



Trim Healthy Podcast with Serene and Pearl

Episode 69 - A Day in the Life of Pearl and Serene

*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 · J = John

[00:00:00]

Announcer This Podcast is supported by Progressive. There's no better time than now to quote your car insurance with Progressive. In fact customers qualify for an average of six discounts on their auto policy when they switch. Discounts just for starting your quote online or owning multiple vehicles, switch and you could save an average of \$668 a year. Start

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[00:00:14]

S This is The PODdy with Serene...

P and Pearl

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

D Trim Healthy Mamas and Men, welcome back to the hottest podcast probably...

S Hot is such a funny word, right.

D Probably ever to dawn on the face of the earth the Trim Healthy Podcast with Serene, Pearl and myself, hey and today, because of popular request, you know, a lot of people want to know how these gals do it. They're business owners, they're mothers. I mean they're preaching the home-centric, mother-centric message, the food-loving message. And yet they also own the company Trim Healthy Mama, and, how do you do it all? That's what we're going to talk about today, and, you know...How do you do it all?

S I sit on Pearl's counselling couch and she sits on mine.

[00:01:06]

P That's true!

S Oh my goodness

D I mean is it... Are you flawlessly effortless in this?

S Oh no ways

P Oh my goodness, no

D Is it the struggle? Are you constantly choosing, you know, battles...?

P I think everyone's life is crazy you know. Everyone's life is challenging. And I think that we have our own set of challenges, but it doesn't mean they're more challenging than you listening right now...

S Exactly

P Whoever you are, you know, your life is extremely challenging too, so I....

S And we don't even want to be narcissists and talk about us. Actually, when I heard that people were interested in this I'm like, oh no, how boring, talking about us. So we're only doing this because of the requests.

P We keep getting these requests. "A Day in the Life of Serene and Pearl." Please tell us how you cope, how you do it.

S I actually prefer not to talk about it, because I find that one of my best ways of coping is, Serene sufficient for today. It's all the junk that goes on. Don't go over in your head about what happened yesterday and don't look into the future of all the stuff you have to do tomorrow. Just live the day and be thankful for it.

P Well there's a scripture isn't it sufficient today is the evil thereof. Don't put it in tomorrow.

D Yeah, and it's really a great question though that people have, because Serene you have ten children.

S Yeah, well, 14 and nine grandchildren, but...

D And technically, you have a job.

[00:02:22]

S I only have ten children at home, but you see it's also the ones that are out of the home...and Pearl you'll find this too...that you're mothering just as much, because as they're growing into new seasons of their life, into parenthood for themselves, they have questions and they have needs of encouragement, even more so.

P And time is still so important to spend with them, like...

S Yes

P And so our, I would say our biggest thing in Serene and my life as you know Danny, and everyone in this PODdy cabin knows, is where do we put our time most effectively. So that's how Serene and I run our lives. Especially with this whole Trim Healthy Mama business thing. We have come to the point where we have hired great people, and we only...

S Three of those great people are in the room. We have many others, but three of them are here.

P Yeah, we have great people in this room. And so we want to make the most of every single minute that Serene and I give to the company, and so we try to be so effective, but we'll go into some of that I guess as we talk. Serene, we should just talk about when we get up. What's our day like? Your life is very different to my life. We're in different seasons.

[00:03:25]

S Different seasons, I've been walking the floor since four this morning with a little baby who's got a cold and has a hamangioma on her leg. Just a little strawberry red birthmark, nothing wrong, but as they grow sometimes they can ulcerate. It's rare, it's nothing to do with health or non-health of the child, it's just something that happens, and hers ulcerated and she is in agony, and yes, all of that.

D Serene it's interesting, because she has the seasoned wisdom of an older mother and...

S Don't know about that Danny. I feel like I've forgotten it all.

D And yet, she's in the actual season of a brand-new mother with her new baby.

S It's new every time. It's new every time.

D Yes and it's interesting, because watching you go through this season with the new baby and the questions you have... It's almost like, it's weird, it's like I know you know some stuff, but then you're also dealing with...

S I'm asking my daughter. I'm calling Selah, hey Selah, when do they start teething again?

D Right, right, yes, but it's like you're dealing with it brand new. That's been our experience too with all four of our children. It's like every child is like we have no... We have to start over.

S Yes

D We have no clue what we're doing.

S Google man

D Yes

P I don't know, so we should start off like with our... So let's be honest. I'll start with my morning, you do your morning, and then we'll talk about the rest of our days and then we just talk about how we try to fit the business in.

D I'd love to share a little... Some behind the scenes stuff of what goes on in the company.

P Yes, we should do that, because...

D Because see our... When I first started working here it was a unique experience to see when like Pearl and Serene would descend upon the office. There was like a whole vibe that just came over everybody and it was like, they're here.

P Well, that's because we're here to get angry...

[00:05:03]

S Well they're here to yell at us for something, lol, usually we're there to like...

P Well, we'll talk about that.

D To tell us to not charge money for things

S Our women don't have money!

P It's so funny, because...

D They can't afford it! And we're like, we would like to have a job tomorrow.
That would be great.

P But that's been the biggest dilemma. Trying to get these quality things you know, to help people. And yet quality costs money, and it's sad because...

S We love our husband's so much. We have great marriages, but sometimes...

P We have fights.

S Sometimes, because we're married to the other half of the business work comes home and it will be like, you know that we have to charge that extra dollar on the product. And we're like, no you don't, and dinner table is spent...

D Haggling with your husband

S Deducting the dollar or putting it on. Yes.

[00:05:44]

P They're just so logical about it. They're like, our business needs this to grow and to keep the lights on. We're employing all these people. We have the huge facility down in Nashville now, we're building all these new manufacturing facilities. To keep the lights on we have to charge this. We're like, you don't understand, we won't have a business if we overcharge. These women cannot afford this. You don't know, you could say... I don't care what you show me on paper...

S Yes

P A woman knows what she... A Mama in the home knows she can't afford that.

S We say, we can't lift our heads on those little videos and say, here it is, the Trim Healthy whatever, if we don't feel proud of the price.

P Yes. I would say that is the biggest fight we have whenever we go.

D Yes, noticed it. So talk to us about your mornings.

P Oh, okay.

