



Trim Healthy Podcast with Serene and Pearl
Episode 46 - No Room at the Inn: Where Will Serene Have the Baby?

*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 And we're back with another Trim and Healthy PODdy podcast with Serene and Pearl and Danny.

P Man Plan Dan

D And Man Plan Dan and we're so glad that you've tuned in again.

P We're so glad he's hired.

D Yes, yes, I'm back

S Wearing an angelic white, like his wife knows how to keep those white shirts white, kind of, t-shirt.

P Who does the laundry in your house, Dan?

D The whole family pitches in.

P Yes, my family too.

D I do, I know I do my part, I put them in the hamper.

S I don't know about the whole family pitches in, that shirt's too white. My whole family pitches in and that's why I don't have a white shirt.

P We all, we have communal family stuff too, so there is no sorting this, there's no colored go with colored.

D No, it's all cold.

P No, we do the warm, trying to kill a few parasites, just a few, not much.

D Is that what it's for?

P Well, I feel like it kills germs, the hot, right.

D Well I've been doing it wrong.

P Underwear in cold, that's warm water Danny.

S Warm wouldn't do it, hot would, but warm's going to do nothing but lukewarm the loogies, Pearl.

P This podcast wasn't going to be about this.

D Hang on, you said underwear in the cold doesn't quite do it, and that's, kind of, a point I never even thought about that.

P Yes, I don't do underwear in cold, but hot costs a lot of money so I do warm and hope and pray for the best.

D Well, it's no wonder I have such a...

S Why don't you just hand wash in the sink your little woolens, like I do?

P No

D Your woolens

[00:02:00]

P She only wears wool underwear.

D Oh that's right, you're a minimalist.

S Thanks for telling the whole world.

P It's a minimalist thing. Hey, but Danny, you know, who does do the laundry, all you do is throw it in the hamper?

D Well, you know, my kids...

P Because that's pathetic, by the way

D Well, no I have four kids.

P Oh right, yes, that's okay.

S Yes, but those children didn't do that, your wife, she's obviously the...

P Because we can't keep whites looking that white in our house.

S No

D This is shocking that you would even say that, because this might be a brand new shirt, that might be part of it.

S I want to tell you, he lives in Springhill, which is, kind of, like...

P A clean place

S It's a clean place, it's a city.

D It's pretty clean, yes.

S It's not Hilltop.

D Yes, that's part of it, yes, I'm not, like, rolling in the mud.

P When you lived on the Hilltop here, were your t-shirts dirtier just generally?

D Yes, I was, and at the time I was a full-on carpenter and I just, you know, you know the grind.

S We lived, you know, just growing up a big family, we were just, we loved people's handouts, grab bags, big huge black trash bags from people's houses of clothes they don't fit anymore, would be delivered and propped up on our door.

P Yes, because you're a pastor's, growing up, pastor's kids as well, people in the church, they drop the bags off to the pastor's kids, a big family.

[00:03:09]

S So anyway, so once we were living on the Hilltop, right, anything white that you saw it got straight, immediately put into the rag bag, like, that's going to be cut up for kitchen rags, we didn't even try to go through the stress of keeping it white and wearing it.

P No, because Hilltop, one day with white is brown

S Yes

P But let's get on to the real subject of today shall we. Serene is pepped up and Serene, this is all, Serene this is all about you today.

S Oh is it I don't even know what we're going to talk about.

P I want to discuss it, that's what you've been going through in the last couple of weeks. I feel like you're taking a stand, I feel like this relates to a lot of women and I feel like we're on the cusp of things having to change. And Serene you've been standing your ground, so I feel like we want to share what you've been going through in your pregnancy, I think to... I hate the, like, term to empower women, it's just so done.

S Oh I hate, it's been so done.

P But, for this, if there was one time where that was actually accurately true, it would be in this case where a pregnant woman is not being profiled.

S Or a pregnant woman is profiled.

P What I mean by profiled...

S It's being treated like an individual I just think it's sad when a pregnant woman, or any woman or any man, but especially in this situation a pregnant woman is seen as this vague huge entity...

P Statistics

S Of statistics rolled into one thing that doesn't even have a face anymore, it's just you're called the average, you're called the average pregnant woman, no you're not, you are unique, you have a different story, you have a different maybe lifestyle than half of the other billion.

P Serene, before you start your rant and tell your story I'll give everybody a heads up of what Serene's going through, Dan feel free to chime in with all your pregnancy tips whenever they come to you, right.

D Okay, no problem

S Dan, we're going to empower you for, you know, the next one.

[00:05:08]

P Well, you know, if Lisa ever gets pregnant again, you'll want to hear this. But Serene has been going through something, actually Serene's in her last trimester now, and I know a lot of you women are going to tune in, want to

tune in to this particular topic, because it's all to do with...

S And I just got dropped.

P Serene, no what if you dropped yourself, Serene?

S Well, I didn't drop myself actually.

P Okay, let's talk about this, this is all to do with the glucose test that Serene refuses to take, but we'll talk about this, and how she has with, in her last trimester now will no longer be going with the midwife place that she was going with and has had to find someone else at this late stage, because she refuses to take the glucose test, and Serene has a lot of facts backing up why.

