



Trim Healthy Podcast with Serene and Pearl
Episode 53 - Who Won the Bet on Serene's Baby, Plus our
Best Practical Tools to Help you Stay on Plan.

*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 · T = Tim · J = John · L = Lesley

[00:00:00]

T Hey, it's production guy Tim, here, from the PODdy Cabin Crew and we'd like to congratulate Serene on the birth of her beautiful healthy baby girl. It's a Girl, Whoo-Hoo, It's a Girl. I love her name, Solace Ling Allison, born Saturday, January 27th, seven pounds, two ounces and 17.5 inches long. The PODdy episode you're about to hear was recorded a few days before on January 25th, enjoy.

S This is the PODdy with Serene.

P And Pearl

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

D Men and women, boys and girls, welcome back to the Trim Healthy Podcast...

P Women and men, how many times do I have to tell you...

S I have no feministic bone in my body, you can say men and women.

P No, the deal is, I'm not a feminist either, I just know I'm equal, I know I'm better. No, that's just kidding.

D But I guess it's a fair point, because this is mostly ladies.

S But it doesn't bother me, why is it bothering you?

P It's because we're speaking to a female audience with 17 men, so.

S But Danny is the one speaking to the 17 men, and he introduces it.

P Alright

D Women and men, boys and girls, welcome back to the Trim Healthy Podcast with Serene and Pearl and Danny.

P Nicely done.

D Hey, hey, we're on the cusp T minus 2 weeks until another Allison creature bursts.

S That would make me overdue Danny, I'm like due any day now.

D Oh, you're in the... Oh, are we winking about this?

P Well no, when this goes live, I don't know, this, when this PODdy goes live, we'll see if Serene's had the baby by then, but she's got a little, what, what have you got, as we're recording we have two weeks.

S As we're recording I have two weeks, I was just trying to act like we're, like, doing this fresh.

P Okay, so nobody knows if this is a boy or girl, not even Serene knows.

S No and I just told Pearl and she just got the evil seething eyes...

P I did.

S Towards me because I just said, hey, I'm not going to tell you what it is when it's born.

P And I'm like, why not.

[00:01:31]

S Because I've got this new thing, I'm going to stretch the, the whole anticipation and the mystery out for people even more, by when the baby is born I'm going to be like, it's here, it's such and such pounds, such and such length, it's awesome, it's healthy, but you have to either come and visit me and then I'm going to show you the face and you get to pick if it's a boy or a girl.

D This is like an antisocial media experience.

S Oh anti

D Like, the world doesn't know instantly.

S You have to come and see me face-to-face and my baby face-to-face to find out what it is.

P Am I, so I'm not allowed to put it out on the face, Trim Healthy Facebook or anything, what it is?

S Not until you've find out, and then not until everyone in Hilltop's found out, because family first.

P Okay.

S Yes

P So people, when this, when Serene has her baby...

S Well this is what I'm thinking.

P You might not know...

S By the way, It will probably be, like, me calling immediately...

P I think I will, I have my ways.

S No you won't.

P I have a lot of strength when it comes to Serene; you notice I'm her boss.

D Yes and she'll be in a weak place of just post, just delivered and tired and...

P She'll want to tell me.

S No, I'll be, like, just put my flag on Mount Everest, I'll be the strongest, in the strongest, like, women's...

P Even at your strongest you can't compare with the might of the big sister.

S Do you remember when I was little and we'd move around our room, changed the room around just for funsies, right, and the big huge wardrobe...

P And I called you "Strong Girl".

S Yes, you called me, Serene you can do this, remember you're a "Strong Girl".

P I did.

S And it would, like, fill me with such a placebo, I would break my, basically I would wreck my body for, like, three weeks to be her strong girl.

P She did, I called her "Strong Girl" I if I wanted anything done; and she's do it.

D Yes-yes, just like a parent does with a child, like...

S I thought I could live up to her, like...

D Who's a big girl?

S Yes

P Oh well, but here, let's take bets Danny because here's what I'm thinking...

S All my family except for Shepherd, all my family think it's a girl.

D Yes, I'm with the girl.

[00:03:17]

S I said, Shepherd, like, it's cool, you can, whatever, whatever, because whatever God wants is going to be the best, it's going to be... And he's like no; I want a boy because I just like boys.

P I'm thinking, okay, and every time you've asked me, Pearl, what do you think it is, I've said I don't know.

S Yes

P But yikes, I'm 51% girl, 49% boy.

S Yes, Sam said girl last night.

D I'm 99% little lady.

S Wow

D Just by looking...

P You're going out there. John, what do you think?

J I think a boy.

P John thinks boy, but John never goes with the crowd.

L I've got a good name for a boy; of course I'm not saying it now.

P Lesley, Lesley says...

L Girl....Girl power

P Girl

S Girl power

P Power

S We'll see.

D I'm being partial though, I've got a, I love little girls so I just want it to be a girl but...

S Because your youngest is a girl

D Maybe so

S You've got girl-ness.

D Yes they're the best.

S I like either or.

P Okay and now let's take bets on weight, because I've seen Serene in all her pregnancies, I've seen you bigger than this, I've seen you smaller than this, um, you've gained almost 20, good girl, I had to force those Crossovers on you, you're looking good and healthy but you're not big. I'm thinking seven and a half pounds.

S I'm thinking eight.

P Did you hear John say seven and half, okay Danny?

