Counting calories is out. All the food groups are in. Becoming trim and healthy doesn’t have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. Welcome to the PODdy!

S = Serene · P = Pearl · D = Danny

[00:00:00]

S This is the PODdy with Serene.

P And Pearl

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

D Women and men, boys and girls, welcome back to another episode of the Trim Healthy Podcast with Serene, Pearl and me, Danny, and we’re so pumped that you are tuning in again after all these year. Hey, I have a couple of announcements to make and then I want to dive into a question.

P Announcements, oh

S And before you do your announcements I want to say nothing about your outfit today.

P Thank you.

D Yes, you know that’s not true. Let’s hear it.

S No, there’s nothing. Nothing comes to mind.
P  Yay!

[00:00:33]

D  Nothing, I’m wearing lime green shorts.

S  It’s not lime.

P  Everything is sighing of relieving.

S  It’s between blue and pea green soup color.

P  Let’s not...

S  I didn’t do anything for me. I’m saying nothing.

P  Oh no, she’s saying nothing, but she’s saying something. Danny, what’s with the announcements? You haven’t told me these. I should be able to like have a say… You know...

D  Approval process

P  A prep, yes

D  Yes, well let’s test this out. Announcement number one, I cut my own hair. What do you think?

[00:01:03]

S  Awesome

P  Oh, you… For the first time?

D  Yes

P  Because I cut my hair every month, but let me see.

D  Oh, you cut your own hair?

P  I like it. Yes.

S  And I cut all my own boys’ in the house.

D  There’s a couple spots but you know.

S  It looks good though.

P  Danny, you did well because I wouldn’t have known.

D  Okay, good
And it’s hard to cut a boy’s hair.

A real man doesn’t go to a barber.

Okay, right on.

A real man gets his wife to use the buzz, just put it...

The old buzzer

A real man has to go through the pain of having her learn on him. So he has to have bad hair for two years.

Oh, wow, yes, well that’s good. That’s like other women repellent. It’s like who is this slug.

It’s true.

Announcement number two.

Okay.

I have finished the rough draft of my book “What If You Could”.

Oh, that’s nice.

Woohoo, I love that.

I haven’t seen it and you know that...

I know, it...

You know menial...

Dragon lady’s going to be...

And cruel I’ll be.

Proofreading all the spelling, I’m just teasing.

I’ll be throwing it.

So in the next two weeks I hope to have a final done where I’ve gone through, edited and made it understandable to other humans other than myself.

Give it to Ms Valdes.
And I want Ms Valdes to approve and make sure she can understand it and then I’d like to bring it.

Ms Valdes, she’s good on the old English.

Oh my gosh, yes.

She graduated with honors.

[00:02:10]

You know, no matter what it could be it couldn’t be as bad as when we first put our Trim Healthy Mama book out and it had...

Your Mum shredded it.

Well, we put a lot of the things out that she... So we talked about poop and stuff and she took it all out. Girls, you cannot talk about that sort of thing. We’re like Mum, I’m sorry, we have to talk about poop.

But she would like it to be whom and however.

Oh, nice

And if one would

She likes classic literature.

Yes, she likes us to stay...

Yes, she’s very classy... She’s a classy lady.

She wants us to stay classy and gracefully.

[00:02:37]

Do you have to say thou? Not King James classy?

No, but just... I just want to throw out this, just in all praise to Danny the “What If You Could” maker upper of “What If You Could”, we just came back from Florida and my husband is like an adventure water freak and I went out two miles into the...

Two miles

Into the murky ocean, well I mean it’s clean and crystal clear and beautiful but this morning it was kind of stormy.

No, there’s beasts two miles.
And it was inky. It was inky. I couldn’t see.

And you went out on a little kayak by yourself, right.

Yes, well he was there but not on my kayak.

Yes

You know, a shark could’ve took out my kayak just in one bite.

Totally, yes

But guess what, I thought to myself as I went out I thought to myself I shouldn’t do this, should I. And then my brain saw the little Danny.

Oh, did you picture Danny?

The Danner

In his shorts, was he wearing short shorts?

What was he wearing in your mind?

Not those ones

A cut shirt

Yes, no he was wearing a Danny outfit which was very...

Okay.

It was a little bit insipid, but the words that were coming out of his mouth were “what if you could”.

What if you could, Serene?

And it just tore through my brain and I stepped foot into the kayak and I kept paddling and kept paddling. And when a fear would pop in, Danny popped back and said “what if you could”.

I love it.

I’m just here, you know.

You came to her in a vision, a day vision.
I came to her in an omnipresent vision and I spoke to her and I said my child, “what if you could”.

I love it. Hey but today we actually... We’ve got meat, we bring meat, yes, we bring stuff.

We’re meat bringers.

We are.

That’s all we are.

We’re veritable carnivores.

I know. So let’s get started with it. We had a question...

Don’t even talk about meat though.

Why?

Because...

You’re rabbit trailing, Serene.

Yeah but I have to do it. Three...

All emails should go to Serene for rabbit trailing this week.

Actually I don’t know whether to say three or free because I’m a little bit dyslexic in that area. No, three, the numeral three freezers full of meat, hunted dear...

Well some of that is ours, isn’t it?

Chicken, no, not yours anymore, it all thawed out whilst in Florida.

Oh no, Serene

So

I thought it was like you have some cows and Sam, your husband, just told us about the car.

So you said we bring meat, meat was on my brain, exploded, rotten meat.
P That’s so sad, Serene.

S That when we pressed... When we turned it back on when we got home thinking it may have just turned back off like an hour or a few ago, so then we had frozen rotten meat and we dealt with it all yesterday. We put it on the back of my husband truck because we were going to take it to the dump in the morning and it went rotten meat and, you know, around my house. And so but then we decided to go to the movies as a family to see Unbroken # 2. So we had to go in the truck with all the meat.

