



**Trim Healthy Podcast with Serene and Pearl**  
**Episode 45 - NEWS FLASH: A Superfruit from the Ancient..**  
**Let's talk Baobab. And How it can revolutionize your 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            Our Trim Healthy Podcast is sponsored by this awesome Life Insurance called Health IQ, this amazing company that actually helps out people who are health conscious, like people who run or go to the gym, or just stay home and exercise in their house, but people who are actually proactive about their health they get discounts.

P            And with your diet too, if you are making smart blood sugar friendly choices, like you are you get a discount. So go to

healthiq.com/trimhealthy to support the show and see if you  
qualify

[00:00:32]

S This is the PODdy with Serene

P And Pearl

S Get it right P- O- D- D- Y.

D Trim Healthy men and women at various stages in the journey, welcome  
back.

P Welcome

S I just love that Danny.

D To the PODdy

S That's so good.

D With Serene

P He still puts his name first though and then 17...

S But I love how he said at various stages of the journey.

D Pearl...

P What?

D And myself

P 17 plus yourself

D There's 18 now, for sure.

P I'm eating, sorry I'm smacking my lips, I'm finishing off my Yuck Yum.

D Hey, today's a very exciting podcast about Africa.

P Oh yes, Serene, we were just sitting here with Serene and Serene's, like, Pearl, she asks me this every day, I cannot tell you how many days this is the same question, it's like I didn't answer it yesterday, oh okay, let me answer it today, she's, like, Pearl, would you let your husband go to Sudan, okay, that's the same question I'm hearing every day.

[00:01:32]

S And I told her I'm not allowed to not let my husband go to Sudan.

P Because he's going

S He's made his mind up and he's his own grown up boy.

D So wait a minute, behind the scenes you ladies really do have a will I let them mentality, okay.

S No, it's just all make believe, it's just fun imaginary stuff, because he's already booked his tickets.

P The Bible says my beloved is mine and I am his, we do own our husbands and they own us, so it's a two-way street.

S Yes, no-no-no, he asked me, he said do you, would you be okay, and he's, like, and I want you to read the American travel log of the travel ban.

P Oh, he made your read it.

S Well, he said I just want you to know, I want you to not go into this blindly, but then he's, like, but I want you as you make your decision to know this and to not live in fear. And I've already put it before the Lord and I have complete peace, so...

P And we've done podcasts on fear before, but hey, if you're wondering what we're talking about, as you know, some of you know, Serene's husband is our sourcer and he's been to the far corners of the earth sourcing Trim Healthy products. And he's brought us the best, but some places he goes are a tad dangerous.

S And he doesn't just, like, find it over, like, searches on the internet and get some kind of liaison person, he wants to go to the farms, he wants to handshake, he wants to see the whole process, he wants to see them in the dirt, he wants to see every part of it, otherwise it's not good enough for Pearl and I.

P And so we have a source for baobab, and we're going to be talking about baobab today, we already have a source, but it's a, kind of, it's an easy source, it's nice and friendly, and it's all safe, but it's super expensive, our source is from Italy, and of course baobab comes from Africa.

S Well, it's a middleman, because Italy doesn't grow the majestic baobab trees.

P No, Italy doesn't grow baobab trees, they're grown in Africa. But we have a proper source, one of the men who works, a great family friend, works for us, is a friend of the family, he is from Sudan, his family lives there, he's an incredible man of God, he...

S He, actually, as you just said, he's just, he's amazing.

P We just love him. His father is 94, he just went back last, a few months back saw his father, and we saw pictures, and his father was talking to him about how he takes baobab, it's cured him of malaria and several things and...

S He's, like, if anyone is sick in our tribe the first thing they do is run to the baobab tree and make up some tinctures.

P So our friend who works for Trim Healthy Mama, he probably packaged many of your Workins videos, those of you that are doing our Workins, he puts things together for us, he...

S This man from Sudan

P Yes, this man from Sudan, he has a source of the most pure baobab, the most freshest baobab you can get in the world.

