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 • M = Meadow

[00:00:00]
Announcer:
It began with one Starbucks store in Seattle, and then a trip to Milano changed everything. There we found inspiration in the romance of an extraordinary cup, an inspiration that lives today in the Starbucks Blonde Flat White and Cold Foam, Cold Brew where smooth shots of espresso harmonise with micro foamed milk, and slow steep Cold Brew gets crowned with velvety cold foam. It’s a love for coffee craft found in every masterful creation. It’s the art of a Starbucks Blonde Flat White and Cold Foam, Cold Brew, only at Starbucks.

S This is the PODdy with Serene...

P And Pearl

S Get it right, P-O-D-D-Y.
Women and men, boys and girls, welcome back to another fabulous episode of the Trim Healthy Podcast with Serene, Pearl and me, Danny. And today’s really special again, because we have a very special, and may I say, Queen like persona in the house, Meadow, welcome to the Trim Healthy Podcast.

S It’s like our Mother just... You know, honey I shrunk my Mother.

D Honey, I shrunk my Mom.

P Hey, Meadow is my daughter everybody. For those of you who don’t know, I just took a picture of it, maybe I'll put it on Facebook. Meadow does all of our social media for our Fan Page, for our Instagram, for our what, Meadow? Do we tweet?

M No, not usually just Facebook and Instagram

P We can’t tweet because we have too much to say.

D Yes, need more than two sentences.

S But to just make sense of the “Honey, I Shrank My Mother”, she is red-haired like her mum and very queenly like our Mum, very sophisticated, so much more sophisticated than us peeps.

P Yes. I don’t know how I grew a daughter. Did I grow her?

D How’d you grow this daughter? You sprouted her.

P I raised a daughter so full of grace and class. And Charlie and I, we’re so blessed to have Meadow, a beautiful daughter now, a beautiful mother, and wife, and watching her just, I don’t know, grow into the adult she has become. I learn a lot from her.

S Listen, I can’t believe it because I lived with Pearl and her husband, Charlie...
S But I lived with Pearl and Charlie when Meadow was a baby because we had signed a record company together, Pearl and I, and we did the music thing. And so Meadow used to have her naps inside the open velvet plush part of Pearl’s guitar case, always open, of course.

P Yes. We were on the road and that’s where she slept, in my guitar case.

S In the little cocoon part of the Ovation guitar case... It was so cute. So this was the baby that I felt like I was second Mummy to, and it’s so odd because it was very surreal. Meadow and I, we had our pregnancy together, and now our little babies are like four days apart. So she’s like a baby to me, but here she is growing up, having babies when I’m having babies. It’s really strange.

P I know, Serene, that means you’ve been having babies a long time.

[D 00:02:49]

D Showing off

P So listen up, peeps...

S Grab all my non-wisdom about it.

M Oh, thanks, guys.

P Yes, and so Meadow is actually staying at my house for a few days while her husband went on a work trip. And so I’m like yay Meadow, we finally got you for a podcast. What do you want to talk on? And I had this idea. I’m like, hey, let’s talk on parenthood because a lot of people have asked us about parenthood. And you could say how wonderful I am, and stuff like that. No, I was just saying but you can just talk about, you know, how we were all raised differently. And then she’s like: No, Mum, no, no, no, no. I really want to talk about body image.

D Body image

P So I think Meadow’s got something to bring today, and then we were having
this fun little argument beforehand, and I want to continue it with you, Serene.

S Oh, an argument

[00:03:31]

P Yes, a good old mother and daughter one.

S Sounds nice enough.

M Yes, we just have fun arguments every now and then.

P The disagreements...

S But I feel like that’s the spice of life, I wouldn’t call them arguments.

P No, we were still smiling and loving each other, but yes.

D Speaking of body image, I’m just going to curl this 20 pound weight while we’re talking.

S He actually literally is because Danny...

P He brought a weight to the PODdy Cabin

D Because there’s just no time

S Yes, Danny’s usually doing push-ups because what if you could work and also get your workout in at the same time.

D I haven’t worked out in a month because I’m trying to finish this dang book.

[00:04:02]

P The “What If You Could” book?

D And I’m shrivelling up. I get tiny and scrawny if I don’t...
Yes, don’t blame the book. Oh my goodness, blame game. Hey, let’s...

Back to the point

Let’s talk about body image because Meadow, it’s a big one. Serene and I have come through years, years...

I think only now we’re actually floating with it.

Yes, hating our... Not hating ourselves, but just calling ourselves names, things like this. And I know that you, as a young woman in this crazy cultural society have something to say. So the platform is yours, Meadow.

Yes, well, this is something that I’ve been learning and growing in a lot too. And I’ve still, even just recently, like I had to come to a big revelation about how I was feeling, body image in an unhealthy way. And I’ve realized that there are a couple of different types of extremes these days that people have to body image that are just unhealthy. And one of them is the extreme like, oh, we need to accept ourselves and just be happy for ourselves even if like we’re say really unhealthy.

People are on this train today where they’re like, oh, just accept that, that’s who you are, love yourself, on the whole love yourself train. And so we know that that’s one extreme which isn’t always healthy because we have to take care of our bodies because our bodies are temples. And then there’s this other side where women, today, feel these huge pressures to have unrealistic body expectations. And so that can really drive us to insecurities and obsessive drives to like try to fix ourselves, and sometimes like become anorexic or just have eating disorders, and that’s another unhealthy extreme.

Even things like even if it’s not an extreme, like scale watching.

Or workout obsessions.

Or the things we call ourselves but we’ll get into that.

Yes, so when I was a teenager, I had PCOS, and so I was a little bit heavy,
like I wasn’t maybe overweight, but I was just a little bit chubby. And there were these last few pounds that I just couldn’t shed, even though I was trying really hard.

P Yes. You even did... You were even hardcore Trim Healthy Mama, hardcore, like way harder core than I was... You know me, everybody...