P Oh, nice

S I said Sam, the police are going to come thinking there’s dead bodies in these plastic bags. Big black trash bags full of meat. I didn’t park near Sam, near my husband.

P Can I ask you one question to continue the soap opera of the Allisons if people tune in every week? Remember you gutted your home before we went to Florida to get rid of the cockroaches.

S Yes, this is the same week.

P Are they gone?

S They’re crawling... Well, I'm not speaking into my waters in a bad way, but I saw a couple crawling down the stairs to the new place.

[00:05:46]

P Were they sort of sick?

D They were on a journey.

S Hey, I spoke to them strongly with the dominion that God has given me.

D Did they have little tiny suitcases?

S Against all... Didn’t He say in Genesis that we can have dominion over things that creepeth and crawleth upon the earth?

P Yes, He did.

D Yes

S I took some dominion and some loud, freak out yelling.
You domitioned them, you didn’t help them nicely?

No, they’re going. They’re gone. They’re going. They’re gone. I have faith sees them gone.

Alright

Well they might serve some great purpose.

But this was the same week as the thawed out meat and all that stuff.

The life and times of the Allisons

I thought to myself every dog in Dickson...

Yes, Days of our Lives.

Is going to come to the Roxy Movie Theatre to sniff out our truck and the 15 black trash bags...

And was it sort of seeping red, yucky stuff from the doors?

Yes and on the way to the Dickson Movie Theatre, luckily it was Dickson, that’s why I keep repeating it, a trash bag or two would just fall off and Sam had to pull off to the side of the road...

And get his garbage meat.

Heft the bleeding trash bag onto the back.

Oh

Wow

We bring meat. We do, we bring meat.

You have some classy authors here, classy podcast hosts.

Yes, real class.

Let’s start Danny.

Alright, so we had a question that sounds like we’re going to have a whole podcast about, right.

That was my decision, yes.
D  We’ll see, alright. Yeah. Okay, hello, thanks for all of your podcasts. I love them. I’m fairly new to the THM lifestyle but so far loving it. I’m working on listening to all of your podcasts from the beginning and as of now am up to number 50.

P  You go.

S  Wow

[00:07:15]

D  Come on, rabbit fan. My question for you is...

P  Yes, she’s a rabbit trail fan obviously.

S  We bring some rabbit meat.

P  We do.

S  We bring some rabbit meat.

P  It’s not red meat, it’s rabbit meat.

S  By the way my husband was raised on rabbit. He turned six foot six.

D  My question for you is can one eat too much protein. For example I have two cups of coffee in the morning, both with cream and collagen. Good on you there.

S  A scoop though, each a scoop?

P  I’m going to take this Serene, because you shared a lot of rabbits, so I’m going to be taking some...

D  Alright, then breakfast might be a Yuck Yum Biddy, love those. So that has the whey protein powder and collagen in the Yuck Yum right, she means. So that has...

P  Well she’s putting both. She’s putting both.

D  Yes, okay, so she’s putting them both. Yes, so yes the question’s on protein. She says thanks ladies and gent, that’s you Dan, winky face. Hey, winky face back to you anonymous lady.

P  Do we know... Oh, anonymous okay. This is a good question because I think protein comes up a lot...
Did you hear the intelligent voice she just put on?

Just let me go, Serene. Let me go. Stop being little naughty sister today, okay. It needs to be addressed this whole protein issue. Protein is what Trim Healthy Mama is centered around. But, you know, yes you can have too much protein and yes you can have too much little protein. So today I want to take...

Too much little protein

To much...

You can have too little.

That’s right, you can have too little.

Too much little protein

Yes, you can have too little. And so I think today we need to talk about that beautiful balance Serene.

Yes

I really want to go there.

I do too.

Can protein, too much protein actually interfere with your weight loss? Actually sometimes yes and we’re going to go there too.

Yes, we’re going to go there too.

Can too little?

Absolutely

Totally

Now don’t get afraid of can too much, you know, interfere and get all like freaked out and start counting your protein.

We’re not going to do that.

It’s very hard to gain weight with too much protein. What I’m trying to say is for it to become a fuel your body has to go through... It has to go through a series of metabolic events in your body to turn protein
into a fuel. However, it’s just excess calories and it stops you from eating things like non-starchies.

P  Exactly, it gets you out of balance and when we are dealing with some protein powders which are excellent, I mean they have healed Danny. I mean protein powder with…

S  He’s sucking it down his throat right now.

P  Along with collagen and kefir

S  With Matcha I can see.

P  You know these things have improved so many thousands of us with our gut health and our health, but here’s where you can actually start having a bit too much protein when you start to abuse these things. And I think this question was a really good one, because let’s look at what she said. She said I’m having two cups of coffee and in them is collagen. And then she said I’m having my Yuck Yum Biddy which is a smoothie, Serene’s kefir smoothie, and she said I’m having collagen and weigh.

[00:10:18]

S  Now I agree because powders disappear and are easy to swallow.

P  Quickly, yes.

S  And so it’s not like having to chew on another hunk of steak.

P  No

S  So I see Pearl’s point. Pearl’s point is you can be consuming more than you need because you might be having real food too.

P  Yes.

S  Not that protein powders aren’t real food, but they’re just… They’re supplement.

P  They’re not… Yes, they’re a supplement.

S  And if you’re supplementing your real food with too many scoops, that hard to find...

P  Yes, you can have too many scoops.
S  Overdone sourcing protein into a fuel where your body is having to
burn it off, that is going to be easily done with protein powders.

P  Yes and I think too as women, I mean Danny you could probably have
a few more... You could probably have a couple more scoops that we
women could because your body is different.

D  A couple more of 20 gram protein scoops?