D I'm feeling eight pounds two ounces; I'm going to add two ounces.

P Danny and Serene and John all say eight pounds.

D In fact, excuse me I'm going to, I'm going to stand up and write it.

L Eight and a half

P Lesley is going eight and a half.

D I'm going to write it down.

S Whoa, Lesley, I'm about that, I'm about that.

P Okay, so...

[00:05:41]

J Write Danny's prediction on the wall...

S I'm eight, I'm definitely going to be, going to be eight something.

L I never had a baby, I don't really know.

P Lesley has never had a baby, but she's just throwing numbers out there.

L It's a game.

S It's a game, man, and if you don't play the game you're like...

D It's not a game, it's not a game, it is, it's real.

S I forced all my children to participate, some are like, I don't know, I'm like, you have to know.

P In this PODdy cabin right now, and by the way everyone, we are actually going to bring you some good Trim Healthy Mama meat today stuff, but we just go onto the subject of Serene's baby.

D You have to wait on us to socialize before we get to that point.

P We just got together, this is fun. Okay who wins, we win what, whoever wins this bet gets what?

[00:05:24]

S A dirty diaper

D Oh great

P No I don't want none of your dirty diapers.

D Maybe they get a raise or something, I don't know.

P Oh no way Danny

D Or something.

P What do they get, what do they get?

S A cigar, I don't know?

P Ha-ha

S Just joking.

P Cigar, okay, they get, we'll have to bring them lunch, the next PODdy.

D I like that.

P Me too

D I like that.

P Yes.

S Not me

P If you lost you'll bring...

S I just had a baby.

P No when you come back and you're all...

S In all my glory

P In your glory, when you're back, whoever wins, we all bring them a lunch, so in each part of lunch someone will bring the starter, someone will bring the main and someone will bring the dessert and so on.

D I like this.

S Oh that's fun.

P Come on now.

D Yes and...

S What if I win?

P We will bring it for you.

S Oh, there you go.

D Currently our behind the scenes podcast staff, we're all writing our predictions on the wall, there's a big sheet of paper on the wall, we're writing down what we think, so this is, this is good.

P So guys, you can actually send your predictions in to us, we offer you nothing for them.

S Hey, maybe we will.

D Hey, speaking of people sending stuff in to us, we got some feedback. I put the word out there on, I think, the last podcast, if anybody else manically eats Gentle Sweet bullets...

P Alright, yes that's why we said you're so strange Danny, no one does that.

D Right, yes, they thought I was psychotic, we've got so many people writing in saying, me too, it totally curbs my appetite, it's a little snacky-doo in the night.

[00:06:39]

P People go eat the little, you know, a Gentle Sweet, you're supposed to, sort of, massage it with your hands otherwise there will be lumps, because, you know, it's overly processed.

D Unless you want the lumps

P Yes, unless you just do like Danny admitted to us that he the lumps and Serene and I were like, you're mental, that's weird.

S Well, when I was little...

P But all these people are saying, no I do it too, so.

S When I was little, I don't if you Americans will get this, but there's this product called Milo...

D She's not an American.

P Milo, M I L O

S Yes

P Well, it's a down-under chocolate drink.

S Yes but you see, it was, like, in a tin, and you lift off the tin and sometimes where the air in the, like a little bit of the chocolate drink would get around the tin lid, it get all dried and crusty like old chocolate boogers, they were the best.

P Thank you for saying boogers

S They were the best.

D Okay yes, done with my cheeseburger, thank you.

S I mean, literally I would want to keep the lid messy just so it got that stuff.

P Yes, but it, you ruined it for everyone when you used the B word. Every PODdy you either have to say parasites, boogers, poops...

S No, you check it out; I haven't said parasites, boogers or poops...

P Toilet

S Or toilet, for a good while.

D Serene Fluid Allison

P Oh that's gross.

[00:07:45]

S I promise you.

P It's the truth, it's all true and everyone listening knows. Why am I being so mean to you today?

S You're getting into this all like, back in when we were, like, back in primary school, everybody knows.

P Everybody knows anyway; let's get to the old Trim Healthy Mama stuff, because Serene actually has got some good stuff today. I'm so for it, I'm so for what you're going to bring today, Serene.

S Well, you know, I mean, I don't want to start all out in the clouds, all airy fairy, but that's...

P Do you want me to start for you and then you tell me what you actually mean?

S Well, what I'm trying to say is, maybe I'll start in the clouds and then you can, you can...

P Yes because when you actually told me about what we're going to talk about today, it took you 15 minutes to just bring the point.

S Okay, well that's alright, you can just summarize the point, it's just that I only know the one way.

[00:08:31]

P Can I summarize the point and then you go into your clouds?

S No, it takes all the, it takes all the, it takes, it takes the whole...

D The mystery

S The lines

P Oh, so you want to start with the mystery?

S Well, I just, it's just like, it's going to be, the clouds won't even be worth it, once you've said, you know...

P Oh, okay, alright.

S The clouds is where I found it.

P Okay, but you, I want everyone listening now to know the reason why our first book was 670 pages, it was Serene Allison, we fought back a lot and, and, and, and...

S Okay, well it's not the clouds, what I want to say is...

P I should have been stronger.

S What I meant by that is, not everybody who listens wants to hear the, the spiritual side of it, maybe, right.

P Yes but there's definitely a practical side of it too.

