



Trim Healthy Podcast with Serene and Pearl

Episode 54 - We Tried to Give her the Week Off BUT NO...

Serene's Birth Story.

*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 bestselling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny · J = John · L = Lesley

[00:00:00]

S This is the PODdy, with Serene...

P And Pearl

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

D Women and men, boys and girls, welcome back to the Trim Healthy Podcast with Serene, Pearl and Danny, and all three of us are feasting.

P We're feasting on loser food, the losers of the bet. Whoever lost the bet on Serene's baby got to bring the food. So I was the reigning supreme winner of course. I mean did you think it would be different to that?

[00:00:03]

S I lost [overtalking].

P Serene lost.

S They gave me a free pass.

D So those who, if you missed last week's podcast, first of all, total shame on you No... just kidding... Secondly, what we did was we took bets pretty much on what is the baby going to weigh? I guessed that it was a girl, I'm always a hundred percent accurate at that

S Who needs ultrasounds with Danny around?

D But I am not amazing with weight. Lesley and I failed, we missed it, and Pearl won. We brought.

P John also failed, he got close with the poundage but he failed on the sex, he said boy.

S Did you say boy? My little son said boy too because he said boys were only fun.

D So the penalty was that we bring lunch. Can we just get, I am going to take the mic, I don't want Leslie to tell us.

P Can I just set the scene? Danny, we usually sit here at our mics but Danny is holding a mic like you are, who are you today, Donahue?

P Dannahue

D Hopefully that will never be spoken of again. Leslie? What did you make for us?

P Yummy is what it is.

L It was an S-Meal, it was a chicken curry. My Pops and I, my Pops retired, he moved up, he's an amazing chef. He and I make curry often but we did it with the Trim Healthy rice. I made Danny the sous-chef. Danny brought cilantro, chillies and garden peas, which are delicious. And so it was a successful S-Meal loser mooser S-Meal.

P It is like a celebration.

D It's like, do you have you know, a top five list of your favourite meals of all time? This would easily make.

S Oh it would be in the five.

[00:03:02]

P Now everyone's going to want this recipe Lesley, can you please write it down? It was amazing. John lost but you didn't bring food did you? Do you think that because you are the producer you don't have to stoop to such low levels?

D I feel like he's skainched out.

S He's so important punching buttons over there, you know?

P Oh he's coming to the microphone.

J Pearl you let me know how I can pay my loser debt. Be it with food or whatever and I will do that next week.

P Okay

D If anyone has ever said like oh, I don't know about eating the THM way because I feel like I will miss out on something, you have not eaten the THM way. Because this meal is literally like restaurant calibre, New York, down-town world chef level stuff.

S It is so amazing. You know and if you are a hungry person and you don't know about trying to eat healthy with this Trim Healthy stuff.

[00:02:51]

S Like I am just going to be hangry, I'm going to be hungry. I'll tell you what, it passed the new nursing mama's ravenous monster appetite. I ate breakfast at 10.30 and it is what now, like 12? I just had like three bowls of this stuff. I am so satisfied, it's filling and satisfying.

D Now we kind of just sped past something.

P Yes Serene, you're here, you are holding your baby. Can we just have a huge round of applause? We are going to hear.

S I am going to clap for myself.

P We have a special guest today. In the poddy cabin, right here with us [overtalking]. Look, she's opening her eyes.

D Oh my gosh, can we catch the coos? I'm over here by the baby.

S You have to make the coo sounds, she's too contented Danny. We want to hear you do it.

D Your baby Solace looks like a tiny Mexican child.

P Why are you saying Soulace? It's Solace

S My Mum does that too, she says Soulace.

P Soulace is beautiful too because it's like the soul.

D Let us be quiet and see if we can capture baby breath because she's perfect.

S She leaned in.

D I can hear it. I don't know if you can hear it, it's just so tiny. But when she talks to us later we are just going to stop what we are doing and we are going to hear from baby Solace.

P But you know what today? Serene didn't have to come today. We were all going to give Serene the day off right? Because you don't come how many days after giving birth, what we are at four right now? We were like, stay at home Serene.

D Yeah, week one is usually stay at home.

P But her birth story was good, funny and great and hard right? So we want to hear it from beginning to end and Serene was like well I am just going to come over there and tell everyone my birth story. I will take a week off next week.

S Yes because no one is going to care about how many weeks I'm into it. They will be like well, you know.

[00:04:39]

P Why is she telling us her birth story now?

S Yes exactly. I just wanted to. She's opening her eyes again.

P And what's funny is Serene... Last week we had this big major TV show we had to do. It was like a national television show. Serene do you want to start from there because we almost didn't make it to that [overtalking]. From the very beginning.

S Yes from the very beginning, I wanted to go 40 weeks but you know what, 39 is full term.

P That is close.

S So anyway we had an appointment, like THM stuff up until 39 weeks. So the day before this national TV show I just started to feel like an emotional fruitcake. Everything was just changing in my world and I'm like I just don't know anything anymore. Everything was just culminating and I could just tell something was looming.