[00:06:29]

D You start your day. Of course, Serene you have ten children to think about, your own health having just had a new baby. Can we start with Serene? Tell us about your morning.

S I don't mind starting with Pearl. I don't really like talking about myself.

P Go mate, go you. We need to keep these brief.

S So yes, I roll out of bed...

P What time?

S It depends. It depends. I actually get out of... I pee a lot in the night people, just because of nursing and so drinking water every time I get up. One of those times I start taking my little supplements that have to be on an empty stomach, so that's just part. And then we probably get up at around 6.30am. My husband has to take a few supplements on an empty stomach too and I have to get that organized for him. And then I have Vision, he's my little chef, and he makes my husband's breakfast.

P So Vision's in charge of Sam's breakfast?

S Yes

D How old is Vision?

[00:07:22]

S He's 13.

P What does he make for Sam?

S He either makes three fried eggs...

D Nice

S On a piece of sourdough artisan bread, with a sausage on the side, like a...
What do you call it, a link, a breakfast link.

D Every morning

S Yes

D Gracious

S And I make him a Trimmy coffee. So I'm in charge of the coffee, because
I've got to get up and nurse the baby and feed the toddler and all that kind
of stuff. And make the slim... What do you call it? My brain...

D Trimmaccino

S No, the pants, the...

[00:07:53]

D Sweat pants.

S Sweat Pants Oatmeal

P So he either eats Sweat Pants Oatmeal or the eggs?

S Yes and the children eat Sweat Pants Oatmeal right now every morning.

P Oh, so you've adopted my recipe Serena?

S Yes, I make it. I've enlarged it and they all do their Sweat Pants crusting on top with the cinnamon and the sea salt and Gentle Sweet...

P Oh nice

S But I make the big pot of oatmeal.

D A busy Mom knows how to make coffee.

S Yes, I know how to make coffee.

D They have no problem getting to that coffee pot.

S I make the coffee for Sam.

[00:08:19]

P So do you feed everyone? Does everyone eat...or you get up and eat? You make your own breakfast?

S I make my own breakfast after they've had all their stuff, yes. I just like to relax after the busy morning.

P See that's what I do too, but I'll share mine. So, what do you have for breakfast usually?

S It's either like a scrambled egg thing with lots of non-starchy veggies. That or sourdough toast with cottage cheese on top.

P And sometimes you'll do the Crossover.

S It'll either be Matcha or a Matcha Nin. We have a recipe for that, or a Trimmy coffee.

P And your Crossover sometimes

S Yes, I Crossover sometimes, but I like Crossovers for lunch.

P Oh preferable

S Yes

D And now are you home schooling post breakfast?

S Yes, I'm home schooling post-breakfast and we're doing chores and all that kind of stuff.

P What times does your home schooling start?

S Well, I have a beautiful, wonderful, daughter-in-law, Esther, who's married to my son Arden and she is an incredible teacher. She teaches my three that can't read and that's fantastic, because that...We adopted that idea for when we were writing the books, because there was no way of writing the books along with all the meetings and things that we had to do, and trying to lean over people who can't read and tell them all that they have to do for school. So I school the five readers in our house.

P Now is that just you facilitating what they have to do...

S Facilitating, yes

P And then they go do it.

S They go do it.

P You're not like looking over their shoulder the whole time?

S No, no, I'm just like saying, get back to school. Why aren't you doing that? Now time for math, come on, English. No, you should have spelled that

word. Checking their research papers and things like that. But I'm not saying, the cat sat on, and all that kind of stuff.

P Right

[00:9:48]

S I'm not a strict home schooler and I don't go by a perfect curriculum. I just wing it.

P Yes.

S So I'm doing that, and then I say, Pearl, John, Lesley, whoever is involved in what I'm doing for Trim Healthy Mama, please no meetings before 12 noon. I can't do it. It's cray-cray.

P We will never do meetings... I might do meetings before 12, but Serene is unavailable to Trim Healthy Mama until about 12.30 pm.

S Because I have a toddler who's two and he still has some feeding issues, so everything takes time with that.

P Yes, that's right. Feeding Remmy and then nursing the baby, so your mornings are very, very busy.

S Yes

[00:10:26]

P We do radio. We have a radio show now, some of you know. That's a daily show, but we fit it all into one afternoon, the recording. That's one afternoon.

S And now we're doing the PODdys in the evening, so that's an evening.

P Yes.

D But one night a week

S One night a week, but other nights a week... So we have like a family prayer meeting with the extended family on the hilltop and that's on Wednesday nights. The PODdys on Monday nights, and then Tuesday night I think is free. Thursday night I meet with Selah and all her children. It's like a grandchildren night.

P Yes.

S Friday night is family fun night. Friday family fun night so that has to stay open.

D Family fun night, oh yes.

[00:11:04]

P And then afternoons if Serene absolutely has to be at a meeting she will come. Otherwise, but there's other things that we have to do like, we have to look at products, or we have to be developing something. Serene and I are about to start this new...a book for churches to go through the...

S She sent me the email to look over some of the stuff like a month ago and I still haven't done it.

P Serene's, her... Definitely, she's mostly family, but you know THM still takes up a lot of your time...

S It does.

P You're not in the throes of things like the sales and you're not going back and forth with John like I am.

S No I never was.

P You're there for when we need you, and you have a big, huge, huge input on products.

D Yes I was going to say in the product development. When it comes to what is going to be the final product, what are people going to have...

S It's very Serene involved.

D Yes

S Little write ups, creative stuff with the research with Pearl.

P Yes, and also because of your purist standards too. She's like the last person that needs to sign-off on our products.

D But you know it's also an artist thing. I found this with writers, food artists, actors...Go down the list of anyone who's creating something with their hands for people. They are very particular about that, what it looks like. They don't let too much input come and cloud. It's their art work.

S That's the sad thing for Pearl and I is because we are too busy. Full life, and you know, I use the word rush too much probably Pearl. I don't know what your word is for life, but I use the word rush too much, and overwhelm too much, and I'm stopping because they're poisonous words. Two poisonous words. I feel like I'll be less rushing and less overwhelmed if I

just change those words in my life, but the thing is that...I forgot what I was going to say...

P That's her latest thing.

D Typical

S I got up too early.

