



Trim Healthy Podcast with Serene and Pearl
Episode 72 - “Oh Man” You Have Got To Listen to This Podcast

*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 · 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 Humans of America and the rest of the world, otherwise known as the women and men, the boys and girls...

P Of the planet

D Welcome back to another great episode of the Trim Healthy Podcast and let me say right up front, ladies, gather your men, this one's for them.

P Bring the male kind, bring the testosterone ears today.

S Yes

P Because it's not just estrogen happening here

S And I am not speaking to just 17 men today. I feel there could be...

D There's hundreds.

S 17 times 17 times 17.

[00:00:41]

D You try to get biblical, that's fine. You try to do a times table...

P What were you saying, Lesley? Lesley was saying something, because we're going to do a PODdy for men today.

L I was saying that my Dad is now totally listening all the time, so you're definitely 18.

S We're definitely 18.

P Danny, you're 18 but today...

D There's hundreds, I'm telling you, I've just stopped counting.

P I feel like there could be several tens of thousands.

S I think there's more hair on Danny's legs today, just as... because...

D No, it's the first time I've worn shorts, big difference.

S Well, it's the Man PODdy.

P Hey, but guess what.

S And the hair is curly.

P Girls and Danny, men don't want to muck around, they don't want to hear too many of our rabbit trails.

D Okay

[00:01:18]

P Right, men like to get to the meat and the potatoes of the thing.

S Good cheerleading.

P So, let's get straight in here and, women, you're listening, this PODdy is all about how to get your man on plan, why your man might want to be on plan, how your man can trim down without being all girly and why he will love this food and all the issues that may come with men on THM plan.

D And may I ask...

P You may.

D ...from a male perspective...

S Yes

D ...not starve?

S Oh, maybe

D A man is not happy if he's hungry.

[00:01:47]

S No, totally hangry

P No, and I feel... Here's the essential difference between men and women, and that's why I think men can thrive on THM and don't think of it Trim

Healthy Mama, guys, think of it as Trim Healthy Man or Trim Healthy Macho.

S Totally Hot Man, all that stuff.

P You Totally Hot Macho hunk, I don't know, put your own acronyms. Men basically...

S Best you and your wife to think that.

P Yes, I don't think that about you, man, but I don't know.

S Yes, good, I was just clearing that out.

P I think that about my husband but your wife thinks that about you.

D Yes, I'm not sure that needed clearing but you all are great.

S Yes, it did. It needed clearing in my head because I'm just keeping it all above board.

D Yes

P Men have naturally more muscle than women. Okay?

S Yes, they do.

[00:02:30]

P We have naturally more fat than men. Hey, this is the way God made it, ladies and gentlemen.

S And I wish we would just finally embrace that.

P So, that means on the whole... Now, everyone's unique and this doesn't always happen all the time but on the whole men lose weight faster than women because of this natural muscle going to work in their bodies.

S Because muscles, just being there, just existing, burn calories.

P Exactly, now, men have much more... much less essential fat. As women we need more essential fat. We need it for our...

S Hormones

P For our female places and our hormones and we need it for estrogen. Men don't require that.

[00:03:06]

S And we need it so we don't look like men.

P Exactly

D Yes, that's important.

P And so let's just talk... think about these two differences. So, women, if you want to get your man on plan, like Danny said, please don't starve him. Don't put him to your measurements or your amounts of food.

S Yes

P He needs more.

S Yes, that one sweet potato that does you for your Crossover or your E, he'll need two.

P He might, unless he has a sugar diabetes problem and then just fill him up on more protein and veggies or something like that.

S More non-starchies, yes

P But men can really push the limits. So, guys, if this is new and your wife has just dragged you in to listen to this and you're finally going, okay, maybe I'll give this THM thing a listen, listen, you can eat steaks, you can eat hamburgers on this plan, you can eat all the good man food.

[00:03:52]

s And I want to tell you something. Men may like numbers, certain men, like in the real world, like numbers for their, I don't know, geometry, woodwork, all their computer... all their intelligent amazing stuff. I don't think they like numbers with food. They don't.

P Well, unless they're a bro who's like cutting in, doing weightlifting. Those are the ones do their macros.

S Yes, well, that's the science.

P Have you noticed that?

S They're into that.

P That's their macro with the bros.

S But the regular Joe man

P Regular hubby that comes home from work...

S He doesn't want his wife to say, well, you're at the 45 carb limit.

P No, so, all we're saying, men, we give you license to eat more than your wife. If she's trying to put these limits on you, just say, hey, THM Man Plan, Wifey, I love you. Okay?

[00:04:31]

S Yes, the love you part's real good at the end there.

P It is. So, women, please, your man is going to need more total food. He can actually eat some more carbs than you. He can actually eat some more fat than you. The general principles of THM do apply. Let's still celebrate fats meals and carbs meals if he needs to lose weight but your man can do Crossovers too.

S A lot more Crossovers

P And still probably lose weight with Crossovers when you put those fats and carbs together.

S Because you're just taking him all off the junk, right, and that in itself is going to do wonders. And the fact is is... And also don't expect your man to see it as a hobby. Like our guys, they are interesting in the way they do Trim Healthy Mama. They only do it because we put that meal in front of them and they try to be good occasionally when they're out by themselves but I just feel like I don't think all the girls' husbands are probably perfect and I want my husband to be that way. Oh, my goodness.

P Serene and Pearl's husbands are not perfect. Now, listen, if you're a guy out there that really wants to apply yourself to THM, like Danny, you had to change your life from sugar, right?

[00:05:36]

D Yes

P You... It was ruining your life, okay.

D Yes, I was pre-diabetic.

P Yes.

S Well, he was a squirrel too in the brain because of the sugar. Right? His brain was... couldn't stay as focussed as now.

D Yes, it was actually... It increased my already natural propensity to ADD. It actually cranked that up.

P Yes. You are so much more grounded now.

S And I'm only saying that, Danny, because you told me that. I'm not like...

D Oh, I know.

[00:05:59]

P But all I'm saying is you had to be pretty diligent about knocking that sugar, right, Danny?

D Yes

P Like you rarely cheat on sugar items these days.

D Very rarely

P Just because your health needed it, right?

D It will be like a tiny like, oh, look, a little piece of chocolate at someone's house. That's it.

S And I feel like Danny's more of a poetic soul and there might be some men out there that do things like that, like where they think more into it. Like

my husband, the thought of thinking deep into diet would just be depressing.

P Yes, but Danny sort of had to.

S Yes

P He was at a crossroads where I'm going in a certain direction, I feel yucky, I'm going to... I'm just going to clean out. You know, you went sugar-free, you started applying principles, THM principles, in your man way of like protein, where's my protein, let's get off sugar. You do Crossovers because you don't have a weight problem but you sort of had to do that. A lot of men won't even get as serious as you did, Danny, and yet they can still do great on Trim Healthy Mama, like our own husbands.