[00:11:08]

P  Not in one meal, I'm talking about throughout the day.

D  Oh, throughout the day, okay.

P  Yes, also it gets expensive and you start wasting ingredients too.

S  Yes

P  So if you wanted to have two cups of coffee in the morning I would put
a teaspoon of collagen in one of them if I knew I was going to have a
meal with protein, my breakfast had protein I don’t need to add
collagen in every cup of coffee.

S  Now if you’re a nursing or pregnant Mama and you’ve had a couple of
eggs or a few eggs then do half a scoop of collagen.

P  Yes, half a scoop is fine.

S  But a full scoop and you’re not pregnant and nursing and you’re
having eggs and bacon, too much

[00:11:43]

P  Yes and it’s excessive and it just it creates more fuel for your body to
have to burn down.

D  What would the motivation be? Why would she ask the question?

P  I think she’s thinking these are good things.

D  Okay, if they’re good why not

P  I mean collagen helps my joints. Collagen clears my skin. Collagen
helps my immune system. I love collagen and we all do.

S  But it’s not like adding a little bit of baobab to a smoothie.

P  No
Because there's more calories to protein than just like a Vitamin C powder thing.

Yes and we're not... We don't count calories, but we don't just throw them in willy-nilly. So and guys we don't want you to waste your money here either. Use your protein and your collagen wisely. Sure, use them every day. Serene, I mean I'm always putting collagen in my drinks. But if I've had protein in my meal I don't go put a full scoop in.

No, but maybe you haven't had enough protein in your meal.

That's where they shine.

Then you go add it to your drink or maybe you've just worked out and you need the extra half scoop.

Exactly

Or maybe you are like I said nursing or pregnant and you really need it.

You do.

To keep your body in tip top shape where the baby is not pulling from your own protein reserves.

Yes and so I mean if you look at the shakes in our book, whenever Serene and I write a shake let's just say we put cottage cheese as part of the protein, we will never say half a cup of cottage cheese and then a full scoop of Pristine whey. You won't see us do that. You'll see us say half a cup of cottage cheese and half a scoop of pristine whey because then we've got this beautiful balance happening. We're not overdoing protein.

Now here's the thing, you don't have to try and shoot for a number like 30/35, anything like that. Once you reach about 25 grams of protein that's about all most of us can absorb at that time. No problem going over. Sometimes I go over quite often.

But here is the beauty that God has given us and it's very easy to sense that beauty when you're eating the real thing, protein doesn't make you crave more when you've reached your body's satiated point.
Okay. With carbohydrates you can start eating the carb, especially simple carbohydrates, and you crave more. It’s like an addiction this craving happens. But I’ve read before that when you’re eating protein it doesn’t have that I have to have more, I have to have more. You get to that satiated point where you’re just content.

I agree.

But you may not realize that with a powder.

It’s so true. Yes, I find that.

Oh, versus like a meat.

Yes.

Like if you’ve had a steak and that was a yummy steak.

You know you’re full and you’re happy.

You know you’re full and you’re happy. It’s not like oh I’ve got to have another white dinner roll, I’ve got to have another white dinner roll.

Yes, somehow steak is a filling satisfying protein, right.

It is, but I do think people can when they mix proteins can sometimes go over and be excessive too. You know, sometimes people will have, and it’s okay to do this now and then, I’ll do this on the weekend, it’s part of the Trim Healthy Mama freedom like...

This is your party out thing.

Yes, I mean you have maybe three eggs, right, and go out to breakfast and some bacon and then a little bit of sausage on the side.

Mama’s getting wild and crazy.

You’re proteining up. You’ve probably got 40/50 grams in there.

I’ve had 65 easy in a meal before, easy.

On the weekend, this is like your like cut loose party is I’m going to get wild and crazy on some protein.
Cut loose. Yes and I really enjoy that. But on the whole every morning I start to think to myself if I’m having, you know, two or three eggs, hey Pearl I got my protein, I don’t need to pile the breakfast meats on too. How about instead I have some veggies in there, you know.

And so there’s that beautiful balance. Don’t say that Trim Healthy Mama goes around saying you can’t have bacon and eggs because that’s ridiculous. We don’t say that. But we do say stay mindful because while Serene said it’s true that it is hard to gain weight having too much protein, there actually is a process where it can happen. It’s called... What’s it called Serene? Gluconeogenesis.

Gluconeogenesis.

Gluconeogenesis.

Yes, I believe so. Something like that.

Sounds right.

It’s where you have so much protein that it turns into glucose in your bloodstream. Now...

There’s metabolic events that have to happen and they’re not easy to happen so that we don’t want you living in like fear of that line.

We don’t want you living in fear.

But when you’re having scoops and scoops of protein powders all day...

Or when you’re doubling up on eggs, meat and stuff constantly

Yes, like if you’re having three eggs, well then have three eggs. But if you’re having bacon, have two with a slice of bacon or two.

Yes, if you’re doing it daily but honestly, Serene, we’re going to have a great welcome weekend, you know, bacon and eggs.

Yes, but every day if you’re having bacon and eggs, take one egg out for that extra bacon.
Absolutely, but I don’t want people eating bacon every single day, you know what I mean.

P

Yes

S

It’s sort of like bacon’s on plan but it is a processed meat and it makes us happy and it’s fine and hey it slims people down because, you know, you’re not having your carb with it. But I always... I also caution people, hey, it’s a processed meat, there’s nothing wrong with including it as part of your diet but daily, let’s get some greens in there instead.

P

And let’s get some fish in there.

S

Yes.

P

You know.

S

Maybe not for breakfast, but yes let’s change up our meats too.

P

Yes, exactly

S

If you’re constantly doing only red meat at night and bacon in the morning I think you need some variety for your health.

P

I do.