D Welcome to the podcast

[00:12:51]

S Yes, that's what it was. I don't know what, but it's like I don't have time to wash my hair anymore. It's awful. It's like Mom-bun...

P Well you do the Mom part of the bun...

S And it gets to be like dreadlocks by the end of the week, because just no time to brush it, no time to wash it.

D Hey, natural oils, that's how I roll. If I wash my hair too much it's a big afro.

S It's dreadlocks man for me. So anyway Pearl, on to you, but that's my goal is to...I do a lot of self-talking. Like just saying...

P You always fit in your Bible reading.

S That's what I'm trying to say. It's the bible reading that tends then to the self-talking of like, yes, I've got to go apologize to that child. When my husband gets home it's just definitely another apology. You know, because I feel like so much going on makes you...

P Well your life is very...You don't have...I always look at Serene and she doesn't have any Serene time. There is no Serene time.

S I don't want Serene time

P That's not what you are looking for in your life.

S I don't even want any own time. I like to go to the toilet alone.

P Yes.

S Don't really get that.

P And you like your shower at night alone.

D Couple of key moments

S I like my shower at night, yes.

P She takes her shower. That's your rest time.

S That's special. I don't want any Remmy two-year-old coming in.

P Yes.

D Well that's Power Mom season. My wife is like that nightly holy bath that no-one shall enter.

S Yes exactly. It's washing off the stress...

D Yes

[00:14:00]

S What I meant by self-talking, because I don't want to sound new-ageist, is that basically my strength for my day is my time with the Lord. The time with the Lord brings conviction to me. It's a lot of like I said... A lot of, I

need to calm down, stop saying rush, I need to say sorry. Anyway, Pearl over to you.

D She's so done. She went at like a thousand miles an hour and got it over with like someone's forced her to do this.

S Hey my life isn't interesting.

P What she's not talking about... Usually one day a week we'll have videos or something to do that we haven't done in a couple of weeks, and then we have to sometimes...

D I do my videos Pearl, thank you very much.

P You do yours, yes.

S It's so fun though to do the videos, because Arden does the videoing and that's really a special time, because he's married now.

P Your son Arden

S So I usually feel guilt when I'm doing Trim Healthy Mama and I'm away from the children...

P You don't feel guilt when we do videos because Arden time.

S Yes

P But you know what, next week we have to fit in some and every day is filled up. We usually have like several weeks ahead where I look at a week and I'll think that week looks so beautifully...nothing.

D Open

P Open. Every time we get there and every day is full.

D Never

S Yes

[00:15:04]

Announcer This is not a drink, this is the new Cascara Cold Foam Cold Brew, craft liquefied, delicately smooth. This is the Strawberry Acai Starbucks Refreshers beverage, tropics chilled, my afternoon anew. This is the Teavana Iced Peach White Tea Infusion, steeped, shaken, excited to refresh. This is the new Ultra Caramel Frappaccino Blended beverage, whipped cream layers, perfect and this is your afternoon made at Starbucks

[00:15:33]

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 My day as I said, I'm in a different season from Serene. My youngest is 13. I have two married, so I only have three children at home. They're all teenagers and then there's my husband. So when I get up and I'm usually up by 7:00 am just because I wake early and I don't know how to sleep in.

I could sleep in if I wanted, because my children can all get their own breakfast. They're home schooled too.

P I usually get up like 6:30 or 7:00 and then my children start coming downstairs about 7:30. They're quite capable of making their own breakfast and Autumn, who is 13, makes her own. She makes a smoothie pretty much every morning although every morning she asks, Mom what should I eat for breakfast, and I'm like, do you want me to make eggs, because I'm the egg-maker of the home. I love making eggs.

D Yes, same here

P It's my thing. Any child wants eggs I'm like, you want eggs? Come on, Mama's got your eggs.

D Break it up and it's already in a package. It's funny, people that use those liquefied eggs...It's already liquefied in the shell folks. Open it out of the dang egg.

P I love making eggs.

S You're not a smoothie maker.

[00:16:44]

P No I'm not. You're the smoothie maker Serene. I know how to make my Pearl style of Yuck Yum and that's the only style of smoothie I'll basically ever have. Occasionally, like for an afternoon treat... I don't like smoothies in the morning... I'll have the Strawberry Cream Cheesecake or something.

S You rock the Matcha Nin

D The Matcha Nin

P We're going to talk about that. Okay so in the morning I never eat until my children and husband are fed. My husband gets up a little later after me so as soon as I hear the noisemaker turn off... You know, the noisemaker...

D The noise machine

S The noisemaker from hell I tried to sleep with Pearl... We went away on a weekend. Her noisemaker is from hell.

P We jack that thing up loud man. Beautiful sleep, as soon as I hear it turn off I start making his breakfast. You see my husband doesn't demand that I make him breakfast. He would go and make his own, but his choices will be ridiculous.

D So you're saving his life each and every morning.

P I save his life every morning when I make him breakfast.

D Of course

[00:17:37]

S I have to save Sam's too, that's why I have Vision do the chef thing.

D I keep that same guilt going with my wife as well. Please continue.

P Okay so I make his breakfast. I usually make an S Helper for him. One slice of toast and some scrambled eggs. He likes eggs or some turkey sausage. Whatever he wants, sometimes he'd like a sweet breakfast and I'll do Muffin in a Mug or something like that. So then he's got his and then the children.... Autumn makes hers. I do eggs for Noble, because he is an

egg lover. Rocky doesn't like eggs, so he makes his own breakfast. So there's two smoothies and one eggs and I'll make my own, which is either like Serene, Sweat Pants Oatmeal or eggs. I'm so boring, but those are my two. And then I also home school, however we have someone come in now because I'm so required with Trim Healthy Mama and my days are pretty full.

D You mean a tutor.

P Yes, we have a tutor come in. I loved the early home schooling years.

[00:18:37]

S Shout out to her tutor. He's the most glorious silver-haired man of wisdom. He's just gorgeous.

P He's a sweet man.

D Loves history

P He does and that was a real Godsend.

D He's special.

P There was a time when I was trying to do it all like Serene, but I'm a little much more hands on with things actually and the going's on of the THM. So as I was trying to home school and do it all I had a meltdown.

D No way

P It was just too much. I just couldn't do it all. I became not the nice.... You know, I loved home schooling my little ones. Teaching them to read was

like the delight of my life, but as they got older and then you had to like high school and credits and Algebra 1 stuff...