P [00:06:27] I mean I can go off plan sometimes, get right back on, it didn’t affect me. And poor you, you’d have one off-plan meal, the next day be five pounds off and bloated. And it was hard for you, okay.

M Yes, I was doing the Fuel Cycles, and I was working out, and I was like really, really taking good care of my body, and trying to be a good steward, but I still wasn’t shedding the excess weight because my body still hadn’t healed. And so I was insecure about that and I kept thinking: You know, if only I could lose these last few pounds and then I would be happy, then I’d be happy with myself. And then eventually, when I was in my 20s, I did lose those few pounds...

S She was healed.

M Because I was healed, which is amazing, and I owe that to God but I still found reasons to be insecure.

D Interesting.

S The grass isn’t greener, right.

M And then I was insecure... Yes, because I was insecure because now I was thin, but I didn’t have my old curves. And so I still wasn’t perfect. And so then I started wishing, man, I just wish I could be thin, but I could still have the curves that I used to have. And so I found that through every stage of my life, I’ve always found something to be insecure about.

D Wow.

M And I’ve realized recently that I have made body image an idol. And a couple
of weeks ago, just a couple of weeks ago, I was talking to my husband about one of my, what I thought was a flaw, of something about my appearance. And I was just pouting to him about it. And I was like, honey, I need to fix this. And he’s like okay, well, we could do that but if you can’t be happy until we fix this, then you’re making that an idol because your joy has to come from God. And so I just realized that he was right and I just humbly had to accept that from him. And I was like, yes, you’re right. And I repented from that because really, our joy comes from God, and if we say, oh, I can’t be happy until I lose this weight, or I can’t be happy until I fix my teeth, or I can’t be happy until I do this and that then it becomes an idol and we are saying that our happiness comes from what we look like.

S So then, really, we’re worshipping our perfect image instead of the image of God. You know, God is our joy but if we can’t be happy until we are worth worshipping, you know.

P Right

D We are worth worshipping.

[00:08:57]

P But you know something, you said that even two weeks ago you noticed this about yourself, but I do have to say something about you. And Serene and I talk about this all the time. This is not just something you’ve come into. It’s since your 20s, I think, you’ve been growing in this because you... Okay. You’ve been very firm about not being, you know, I’m your Mum and I’m Trim Healthy Mama author, and you know, and I’m even a little bit thinner than you, but that’s just my body frame. But you have been very firm about not conforming to being obsessive about looking a certain way.

P You look very healthy and you gained a certain amount of pounds with wonderful Crossovers during your pregnancy, and it took you a while. It took you much longer to lose it than even I did, or Serene, right. You had to watch Serene lose hers in the first week, basically, and you took months. But you said Mum, I’m not going there. This is my journey. And you were strong and you never caved into...

S And she lost it.
She did.

She looks amazing.

But you never caved into the obsession of it. I was so proud of you because this pressure of you being the Trim Healthy Mama daughter, right. I mean, how did you withstand that then?

Well, because, like you said, I had been growing in that, and sometimes I still stumble, and I still struggle, but I had already been there before where I was obsessive or really insecure. And I was allowing that to be depressed, like I remember when I was a teenager, I was just depressed. And I wasn't really happy with myself.

I hope that I did not put that on you because I always wanted to encourage you.

No, not at all. It was not extreme depression, but that’s also like when I had PCOS. I had those hormonal issues too, and I think that could have contributed to it. But it was also just like I hadn’t spiritually learned to surrender that to God. So that’s something that I had to learn how to do.

I love how you brought the balance, Meadow, where you said there’s two extremes here, and you don’t want to be part of either because I feel like that is the danger. People can say, hey, I don’t want to be a part of this like self-worship, like I have to be perfect extreme. So they flip the other way and then they don’t care enough. And it’s actually not about image anymore, it’s about health. Their health starts to suffer because they don’t care enough about the physical.

Would you say all girls struggle with body image at some point or another?

Well, I think that all women, deep down, have a desire to feel beautiful. And so, probably most women are tempted to feel burdened to live up to those expectations that society puts on us because society says that that’s what a
beautiful woman looks like. And we, as women, want to feel beautiful, and so we’re like: Well, that’s what I need to look like.

S Yes, and it’s very interesting what you said too, Meadow. You said that you were unhappy when you were a little heavier, and then you were unhappier when you lost your curves. And I want to attest to that with Pearl and I because a lot of people, maybe they’ve come up to us and said, well, you know, I feel insecure and you probably can’t really understand from where we’re coming from. And Pearl and I have said, yes, we can, just because we’re thin, doesn’t mean we haven’t been insecure. For me, that was one of my major insecurities. I’m a tall, straight up and down drink of water, and sometimes I’ve been like, well, I wish I had some umba-umba.

[00:12:12]

M Oh yes, and I wanted to talk about that. It’s as if so many people in our society don’t ever think that thin women could be insecure. It’s just like heavy women are insecure, and that’s why we should never like make fun of curvy women and heavy women. And I so agree with that, but for the same reasons that we should not make fun of women for being heavy, we should not make fun of women for being thin. Like it’s rude to say to a thin woman, girl, you need to eat a hamburger, for the same reason that it’s rude to say to heavier women, girl, you need to eat a salad.

P So true

M Both of those hurt.

S Girl, you need to get some behind.

M Yes, like recently, I saw an article on Facebook that really bothered me, and it was titled, “Why Men Who Are Married to Chubby Women are Happier”, something like that. And what it was just doing was putting down thin women by saying like these are the reasons why heavy women are so much better, and men are happier with them. And basically, some people think that it’s okay to put down one group in order to feel good about yourself or another.

P I remember when you were just coming into this truth, Meadow, and you
were coming out of where it had oppressed you. I remember this time and you said to me... You called it something.

[00:13:29]

M Body Typism

P Yes, like racism, you called it Body Typism.

M Yes, we all know, well most people know in our society that racism is bad. You should never say that one race is better than another, and you shouldn’t say that one gender is better than another. So then why is it okay in our society to say that one body type is better than another because God created all different kinds of body types, just like He created different races and the two genders because God loves, He celebrates differences, He celebrates a variety. Like would you compare a sunflower to a rose?