S

I do.

D

So I looked up the word, is it Gluconeogenesis?

P

Is it glycol?

D

There’s like another...

S

Well you see we’re from down under, so we’re going to pronounce everything wrong. Some say glucogen, some say glucageon.

D

There’s also a glyc...

S

For the hormone that gets released when you eat protein. So there’s different ways you can say it but...

D

Okay, there’s also a Glycogenolysis.

P

No, it’s not that.
Okay, I bet it’s Gluconeogenesis.

And I’m just pulling from my memory here. I could look it up, but what this means is protein is eaten in excess and turns into glucose. So your body is almost looking at it as sugar. And Serene says do not be afraid of this. We all respond to it different too and most people...

And that’s why the Keto diet only has a certain amount of protein and doesn’t go beyond because they stay in that ketosis state.

Yes.

Because they have to watch the non-starchy vegetables they take too.

I know, so they’re worried about it.

So the point is non-starchy at a certain point becomes a little bit of a carb and protein after a certain point becomes like a carb.

But on Trim Healthy Mama we don’t actually get super concerned with this. It’s just at the back of our heads to say no need to overdo it. Let’s enjoy it but don’t overdo it.

Yes and this does not mean, okay I’m going to pull back, I’m going to have just lentil soup for lunch every day and not add any chicken to it and I’m just going to pull back and have some vegetarian meals. No, no, no.

Although there’s nothing wrong with that.

That’s the other... No, to have that occasionally but I’m just saying every day start having a vegetarian meal because I need to lower my protein. No, you don’t need to lower your protein. You need to balance your protein. We don’t want you on the low side either because we just came back from being on vacay where we’re not making our normal meals.

Hey, talk about yourself. I was good.

Yes, well you were on a vacay. Well I was good too for most part.

Guess why I was good. Because I ate... Well we made meals at home too, but I did eat out.
Yes

You see I don’t have to take my food from my house to my vacay place, but Serene share.

But the deal is is that I had more carbohydrates less protein in a meal. Like I’ve just made so much granola for our children to just live off and I thought I wouldn’t live off of it, I’ll just do other things. But it was a rush-rush funsies vacay and I just needed to throw that stuff down my trap. So I did and I tell you what, I was hungry every hour. When I did not anchor my meal properly around protein I was ravenous and I was looking at things that I never would think of as food as food.

[00:19:13]

Yes.

Like what

You know, popsicles and lollipops and all the things the children are running around with that would look like poison to me were almost looking like food.

Yes.

If I have ever been excited to advertise anything on this podcast it is now. I can’t believe we are able to advertise Audible. It’s like my family’s foundational thing that we built our family on. Like there’s the Bible and that’s the foundation for us, but Audible is like the next. We’re a family of listening like audio books. Oh my goodness, they have everything. We’ve done the whole Lion, the Witch, and the Wardrobe series. One of our favourites, please listen, Airman by Eoin Colfer, absolutely an all time incredible epic story, so well done.

Why do you guys like Audible? Why do you like auditory books so much Serene?

Because we’re not... We don’t... We’re not much of a movie family, maybe on a Friday night or something, but we want our children’s brains to be challenged. And so we don’t want them just sitting there and zoning. So when you listen you have to imagine the whole thing, you know, so and it becomes so much more I believe real in the child’s head. They get so much more connected to the story because their minds are producing this whole theatre.
And you guys do it as a family, right.

And it’s a thing, instead of us all reading a different book in the living room, it makes us feel like it’s an event. We all get hot chocolate. We put like the salt lamps on or the candles and we’re all sitting around cuddling together and listening. It’s so awesome.

I know and so many of our family members we love it when we’re travelling, because you know especially if you’re the driver you can’t read while you’re travelling but with Audible...

We just listened to another Eoin Colfer one, it was Half Moon, oh so great. He’s not a Christian author. He’s got some that are out there and they’re a bit whack, but those two books Half Moon and Airman awesome.

But you know what, I want to talk about a book on Audible.

What?

[00:21:02]

The Trim Healthy Mama Plan. You can actually listen. If you’re not much of a reader get our plan book from Audible and actually have it read to you. You can listen in the car or while you’re doing stuff. You know, sometimes when you read...

Hey, we wish it was our voice. Sorry peeps, it’s not.

Yes, but that’s okay. You still get the information. Every month Audible members get one credit good for any audio book they choose plus two Audible originals from a changing selection that they can’t get anywhere else.

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Okay, so to start a 30 day trial and get your first audio book free go to Audible.com/trimhealthy or text Trim Healthy to 500500.
Join the Audible tribe. Join me and my family. I tell you what, this builds memories listening to audio books. And also, hey my husband doesn’t get time to sit and read because he’s so busy as, you know, business owner and, you know, fathering all these children, raising them all up, but guess what, he listens to about six books a week. It’s such a great way of just because he does a lot of drive time in the car, it’s such a great way to keep books flowing and keep information flowing in.

Go to Audible.com/trimhealthy or text Trim Healthy to 500500. You can do it with audio books.

Hey you’re listening to the poddy with Serene and Pearl and I’m Pearl and who are you?

I’m Serene.

So we were in... We stayed in... Both Serene and I our families stayed at a beach house on the beach. You know we went in one of those Air B&Bs.

Yes

And my daughter, Meadow, and her husband, Kendal, were there and, you know, my son Bowen and his wife was there.

They did it classy, people. They did it classy.

Yes, we did it classy.

We had 50 people stuck into a 19 sleeping B&B.

Yes and they didn’t go out once to eat. Well we went out for lunches but some mornings and some nights we had dinners, we made them. One morning though Kendall went out and bought cinnamon rolls.