S Actually I didn't refuse to take the glucose test that was my main point, I said I am so willing to submit myself to be screened or diagnostic tests

P Well, let's go from the very beginning, Serene, start at the beginning, the floor is yours, talk about what you're doing this time in your pregnancy, start at the beginning and I'm, I'll try not to interrupt you, and just go from there to where you are at right now.

S Well, this is my ninth pregnancy, and I have never ever drunk the Glucola drink, because it's crap, right, and why if I'm a person who wouldn't drink that when I'm not pregnant, why would I drink it when I have a little baby on board, why would I freak my body out?

S Now, I know it's not going to kill me or the baby, I know that, but it's not going to be healthy and for somebody who lives a lifestyle that is so opposite to that drink... I've heard of so many, I've done a lot of study about it lately, of so many Moms, especially in the Paleo world where that's, kind of, like, very, very, you know, low glycemic high protein, they fail, a lot of those women, they will fail the glucose oral challenge test.

P Because their body's not used to...

S Yes, their body is not used to having to deal with that amount of sugar in one setting, especially when it's not anchored by a protein or healthy fats. So I thought, and then, you see, if they fail the test then they have to be administered more sugar drinks and more sugar testing, so it's a cat chasing its tail. But I always just declined it and that was fine.

P But you had home births.

S And hospital births, and the hospitals are fine with me, allowing me to waiver it, in different situations, I've had to take a fasting blood draw in the morning and they check the glucose, and that's a great way. Or I've taken different A1Cs throughout the pregnancy, and that's a great way too. You can also get your blood sugar monitored with a prick after a meal for, like, a week here and then, you know, maybe a couple of months later...

[00:07:47]

P And that's actually a much more accurate way.

S Much more accurate

P So let's talk about the glucose test itself, it's often very misleading and gives false information.

S Yes, the oral glucose challenge test is actually, it has... Pearl, could you pull up the letter I wrote, because I actually, I can't remember exactly the statistics, but it has incredibly wide margins for false positives and false negatives. And so it's not even allowed to be called a diagnostic test, because of, because it is known to be not very accurate, it can only be called a screening.

S So I was actually saying, I so want to be tested, that's great, yes, you need the data so that you can feel like, you know, you're taking care of me properly, great, I want to give you the data, so I'm going to choose to do the very thing that you would do if I failed the test, if you found out that I was a gestational diabetic you would send me home and say change my diet, clean it up and I would start pricking my fingers after meals, giving you the data back and you'll be able to follow and track my numbers.

S And I'm, like, let me go straight to that, let me clean up my diet, which I don't have to clean up because it's clean, and let me just prick my finger, and you'll see that the numbers are so great that I won't have to continue it on for the full pregnancy. And if you want I'll do another A1C and I'll do a fasting blood draw, no they say.

P You already did an A1C, which was fantastic.

S But, you know, A1C is just in the previous three months, yes, and so I'm, like, let me do it again, let me do all this stuff and they're, like, no protocol, policy, this is what we do, you have to drink our drink. And I'm, like, no I don't have to, I do not have to, because I am an individual, I'm not the average, I have no risks for being a gestational diabetic and I'm going to give you clearer diagnostic data, clearer, not just a screen, but actually something that could be called diagnostic testing. But they didn't want that, because it's not policy and I'm not going to bow to policy.

P So Serene wrote out this long very scientific, she backed herself up with studies; she sent it to me, this petition to say...

S Because the ACOG, you know, the American College of Gynecology, they clearly say in their committee, there's different committee, like, pieces of paper that say different important things; that you cannot be pushed, you cannot be bullied, you have the right to deny, decline and everything, but, you know...

[00:10:11]

P So Serene wrote out this, you know, and she even said, you know, listen, I'm an author, I've written books on blood sugar, my blood sugar is fantastic, I don't want to take this test, but I will...

S But I will give you data.

P I will give data. Well, they came back just recently and said, sorry if you do not take this test we cannot be...

S No, no-no-no, I was willing to take a test...

P No, but I'm talking about that test.

S If you do not drink the drink...

P Yes, drink the drink.

S They're full of junk, full of, there's a bunch of chemicals in that drink.

P Yes, they would not be her caregivers.

S Now, a lot of places they'll allow you to have a certain amount of fruit juice.

P Yes, would you have done that?

S Well, this is the deal, it's not clear, it's actually even, even more, with more room for failure than the Glucola test, because it has fructose in there.

P Right, that's true.

S And so a combination of fructose and glucose doesn't stimulate your insulin like glucose alone, so it actually has more room for margin. Why would I submit myself to this, like, I don't know how many ounces of fruit juice, which I've never done in my whole entire life, freak my body out, just for something that's not clear. Let me give you clear data.

P Yes and so, so Serene handed me this and I read and I'm, like, Serene, they're going to be shaking in their boots, they are going to give you what you want, this is crazy. So it was going to go to the upper echelon, upper the ways, because, you know, and these people, as you said, they're kind people, they're nice and...

S I really love them, no hard feelings, and I said, look, I know your heart is

great, you're just doing what your bosses are telling you to do, it's so great, I mean, I really appreciate, you know, being treated with beautiful respect up until now, I'm not taking this personally, but I'm just sad because people seek out alternative birth centers because they want an alternative more natural birth.