S There's a practical side of it, but I found it in the Bible.

P In the Bible yes

S Yes, I found it so I felt like, you know, God's speaking to me through the scriptures.

P No I'm not against that, I'm just against how long it took you to get to the point, but that's good, let's do it.

S But I just, I want, I want to always be, you know, aware that not everyone wants me to just go off like that, but you're going to bring it to there, to the practical for everybody, Pearl, too.

D Serene...

S So this is the deal, so I was reading in Zechariah, right... Yes Danny, you speak, you go.

D I mean...

S I've got a contraction, so it better be good, whatever you're saying it better be nice.

P And she's the one having contractions, I've felt them; this baby could pop out at any second

D Like it, that would be, that would be appropriate if you went into labor during the podcast.

S Hey just, hey, just don't say anything ridiculous, because...

P Oh look at her, she's actually...

D She's starting to massages her belly right now.

P Look at her face.

S Hey, hey, just, just, Danny, you interrupted me for a reason, you better, you better be good.

D I'm going to sneak up and scare her.

P Do it because she's having a contraction.

D I was going to ask if, you know, you had, you're very worded in the book, Pearl just said, and I was going ask, are you very systematic and thorough and you, as a person, and you like to, you know, no corner unlit, no stone unturned?

P Yes, absolutely Serene is.

D So you like to be very exhaustive in when you present information, you want to present it all?

S Oh, yes-yes-yes, yes a little bit OCD about that.

D No I, I like that, I'm, sort of, that way.

P But you know what, when you were massaging your stomach I...

S Did you get a contraction?

D Did you feel, are you...?

P I'm totally having... No it's not contractions, but I have to do what you're doing, I'm feeling it, I'm doing total twinsie labor with you.

S That's so funny. Okay, well, well maybe you can share half of the transition for me then.

P Okay, we'll share it.

[00:10:53]

S Okay, so I was reading in Zechariah and it was just so amazing, it was talking about the...

P The microphone, sorry

S The temple going to be rebuilt, you know, and it was amazing, in Chapter 9, sorry in Verse 9 of Chapter 8, it goes on and says thus says the Lord of Hosts, let your hands be strong and hardened. And I was thinking to myself, wow, our health, like the temple, is in rubble, many people's health is in the rubble.

P Yes, that time of history, the temple was completely annihilated.

S So do we just, do we just think to ourselves, oh well, that's it, It's in the rubble and then, you know, that's how it goes with my family, you know, every, all my aunties...

D You know me. You know us.

S And all my, and my mom and all of that stuff, once we get to a certain age, you know, we just can't lose it and then, you know, well it's just, it's just, you don't have to accept the rubble. And then Chapter 13, sorry not chapter, Verse 13, it goes on again and it repeats the same words, it says, first of all it says, oh house of Judah and house of Israel so will I save you and you shall be a blessing. And it gives all this wonderful encouragement.

[00:12:05]

P Inheritances and promises

S Right, then it gives, then it gives the practical, it says but fear not and let your hands be strong and hardened. So first of all we've got to get rid

of all the anxiety, get rid of all the labels, get rid of all the heaviness about our, our health that's in the rubble and get our hands strong for the trade, hardened for the trade, because they are actually have to rebuild it physically.

S So we have to rebuild, we're the temple of the Holy Spirit in our bodies, God made us; He wants us to prosper and be good health. So the deal is that, yes, when we were talking on these PODdies at the beginning of the year, we were like, yes, don't do the boot camp, you've got to be, have a sustainable approach, and grace to you and all that stuff and we believe it, we stand by that.

But we still have to find out the tools of the trade and strengthen and get the calluses like you do on your fingers for guitar practice. And Danny's a carpenter man and his fingers aren't no little sissy boy's.

P You've got man hands Danny.

D Man hands

[00:13:08]

S You know, he's got, he's had his hands on wood, he got a few splinters, he got, his hands got hardened for the trade. So, Pearl, bring us some practical messages here.

P I actually you did well, Serene. What I got from that, when you said it to me today, is, yes, this is a plan of food freedom, but it's not food laziness. We become tradesmen, we become masters at this trade, you know, feeding our bodies right and being trim and healthy people is a trade that we can learn, it is an art.

And to get good at anything you don't sit there and you don't practice, you take up your hands and, yes, you get them hardened because you do these skills that you learn, you have tools and then you apply them and they become skills in your life.

S That's so good.

P And so, you know, yes, we are promised great things, we can attain these promises.

S And God is our healer, right, and He said, He said, here, for them in the temple, I will save you and I will bless you, but the fact is that they had to...

[00:14:12]

P They didn't sit on their bum-bum for it.

S They had to get out their they had to get out their tools.

D Yes

P And so we're not saying let's do a 30-Day boot camp, because we're not talking about crash and burn, we're just talking about every day getting up, changing our old habits to new habits.

S And sometimes the tricks of the trade are learning...

P There's tricks of the trade.

S Are learning not to go, like, I have different kinds of Personalities with my children and one of my children is just so super strong and fit, I adopted her from Liberia, Cherish.

P Oh yes she's just amazing.

S She's like a powerhouse; she could win everything at the Olympic games, right.

P She's amazing.

S In everything, even when she does the dishes or anything, everything is done with every bit of strength and gusto, clang-clang-clang, like, it's just done, right. But sometimes, but when we went to learn swimming as a family, all the children learn swimming, she, bless her soul, was the drowner, right.