P But there was a lot of pressure for this TV show. We were flying people in to represent Trim Healthy Mama. Everything was set.

S I was starting in the evening to just have these, just things were changing, like pre-labour feelings. I was like Sam... I just didn't even know if we were going to make it to this TV show. And it was like, yes we have just got to make it through this day. So I woke up in the morning and we were going to go into downtown Nashville and stay the night there.

P This was the day before the TV show.

S We had to be there at like 5, early in the morning. We had to get up early. We lived far out so we thought that if we stayed the night then there would be no early morning for me. So, in the middle of that night, I wake up with a contraction. I said, Sam what is the time? If it is about 5.30 then we can quickly

get this show over and then we can go straight to have the baby, but if it's like still 12 or one in the morning. I was going to just have this baby. The show is going to not go on. Pearl had to do it alone.

P Yes and I was determined to not do that.

S And he says, it is 1.30 in the morning. I was like, oh no. So I got up and walked around

P It was a hard contraction.

S It was painful. It woke me out of my sleep. I am one of those people that once you feel that, the game is on, call the midwife. You can't stop the freight train. So I just walked around praying and then trying to go back to sleep. And then I woke up in the morning and I was still in one piece. So we went to the show.

P You don't know what you did? I get a text that morning, and I'm going on out of the hotel, on my way to the TV show. And I get a text from Serene, at St Thomas. Which is this hospital which she was going to have the baby in, or the birthing centre is the hospital. It was at St Thomas. And I'm like, oh no she didn't make it.

S And I couldn't, my husband was daring me to do it to Pearl. And I'm just not that way with Pearl, I don't like to be that mean even though she pulled me down the stairs by my hair when I was little and all that crap. But I have forgiven her and I just want to be nice. I didn't want to pull the joke. And Sam was like, you have got to tease her, tell her you're at the hospital.

P So I'm like oh no, she didn't make it. She's going to make me do this show by myself but three seconds later she was like, just kidding.

S We go to get the make up and do the whole thing like go through the rehearsal, the whole thing and I'm feeling contractions. Not like full on labour but it is just.

P Can we set the scene? Danny do you know what sunny side up is? For a birth?

[00:08:20]

D I know what it is for an egg. Sunny side up for a birth sounds eewy.

P Okay so it means the baby is posterior. So Serene went into all this knowing this was her first post baby. The face is up, the head is, you couldn't call it the wrong way but it's not the typical way.

S Right, it doesn't really engage properly. Getting ready for birth, I'll leave out all the other terminology.

P Sunny side up means you're going to have a lot of back labour and it's going to hurt more.

S Sometimes it is harder to instigate the birth and you can have a lot of stop and starts because the baby's head is not with all that pressure you know, not engaged properly. She was kind of still floating. So I was like not knowing whether to take all these pre-contractions seriously. I thought well maybe they are doing nothing. So during the filming of the show I feel this major contraction and I hold onto my seat. I was holding onto my seat, gritting my teeth and smiling, talking about butter or something and I'm like, this is going to be sometime within the next... Normally if it wasn't posterior it would be

sometime in the next 12 hours I'd be holding my baby. So anyway, I go home from there and start feeling major contractions.

[00:10:52]

S My husband is like well I have got to go to Memphis and pick this grand piano for our son Arden . I'm like I don't know if it's good timing. He's like no I think it will be fine, just keep me in contact. Like don't dawdle, hurry. Well he comes back at like five in the afternoon and I'm like we have got to go. We have to go to the hospital now. We just have to go. He's like, I have got a big piano on the truck. So he was like call Pearl's boys and Vange's boys and we'll get them all here and just get this piano off quick. Well, all of Vange's boys were at basketball and all of Pearl's boys as well and we had no one to help get this huge massive piano off the back of this truck and I have to get to the hospital.

P You can't leave.

S I was leaning on the counters doing a little nursery rhyme and moaning and you know, get this piano off the back of the truck. And so it just took forever to get it off and find people to help. Anyway so we speed downtown Nashville. I'm in denial, I just feel, it's probably not, it's posterior, it's probably not doing anything with all this pain. We will just go to a hotel and be near the hospital because I don't want to walk in there like a failure at like 1cm dilated or something. I was so mean to my husband, well to his truck, not him, because this truck hauls things, like grand pianos. Its suspension is for hauling, not for pregnant women in labour. So over every bump of the highway, every bump was like, massive slamming me. I was like, I hate your truck. It's got no heart. It's got no soul, it doesn't care. He was like, I'm taking you straight to the

hospital, and we are not going to a hotel because you are just out of your mind. You are so mean to my truck. Men taking being mean to their truck personally

S He said she's so kind, was she a little bit meaner in labour?

D Gosh, you know how ladies get, just out of nowhere, it's not all mean during labour but sometimes it's just grrr and you're like.