Crazy Kendal

Okay and we were going to do eggs and everything, but he makes the best coffee. So we got up and he made this amazing coffee. Here Pearl, have some coffee. So I had his coffee. And then they bring, you know, out the cinnamon rolls. And just right there, there’s no protein. I’m like I’m on vacation, you know. And so I had a cinnamon roll. This is my food freedom. I can jump back on plan. And I drank the coffee and I was just thinking this is life, you know. I can do this.
This is real fun. And an hour later I just... You know, we didn’t get around to making a proper breakfast and so I had like probably one and a half cinnamon rolls because then I just ate some more.

S  And there’s no protein in there.

P  No protein I was a mess.

D  Yes, but when you’re eating it you’re pretending.

[00:24:00]

P  Oh yes, oh I just thought I can do this, you know. I was a mess. I was starving. I was thinking about all the things we could go out to eat for lunch and have and I was thinking about crazy things like I’m going to eat the white rolls. There was a restaurant next to us and I was thinking about the fish and chips. Chips, I wanted to eat the fries, you know.

S  Yes

P  It was because I had not anchored my breakfast on protein.

D  So to get Pearl Barrett to lose her mind all it takes is a cinnamon roll.

S  Well and that’s what happened to her on Christmas too.

P  It does. Remember my Christmas story.

S  The same thing Christmas breakfast

P  Those of you who heard my Christmas story

D  Yes

P  I lost my mind on a cinnamon roll.

[00:24:36]

S  Well I went out for lunch this one time, Pearl. We went out to Finn’s Tacos in Panama. It was so awesome.

P  Yes.

S  But I didn’t really anchor it around protein that meal.

P  Yes, you probably didn’t eat a cinnamon roll you perfect lady.

S  No, but I’ll tell you what, because I’m nursing it wasn’t enough protein for me. The thing I ordered, and I tell you what, I was hungry in the
car on the way home from the meal. And then as soon as I got back to the AirBnB I thought just shove a little crust in the toaster.

P  Yes.
S  Four crusts later
D  Crusts
S  I’m still thinking about other food.
P  And when you say crusts, you mean whole pieces, right.
S  Yes., so my point is is that protein is a slimmer.
P  Yes, it is.
S  We know that it releases fat.
P  Because it makes you sane in the brain
D  That’s good.

[00:25:24]

S  And it releases fat. Glucagon, that’s the hormone that gets triggered when we metabolize protein and it is our fat releaser. It releases fat from our body and we flush it out. So don’t get scared that protein will make me fit. No, excess supplement protein can make you fat and then excess bacon with your eggs.

P  Yes, or sausage or steak and eggs.
D  Okay, so by excess supplement protein you mean powdered.
P  I do.
S  Well you’ve already, because it’s so easy.
D  Okay
S  You’re not getting satisfied with the chewing. It’s not an event.

[00:25:55]

P  If you’re putting like you don’t need a whole scoop of collagen plus a whole scoop of whey. You don’t need that.
S  Plus your eggs.
D: Yes, yes.
P: You don't need that. Do halfsies and halfsies of both, you know.
D: Is there a grams per meal idea?
S: No, we don't want to even go there
D: Not even on protein
P: But no, in our books we said if you want to have a nice meal shoot for 20 to 25, right.
S: Now that's for a regular person who isn't working out, training or nursing or pregnant.
D: Yes, this is your average woman going through her day.
P: Yes, exactly.
S: Because as a pregnant woman who likes to train I would do 25, not 20, like, you know, I kept it around 25.

[00:26:30]
P: Right, no you wouldn't be good at 20.
D: Training men do even a lot higher than that.
S: Oh, yes
P: And more and you can do more, like some meals honestly plenty of times I'll go over 25.
S: Oh I can do 65 on a Saturday night.
P: But I'm telling you some meals...
S: Piece of cheesecake, you know, made out of cottage cheese and maybe it has collagen in there and then I've had steak or I've had, you know.
P: But some of my meals therefore would be a little lower. So they all balance out for me and... But let's also talk, Serene...
S: But can I say something really quickly though?
P: Okay, you may.

[00:27:02]
S  Another way that protein shines as weight loss is before bed instead of binging on a carbohydrate, if you have a little light protein Fuel Pull kind of meal.

P  Like a Cottage Berry Whip or something

S  Yes or half a scoop of collagen in a night time tea.

P  Trimmy or something

S  Yes, it will actually surge your human growth hormone and will actually help trigger weight loss and it helps satiate you before bed, whereas the carb would trigger, you’d probably start binging in the evening. So it does help weight loss. Carry on Pearl.

P  No, I love what you’re saying, Serene, and at the end of this we’ll do a recap to make sure that we’re...

S  It’s the balance of protein and the balance of the idea of protein.

P  Yes.

S  Of the idea of it being weight loss friendly, there’s a balance to that where it can tip into weight gain.

P  Yes.

S  Or it could tip to weight loss.

[00:27:46]

P  But you see this is what Trim Healthy Mama is all about, balance in all areas. We don’t just go all meat and egg, you know, like Keto-ish where we forget... You know, Keto it does include veggies but there are limits to them. We say with greens don’t limit greens. Don’t limit your non-starchy veggies. We should have a beautiful balance on our plates, we really should. And so with protein, we want to talk... Why do we...

S  And so with carbohydrates too in our diet not necessarily on every plate but in our diet

P  No.
They're not the enemy.

No.

We don't remove anything.

Okay, can carbs make you fat? Sure. Can carbs make you slim? Sure. Sure, can no carbs...

Can no protein?

Can no carbs make you slim?

Yes.

Yes, for a season. Can no carbs for longer than a season make you fat? Yes.

Yes, because your metabolism gets messed up.

Yes

All these things, all the extremes in these things lead to dead ends and we want to find that balance.

Can fat make you slim? Oh, yes, it can. Look at Keto. Can fat make you fat? Oh, yes it can.