D The drowner, I identify as the drowner.

S She worked too hard, right.

P Okay.

S She tried too hard, she flailed a million miles an hour.

P Oh...

D Oh that's, that's interesting.

S So the point is sometimes the tricks of the trade is learning to relax into something and, you know, be cool calm and collected in.

P Ooh, so true, sometimes those tricks of the trade are not all or nothing, all or nothing, sometimes it's just that plod, that every day plod.

D When I was a carpenter I literally had a tool for every tiny thing, like, literally. Like I, some tools I would use once a year, but boy it was in that trailer, stored right where I needed it. And it made, it saved an hour sometimes or it would save just my sanity of not having to, you know, manually do something, the machine was there.

P Right

D And, you know, I think as we go through our lives, you know, it's, like, well I've, I've got my kids and I really put focus and attention on that and I've got my career and I put focus and attention on that. Oh and then there's this back burner thing, my health, my body and food, it's, kind of, it's there because I have to do it or, you know, I'll starve, so I have to, we don't really take the same level of ownership.

S Bingo, you just touched on something that just, oh just light bulbs went off in my head, because things that we really get into, like a hobby, like our trade, the things that we really want to get good at, we love collecting tools. Like, you and Sam were in that whole...

D Oh gosh, me and Sam...

S Woodworking thing for a while

D Sam actually, eventually outclassed me in tools.

S He wanted tools for Christmas.

D Yes

S For birthday, for everything, because it was, and I noticed that with you Pearl, anything that you really like to study, like hormones or whatever, it's, like, what do you want, oh another book on hormones, it's all you, you want more tools, more tools, more tools. So if health is something that really is something that you desire, that really is a goal that really is going to be something that you really want to excel in, it has to become your hobby and you'll really want the tools.

[00:17:02]

P Hey, we want to talk about Bark Box. Bark Box is a delivery of four to six natural treats and these super-fun toys, and they come as a surprise every month, right, you get this little box for your doggy.

S I don't know who's happier, you or the dog?

P Well, my kids actually are more happy because the first time we got BarkBox it arrived and there were these, they give you natural treats, and so all this training, like, we have a Husky, and those dogs should be trained, right, they're smart, intelligent dogs, but our dog was just being lazy, but they got these toys and they got these treats in BarkBox, and serious training started happening immediately.

P All afternoon all they were doing, training the dog with these beautiful treats, and my kids were so happy!

S The toys were so fun, my puppy played, and my toddler played with the toys!

S Yes, I know!

P And my boys are teenagers and they were playing with the toys. It's just fun, you know, you get this box, you never know what's going to be in it every month but you know it's going to be natural and you know your dog's going to love it and you know your kids are going to love it.

S And it kind of sparks that friendship between the kids and the dogs.

P Or you and your dogs. So, hey, for a free extra month of BarkBox visit barkbox.com/trimhealthy when you subscribe to a six or 12 month plan.

S Choose your BarkBox by the size of your dog, so when you call up and you talk to them you just say, hey, I've got a small and cutey...

P Serene, yours is a small and cutey.

S It is, or I've got a big old husky like Pearl, so, yes, just tell them the size and you'll get the right pressie in the mail, and the right size box!

P Visit barkbox/trimhealthy

S Woof! Woof, woof woof woof!

P Yes, it's so fun!

[00:18:42]

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 I want to bring tools today, practical tools, I'm loving this and let's bring some but first how do we get, and I think we've, sort of, approached this a couple of weeks ago when we talked about self sabotage, but what if you're just okay with the rubble, what if you've learned to live with the rubble. I can, I can look at my own life at this and be transparent in that I don't have, I have really good bent at nutrition, I mean, I'm interested in it and I've learned the tools in it. And, man, God has helped me and I do great, okay.

P But in other things maybe not so much, like I've had a lot of trouble organizing my home and keeping it clean, you know, and I've learned some things over the years though, but I was okay, I feel like for a few years just to live in rubble and it was a state where I was just okay with, it was, sort of, my norm.

P God had better things for me, now I'm not living in rubble, I mean, I've learned just basic things, when you throw something out put it back before later, don't say I'm going to do that later. When you get up in the morning you've got 20 seconds your bed, you're going to feel better about all day.

S That's so true.

P I've learned these little tools and I am applying them, but it wasn't natural for me. What about people just saying, you know, they didn't grow up in this health and they feel too far gone, what if they're okay with the rubble, what if they've learned to live in the rubble and getting healthy is not natural.

S Wow, that's so true.

D I for one, I'm not sure how many people listening to this podcast are okay with the rubble.

P Well, I feel like sometimes I just think, I have these moments, where I've got to change, I've got to change, but then the day in and the day out is back to that maybe, but this is rubble.

D Oh yes, yes, once we get to Thursday or Friday and then we, yes, we were encouraged Wednesday on PODdy release, but...

P Yes.

S Well God wants to restore, He's the God of restoration.

P Yes and that's the promises. I feel like He has something better, it is attainable and all the rest is lies.

S Yes fear not, harden your hands, strengthen them, but fear not, don't put a roof over yourself with the fear.

P Yes.