S No, there’s no comparison, they’re different.

M No, they’re both beautiful, but they’re both beautiful for different reasons. And so some women are like sunflowers, and some women are like roses.

P So true, and I think that, for me, a lot of times, you know, I think so many of us have done this as women is I’m not pear-shaped. I don’t know what you call me, but I’m thin. But, you know, so many times it’s like my only thing about was I’d say: Serene, I’m thin but I got me some thighs. And I say it in a really negative way. Like just: Why don’t I have my sister’s thighs?

[00:14:45]

P I would say, Why can’t I have your thighs? It’s not fair. It’s like God’s looking down and He’s like I gave you those thighs. All my life, ever since I was a little girl, I didn’t like my thighs, you know. I had to come to the point and it wasn’t until in my 40s, this is like three years ago, Serene. I just looked at my thighs. I stopped hating them and I’m like, I love you, thighs, because I’m doing my best, right, with my eating.

S But actually with your lens change, you actually do love them. It’s not faking until you making it anymore.
P No, no, no. it’s “what if you could”. It’s totally what if you could. What if I could love my thighs?

D I think you actually physically see them different too.

P You do.

D There’s been parts about me that I micromanage and I’ll be like, oh man, like dude. Like you said, I’d be complete if. It’s always that. If only I could just move that that way, and then there was that looked like his, then I would be like, I would stop whatever. I don’t even know what it is I’d stop, but it’s like I would be complete, I think. And when you start saying that to yourself, like I love you, thighs, or, you know, for men it’s other stuff, it’s not thighs but... You know, all of a sudden, you know, your bushy eyebrows will look different, whatever it is, you know.

[00:16:01]

P Exactly, but what she says, Body Typism, I don’t go around saying: Oh man, I’m white, I wish I was Spanish...

D Well, that’s fair, most people do wish.

P Yes, I know. Okay. I wish I was black, you know. Serene, you have black children, you have white children. Do they go around saying I wish I was white like you. I wish I was black like you.

S No

P Why, because that would be disgusting, right. God made us a certain way and yet we women, we go around saying: I wish I was an hourglass, I’m pear. I’m a stinking pear shape.

S But you know, and when we look at it, we look at those certain parts of our body that we hate, and we look at it with that hatred lens, they become so much more disgusting. They’re actually beautiful, or maybe it is a flaw, but it becomes so much bigger when you go around with that lens because I remember having nosearexia. My sister, Pearl, here has this beautiful Audrey Hepburn, very pointed... Her nose is just daintily put in the center of her face, and I have more of a Scottish honker, right.
P     What are you saying?

S     In pictures, my face was twice as long as Pearl’s and I had to put my thick face next to her pixie.

D     And you would measure it?

S     In all my life, my face is next to a pixie. So if it is longer now, it’s looking like an egg all of a sudden next to Pearl. But I remember having nosearexia, and when I looked in the mirror, I didn’t look at the whole of me. I went straight to the nose.

D     You saw the nose.

S     So all I saw was the nose.

D     I can relate to that.

S     And so when I had this thing when I was trying to fix my diastases, and trying to rehab my core, when I looked in the mirror, all I saw was a core that wasn’t as tight as it could be. But now that I don’t have that lens, I don’t see anything out of place because I’m not looking directly in a microscopic way at the flaw. I feel like that makes it so much worse.

D     Well, and it’s kind of proof of this. Have you ever looked in the mirror one day, and been disgusted? And then the next day, nothing’s changed, but for some reason you’re like, the self-confidence is up, I’m beautiful today. What is that? It’s just your perspective. It’s literally where your mind’s at.

P     It is perspective. It’s where we allow our minds to go, and that’s really what you’ve come to Meadow. You stopped allowing it, right?

M     Yes, that’s right. Well, I just figured, you know, I went through the whole postpartum season where my body had to take time to heal, and it didn’t just bounce back like some women. I still feel like I still have a few leftover pounds I could lose, but what’s the point of just letting that steal my joy? Like that doesn’t help anything.
I feel like I’ve got there too, and you went there when you said when you got thin you still had the issue because it actually, the pounds weren’t the issue anymore. It was the listening to the lies was the issue because the enemy doesn’t want us to be happy whether we’re thin. In fact, you’ve got thin people who wouldn’t be seen dead without their padded bra underneath their clothes. You’ve got the fat people that wouldn’t be seen dead without the Spanx holding everything in. And so it’s really, it’s not about the body image, it’s the lies. You were unhappy when you got thin. So it was the lies that...

[00:19:05]

And this is really interesting that, you know, women who get breast implants are actually at a higher risk for suicide because it doesn’t fix the problem, and it doesn’t fix the insecurities.

Yes, and these days, you know, there’s nothing wrong.

I just got goose bumps.

There’s nothing wrong, obviously. I have friends with breast implants. I have family members but who am I to judge?

Oh, yes

And these days, it might start with... Thank God for breast implants with all the cancer surgery that’s going on, you know. So, you know, I don’t want to look down but you’re right there, that’s just science. There’s a higher incidence, and once you start with one thing, sometimes it just becomes: What next if I fix that?

Sometimes it’s okay at the beginning, but then it becomes, like you said, it doesn’t fix the unhappiness, so you have to do more, and do more, and do more, and then you get the Michael Jackson.

[00:19:56]

Right, it depends where you’re coming from because I don’t think it’s wrong to... I think it’s great to like put on make-up, and dress in beautiful clothes, and dye your hair. It’s just if you make that your identity, or if you make that
your.. If you’re striving for happiness that way, then that’s when it becomes an idol, and that’s when it will never be enough.

