how to be humble enough to listen to one another and to hear one another. But today we're not so much going to talk about, you know, sister relationships or friend relationships, but the marriage relationship.

D Communication

P Yes absolutely. And we've talked about, you know, the Foxy Mama part of it; we've done a couple of podcasts on the importance of marital intimacy.

S So if you haven't listened to those, I would suggest going back and listening to them.

P I really would.

S Don't be afraid, because I tell you what...

P Or be afraid.

S That is a key to healthy marriage.

D Yes, if you haven't listened to those, you haven't listened to our podcasts.

P It's funny, they're the most...

D They're the ones.

P The most listened to.

[00:03:37]

S Can I up with a little story that I heard, it is just is so clear in my head.

D You may.

S But will not come out clear on air, because I don't have the details, I heard it once and it just, it moved me. I might have said it on a podcast before,

because I'm, like, one of those people that retell stories and people just say...

P Yes, you told me that.

S You told me that.

D Same here, yes

S Yes, but this is just, it really relates to the subject, I think it will be a great opener, so forgive me that I don't have the details and the name of the town and the name of the people, group and everything.

P Just go Serene.

S There was this little township in Europe and they ate not very healthy food, it was, like, lard and all this stuff, not that I don't think that's, not that it's the worst, but they lived the lived the longest.

[00:04:27]

P Some people think lard's really good.

S That's what I'm saying, not that I don't think it's the worst, I was trying to say, hey, genetically modified mayonnaise is way worse than that. But they lived, like, longer than any other township around them, they had, like, the most longevity people, they just, they didn't get the heart disease, their disease counts were so much lower and they just were a vibrant people group, this little township.

S And the scientists and the doctors around Europe were trying to work out why this little township was so healthy, when they didn't actually have as

healthy a diet. And after quite a long period of researching this township they realized because their relationships were so strong, they ate together, they were a communal township.

D Ah yes

S They had an incredible community and they ate together and they fellowshiped together and maybe they fought together, but they made up together. And they just, they were in each other's lives and they, it was the community and it was the joy of friendship and relationship that gave them these incredible health benefits that were actually more than the, like, maybe other towns were more into, kind of, cool food, you know, more advanced in their food diet ways.

[00:05:53]

S So my point is, is that the most important relationship here on this earth, if we are married, is our marriage.

P Exactly

S If you're not married, then there are other important relationships, but if you are married it is the most important relationship on this earth, besides you and God, your marriage.

P And so I think today we just give, you know, things that we have learned, we've certainly been through things, but we've got, you know, I'm in, 20 odd years married, Serene's 20 odd years married, Danny's 15 married,

we've learned a lot of things and I, and if you can glean from these things, we want you to, because, as Serene said, health is more than exactly what you're eating.

D Well relationships color everything, you'll find if your relationships are wrong everything in life feels wrong, you know, if you're fussy with your spouse, doesn't everything you do just, it just gross, isn't it harder.

P It just gross, you're right.

[00:06:52]

D Isn't your kid coming in saying...

P Your oatmeal's gross even.

D Yes, your oatmeal's gross, your kid coming in with a problem is just, like, stressing you out and not doable and it's, everything's a big deal, you know, it's like everywhere you go, every other, the door is squeaking, it's the dang door, it squeaks, and it's just, like, everything is ridiculous.

S When your relationship is rosy, it's great, it's, like, hey, everything is handleable, right, because you're doing it together.

D When I'm jiving, when Lisa and I are jiving, that squeaky door is, like, I get to put on the tool-belt and be the man around my house, you know, and it's, like, projects while the family watches on and learns, and isn't this wonderful. But if that door's squeaky and it's fuss time, oh man, it's another thing I've got to worry about, doesn't everyone know the stress I'm under. It's relationships.

S It is, it's relationships.

P So let's get practical, some of the things...

S Let's just start blurting out, Pearl, you and Danny and I'll blurt it out, because you know I'm really good at that, some of the things that we've learned.

P I was trying to say that, thanks little sis.

[00:07:55]

D Now we're in one accord.

P Yes, we were.

D #Honda, that was a Dad joke.

P I didn't even get that.

D A Dad joke, a Honda Accord.

P Oh I get it.

S You have to know car brands, I don't know car brands.

P So some of mine I think would be, this has been my hugest one in my marriage, to keep us happily married, I do believe this has helped, the way I speak to my husband, I'm always trying to keep a monitor... You know, when we were first courting I was kind, I spoke kindly, I laughed at his jokes, I treated him like the hero he was and still is to me.