Yes.

It’s all about what balance.

Balance and ratio and what meal it’s in.

Yes. I do want to talk about the other aspect, before we get to our Super Food Spotlight, of protein. Why then, you know, we’re talking don’t overdo protein powders, why do we even have them then? Are we some sinister people that is like we want to sell you protein powders but don’t eat too much? No.

Well whey is a super food and collagen is a super food. We can’t get whey easily from milk. What I’m trying to say is you’d have to drink a gallon and you’d be a hugey.

Yes.
To get the weigh you need for your lactoferin, for the immune support, for everything that it does it’s the most easily digested protein. It so helps to heal the muscle fibres after working out.

Instant energy. Serotonin, all of those things.

Collagen, of course you’ve heard about how it can heal the gut, how it heals the skin. Oh, I just did a teeth whitening to my teeth, Pearl, just because...

You didn’t let me see. Let me see.

Just because your teeth is so much whiter than my. It was just a Crest strip.

Oh, good.

[00:29:39]

Oh, I thought you were saying with one of our products because...

No, I just did a Crest strip. Well I do charcoal but...

I just mixed... You’re going to think I’m nuts. I just did an experiment on myself. I mixed our collagen and MCT oil.

Yes, brush your teeth.

No, and I put it all over my face.

Oh, a maskey, go for it you millennial.

It reminded me of the time that I was in Mexico on my 13th birthday and tradition is when they sing to you you go and you go to bite... Take a bite out of the cake.

Oh, yes.

And the tradition is they shove your whole head in it.

Oh, so your head looked like... Yes.

And so I had the smell of butter, it’s a butter cake, in my nose. You ever got butter nose, butter smell in your nose all day?

No, I haven’t.

[00:30:18]

Well because your face has never been shoved into a Mexican cake.
P No, it hasn’t.

D Well it reminded me of that. But I was glowing for like three days, I couldn’t get it off.

P So, really

D I mean I don’t know if I’d recommend it.

P So it’s a thing?

S It might be a thing.

D Maybe it’s a thing, I don’t know.

S Hey, what if you could do that.

D I just tried it.

S For a mask, what if you could?

D Yes, it was a mask kind of thing.

[00:30:33]

P What were you saying, Serene, because I had something to say.

D Sorry

S I have no idea.

D Sorry about that

S Oh, yes, collagen is a super food too. It’s good for your...

P Oh teeth, you were saying you did it.

S Oh yes, so...

P Oh, I know what you’re going to say.

S I never could use Crest Whitening Strips ever, not that I believe they’re healthy, they probably ruin the... Don’t send me letters the peroxide in it probably ruins the good bacteria in your gum tissue and then you can’t find anything in there around your teeth. Anyway, I’m the one that has to sit next to Pearl in photos and she has naturally gorgeous white teeth. Mine were never naturally that way and so occasionally once every 10 years I say do a Crest Strip so you don’t feel so bad next to Pearl.
P  But you could never do one.

[00:31:08]

S  I never could because...

P  She’d rip them off.

S  My teeth were so sensitive probably from being a vegan most of my life, they must’ve been so porous and brittle. Well no pain.

P  What?

S  No pain

P  And that’s from collagen, it’s re-mineralizing.

S  I’m telling you, I’m telling you. So anyway, collagen is so... These are supplements that are super-super healthy that we can’t necessarily get.

P  And why, and I want to...

S  Especially if we don’t want to do bone broth cauldrons in our house all day.

P  And I was going to say, Serene, why then did we start doing collagen because, and you’ve heard us say this before, most of the meat cuts that people eat these days are just muscle meat and they don’t have that full spectrum of amino acids that we need.

[00:31:45]

S  Yes, proline and glycine...

P  For our health

S  Are not in your regular eggs, your regular meat, you know, all these skinless boneless cuts of protein.

D  Oh, because of their missing...

S  Not in there. It’s high in tryptophan and methionine and guess what, that is on its own actually is inflaming to your body. You know how people say well meat, red meat causes inflammation in your body or too much protein does. Well it does, but guess what, it doesn’t when it’s balanced with proline and glycine. That’s where you can eat animal products, you can eat meat and it’s actually anti-ageing and it
makes you grow old gracefully and strong. And all these vegans are like well you know animal products are inflaming. They are when you don't balance them properly.

P  He has a question.

D  Is it not balanced with the glycine and the other thing you said because the bone is missing?

S  Yes and the skin

P  And the skin

D  Okay, so the boneless skinless thing that we do for convenience we're missing out.

S  Yes

[00:32:40]

P  Yes and so, yes, you wouldn't have to use our protein powder, collagen, if you had all skin, all bone and did your own bone broth like they used to in old days.

D  And it has... Ours has it in it, the collagen.

P  Yes, that's why we've done it.

S  That's what it is, yes.

P  So people can eat protein and meat healthily.

D  Nice

P  This is why because we know everyone's still going to have their children breasts and their steak and their ground meat that's taken away from the bone.

S  That's part of our weight loss program.

[00:33:04]

P  That's the way we cook these days. It's just the recipes are like that.

S  Yes, when you go to China it was like machete chicken soup. It's like the whole thing went chopped up with a machete and bone and you got more bone than anything else.
All of its bone, but that’s not our convenient way, Danny. So the reason we’re having collagen and, you know, gelatine is to put those missing amino acids back in our diet so we can eat meat and be healthy.

Because there are studies that methionine actually is...

Ageing

Ageing

What is methionine?

It’s the amino acid that comes from your... You know, your skinless boneless cuts of protein.

Okay

It’s in like steak, chicken breasts.

But guess what, when glycine and proline are in your diet it’s not. methionine does not...

It cuts that problem.

It’s not ageing, yes.