D You know, I noticed my five-year-old daughter, she’s not struggling with body image, but she is conscious of pretty and beauty. And she’ll put on her little play lipstick. And I know some of that, she’s copying mom, but there is something different about my daughters than my sons. They seem to be more fixated with... You know, like my daughter will come out, like she’ll put on a real fancy like almost costume kind-of ballroom dress, and when she enters the room, the whole family had better notice and pay attention like the queen has entered the room, right. And it’s like, oh, hey. And if not, you know, it’s like she’ll just keep doing little moves to get in front of you, you know, so...

P So you’re saying we do have that innate thing in us.

S But I think that’s what Meadow brought out the beginning. It’s okay, every woman has a desire to feel beautiful.

M But God tells us how we are supposed to be beautiful because God knows... I believe that God knew that we women would struggle with this, and that’s why He instructed us how our beauty should be, that it should be through our good works, and what we do. And true beauty comes from the heart. And He knew that if we obsess about the clothes that we wear, and body image, then it will become unhealthy, and it will become this extreme.

D You know what else the body image thing is? Feeling beautiful in your heart is great, but it doesn’t give you the stroke that you get when others are noticing your beauty. And I think that goes back to having your identity in the opinions of people, you know. And so you can feel beautiful in your heart all you want, but if you’re not happy with your face or your body, all that means is you’re not happy with the world’s perception of you, how you identify in the world. And if the only way you identify is through your body, you know, there’s got to be a digging deeper, I think.

P And where’s the balance? You know, all of you listening, most of you, I think, doing this Trim Healthy Mama to get healthier, most of you to get trimmer. And you know, and I see before and after pictures come in, and, you know, sometimes I think, well, what do I say? You know, astounding, when I see the 50, 60, 70, 80 pounds difference, I’m like, oh wow, okay, I see two beautiful
women. But what I see is the emerging of that beauty coming through even stronger.

S Of the genetics, of the...

[00:22:54]

P The emerging of who God created, the features, the beautiful features part. They're not like someone else's features, but they were being covered up. Okay, now we all need some womanly fat because that's beautiful too, but when there is excess, when it drops, out comes these God given features, and they're exposed. And I think that is beauty.

S And that's our gift, and sometimes that God given features is a pear-shape revealed.

P Yes.

S And sometimes those God given features is an hourglass-whittled waist that's revealed. It can be all different, and it's not like you're saying, oh, great nose job, you look better now. No, we're saying: Look at the way you're created. Look what God gave you. Isn't that awesome?

P Yes, and then other extreme, you know, when you've got a lot of food disorders or when you get to that goal weight but you're like, oh, that next five pounds. And then that next five pounds, but I can go lower, but I can go lower. And then that's an obsession that's destroying our bodies. You know, my husband always tells me because Serene and I are now in the public eye, you know, every picture and everything people are going to look at and analyze, and sometimes I think: Well, do they really think I'm thin enough to be a Trim Healthy Mama? You know, these thoughts go through my brain a lot.

[00:24:05]

S That's the devil right there, yes.

P Are they really going to think I'm thin enough? Maybe I should lose... Go on Fuel Cycles and lose ten more pounds and be ultra bony and then they'll
think: Trim Healthy Mama works better. These thoughts go through my head. And, you know, because I mean I’m trim but I’m not skinny. And I say to my husband: Do you think? And he’s like don’t you dare. He’s like, there’s healthy and then there’s being obsessive.

S Well, it’s feeding a demon. You start with it and it doesn’t quit, the thoughts of perfection. Perfectionism never leads to happiness.

P Yes, it’s perfection. That’s when we all get into the gutter and that’s when we lose it, right?

D But interesting, what did you say? What will they think of the Trim Healthy Mama author?

P Exactly

D See, that’s the body identity crisis. It’s not: Who am I? What am I doing?

P So true, Danny.

D It’s what will they think?

[00:25:00]

P And if we’re thinking that, you know we’re on the wrong track, right?

S And maybe a few, a couple of extra Crossovers, right, maybe, you know, a real piece of Aunt Marge’s pie on Thanksgiving, maybe that’s going to bring happiness to you in a better quality of life than if you constantly did a Fuel Cycle on the dot every month, or every second blah blah blah. Maybe you could be that five pounds down, but maybe that’s a miserable five pounds down.

D Yes, and let me talk straight.

S We’re not talking about unhealthy weight here.

P No
S We’re talking about just what we think is perfection.

D Let me talk a slight bit straight here. Caring about what other people think is a real fast path to mediocrity.

P So true

D Mediocrity, being like the crowd, blending in, fitting in with the masses, what do you want with your life? You know, what are your goals? What are you doing? What’s the unique creative you in the earth? Asking, what will they think sabotages all that.

Advertisement:

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

S Serene

P I want to say just a few simple things. Why is Simple Contacts awesome? First thing, convenient, there are a million things demanding your time and contact lenses shouldn’t be one of them. I mean that’s just stuff you just want to get done easily.

S You know, all you need is five minutes, an Internet connection and ten feet of space so you can do their little eye test. Then they have a licensed, awesome doctor who will review your test, carefully make sure your eyes look healthy, and that your vision hasn’t changed or whatever, or maybe it has changed. But they will assess you, find out what you need, and then it’s actually cheaper than all going, you know, making your appointment, waiting in line, you know, driving there. Hey, it takes less than five minutes. How can driving to a doctor’s office, doing all that filling in the paperwork and it’s so expensive too.

P Reliable, I mean this is designed by doctors, and they review every test carefully, making sure your eyes look healthy and that your vision hasn’t changed.

[00:26:59]
Pearl, the thing that I love is it offers the choices. You know how sometimes you go to a place and it’s just like: Oh, my favourite isn’t here. This has all the brands and types of lenses that you’re familiar with. So you don’t have to shop around or worry about: Oh, will they have my favourites? They will have it.

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Oh my, 200, I reckon it would be about 200.

Probably without insurance around 200, and you’ve got to know, this is not like a full replacement for periodic full eye health exams. You can go do your full eye health exam with your doctor that you love. You still need those occasionally but do you hear that word occasionally? The contact lens prices are unbeatable, standard shipping is free, and best of all, we are offering a promotion to our Trim Healthy listeners. Get $20 off your first order of contacts at simplecontacts.com/trimhealthy20 or enter the code: trimhealthy20, that’s 2-0 at checkout. Save yourself time, money and a headache.