P And then, you know, marriage happens, children happens, late nights happen, struggles happen, financial stresses, work, job loss, oh my



goodness, health issues, and sometimes speaking kindly, you know, it doesn't feel as natural, I mean, you're in, you're under the gun, you're under pressure.

[00:09:00]

P But I've always, when I've heard myself, you know, speaking sharply or snapping at my husband I'm always, like, Pearl, would you have spoken to him when you were courting like that, would you have said that, would you have used that tone.

S What a great checkpoint

P It's been my checkpoint, but isn't he worth it, isn't he worth more now, this man that has helped you raise these children, this man that has worked two jobs, you know, allowing you to stay home when you, when I had the little kids, this man that changed diapers, this man that was with me, you know, the hard times and with me when I was birthing my children.

S And even if he's not the man that changed diapers

P Yes, it doesn't matter.

S Maybe he's not the man that does all the list that you want him to do.

P No

S Maybe just because he's your man

P Yes, because he's your man. And so, you know, I've used that as a check, I haven't, I obviously I haven't always been perfect at that, but I have, I have, I believe, used that to keep my marriage strong, and I have walked in that

and I have determined to walk in that and it's been, like, Pearl no, you don't say that to him, because he's the man you courted, but he's more than that, he's even a better man than that.

[00:10:08]

P And so talking to him, the way I talk to my husband, just using that a check, I believe has given us these 23 years. Not what I'm, well, I don't want to say, well, it's all something I've done, it's not, but I just... If you can use it as a tip, if you can use that, in your marriage, it would just be lovely to hand that over; I'd love to hand that over to you.

S No, I just want to say to you, Pearl, that as somebody looking on, that you have been just such a respectful person in your voice and in your tone, and I believe that that's why your children were so, had a beautiful idea about marriage, you know, and they respect you because of the way you've respected their Dad.

P Oh thank you.

S And I think it's definitely come across. I think one of the things with me, the one thing that I've learnt is, I used to think I love this man, he's so amazing, but I'm the closest person to him, like, God put us together and I'm his helpmeet, so that means I have to help him with all his flaws.

D Oh snap.

[00:11:11]

S It's, like, who else is going to be able to do this and this is the way I'm going to honor him, so, okay, I'm going to tell him, yes, your tone with the children, that was a bit rough and, you know, just, like, just fine tune him, until I realized he wasn't really treating me that way.

P He doesn't fine tune you.

S No, he doesn't fine tune me and just... And so over the years I've tried to realize that it didn't help my marriage, it just, kind of, made things tense. But then just recently I've been trying to think along the lines that, you know, I'm a Christian, so I'm meant to be marrying Jesus, so who is Jesus, Jesus doesn't even say He's the judge, you know, because He says my Word in the end will judge them, but He says, I have not come to judge.

S So I'm not meant to judge my husband and I'm also, Jesus was also not the Holy Spirit, the Holy Spirit is the Holy Spirit, right, so I realized I'm not even meant to be my husband's Holy Spirit. That was so freeing, that I actually don't have to be his conscience, because God already gave him one of those. I don't have to be his Holy Spirit, whispering in his ear what he should be doing.

S And I don't have to be his judge. And all of a sudden I'm, like, three things that I can take off my to-do list and our marriage in the last year, like, I've been slowly working that out, but I actually realize it now as a revelation,

I don't have to be his conscience, his Holy Spirit or his judge, and I'm so excited, I get to be his friend.

[00:12:32]

P I've seen your joy in that explode.

S Yes, because I used to think I love him, he's great, but I need to tell him that he really didn't read his Bible or something.

D And how many years have you been married again?

S 20

D So 20 and now that's of note right there, that you said it's really exploded in the last year.

S Yes, it's exploded.

D And that's really a plug for long, lifelong marriage commitments, because you don't get to these levels of success until sometimes year 20.

S So true, Danny, and like I said, I realized it maybe 10 years ago, but I realized that it just didn't work, but I still thought it might be my job. So I used to go... Oh don't worry. Can I... No-no-no, don't worry. Like, I'd go try and tell him and then I'd always pull back, but it was always on the tip of my tongue to try and tell him what he should be doing.

[00:13:23]

D Yes, hey, and if it wasn't on the tip of your tongue it was a look in your eye probably, right.

S Yes, he felt a little bit of whatever, but now I'm, like, oh my goodness, it's not my job, he's just so perfect the way he is. I just wake up now just to love him, that's how I'm his helpmeet, I'm not...