P No you hear of just these really nice kind women and they suddenly start cursing. I grew up not in a cursing home so I don't really have the curses inside me. But I remember with my first labour and I saw my husband Charlie and he's over there and I just yell at him, Charlie you're naughty. And he was like smiling at me...It's all I could bring.

S That's hilarious, needless to say, Sam was very frustrated with me. We went to the hospital and I was like 5 cm dilated. Which was, I was feeling a lot more pain than that would normally be for me and I think it was just the position of the baby.

P Yes because you could walk around at five or 6 cm dilated for weeks.

S So anyway at 5 cm I could be administered into the birthing place, the birthing centre and everything. So it started revving and ramping up from there and I couldn't find my happy place. I finally found it and it was great but then they broke my waters just before the baby was to be birthed because mine are like bionic waters and they don't ever break.

P Could I share some more details Serene because you are sort of skipping a lot of stuff. That is called skipping.

S That's because I don't know who is listening. There are a lot of men.

P There's only 17 men and they've heard a lot worse than this. Let's get into some details mate. Danny wants some details right?

D Yes let's hear about the gooey. Give us the gooey.

P Because this was sunny side up, so you, when you got to five, all the way through to 10 in the labour was way worse than any of the pain.

S It was but I wasn't at freak out yet.

P We are going to talk about freak out soon because that's the funniest part. So you got into the shower and that was like your happy place for a while. And then you were eight, then you came out and you didn't want to get into bed and there was a yoga mat on the floor. For those listening she never got on that bed, she had that baby on the floor.

[00:13:30]

D What?

S I had the baby on the floor.

D Did you just, spoiler alert.

S So the baby was like ready and Pearl calls. Here I am talking to Pearl and she's like, yes you can do it Serene. And I could hear she was just remembering the trauma of all her past labours. She was really feeling sorry for me. It was true compassion.

P I was. I said you can do it Serene, but in the back of my head I was crying for her, because I could hear that pain. There is no way out you know?

D But I almost missed something, you had the baby on the hospital floor?

S Yes on a yoga mat so it wasn't like on a dirty tile

D A yoga mat? That is so Serene Allison. To make it to hospital and still push a baby out onto a yoga mat.

P And she pushed a baby out on her side with one leg raised like she's doing a Workin's move.

D I have got one thing to say, peace to you and Namaste.

S I specially went through all this orientation, all this red tape to get enrolled into the birthing centre because of this huge double bed. It was all about the bed and the comfort. But my husband Sam slept on that bed for a long time. He felt so guilty because he had been so tired. He had been to Memphis that day, he was up for nights before with me just back and forth to the toilet and back and forth saying I don't know if this is it.

D You yelled at him on your way to the birthing centre

S I don't want it to be like I had before, it was a 15 minute birth and like everything is just 90 miles an hour, it is freaky. I wanted to be just settled, I wanted to make it there in time. He's exhausted. So he gets there and he falls asleep on the lovely comfortable bed.

P Yes until you were 10 right

S Yes, and he's been apologising to me since. I said Sam, you wouldn't have been able to do anything. I had to go through it alone because he is not the type that has that touch like nice and soft and gentle. Like when I say go get me some avocados from the store, he'd just press gently and his right thumb goes in, the whole thing. It was fine. He's a strong presence and he was there for me.

P Even asleep

S I just felt so. Yes, he was asleep but a strong snoring presence and I just knew that he was there as my rock.

P Did you wake him up at 10?

S No when the baby was born and he woke up and he was so there and awesome.

P Yes but you've got to talk about this last ten minutes of hell.

S Well eight. But I got off the phone from Pearl.

P I was feeling sorry for her.

S They had to break my bionic waters and normally maybe I do a little bit of mooing cow, a little bit of screaming cheeses but it was like a little bit of, you know.

P Do the noise. This is Serene, okay so I have been at some of Serene's births and she has been at some of my births.

D She has a special noise?

S The little mooing cow.

P The mooing cow, it helps bring the baby down.

S It is a low noise. And I have a deep voice anyway so I just embrace it and I go low and the vibration helps. Normally like, that.

P She calls out Jesus's name.

S Like a cow

P I have been there, times that by a hundred. It's louder than that.

S Well that's my normal go to. Well I didn't have the go-to this time because I was the movie lady. It was eight minutes of just screaming

P Well it was sunny side up and they broke your waters right?

S And it's the moving your head around and down and all that stuff.

P So you Serene, you told me you literally screamed the whole hospital down.

S Yes, I go, I can't do it. I'm just freaking out. But apparently it wasn't as bad as I thought. The nurses said that to be polite but Sam was like yes it was as bad. They stuck something in there, a prong to break it.

D There's a tool.

[00:17:07]

P I was like, Sam you face it, this time is happening right. I don't know if you knew but when the baby was just coming out, he had the FaceTime on so I saw her coming out. And usually after a baby you are so on a high, you're like it's over. You were still in the state of you were out of it with pain. You were like.