[00:11:57]

P This was an alternative birthing center you were going to with midwives.

S Yes

P Very nice place

S Lovely

P You thought for sure they will not force you to drink the drink.

S I went there because I thought this is, I've been able to decline at hospitals, they'll, of course, let me decline here, but no. But that's alright. I said to them it's sad because, you know what, sometimes heart gets swallowed up by policy. I also wanted to say to them, I said, you know what, just know that this is not the first, this is just the drips that are beginning and the deluge that's about to happen.

S Because the future is women standing up for, I hate that word standing up for their rights, but standing up for the fact that they are individuals, they don't have to be seen as this big vast average and be subjected to tests that aren't healthy for them or their babies. They can be empowered by knowledge and facts and know that they have the right to decline and know

that there are better diagnostic tests.

S Listen people, we're not declining tests here, we're wanting tests that actually have proper results and, you know what, most doctors and midwives and are cool with that, so I want to not scare you, I've found a midwife that's perfectly willing to take me.

P Yes, and Serene actually talked to the midwife I used with my children and Serene told her the story and she was, like, what, why are they doing that to you, you know.

S She's, like, haven't you heard of profiling, like, every woman's unique, you have a look at her diet and all that stuff.

P So, but you have had to change your whole care and where you're going to have the baby in this last trimester.

S I know, we've got to get refunded, we paid the whole thing up and, you know, 11 weeks to go and I've got to find new care.

P But I think this is not all to say that every woman should feel like they have to not do that glucose test either, I mean, Meadow just did it and she passed, a lot of women on Trim Healthy Mama have failed it in other years and come to Trim Healthy Mama and passed, but it depends upon who you are. Serene, because she has been so, hasn't had sugar in decades, is actually more likely to fail just because her body is not used to that, sort of, thing.

S And the other thing is this, even if I came off of sugar last week, my

personality is why would I, so now I'm on Trim Health Mama, okay, and I don't go out and drink fruit juice, especially without protein and fat, why would I go do it while I'm pregnant. We know that blood sugar spikes are unhealthy for a baby on board, we know it's dangerous, you know, blood sugar, high blood sugar is dangerous for the baby's brain cells.

P It really is.

S And so why would I do it just because I'm told please say yes sir, yes ma'am.

P And that's exactly what it was.

D Even though I know nothing about this type of pressure and decisions to be made, I mean, obviously I've had to walk through with my wife on hospital grievances, when it comes to babies and health, but, you know... Serene said, heart gets lost in policy.

D Man, if I could write one book, it would be about the world we live in where society and what everyone is doing and just go with it, especially when you're in, like, a hospital setting or a birthing setting and it's just you're getting processed through that system, and it's just the temptation to just go with it.

D Whether you're delivering a baby or getting a driver's license or whatever it is you're doing, the constant surrender of your individual liberties and your rights and just being a human being. You just have to go, you know

what, I've got to, it's just the system, it's the system. I love the rebellious spirit, that just says...

[00:15:27]

S Of course you do Danny.

D That just says, you know what, God and I are master of this ship and we will sail it where we will.

S Exactly, and it gives us intelligence and it gives us minds to not be stupid and if I was refusing all testing, especially if I had a bad diet, I'd be a moron with a capital M, right.

P Right

S And I'm so not about just sticking your head in the sand and just taking risks with your baby, that it so not me, I'm one of those overprotective Moms. But, there's nothing to back this up, you know.

P I know. And Serene said to me, she's like, Pearl if they, what if they don't, you know, she's, like, I'm writing this big letter, you know, she had all the facts backed up, the percentage of times that this test is in error, what it does to the baby, what it does to the mother, all of it. And she's, like, but what if they still say that, you know, what should I do, she said what would you do, would you drink the drink, you know, because I'm going to have to change everything, I'm not going to, I don't know where I'm going to have my baby.

P And I'm, like, I don't know, I, probably because I'm not you, I'm Pearl, I

probably would have drunk the drink, but I'm, like, Serene, you are you, you're Serene, I can't picture you, stand up for yourself girl, and you did and that was her. She had to be true to Serene.

D Yes and if you don't understand something, you ought to take the time to understand it for yourself.

S I agree Danny, I wouldn't have been killing the baby or killing me, I'm not, like, a hypochondriac, I know it wasn't going to cause disease for me and the baby with one drink, but you know what, it would have been killing my spirit.

P Yes it would.

S Who I was, it's like bowing for ignorance sake, like, I'm going to bow because everybody bows, uh-uh, I mean, if there was a reason to bow, yes go ahead and drink the drink, but to me it was, like, I had principles here and principles were going to trump policy.

P Yes and you knew you, you know, you were intent of course finding a safe place to have your baby, you could have had your baby at home, but at this...

[00:17:12]

S And I've had babies home, but I wanted...

P Yes, but you wanted to have a birthing center this time around, you know, your ninth baby and things like that, but...

S Yes, so I found another wonderful birthing center, wonderful midwives and

they've taken me in, it's all so fantastic. Just so you know, don't worry; I'm not having the baby in a car or in some bush in the Hilltop.

P No letters please.

S Hey, but I want to tell you something else about that, but I've, kind of, almost come to that crossroads before and just know you can push and you can get results. When I was having Haven, which is the baby...