S You don't home school. You break up fights.

P Yes.

D It's like taming rhinos.

P Yes, especially with my boys. Oh my goodness.

S Three testosterone teenage boys

D Bunch of rhinos with horns

P Oh wow.

S They weren't mean to you. They're huggers. They hug you all day long.

P My boys love me.

S They punch each other and hug you.

P Yes. It was pretty much chaos so we got this man in to be our tutor, to help.

And man, he whipped them in shape.

D Yes

S He old-school. He's good.

P He's old-school. They sit there quietly. They never sat there quietly for me.

[00:19:43]

D He's old school like small-schoolhouse-in-the-country style. Like, pay attention.

P Oh yes, that was actually good for them.

D He's good.

P Anyway, that happens with them.

S Don't they school in the PODdy cabin?

P Yes, they do. They school in the PODdy cabin.

D Yes, when we're not here they're here.

P Since I'm not really involved with them during school.... They come home I have their lunch ready. It's my nice gift thing back to them. It's like, oh hello children you little cuties.

D Mommy's still here.

S It's so cute. They come home from this little school house...

D Mommy exists.

S With their little slates and chalk, and come home for Mommy's lunch.

P Yes, it's like the good old days really.

S Anne of Green Gables

P I just have their lunch ready and they really like...By then they're so hungry they're like, Mom this is the best thing I've ever had in my life, because they're hungry.

S See, that's the beauty of Pearls household. I actually have the buddy system going for lunch and everybody makes.... Every big child makes their own lunch and then makes a little child's lunch.

D There you go.

P Yes that's nice.

S Sam's usually coming back quick for lunch, so I make his and make mine and I'm nursing and making Remmy's stuff which one of the older children feed to him.

D That's smart.

S Pearl that's so lovely. It is a beautiful thing you do.

[00:20:46]

P It's my love language to them and I love doing it for them. It doesn't take long. It's something really easy, like I do... You know on the sprouted bread I do grilled cheese and I put some turkey in there, you know whatever it is.

S Good Crossovers, good healthy Crossovers.

P Yes. I always make them good Crossovers. My children they don't need S & Es. None of them have weight problems.

D They're skinny kids.

P We're always crossing over for them.

D Is that the skinny-kid thing or is that the all-kid thing, the Crossover?

P Well, I feel like all children need Crossovers even if they have weight to lose. Maybe you could do some S & E's, but children, if they're growing... Have much more of a need for both carbs and fats.

S Just nurturing their whole entire system.

P So absolutely if there's a bit of a weight problem even S Helpers, but just getting off the sugar and the white bread, that's going to do wonders. You know, having healthy, healthy grains and healthy fats.

[00:21:36]

D And getting them off the couch to go play outside, but I digress.

P Absolutely, oh my goodness.

S I think Pearl is such an inspiration to me and a sane... A voice in my life with Trim Healthy Mama and family juggling, and maybe I help her a little bit in her side of it...

P Yes you do.

S I don't know. She... I just put that in there just to be...just to have a...

D Just to make sure you are valued.

S Pearl always says to me, Serene you're fine, you've got to stop the guilt.

P Yes.

S God's given us this platform then He doesn't give you more than you can handle. Stop the guilt, because I do struggle with a lot of guilt. Like here being now, I have some toddlers that are perfectly fun. They're living across the road., the PODdy cabin's across the road from my house and I'm sure that it's outside in the playground not even missing me, but I'm feeling like I should be there.

P If Serene's not in her home with her children she has major guilt.

[00:22:22]

D Yes, you're abandoning them right now and missing their childhood.

S Yes, that's what I feel.

D Yes, totally

S So Pearl's always a voice of wisdom and senility there. What do I do for you? I don't know girl.

P Well no, I mean you sometimes... I go too far and I get stressed with Trim Healthy Mama and my hands are in every little pile and you like, pull your hands out Pearl.

S Go paint that crib with Meadow for the baby, you want to.

P Sometimes I'm like... Meadow, my oldest daughter who's now married with the grandchild, and you know, things will come up... And I'll schedule to be with her for that day and I'll just want... I long to spend time with her and Warren the baby, but Trim Healthy Mama will take over the life. I'll get meetings every single day and be like, Serene I was meant to go see Meadow and you know I've got that meeting. She's like, no you don't Pearl.

S Let me call them. Let me get on it.

[00:23:07]

D I'll do it.

S You do not have that meeting. You go see Meadow.

P And it is, it's a voice that I need in my head, because in the end family relationships are so much worth more than the things that we feel like are so pressing and the world's going to end if we don't do that for THM, but it's not.

S I feel like we keep each other balanced, because I'm always wanting to Q the B, right?

P Yes

D Quit the band. Quit the band.

S Q the B I can only be a mother. This is too much. And she's like, no, God gave this to us.

P Yes.

S And then, you know, helping Pearl not be so overwhelmed, because she cares and worries about all the details which is a beautiful factor.

P We definitely need each other.

D I see the balance paradigm here. You...

[00:23:46]

S I don't care about the details, I'm like...

P Serene... I don't know... Serene, if we have to write a book she is there for the book. She is there for the product. She's there for all the things that she thinks Trim Healthy Mama is. The encouragement, the PODdys, the voice...

S The voice of Trim Healthy Mama

D She's the front man.

P But she doesn't even realise these details to tell you the truth. She doesn't know what goes on in this business. She has no idea what goes on.

D Yes, Excel spreadsheets...

S I know all the fights that come home. Sam's like, well there is still one product for this price and I think it has to be that price too and Pearl wants this... And I'm like, well I'm for Pearl.

[00:24:18]

P Yes the girls stick together, the details of websites, of sales, of what's being... Announcements, launches. Serene doesn't know when things are launching.

S I can't even get on the website.

P She doesn't know how.

S You gave me a... What do you call those things? Passwords? And I've forgotten them.

D That's what they call them, yes.

P Oh you mean the Membership Site.

S Yes the Membership, you said you posted this picture of Remmy when he was born and I was like, oh I want to go and see... And see what they're commenting on the baby, and I couldn't even get in.

P I know Serene.

S I didn't know how.