S I had this incredible, it was so funny because oftentimes in labour I won't necessarily be thinking much, it would just be like coping through it. But I had talked about it at Meadow's birth preparation. We had this birth preparation baby shower for Meadow.

P Where we just encouraged her.

S I think Meadow was actually talking about how she'd been reading a book about how one lady who was able to cope through the pain because she thought about what Jesus went through. To birth us as His children, you know because dying on the cross for us and going through all that He went through and all that pain. We became born again, a new life. So that came to me in

that eight minutes of psycho, it came to me. And the love of Christ so overwhelmed me, even though I was screaming the house down. I has this such a strong weight of open synapse delivery of the thought of what He did for me.

P Really

S Because I thought to myself, as I was going through that pain, I'll do it for my baby. I'll do this for my baby, anything for my baby anything to bring life for my baby. It was a very much self-sacrificial thought because it was more than I would ever do. If it was just me alone, I'd be like, pump me up with the drugs but I was like, anything for my baby. It was just that parallel of like this is nothing. This is nothing of what He went through. His stripes and the whips and they pierced His side and blood and water came out. Then she was sharing that at the preparation and of course the waters break and there's blood and water coming out. The parallel to what Jesus went through.

P The water that was shared when Jesus was birthed, like blood and water flowed. That parallel of new life.

D I have never heard that parallel and I have nothing to add. It's amazing.

S I had worship songs, a playlist that my daughter had made for me and during that time was that beautiful song, Oh the Blood That Made Me Clean, Oh The Blood that Carried Me. This beautiful song was playing and it was really a moment that I feel like God designed because I don't know why I was even enough lucid to even have any kind of thought like that and then that particular song playing, but when I think back about that eight minutes, I get

brought to tears every time. Like I have been having my little baby moon at my house just weeping.

P Really

[00:19:48]

S And weeping over the cross and weeping over His love for me and that He did that to birth me into his child. So massive, I will never forget.

P That's so beautiful

S So her name is Solace Ling. Solace means comfort and all that we went through with Arden.

P Can you say...We have got some new people in the room?

S Oh we have new peeps in the room. We have a sign that says new peeps in the room but I wasn't looking at that.

P So well we always talk about things like the audience knows everything already but not all of you do.

S We walked through a hard season last year. My son is still wearing a pic in his arm. He had this aggressive cancer and there is no comfort that the world can bring when you walk through something like that. There is no comfort that your mind can bring there is no comfort for anything like that. The only solace was the word of Christ. It was the comforting, the Spirit was the comforter. When He dwells inside of you with His comfort, it is a peace that the world can't bring and surpasses understanding.

[00:21:17]

S We just really felt strongly that her name would be Solace. And then when we were in China we found out that we were expecting, we wanted to put a

Chinese twist on it and Ling is Chinese for spirit, you know, the Holy Spirit is the comforter. So it's very special. Even when I was in labour I was thinking about Arden a lot. Thinking about just how massive... because every time you birth a new child, I think it gives you an extra something for all of the ones that you birthed previously. I was just thinking that it is just about the healing and what God is yet to do and what He has already done, just the comfort that God still has us in for him. It's very connected to her. I felt there was a connection to twenty years ago to his life and her life. There was something there too.

P Yes and she has been a beautiful comfort to you. You have had babies where sometimes you go early or sometimes they have little issues feeding or whatever. She's been a comfort in that she's just like so strong and she just latched on and she has just been so beautiful and easy.

S The last two babies have been whisked away from me straight away and in incubators with tubes all over them and I can't feed them. I had to bring the milk in by a pump. I was sitting in a hotel room, no a hospital room without my family and without my baby just crying. This time I never had her taken from me. She has never been away from my side.

P We were hoping that you would go 40 weeks because Serene's babies' lungs always develop late, for some reason. Even Sheppie, way back then but he was pretty good, he was seven weeks early.

S He was eight. 32 weeks with Sheppie, 32 weeks, but that was the year we adopted six children in one year so just abit of stress going on there..

P So she has just been beautiful. She has lived up to her name, bringing this comfort for your whole family.

S Oh yeah, definitely

P But you know, this was your ninth natural birth right, and all your other ones you have never really...It's hard, birth is excruciating no matter what, but you have never thought man, I could really take those drugs right?

S Yes, I have new compassion for all of you out there. I am not looking down my nose. Your beautiful epidural, I was thinking to myself, I understand now. Especially if I got checked and they said no you are still three, which happens to a lot of ladies and they have through my eight minutes for twenty hours. I have a new compassion for all of you. I don't have my nose snubbed in the air anymore.

D I have a friend who, him and his wife had not had a baby yet and she was really gung-ho against epidurals. He said she would just preach it, not my baby. He said we got to like 6cm and he could hear down the hall, epidural. She was screaming epidural and calling for it.

S Hilarious

D She was screaming epidural, calling for it.

S That's hilarious.

D And with that we raise our kombucha glasses and we toast and welcome Solace Ling Allison to planet earth.