P Imperfectly perfect, I mean...

S Yes

P Let's keep going, Danny yours, then we'll do mine and then we'll do Serene's again.

S Can I say one thing really quickly, it's about to be Danny's turn, but actually I realized too, just earlier on before it was a revelation, that if my husband was a little bit rougher in tone to the children or even to me, not, he's so not a tempered man, he's just a lovely gentleman, but, you know, if he said things, like, everybody get the groceries from the car, I'd be, like, darling can't you say, hey, everybody go and help... I had to realize he's a man of testosterone, not of estrogen.

P Yes, you wanted to womanize him.

[00:14:11]

S He's going to speak it a lot more different than a woman, so, you know, if that can help any woman out there, you know, let him, let him have his testosterone and if he's telling the boys to shape up, it's going to be with testosterone not with estrogen, so... Danny go.

D That's something exactly on point, that will help a lot of women, because that's something my wife and I have talked about all the time, is my heart

is not upset, I'm not angry, I talk differently than you talk, I'm a man, I'm raising young men, and when I bark an order, to your ears, know that I am simply telling a child what to do in the most peaceful...

D You know, it's, like, we can go, I mean, our, men are able to get insanely aggressive and violent, you all haven't seen that, you know what I mean. And that's a talk that my wife and I have had a lot, and she's, like, you're, kind of, flipping out, and I'm, like, no I'm just asking them to get the groceries out of the car, I don't feel like I'm flipping out.

P That's so true, my husband is, like, I'm, like, getting, you know, I'll get out of the car, he'll see me and he's sitting there and I'll be, I'll get in some groceries and then Charlie's, like, I hear him, "Boys"... He hates to see that I'm getting the first groceries out of the car.

[00:15:27]

D Oh, my wife shall not touch a bag, no sir.

P And it's, like, my boys are, like, running out there.

D Oh, if my wife is, like, doing anything, I'm, like, where are your children.

S That's when I would think I had to be the holy spirit and, kind of, start to say, you shouldn't be really doing that, don't think that, you know... But that's not our job and also men are men, let them speak like men.

P And of course we're not condoning, like, violence on children, we're just saying let your man be a man.

S Well, like Danny said, you aint seen nothing.

P Well some women have seen things and that's sad.

S Yes, but we're not talking about that, we're not talking about that, but he's point being is a man speaking like a man is not, you know, men are made for war, so if they're just asking for the groceries...

P So what's your thing, Danny, that was, sort of, coat-tailing on Serene's, what's your thing, what are you bringing, what's your tip?

D Well

P Are you talking to men or women, you're about to do both?

[00:16:11]

D Oh yes, yes well, there's such, there's so much, we could do every podcast on this topic I think, because the relationship between spouses is the final frontier, it colors everything. You made a great point about just something small like just talking respectfully and kindly. You know, that's important, because as men everything we do is for our wife and kids, literally everything I do, everywhere I go, the money I make, the work I do, it's literally trying to make them have an awesome amazing life. That's really my heart, that's all I want, is them to just be, like, man, life, this earth, is awesome and it's thanks to Dad.

D So, you know, that kind tone from my wife is so helpful, it makes me feel that even if she's frustrated, when she comes very slowly and not reacting emotionally and just, just being really, like, assuming that I've, that I'm really on the right path and that my heart's good in this and that what I'm

doing is great, assuming that first and then letting me surprise you that I'm actually psycho and evil and, you know what I mean, that I'm angry with you or whatever it is, right, it's that assumption.

P So you want her to have that assumption that your life is poured out for the family.

D Yes, just, yes...

[00:17:34]

S I just think that's beautiful and I think it's bingo and I'm not interrupting for long, just about 10 seconds, because I really feel like that is a key point, because sometimes I'll think, you know what, you've been working hours, I just need a little bit of time for me and the children and him to come...

S But don't you think, I had to realize it, and you've just really reiterated that to me, Danny, that work, those work hours are being poured out for us, the reason why you're doing it is for us and if we can only, if us women can only get that around our head that their work time is not, like, their play time, they're doing that to pour out, and that's a beautiful sacrifice.

D And in fact, yes, if I was, if suddenly millions and millions of dollars came into my lap, you know, men are like, hey, what do you do for work, man I'm passionate about this, no you're passionate about buying food, okay, because if you had millions and millions of dollars you'd be chilling at home, you'd be on vacation, you'd be out at the poolside, you know. Sure we're



passionate about work and the things we do, but it's very much fueled by our love for our families.