[00:06:55]

D Yes

S My husband could do better. I'm just saying.

P Mine could too but my husband dropped 40 pounds, right, when I first put him on Trim Healthy Mama, and this is how many years ago? Eight

S Yes and he's never put them back on.

P Never put them back on.

S He actually might be slowly losing one pound a year since.

P Probably, he used to sugar-crash, like Danny. He would get so grumpy in the afternoons because he'd have these cookies every afternoon, you see, and he would just get on a high and then crash and he was...

S But he was on a high for a few minutes there.

P Yes. It was instability but... Yes, Dan.

[00:07:30]

D I was mean to my kids.

P Yes, and he was mean to me and my kids too.

D Yes and I didn't know it.

P Sorry, honey, I love you but...

D It was justified, it was...

S This is the me too of the poddy?

D Yes, hashtag me too. No, I was mean to... Looking back, I see that now but at the time it was just like, oh, yes, there's a man that lives in this house and everybody get used to it. That's what men are like. And it's not. I was a flippo.

P I love it, Dan. I love that you own your stuff. That's what I love about you.

D I can still be King of the castle but in a benevolent way.

S You see, this is what I love, Danny. You started to own it for yourself and that's cool and that's why it matters to you and that's why you're diligent with it. But I feel like where the crux is, just speaking to the women out there, we can't do that for our husbands. We can lay out the meals and pack some lunches and give him the cheerleading, the excitement but we can't make it his own. It's only when they want to do that, like Danny.

D But I can tell you the secret, how to secretly make it.

[00:08:27]

S Okay, but my point is, is my husband, he's just got to do it his own way and I can't make him a Serene.

P No, and I can't make my husband a Pearl but let me finish that story about my husband.

S And then Danny will hone in on that.

P And then we're going to go back to you, Danny. He's kept that 40 pounds off. Now, listen, I feed him a THM breakfast, except we go out on Sunday morning and we go to Waffle House before church and that is church. Yes, to him, that's my husband's church. He doesn't want to miss that. Okay, so he eats the white toast for that. And for lunch...

S And he donates, he's offering.

P Well, no, that's his ministry. He loves those Waffle House waitresses.

S Not like he loves you, I'm just clarifying.

P No, but he means... He feels for them and he loves to leave huge ginormous tips because there's one in particular, she's a Grandma, she's worked there for 30 years here in Dickson, Tennessee Waffle House. She looks after her children's children. Yes, my husband just has a...

[00:09:23]

S He is a tip ministry.

P He is a tip ministry with her. Okay, so that's his church...

D Yes, if you're cranking it out at the Waffle House, you need a tip.

P You do. But, anyway, all that to say... But I want to tell you, ladies, he cheats. On his own, he's on his own a lot for lunch and then, if there's a dinner, he eats out. He doesn't eat on plan. But all I'm saying, he does his best because he eats my food at home.

D He's conscious of it.

P He's conscious and at home he says, no, I'm on plan, my wife is a good cook and I love this.

D Yes

S And he doesn't feel the... He doesn't feel the looming cloud of Pearl in the back of this head. Right?

P No, because I try not to nag

S But he does feel like I would like to do as good as I can away from you.

[00:10:07]

P Yes, I think he does. But the key for my husband, he has such a sweet tooth, I had to make Trim Healthy desserts. He would never have done this plan if I didn't have Trim Healthy desserts constantly. Now, after all these eight years, he doesn't even crave them as much. He loves our THM milk chocolate. I don't have to make desserts as much, Serene.

S That's so awesome.

P My life is so much easier.

D You're talking about the chocolate.

P The THM milk chocolate.

D Quick side question about the chocolate

P It's helped me. It's helped my life.

D This has to be asked. Can you just put peanut butter straight onto the chocolate?

P Yes.

S Why not, especially if you're a guy

[00:10:40]

D Okay, that's good because, listen, folks, if you get a chocolate bar, you paste peanut butter on the top and you have Reese's Peanut Butter Cups but a superior version because it's fresh, it's good, it's not chock full of preservatives and sugar. It's mind-blowing.

S And as women we could do half a bar with that peanut butter on to be a rocking dessert.

P Yes.

D I don't even eat a whole bar. I'm talking about two little cracks.

S Yes, but you're mindful. My man's going for the whole bar with the whole peanut butter.

P My man is... Of course he's going to eat the whole bar.

S How do we make them mindful? Danny, you were like, well, here's a way a wife can make her man like embrace this for himself.

D Well, are we done with...?

[00:11:16]

P I was going to say so that's... There's going to be two styles of men, right? Men that... You're sort of... They'll do their best and they'll eat your cooking but they're sort of not perfect and they won't know S and E and Fuel Pull and all that and that they just do their best. So, don't make... What Serene and I are trying to be saying, like if your man is your man and you know what sort he is, he doesn't have to be you to do well on this plan.

S And he doesn't have to know the alphabet.

P No, he doesn't but men, maybe more like Danny or even people... men who like to do the cooking, they'll want to go deeper into THM and that's okay. But I do... Danny, your turn coming. I do want to say this, ladies. As I said, my husband was at a crossroad. I did Trim Healthy Mama for a full year and he refused to do it until he saw me... I stopped taking naps in the day. Until he saw me just starting to feel great. He was like...

S Yes, because you used to be a real exhauster.

P I was exhausted. And he realised my food was good, you know, and he realised I was loving this and so... But I said to him one day. He was in one of his low sugar grumpy, you know, flip out things and I said, honey... You know, he's 15 years older than me. I said, I can't make you do things. You're your own man. But I really feel for me and for our children you sort

of need to do this. I would really like it if you did this. And so he said, okay. It was a year and he was ready. You know, but we can't force our man. Maybe if I'd asked him six months earlier than that, he wouldn't have been ready.

[00:12:41]

D So, let me ask you a little in the Barrett household personal question. It's not too personal, don't worry.

S Oh, I like these.

D Were you having to make different food for him?

P No, really what it was was he liked my Trim Healthy Mama food and he ate it because I'd do the casseroles and I do all the man food and chicken wings and steak and he always did like his salad and vegetables. But after that he'd go get his potato chips and sit down and eat them or he'd go eat his sugar chocolate.

D He kept sugar in stock.

P He kept sugar, potato chips, all his junk food in stock.

S Probably soda too, right

P Yes, all of it.

D So, that was the tension, not that he was not eating your food

P No, he loved my food.

D Okay, it was that he was... also had his cupboard.

P And he was doing burgers and fries all the time.

[00:13:24]

D If he was out, it was burgers and fries, right?

P Yes. And now he'll do a low carb burger. He might even do a burger sometimes with the thing but he'll never get fries. You know what I'm saying?

D Yes, totally, totally

P I know, Danny, I want to go back to what you wanted to talk about. And Leslie had something about her dad.

D Well, it's been said that a gentle quiet spirit will win a man. You've heard this, right?