Look, I don’t even have contacts but I’m so excited about this. I’m looking for people with contacts to just shove this in their face.

To tell them... I do have like family members, you know, others, and I just tell them about this because why waste your time doing all the stuff you don’t need to do. So get $20 off your first order of contacts at simplecontacts.com/trimhealthy20 or just enter the code: trimhealthy20 at the checkout.

This is the PODdy with Serene

And Pearl

Get it right, it’s P-O-D-D-Y.
M What it really comes down to is doing this to honor God because we are temples, and we belong to God, and that’s why when we lose weight, and when we take care of our bodies, we’re not just doing this for... We shouldn’t be doing this for pride and for vanity, we should be doing this to glorify God because...

P What would you say, and I know you’re going to go into scriptures, she brought meat today, Serene, but what would you say then to the people who don’t necessarily, bible readers that are listening to us?

S Can I just say something because it was bingo just for one second? Because when sometimes I go to areas where health is not at all thought of, sometimes I grieve.

[00:29:20]

S I’m not going there, okay, but sometimes I grieve. I don’t want to put myself in God’s mind because God’s mind is too amazing and He may not be thinking thoughts, but sometimes I think, have we distorted what God created so much where it looks so painful for people to get around, where they look so pale and pasty and so lifeless, and almost like corpses out of a coffin. I start to grieve for God.

P I start to grieve for the human race.

S And so I see what you’re saying there, Meadow. It shouldn’t be about our thing for pride, but to glorify Him. Is it glorifying God to look so sick?

P Of course, it’s not, of course, it’s not. And that’s why I think so many women are on this journey because they’re like: I want to have the energy again, so I can be a light. I can be a light to my family. I can be a light to my co-workers. Before you go there, I know you brought some stuff, what do we say to people? I know you’re going to bring scriptures and we’re saying: We’re a temple, we’re glorifying God, but what about to people, you know, who are not yet where we’re at in their beliefs? You know, this is still a major truth for happiness, and for soundness of mind, and for health in the body.

[00:30:24]

P When we are following this perfection, it brings obsessiveness, which raises cortisol, which pulls down our health.
S I know what I would say, look at history. If you don’t want to look at scripture where we’re going, look at history. Look at the famous LA, Hollywood people who have died almost ugly because it’s a phenomenon of nature, what ends up being on their face and their body because of how perfectionism and unhappiness, where it lead.

P And guess what they were thinking? I know what they were thinking. They were thinking that thought that has crossed my mind sometime that what will people think? Will people think? You know, people think.

D Especially in the acting industry, you know, their face is not only their identity but it’s also their tool to make money.

P I know but they start out so beautiful.

D Oh, I know. Oh, yes, and then it’s like a stretched cat or something. I mean it’s like the motive to wreck. I don’t think anyone sets out to wreck their bodies. It’s their setting out to answer the question: What will they think?

P Yes, bring it, Meadow.

[M 00:31:29]

M Well, I was going to say that God says that we are created for His glory. And Isaiah 43:7 says, “Everyone who is called by My name, whom I have created for My glory, I have formed him. Yes, I have made him.” And in Psalms 139:13-14 says “For You formed my inward parts. You covered me in my mother’s womb. I will praise You for I am fearfully and wonderfully made, marvelous are Your works, and that my soul knows very well.

M The Hebrew word for wonderfully is “pali or pili”, and it means to distinguish, put a difference, show marvelous, separate, set apart, and sever, and make wonderfully. So God wants us to be different. He doesn’t want us to compare ourselves.

S If you can’t fit into the jeans that are out there for everyone to fit into, great, you’re set apart.

P Yes. I know, ask Serene, we don’t fit into... We’re different body types, you and I.
S I know, I can't sit down in your jeans.

P I know, we're different, you know what that you brought this scripture up, this is amazing. We've never said this before. This is a big secret. We might as well reveal it now, our new make-up line coming out in the new year, it's called Made, M-A-D-E. And it comes from that scripture, underneath it says, Wonderfully, fearfully, wonderfully. And it's that because we're just representing ourselves in this unique way that He made us. And so it's from that direct scripture. And I didn't know you were going to bring that Scripture.

M Yes I'm so excited about that. I can't wait. But yes, you were mentioning that we should all be healthy. Well, healthy is going to look different on everyone. For some women, healthy means that they're going to be a little bit curvier than other women, and it would be unhealthy for them to try to be skinny if that's not what their body's designed to do, and for other women, healthy means that they're naturally more petite and thinner than some curvy women.

P Some women go at... Literally, a healthy goal weight and what they should shine at is size 12, I'm telling you.

S And I'm telling you...

P And some women, literally, what they shine at is size two to four.

S And can I just tell you too? Don't compare what you eat as well because I have a little Vision, we call him Vision Little Legs. He's the skinniest little ectomorph in our family, bless his soul, what if he could? He might be Gaston when he grows up, right? My point being, he eats circles around my other, bigger sons, circles. Maybe your metabolism makes you crave more calories on your plate. Don't make them think like you're a pig.

S Sometimes I feel like a pig when I stay with Pearl all day because I could eat circles around her, not just when I'm nursing, at just other times. But we're all different. I have more muscle on my body which makes me want to eat more.

M And you're a breastfeeding mother. I can understand.
Right now, yes, but the point being is, allow yourself difference in the way you fuel your body, as much as the way you accept your body.

I know, and it’s so true. Like this morning, Meadow was, you know, we had breakfast together and then it was like two and a half hours later. And she’s like Mum, have you got any snacks? But I was like... I’m so used to not snacking in the morning, I do snack in the afternoon, I was like, oh, yes, are you hungry? What? She’s a nursing Mum. I mean the difference is incredible with what our bodies and stages of life, and the amount of calories we’re burning all day, can do to our appetites.