S Your nine to five is your love for your family.

D It really is and so we physically look like we're gone, but we're not gone in heart, because everything we're doing is very home centered, and that is a difficult thing to just, because when you're, I mean, my wife she's put in 15 years of the same, like my work changes every day, I mean, every podcast even is a new topic, it's a new, it's new, what she does is not new, she's doing the same thing day in and day out and that's not lost on me.

[00:19:15]

D And I know for many of your husbands, that's not lost on them, they know that, they, men have a hard time communicating that appreciation, but it's not lost on them, they see that. I would say a tip for men is what I would bring today.

S And what is that?

P You already gave a tip to woman in that, I liked it, I liked it, and some women are working too, a lot of our women that are listening today do.

D I know, even as I said it I thought, oh how does this apply to the working ladies, you know, and it totally does, but there's a whole other dynamic of things to speak to, that's a whole podcast on its own. But, you know, for the 17 men, we need to hear this every month, in fact if there could be a new app that sends you a notification that just says "listen to your wife"...

D Here's what I've learned in year 14 out of 15, is that, and I know you guys know this, but the solution is listening, it is, listening, even when the problem is with you, even when they're fussy at you, that you don't interrupt with apologies or anything, because the solution is hearing her out, hearing her heart, where's she's at, why she got there and it's going to be until two in the morning sometimes, like it was for me a couple of times last week.

[00:20:40]

D And it's just what it is, that is called a relationship, that's called a long-term relationship, you're exhausted and you're still listening and it seems ridiculous and unreasonable and emotional, but, man, it's so real for her. And I find that when I listen, all I do is I just listen and just, like, it is the right shoulder I can rub while you talk or the left or both, okay, when you do that and you, even if you don't feel it, you become an actor and you become the great amazing husband, you know, man oh man, all the things you want.

S And you're not acting to pretend, you're acting to become real.

D No-no, that's it.

S Like, you're saying what if I could, you're saying, hey, if I, she just sounds like she's, like, an emotional rollercoaster mess and insane to me, but, hey, I'm just going to pretend to understand, but as you're there you begin to understand, that's what you're saying, right.

D You do.

P But you're being the man that she needs you to be, because in our flesh we don't, we're selfish, in our flesh we haven't got time for other people, you know, we just want me-me-me-me, but you're, like, what if I could not be me, what if I could be for her.

[00:21:46]

D Absolutely, and I also find there's times that I have to take on the role of, almost to call my wife up in strength, when, when she's doing things or thinking in certain ways that are harmful to her, there is a time to, after a good well listened, to say" I hear you and I understand, but now I call you up into this strong place."

S I love that Danny.

P Absolutely

S And I encourage the women out there that listening, then they reiterate, then they change around, then the listening, because it's been so huge in my life too where, you know, I used to have these crazy panic attacks and I'll be, like, get out of my way, stop barring the door, I'm dying, take me to the hospital and he'd, you know, he'd listen to all my rants, but then he'd

be, like, baby you're not dying, there is nothing wrong with you, I am not taking you to the hospital, take a deep breath. But, you know, then there's that point of listening to him and gaining strength from his reality.

D And I'm going to say this, 99% of the time the lady goes first, that's just the way it is. You may not like it but...

S Well, estrogen comes first, right.

D Yes, testosterone fixes problems, but estrogen cuddles first. And I learned that from Serene and Pearl.

[00:23:15]

S Hey, we know you guys are health conscious and you're getting healthy and we are too, so you're going to love our new sponsor. It's Health IQ, Health IQ is for those who are caring about their health, and they give life insurance for how healthy you are.

S That is so smart, because the whole normal system doesn't take into account that some people are working harder to age gracefully and to not die of degenerative diseases, you know, if they can.

P Most life insurance just puts you in a box.

S Yes, with the rest of the McDonalds eating world.

P Yes, but if you are doing healthy things in your life, and we know you are because you're listening to this podcast, then Health IQ just makes sense for your life and the lives of your loved ones. So you call in and you see if you qualify.

S And they have some really interesting questions too, you take this, like, little Health IQ test and if you become, have an elite score you can get up to 33% discount, it's pretty awesome.

P So to see if you qualify, go today to [healthiq.com\trimhealthy](http://healthiq.com/trimhealthy) or mention the promo code Trim Healthy when you talk to a Health IQ agent

S Check out [healthiq.com\trimhealthy](http://healthiq.com/trimhealthy) to see if you qualify today

[00:24:22]

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

S Serene

P But here's a thing that I've learned, another of my tips would be I used to be the world's best, like, I could have got a gold medal for silent treatment and saying nothing's wrong.