P Are we talking about birth pushing right now, what are we talking about?

S No not pushing the baby out, pushing for your, for your... I hate the word rights, what's another word?

P We need a better word.

S Because it's so, like, awful.

P For your unique journey

S For your unique journey and for your belief, there you go. So with Haven, you know, I was meant to come back to Tennessee and have my baby, but we were living down in Mississippi for a finish up of my husband's job.

P Haven is three babies ago, right?

S Three babies ago. And I wasn't at all in preterm labor, I had been checked

out and they're, like, you're going to go 41 weeks or something, you're not even slightly dilated and that's big for me, because normally I dilate early, but that doesn't mean I go early. But there was no sign, right, so I'm, like, oh yay, I'll have time to get back to Tennessee and wash the baby clothes and everything, next day after I'd seen the OB and she'd said that, boom in labor, and we're living down in Podunk Mississippi, like, sorry Mississippians, not all of Mississippi is Podunk, but this place was Podunk, okay.

D No all, actually all Mississippi is.

P Sorry to our Mississippi Mamas

D I'm totally joking.

S I had a great time, I lived in Mississippi for a while...

P I mean, we're Podunk on the Hilltop.

S I love Podunk Mississippi; I have some great memories there. Anyway, I just went into labor, boom, okay, and I just had to go to the nearest hospital, like, didn't know a soul, didn't know the doctor or anything, and I was, they hooked me up and, you know, I'm getting ready and I arrive there seven centimeters dilated.

S And they're, like, okay just so you know, when you have the baby we're going to be immediately taking the baby for after care transitional hours, we call it, you know, the transitional, just to, that your baby transitions into the world, so I'm just letting you know that. I'm, like, no you're not.

They're, like, yes we are, that's protocol, and we take the baby.

S I mean, this was a little Podunk hospital, so they, you know, I'm sure most big cities don't do that, you know, but this was policy for them. And I said no, okay, unhook me, we'll go out and have the baby in the car. And they're, like, hold on, we'll just, well let me ask the doctor, and then, like, that's fine, we'll let the baby transition in the room here with you.

S Sometimes you just have to, like, make a statement and say, unhook me, I don't, I'm not standing for that, you're not ripping the baby out of my arms for the first two hours of its life.

[00:20:05]

D Power to the people! Yes, now I love this and that reminds me of a quote that I actually have that I just saved this, and I want to share this because it is so right on, and if this doesn't, if this isn't, like, something that should be shared on this podcast you can edit it out, but I'm going to share this, and I want John, our producer, and Lesley to hear this too.

P Like, edit it out, you mean, like, the women are just going to go beep...

D I want a long, I want a 45 second beep, okay.

P John looks very concerned right now, and I don't know what's coming.

D John's going to lose it, he's going to love this. Listen to this, this is right where we're at with what we're talking about. Society everywhere is in, okay, and let me just say it's a little, it was written in the 1800s, so it's a little...

P By who

D Ralph Waldo Emerson

P Oh

S Well good on Ralph-o

D American poet, and it's, some of it's a little lofty in wording, but you'll get it, you'll totally get it.

[00:20:41]

P Go with the lofty.

D Society everywhere is in conspiracy against the manhood of every one of its members, society is a joint stock company in which the members agree, for the better securing of his bread to each shareholder, to surrender the liberty and culture of the eater, the virtue in most requests is conformity, self reliance is its aversion, it loves not realities and creators, but names and customs, who so would be a man must be a non-conformist.

P Wow, that was actually powerful.

S That was very powerful.

P And that was written when?

D 1800

S Way back when, when they didn't have half the policies they have now.

P No, I know, if they thought they had policies, now he'd be turning in his grave, would he.

D Absolutely, with their mass surrender of individual liberty to the machine.

[00:21:43]

S Now hear our hearts, that's so good Danny, but hear our hearts, we're not telling you to be like negligent...

S Negligent, like, rip off all your bras and, like, hold up your big banners and, like, just be rebellious, that's just crazy, right. I mean, if you want to...

P Don't wear wire bras too often though, I stopped wearing wire bras.

S No, I'm fine with that, look, if you're sitting there in your lounge with no bra, no power to you, that's awesome.

P Listen, listen, go read our Foxy Mama episode, there's wire bras for a reason, for some certain nights, right, pushup bras, I'm talking about wire bras on a daily basis are not good for the lymph of the breast tissue.

S Yes, I agree with that, my point, I just used it as, like...

P Yes, I know that wasn't what you were talking about.

S I was trying to have you see that, the hippies standing there with the banners, like, just fighting against everything, just because, right. No, but if there is a belief system and knowledge to back it up, don't bow and conform, you know, like I said, I could have been a real moron if I was on a Standard American Diet and said, no I don't want to be tested, I don't care, I don't even care if I have gestational diabetes, just let me, let me... That is psychopathic, I'm not talking about that.

[00:22:55]

D That's right.

P We know you don't, Serene, and I don't think it's coming across that you are.

S That's good.

P I think it's coming, I mean, you are, you research, you do, you are very protective and careful about your births.

S Well, I'm doing the very things that I would have to do if I was tested as positive, eating a low glycemic diet and I'm going to be checking my own blood here.