D I love watching John every podcast, because he's actually heavily involved in this conversation in his mind. He never...

S He is. He's got a lot to say right now. Come here John.

D He has so much to say and he doesn't have a mic. I'm just watching his face and he's sitting there telling me a whole story.

[00:25:06]

P Since the beginning of Trim Healthy Mama John and I have been interacting every single day.

D Hour

S John and I are best friends who've never fought, because Pearl does all the fighting for me.

J Never

P No, John and you have had seething eyes fights. Okay, John has something to say, because he was biting his lip. I don't know

D No I didn't...I didn't mean to add anything.

J Oh, you want to know about my day? Oh, thank you for asking. I usually get up at 5:00am.

D Actually you know what, that would be great, because John's day represents really the behind the scenes, the back end if you will, of THM. Yes. John, what time do you get up?

J I get up at 5:00am. I usually start texting Pearl about 07:00.

P He goes to bed about 2:00 am. You get up at 5:00, but you go to bed about 1:00 or 2:00. It's all.... He bleeds... John is wearing a blue T-shirt that's interesting today. John bleeds, bleeds blue... THM blue blood.

D That's not THM blue. That's Apple can I help you blue.

P John has a beautiful family too, but... You share your idea of this whole dynamic. What goes on John?

D John I need you to talk directly into that microphone.

J Do the lead singer thing here. I've been here since the beginning. It was your...

D When they were shipping boxes out of their garage right?

J I think the very first time I encountered was right after the first book got printed and you guys were shipping them. There was no website, there was no nothing. You guys were shipping them off your kitchen table. There wasn't a logo. There wasn't...there were no products. No, there was nothing.

D We're talking books, right?

J There was just the book and it just, just got printed and Charlie had set it up on...What was the name of that? It was like an E-Bayish site...

D Oh for books or something

[00:27:06]

J Yes and it just started to sell, but ever since that day... I came out of the music industry and was blessed to work with some massive celebrities and brands, and I just needed a different path in life. That whole thing had gotten incredibly self-centered. I just got tired of helping people get more every day. These people who already had everything and kept wanting

more. So I said a prayer and wanted to cross paths with... I liked what I did, I just hated why I did it.

J Within six months I crossed paths with you guys and it was awesome, because I think we are all ex music industry people.

D That's true. That's true.

J And I think we're all ex-music industry people, because of the selfishness. We all have our different stories, but like I mean...you know. You were just giving Serene a hard time about how she doesn't care about the details and that's what I love most about her. Serene's the most punk-rock person I know. She does... There is no pile of money big enough... Like, there is no pile of money, there's no carrot you could dangle in front of her that would make her...

[00:28:30]

D There is no incentive period.

J I say this in the best way. This is why this brand is so awesome. This could all go away tomorrow and Serene would not... I mean she sees it as the blessing, don't get me wrong, but Serene doesn't.... If there was never another book, if there was never another product, if there was never another podcast... Serene loves her husband, she loves her kids, she loves her family and that is enough for Serene. That is exactly what was missing in my professional life with the people I was working for in the music industry. I was looking at these people who should have thought like

Serene thought. So it was like instant love fest. I fell in love with you guys and I fell in love with this whole thing. My whole day is spent doing two things. One, trying to make sure that this brand never gets corporate and gross, and being mindful that you guys only have so much time in your day, and so, I spend my entire day... Doesn't matter whether it's radio, whether it's podcast, whether it's products, whether it's manufacturing centers, whatever it is that needs to be done, the boys have to fit it in in a way where it doesn't infringe on and take advantage of your time, because you guys only have so much time and everybody understands that. We joke and we fight and we bicker about things, but I think at the end of the day that's the best part of this whole thing. No matter what, no matter how big it gets, no matter how many thousands of chocolate bars we sell... My goodness, that's a whole story in and of itself.

D Or sell out of.

P Yes.

[00:30:08]

J We still have chocolate bars.

D Oh we do.

P We still have a few stragglers. Yes.

J The Fountain is out, Nobody is doing this for selfish reasons. Everybody is doing this because of the people involved. The day Serene Qs the B I'm Qing the B.

D Stands for quitting the band.

J There will be no band. That's what's awesome about this. THM could become the next Apple, the next Microsoft, it could get that big and I hope that it does, because we will be the only corporation on earth that does it right and never loses sight of the fact that there are husbands and wives and kids. That time is absolutely precious, and nothing should ever get in the way of that. There's a lot of stuff that goes on in the background that a lot of you listening don't realize. Sometimes it's a little frustrating, because I think...You know, why can't you just get that Affiliate Program up? Or, what's up with the Coaching Program? You've been talking about that for years. Or, how come it's taken so long for the chocolates to come out? There's so much stuff in the background that people don't realize has to be done, and it's just... I guess that my job is to wrangle all of that and fight with Pearl. Truth be told we honestly... We never fight.

[00:31:39]

S Fight with Pearl, because Pearl loves her children and family beyond, just as much as I do, but she also loves you guys. She has a very huge Mother's heart for all the Trim Healthy Mama's moments.

D Oh my goodness yes

S Now I do too. I love you all very much, so incredibly. Pearl does have an extra tender spot and that's why she's on the social media groups. That's

why she had almost a nervous breakdown, because she didn't want to give up caring for you guys too. I want to shout out to Pearl.

J Honestly, you guys have no idea the integrity and the heart that both Pearl and Serene have. When it comes to things like pricing and taking care of customers... That's why we sell chocolate bars that cost us \$5... We sell them for \$2. Anyways, I'll shut up. You guys don't want to hear about my day anymore.

P Thanks John I wanted people to get a little of the behind the scenes. Example, for the Coaching Program, how many times did we have to take the tests ourselves

S And fail them!

[00:32:34]

P And fail them. And try to figure out all the... Everything does take longer. Sometimes I realize we must look like morons. We can't get things out on time. It always takes us a year longer than we say, but you can't tell what's going on behind the scenes.

S And we have an integrity for it. Like the protein bars, we couldn't find a factory that would make them without all the fillers. Either a prebiotic fiber which is supposedly healthy, but we find that it still does have a chance of spiking your blood sugar and it's a cheap filler, and....

S Or a dried fruit paste which is going to spike your blood sugar. We didn't want to just settle for the **faux** low-carb protein bar which has got the tapioca predigestible

P There's not one bar out in the market right now that does not have one of these fillers in it.