P It says that in the scriptures, the Holy Scriptures.

D The Holy Writ

S Yes

[00:13:51]

D Well, you know, that's really the secret, I think. At least I can speak for myself. Anything my wife wants, anything, repetitive loudness is how to get me to run to my... my detached building office, lock the door, turn the music up and ignore whatever it was and dismiss it as in... it must be invalid.

S Can I interrupt for 15 seconds, just to bring depth to this... the point that you're making, Danny?

D Yes, please. Please.

S My Mum and Dad used to take us on a holiday every year in New Zealand to what was it called again, Pearl?

P Pauanui

S Pauanui, okay.

P It's a beach.

S And Dad said, hey, we're going to take the TV this time so that in the afternoon we can set up and watch a little bit of rugby or something, right?

P Mmmm

S With all the rallies, and Mum said, no, darling, it's not a good idea. She got really straight... immediately very quite firm about it.

P Yes.

[00:14:48]

S And if she had said, you know what, I'm not sure, we probably won't even watch it, we'll have so much fun. Well, you can if you want but... He probably wouldn't have taken it because it was actually impossible to pack this TV, right, but because she was so firm and she kept on being firm, we had to stay home an extra day, we were meant to leave the day before, to rearrange and unpack the car 30 times to be able to take that big old fat screen, how huge they were back in the day. We took that TV, by Joe. We took it.

D Because men are wild

S And we never watched it but we took it.

D You did, because men are wired for battle. They're built to protect you, they're built to save you but when you face them head on, they whip out their shield and they draw their sword and they're like, oh, who wants to fight. And they don't even know what they're doing. It's when you... But you also noticed you shed a tear and it's like anything you want is happening.

P Not that we need to be manipulative, Danny

D No, that's good. I'm just saying when you accidentally shed a tear, when you're truly upset or something, you'll find...

[00:15:47]

S Yes, but I'll never forget those whitey tightey... like those... you know, those 70s bellbottoms.

P Are we talking underwear now.

S No, no, I'm talking about the pants of the 70's, right, and I just remember seeing Dad's... Because he was... Listen.

P You were born in '76.

S No, I wasn't, I was born in '77, thank you. But I remember him pushing... I just remember... I remember that house there in... Yes, in...

P Rabbit trails but keep going because the men are listening.

S But I just remember him shoving that TV in for so long with a humph and a humph, trying to get it in and trying to slam...

P Oh, and you remember Dad's behind in the whitey pants.

S Yes, in the 70s pants, that's a huge image in my life.

P It was the 80s by that time but he was still wearing the 70s pants.

[00:16:26]

S Yes, I really learned early on to just not push a man into it by being firm, right?

D So, here's the secret to getting a man to do anything you want ever.

P Right

D Make it so beautiful and attractive, say nothing, just lure him in with the bait and... So, let's apply this to food. Just get mind-blowing with the meals. I don't mean work your head off but, I mean, kind of bring it a little bit if you're... at least in the early days, when you're first starting, you're wanting to convert him, maybe crack open the THM cookbook and make something really savory and, you know, not... nothing dry and, you know...

S Dry is a big thing for men, hey? Sam hates dry.

P So does my husband.

S He hates chicken breast because it's dry.

D Yes, but we'll see...

P There are some recipes in the THT book using chicken breasts and they are not dry.

[00:17:10]

S Oh, I agree. I agree but just the regular old way...

P Hey, can I say this to you, Danny, though, and I know you didn't even finish your point. What about all the women listening right now and a lot of them have brought their man on board and they're doing good but some of them say, I get no support from my husband with even what I'm doing, let alone bringing him in. I know we're being a little hard on the women today because it's going to go both ways. We're trying to make this thing work between your guys and we've all got to give some give and take here because the way we feed our families and the way we feed ourselves is a huge part of a healing home. Okay. So, Danny, can you speak to the men a little, just about... Even if you're not going to be a full THM yourself, about throwing some support your wife's way?

D Oh, gosh, yes. I mean, first of all, if you're not cooking it, you really don't have anything to say. I mean, that's my opinion.

S Thank you, Danny

D Yes, like my wife will often ask, like is it... like is this good enough or what did you think? I'm like, I didn't make this, like this is free. This happened for me. And another thing, you know, you can't afford your wife. You know, you add up all the things she does for you, pretend she's not there and you have to outsource it. Pretend you've got to pay for it, right? Like what does that cost you per year? I've done the math, it's around...

S You have? Oh, I love this.

[00:18:28]

D It's around \$350,000 for her services, if you pay someone else to do them. Just think of all the things she does, right? At least the...

P And you've got a stay at home wife and some men and women are juggling it all because they both work but still, you know, there are studies done and most women do more than their husbands domestically, around the home.

D That's the case at my house. You know, I'm out and about doing stuff but... and in our house...

P But you still work from home the majority of the time, not always.

D Yes, for sure

P But Lisa still does more.

D Yes, but she is the head cook, we'll put it that way, and as such she's the manager of the kitchen and the manager of many things and I don't get involved. So, for me to even have something to say, I've never related to that man who is like, well, he doesn't like so-and-so. Man, I don't... I have no preferences in my house.

[00:19:16]

P But to bring men and to make them more supportive, it just makes sense to make delicious food, right?

D That's my point.

P That he likes, so, you can tell your wife, man, I really enjoyed that.

D Absolutely, yes, but I... Like literally anything my wife makes, she... for one she doesn't announce that it's Trim Healthy Mama. It's on plan but she doesn't talk about it. It's not a thing. In fact, she kind of doesn't like to talk about it. She doesn't want to be like, oh, I'm following any crowd, even though secretly she's got your cookbook.

P And I think that's a big thing. It's like some women actually put their men off by, okay, this is another Trim Healthy Mama recipe and immediately there's a wall that goes up.

D There's a wall, yes.

S This is diet food. There's a judgement that goes to their palette and says, I'll decide about this one.

P Yes.

D Yes, so you dis... That's what I mean by the gentle quiet spirit. I don't mean this submit to your man vibe thing. I'm just saying like not making it such a parade that we are now changing everything we've ever done.

[00:20:12]

S Yes, I think that's scary.

D That's too much, yes. Just one day... one night make a Trim Healthy Mama meal. Don't talk about it. See what happens. You know, have some chocolate after dinner. You just keep it fun, keep it easy, not make it a point and just sneak it in.

P And I think... Let's just say, I'm sorry, Serene...

S No, that's fine.

P There is a bit... a little backlash. Some men aren't used to... They want their potatoes and their steak and maybe you give them sautéed squash and a steak and he's... Maybe he's, oh, man, I miss my potato or maybe you make a casserole and it's a little bit different to what he's... his mama made, you know, with the corn chips and the flour. You know, I would say try not to get too down in the dumps about it and just sink and fall because I made some mistakes with my husband at first. There were things... And he's like you. He's just happy I made a meal. He would never say, ugh. But I would ask him, what do you think, and he's like, you know, here and there. Don't go down there. Just say, hey, well, you know, I'm just working on some things lately. I intend to get better. I really want to make this work for us. So, hey, I appreciate your feedback. Keep it coming, I appreciate it.