S Well, he didn't realize, he brought back a little treat for me, it was a little bag of baobab, fresh, well it's not fresh, baobab dries naturally on the tree, but it was baobab and I said, oh, and he goes, this is what my father takes to keep himself healthy, that's why he's so, that he's lived so long.

P He's so vibrant, and he is, he looks like 60, he's 94.

[00:04:34]

S And I said, do you not know that this is in almost, nearly over half of the recipes in our book, that's like the newest thing that we're talking about, that we're all excited about, and he's, like, it's from my land.

P Yes.

D It's like his life, like, that's normal for him.

S Yes it's normal.

P So he wants us, and we'd rather do this, go without a middleman to the pure source. But Sudan, as you all know, is not a safe place right now.

D They're not playing around down there.

P There's, you know, there's some terrorism down there, no I'm not trying to scare you Serene, but Serene's worry, a little concern, let's not call it a worry, because her husband, Sam, is almost 7 ft, well, you know, he's a big guy, he's 6.5 or 6.

S He's 6.6 and he looks like a white big American Christian man.

P He looks like footballer player.

S It's like holding a billboard that says "hello" I'm exactly who you hate.

P Yes, but, you know, so if you want could you pray for Sam and Adam, our guy that works for us.

S Yes, we have a couple of other people in our business that are going too.

P Yes, they're leaving in 10 days and...

D Oh this is on, this is happening.

S Oh it's on.

D No one's considering the trip.

S Oh yes

P And yet Serene still says every day, should I let my husband go to Sudan.

D The flights booked.

S One of the other wives said, yes I'm letting him go, I don't know if he has a home when comes back.

[00:05:52]

D Oh snap. But they're going down to discover the magical, magical tree of life.

S Oh these trees guys, let's just talk about it, you've probably all seen them, you just may not realize it's the baobab tree that is, like, suggested through the book, that the supplement comes from it.

P The Trim Healthy Mama, Trim Healthy Table Book, when you say book, Serene you've got to explain yourself.

S Thank you for clarifying, big sister, thank you.

P There's so much I have to explain to people when Serene talks, she's just...

S Well, that's why I'm gifted with you Pearl, where one is weak the other is strong.

D This is good, I should have brought popcorn, I forgot.

S Hey, but these, these majestic baobab trees are huge, they're the ones you see in National Geographic.

D And the Lion King

S They're, like, yes, they're, like, massive, the trunks are so wide and they're as wide as they are tall, and they are massive, they hold water inside of them. And they grow these fruits that are, like, as big as coconuts, but they're not as round, they're more an oblong tear shaped, but that big, and

that's the baobab fruit. And the fruit dries naturally on the tree, there is no processing that our baobab powder has to go through, they just basically take that pulp and just...

P Dry it.

S No, it's already dried.

P Oh

S They just have to grind it up.

D Just grind it into a powder.

P Yes. So Serene started researching about baobab, over a year ago now, and she was, like, Pearl this stuff is incredible and she started using it in her recipes, we put them in our new book Trim Healthy Table, baobab is in many Trim Healthy Table recipes, like the new "Hello Health Sipper" recipe so tell everyone about why we love it so much.

S I can tell you why, I was just, like, this is incredible, because, you know, you get lots of supplements out there and they're all, you know, all the ones that are just straight from nature, they're all from God, they're all a gift, so I'm not downing any of them, but this particular one is just a lot of bang per buck.

[00:07:37]

S Not just high in one nutrient, it's not just boosting you in one area of nourishment and nutrition, this thing is loaded, that's why we call it Baobab Boost Powder, because it boosts, it's like a daily multivitamin in



real food form, it's just amazing. You know it has five times the fiber of oats. It has over eight times the antioxidants of the acai berry like the prestigious acai, acai I am eating acai, I'm so healthy, I'm eating acai.

P Yes, but Serene out of all the foods on the entire planet baobab...

S Yes, out of all the fruits on the entire planet.

P Out of all the foods, baobab has the most antioxidants.