S We could have put our bar out with the collagen earlier on when there was no collagen bars existing in the stores, but we didn't care that we were going to put the stamp on and be the first. We cared that our bar was going to be pure.

D Yes

S So we had to wait until we made our own machines to be able to make the bar without the...

[00:33:44]

P Yes. We're still waiting on that, but it's so close...Also, afternoon, you know what...The truth is I'm at the point now where I'm usually busy with THM so my sister Vange... You all met Vange here on the PODdy, we're going to have her back soon. Her two daughters they come and clean my kitchen for me.

S That's a ministry to them, because they love to get the pocket money.

P They love to do it, their pocket money. And I love them to do it. That was another big stressor in my life and obviously everyone can't afford... I

mean, obviously I couldn't afford... I wouldn't want to pay a cleaner to come into my house. That feels weird to me, because I...

S But nieces...

P But nieces that live right here... It feels like, well hey, it's a win-win.

D Hey and let me lift the guilt off a couple of ladies' shoulders, including my wife. If you've got pre-teens, teens, those little creatures they need to work. They are built to work. They want to work. They feel connected to Mom and Dad even if they fuss a second. Give it a week. Make them do it. They can clean your kitchen. They can do your laundry. They can mow your grass.

P It's so true and Serene has been really amazing about training her children to work.

[00:34:53]

D It's hard to do that, because... Especially if they're not in the habit of that, but they will thank you for it when they get older.

S You know what, I do tell myself there's that balance Serene. Yes, it's great to train your children to do jobs, but I always have to tell myself, come back to that balance. You're the Mom. You're the Mom. Because I loved how Mom always served us.

P Yes. We did dishes though.

S We were a bit lazy though, too.

P Yes, we were brats.

S We were a bit of a lazy, good-for-nothing brats.

D Your Mom gets her vibes off that.

S Yes, she gets her vibes, but I feel like I want to make sure that I don't train them to do the jobs that they need to do and then not have any of that nurturing input myself. So there's that balance for me.

P Yes. I know. That's true.

S I think I have to go back to gaining, inputting a bit more myself.

P You're so busy there's not much else you can do. The truth...

S There's not. Not to survive, but still my brain says I should. My brain says I should be doing massages with essential oils on their shoulders before sleep, and doing a ballet dance while singing, wonderful children through the air, but I don't have time.

D Because you saw your Mother doing that with you guys.

P Of an evening... We've got to get through our day and this is where Serene and our lives are so different. Serene doesn't even have a TV. My husband is super-blessed. My love language to him... This sounds weird...

D His big screen TV.

P He wants me to watch certain TV shows with him. He can't watch it by himself.

D That's how I am with my wife.

P He needs me, because he wants to look at me when something happens or something's funny.

D Yes., it's boring alone.

P There's about three that we watch. A lot of things are junk, but I don't watch the junk. We won't watch it. There are some things...

[00:36:28]

S Charlie is straight pants. He doesn't watch the junk.

P Yes. Charlie's straight.

D No junk, but I mean even the show itself that's not junk. You wouldn't do it...

P No, I would never be watching that show.

D So you kind of bear through these shows

P No, I enjoy them with him.

D Okay

P It's something that I've come to enjoy with him.

D Because he's there

P It's good for me, because otherwise I'd be going down on my computer and trying to... THM, what are we going to do, I'd better do that. It's really good and soothing and so, you know, of an evening we'll do that. I love to read and I love to spend time with my teenagers, too. Love hanging out with them, because they're just incredibly...

D Teens are cool. What a trip.

[00:37:03]

S I love your children. They are funny. Your children are funny. No, they are.

P Yes.

S Autumn is a sweetheart. She has a beautiful heart.

P She's a sweetheart. She doesn't like even staying at home now.... She can be at home until it's time to go to bed and then she wants to go to her cousins on the hilltop here to sleep with them.

D Has she ever done anything wrong?

P Autumn? Oh, I'm sure. My children are not perfect, but she has a heart where she doesn't want to do anything wrong.

D Autumn seems to be perfect.

S When you said that she wants to go sleep over at the cousins, it's so funny because when Arden was growing up...

P Yes, that's your older son.

S My older son, all the boys his age where at the Johnsons, we called him Arden Johnson because he loved to be over there, that's where the fun was. Now they have a little boy who we call Saber Allison.

P Vange does, yes.

S He's always over at our house, because we have the little boys.

P At your house, because he's the last of their boys

S So you have all the girls Autumn's age at the Johnsons. In the evening she turns to Autumn Johnson, right?

P Oh she does. We all live on the hilltop here so...

S So cousins are more like brothers and sisters.

P She can run over there. Occasionally, and this sounds weird, your daughter doesn't sleep at your house. Just sounds weird. Occasionally she does, but she wants to sleep with her cousins.

S You see it's not even across the road. It's just through the trees.

[00:38:13]

P Just through the trees, anyway, I don't know if that helped anyone, the day in the life. Oh, I cook dinner. I always try to cook dinner and that's like my... My husband likes a meat or casserole. I'll do a Trim Healthy Casserole. And then he likes a vegetable.

D Meat and two

P Meat and two and a salad

S I'm strange. We'll go through just... We'll get into...

P And a Trim Healthy dessert

S We'll get into this place where we're just in a rut for a little while and we enjoy that rut. We went through a salad and boiled eggs rut where all the children came in, chop-chop-chop... We made these big, beautiful salads...

P For dinner, oh, love salads for dinner.

S Boil up eggs and just put all dressing fixings out. We had that every night for like three weeks and then my husband says, done, done, done, done.

P Yes, he gets sick of it.

S Then I do a Trim... What did we call it in the book?

P A Trimmy Bisque

S A Trimmy Bisque, we'll do that for like three months. Different, all different every night. We'll have them with buttered Ryvita's for the children. Big glasses of whole milk for the children. I'll just love the Trimmy Bisque seconds and thirds. We'll do that for three months until husband says, done, done, done and then we'll go back to the boiled eggs and stuff. We're just simple, because we have to be.

P Occasionally you'll even do my casseroles.

S I tried and my family loved it.

P But then it doesn't feel natural to you.

S It doesn't feel natural to me. Yes. I had to grate cheese and...