P What's funny is that your blood sugar's always absolutely fantastic. And, I mean, you showed them that, you're, like, look at my A1C, I can show you after a meal, I can show you, you know, mid meal, I can show you everything, and no you have to drink the drink.

S Yes, no I'm not drinking the drink people.

D This is good, this is one of my favorites.

S The main thing I didn't want is I didn't want those midwives there at my birth anyway, like, after that.

P Like, that they joined forces?

S They joined forces.

S It's like, no, I could drink the drink, but then you'd be at my birth, like, why would I want Gestapo at my birth. No, you wouldn't have had a pleasant birth.

S That's, like, a very personal beautiful intimate window into my life, like,

me and my husband and this was like precious moments. Like, what's more precious.

S And then the drink forcers are going to be there, no.

D Hey, let me ask you this.

S It wasn't worth drinking the drink for that.

D Let me ask you this, why can't the forcers, in whatever genre of society they're in, why can't the at least go, sweetheart we totally get where you're at, this is what we do here, but we want you to know how much we love and... And you're free

S They were like that actually.

D Okay, so they were?

S Oh they were like that.

P But they were, but you know what, Serene, I know that you're very kind, you're a very kind forgiving person, and they were, they were kind, but you said to them, did you read the studies I sent you and they said, oh we glanced at them.

S We scanned, yes.

P So there was no change, nothing Serene wrote was going to change their mind.

S They didn't read them, they said we scanned them, and you know if they admit to scanning, they didn't even scan, because you always put your best foot forward, right, you don't put your worst foot.

P That means, we got your letter, we maybe glanced at it.

D Yes, we clicked on it before deleting.

[00:24:50]

S Because if they read the letter they're not going to say, oh I glanced.

P No, because I read that letter and I said, I honestly said this to you, Serene, I said, Serene, they're going to be trembling in their boots. I also said make sure you write down that we have a podcast every week and we have a huge, like, 80,000 per week listenership for it, I said write down how many people listen to our podcasts.

S I said to Pearl I'm not going to mention their names, they're wonderful people, they have great heart, it's just, you know, the big policy crocodile came and snapped that heart up, you know.

D Oh man, it is, it is a hungry little monster.

S But, you know, they said, listen, the reason why we're holding fast and we're standing firm in our beliefs is for safety. I said, so did you read the Pub Meds that I sent about how this has got so much room for error and margin for error and I'm going to give you tests, which many hospitals agree on, and I'm going to give you the data, better data. No, it's for safety. I said, well, that doesn't make sense.

S And I realized when I hung up the phone, it was for safety that they let me go, because if I was a voice that was going to change things, that's unsafe

for them, you see what I'm trying to say, then they're going to have to change it for the next woman and then the next woman and it was going to have to make...

D That's a lot of time and money and... Yes.

S It was going to have to make them...

P But they're going to have to do it anyway. As Serene said, there's a time a coming that, she said, I'm just the first voice in your life, she said, there's more voices.

[00:26:13]

P Hey, we know you guys are health conscious, like us, because hey you are tuning in here right, so you are going to love our new sponsor "Health IQ." We love Health IQ because they believe that the best way to improve the health care of the world is to celebrate the health conscious people rather than harassing those who are not, and I love that.

S That is just awesome because there is a difference you guys should be getting a cut for making healthy choices because you are not sitting on the couch eating McDonalds

P I know right, if you are making blood sugar friendly food choices, if you are moving your body, then go see if you qualify, get a quote today at [Health IQ.com/trimhealthy](http://HealthIQ.com/trimhealthy) or mention the promo code trimhealthy, when you talk to a Health IQ

agent

S I love it.

P Check out HealthIQ.com/trimhealthy to see if you qualify today.

[00:27:05]

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

S Serene

S Well, just a quick Google search, you guys can do it right now.

P Well, Serene you...

S Not you and Danny, but you guys listening, a quick Google search, there are women saying do I have to drink this drink, I mean, there are bloggers out there writing...

P Serene, on our own Trim Healthy Mama Pregnant and Nursing Facebook group this is discussed so often, you wouldn't know, because you're not on Facebook, let me rub it in again.

D Only twice a week

P And this is a big dilemma with our ladies, it's discussed so often and it's, it's a serious concern, you know, and there's no shame in taking the drink because...

S No

P There's no shame, but

S And if your husband wants you to take the drink or if you're a Pearl personality, go ahead and take the drink

P No, but I would rather, I would rather find a place at the beginning that didn't force me to do that, but if I came to that crossroads, like you were at... We're just different people, you know, but I knew for you.

S But if you're a me, hey, people, I mean, you can find somebody out there willing to profile.

P I think it's all going to change, this whole drink thing, I don't, in 10 years' time that's not going to be forced on people, I don't believe, there's too much of voice coming here with women saying I'm not a statistic.

S Well, even in Europe, they treat the whole Strep B thing completely different.

P Oh the Strep B thing, yes

S They treated it completely... And that's another...

P I had to take antibiotics for that and then my...

S And then what happens, it wipes out the whole entire microbiome of the birth canal and that's why say that the vaginal births are so much healthier for babies than C-sections, of course we love C-sections, praise the Lord for them, if they save babies and mamas lives, I'm all about it.