D A gold medal

P And something was wrong.

D Oh that's good.

P And I think I was really good at that for the first 10 years of my marriage. I was good and my husband's he's not a talker, he's not much of a talker, to this day. We have such a beautiful deep relationship and...

D And how many years married?

P It will be 24 in, next anniversary coming up, in five months. But we've developed this, no he is, sort of, a talker, but it's just he talks to me, he loves to talk to me, but he didn't start out as much of a talker. And so when things would, he would, you know, do things I think that would hurt me and I would clam up, I would just, like, well he better figure it out, he better figure it out, because I'm not, he should know what he did wrong.

P And then he'd be, like, what's wrong and I'd say nothing, you know, and so time would go on and he'd go about his day, I guess nothing's wrong, but then he'd come home that night and he's, like, what's wrong, nothing, you know...

S Yes, the nothing gets a bit of a stern snippy tone to it.

P Yes and the nothing could go on for, you know, two or three days, it was ridiculous, it was really toxic, it was just something I practiced, it was something I got really good at, because I wanted him to figure it out and I wanted him to hurt like I was hurting, you know, if I'm silent, if I'm just giving him the cold shoulder, if I'm not being affectionate, he's going to feel it and he'll know a little bit of what I'm feeling.

[00:26:09]

D And then he'll understand you more.

P Yes. But he got better at realizing nothing meant something, okay, so he got better at sitting me down and, like, no come on, I can tell something's wrong, let's talk it out. He got better. But I'm telling you, I had to really lay down that nothing and that silent treatment business, because it was...

D You mean give it up?

P Yes, and I still, my inclination is to still sometimes want to go there, if I feel like he did something stupid, but I'm so much, thank the Lord, better at just telling him what's wrong without being, you know, nasty about, hey, you did this...

S Because men are from Mars and women from Venus and they really don't get the woman brain half the time. So they need to be told, they're not going to get the hint.

P Yes. He's, like, well I didn't mean it like that and I'm, like, but, no, it felt like this to me when you said that and it so get resolved so much quicker now, I have so much less toxicity in my body, because I just tell him and he's so okay then to sort it out. But man I was good; I spent so many years doing silence, stupid silent nothing treatments.

S Those octane pings that run through your cells all day when you're, like, poisoning your body with, he should have thought that and he should have known that, I tell you what, that's worse than McDonalds.

P It is, it's toxic for your body, it's toxic for your brain and all the thoughts, and the thoughts keep going and then you have these conversations with him in your head that never happen.

S The conversations in your head

P In showers

D My gosh that never happens.

S You can have, like, a billion conversations...

P When you're in the shower and washing your hair and it's, like, I can't, but if I just keep silent for a while longer he's going to come to me and he's going to...

D He's going to rescue me.

P If we could see it, like, from the outside, we'd think insanity.

D Pure insanity, hey, am I allowed to reference a relationship book?

S Yes-yes-yes, what is it?

D I think it's, I forgot all about it until this past week when I went, oh that's happening right now in my house, and oh yes I'm so glad I knew this. You don't have to buy the book, you can probably just Google this idea, the Five Love Languages.



P Oh no it's a great book.

D Man, if you haven't read the Five Love Languages or if you're not at least aware of the concept of the Five Love Languages.

P I think most women have read it though, I don't know.

D But you know what, I've read it too, but I forget about it, I forget that, oh yes, I communicate and receive love differently than she does, in her style, and so that idea helps so many misunderstandings.

S Yes it does.

P It really does, I read that book and I really got into it, my husband's like, no, he refuses to read all books, but... He says he speaks all love languages.

D Oh yes, we all think we do.

P He thinks he does. But he's definitely learned, because mine is words, and his is so not words, but he's definitely learned.

D He's learned to talk.

P He absolutely has, so people can change, that's what we're talking about.

S We'll go through one more round, that was your second, and then just quickly, I've got one really quickie, it's not deep at all, this is just a quickie. And then Danny you go for the lastie, but I would just like to say that it's different for everybody, but it's almost, like, what Pearl was saying how the way she talked to her husband at first, that's her checkpoint now for, like, would I, would I have talked to him like this 20 something years ago. And that's, kind of, her pull-me-up, like you know what, I've regressed.