I was really hungry. It wasn’t just because I was bored.

Yes, sometimes I must be just bored. Serene, you can’t just live to eat. Like man should not live by bread alone. Just go and have a bit of the scripture, a bit of spiritual bread, Serene, and I can’t even focus on the Word because I’m like just thinking about Gouda cheese and all that stuff.

I love your original point, Meadow, about the extremes, you know, because it’s so easy to have one-liner quotes on social media that seem to promote accepting yourself just the way you are, and then you turn the page and there’s a one-liner quote about...

What’s your excuse?

Putting in the work, yes, what’s your excuse? You’re going to hustle, you’re going to get up and rise and grind.

So true, Danny.

So there’s these two extreme messages and I think part of the folly of youth is always trying to pick which extreme camp will I belong to?

Can you bring the goods or what, Danny?

Yes, and can I say something too?
P It’s truth right there.

S You know, I’ve known some people that have been blessed with many attributes that aren’t necessarily the perfect picture of modelness, right, but boy do I want to be around them, and boy their beauty shines to the point where I’m just like: You are just dripping from the beauty tree, right.

[00:35:56]

S And then you find that perfect person, and they’re just harsh, they’re bitter, they’re crass or whatever. And it’s just like all of it fades away, right. And then I want to say, and I hope this is not out of place, but, you know, when I saw my beautiful son who was so good-looking to begin with, and have, you know, just the ravages of disease, what it did. But he was still...

P Hold on, Serene, there’s always new people in the room because not everyone knows this story.

S Okay, well, he’s totally healed, so praise God, but he was battling cancer and it took him down to Jewish concentration camp weight very fast.

D Yes, he was very skinny.

S And it was like... But you know what, I want to shout out to his wonderful wife because my Dad said to Esther, his wife, one day, oh, you’re getting your handsome husband back now, aren’t you, Esther, when he was starting to get better. And she’s like, Granddaddad, and this is not anything against Granddaddad, he was just proud that Arden was coming back to full strength, she was like, he has always been handsome to me.

D Oh, yes

[00:36:50]

S When you are beautiful on the inside, there is nothing, there’s nothing that can steal that. And I’m looking at my Mum and Dad now. They’re almost 80s, you know, and I don’t see him any different than the straight up and down Colin Campbell that when he was in his prime, in his 40s, right, he’s almost 80. And sometimes I look back at a picture and I’m like: Oh, he is really, really, really grey-haired now, and his hair really is thinning, and blah blah
blah. But I don’t see him like that because he shines forth. So yes, Meadow, beauty has got to come from a different place.

M Yes and I am so glad that you brought up what Esther said about Arden, like that he has always been beautiful to her because I wanted to bring that up, that so many times, I think it’s so hard for our poor husbands who have to deal with the wives who are so insecure all the time because it’s like sometimes, you know, I want assurance. Women, we love assurance from our husbands, and we want to feel beautiful. So sometimes that’s why like I’ll pout about my insecurities to my husband and I’m like fishing, fishing. I want him to tell me that I’m beautiful.

D Ah, secret revealed. Oh no, this is good, I’ve learned here today.

P And Kendall’s not a words person very much, but he’s learning.

M No, but he is for me. He can be really good at that for me. He can be a really good words person. He’s learned how to speak beautifully to me.

S Yes

[00:38:09]

M But sometimes, like if I’m just in that mood, like he’ll say something to me, and he’ll try to assure me. And it’s like, oh thanks, Honey. It’s like sometimes we just kind of shove it off, like when our husbands try to tell us that we’re beautiful and they try to make us feel better, sometimes we women, we decide that it’s not enough, and we just want to keep on being insecure, and keep pouting about it. And we’re like, oh yes, I know he says that but I still don’t feel like I’m good enough. Imagine how that makes our poor husbands feel, like they want us to be confident. They want us to feel secure.

S Confidence is beautiful.

M Yes, my husband is more attracted to me when I’m confident, and he wants me to be...

D That’s a great point.
M To be secure in his love for me, and to really believe that he does think I’m beautiful. And I know that he doesn’t think that I’m the most beautiful woman in the world because I am the most physically beautiful because I know I’m not. There’s always going to be another woman more physically beautiful than me, but I’m the most beautiful woman to him because I’m his.

[00:39:07]

P Oh, yes, that’s the truth right there.

S Oh, that’s beautiful.

D And for the Mama’s on the journey, may I add, you’re not one day going to be beautiful. It’s just like the Arden thing. It’s not like when the cancer’s gone then he’ll be handsome again.

P Right, when the 50 pounds are gone, then I’ll be beautiful. It’s not that, is it?

D You’re beautiful now. In fact, if the belief that you’re beautiful now will drive success forward more powerfully for you, if you want quick results, which I don’t believe in, by the way. But if you are saying, I’d like faster results, they will not come through self-loathing and insecurity, self-doubt, questioning yourself and identifying with the ugly, unhealthy person.

P I just think it’s like a mantra, let’s reveal this beautiful me, you know, let’s let it be revealed.

S It’s like there’s some tent, like covering up this treasure inside. It’s the treasure inside that’s the beauty. That’s the gold. So that’s great, so we’re not going to concentrate just on the outward beauty. We’re going to think about what’s in. However, we’re not going to go burn the tent down, like and graffiti it all over, and like rip it up with whatever because that’s just destructive and it’s going to burn the inside eventually.

[00:40:26]

M You know what it really comes down to, what both extremes really come down to? It’s because we’re obsessing over ourselves and we’re always looking into ourselves instead of looking to God.
P Yes, so true. Hey, with that said, I don’t think we have enough time to pull that argument we were having this morning which was about eyelids. Oh, it could take ten minutes, and we’ve got to do a Super Food Spotlight.

S Hey, arguing is a little bit more fun than Super Foods.

P Well, can we argue for one minute, John, and then do a Super Food... He told us to finish by 30 minutes and we’re at 37.

J Argue for three minutes.

P We’ve got three minutes to argue.