D Sure, there's a time.

S Right there's a time. But if you can vaginally birth, it, the baby receives your whole inner ecology that protects them, actually it gives the foundation of their immune system for childhood. And when you wipe out your microbiome, you're wiping out what they're meant to pass through and receive that biggest gift that you can give your baby.

[00:29:03]

S And it's only one to two percent of babies ever get affected from Strep B, from women that actually are colonized. So there's a whole thing out there, but that's another deal alright, okay.

P No Strep B is, for those of you who don't know what we're talking about, Strep B is something that you're tested for and it is so inconclusive, you can be Strep B one day, not Strep B the next day, I know I had this very issue, I wasn't with Meadow and then I was with my second, Bowen, I did take the antibiotics, and Bowen had, well everything in his first year.

P It was a nightmare, because he wasn't born with that ecology, constant earaches, constant throat, it was, like, antibiotics after antibiotics, because I started, he came through the birth canal on antibiotics because of it, so, I mean, you know, he's a healthy man now, but still, you know, and of course then there's a risk.

S Well, yes, and then the fact is that a lot of babies that actually do end up with the Strep disease, newborn Strep disease, most, half of it doesn't even come from the Strep of the birth, it's a whole... There's research that you

can do on it, but I'm declining that too, just so you know. But there's, but I'm not being stupid, I'm living on probiotics, I take probiotics every day, you can do apple cider vinegar washes, all things that you can do.

P That's what I did with my others, yes.

S But the fact is that in Europe they treat that very differently than they do here, they don't do antibiotics there, they do a different, they do a wash, which isn't that great either, but at least it's a little bit better than antibiotics

P Yes, that is interesting. So, anyway, that's where you're at, you're giving birth in a few weeks.

S A couple of weeks it was, like, okay, where do I have this baby. But don't worry, now you don't have to picture me in the back of some car, you're all safe and

D Yes, like you did with your first couple. When is the baby due?

S February 4th, yes February 4th. Yes, so we don't know, just so you know, we don't know if it's a girl or a boy.

S Oh yes, this is so funny, Serene, I always found out after my first, but Serene, like, has never found out with any of her children, she, no you just, you don't think it's wrong for others to find out but you can't...

[00:31:21]

S No I don't think it's wrong, I don't think it's a sin

D A sin, what, does someone out there...?

P She thinks it's a sin for her.

D Oh

S To me, to me when I, it's not like a moral sin, but when I read in the Bible it says, you were formed in secret, I take that...

D Okay

S I take that seriously

P She secretly thinks it's a sin.

S No, I don't.

D No, but you see the magic of that.

S No, I see, I see the beauty in that; I'm, like, if He's created a beautiful gift for me and He

D You like the Christmas surprise.

S I don't want to peek until it's done, right. Yes, but I don't think it's a sin for somebody to find out, I love going to their pink parties and their blue parties and I love being part of it and buying all the wonderful stuff, you know, pre the baby, it's so awesome. But I am... If my husband tries to give me a Christmas gift on the Eve of Christmas I'm like, what are you doing, are you trying to wreck Christmas, like, oh my goodness. I love the surprise and I don't even like the midwife telling me what it is, like, when the baby's born, I'm like, no let me cuddle that baby and then when we finally want to pull it up and have a look, that's icing on the cake.

P Yes so we never can give Serene a baby shower until after she's had the

baby.

D Is there not like a gray shower, like a neutral...?

P So we always do it after she has the baby.

S Yes, well gray is not that beautiful, getting all gray.

P There's, sort of, the green shower, but no, we wait, we wait until Serene has the baby and it's, like, one or two weeks old and then we give her a shower just...

S I've had a few green and yellow showers.

D And then usually around, with, I know in the Allison family around the age five or six you go ahead and name the child.

P No, that's... That's our other sister, Vange, one of her babies wasn't named until, like, a year old.

S He was Beautiful Baby Boy for a year.

P Beautiful Baby Boy

D Beautiful Baby Boy, Triple B.

P Yes, they could not agree or come to a name and they really feel names are important, like, they go into the meaning and it's, it's their, like, almost prophetic thing on their life and so they, they waited.

D Like the Indians, like Sitting Bull

P Yes.

S Oh man, I would have hated Sitting Bull.

P And what are their names, I mean, we've got to close this PODdy... Vange,

our sister Vange, who we're going to bring her on the PODdy sometime, were going to have....

[00:33:13]

S We just saw her walk past the PODdy window here and Danny actually got fired again for five minutes, but we rehired him, but....

P Because he ran down, Dan and Vange, our sister Vange, are like soul brother and sister...

S He did about 10 cartwheels to get to Vange and she did, like, 5 000 karate kicks and they're like...

P They are like, my long-lost brother, my long-lost sister.

S The most exalted high-five on the air.

P We're connecting. Yes but Vange has 10, she has Zadok, she has Shirah, Rashida, Crusoe, and Jira...

S Tavarria, Sahara, Ecara, Saber, did we miss any...

P What are yours, Serene, including, including the daughters?

S Yes, I have a Selah, a Jaden, an Isaiah, that's kind of boring, sorry, but he kept his birth name.

D Just plain old Isaiah

[00:34:14]

P Oh, Isaiah is not a good book in the Bible, is it?