S Well, my mine is, you know, the way I look when he comes home from work, now it doesn't have to be makeup, if you're not a makeup person, or if your husband doesn't like makeup, it doesn't have to be anything like that, but the things that you did to honor him or catch him or woo him or, I feel like that could be something that you don't want to let completely go away.

[00:29:56]

S Like, to me, I'm, like, okay so I would never, if I knew that he was going to come and visit me in the afternoon I would not be, like, if I was daycare person, I would not have the spew on me of, like, the daycare, I would not be, like, wearing the ratty tats that the children had been pulling on all day. You know, I'd clean up; I'd go home and clean up before he comes to visit.

S So now I'm thinking, okay so I've been around children all day, I want to just like clean up and, you know, I like to wear a bit of makeup, so I put a little bit of lipgloss on, a little bit of blush and do my hair and put something a little fresh, and I feel, like, sometimes I can't be bothered, I'm like, why am I doing this because, you know, he comes home so late, an hour later I'll be taking a shower and washing the whole thing off. But I think, no I'm going to honor him with that...

P Because he's worth it and it's a way of honoring him.

S Because if way back 20 years ago if he was going to take me on a date and I was only going to see him for an hour, I'd be putting on the whole stinking makeup face.

D Oh yes

S So now if I can just put on a blush and a little bit of lipgloss, I'm like, he is so worth that, it's worth the, only the hour that it's going to keep on.

P You know what it's saying, it's saying I respect you, I care, that's what it's saying.

S Because you know what, you're worth that, you're worth me taking five minutes, when you go out and do errands or out in the public you put on, maybe you're not a makeup person, but you'll put a fresh shirt or you'll just, like, brush the hair real quick, but sometimes when we're just around somebody we get so comfortable, we're like, well you know, you're used to seeing me as soon as I get up and my morning breath, like, I don't need to do it for you. But, no.....

P And it's like you better love me at my worst, you'd better love me at my worst and yes, they're going to, men, you know, my husband is amazing, he loves me when I look gross, he just does because he has this, you know, unconditional love, but isn't he worth that. I agree with you Serene.

S So it's something I've always tried to do, I always, you know, the children laugh at me because my husband likes my hair down, he likes long hair, so whenever I hear his car on the, we have like a gravel driveway, I can hear the tracks of the car, they all think it's so funny because down comes the big bobby pin holding the thing up in a sergeant mum bun, and I'm fluffing my hair out and trying to just make myself look feminine for him.

[00:32:01]

P Cute, I love it, I've seen you do that so many times when I'm at your house and we're working on THM, down comes the hair when Sam's truck is coming in.

S Danny, you're up with your second point, to close the PODdy.

D Yes, so another cool concept I heard on, it was on the radio, it must have been at least 20, 25 years ago, but I so remember this and it has been so true. It was called the Crazy Cycle and the idea is that in relationships you can get on the crazy cycle and what that is, is, let's say the husband says something that seems un-tender to you, you react by withholding love, respect rather, sorry, you react by withholding respect and pulling back and drawing in, and being, kind of, fuss-pants which makes...

D So now he feels disrespected, which make him react by withholding tenderness and love, which makes you react by withholding respect, which makes him react by withholding tenderness and love, which makes you react. Okay, so the Crazy Cycle is real, picture it like a clock, like at 12 o'

clock he says something that you perceive as un-tender or unkind or he stepped on your toes in some way.

D Then picture going around the clock at 15, at the 30, at the 45, that's the Crazy Cycle, reacting and withholding, reacting and withholding. So if you're aware of that you can break that, you can go, you know what, I'm being fuss-pants because I felt, like, he was un-tender. And then he can go, you know what, I'm being fuss-pants because I felt, like, she wasn't showing me the respect I feel like I warrant.

P Oh, I've totally been in that crazy cycle.

D The crazy cycle and you can go on it for years.

P Oh you do. And I, listen, I've got one, I'm going to make so quick.

S Pearl, we've got to go.

D That's was it, that's the last

P I loved the, the crazy cycle, I've had to do it and I've had to break it, Danny, and it was good.

D Just break it out loud too.

P You break it and it's hard to do.

D Just scream, crazy cycle

P Yes because, you know what, it's humility, a lot of time the crazy cycle is like, but I have the upper hand, I have the hand here, if I break it, it sort of, means that he, you know, I don't have the hand.

S Yes, I have to let go of my precious thoughts that I get to, like, insanely wash my hair with.

P Yes, here's my one thing, the way you look at your spouse and it's the way you perceive them, you know, this is funny, I was at...