D Number one

P Number one

S Oh no, yes, out of all the foods, yes.

P Yes, that's what I was saying.

S But I thought you meant the vitamins, I thought you were talking about Vitamin C.

[00:08:08]

P Out of all the foods on the planet, baobab has the most antioxidants to fight and scavenge diseases in your body.

S Yes, and it has more antioxidants than blueberries and pomegranates put together

P But then you always hear about, hey, you know, eat blueberries for your brain, because of the antioxidants scavenge all the bad, you know, cells that cause all these problems, but baobab, it beats them all. And here's the thing, Serene calls it a fruit, and yes we call it a fruit, you think its fruit,

you think fruit sugar...

S No

P This is a low-carb, low-glycemic fruit.

S As she said this, she was, like, her lifting her jar, because she has a Yuck Yum filled with baobab right now.

P I have my, I call it my Counterfeit Yuck Yum, I developed my own Yuck Yum Bitty from Serene's, I just, we just did a video and put it up on the Trim Healthy Membership site.

S Check it out guys, and just knowing that the Yuck Yum cannot be a Yuck Yum without baobab, it's part of the core ingredients.

P Yes, so as I was saying this, I was holding my jar that I'm slurping from, but...

D Which it seems like from my view that you both basically survive on these Yuck Yums?

S On the PODdy days we do.

P Yes, it helps, especially if you're going somewhere.

D Oh, so this is like to-go, this is your go to?

S It's our to-go, Yuck Yum To-Go!

P And here's something strange, I was on the thing of antioxidants, and I want to throw this in here, it's off topic but you'll like it, remember we did the whole slow down your eating to speed up your metabolism, I've been doing more and more research on that, because I love it so much, I'm applying it

in my life and I'm finding great results. How about you Dan, have you been slowing?

D Yes, in fact, I was eating my salad before the show and I looked up at Serene and I was, like, man, I'm whipping this salad down like a hypocrite, trying to get, because we're about to record, and I thought, I'm just going to say hello to my lettuce, I'm just going to... Yes, and I, maybe it's a placebo, but I feel like I'm not, like, stuffed.

P Yes, and you just take a couple of deep breaths. But, I was reading, you know, with the whole hypothalamus and how when you slow down...

[00:10:13]

S Were you reading the book, did you find it, I left it at Nana's?

P No it wasn't in the book; this was in my own research recently. When you look at your food before you eat it and you actually say, hello food, like, you know, in your heart, in your mind, you don't say, hello food, but you look at it, you smell it, you take some time to slow down, that releases the hydrochloric acid in your stomach, right. Now hydrochloric acid is so important to digest your foods, without enough of it you have the gas, without enough of it you have the pain.

D Ah, gut issues

P And you see so that develops the hydrochloric acid. And then I was reading on site, which was so fascinating, Serene you're going to like it, they said whenever possible, especially when you're eating protein, slow down, sit

down, you know, take time and eat your food slowly so you have enough hydrochloric acid. It said if you're on the go though, the best thing to eat when you have to eat fast and on the go is a smoothie with whey protein, guess why...

S It's predigested.

P It doesn't require the hydrochloric acid as much as all the other proteins.

D Because of the whey protein

P Yes.

S Well, because it's the most easily digested protein. And then if you're already having kefir in the Yuck Yum...

P Yes, it helps also.

S You already have whey, that's an ingredient in the Yuck Yum, but kefir is also predigested, so it's a lot easier.

P So those of us who do have to run off somewhere and you're, like, what can I take and I don't want to rush my meals, grab a smoothie, grab one of the ones in our book, called the Yuck Yum Bitty, and...

S And roll it around your mouth.

P Don't rush it down.

S Taste the texture.

P Taste it and just get saliva around it. And know that you don't have to stress while I'm, I'm not sitting down and looking at food at a lovely set table, okay, so sometimes we can't do that, if you can't a smoothie on the

go is a great way to be kind to your digestion.