S No it's a great book, but it's been just done many times since.

P That's the site of Jesus' birth.

S I love it, it's a beautiful name.

P Too common for you, okay.

S If I've heard it before I can't do it. We've got an Arden, a Cherish, a Chalice, a Cedar, and a Vision and...

P Keep your mouth close by the microphone please.

S I'm doing my head like a little...

P You're dancing a little.

D You're getting excited.

S A Vision and a Gedi (Engedi), a Shepherd, a Breeze, a Haven, a Remnant and now...

P Oh, you have the name picked out.

D You've got the name?

S Just know we've got a Chinese twist to this name.

P Oh, because it was conceived in China, no you found out in China.

S We found out in China. Don't talk about conception on the PODdy.

P Hey, we've talked...

S We talked about underwear now conception.

P We talked about conception before, and more.

S People are prepared, they click, they read they read the Foxy Mama, there's no preparation.

P That's true. Are you going to let everyone know the name that you picked out now?

S I'm having them wait I think, Pearl, but just to let them know that it's got a Chinese ring.

D Nice

P A Chinese ring, because you found out in China?

S Because I don't really have the boy's name all the way, kind of, I love the girls' names. Yes we might have a few fights, you know, yet to do, to solve the boy's.

P Okay, so were good. Hey people might want to know my boring names of my children, if they're not too boring.

S Please, tell them, they're not boring, I love them.

P So do I.

S Yes, they're beautiful.

P Meadow

S I love that.

P We were going to call Meadow, my oldest daughter, Willow, I loved the name Willow.

D Yes love Willow.

P And then Charlie said, well she might get called Weeping Willow, he said, what about Meadow, I'm like, oh I love, and she had been such a meadow, she lives in a whimsical world of, of... Yes. Then Bowen and Bowen is a family name, my Mom's maiden name is Bowen. And then Rocklin, after my brother, we call him Rocky, of course, and then Noble...

[00:36:00]

S I love Noble.

P And Autumn, and Autumn is common these days, when we did it we're like, that's not that common, but Autumn Rose is. Danny, come on with your names.

S Come on Dan.

D Yes,. I went really out there too, Banjo, Wingspan, Snowflake and Apricot Juice.

S I love it man, you're the best.

D Those are my four kids. Okay, no it's not, just...

P You want to just fit in with Serene, hey they just heard Serene's names, no one's batting an eye, they're, like, okay this is a cult.

S Yes, but listen, when Remnant was, when we first announced Remnant, well I didn't announce it because I'm not on social media, but I was in the hospital and Pearl...

P I announced it.

[00:36:23]

S Pearl said, oh here, I'll send you over some of these, you know, congratulations, right.

P Yes, and Serene almost cried, because people were like, Remnant, what's that, a leftover piece of carpet. Why has she named her child, why has she named her baby Remnant

D Remnant

P Yes, we did a big Facebook post about it on the main group, now the ladies in the private groups obviously say this...

S They were lovely.

P But on the public fan page, you know, we showed the babe, the new picture of the baby, Remnant, introducing Remnant, and, listen, there were so many, like, yes why would you name the baby after a left over piece of carpet.

S And I've got all the hormones, you know, post birth, I was just like....

P And she was crying, she was, like, why did you send this to me, I'm like, I thought you might want to see the good ones, right.

D Oh my goodness

S But we call him Rimmie, but it...

P Say your names.

D Okay, so the real names are Daniel and David...

S Oh man, those are rare, they're awesome.

D Yes, and no one's ever heard of such creativity.

S Good Bible names though, good men of the Bible.

D Scarlet

S I love Scarlet.

P Oh, I love Scarlet, and she's such a Scarlet.

D She is a Scarlet, and Ainsley.

S I love it

P Your girl names are a little more different than your boy names.

D Because my wife chose those, I asked her.

P Okay, well she did better.

D She did way better, I was conservative.

S Because those girl names are exotic, man. Pearl used to have this naming thing; I hope you don't me saying this Pearl, but you used to imagine, for the girls you used to imagine them walking into a room and a prospective gentleman would ask, in her imagination, what is your name. And she'd be, like, my name is Meadow, and that felt right with her, but...

P I had to picture that.

S My name is Nelly-Anne, oh it didn't work for her, right, it had to have that...

D Sorry Nelly-Annes out there

P Sorry Nelly-Anne

S Yes sorry, sorry, a wonderful name

P Hey, but for all that, we're going to close now, but when we make Serene's announce book, announcement on Facebook, okay, be kind, she's going to read it, she's going to be hormonal, don't make her cry, because it's going to be strange, just a heads up.

D Because I will find you

S It's going to be strange, it's really going to be strange, it's going to be good and strange.

[00:38:15]

Hey Mama's, do you have a question for Serene and Pearl, send your e-mail to support@trimhealthymama.com.

D Kind of a unique question for you, Chris, who, kind of, feels like some of her decisions have maybe damaged her body and she's really hoping to recover from that. She writes in, I made a huge mistake on a diet before THM, I did an HCG diet and lost 40 pounds in four months and then started THM. I've never struggled to lose weight, but in almost a year of THM I've lost only 20 pounds and have at least 30 more to go. I do have a cautionary tale that fast weight loss is not better. My question is though, is my metabolism ever going to heal?