P Yes, God is so good, protecting Mum and baby and being with you throughout all that.

S And you said something to me when your babies were born. I remember it every time so I give them a big sniff straight away because you said there's nothing like the smell of a new baby, it's the smell of Heaven. There's a special smell, you couldn't bottle it and you can't find it anywhere else.

P It's intoxicating.

D Like puppy breath

P Way better, all the mamas of fur babies are going, yes Danny like puppy breath.

[00:25:14]

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

S Serene, so you guys go ahead and talk because I'm going to put my nursing shawl on and be a Mummy

P Yeah sure, we are going to talk. We won't go too long today.

D I'm still in magic baby land. My brain's empty and I want to look at the baby.

P I know. Yes you have gone really gaga over it Danny.

D I'm a big baby fan.

P Does that mean baby number five?

D Who knows? I want all the babies in the world.

P We won't go real long today. But I was thinking, we put out this thing a couple of weeks ago, give us your feedback. Oh my goodness, you gave us your feedback. Danny you and I have looked at it all, every single bit of feedback and Serene will never look at it.

S Just an interruption Pearl did you bring in the diaper bag?

P You know what Serene, I left it in the car.

S Don't worry, I will go back to the diaper room. You just keep doing this PODdy.

P John's going to go get it, thank you John. My car is right over there.

D For all of you who need a real slick, polished podcast, I hate to disappoint.

P It ain't happening. But you know what, I want to talk about the feedback we got Danny, because it was so interesting to me. We asked you what you want for the future of the Poddy. Do you like how we just sit here and we just go with what we feel is on our hearts or do you want some special guests? What do you want from us? Do you want us to branch out into other topics, do you like that we bring you Biblical stuff or is it too much for you? We just wanted to hear. Do you know Danny, there's a couple of things that I definitely want to implement. But I, boy we have a vastly different audience, do we not?

D Oh yeah

P For every person that said no I'd be interested in special guests, we had many more that said no just keep it the way you are.

D Don't change a thing.

P Then we had so many people that said oh man the stuff that you bring that's on your heart that God has shown you, all Biblical is so just what I needed. But others were like no I'm okay with you doing some of that but I could do with without that. We got people saying, just THM stuff please just keep to THM, don't do anything else. And then we got.

D Some really great ideas and some people wanted on-site interviews. Capturing women's testimonies, not only how THM changed their life but on

random topics too. On what's going on, women overcoming a great grief or struggles, lots of great feedback.

P Yes so honestly there's a couple of things that we'll start implementing that I just loved and we got some great topic ideas too. But I can't sit here and say that from all the feedback we know that you like this because you are all so different. So what we are going to keep bringing is what we I guess feel on our hearts. because if we don't enjoy coming up, turning up here anyway, it's not going to be a PODdy. And I think we are going to go with our guts still on a lot of stuff. And know that we have a big audience and you are all so different. We want to bring you all something but it might not be on every single PODdy.

D Yes and some people asked for your family members, like your Mum. We're definitely going to bring Nancy in.

P Yes and our sisters, one thing we want is before we're going to get any outside special guests they're all like, we want to hear from your family.

D Yes I think we should just start mixing in special guests. If we do that it is going to be so right on in your face on what you want to hear though. It's not going to be randomness. It's going to be rocking on. Vange will come in.

P My Mum, they wanted Meadow too, my eldest daughter. And by the time this PODdy goes live hopefully Meadow would have had her baby.

S And poor Meadow she probably feels a year overdue now.

P She's a day overdue.

D Some more stuff we want to bring, some of you have asked for beauty products.

P Oh look the baby. Hold on, do you hear her?

S I keep calling him a he, it's terrible because my last baby was a he. My little girls are like, Mum she's a she. Him's a her.

P Him's a her. Oh well if she starts again we'll capture it. What Danny?

S She only cries when I change her diaper.

D Some things you guys asked for, some topics are relationships, beauty products.

[00:29:43]

P Parenting

D Lots of requests for parenting.

P Do you know there are a couple of things that I saw, parenting and supplements?

D I saw a lot of supplements.

P So many questions on that. But I do want to talk on supplements but this is something Serene and I have gone back and forth on for a couple of years and we're not ready to bring that talk but we will soon.

D Science in the forefront of the body and mind, oh we hear cooing, don't let me interrupt. Who's the best? Okay. Who's the best baby ever? Who is the wonderful person?

P Yes

D Just a wet-wipe, we'll bring out the passion. Oh my goodness. Hey, we promised you a special guest.

P This is the most important special guest ever.

D Okay so more stuff you asked for. Life hacks. Do you know what life hacks are?

P I don't really know what that means, is it to take a short life?

D Short-cutting stuff, doing things

P Oh they wanted a day in the life of Serene and I. A lot of people ask that, they don't know how to fit everything in, and so.

D I will say this. Probably the number one we got most requests for.

P What?

D Videos of stuff

P We got a lot of people saying that we don't want videos. I want to still be able to listen while I do dishes and I can't sit there and watch.