D Yes and the, if we can, I think often, you know, you say rubble, I mean, that's, kind of, like saying if I'm content to live in a really falling apart little, little shanty of a house or get my carpentry tools out, right, I think having that organized trailer full of tools gives me the motivation to just go, oh, it's leaking, I'll just, yes, I know exactly what to do.

S Yes, right, so education

P Education

D And so one example of a tool for me is my little coagulated nuggets of Gentle Sweet, that's a tool that I keep; and it's right there in that pantry, right where I know it's at.

P And otherwise you would be going for, like, a Twizzler in your olden days, right.

D I would, yes, a Twizzler, yes, you know, we always clown on Pop Tarts, but there's a reason we clown on pop tarts, because they're so dang handy to pop one in a toaster, you've got an instant cake in your mouth, you know.

D Yes, in the old days I would reach for a Pop Tart, nowadays I'd probably eat half that jar of peanut butter and get sick to my stomach and be a bloated little pregnant boy in the morning, you know. So the tool of a little coagulated nugget of Gentle Sweet, it's just a piece of candy; it's a piece of healthy candy.

P But it's sweetness to your brain.

S Here's another tool, Pearl, too, when we were talking about tools could be education, right, learning it, we've often, you know, had little bits of, where we will just discuss between each other, like, ah man, have they read the book, do you think they really read the book. Maybe the tool is just to go read it again. because sometimes people think they're doing Trim Healthy Mama, but they're not.

D Yes, they're, like, it's not working for me, but you're not doing it.

S Pearl and I watching and we're, like, you know, just some, sometimes, we're just, like, well they're not doing it.

P Yes or else it's just, it's just a form of, you know, Heavy S all the time and people are forgetting about Es and there's a bigger picture. But that just takes maturity and putting your hand to the plow and getting good at the trade.

S Sometimes I have to read things a few times to just really, really learn it.

P And I think sometimes if it doesn't happen instantly for people, well, you know, I can't understand this plan, I feel like there's certain ways that

people understand things, the first book was so in-depth, some people got it straightaway and they loved the deep dive, they were, like, yes, yes.

S And I'm not really talking to the people that have been on it for a while.

P No

S I'm just talking to people that may have been on it for a few months and think they've read, but it was a little bit of a skim, maybe there needs to be a deeper study.

P Yes and then other people, you know, we condensed the plan, but for people who didn't want the big deep dive, and that was great for some, others it was still too much for, so we did the Trim Healthy Table Book. And if you read the other books and you couldn't get it, because it was so much information, go to the Trim Healthy Table Book and read that one chapter, it's going to do it for you.

S I've got another tool, before I forget it, and then I'll just let you guys go on, because I need to go to the Pee-Pee.

P Okay, you see, oh it came, Pee-Pee. but that's not...

D Serene Fluid Allison

S Serene Fluid Allison

P PODdy Fluid Allison

S Pain can be a tool.

D Pain

[00:24:00]

P What?

S How do we get our calluses, how do you get your calluses?

P Ooh.

S You just got it, I mean, I remember when Pearl and I when we were learning the guitar, those fingers throbbed, it hurt. And Danny, I mean, you probably hit your finger with a hammer or your thumb with a hammer and like...

D Oh my gosh.

S How many times did you masking tape up your bleeding hands?

D Literally a wave of nausea hit me just now thinking about the time, they're just... Never mind, go ahead.

S My point is this, sometimes I will do something stupid, like Pearl, like, you were confessing, eating all that, you sliced your thin...

P Oh the cinnamon buns

S You sliced your thin little slice of cinnamon bun until you had, like, a whole hugie heap, right?

P I had, it was as big as my, my stomach.

D Just a lady-like slice is all I'll have, times 12.

S Yes, but you were in pain, you spent Christmas afternoon just feeling like a sludge and bellyacher, right.

D Feeling like a cinnamon bun

P That was dumb.

S So that pain, that gave you a callus in your head, you know, it gave you, it started to make you think, you know what, I've learned there, I'm not going to do that anymore. And sometimes that will happen to me, I'll be, like, I will, I'm one of those people that if I'm not really hungry I shouldn't go to have that one little taste, right.

S Because that one little taste for my personality ends up in seven cookies, even if they're Trim Healthy Mama or whatever, it's just one of those things, I get the crunch thing, I get the texture thing and I get the, the endorphins from the, from the taste of the food and I forget all about the fact that I wasn't even hungry.

P And you're, and you're not even hungry, yes.

[00:25:15]

D And then you're a thorough personality.

S Yes and then afterwards I feel like junk, right, I just feel like crap, I feel awful, but it's a callus, the pain it hardens into a place in my brain where I'm, like, you know what, I learned, I learned from that, that pain was a tool and I'm not going to do that anymore, because I don't want to be there anymore.

P Yes, you even told me, you learnt and you said I'm a person, Pearl, that when, when, one taste is never one taste for me.

S No

P So I don't, sometimes it's like an alcoholic, one sip is, you know, more, so I just, I don't go there generally now.

S Yes

P And I'm not into the big notion only eat to fuel your body ever, because there's beauty and there is joy and there is satisfaction and...

S I'm talking 10:30 at night, when I wasn't thinking about food, I was ready to go to bed, but all of a sudden my children are popping out toast out of the toaster and slathering on big thick slices of cheese, and all of a sudden I think, ah, well I'll just have a little taste before I go to bed, just one little crust, three slices later I feel like a pig in bed.