S I'm going to take a 10-second detour here, just because we're already detoured. Okay and we'll get back to baobab, but just in case you're thinking these girls have gone, like, these girls and Danny, have gone, like, you know, like, really off the deep end, like, taking to your food and hello salad and slow down and take a look and smell... Hello Barry-Boo.

S Yes, let me tell you people in every other area of our life it seems natural for us to slow down, like if I take a walk outside in nature, you know, I take an afternoon walk in this beautiful Fall air, I look at the sky and, like, look at that blue vivid sky and then the, kind of, the orangey golden leaves, this is just beautiful and I breathe in the sunshine, I breathe in the fresh crisp air and I'm, like, wow, and it's not just the walk that revives me, getting more oxygen, it's the whole experience, and that's way better than going to the gym, it's just getting out into the real beautiful nature, right, to really relax you.

S And so, and then I was telling Danny, when I get in the shower at the end of a long day it's, like, oh this hot water is just so soothing, I'm aware, because it's, like, pleasure times, we think of walks, showers, that's, like, pleasure, but guess what, dining and food is meant to be that gift too. It's not odd or weird, like, we're just so programmed to work through it and to pick up an article or to do something and be double-timing your food, but

it's meant to be one of those pleasures.

[00:13:23]

P Yes, multi-tasking.

D Don't two-time the food.

S You're meant to walk every day, but you're not meant to...

P I love that Danny.

D I borrowed, I stole it.

P Yes, you said double-timing, I didn't understand it at the time, I thought you're trying to say multi-tasking.

S No, two-timing.

P But then you said two-timing the food, you're actually, like, dating someone else when you should be dating your food.

D You're putting the stuff in your body, don't cheat on it.

S I know, and it's, like, just because you have to do it a few times a day, that's just how special God thought it was, right, that we get to enjoy this pleasure, a few times a day, but it's a pleasure, back to baobab.

P What a mighty detour that was.

S Yes, but it was mighty.

P It was mighty, if we say so ourselves.

S Baobab has more magnesium, people, and iron, double the magnesium and iron of spinach.

P So many of us are magnesium deficient.

S Oh my goodness, huge

S And pregnant women are definitely hypo-magnesium, they're just...

P If you have troubles with, okay so many things, but let's name some of the things, like headaches, okay, that's often a magnesium deficiency, because the constriction of your blood vessels.

S Anxiety

P Constipation is often a magnesium deficiency, leg cramps...

S Insomnia

P Magnesium deficiency

[00:14:32]

S Even children with growing pains

P Yes.

S Magnesium deficiency

P Interesting

D Yes, my legs flip out, like, at night before bed if I'm sitting up, they're just, like, they want to kick out.

P Oh that's restless leg, Danny.

D Totally

S Yes that's restless leg, yes you need to get on to baobab.

D To baobab

S Yes, and some magnesium oil, we should talk about that on another

PODdy.

S Yes, so, you know, we're on to magnesium, what about potassium, six times the amount of bananas, and they're meant to be the potassium king. Isn't that incredible, potassium is a natural thing that balances sodium in your body and that pulls down your blood pressure. Now see, that's why people say, oh don't eat salt because you'll get high blood pressure, but our natural mineral salt is from the earth, it has four times the amount of potassium, so that's why it balances out the sodium, that's why people can use it without these blood pressure and, you know, when you swell from salt, like our sister, Vange, she has a natural electrolyte, she's sensitive electrolyte imbalances, so when she eats regular salt her legs, you can see them, they blow up, I mean, it looks strange.

S And she's super skinny.

P She is, yes, but they just blow up with all this liquid. But if she has our salt, or natural mineral salt, it doesn't happen, because of the potassium.

[00:15:50]

P 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. Most life insurance just puts you in a box with the rest of the McDonalds eating world.

P 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.

S So you call in and you see if, you learn more and you see if you can, like, what is the word...

P Qualify, Serene.

S Qualify, yes.

P And you get a free quote today.

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](https://healthiq.com/trimhealthy) or mention the promo code Trim Healthy when you talk to a Health IQ agent

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

[00:16:45]

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 You know what, I love what Serene said the other day, because I was...