D So that won't change. But we are going to try and send some videos, special features and things, maybe every now and then record an actual video podcast for you.

P Yes, but you will always be able to just listen if you want, you don't have to watch.

D Yes

P Oh and I love the thing that we are going to start doing. I don't think we're doing it this week because you know, Serene is sort of... We haven't discussed it. We're just letting Serene rest. We're going to hopefully every week, do a Food Spotlight. Like why should we eat this? Why include it? Why are we eating so much okra or like what is good about green peppers?

D Break it down.

P Why are we eating celery and peanut butter, and those sorts of things like a food of the week. Also what I want to do and I think we should start today because we have got a few minutes. Lesley here is our wonderful Lesley she

joined us about six months ago. and she, we have introduced you to her before but she keeps all the balls rolling at Trim Healthy Mama. She comes, we're blessed to have her. Lesley comes from like the biggest most famous person in the world, we won't say the name but she organised that person.

D Oh you are talking about her ex-boss?

P He is a very, very, very famous person but she has a deal that she can't talk about that, and that's fine, but all we are saying is.

D I didn't sign any deal.

P Serene and I get the blessing of her organisational skills and our whole company needed that. But Leslie, right, she didn't come to our company because she's a Trim Healthy Mama expert. She came for her organisational skills. So she has just watched us do this THM thing, sort of read the books. She's read the first three chapters of the book but never decided to do it. She just watched us and that wasn't a prerequisite. She didn't have to do the plan because she was hired for different skills. Lesley, come sit where Danny is.

S You can take my mic if you want.

P Lesley is vivaciously beautiful, I want you to know. She's got red hair and she's from England

S And she makes a darn good curry.

P She's an amazing cook, but you really only started Trim Healthy Mama about three days ago. But you never had the inclination to do it because why, you were?

L I have always been pretty confident in my skin. I was a very skinny teenager and when I went to college I kind of gained, but I always had this kind of big personality and it just never was an issue for me. I never did any kind of fad diets and I have that total opposite experience of most of the mamas, certainly Serene Pearl. I'm in a relationship and my guy likes my curves.

P He doesn't want you to lose weight. Now, to be healthy, you probably should, correct?

L Right

P But you woke up three days ago and decided I need to get healthy.

L Right, it was ...TMI but you know, it was cycle time, it was the holidays.

D Go ahead

L It was after the holidays and it was just an accumulation of things and I just felt gross. Just subconsciously, Serene and Pearl's messages, I've just been around organising it and they speak all the time, everywhere about it. It's just coming in, going in my ears all of the time. Anyway, I'm going to cut to the point because I decided secretly to start.

S Well it's no secret anymore.

[00:34:55]

L Well I know that, but I called Pearl the other day because she's my buddy. And I said hey, so I was in the yoghurt aisle... And it's just overwhelming. This is my "Rookie to the Rescue".

P Yes so we're going to do a little segment following Lesley, Lesley is just a baby beginner here. So she's going to ask a bunch of questions. She asked me this

question on the phone and I'm like we should bring this to the PODdy. Serene and I probably take a lot of things for granted that we think that you all know. Maybe you don't know.

L There's literally a thousand different, especially if you're in the nice stores, a thousand different types of yoghurts.

P Lesley's Rooky, what are we going to call this segment? Lesley's Rooky Rescue? Leslie's Rooky Rescue.

S I love that. That was it. You know a good name when you hear it.

L So a thousand different kinds of yoghurt, I didn't know where to start so I asked Pearl. I ended up kind of with one version of the right one but the other wasn't right.

P She was like which yoghurt is right, thank you Lesley.

D She said, and I'm out, drops the mic in my lap. She dropped it in my lap.

P She is going to bring us some good questions because she is overwhelmed with starting out. All these things that she's going through are now going to be public, Lesley you wanted it private, too bad. So she was like, well I'm in the store, there are a million yoghurts here.

D What is that?

P It's yoghurt, in English.

S Our Dad calls it Ya-ghurt

P Ya-ghurt

D Help me.

P And she's like I don't know what ya-ghurt to buy.

S And the other day we were at an event. What's the difference between whole milk and half-and-half and cream in my coffee?

P And these were basic things, so let's talk about yoghurt. I said, Leslie, is there any plain? She goes, do I get full fat yoghurt or what, so I said ss there any plain Greek yoghurt there? And she's like yes, I see plain Greek yoghurt. I said is it non-fat and she said yes. So she got that one because that can go with your S and your E Meals. It's a lean protein, the Greekness of it just means that the whey water which contains all the milk sugars has just been removed.

D That's what we mean by Greek yoghurt. That's what qualifies.

S Higher in protein, yes

D That's what qualifies it for Greek yoghurt

P You can make it with yoghurt at home, you just take regular yoghurt and you strain it in cheesecloth overnight in your fridge and you'll end up with Greek.

D Because you'll lose what

P The water with the whey, and that's the sugar.