[00:26:17]

D Yes, when I ran that construction crew I had to develop systems in every area, not only did I have to have tools, but I had to have systems as well and, you know, I had a morning system and, you know, a simple morning system is what time do we all show up, that's a system, 06:00, whatever it is.

D But then there's also other systems, what we do we do when we get to the job site, you know, we don't want to all go, hey guys, what shall what we do, we want to know what we do, because that is going to kill my

income, it's going to kill productivity and I'm not going to have a business.

D So I was forced, if I wanted to pay my bills, I was forced to buckle down and callus my hands, so to speak, and build those systems and buy the right tools. And I think the same, you may not lose your household, but you will lose your temple.

S Yes

P Yes.

D You lose your body and I think that, you know...

P If you don't apply yourself to the trade.

D Yes and build some systems, know what... You know, don't wake up tomorrow morning and be, like, what should I do. I actually heard a really great little thing, this guy said, you know, a lot of people are in the habit of they wake up in the morning and they, they grab their phones, like guilty, first of all, let me just tell you, this is a hard, and I've tried to break this, and this is something I do want to break, but I haven't done it yet.

P **"What if you could"** Danny?

D Yes-yes, I'm going to break it; I'll put it that way. But they grab, we grab our phones, we go to social media to help us wake up, we check our e-mail to help us wake up.

D And he was making, and I don't know how far to go with this, but it made sense to me, he was saying that we're training ourselves first thing when we open to consume, to not create anything, to not try to, we're not, we don't get out of bed and go towards success, we open our eyes and we begin being spoon fed other people's creations, other people's stuff.

D And he was saying that that really sets our brains up to not be powerful throughout the day, not be creating throughout the day, not be taking ownership of what you're doing with your life throughout your day, you're already just getting the junk fed. And, you know, I just wonder if that could be another tool, you know, to start right, have a system in the morning, don't...

[00:28:30]

S I so agree Danny and I feel like that's a safety net of mine too, my morning system, I, kind of, know, I mean, I'm not going to be, like, upset if real life gets in the way, but I, kind of, know around 10:30 I'm going to do my 15-minute workout, you know, after my breakfast that I pretty much know is going to have some kind of veggie in it and, you know, and I know that I'm not going to be getting into the, you know, the peanut butter or the cheese that early, I'm going to be... I've got a system, I've got a morning system that sets me up.

P No I do to and I was thinking as you were saying this, but I was thinking, oh no, but some people think they need to be complete menu makers when they come on Trim Healthy Mama and they feel overwhelmed by that, because maybe they're not in real life a menu maker, and then they come on Trim Healthy Mama and they think but I have to write out two weeks' worth of menus.

P No you don't. But little systems are, I think, helpful, because like Serene and Danny just said they have their system, I do in the morning, do you what my, I either think, and I don't prepare it the night before, I either think, Pearl, do you want oatmeal or eggs today. And I know it's going to be, I know I'm going to get my protein in somehow, I'll put my collagen in my coffee, with my oatmeal or whatever, but I just say to myself that, and so that's going to happen.

D Oatmeal or eggs

P Yes and I'm like Serene, about four days a week, you know, I'll do my very short workout, about 10 or 10:15 and there's little system, things, practical things I do, I'm not a big menu maker, but I do things like this, like even yesterday, you know, I had a whole bunch of chicken breasts, cooked them, I cook them slowly in the oven, I season them up and they go in the fridge.

P Because any time I want a salad or a stir-fry or throw them in a soup, they are there, they are my protein, they are so quick, they're already

tasty, that helps me because I'm not such a menu maker and I don't have all my meals laid out, because I like to go on the fly, that's my help.

S And then that soup is so much more satiating, so you don't need an extra piece of toast.

P Yes exactly.

S You're fine with one, you know.

P Yes, because I, I've always, you know, I've got my protein right there, obviously not every meal is chicken breast, but it's just so helpful, even for the kids, they're hungry, I'm, like, have some protein, they'll just go and eat it from the bag, you know.

S That's so great.

[00:30:40]

P I mean things like that.

S I love it. I love it.

D The simple act of planning.

P Yes.

S And I have this stupid little system thing too, like, if I've sat, like we're sitting here on the PODdy, if I've sat for just a long-long time and it's freezing outside, I'll just go and do 10 air squats.

P Yes.

S Like, I just have a system where I'm not going to allow myself to just be like a sedentary...

P Rubble

S Rubble

D Do you mean just standing in place squatting down?

S Yes, I just, like, I'll just, if I feel like I've been too inactive I put my little system in place, I have this little tiny, like, three-minute little repertoire of squats and lunges.

P Oh and Serene has totally peer pressured me into that, I always think of Serene, Se it's not my nature to do that, but when I'm at home and I'm on the computer for a while... She's having another contraction, she's rubbing her belly.

S Yes, keep going, that's a good thought that you're about to say.

P Oh I always, Serene gets in my head...

S Oh maybe it's not a good thought, I didn't realize it was about me.

P No, Serene gets in my head. If I've been sitting at the computer for an hour and a half and I haven't risen, I see Serene, I will picture Serene doing her stupid air squats, I have to get up and do my stupid air squats, because Serene is in my head.

D Nice, can I tell you a little exercise system I have is, you know, I've got four kids and one of my biggest reasons in the past for not exercising has been, wait a minute, I've been at work all day or whatever, I need

to put in time with my children and I want to, I don't want to now go to some gym or something. So what I did, I can do pushups, right, with no tools, no equipment needed, but I bought these, it's called the Perfect Pushup, and... I don't know if you've seen them?