P Serene likes food that she makes once every three days that will last three days. You're not the person that's like...4 o'clock what am I going to make? You're like, no, two days ago I made that. That will be coming out again.

S This huge Trimmy Bisque

D Like freezer meal or fridge meal

S No,not freezer meal because I'm not organized enough. It's fridge meal. If I make a Trimmy Bisque it's a cauldron for a camp.

[00:39:44]

P You know what? I think people... When they wanted to know a day in the life of Serene and Pearl, they thought that we'd be giving them all these prep tips and everything like that. I do prep once a week. I do make my

chicken breasts and I always have salad there and stuff like that. We're not real organized people.

S No, we don't wash whites and colours separately. Both go in my... Our washing comes out blah. We can't keep whites.

D You keep greys.

S None of our children have socks that match.

P We have greys.

S We have greys. We buy them all socks and underwear at Christmas time. Well I do. And they're all holey and weird after a week and then they have to go buy their own.

P I don't have socks that match myself.

D Sounds like a real fun Christmas at the Allison's.

S Yes, the thing is...I don't know. We try and bring our children up...

P So this PODdy might be a let-down, right?

D Sorry to disappoint you all

P We're not. We're not real organized people. To me Trim Healthy Mama as a lifestyle it's like as I live and breathe. Ordinarily you have to eat right? So what are you going to eat? My brain doesn't go to... Okay, let's get out the frozen junk lasagne. I don't know. What do people eat in real life? Macaroni cheese? Mashed potatoes and then, chicken?

D What do those people eat?

P I'm trying to figure out what... In the day, what do people eat?

D In real life, not here in our film

S There's no other choice, there's no other options.

P Because to me this is so natural, there is no other stuff going in my brain, because my brain says...

D Only food exists.

P Only food exists and I'm feeding my family healthy. Of course, hey, we'll go out to eat sometimes. There might be ice-cream in my freezer. There's Breyers or something like that. My children might eat some of that. I'm not real strict. They've grown to love and enjoy whole food. So I'm making whole food at dinner time. I'm making that, and it will be quick. I'm not a huge, long cook. I've put the recipes in the cookbooks. Those are my easy things. They're in there. I have my Sweat Pants meals and I'm just rotating the same seven to fourteen, people. Actually, I don't do a lot of different stuff.

[00:41:45]

S I hardly do any of the recipes in the book, because I've just got my faves, right?

P Yes.

S I just want to do a shout out for those who are like, well I'll get better at Trim Healthy Mama when I get a nicer kitchen, or I get a more organized kitchen.

P Yes.

D No

S Pearl has a nice house now, because she finally built her dream home and she deserves it.

P I do.

D Tell us about it.

S Before that though she had a home where if I went in and tried to cook something in it, I'd be like, you've got no paper towels. Or you've got no...you've got nothing, right? And then she'll come... She had everything. It would be a broken this and a broken that, because she liked her broken this and that. They were her comfort little broken measuring spoons. She uses coffee filters as hand wipes and stuff like that. And then she would come to my house and it would be idiosyncrasy...

P You have one cupboard. I do not know how Serene does it. She doesn't have bowls!

S Yes, and then she can't find anything. It's so organised. It's just... It's okay. We still do Trim Healthy Mama as we breathe. In our weird kitchens.

P It was never perfect. We've never had perfect lives.

S Our Mom comes over and tries to cook in our kitchens and she gets so frustrated.

P Yes. I don't want people to ever look at us and think, those Serene and Pearl with their perfect lives. Oh my goodness.

D Like you've got a cooking show kitchen setup.

S The picture on the front of the book, people, is fake. We had New York photographers fly down, do our hair and make-up and brush our children's hair for the first time in their jolly life.

P I brush my children's hair. What are you talking about?

S Well, the two-year old's I brush, but he's a boy, so...

[00:43:04]

P All that Serene's trying to say is we live very simply and, I don't know, we don't have it all together, but we do have joy.

S I'd like to go to a seminar... Well, I wouldn't, but I would do well to go to a seminar on organization and things like that. Read a few books on it. But I would hate to do that.

D Then you'd come back and not implement.

P She would hate to.

S Yes

P I don't know. I think in the midst of your chaos and in the midst of all the things that are crazy and not perfect... That's when you do real life. That's when you say, if I can do this now I can do this any time. So, don't wait until life is perfect... It's never going to be perfect, until your circumstances are perfect. There will always be relationship challenges. There will always be house challenges. There will always be work challenges.

[00:43:56]

S And there's always a way to just remember in the last few minutes... This is what I do because I live and breathe a healthy way of eating. Yesterday I had to rush off to the hospital with my baby. It wasn't an emergency, but it was a way I could see the doctor a week earlier than I was going to have an appointment for. So it was like a last minute got to grab my stuff. I knew I would be there waiting on call, because he was just trying to squeeze me in in his day, for hours. So before I leave the house I think, I'm going to be hungry. I'm not going to want the only thing that's McDonalds at the hospital... Stupid vending machines. So I just grab a little zippy of almonds, grab some dark chocolate...

P Did you take your Yuck Yum smoothie?

S No I didn't even have time for that. I just grabbed a packet or organic carrots and an apple. I was there for hours, but I had my organic carrots, my apple, my few nuts and some dark chocolate, and I rocked the day. I didn't have to go to the vending machine.

P See if that were me I would go to McDonalds and I'd have the bunless burger. You see that's how different we are.

S But we lived and breathed it. We didn't have to get off the rails.

P There's no quitting.

S So just because a day gets hectic or a day gets out of control... You still live and breathe your healthy way of eating.

P Yes you do.

[00:45:05]

D So, should I real quickly share a couple of little of what goes on in the old office.

S Please

D We have several locations.

P Oh you mean the Trim Healthy Mama office.

D Yes, we have several locations. First of all, what we call HQ or headquarters. That's where it all started...I mean, it did not start there, but that was the first kind of...

P It started in our living room and then we went to this small office in this tiny town called Bon Aqua.

D Tiny, tiny, town, yes

S It's right next to a smokes and cigarettes and vapes shop.

P And the last video store on this earth hopefully.

D Earth I think. Yes. VHS video.

S There's a big sign called, stole videos. Not stolen. Not spelled right. Stole.