S So if she got the full fat yoghurt, not the full fat Greek yoghurt, it would be a Crossover, because you have got the fat and the lactose.

P The lactose are the milk sugars.

D Why do the Greeks have a corner on this yoghurt?

[00:37:50]

P Well because they just know stuff. You could be Greek, Danny. Looking at you with your hair suddenly, you were Nero to me.

D I am what's known as ethnically ambiguous. We're not sure where he's from.

P I just saw you with this little, leaves around your head and what do they call them, robes.

S White robes.

P Toga

D I could see myself.

P You'd look totally Greek.

D You ought to see what happens when I put a turban on.

S You'd be Arab

P You'd totally be Arabic.

D Arabian Knights

P You would be an Arabian Knight. You would be, what's his face, Aladdin.

S He would be Aladdin.

D I've been accused of every Egyptian, Jewish.

S Are you one of those that go into a metamorphosis, a chameleon....

D Karma Chameleon in fact comes to mind.

P This is so funny, we get a lot of feedback like when we go on rabbit trails too and people are like, that's my favourite part and others are like could you just not do the rabbit trails?

S Those rabbit trail haters, they hate us at this point.

P But we've got to be who we are, but like I understand too, I love your rabbit trails but when I share this with someone else I want them to understand what you guys are all about.

D I get it.

P They talk about nothing.

D Yes if you don't know us and you know what I mean, I get that.

P I get that too. It takes a while to know who we are.

D And why do I care about?

P And why do I care about them talking about Nero and Greek?

D Where's my goods?

P I understand that and we have to be mindful of that.

S We have to be mindful but then the fact is once we're your friends and you are our friends.

P We're in the living room for some chit chat. And we were chatting, that was like our first. But we can't be who we are not either.

D So we're going to be mindful of it but not today.

P Exactly

S And that's where it will stay, right?

D And we might say that next week.

P But if those people would just listen to three or four poddies then they wouldn't mind being in the living room with us.

D Hey let me tell you this.

[00:39:46]

P First off you think that we're morons.

D We may chit chat but we're going to give you some gold my friend.

S All my friends, the people that I really love, I thought were morons at first.

D True

P Yes I think a lot of people upon first hearing here could be like why?

D Why

P But then after a couple of times, it's like oh yeah.

D But then you listen to the Foxy Mama Podcast and you go, okay my whole life has been changed forever.

P And then your husband is forcing you to listen to every podcast that comes out. He'd be like, did they talk about that Foxy Mama anymore?

D When we recorded that one I raced home and I was like, you have got to listen to this podcast.

[00:40:24]

P I don't even know what episode that is but it actually wasn't called Foxy Mama, for those of you who haven't listened yet. It was called, marriage, intimacy, something. It was like, don't let your children listen or something. But all that to say, yes Greek yoghurt, going back there. You can use it with your S and your E meals. Lesley here, lovely Lesley, was not a breakfast eater. She'd wake up, all she would do is coffee and then be ravenous at what about 11am and then make a bad mistake. Because like Danny, our two newbies in the room were blood sugar freaked out at 11am and made stupid choices. So now Lesley showed me her breakfast this morning. It was Greek yoghurt, it wasn't a lot. She's not real hungry in the morning, plus berries.

D Oh come one Les.

P And she's getting her protein, cinnamon swirling in. How is that making you feel in three days? Any changes yet Les, run over here.

L I don't want to be like too sassy but I feel really good.

P Oh good

L I feel definitely, I haven't been able to be completely pure for three days solid but the fact that I did have breakfast and lunch and two of my dinners totally on plan.

P You're rocking it.

[00:44:23]

L I feel like, visibly I don't think you can see it but I am feeling better and feeling better in my gut as well.

P Gut issues, that was Danny's thing too.

D Oh the gut

P Lesley, but I have got to ask you one more question. You're not going to be a weigher are you, because you don't care about what the scale says right, iif the clothes fit and your curves and you just want the belly to be healthier.

L Exactly

P So that's the way we're going to follow Lesley. I lost a pound this week that you don't care about and you're doing this for your health.

L Absolutely

P Absolutely

L I don't even want to test it. Not the blood sugar, I don't even want to know about that until.

[00:45:00]

P Because you're a bit scared.

D I'll throw this on there too, if you learn to love kefir one day...do you love kefir?
Have you had it?

L I'm not ready for kefir.

D Well once you build up to the kefir level.

S Kefir doesn't taste like my Yuck-Yum in it's original state

D I'm telling you, sometimes I'll throw a swig of kefir down while I drop the kids off at school until I can get to the breakfast. It's a stabiliser for me to not flip out and get nauseous and crash.

L Copy that.

P Yes she's copying. She's like no, just one thing at a time here. So guys, look our sister's just running, walking past there. We're done. So that was it for today and next week I think Serene will be off. But we'll have something so good planned. I don't know, we might, we're going to bring our sister in, bring in another special guest too, but next week we have something different.