S You do, what did I say?

P No, it stayed with me and I thought about it.

S I'm busting to go to the bathroom, but I'm staying for this.

D Oh the mid-PODdy, potty [laughing]

P I thought about it every day since you've said it, and I thank God for it. Because all healing comes from God, I believe that, and every day I say, because this is a scripture in Psalms, when David says, quicken me though according to Thy word, so I say that because God's word is healing and He said I'm the Lord that healeth thee, right, so our healing comes from Him and His word, quicken me, like, body soul and spirit, let my body line up with Your word, let my soul, let my mind line up with Your word.

S Can I just say something you know how when Mary came to Elizabeth and the babe kicked in her womb, because it was just, like... But as you're speaking this, I've got, like, this cellular inside goosebumps, I've just got

this whole rush because my spirit is, like, oh yes, this is truth, this is life, this yes, you go girl.

[00:17:54]

P But then you said to me the other day, I was, like, all healing comes from God and you said, but Pearl I just love how God put a little bit of His healing in the herbs of the field. You said, hey, there's just a little bit of God's supernatural healing in the herbs of the field, because, you know, the Bible said I give you the herbs of the field for the healing, right. His actual miraculous power that He has heals us, His Word heals us, His time on the cross...

S Yes and that's all His power, unadulterated and full force.

P Absolutely, that's His magnificent power when He, you know, when He took to the cross, He took our, He took our sicknesses, He took our sins, both, and yet He's God, part of this miraculousness, He also left parts of it in herbs and in the plants and in baobab and isn't that cool.

D That's incredible.

P When you think of it like that, it's just like, well thank you Lord.

S We don't trust baobab, we don't trust, that is not our crutch, we trust the cross, we trust God, because that's the full force of all His power, right, so why just go to the little crumbs when you can go to the full, full, full, like, the spring of the fountain.

P But why will we not pick up, but why wouldn't you pick up the crumbs?

D Yes, on your way.

P And they're not even, comparably they're crumbs, but they're not crumbs, because everything He made is good and He thought about it.

S Yes

P So all these things that He put a little bit of His power in, I love it, I'm, like, thank you God for that magnesium and your baobab, rock on.

S I know, rock on. Now listen we haven't told you the major thing, it's so fantastical this thing...

P Oh this is the major reason why we're...

S I'll tell you what, the reason why we needed to incorporate it is because Trim Healthy Mama is centered around protein, and that's fantastic, but you know what, there is, there is something missing in protein and that's Vitamin C. Like meat has, like, incredible, like whole pure sources of meat is just incredibly nutritious

P It has every vitamin and mineral.

S Incredibly nutritious

[00:19:43]

P Every vitamin I mean.

S But it does not have Vitamin C.

P Apart from Vitamin C

S So we just, we really wanted to make sure that our women were not getting

depleted and were thinking, oh yes, now it's, like, protein, bacon and eggs for breakfast, but hey-hey-hey, there's the balance, you need your Vitamin C because Vitamin C depleted individuals they actually are resistant to fat loss. They can't lose weight.

P Because vitamin...

S Sorry, you go.

P You go.

S You go big sister, I refer to you.

P Well, Vitamin C not only, it nourishes your adrenals, people that are adrenal, have adrenal issues can't lose weight either, but there's so much more than that and that's why we also tell you, hey, listen, if you can't afford baobab eat your greens, eat your berries

S Because they are loaded with Vitamin C

S Even your sweet rainbow peppers, you get some C in there. But, you know, they did a study about, you know, as people work out how many calories do they burn, those that were deficient in Vitamin C they burned at least 30% less. Was it 30%?

P Yes, it was about a third. But baobab has 10 times get this Danny, the Vitamin C of oranges.

S It is rock star, this thing, but you know what, it's not like spirulina, it's not like you have to hold your nose and get the stuff down. It tastes like sherbet and Vitamin C...

D Is that actual baobab in that bag?

P Yes, put some on your finger, Dan.