[00:21:20]

S Exactly, because they're not going to change their taste buds for their Perfect Mama's casserole overnight either. And maybe they're never going to and maybe you keep making that for a treat occasionally and then you

learn to tweak other meals. Maybe there's a holy grail meal he doesn't want to eat.

P Yes, maybe.

D Well, there's a big thing that happened with me too when I finally did wean from sugar, which, by the way, I felt a little sick during the process sometimes because you're... And I think that's where some of my stomach issues started as well, is this... You know, you're on these chemicals and they're supporting your body. It's like a drug.

S Yes, oh, absolutely

D You're literally supporting your body and when you stop that drug you go through withdrawals and when I healed my taste buds and I first started tasting how a cucumber was actually too sweet... Not that it is now but, you know, it was... For me at first it was like, whoa, that's sweeter than fruit, you know, that was a really serious turning point where I stopped being picky too about what was on the table as well.

[00:22:25]

S And I just want everyone to hear this is a huge transformation for Danny because we've known Danny for years and I remember me and Sam going over to you guys' house for a barbecue and I remember you coming home from work and running into the house and, okay, we're going to have a barbecue but I remember you looking for things in your house to just quickly squirt in your mouth for energy before the... I remember you going

to the fridge. I don't know exactly what it was. It was something like Hershey's, like chocolate syrup, like just a squeeze and then like half a Pop Tart and a handful of some Lucky Charms.

D I would turn up the Hershey's bottle.

S It was like really odd stuff. I just remember thinking, wow, Lisa's got an interesting husband.

D That's funny you remember that because...

S I do.

D I had a Hershey's bottle of chocolate syrup in the side door of my refrigerator.

S I just remember it, Danny.

[00:23:09]

D I went to it like a hit.

S Yes

D Give me a bump.

P And so I think if... Hey, guys, if you're listening, you know, if Danny can do it, this is so not impossible.

S Yes, so true, Pearl.

D It was like a month of work. I'm serious. Like to get... Just to transfer from sugar... And then there's the ongoing but the initial change took me about a month to stop drinking Coke, to throw out the Hershey's chocolate syrup. It's not a big deal.

S And of course there's going to be the bad mood as it happens because the sugar change is going to bring the bad mood.

P So, give your man a... give him some... just give him some breathing room during that month.

P We want to talk about Nutrafol and we talked about this once before here and we got so many questions about this product.

S This is what I love about Nutrafol. It's not just some magic pill where they're just throwing a bunch of like medication or even herbs at somebody. They have done their research. It's not a one product fits well. They have products specifically designed for women and products specifically designed for men because our hair thinning issues are different between the sexes. They are different. And I love the fact that they've realised that. They've done their homework.

P Yes. You know, we get so many questions about just hair loss. You know, on Trim Healthy Mama we do things in such a balanced way, even to lose weight, but for some reason some people, no matter what, will shed hair as they lose weight. It's just part of the process. But there are other times, you know, when you can shed hair - postpartum, different hormonal seasons that we all go through - and so so many women say, but what can I take for this, and finally we have something that we feel really good about because it's 100% drug-free. There hasn't been any real advances in hair loss... in actual things that you can take for hair loss in decades but this

product has some incredible botanical natural powerful things in it to grow hair.

S I love this formula because it multi-targets many issues that could be your issue so that you're kind of covered.

P Yes.

S If you're a woman, you take the women's formula, they kind of covered...

P You know, some of the ingredients in there, they actually raise libido too. Win win.

S Which I love because normally hair thinning formulas lower that

P I know. Like things... Propecia, those things, they're dangerous. They completely mess up your whole sexual function and your hormone interplay. Don't do that. So, if you're wanting to just... you know, really longing for your hair to come back in, Nutrafol is the way to go.

S It doesn't have side effects. Why? Because it's not medication. All it does is it nourishes the environment that makes hair happy.

P If you want to get your first month's supply with subscription for \$10, visit nutrifol.com. That's N-U-T-R-A-F-O-L.com and put in the promo code trimhealthy during checkout.

S And the way to remember the name Nutrafol, it's because it's nutrafull, people. I'm telling you what, it's just full of nutrition for your hair.

P Visit nutrafol.com and put in the promo code during checkout.

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

[00:26:27]

S Serene

S I just want to say really quickly the thing that... My husband isn't a sweet tooth but the thing I had to do for him, because he would eat my meals, he loved the meals, but sometimes, just for the business of our life, you know, I'm running here, running there, you know, doing things with Pearl for Trim Healthy Mama. I have to just make... He's a savory guy and I just have to make sure whenever he opens the fridge, that he will see something savoury that he can grab and go.

P Okay, yes.

S Whether it's like the healthy deli meat, he just loves to grab bunches of those. Or if it's like, you know, some gouda cheese. He loves rainbow peppers and even...

P I'm telling you what, nuts saved my husband for the first three years of Trim Healthy Mama and... Because they're very man food and dense now, now, eight years down, like I said, he doesn't crave sweets as much or even nuts as much. He used to literally sit after dinner and go through huge amounts of peanuts and nuts. He didn't put weight on doing it. I used to put thousands of calories on them but men can somehow do that. I don't know but somehow they satisfied him. So, if you see your man like just

consuming a lot more than you think is perfect for Trim Healthy Mama, don't... Let them work it out. Their appetite will sort of regulate itself after a while but they're used to sugar, they're used to all these other things. They're used to potato chips at night. So, give him some grace. Danny, did you finish your point? Because I've got three other things I want to say.

[00:27:50]

S And I've got Popsies, Lesley and Popsies.

P And I want to hear about Pops. Did you finish your point earlier that you were going to make.

D I have closing points.

P Okay, wait for that. Do you want to say your point about popsies, Lesley? And then I want to break it down for men, I want to give some example foods and then I want to talk about skinny men.

S Yes

L So, yes, when we came today to the PODdy cabin and the girls started talking about the subject, man, you know, okay, cool.

P You can say zoned out. You won't get fired.

L Yes. Well, I'm not married and I'm not... you know, I'm not in the same boat but literally as soon as you started speaking I was like, oh, I'm in the exact same boat because I have a retired parent that's living in my house now, so I'm now at work all day and we had a very different life. You know, I mean, some of you know sort of my history but both my Dad and I used

to travel for work, so, A, you know, room service and catering and, you know, things... You know, so we... When we came home, we relished... like we loved the grocery store like. And my Dad as well. Like my Dad loves every day

[00:28:53]

P And you two cook together, you and your Dad, right?