S Yes, it will.

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

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

S I know.

P Oh my goodness, go you.

S That is so fantastic.

P Because do-ins...

S And the inches too, that is still going.

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

S Great

P When you do something extreme like that it's very hard on your hormone profile and not everyone will be able to lose after that, some people can rebound back and they'll be fine, but we're all unique and for some it's just very terribly hard on their hormones. I would definitely encourage you to go get a hormone panel now, because when you go on an extreme diet that lowers both carbs and fats, sometimes your thyroid and adrenals can be affected too, so we don't know from your question whether you have an inactive thyroid now, and maybe go and get that tested, I encourage you to get Free T3 tested, which is the active thyroid hormone. See where you're at and, you know, some supplementations and some natural thyroid hormones could help you. But even if it's not your thyroid just hang in there like you're doing, it's fantastic.

S Yes, and as you nourish your body and, you know, choose to do THM and continue as you're trying to reach goal, just doing it for your health even,

you know, that's just going to nourish your body and nourish those adrenals and thyroid back to health so that the weight loss hopefully, preferably, will start to speed up in time.

P Yes, and just a couple of little tips, keep those lots and lots of leafy greens in there and then...

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

P They do.

S Oh I know, I've seen nearly...

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

S Yes it's beautiful.

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

S Yes, sweet potatoes

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

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

P Yes.

S Well, we're going to do a Crazy Dance for you because we really feel like those 20 pounds; they do need to be celebrated.

P And like Serene said in another podcast, hey, you've got 10 years to lose those next 20 or 30, 15, it doesn't matter, as long as you are heading in the right direction, you're doing awesome.

[00:41:49]

Trim Healthy Mama Product News and Notes

P Hey Serene, I want to talk about our original pure stevia extract sweetener today.

S You mean our little baby?

P Yes, this is what we started off with, and it's original and it's economical.

S Yes it is, actually Pearl, it's the sweetener, that's the one I use, my girls...

P Well, you would use...

S My girls do a little bit baking.

P You're baking, our family, we do bake for our family, but with Gentle Sweet it's easier for baking, but I think people forget about that pure stevia extract that's just, it's so inexpensive, it's less expensive...

S If I'm making a drink or a smoothie I only use the doonks of stevia.

P Yes, and that's what I want people to know, if you're making an all day sipper like Good Girl Moonshine or you're making just lemon water or you're making teas...

S Or a smoothie

PE A smoothie, it works so perfectly and it lends itself to drinks and it will save your budget.

S It will.

P Because it's cheaper than honey

S So we're not doing it to try and make a buck ourselves, because we would be saying, hey, buy Gentle Sweet.

P We would. Because a little goes such a long way, that's why you have that tiny little spoon in there which Serene calls the doonk. It's just one 32nd of a teaspoon and you only need one or two doonks to sweeten...

P Yes, and you did an awful You Tube about it, why do you bring that up? Okay yes, cool it Serene, I want to talk about stevia, I also want to talk about the purity of stevia though, it's so important, you know, people think stevia, it's artificial, no it's not, it's grown as leaves in...

S I tell you what, I'm a purist and I sent my husband over to the organic farm where they grow our stevia, he has been over there three times, where Pearl and I are going in about two weeks.

P In two weeks we're going.

[00:43:32]

S So this is a personal, you know, friendship here between the farms and us, it's not like we don't know our stevia actually comes from. But anyway, I sent him over the first time, I said check out this process, because I'm going to be partaking and I've got a high super psycho standard, I'm pleased, I'm pleased, it's a process just like making vanilla extract.

P We know every step in this process, but the fact is, we've had multiple opportunities to buy much cheaper stevia sweetener, I don't want to boo-hoo other companies, we say all stevia is on plan and a lot people buy it from grocery stores, that's fine, if that's what you do, you can afford it, but I do want you to know that most stevia sweeteners on the market have been processed in a way that uses Maltodextrin , it doesn't list Maltodextrin on the package. It's called enzyme modified stevia, we've had multiple opportunities to purchase that and sell it to you.

S We could probably have lived in now not a trailer home.

P Yes, we could have had our dream homes built already. But no, we refused to do that because it's just, it's much more harshly processed and so we do a water process, so we just need in our hearts.

S We don't make much of a, you know, much of a profit on it, but we don't care that much.

P We don't, but we need it in our hearts to really be cool with this process.

S Yes, and that's why we call it pure stevia extract, because it's the purest on the market.

P So we don't want, we just don't want you ladies to forget about this, because it's really going to help your budget. And here's a quick tip, I know we've got to go, Mr. John Producer, if you want to use Gentle Sweet for your baking, that's awesome, but you can, if you want to save your budget, use some Gentle Sweet and then get out your dunks of stevia and add a little

bit more, it saves how many cups of Gentle Sweet that you have to use.

S Right, and, if you have children that have a little issue, you know, with blood sugar, even at a young age, honey and doonk...

P Yes we do.

S Yes, we say honey and a doonk, so our children put half the amount of honey and then a doonk of stevia.

P Yes because children can handle honey more than adults usually, but then temper it with some stevia.

S Yes, so that's all we have to say about that, don't forget about it.

[00:45:25]