D And there's a sign on the door that says, do not pet the cat he will bite, because they like to be as welcoming as possible at this video store, a biting cat.

J We'll put a picture up on Facebook.

D Yes, that's a good...I'll throw that out there on my fan page.
<https://www.facebook.com/dannyvaldes4real/>

P Yes. Danny's Facebook page is actually rocking. I like it.

S I would follow it if I was one of those followers.

D But she's not. Yes. So, at HQ, is kind of much of the original team. We have a man named Stacy there. He is on the phone and on email back and forth with China.

P And other countries

D And other countries, he's an international miracle man. He understands freight, logistics, importing. He handles all that stuff.

[00:46:36]

S He's set us up for going to Guatemala in a week and a half to check out our own cocoa farms to make our chocolate cheaper.

P By this time this is live we're probably in Guatemala.

D True, yes, so Stacy is our international mystery man. He's a very talented dude. I would say that everybody I am about to tell you about is indispensable to what happens here. Of course, Sam is there from time to time when he's not building one of our new facilities. Our new chocolate manufacturing facilities

P Sam being Serene's husband.

D Serene's husband Sam. Thanks for that. He'll be in there glued to his very large iPad...

P With a hundred sticky notes all around him

D No, like a million...

P A million

D A million sticky notes and they're all falling apart, and you have no clue how he manages that.

S That's how he likes it.

P And he has a million things going at the same time and he always brings prim, hilltop dirt into the offices.

[00:47:27]

D Filth, he comes in in his muddy boots...

P Hilltop dirt

D Ruins it, and he's like, well got to go. And if you're not quick you'll miss Sam. I think he actually knows how to teleport and vanish, because you think he's there and then he's gone.

P He's like Serene. He hates meetings. Only turns up if he has to. Really, he loves building. He is our product guy. He sources too. But he loves getting things going.

D Yes, he likes to be a part of the big tools. The big machinery, the manufacturing. the warehouse. He's that guy and he's great at it. Down the hall is an ex-military man named... We call him Cal. Dean is his first name.

P Our cousin

D Yes, Cousin Cal, he manages the numbers.

P Oh my goodness

D And does he manage them well.

P That's the person we fight with most. Cal.

D Yes

S But we love him.

P We love him, but...

D Cal is down to the half a penny. I'm serious. Half a penny. The reason we make money probably at this point, is because there is a man named Dean sitting at his military desk in a very focused manner.... He can focus for like eight hours, it's mind-blowing.

P Actually, when Dean... When Cal first came on we had already had our products out for what, two years? Has he been on for about a year and a half now?

D Yes, but he came and let you know how much money you weren't making.

P He came and we thought we were doing fine, because we have a huge customer base. We couldn't even keep the stuff in stock. We thought, we're doing great, we're growing right? We're paying the bills. He was like, you're actually losing money.

D He's like, you're doing great and in three years you're going to be doing great without a company.

P Yes.

[00:48:54]

S He's a beautiful family man. He has eleven children, about to adopt another child from China.

D Oh I didn't know that.

P Yes, a little Down syndrome Chinese baby they're bringing home soon.

D Yes, big heart and very talented guy, really keeps a hand on the numbers. He's the reason again, why we're still...

P He's the reason we're not selling Stevia at \$1.99 like Serene and I want to.

D Yes, he's the reason why 10 cents matters.

S But then he's the first one to like change the tires on your car for just a gift. He's one of those last chivalrous...

D The last of the chivs

S Yes, the chivs

[00:49:33]

D Alright, and then next to Cal of course, in the office next to him is Charles Straight Pants...

P My husband

D He is the Captain of the ship. He oversees everything. He usually comes to meeting and he will be quiet while everyone haggles for an hour...

S And then he'll say, no!

D ...and then he'll go, this is how it's going to be. One sentence, we all just look around at each other like, who's going to say something...No-one? Yes, we didn't think so. Alright, we've got our directives. Meeting adjourned.

And he's going to lunch somewhere and just ready to just be...Make it simple right?

P He doesn't like long-windedness. He's straight to the point my husband.

D Yes, and of course in the front offices is beautiful Shelby and her wonderful helper.

S She's the daughter-in-law of Cal, military-Dean man.

P We've have a lot of family people. We hired a lot of...we got a lot of people that Danny's not even going to be talking about, but...

D True

P So we started our little store in those little offices. Our first store. Now we have the big one in Nashville and we can't even go and...

[00:50:35]

S We have John and Lesley...

P John used to be at the headquarters all the time, but now John has to put himself in so many different places. John will be in Nashville, John will be here.

S John needed to be multiplied.

P Yes, we always talk about...

S So he got himself Lesley, which is her own name now, but at first, she was multiplicity. She was John's multiplication. Johnsly. But now she's just so beyond. We always knew she was amazing, but...At the beginning we just

knew her as the person who was helping John, but now she's just Queen of Lesleyness.

D Is anyone even listening any more to the behind the scenes bore?

P I don't know. They came home to find some tips from Trim Healthy Mama, but we're just talking about behind the scenes stuff.

D Yes

P But hey, there's A Day in the Life of Serene and Pearl, I don't know if it helped you.

S Yes

D I think it did. It helped me.

P Did it?

D Well, to keep a job and stuff!!

P Yes, exactly.

D I'm thankful for this episode.

S Even my baby's asleep in this PODdy.

D Yeah, she's been sleeping the whole time! Guys thank you, thank you, thank you. We so feel like you're in the room with us and we love to speak to you and with you on our socials.

P Do you know what I love though? This is why I love, occasionally... Serene and I hate travelling, because talking about ourselves. And we've just done that all the pod. I love it when I actually meet our ladies and they tell us about their lives.

S Yes their stories, their lives.

P So if you were sitting here in real life, like we picture you here, you could actually tell us...

D Right

S It's just so funny you came back to life with that little idea Pearl, because you know when you're a young girl and you're at a sleepover and you talk, talk, talk? You start talking nonsense at the end and you're just half falling asleep, and then one girl out of the corner of the room goes, but do you know? And it starts all over again. You were just about to do that at 51 minutes.

P Yes. We need to close this Pod.

D Yes, it's time. Hey guys, thanks for tuning in.

P Next week we'll bring you some meat.

[00:52:21]