L We cook together. It's called... We call it kitchen ballet. Sometimes I'm sous chef, sometimes he's sous chef. Here's... So, to get to my meat and potatoes is a month ago, or maybe more than a month ago now, Dad was diagnosed with diabetes and it just like... I think a year ago Lesley would have been absolute freaking out but I was just like, okay, because I had all the tools. I had... I mean, like you girls talk about...

P It's a godsend that you came to Trim Healthy Mama... You were ready for this.

L I was so ready because I was a worrier. I was like anxiety... So, if my Dad... If I hadn't have done this, I would have been like, huh, freaking out but I was like, okay, so are you ready to... You know, I gave him the first three chapters. Here's what... Here's my trickeroonies. They're not tricks because I also have a unique situation that my Dad is uniquely... He likes being look... He likes to do... cook for himself and all the rest of it but he also... Now that he has diabetes, he kind of likes to play the victim. He

likes to be taken care of now. So, when I like suggested that we do protein shakes for breakfast, super easy, you know, like, okay, wake up in the morning Dad, and you're going to do this, that and the other and you're going to put it in the Magic Bullet and we're just going to make a shake. It's so easy. The other thing I do is I boil eggs and there's just a whole tub of them in the thing, ready to go.

[00:30:15]

P Brilliant

S Yes, that would be with Sam. It's devilled eggs. If it's there, he's happy.

L Just boil... Yes, I mean... And then you remember Leah that came on and she was talking about like the cheese sticks and the... you know, and you were like she's on the "Man Plan?"

P Yes, Leah Thomas. She lost 100 pounds, yes.

L And so I have... Like I have... Like the deli meats, I have the salami and then the other thing that I do, if I just like... I check in throughout the day, as you do with your others, but I just... I just say, did you eat some protein? Or like I set my alarm for like three hours, three and a half hours, and I go... I just send him a text saying protein. Because he's not been doing it...

S You're awesome, Leslie.

L He's like... He just genuinely forgets. I used to come home... Sometimes I'd come home at like seven o'clock at night because I'd have things after

work and I'd be like, what did you eat today, Dad, and he goes, um, some toast and some jam.. Like he would legit go all day without eating.

[00:31:06]

L So, his thing is he just needs to remember and not get busy. Anyway, that's...

S Exactly

L So, you know, I'm kind of in a different situation but in a way...

P But it's similar. You're looking after a male.

L Yes. And he gets it. He knows what the plan is. I mean not all the nuts and bolts but he knows the...

P But I'm so glad you mentioned this, Lesley. You brought up something. You know, your Dad's in his, what, 60s now?

L 66, just turned.

P Okay. He's just been diagnosed with diabetes. You know, more and more men... It's actually an epidemic now, and I want to speak to the men now, of Type 2 Diabetes. Men are getting it in record numbers and so, you know, if you're listening and thinking, well, yes, why do I really need this Trim Healthy Mama, you know, your family needs you, your wife needs you and there's... You know, you might think I just want to eat normal food but the American lifestyle of chips and of soda and all these things, it is a recipe for diabetes.

[00:32:00]

S Hey, can I just interrupt...?

P If not now, later on in life

S Can I interrupt? I'm a really... like a professional interrupter in this PODdy.

P We all do it.

S What I want to want to say is it feels macho maybe. You know, I just want to... Leave me alone, I want to be the man, have the soda, like you said, Pearl, have the potato chips, but it actually wreaks havoc on your machoness. It wreaks havoc on your testosterone, diabetes.

P It does.

S Type 2 Diabetes takes away that... a lot of the sexual hormones.

P Oh, scientific studies show that it tanks testosterone. As your blood sugar rises, it lowers your male hormone and so, you know, you don't want to end up with issues of these things, impotence and things like that. It affects so much and, you know, when you're younger not so much but each decade, I mean, it just does.

[00:32:43]

P You know, my husband, his father was a Type 2 Diabetic. He was heading straight for it and he... his blood sugar, thank God, is perfect and my husband's 62 now and this is just from having protein-centered meals, the meals I make him. You know, his brothers and sisters not... You know, I mean, there are some issues coming. I mean, actually his sister has started

the plan, I'm so thankful for that, so... But, you know, these things are just... Man, you are so worth it and you can do this and you need to look after your blood sugar.

S An interruption of me interrupting again.

P Yes.

S I just want to say it's such a huge... In Pearl and my life, we've seen it first-hand. You know, our Grandfather was one of how many boys, the Bowen boys, Pearl? Is it like eight?

P Yes, he was one of seven or eight.

S And he was the oldest but, do you know, he was the longest to survive and...?

P Oh, he died at 93.

S Yes, and he would have lasted a whole lot longer. There's just some little things there but the reason why was he had the only wife who was a health... a little health granola nut.

[00:33:49]

P Oh, yes, they had... She wouldn't allow junk in the house, our Nana.

S No

P And so she fed him whole healthy foods, like our Crossovers, she fed my... our Grandfather exactly that, you know, greens and proteins, lots of meat and wonderful things. Well...

S Lots of salad and his... Yes, all his younger brothers died, had their legs amputated in Diabetes.

P They had Type 2 Diabetes, they had this and that. He had none of it and he lived to 93. So...

S And our Dad is almost 80 and he has younger brothers and sisters who have passed on.

P Yes.

S And our Mum is, as ever, the fruitcake health nut.

[00:34:21]

P So, we... You know, even though we're saying to you, man, you don't have to learn all this S and E business, although I'm actually going to outline it in the simplest terms possible for you in a sec...

S But in my point of interruption, though...

P Just support your wife and let her feed you healthy food.

S Right, so, in support to my interruption, why I brought that up, was it might be annoying to you men but she's saving your life.

P Yes.

D Yes, it's really true. I had a wake-up call with just starting to think about, you know, my condition getting worse, you know, my prediabetes turning into diabetes and then... I have friends who like once every five years are on their deathbed and they have to get saved in the hospital and they refuse to change their eating habits.

P But I know with a lot of men, they say women are just, they say, naturally more interested and doing better with their health but it takes men... A lot of times it takes men to come to an actual health crossroads.

[00:35:13]

D A health crossroad, and, you know what, that's fair because that's kind of where I was, not in a hospital but I was hating my up and down/spike and crash cycle. That was my crossroad. Some guys feel great all day. They have the body... I don't... I think I'm too scrawny. It's like everything is more amplified with me but some can like take the... take it on, you know.

P Yes, I mean, that's true but all we're saying is it comes to bite you later on, usually. Now, of course we can be positive thinkers, we can apply the Bible principles of... but God also asks that we honour our bodies and so if we're not honouring our bodies and saying, well, hey, that... you know, a little bit of junk food's not going to hurt me, a little bit's not but a lot... It's just sow and reap. It is going to hurt you.

D Yes

P I want to break down Trim Healthy Mama for guys, if you're still tuned in here. I want to break it down so easy for you, okay? Even though our husbands don't know all the terminology, if you're interested, Trim Healthy Mama is just this: you're going to ground all your meals with protein.