P Yes, I've seen them my boys had them, yes.

D Yes every, every, at one point every man has had the Perfect Pushup, because a marine or whatever, a Navy Seal guy came up with it and he was all buffed, so it's, like, well clearly I've got to get a pair of those. Anyway just having them in my living room, not in my own little private place, not at work, in my living room where the family is.

D I'll see them and I'm, like, oh, I can knock it up, so my kids will get on my back, I'll do squats and I'll a kid piggyback on my back and do squats or if I'm doing pushups, I won't let the big guys do it, but the baby will get on my back and I'll do pushups, and just work it in with the family. And that really killed my excuse of family's getting between me and exercise.

P It's so good and you know, and I have to say something about that, the little mini trampoline, mine burned in my fire.

D Oh those are good.

P But I'm going to get another one.

D You've got to.

[00:33:05]

P Just having it there that you almost have to step over it to get anywhere.

D Right, might as well hop a little bit.

P And especially in winter when you're freezing, get five minutes on that thing, you warm up and you just get rid of all your toxins in your body, it raises your immune system, five minutes.

D Yes and your kids will have a blast, if that's a thing, because that was my biggest hurdle, really, it was my kids, not that they're the problem, but that I, my want to hang with them was the reason I wasn't exercising.

P And they love it, don't they, I mean, even my little two-year old, he does air squats.

D They think we're playing, right.

S Oh, he is so Tomeko

P So, like any other quick, quick tools that we can add before we close up here.

D Yes for sure.

S Go Danny.

P Okay Danny, you're just like the...

[00:33:46]

S He's the tool man.

D Because, yes, we're talking tools now, we're talking systems and that's totally where I'm at. Yes, tools for sure, like, if you're a skimmer of the book, it's a big book, I get it.

P Well, the first one was.

D The first one was. The second one's actually totally doable. But if you're a skimmer, if you've read it and you still have questions and things like that, what is there, like, 900 Facebook private groups for, like, Trim Healthy Mama for Diabetes, Trim Healthy Mama for, you know, Grandmas, Trim Healthy Mama for Aunts.,

D I mean, it's, like, literally so specific, and you'll have, you have a question and all these, like, pro ladies who've been doing it for years will overwhelm you with answers and, like, instantly, right.

D Like, you don't wait on an e-mail return, you get support there, so, so the Facebook groups are a cool tool and then of course we have a private member site that has a menu builder, it has resource after resource. There's, gosh I think there's some little talk show things that you guys did, I mean, there's a lot of stuff there.

[00:35:07]

P Yes, well Serene and I continue to put videos there. Yes, there's a lot of tools.

D And, hey, this PODdy's a tool friend, come on.

P Absolutely, you know what, I feel like this should be required listening, this PODdy, for your journey.

D Required, yes, for the membership.

P No, I mean, I, sort of, do.

S We might need to, they might need to get that, what is that thing that, that my family has in case there's, like, swear words on...

D Oh Cuss Box or whatever.

S What is it called, it's like some, kind of, name?

D Yes, the Guardian Angel or something

S Yes, the Guardian or something like that. Well, there needs to be a guardian for all the pee and the poo talk I suppose, for some people that are just too...

P Just PODdy

D We need a Cuss Box for our podcast.

P Yes. And you have another, any little, any last tools people can add to their arsenal, Serene?

S Well, you know, I was just saying to, it's just, kind of, like a little add-on to what I'd already said about the morning system for me, I find that if I don't, like I said, I'm not going to be mad if it doesn't happen, life happens, you've got to live, but if I don't do my little exercise thing

before lunch, it's not going to happen. That's for me, I just know it, I just know it in my bones.

P A lot of people have different reasons, obviously they've got to work and...

S Yes, that's just me, but I'm just saying maybe it will be for somebody else, look, if I, if I don't, you know, do it, you know, after I prepare the meal, while I'm waiting for it to cook in the oven, blah-blah-blah-blah, in the evening, that's my little segment where I feel like it's good, but when you find your little safe segment where it's mostly, you know, a time where you can actually apply yourself to that, get your system in...

P Yes, no I agree and I do think, here's one, if you don't have your proteins at breakfast you're probably not going to be on plan the rest of the day.

D Yes, that's like flattening...

[00:36:14]

P So don't, you know, don't start saying, oh today I'm going to start at lunch, I mean, it's better to start at lunch than not at all, but you're going to have so much of a better chance if you start at breakfast.

S Yes exactly, and another tool system that I have is I'm always asking myself where's, we're big on the protein and big on, you know, the animal food and everything like that, because I used to be a vegan, and that was freaky scary, but I always ask myself where's my plants, you know, where's the, now I have to ask myself, because you can go

to the other extreme, it's so easy just to eat the dense food and eat the dense food and...

P Without the balance of the greens, yes

S Yes, I'm always saying...

P Where's my greens.

S I haven't had greens today, where was my head, you know.

D You touched on this, but I think we need to-go tools as well, like when we leave our house

S Zippies, thank goodness.

D Like an alternative...

P Serene's already got her zippies right now.

D Alternative to bars, please, I mean, these bars, I think, even the best bars out there, because our aren't out in the market yet, they're coming right, but even the best ones out there are, they hurt me.