D So good, if the eye is evil your whole body will be full of darkness, sorry go ahead.

P You know, I was at the grocery store the other day, I'll say this about my husband, some people would call him controlling, I don't, right. I usually do the groceries by myself and I'm fine and it all gets home, but when he goes grocery shopping with me, he likes to come whenever he can because it's just like spending time with me, he has this way of putting things in the cart, I'll put the eggs in the cart, I'll put the bread, I just do things in a haphazard manner and then he'll change it all around.

P So then when I go to check out, I just put it all on the thing and, and you know, it gets into the car, somehow it gets home, but no, he's put all the frozen together and he has to put all the fresh produce together and so...

P The other day he was like, what, what are you doing, put that in, he was quite, you know, snappy about it and I thought to myself, I could get either

get, sort of, mad here or I could think, you are the cutest thing, I'm going to let you do that Mr. Control Freak and I'm going to read a magazine right here, look at this Prevention magazine, let me see, you want to do the work, you do it.

P So I was reading the Prevention magazine and he looked up at me and he, sort of, smiled so cutely, like yes, I'm a bit OCD but, hey, we're having a good time, right. And I looked him over and instead of, like, ugh, man you're controlling, I was like, you're so cute.

D So, so because of, because of how you saw him you chose to see it differently

P I chose to see him as the cutest caring controlling guy, yes it's controlling, but it's not harmful, he just likes the groceries in a certain order.

D And it's not personal.

P It's not personal, it's quirky.

S Isn't it the quirks that make people beautiful, it makes them one of a kind...

P And I'm quirky and he totally forgives me for it.

D We're all quirky.

S I've got a quickie, I've got to just say, I've just got to say it, when you said the way you look at your husband I thought you were going in a different, like, "vain".

P Oh okay

S So let me say this too, because the way you look at your husband makes, I think, makes you beautiful, for them, with no makeup or whatever, because

I have this beautiful daughter, she's my oldest daughter, and she as at church the other day and she actually has just moved to town, they were living away, so a lot of people...

P She's married, yes.

S We didn't see her for a while, but some of the church members said, oh I just love to look at your beautiful daughter and just the way she looks at her husband, it wasn't like, I love to look at your beautiful daughter and her lovely skin and the dress that she was wearing, and of course she does have lovely skin and she's beautiful, but their comment was, and the way she looks at her husband. That's what made her so beautiful to the onlookers.

P She does, she does look at him so lovingly.

S So my point is, you may not think you're a movie star and you may very well be, but the way you look at your husband makes you absolutely beautiful because he longs for respect and he longs to be honored and it's just... You see it so often where husbands and wives are looking at each other and it's this, kind of, like, disdain, it's sad.

P Yes. It is, but it's easy to do. And it's actually the thing that you, after a while you have to break that and you're, like, no, I'm going to look at my husband with respect, with honor and with, like, he's this, he's so cool.



D And all this, for sure, affects your health.

S Absolutely, bring it full circle, Dan.

D Full circle

P Closure, thanks Dan.

[00:37:50]

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

D It's Q&A time, I've got from Susan for you. She says, hi, I have a question for Serene.

P Oh, so I'm to butt out of it or something?

D Yes if you can stay out, that will be great.

P Oh okay

S Well you must butt in, Pearl, because you always help me answers my questions.

P Usually the questions are for Serene and not me, it hurts me deep down in my soul but go ahead.

D That's interesting.

S That's not true, Pearl, all hormone questions I can't answer.

D Well this one will make sense; this one will make sense why it's for Serene. You were on a raw food diet for years and you've told us the negative side of it, but do you think there is any value in it at all?

S Yes, I do, I think there's incredible value to raw healthy foods. This is my point, I do not believe there is any value to being extreme and only doing plant raw food, I believe, yes, juice, raw greens, I, you know, a cucumber or a celery base or whatever, I believe yes...

P But you don't juice currently?

S No, well, I do right now, because I've got heaps of kale in my garden, and I've got to do something, so I have a kale shot every morning. But no, but I, you know, she's saying, is there any merit, yes of course there's merit to some green juice, of course there's merit to some yummy raw salads, of course there's merit to having some raw nuts and seeds and some sprouted things. But guess what, there is not merit when you eat just the plant raw diet, it's imbalanced for these reasons.