D Three minutes to argue and go.

M Well, I was just saying, you know how Aunty Serene was going on about like her nose and how that’s been something she’s been kind of insecure about. And we just think it’s silly because we’re like: What in the world are you talking about?

[00:41:13]

M Well, I’ve had this funny thing where I’ve kind of been insecure about my eyelids a long time.

D Of all things.

P She said this morning... This is what she said. She looked at her baby, Warren. She said, I wonder if he’s going to have my problem eyelids too? They’re called...

M Mum, I didn’t say problem.

P You said they’re... I wonder if he’ll have all this excess skin on his eyelids.

S What?

P And I said, no, what do you mean excess?
M  There is a name for them. They're called the hooded eyelids.

D  No

S  No, I'm sorry.

D  Refusal

P  Then she said: And I found ways to fix it, Mum, with make-up. And I'm like you’re fixing? What is this excess business? Who's labelled this?

[00:41:47]

D  That's interesting.

P  They're your perfect eyelids.

S  That’s labelled, that’s completely... Now, let me give you a debate. Every time I used to sit in the make-up artist’s chair, the first question I would ask them is: What should I do to my eyebrows to widen my face so it doesn’t look so long?

P  She’d go on and on.

S  And do you know what? It was my total concentration, and every time they said: Oh no, no, no, no, you don’t want... You want to go with what you’re given, you’re not trying to change... Illusions, they actually may make your face look wider, but it won’t look as beautiful as if I just go with... So like I’m just filling in your eyebrows, I’m not actually going to change their shape because yes, it will widen it, but you’re not meant to have a wide face.

D  Yes

S  And it’s true, you wouldn’t be your beautiful self. Oh my goodness, your eyes are so gorgeous. Have you changed them and made them...

[00:42:33]

M  I haven’t changed them, I just put eye shadow on.
No, but you thought they were a problem, didn’t you.

Yes, well, I’ve been insecure about them and I’ve gotten a lot better. Like I just don’t...

Is that that thing you were talking to your husband, like I’ve got to fix this? What was that?

No, it was something else, but I have complained about this to my husband too. And it’s so funny because one time I asked my husband, you know, like I wanted that assurance from him again. And I was like: What is your favourite feature about me? Like what do you find most pretty about my face?

Yes, what did he say?

And he likes my eyes.

See

Exactly, your eyes shine.

And I was just like: Why?

Yes, this was me with my freckles. You know, my whole life, I hated, loathed my freckles, loathed everything about them all until my late 30s, and I decided: Oh, you know what? They’re not too bad actually. But Charlie said to me, that’s the thing that I loved about you when I met you.

Do you know what? I want to see the university level study on this because I bet you the thing that a woman is most insecure about, about herself, is the thing that her husband loves the most because that’s true in my house.

Is it really?

Totally, totally, the thing, Lisa’s like, this is my worst feature. I’m like, umm, that’s why you’re here.
Oh, that’s so cute.

Joking about that the only reason she’s here but you know what I’m saying. It’s literally my fave.

That’s so great, but also, I mean that’s great that that’s probably what they love, but I also think there is a danger in planting the poison that’s in our head into other people’s brains. Like I would never have even noticed and I don’t notice it because all I see is beauty, but people don’t see it.

Well, she had a word for it. She had called them hooded eyelids and she was like...

It’s diagnosed now.

Diagnosing it, it was called excess skin rather than my beauty...

Yes, it’s a problem.

Well, that’s what I was reading.

Yes, no, it’s on Wikipedia, it’s official, there’s drugs for it.

You know it’s called something.

Yes, there’s surgeries for it now.

So you were telling me that I need to call my eyelids lovely.

I did. She didn’t do it.

And I was like: Well, I’m not... Maybe I don’t need to call them excess and hooded, but I don’t want to be like...

No, lovely.

Oh, your eyes are so beautiful.
She thought that was prideful.

No, that’s not prideful. Did you make your eyelids, Meadow? Did you make them? Did you think about the design?

No

I told you we’re going to argue.

It’s on now, it is.

Hold on, there is the other extreme.

Was it God? And did He love you? And do you love Him? He’s the artist.

Well, God, I’m fearfully and wonderfully made, but if someone says, oh, I love your eyes, I’m not going to say, thanks, aren’t they lovely?

No, you can say: Thank you. And you can think in your head...

Yes, I’m going to say thank you, and accept the compliment graciously.

And are you going to think in your head, yes, and then finish it in your head because they’re lovely.

I will accepts the compliments.

She’s not quite there yet.

We’ll build to that. We’ll build to that.

I had to call my thighs lovely and I did not like them.

I actually think in your head, I understand you don’t want to come across as proud, so you don’t have to say it out loud. But in your head, Meadow, I want... This is homework. If somebody says: Oh, your eyes are so lovely,
Meadow. You can say: Thank you. And in your head I want you to say, God, you did make them lovely, thank you.

M I agree that we can say that at home, and we can speak life over ourselves, but I'm not going to post that on Facebook and tell everyone my eyes are lovely.

P Good call.

S No, but in your head... That’s your homework, Meadow. In your head I want you to agree.

[00:45:38]

Announcer: Trim Healthy Mama Super Food Spotlight.

P Hey, let’s do the Super Food Spotlight. We always try to, when we have a guest, if we have time, and we’ve only got two or three minutes, yikes, to do something that our guests love as a Super Food Spotlight, and if there is anyone in this world that loves their food more...

S We could duke it out, her and I.

P More than chocolate, I don’t know.

S You don’t know? We could juke it.

P You, but I don’t think... I know you and I know Meadow, and I have to say she beats you. She gets the gold and you get the silver.

D Oh...

M Chocolate is a staple for me. If I’m out of chocolate, that’s a reason to get groceries.

D Make the hour trip.