S And stay tuned because we're creating a little video called, Boost Bites, it's going to be like little baobab, like, yummy...

P They'll be out by the time this goes...

D Boost Bites

P Yes, we're doing that...

D I don't even know about this.

P We're filming them tomorrow, but they'll be on... Hey, let's, before we close, let's give an update on the bars, I know you guys have been waiting on the Trim and Healthy Protein Bar for so long and we've said...

S Can I go pee while you're talking about the bar?

P Go pee, go pee.

[00:37:50]

D You may, you have our permission.

P Something smells so good in here, what am I smelling, Danny?

D I put on deodorant today.

P Oh okay

D Yes, very unique

P We have told you, yes, our bar is coming, it's got no fillers, it's so yummy, it's going to be the best bar on the planet and then it never arrives, right.

D Right

P Well, long story short, we've had a lot of trouble, we've had the recipe for the bar for almost two years, I mean, it's such a killer good bar, Serene and I discovered it in our kitchens, we couldn't get anyone to make it without fillers, every bar on this planet has fillers in it, because fillers are cheap junk and fillers, they give volume and they give, you know, a little preservative value and a lot of the, like the tapioca starch.

P Like even Paleo Bars and stuff they have tapioca starch and they have inulin in them, they have these fillers that are basically junk, but they cost

nothing, but they bulk the bar up, it's so expensive to make a bar that has no, no one does it, no fillers, but our has no fillers. We have to make it on our own premises in order to beat cost, in order to make it so that it's affordable.

[00:38:35]

D So is that why we're doing our manufacturing now?

P Yes that's why we're doing our manufacturing, we've had to buy all the machines to make our bars, we've had to buy the building to make our bars, we have had to be become bar people, so...

D So this is big news.

P Yes.

D We are going into bar manufacturing.

P Ourselves, no one could do it for us.

D That's incredible.

P So they are coming this year.

S Because they all said what if you can't.

P Yes, they all said what if you can't, and we're, like, **“what if you could”**.

D Hey, that reminds me, I need to take a little trip to the bar factory, I'd like to do a little video on that and maybe show it off.

[00:39:03]

P Absolutely, it's in, you know, it's almost completed and then we'll be, the bars will be coming out.

[00:39:10]

Announcer Hey Mamas, do you have a question for Serene and Pearl? Send your e-mail to support@trimhealthymama.com.

[00:39:18]

D This one's from Dana A. You are always so cautious about suggesting economical solutions for us, but I think there are so many mamas who don't know about the Membership Site, can you talk about all the wonderful resources there? Hey, she lives in Whitehouse, by the way, that's down the road.

P That's close. Thanks Dana for the shout out actually that we try to always be mindful of budgets.

S Yes

P Our member site is so awesome, but it is completely optional.

S Yes

P You can totally do Trim Healthy Mama without it, you just need a book, you just need the knowledge how...

S You just need a library you don't even need to buy the book.

P That's right, now that we've established all that...

D Yes wow, okay.

P The member site was all the things that people asked us for, for more, and it is an incredible fabulous place of resources, of tools, so, like, you

go in there and then you can just see recipe after recipe, I mean, there's over 1,000 of just Trim Healthy Mama recipes that are all vetted.

S Yes

P All of them have the S, E and Fuel Pull markings, and you can favorite them, and so get your whole list of the ones that you like and then you can go make menus in our custom menu builder with them and it would generate, spit out, a grocery list for you. So if you like things like that... I mean, it's going to rock your world.

S And you can get questions answered from our Admins who are just awesome.

[00:40:40]

P Yes, if you're not, like, a Facebook person, you want a private place, there's chat groups, there's a library of resources where you can just scroll, like, for days on just articles, things like that. And then...

S Videos

P That's the biggest thing I think, Serene and I continue to do videos where we cook in our kitchens and make these meals and just show you how we do the plan.

S In our own personal real grotty kitchens

P Yes, and we're not Martha Stewart, so you see us make mistakes, you see us make meals out of just basic stuff, this is how we live this life.

S I made your pancakes this morning, Pearl.

P Yay, the list goes on and on, yes, you get 10% of our products too if you're a member. So it's a pretty cool place and it, actually when we talk about budget, but it doesn't cost you much, it's less than, like, a couple of Starbucks per week.

D Did you mention the menu builder?

P Yes I did, where were you?

D I was looking in my bag for food.

P I think I left stuff out, but some women found that that's actually the tool, the menu site was the tool that actually enabled them to really do this, because they're, they are that sort of, human, and they need that structure.

S But, you know, I don't think I was that kind of human, I haven't used the menu site, but I've just recently started, like, getting myself, like, a menu, what I'm going to have every night for that week planned. I tell you what, my family is so much more nourished, because I just had my go-to simples...

P Yes, like me.

S And it was just overdone and time for a refreshing so...

[00:42:09]

P Yes, I'm not a big menu person, but Serene just in the last couple of weeks her life has gotten too crazy, she's, like, Pearl, I have to do menus. It's so exciting though.

S Dinner is, like, a peaceful time now and not a stressed out, okay, what are we going to eat.

P Thanks, Dana, for the question. See you guys here next week, if baby, I'm sure baby will be here, we'll, we'll see.

S But I'm not going to tell you what it is. I'm just teasing.

D See you later, bye-bye.

[00:42:33]