S Sorry, Totally Hot Man is just this.

P Yes, totally... THM is just this: you're going to ground all your meals with protein, okay? And then if you need to lose weight, you're going to focus each meal either on fats, right, or on carbs. If you focus your meal on fats, you have your protein... Let's just say you have a steak. Well, instead of that baked potato with your steak, which is really going to spike your blood sugar, you're going to have like a lot of non-starchy veggies, like broccoli with butter, salad with creamy ranch and cheese.

[00:36:42]

D There's no loss there.

P There's not.

S And my husband loves asparagus.

D I'm not... Like I love a potato next to a steak, like anybody else, but I'll also have broccoli next to a steak. It's fine.

P Exactly, it doesn't mean you can never do a potato next to a steak. That's called a Crossover and you can have those occasionally but if you want... if you feel like, hey, I've got a gut here and I want it lost, focus just on that fats meal without a bunch of carbs in there. Like don't do a bunch of rice in there, don't do your bread in there.

S The science is... The fact is is you've got that yummy fatty red meat steak. Correct, right, and when you put the white rice or the white potato there, your body has to burn glucose first. So, it's going to burn through that white potato but oftentimes it can't burn through that whole white potato

and like maybe a little rice or whatever you're going to have for dessert. And so the steak and all the fat on it is going to be left. It's going to be a fuel that your body doesn't use. Or the fact is is that with that carbohydrate it brings insulin into the mix.

[00:37:33]

P Don't get too technical here, Serene.

S And insulin is your fat storage hormone. It's going to store the fat in the steak. That was simple, right?

P It was pretty simple, that. So, either have a fats meal like that or an E Meal is when you get to eat your healthy carbs because you need them. Now, this is a woman I want you to listen right now. You men can do some E Meals. Maybe they want a big bowl of oatmeal in the morning. Give some Greek yogurt or some sprouted toast in the morning with egg whites.

S Or Pearl's Sweatpants Oatmeal, my husband loves that. It's changed his whole outlook on oatmeal and breakfast.

P But if you do too many E Meals at night, which are your carbs meals, okay, your man might feel a little hungrier and maybe they might do a Crossover there. My husband does lots of Crossovers and he still lost weight. So, sometimes E Meals are easier for men if you cross them over and do a little bit more fat.

[00:38:18]

D Question

P Yes.

D How does this change if the man, and I think men should be, I'd love to talk about this in a minute, but if the man is exercising daily?

P Well, it depends how intense. If a man is just doing, you know, 30 minutes or whatever...

S Nothing has to change.

P Nothing has to change.

S If he's out there weightlifting, give him some scoops of whey.

P Yes. He needs a good amount of protein.

S Chocolate whey

D Up the protein, okay.

[00:38:44]

P And he can do some Crossovers if he feels like he needs to. Crossovers, guys, remember, when you're having your carbs and your fat in your meal but you're still not spiking your blood sugar.

S So maybe it's like sweet potato instead of white potatoes or brown rice instead of white rice.

P And then... Yes, exactly, and then you've got your fat in there for a crossover. So, all we're saying is you can totally do this. You don't need to feel deprived. You can have sweets, you can have dessert, you can have all of this. Final thing to end on, I want to talk about...

D But I've got questions for you.

P Oh, right, can I talk about a skinny man?

D Yes, you may.

P Let's just say your wife got you to listen to this and you're like, I'm skinny, what's going on here, I don't need to lose weight, I think that, Danny, you're the example here.

D That's me. Yes, I'm poster child.

[00:39:25]

P Just because you're skinny doesn't mean you can drink sodas and eat all the chips and everything without consequences.

S That doesn't make you feel good inside.

D That's right.

S You know, you might be feeling crappy and unhealthy and...

P And Trim Healthy Mama can actually... if done in the right way actually put weight on if you do it in a... If you do crossovers all the time and you get that protein, you can actually bulk up.

S You know, all the cousins, the scrawny 18-year olds to 20-year olds on the land, all of our cousin boys, right? They're all bulking up right now, Pearl, each and every single one of them. They're like on 4,000 calories a day.

P I know. They're all doing it.

S And it's all with like the chocolate whey protein and the Crossovers. It's all healthy. It's not sugar, it's not junk, it's not whites, it's all good healthy crossovers.

P This is so funny. You know, our boys had to grow up with us being the Trim Healthy Mama authors, right, and they always had a little bit of a sneer about it, like, oh, yes, my Mum... they make Trim Healthy Mama food. You know, just slightly look down on it, even though they liked it.

[00:40:16]

D Yes

P But now that they're all getting older and they're into weightlifting and bulking up, they're like, yes, Trim Healthy Mama whey protein, it's the best. Oh, Trim Healthy Mama collagen, they all tell each other what they're eating, their carbs and their fats and it's like, yes, I had a Crossover here and it's... It's hilarious listening to them.

S I know. That's so great.

P And they're all bulking up and are ripped and cut and it's...

D Well, this is the... And that's my goal as a skinny man, is I want to, you know, look like Brad Pitt. It's fine. It's totally fine.

S And if you have a skinny man, and we don't really talk about raw whole milk a lot on the plan because women... you know, they do better with fermented dairy products but men can definitely... If you're not lactose-intolerant, raw whole milk with the cream, you know, shaken in there and make the smoothies out of that with the whey, with a banana thrown in there, some more honey...

[00:41:00]

P John's looking at that clock for us to stop but, hey, if you are skinny too, all your meals around protein and here's a tip. You can have some raw honey and then dense fats like nut butters. Nut butters are really good at keeping the weight on, especially if you do carbs at the same time, like raw honey or fruits.

S And guess what I found out too, Pearl, just recently. Well, first of all, Kendall...

P My son-in-law

S ...used to have a saying that when he was in, you know, the major sports, you know, that a Titan's coach told Kendall's dad that the way that Kendall needed to... And Kendall's like Gaston, right?

P Yes.

S The way he was... He couldn't get muscle there for a while because he was just growing so much because he's so tall that his body was just using all of the energy just to grow and so he said before you go to bed... Two scoops of whey before you go to bed.

[00:41:47]

P Wow

S Just before your head hits the pillow. They said massive gains. Just month after month it was absolutely incredible, the difference, and that's all they changed.

P Danny's looking with eyes like, I can do it.

D I was going to say, does that work for me too?

S Yes, and right before you go to bed, thick butter and raw honey on like sprouted healthy bread, you know, Crossover with those good fats and carbs.

P To put on weight, hey, I want to go through a day... Let's just say your man needs to be enticed to Trim Healthy Mama. I want to give you an example of a first day of something he might really like. Okay?

D Can it please be meat-centered?

P Yes. And this is what worked for my husband. This is my first day pretty much that I made him on Trim Healthy Mama and he's like, okay, I can do this.