D Yes let me get a piece.

S Yes, I mean, but mixed into stuff it's amazing.

P It's not like it's supposed to be just put on your finger, but if you just put it on your finger, to see what you think, would be good for right now.

S I have to go to the bathroom, don't say anything while I am gone.

[00:21:12]

P No, were going to say good stuff while you're gone, off you go.

D Can you just tell a joke?

P No, were not, no she wants us to stop all conversation while she does her pregnancy potty.

D No, were going to try some Baobab Boost Powder.

P Yes, because this is your first time, right Danny?

D Yes, I mean, I've known it's coming, but I've not tried it and I've...

P And you said today that you're going to become a smoothie man, right?

D Yes I want to get, I want to get a decent blender and get into that because I, I need to make stuff and I...

P And a smoothie is so easy for a man to make, it's, sort of, like a Man Plan thing too.

D It's a Man Plan thing.

P Put a little bit on your finger, now obviously we put this inside things but...

D Yes it's pretty, yes, like, I wouldn't put collagen in my mouth.

P Right, tell us what you think...

D Oh, it's sweet.

P Yes, and it...

D It's like a, it almost is like, like I could almost pass it for, like, the base ingredient of one of those orange Vitamin C chewy, yummy orange things.

P Totally, yes because it citrusy and it's sweetish

D I didn't expect that, I thought it was going to be some dark beet like...

S And when you think sweet you think starch, you think glucose, but this incredible baobab powder is so low glycemic, it's 50% fiber and of that fiber half of that is soluble fiber, so it basically slows everything down.

D You could have told me that this was orange powder.

P Really

S When you slow down you digestion you slow down the speed with which that sugar is entering in the bloodstream and that, that's the secret here, to...

P Look, he pouring it in his hand and he's... Look.

D I'm going to palm some like a horse, excuse me.

S Okay, let me just tell you really quickly, there are so many recipes in this book, Hello Health is our new sipper, and it's just delicious and amazing but you can simply put it, like, just a teaspoon in an eight ounce glass of water...

P I totally do a table spoon.

S Yes, but this is just for a juice.

P Oh, well call it what it is Serene, this is your juice recipe.

S Yes, a teaspoon, a heaped teaspoon, of baobab in just a glass of water, a doonk of stevia and a squeeze of lemon...

P It's like orange juice.

S A bit of ice and stir around, that is the yummiest.

D You've got an orange drink.

S That's not even making a Sipper, that's just the yummiest, for my babies, this is the deal...

P Juice for your children

[00:23:13]

S It's so safe for children, it's the most, if I only had money for one supplement while I was pregnant, it would be baobab.

D Wow, well I'm, just the taste alone, I was always such a sucker for those little chewy orange Vitamin C vitamins and this, kind of, takes me there, you know, like, I feel like I could sprinkle a little in my kombucha right now.

P Yes, but, but I wanted to say this, another way that baobab helps with weight loss is, not only is itself very low glycemic, but whatever you pair it with, like in your smoothie or just in a meal, if you have it with a meal, it helps you better digest the starches and lowers the glycemic response to



the other food in your meal.

P So, there's actually a study, it was published in the Journal of Nutrition, Journal of Nutrition Research, no, yes, found that baking, even cooking it, right, baking baobab extract into white bread, unhealthy white bread, significantly reduced the glycemic response of participants compared with those who had the bread without it.

S This is amazing stuff.

P You've got to fix your hormone insulin.

S Oh completely, now I want to say, just to be honest here, on the up and up, we didn't think what could be our next seller as we bring out this new book, what are we going to... We never thought like that, you know, we really didn't

[00:24:32]

D No, I would divorce the whole company. What, how can we, how can we do it again?

S You know what we did? We just thought, okay, so as we're going into this new book what are we excited about, what are the new recipes that we are doing in our own homes, basically we were cooking with baobab for a good year before we put this book out.

P Serene had been giving me bars, like, Pearl, this thing is so yummy, I would say what is that tang, what is that, it's like a sherbet, she's like, baobab Pearl.