Okay, well not...

Yes.

And it’s healthy because there’s many things that methionine does that our body needs.

Yes.

Well not to plug our products or anything, but I keep the three pound bag of collagen in stock and I sprinkle it on anything I possibly can and I find that...

See that’s good for Danny, you see.

Yes, but you didn’t hear our first part of the whole podcast saying you don’t need to overdo it, did you?

Well, I don’t overdo it.
S This is Danny, you see.
P Oh, oh
D Well because here’s the thing, like (a) I’m working out, okay (b)…
P True, oh but you’re just putting a little bit on all your food.
D Not like everything.
P Not your apple
D Yes, I’m not going to throw it on my apple.
S He’s sprinkling it like nutritional yeast so that everything he has is little balanced.
P Oh, that’s okay, yes.
D But if something is like okay this is a great meal but where’s my protein.
P Oh, totes.
D Then I got magic fairy dust.

[00:34:30]
S That’s what it is too.
D That’s what I’m saying.
S That’s the other reason why we sell it is because what if I jolly well just feel like a piece of Ezekiel toast for breakfast.
P Yes.
D Yes
S Where’s my protein? Well don’t worry, I’m going to make a light Trimmy because I had, you know, the carbs with collagen and then I had protein.
D I will sprinkle that collagen right on top of that butter on top of that toast.
S Yes and you’ll put it on your face too, won’t you.
D And I’ll put it on my face and just experiment.
P   Oh my goodness
S   Go for it Pearl.
P   Oh no, I think we’ve pretty much…
D   Answered her question.

[00:35:02]
P   Answered her question.
S   Nice shoes by the way, Pearl. Nice shoes.
P   Thank you, these are Crocs. Okay, when I was down in Florida you know I love Crocs but to me I’m sorry, Croc people brand I thought your shoes were sort of ugly.
S   Well they went with your cockroach trailer home, but now you’re out of that.
P   No, but then… But I love the feel of them. So they had a Crocs store down there and I went and I saw cute ones and they’re still so comfortable.
D   Those are fantastic sandals though.
S   They really suit you.
D   Those aren’t the traditional Crocs like people are picturing.
P   No, they’re not.
S   I like you in those.
P   Thank you.

[00:35:29]
S   Because I’ve liked every part of you but I’ve always thought your shoe choices were a little bit… They’re lacklustre.
D   No, Serene and I have talked about it and we’ve been a little upset and a little concerned.
S   A little concerned, yes.
D   For the listeners these are again they’re not like what you see a doctor in, those old school Crocs, because then we can’t be friends Pearl.
Yes, Pearl usually wore the...

You weren't a Croc person?

No

What? Come on Leslie, be my Croc friend.

Oh ridiculous

High five

Sorry, I had to butt in. I had the exact same experience. I bought only Crocs but never the ugly ones. They had cute winter boots and they have like...

They did? I didn’t know that.

Little ballet shoes back about 10 years ago. I used to do 20 hour days running around arenas. I couldn’t not be wearing my Crocs, so very...

These Crocs are cute.

Amazing

There are cute Crocs out there, hashtag cute Crocs. #cutecrocs

See I didn’t know that. I’d never been to a Crocs store.

Well Pearl has finally gone to the light side and gone from the dark side where she used to be where it was like...

Serene, I had no money. I brought used Crocs that were white at yard sales that already should’ve been at the dump.

Like the size of a man

That’s not all you buy at yard sales used.

And they were too big for me and I wore them every day because of the comfort.

Yes

And that’s what you’re remembering, Serene.
S  Dude, those Crocs...

P  Erase those painful memories.

S  With a frock

P  Yes, I wore them with frocks.

D  Wow

P  The Croc and the frock.

S  I remember you walking out from your cockroach trailer home with your frock and your Crocs.

P  That’s what she’s calling my past. She’s labelling it.

S  But you had great teeth. You had great teeth.

P  Hey, let’s get to our Super Food Spotlight.

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*Trim Healthy Mama Super Food Spotlight.*

[00:37:12]

P  So today we want to talk to you about the four lettered word.

D  No

S  It starts with... I don’t want to tell you what it starts with. It sounds terrible.

D  The F word

S  Let’s just take it all back to the beginning.

P  Shall I start again?

D  No

S  Okay, fish.

D  No, you can’t start again.

P  Why do we... We were talking about protein, so let’s talk about the fish form of protein.
Yes, let’s talk about besides from bones and skin or collagen powder that are missing from our protein factor. The other thing that's missing is fish.

It really is, you know.

Fish, yes.

Because people unless they’re seafood-ish people they just… It’s like the plague. They just want to just like...

Well we forget about it, don’t we.

Run away from it.

And then there’s so many big scares about it too, like yes wild caught is the best, but...

Like mercury poisoning

There I cannot tell you how many blog posts, sensational blog posts about how Tilapia is going to kill you.

Can I tell you something?

Literally Danny if you eat it tomorrow you shall die.

From the mercury

Can I just tell you something about it? Guess what.

What mate?

But the same for a chicken unless it’s pristinely done

I know.

So but people don’t think about that. They just want to think about it when it comes to fish.

Listen, I have a friend, she farmed tilapia. She’s like it gets such a bad rap, it is not nearly as bad as people are making it out to be and she’s like actually it’s pretty clean.

And Dr Perricone
P  I eat my fish all the time.

S  That famous what is he, the dermatologist, a doctor, and he was an anti-aging doctor, wrote quite a few books. He reckoned that out of the farm raised fish Tilapia was one of the cleanest.

P  But if you... Listen, if you're disagreeing saying Serene and Pearl you don’t know what you’re talking about, don’t even eat Tilapia if you don’t want to. There are so many other white fish.

S  And don’t be too afraid too of mercury.

P  Yes.