D Nice

P And it's... On the first day I suggest you give your husband all S Meals, really S him up, and he'll feel satisfied.

S In many ways

P Yes.

[00:42:39]

D S is for satisfied, newbies.

P Yes, and then bring in the Es later on. Definitely bring them in, the E's and Crossovers later, but here's what. I fed my husband on the first day of Trim Healthy Mama this three-egg omelette with cheese with onion and with cream cheese. It was a real Heavy S, lots of seasonings in there. You

can even have a side of bacon or whatever but go to town, don't skimp. Give it to him. Bring it.

D Who can argue with that?

P And he was like, oh, that was delicious, honey, and that's big for my husband.

D That's not diet food.

P No, lunch... My husband is a total sandwich guy. Okay? He loves a sandwich for lunch. So, I did... At the time we had Joseph's pitas, you know, and he didn't mind them at all because it's all about what's in the sandwich. So, I did turkey, cheese, mayo, a little bit of lettuce, a little bit of onion. I made cheese crisps on the side.

S Do you put tomato in there or does it make it soggy?

P No, he doesn't like it, and sending it to work, no. I put nuts, celery and peanut butter, you can send devilled eggs but I used to make the cheese crisps, now you can buy them, Wisps, or you can buy Moon Cheese. My husband really liked them as a side for a crunch. He would usually use potato chips with a sandwich, you see, but he wanted that crunch.

[00:43:44]

D Absolutely

P And so that worked for him, that night I made Cheeseburger Pie for him, buttered broccoli and a salad with ranch.

D Come on.

P He was just so happy.

S So good

P I made him a Trim Healthy Mama dessert after that. This... It was a cheesecake. Now, listen, as a woman, you know, losing weight, you might think but, Pearl, you're telling him to eat all Heavy S's. But, guess what, that paved the way for him to love this food.

D Yes

S Yes, exactly

D It's the gate. It's just the gate.

[00:44:10]

P 40 pounds later, eight years later, you know, it's been so brilliant.

D S is the gateway drug.

S Exactly, it is.

P It is. S is the gateway drug, ladies. I love that.

D To THM

S It's good, it's good.

P Danny, you had questions to end.

D I do. You know, I've always wondered what about whole grain peanut butter toast? Simple peanut butter toast.

S It's a nice Crossover. It's not a lot of protein, isn't it?

P It's a Crossover.

D Why is it a Crossover? Because of the bread.

P The bread is grains, is E, which is your carbs. The peanut butter is fats, which is your fats.

[00:44:40]

S But you need to live on those Crossies and a lot of men can do that

P You can do it because you're skinny. But now have your protein. Make your kefir drink with your chocolate whey

S Peanut butter is only a slight amount of protein. Do you see what I'm saying? It's a protein as a snack.

P Yes, it's not enough protein.

D I always saw it as a big fat protein.

S No, it's a snack protein. Well, it's going to give you like seven grams at the most.

P Yes. So, Danny, make sure you get your chocolate whey protein in. Men. Can we talk about chocolate whey protein for men?

D Please, because that's on my list as well

S But, Danny, if you would like sprouted toast with thick yummy peanut butter and then a chocolate whey protein, whether you're a milk or dairy, whatever, problem, you can do it with almond milk or real milk for you, I'll tell you what...

D Or kefir.

S Or kefir, better.

[00:45:19]

P That's an easy breakfast for men. If men like peanut butter on toast, just give them the chocolate milk on the side with the whey and then they've got protein.

D And did you say chocolate milk?

P Yes.

D I mean, hello, there's no compromising. And that's kind of why I'm glad you brought up a typical day, like what you could feed somebody. If you bring it like that, I promise your man is not going to have a problem.

P Yes, and, men, if you're listening and you want to go and make a chocolate, you know, milk, if your wife has the THM chocolate whey, all it is is a big glass of almond milk, if you're trying to lose weight, or cashew milk, right, unsweetened.

D If you're trying to gain, though.

P If you're trying to gain weight, use whole milk.

D What about...? Is kefir a gain or a loss?

S It depends if it's an E or if it's a whole milk. You see, a lot of kefir out there is low fat milk.

[00:46:02]

P Kefir can be for loss but it doesn't matter. If you put fats in there, you'll be fine. Don't worry about that. But, men, just add half to three quarters scoop of our whey in that big old glass of milk, you've got chocolate milk. It's going to help fill you up, you're going to love it and it's easy.

S I have to put in like an absolute... like a lock on that chocolate whey at my house because my boys are trying to have four scoops a day and I'm like, we cannot afford that. I don't care if we run Trim Healthy Mama. One a day, please.

P I know. And my boys are all, you know...

S So, they want to buy it now so that they can have four scoops a day.

P My oldest son, how old is he? Almost 20.

D Who knows?

P And then I have a 17 and a 16. That chocolate whey is like their favorite thing. They're like, no, I'm bulking up, I need it. But, you know, it's healthy and it's sugar-free, so I'm just happy to give it to them.

D It's literally my favourite thing on the planet. Chocolate whey and kefir... In fact... Remember, you used to talk about how I did weird stuff.

S Yes

[00:46:59]

D I still do weird stuff.

S Yes, that's okay, Danny.

D It's just with new products.

S That's good.

D So, what I'll do is I'll mix it in my mouth.

P Oh, that's just weird. Sorry.

D I'll open my mouth and I'll hold it open like a bird, like a baby bird, and I'll pour in the kefir and then I'll tap in the chocolate whey and just take her down.

P Okay, guess what. Video of that, please, Danny.

D No problem

S But, I guess... And to women, just to end it, you know, if you're feeling like a dessert and you're like, well, I can't, I don't have a Trim Healthy Mama dessert made and I just like... I'm just going to go and eat the Pop Tart that my teenage boy's got in the house or something, half a scoop of chocolate whey and some almond milk for you just really gives that little something sweet after dinner, doesn't it, Pearl?

P It really does. You feel like you got dessert.

[00:47:41]

D And you know what? And this is...

S You can do a full scoop.

D This is not a sales pitch but I find when the THM products are in stock at my house, it just makes it so much easier because you're going to grab something that's there.

P And, you know, for you, and we talked about that one PODdy, some people, THM is easy for them when they don't use products and they feel like, no, this is me. I don't want products, don't force them down me, and other people like you are like, no, man, I rock it.

D Yes, give me the products.

P Give me the products, I rock it when I have products.

D Yes

[00:48:14]

P So, each person's different.

S Yes, exactly, each person's different but I feel like men sometimes need that quick.

P Men want ease and I find that men don't want to fiddle around the kitchen. So, that's why the chocolate whey protein rocks.

D It's so good.

P Another question, Dan, we've got to go pretty soon but...