D Sherbet, it is like sherbet.

P And we were going to...

S We weren't going to put it in the book.

P Right, we weren't going to put it in just because we could, we had found it at Wal-Mart, you see, we were like, well why not, let's just encourage people to buy it, but then we realized, source, we always need to find our own source, because things change and a whole bunch of Wal-Mart's have taken it off the shelves...

S Before our book came out half the Wal-Mart's stopped selling it and Costco stopped selling it, and I think it's because people got excited about it, so they thought, oh we're going to just sell this product, but there wasn't enough knowledge about it and there wasn't enough sales, so Wal-Mart just discontinued it.

D Yes, I mean, I've never heard the word baobab until you two...

S Well now you have, Danny, it's rocking.

D And now I've heard it loud and clear.

P But I think, I think we covered all the bases and... We'll let you know how the Sudan trip goes and...

E But you can even add it into recipes that aren't in the book

P Like your Pizza Casserole recipe

S Yes, will you put it in that?

P I add it to the base and the sauce?

S What?

P Is that weird though, sorry.

S No, because it's a thickener, it thickens out the sauce so beautifully and tomatoes have a natural tang. You see, so wherever... It goes great in tomato soup, it goes great in anything savory, to anything where a tang would suit.

P Okay

D Okay yes, because it's going to bring a little natural tang

S It's in most of my Trimmy Bisques you'll see it.

P That's true, it is.

S It's optional, of course.

P It is optional, but yes, okay, I see that. Do you have anything more to add, because I'm trying to wrap it up, because our PODdies have been super long lately?

S Well then

P She's got nothing. Have you got anything Dan?

D No, I like, I love PODdies like this because, where I can sit and just drink in the knowledge and I have nothing to contribute, this was total education.

P I liked your two-time, don't two-time your food, that was a full-on Danny quote.

D A little something here and there

S Can I just say one thing, I do have something to say, it's so funny, as we learn these wonderful things and these wonderful principles about, you know, the slow down and enjoying your food, remember that they're great, they're great principles, but, you know, the letter of the law always brings, brings death.

P Right

S And the spirit is freedom, right, and so we want our lives to be not the letter of the law, and so I thought, okay, slow down, alright, and so I found myself getting so intense about slowing down and so wanting the atmosphere of my home to be so peaceful and perfect, that I got more intense and got more cortisol during my meals trying to train everybody prior, during and after the meals, because I felt like they were taking away my slow down approach and trashing it or flushing it down the loo.

[00:27:35]

D Yes, how many times have you sabotaged the peace in your home because, like, there's like one, like, aggressive tone from the husband or something and then now the peace has been ruined and so... The peace has been ruined and now it's, like, wait a minute, the peace was here a minute ago.

S Yes, so it's, like, something that I didn't know I had to protect and now I had to protect it, right, so it got me all stressed out. So what I realized, this is what I've come to, hey, it's just my duty to relax when I feel stressed when I'm eating, slow down if I'm chewing like a maniac, a bit of Vitamin

P, a bit of pleasure and but don't sweat the rest.

P No-no, we don't have to make it another cortisol issue, but I do ask myself these things before I eat these days. First of all I thank the Lord, I love what you brought into it, sometimes we're so fast we don't even have time to thank Him, goodness sake, we just chow down. And the other thing is do I feel stressed, check my body, I feel it in my shoulders, I feel it in my tightness in my chest, and I find it a really good mark, like, it's good to get rid of that stress anyway, but then food reminds me, okay Pearl are you wearing the stress right now, hold on, yes I am, okay, breath, why are you wearing that Pearl, get rid of it. God wants you to cast all your cares on Him and off you.

S And that's our duty Pearl, we don't have to go and be monks in a monastery to slow down and enjoy our life.

P No, we don't.

S When God came, you know, Jesus came, same thing, eating and drinking and feasting, that's how He came. He was with people, He didn't have solitary meals.

P That's so true.

D Yes, you're talking about being conscious and present.