[00:38:56]

S  Because yes, it’s a terrible situation in some fish items but you know there was mercury in deep sea fish when there was no...

P  Deep sea fish...

S  When there was no like what do you call it...

D  Knowledge of mercury

S  No, when there was spills or anything like that.

P  Spills or...

S  But there’s a substance in deep sea fish that helps you rid your body of mercury.

P  Yes, so you know we don’t worry too much about that, we just eat the fish. Okay and Tilapia the reason why sometimes Serene and I call for Tilapia in our recipes, or do you guys call it Tilapia or...

D  Tilapia

[00:39:28]

P  Is because it’s so darn inexpensive and you can actually afford it. So I say some fish even if it’s not perfect like Tilapia is better than no fish people.
Hey, hey, trim is better than the inflammation and the issues that come with being at a non healthy weight.

Yes.

Trim is better and sometimes Tilapia over red meat gets you to your trim.

Yes.

And the fact is is a lot of people are not caring about their red meat being perfect or their chicken being perfect.

Yes, but they down fish. But why, why do you need to include some fish in your diet? Why, because it’s a beautiful perfect calorie shake up.

Yes, it is.

Red meat high in calories, that’s fine. We’ve put it in the S situation, it’s good. But you don’t always want to be doing the same sort of protein. You need that beautiful shake up of lean protein, lean fish.

What happens if you only, only ever had grapes? Never an orange, never cantaloupe, never pomegranate.

Never strawberries.

No.

Yes, never raspberries.

Blueberries.

Yes.

Just keep on going I mean, never kumquats.

Never kumquats, my point being is you’d be missing out on a myriad of other minerals spectrums.

Pineapple.

So Danny, this is why I wanted you in here. You can represent many people maybe who are just like Pearl and Serene I just don’t like it. Are you one of those people?
D You mean fish?
P Yes or are you a fish eater?

[00:40:57]
D No, I like fish but, you know, I'm such a copout fish liker because it's like as long as it's not fishy.
P As long as it's not fishy, yes. It's all in the way you cook it.
S Hey but you know what, it's all in the way you cook it.
D No, it is yes, yes.
S Now my daughters that come from Liberia they were our fish gutters. We caught deep sea fish from our kayaks from the “what if you coulder’s”, right.
D That's how you do it.
P Last week, yes.
D Fresh deep sea fish
S And they... There's nothing fishy about, even Spanish mackerel and mackerel you think oh it's going to be fishy. Oh my goodness, the way you make it.
P Yes, but your daughter Selah...
S They gutted and made it fresh, oh.
P That's Serene’s oldest daughter. She is from Liberia, but she was using every part of the fish, right, even the eggs.
S Even the eyes.
P Yes, she uses it all man.

[00:41:41]
S Oh yes, but she's a picture of health.
P Yes, that's their culture.
D We're talking about the girl when she first came, Mommy and Daddy went out somewhere and when they came home...
P Your pet geese were in the pot.
Their pet...

She said that in her head she named them as she was coming into our driveway for the first time. I had three ornamental geese. One was Thanksgiving in her head. One was her birthday and the other was just called food.

That's how she named them. And she plucked them and had...

She swung them round. That's how she got them...

[00:42:11]

Yes, oh she went full on.

Ready for the plucking.

Yes, start to finish she handled it.

She had some swing.

Okay, but we are on fish as our super food. How do you eat more?

They were half her size too.

Of course we're talking about salmon. Salmon is incredible.

Sam was impressed.

Yes

Make our Salmon Patties. They're in our books.

Yes, they're great for children.

You don't even need to go to our books. Google Trim Healthy Mama Super Salmon Patties.

Hey, make a quick Thai soup. Everyone loves Thai soup. I mean it's like those Thai restaurants they are trendy.

[00:42:33]

Then what are you going to put salmon in there?

A can of salmon.

Yes, easy.
S  So easy, and those Thai flavours with a little lemon and everything it’s not fishy.

P  Tuna, it’s really easy to get fish. I love tuna on my salads, with my apple.

S  Stuffed in a sweet potato.

D  My wife just found these flats packets of tuna, wild caught.

S  Yes, that’s what I use.

D  You zip open the package and throw it on your salad.

S  Yes

P  I’m telling you, so easy. That’s Danny easy right there.

D  She just showed me that.

[00:42:59]

P  Now you have something else to put on your salads, Danny.

D  Yes

P  You have a Danny easy thing.

D  Yes

S  I always have a couple of those pouches in my purse.

P  You carry them.

S  I carry them with me.

D  Nice, little survival pouches.

S  Yes, because what if I go somewhere and they have really gross protein options.

P  Now I want to talk to you if you’re one of those people that say I’m sorry I just hate fish. It’s your confession. If you say I can’t do this, you can’t do this. If you’re going to say you hate fish, you hate fish. Learn to like it little by little. Open your mind.

S  It’s like I confessed I can, I’m a kayaker.

P  Yes, you said it.
I was afraid to like put my ankle in the ocean and I was out there people.

Hey, look at me I'm a bed maker. Is my bed made today? You bet.

I love the phrase you know me.

You know me.

You know me, I really handle the seas, you know.

Or you know me, I'm so open to fish.

Yes, you know me, I can handle like any food, any new food, bear or beets I can handle it.

Hey, Pearl and I have eaten bear before. It's not a clean meat.

Yes, it doesn't sound clean...

It's a bit nasty.

It's not Biblical but...

Hey, some people if you're a hunter and you... More power to you.

We were in Alaska and we observed this.

Bear meat, what?

We're not going to turn it down if someone hunted that bear and put it on your plate.

Yes, what's it like though? I mean does it taste like chicken?

It was a bit chewy.

Taste like steak?

It was chewy, mate.

Bye, love you.