D Is there anything to men on exercise? Because I... From, and the reason I ask is I feel like when I got off sugar and changed my eating habits, I went only 50% there. This is me personally, okay? I went 50% to where I felt my best. I was more sound in my mind, my gut issues were going away but when I started doing push ups and, you know, mostly push ups actually and then, of course, I do aerobic stuff on the trampoline. I use kids for exercise, by the way.

S Yes, that's awesome.

D I need to do a whole video on that where you don't have to actually leave your home.

S You do, Dan.

P I love it.

D You can just play with your kids.

[00:49:07]

S Please do.

D It's silly, how easy it is to exercise.

P You've got to do a video on that.

D But that took me...

P Hey, like Danny's Facebook page, go to his Facebook page.

S We complicate life, you know, how we feel like we have to drive to the gym to do that. We complicate life and then our children are left out of it and then we're both bored.

P Some men like to go to gym but, hey...

D But what about exercise, I mean, that...

P I think when a man's first like coming to THM, you don't want to complicate it too early with exercise. Maybe just let them get their handles on the eating plan and then I think push ups is the best total body exercise a man can do.

[00:49:39]

S And pull ups. Push ups and pull ups.

D It's so good.

P Some men won't... If they're going to do at least something, if they're not really an exercise freak.

S The only reason I'm saying that is because I've got the boys hanging from my rafters all day long. It's something so easy.

P I know. But your husband's not going to do pull ups.

S No, because he's so jolly big, one pull up would be like a marathon.

P Yes.

D Well, you know what, I... Three push ups broke me down last year.

P Really, just three

D Because I was so... I was just out of shape. I didn't look it but I was. I was atrophied in my muscles.

S But I feel like men do...

P I see it all the time in breaks here. You're down doing...

D Well, that's... This year I can do 80 push ups.

[00:50:09]

S That's amazing.

D In fact, I can do... I can put... I'll put my kids on my back and I'll crank push ups out.

S But I feel like men do feel better... I think we all feel better with a little bit of exercise but especially men, Pearl, because they're muscle-centred.

P Yes.

S You know? And it's just... It's just how it's...

D I am the happiest man when I exercise and eat meat.

S And, Danny, I tell you I think it's the key, though, Pearl, why you said that diabetes is just... it's coming down like a set of dominoes, you know, with men these days, Type 2 Diabetes, and I think it's because we've got a lot more sitting men, right?

P Yes. I love what Danny said, though, you know, when he said exercise, everyone's expecting him to say, yes, we've got to put in an hour at a gym. All Danny said was push ups. Guys, if you're just beginning this and you want to do at least something, start with ten push ups. It's a start.

[00:50:56]

D I have no gym equipment.

S That's what you put your husband on, remember?

P Yes.

S You were so happy if he just does his little 40 in the morning.

D I have no gym equipment. I do push ups and now I'm heading out to the tree in my front yard for the pull ups.

P There you go.

D And I'll use kids to go on my back. Another thing I'll do is I'll squat down, like... if you can picture this, like halfway, just like squatting down, not like a full squat but halfway there and then I'll let my daughters climb up me like a tree and it takes them a long time and by the time...

S So, you're holding that squat.

D And I just hold it and I put my arms up in the air so they can use that as like branches. So, by the time they get to the top I... leg day has been accomplished.

[00:51:30]

S By the time they get to the top, though, Danny, then you could stand up and then that's the weight part, right?

D Well, I'm...

S You've got the whole...

D Well, by then I'm shaking.

S Yes

P Hey, you guys, we've got to close because we're at the 40 and I think men probably... you know, they've got a listening window, right?

D A listening window, oh, yes, yes, they're... They've...

P And it's right now.

S The 18 men, they may not still be here.

D Well, it was 20 minutes ago but if... For those couple that are still left, I do want to challenge you because from one male brain to another, you know, if you're like me, you're saying, yes, I'm totally going to get around to this. Let me tell you what - if you're listening to this, it's today. This is the day for you.

[00:52:08]

P I love that, Danny. Can we finish on a positive note? All right?

D Yes, we've been positive.

P We have but, you know, just from a man that can do this. And we've got so many tons of male testimonies. I mean, thousands and thousands of men transforming their selves and their blood sugar numbers and their blood pressure numbers and their weight but this is funny. We've talked about Bruce before. He was one of your original 17 men that started listening to this podcast.

D The mighty 17

S The very name is mighty.

P And, you know, he's a woodworker. He's a carpenter. He works with his hands.

S He's got calluses, I bet.

P A man's man, but this just came in to our website and it was from Bruce again. Read it.

D Yes, and I actually went and stalked his Facebook page. He's done a beautiful staircase, and I used to do staircases just like that. I would take out the carpet and turn them into like, you know, whatever. I think he did a bamboo. Anyway, so he does beautiful work but what he... It's funny because he's talking to ladies for a living and that was me every week. And my wife was like, ah, I guess I never put that together, you know. And she never had a problem with it but...

P Yes, because the wife is saying... The lady's saying, no, I want that there and do the staircase like that.

[00:53:20]

D Totally

P Yes, okay.

D So, every week, Bruce, like myself, you know, is speaking to the lady of the home and they're coming up with what she wants and he's a carpenter and to all these ladies he...

P He just sent us this e-mail, right? Read it.

D Well, he's an evangelist and he always tells them about THM. So, one of them actually e-mailed him.

S Oh, okay.

D That's what this is. She e-mailed Bruce to thank him... So, it's just like we get our testimonies in. Bruce got a testimony in.

S Oh, okay.

P Oh, love it.

[00:53:46]

D From one of his clients:

P That's so awesome.

D So, this is it. She said, Bruce P, just wanted to thank you again for introducing, and their name, to Trim Healthy Mama. We officially got started mid-February and we both have never felt better. And, by the way,

on every sentence there's triple exclamation points. We will never go back to eating like we used to. I'm so proud of blank, especially since he has such a sweet tooth but he is loving the new ways I make his sweets. He's addicted to the Frisky malt.

P Yes. A Frisky is one of the shakes in the Trim Healthy Table Cookbook

D Oh, man, a malt blows me away. He's down about 25 to 28 pounds and me about 20 but we have lots of inches lost as well. I've always battled GI issues to the point of feeling so bad I'd want to stop eating forever. Me too, whoever you are, Mr Recline of Bruce. All right. Since eating this way I haven't had any issues at all.

P Isn't that amazing?

[00:54:47]

D To us losing weight is an awesome benefit but the most important is our health and how we feel and we feel amazing. We are THM'ers for life. Thanks, again. Keep getting the word out about THM. People will thank you some day, just like us.

D That email was to Bruce.

P Bruce got that e-mail. He passed it along to us. So, Bruce is out there evangelizing for THM because of what happened to him.

D And the reason men get psyched about THM is because they don't have to diet. They can eat all their stuff.

S They're going to eat steak and chicken wings.

D Yes

S That's the beauty of it for my husband/man.

P We've got to go. See you, Mates. Thanks for tuning in, men, and ladies.