S Yes, that's all, so you don't have to have, your children can still be naughty, they're allowed to spill their rice, well, you know, they're going to.

P Well you might, if you have to discipline them, you might want to discipline

them after the meal.

S Right, but if the rice gets spilled, you don't have to think oh I've really got Cortisol, I've ruined my whole peace.

[00:29:31]

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

D Hey, I've got a question, not so much a question, but Sandy has, kind of, an insight here, sort of, an observation I guess she made and I just, I don't know...

P She wrote in with it?

D She wrote in with it and I wanted...

S Well, observations are good, we'd like to hear that.

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

P Is she mad at us?

D No-no-no, she's a sister, all the way. She just said that she, it's rather a topic that she would like to hear addressed from you, since starting THM she's noticed, specifically on Facebook, a lot of conversations about being able to eat so much and have so many sweets. She said through her own journey she learned that the problem was, not only the food but also the amount of food she was eating.

D She says, I've had to determine that dessert is dessert, even if for breakfast, but having a wonderful piece of chocolate cake for dessert, for dinner and

then for breakfast was maybe feeding the original problem that got her to need THM in the first place. She's wondering if in the name freedom maybe there are some abuses happening.

S That's interesting. What was her name, Sandy?

D Yes, this is Sandy from Richmond.

P Thanks for your insight Sandy.

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

P To gluttony

S To gluttony, and I don't think we have... I think when people read the full book they get the picture that we say, hey, you know, it's a balance about non-starchy veggies, balance your Heavy S's with your Deep S's and, you know, make sure you're juggling up your fuels. So when we say "having cake for breakfast", we're not imagining people having it all day long, and maybe we need to be clearer with that, but...

P I don't know, you know, I think that there is a problem actually when people hear about our plan, rather than read the plan too, because I do believe we've tried very hard, now obviously we're not perfect, I think we've tried very hard to show that this plan is not just all about cream-cheese for breakfast, lunch, supper and then dessert on top of that.

[00:32:20]

P You know we want to show that non-starchy vegetables have a great place and there are light foods and there are heavier foods and all of these provide that perfect balance. But I think when people hear about the book rather than read it, they don't read that, and so they can come here and oh I'm just going to eat dessert for breakfast, lunch and dinner.

S And that's not actually what we say when you read the plan.

P That's not the plan, right.

S We might say, hey, you can eat chocolate cake for breakfast.

P And I do.

S But because you can and there's nothing wrong with the taste bud that can sense sweet, no, there's nothing wrong with that, it is God given, that is not evil, and the cocoa bean is not evil, so when you put protein in the cake and you have even a secret non-starchy veggie thrown in there and you've got the antioxidant rich cocoa and a little bit of healthy fat, that can be a healthy breakfast. I don't think that's a sweet that's feeding the problem, I think the problem is when people say you can't have sweets and sweets



aren't healthy, that's when they just want to go binge on a Snickers, because they feel like, you know, what's the point, I don't want to be eating birdseed for the rest of my life, just to be thin.

[00:33:23]

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

S Well, because it says in the book, hey, remember all of the Fuel Types and mix them up....

P Juggle your fuels, you know, there's a place, if you're that, you're just solidly in S land anyway, you're not doing that beautiful juggling of the fuels, which we, you know, Energizing Meals where you're eating your crabs and Fuel Pull foods where you're doing lighter amounts. And I think the whole balance of the plan needs to be embraced and then this won't be such an issue for people. But I think that we all deal with sometimes gluttony and sometimes overeating, and that's just something that we have to work out with God too.

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

P Yes and we're all on different journeys, sometimes we can start out and,

sort of, if someone's coming from a SAD lifestyle and there's, you know, a couple, they've got a significant amount of weight to lose, sometimes it's just okay to eat lots of these good foods and just get their feet wet and learn to balance their blood sugar, and we don't want to judge them either, and they'll mature and they'll come to where you're at, Sandy, where you realized there's a beautiful balance here and let's embrace that.

[00:34:48}