S What are you going to, what are you going to fill your plate up with, right, so you've got to have protein, you've got to or you just, and that was one of the things, I had sarcopenia, I had muscle wasting, because I didn't have enough protein and when I tried to get enough protein I was overdoing the nuts and that really was overdoing the calories and I put it on, not on my arms and legs, because that was emaciated where I needed muscle, but there was this, kind of, a little bit of a pooch going.

P That was the only time I've ever seen you have a belly.

S Yes exactly, and because there was unbalanced sugar, like I had raging sugar issues because of all the dates, because what are you going to fill up on, right, so I would make, like, date-nut rolls and date-nut bars and date-nut squares and, you know, the meat was made out of, nut pâtés, right, that was my protein, or nut burger patties that I'd stick on my salad.

S So yes, there is merit, but there's merit when you put it in the big full picture of, you know, hopefully either fish or other forms of clean meats and wonderful ancient grains and fruits and berries and beans and, and just a balanced diet. I hope that answered your question.

P That was a piece of the puzzle though, wasn't it, because...

S It was a piece of the puzzle. I don't down any of those wonderful foods; I just ate them out of balance.

[00:40:21]

Trim Healthy Mama Product News and Notes.

P Hey, let's talk about the new flavored wheys.

S I can't keep it in my house.

P Yes because your children are using it, my children too

S I want to say it's crack to them, Pearl said that's not Holy, it's not right...

P No, it's not nice to use the word crack on the podcast...

S It's a modern term for, it's addictive and wonderful, you know my children aren't on drugs Pearl.

P I know, okay so we've got strawberry, it took us so long to get these out, people were asking, can you put some flavor in your whey, like forever, we have strawberry and chocolate, they rock, they're so delicious.

S We would work with the flavor artistry company and we'd be, no, no, because...

P That tastes like a diet milkshake, we cannot have that....

S Yes, it always tastes like it's, like, a bitter edge with, like, synthetic vitamin taste, right. The key was in the end we had to stick a bit of our mineral salt into it, you know, just to balance out the sweet and give it that full rounded flavor profile...

D I actually never knew why the salt was there.

P Oh, it changes everything, so which one are you liking, because you said you were, like downing this flavored whey.

D Oh, no the chocolate whey is like childhood chocolate milk.

S And the strawberry whey is amazing too, and the smell of it, I could just sniff it from the bag.

P No, but this is the thing, if you're a chocolate milk lover, and I am, it's so, it just makes your life so easy because just, like, one glass of almond milk, or hey, if you're, like, you have a high metabolism or growing children you can do real milk.

S My children do it with whole milk.

D I do, I personally do coconut milk.

P Yes, coconut milk is great and then I do half a scoop and it's about sweet, the right sweetness for me.

S Do you know why Pearl loves chocolate milk, and she can do it the right way now with our chocolate whey and unsweetened almond milk, because when I was little, I'm taller than her, as you can see, and I have a larger face and I'm just a little bit Shrekky around the waist.

D I would never have called it that.

P You are not Shrekky.

S When I was little I had an issue with being younger and bigger, so I used to try and feed her up on chocolate milk.

P So I would be bigger than her.

D You were trying to sabotage her face.

P Oh yes

S I used to say, hey Pearl, I can see that you were tired after a hard day of homework, would you like me to make you a chocolate milk, I always offered chocolate milk on tap.

D I'm sorry, I'm too busy, distracted, eye measuring your faces.

S Yes it's longer and bigger.

P She won't put her face next to mine in the mirror, because she's...

S Just look at the book people, my face looks like it's five of Pearl's.

D I don't see it.

P But anyway, okay, so what were we saying, we were talking about... Okay here's what...

S I feel settled about it though.

D Okay

P Here's what you do, and, like, any meal like an E- meal, like an energizing meal where you're including carbs and having a bunch of fat, I find that I can still be a tad hungry, you know, you don't feel satisfied sometimes that you're like, oh I still want to eat.

S You want your pacifier.

P Yes, but when I include the chocolate milk, I'm just, I'm done, I'm like, oh someone just put me to bed and wrap me in a blanky and I'm good.

D Oh, It's satisfying, yes.

S And put the paci in your mouth, you've got to say yes to my thought, it's a good thought.

D For me it's an easy, like a man thing, like, I don't want to cook and prepare and do stuff, I want to fly out the door, I just throw down that chocolate whey into some coconut milk.

S And do you know what it is, that's good Danny, that's...

P My teenage boys like it too.

S That's the reason why I like it, yes for my children, because sometimes I'm like, where is your protein in that crazy meal, okay quick, grab some whey, that's what I do

P            It's the ease.

[00:43:49]