P But, first of all, the benefits of chocolate... Let’s do that for 30 seconds and then I want to talk about how you can eat chocolate on Trim Healthy Mama because there’s three ways.
Okay, well, theobromine, cocoa makes you happy. The fat in cocoa, the cocoa butter is called the happy fat. It actually raises your serotonin. Cocoa increases the circulation of your body, so it’s a beauty food because it increases circulation, therefore oxygen to your skin.

See Serene’s not even looking at any info. She just knows her chocolate business.

No, cocoa is so high in antioxidants. Cocoa... And also, Pearl, we went down to see the pods and suck the baba around the cocoa.

In Guatemala, we did.

The cocoa was so much more than what meets the eye.

We discovered just how miraculous the cocoa, the cacao beans are. When we went down to Guatemala, we had no idea how God like created chocolate and then how it turns into this through a beautiful fermentation process that actually enhances all the goodness of the bean.

Cocoa is fermented. It’s a fermented super food. All you gut gurus that love fermentation...

Eat more chocolate.

And I want to say this, just like there’s coffee connoisseurs who love the different nuances of the different coffee beans from different regions, there’s more nuances to be found in cocoa...

There are

Than wine, than coffee I mean cocoa has, you can go high notes, low notes, medium notes, all kinds of, you know, you can make a symphony out of it.

No, there’s just two other benefits. I mean chocolate can widen your blood vessels with a full of magnesium. So it’s really good for headaches and blood pressure, those with high blood pressure.
Okay I used to be, and I don’t want to label myself, go early with my babies into labour. So during pregnancy, it was like part of my daily medicine to eat chocolate, and to drink hot chocolate and soak my feet in magnesium at the same time.

Because it relaxes.

I read that it was really good for pregnant women and their babies too.

Oh, yes

It’s like one of the super foods during pregnancy.

Oh, yes

Now, let’s talk about how we can eat chocolate and keep it slimming, okay, because there are three ways really on Trim Healthy Mama. The only really bad thing about chocolate and the reason why it makes people gain weight is because of the sugar content.

And the milk, the sugar and the milk.

The sugar, yes, and the sugar mixes with the good fats and it becomes, you know, more than a Crossover. It spikes your blood sugar and then your body holds onto it.

Well, all the insulin comes to clean out that blood sugar and then it stores the fat that’s in the bar.

So let’s get rid of the sugar. So let’s talk about three different ways. There is store bought, 85 or 90% chocolate. And Meadow said to me this morning, I prefer 90%.

Yes
Well, there are two types of people, people that love 90% and people that hate it, like my husband who thinks it's tree bark, but I think it's so rich and creamy.

Yes, me too, 90, give me 100. I mean that's like a cigar and I haven't even smoked a cigar and I never will, but I consider it like smokes and...

And why even though it's got a tiny amount of sugar, but not enough to spike your blood sugar, and so all you're really getting is all the super food goodness of the cacao bean and it's pure.

I mean it's an acquired taste. You feel really like you could win a chess match.

Yes.

Like when I eat that chocolate, I am intelligent.

But you know Lindt? Lindt has a beautiful 90% that I think tastes better than their 85.

It's the caffeine.

That's the chocolate I get, oh yes.

It tastes better than their 85%, you're getting less sugar. I don't know. It's so creamy. The second way, of course, is Trim Healthy Mama has come out with a naturally sweetened chocolate. So you can get your milk, and the dark is not 85 or 90, it's only about a 40, and it's sweeter and it's just more normal.

I eat those too.

Yes. And so my favorite is the dark. Some people like are addicted to the milk and that's their time every day. It keeps me on plan. I've had so many messages your chocolate does keep me on plan.

And another way is to put the cocoa powder, the antioxidant rich, not the Dutch alkaloid way, but the process, the one that's been processed with
alkaloid, but the actual natural cocoa powder, throwing it into smoothies, throwing it into your Yuck Yum Bitties, throwing it to your muffin...

P Or making Skinny Chocolate.

S Yes.

P Things like that. That’s your third way where you’re using just cocoa or cacao.

S Yes, hot chocolate.

[00:50:35]

P I do want to revisit the, you know, the stevia sweetened chocolate thing again. I know that there are other brands out there, one in particular. You all know but I don’t like to pull down other brands because it starts with L. Listen, we sanctioned it...

S That was a hilarious laugh.

P Because there was nothing else, we hadn’t started ours and yes, we say it’s on plan, but it does have dextrin in it, and it does have inulin. So I mean those people that get bloated stomachs from aniline, we don’t have that in ours, ours is pure. And dextrin is a form of sugar. There was nothing else out there and it’s a small amount, so we said, okay, go ahead.

S And it kept people happy.

P It did, it kept people happy, and we’re like, we want you to be happy and you don’t have to buy our products. So we just want to say that that is sanctioned. Now, specifically, honestly speaking, ours is much more pure and natural, and it doesn’t have dextrins, but I just want you to know that. We’re done. Meadow, do you want to say anything else because you were rocking it today?

M No, I think...

S She’s so profound and wise and I just like the lilt of her voice. It was a nice break from us.
P  It is, she makes us behave a little better, I think.

D  Yes, I feel like I’m a little more mannered.

P  Yes, we’re all a bit more mannered.

D  And I’m using more air in my voice.

S  I actually felt like I actually had these mental moments, Serene, just hush up a little bit. She wasn’t saying that to me, but her dignifiedness, it spoke.

D  There’s a Queen in the room.

P  Well, she’s sitting here in a beautiful... My daughter, sitting here in a beautiful pink dress, and she has her laptop nicely there. She’d done her little scriptures in her time, and she’s sitting there...

S  And her toenails are all nice and polished.

M  I only found out about this last night.

S  She’s wearing matching shoes and I’m barefoot with my old nay-nay tent.

D  Just an old Mom

P  But you know what? Like we’re saying, it takes all types like, you know, we’re all unique, and I think God loves us all, and I’m proud to have such a daughter even though we’re very different, we’re similar too but I just wanted to share you with everybody today, Meadow.

M  Awe, thanks Mum, this was so much fun. I’m so glad I got to do this.

P  See you here next week, guys.