D Yes, year two the podcast is going to be at least 65% better. We're going to rock your face this year.

P 65 is such a random number. You are fired for that one.

[00:43:30]

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

[00:43:40]

D It's question time on the Trim Healthy Podcast. We've got a question from Angie G. My blood sugar crashes an hour or two after an E-Meal. What should I do?

P E Meal

S I thought he said email.

P Lots of things. That's a good question it comes up quite a lot. Serene do you want to go?

S I just want to start out with, make sure your E Meal is really anchored with protein. Because sometimes you think, oh E Meals I need those carbohydrates and have a couple of slices of Ezekiel bread and maybe a couple of tablespoons of cottage cheese on it or maybe it wasn't enough protein for you. Remember if you're that kind of person to really make sure it's anchored with at least 20g of protein.

P You don't have to start counting and be freaky. I think protein really helps a long with, if you're still hungry, add more veggies to it. I like to have a salad too, let's say I'm eating my E on a bed of greens because it just fills my stomach up more and it is healthy. This is what I do with an E and I usually do it every time. You can take a drink at the end. You can either do a Trimmmy like Serene will probably do a Trimmmy like a Hot Chocolate Trimmmy with a little collagen. I just do the Speedy Chocolate Milk which is the one big cup of unsweetened cashew or almond milk and half a scoop of our chocolate or strawberry whey. If you don't have that you can easily do it with regular unflavoured whey, one teaspoon of THM Super Sweet and one teaspoon of unsweetened cocoa powder.

S Of course she's talking about the store bought cashews and almond milk that have very little fat, because you're in E-meal.

P Exactly

S You know, there could be some people who are home spinners like me and Pearl will be like oh, one cup of cashews, one cup of milk.

P Yes exactly. I feel like that really holds me.

S Yes I think that is the key, like having that nice little drink at the end with the extra protein boost. Put in some non-starchies in there.

[00:45:37]

P It's just a trick that works, every single time. And it's okay to be hungry before your next meal. It is okay that little bit of hunger. It just means your metabolism is revving up and you had some carbs. It's what happens naturally in your body.

S It just means the digestion cycle is completing. It's a good thing.

P Don't freak out about a little bit of hunger.

[00:45:54]

Announcer Trim Healthy Mama Product News and Notes.

S This here **baobab** just is the bomb. I'm so excited about it, I just made my children do an article on it for school, a research paper.

P Oh, Baobab Boost Powder.

S I just made them research baobab, researched the dickens out of it because of how many incredible benefits it carries. Do you know Pearl that it has five times the fiber of oatmeal, it has more antioxidants than the acai, the

pomegranate and the blueberry, actually, more than the pomegranate and the blueberries put together and more than the acai.

P Do you know Serene and Danny that baobab is the highest antioxidant food on this planet?

S Baobab Boost why do we call it that, because it's going to boost your level of every nutrient. It's so high in magnesium, and iron. It's got more iron than spinach.

P Here's the deal. For us women, in our menstruating years you lose a lot of blood and so many of us are walking around with mild forms of anaemia.

S It's not just iron supplementation that fixes it. You have got to have the right Vitamin C levels to absorb the right iron level, and baobab is the bomb because is so high in Vitamin C and iron together.

P So we call it an energy powder not because it's instant energy, not like caffeine, it is long term energy. It builds in your body.

S Did you know that the baobab tree has these big coconut sized fruit, but not as round as a coconut. They are kind of longer, like tear-shaped. Do you know that the fruit actually dries on the tree and all we have done to it is just ground it into a powder? There is no processing here.

P It is so full of fiber as Serene said, it's a Fuel Pull. It has as much fibre as it had carbs. You can put it, how do you use it? People always ask me well how do I use baobab now?

S In everything

P Yes pretty much. In every smoothie, I just chug it with water sometimes.

S Everything sweet, you know what, we have the new books, just put it on your table and start using it

P Put some in your Good Girl Moonshine.

S Hello Health, the new sipper from THT, that is baobab based but you know if you just want a simple juice, I call it juice for my toddler. I put a teaspoon of baobab in one cup of water and one doonk of stevia or like I like to have honey because it's good and all that but just this because I don't want to have honey sitting around in water all day, because of botulism. I put a doonk of stevia and it could be just that, shake it up or maybe just a cap of lemon, or a squeeze of lemon.

P Say that again, one cup of water

S One teaspoon of baobab, one doonk of stevia and then an optional squeeze of lemon, shake it up and it is juice, and what is good for him is it slightly thickens the water which he needs because he always just kind of like gobbles his water so fast, he just splutters and chokes because he's still little.

P We can make juice for anyone who like juice.

S My children are like, can I have Remmy Juice?

[00:49:00]

P Remmy Juice

S You know what? After my children have been studying baobab, they're asking for it all day and they're making concoctions with it because they know how good it is for the body. But add it to savoury, its light citrusy flavour is just as good in savoury as it is in sweet.

P Yes

[00:49:15]