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**Trim Healthy Podcast with Serene and Pearl**  
**Episode #106 - The “I’m That Girl” Poddy Which Girl Are**  
**You?** (Original Air Date: 2/06/19)

*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!***

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S = Serene • P = Pearl • D = Danny • J = John

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Women and men, boys and girls, for real though.

P A real do over.

D For real though.

S Leave all of this in.

P Can you jump? Please leave it all.

D Teeth in the tongue enunciation, women and men, boys and girls, it's time for another fantastic episode of the Trim Healthy Podcast. It's hump day, Wednesday.

P It's not Wednesday. It's Tuesday.

[00:00:35]

D It's Wednesday. It's Wednesday.

S Pearl, we are fake artists. It's Wednesday stop giving it away.

P Sorry, it is Wednesday when you get it and I've had this exact conversation before with Serene and it's just like, you're giving it away. It's meant to stay alive.

D Right and we've been doing this for two years.

S And we have the number one health poddy in the world.

D Like of all time.

S It's like when you tell your child, don't say to nana about that present we're giving you. And then the first thing, like just straight away just like, no we are giving her one. No shh, shh, no.

D Yes, just not getting it. Yes, so it's the Trim Healthy Podcast and boy does Serene have a topic for you.

[00:01:14]

P Yes, she does and it's actually my topic, but it's all right. She took the topic and made it an actual reality. She took my topic that I talked to her about and actually now preaches it to me so I can understand my topic and boy am I loving it.

S Pearl's topic, you're that girl, changed my life.

P It's called "I'm That Girl."

D Say that name.

P I'm That Girl.

D I'm That Girl.

S It's changed my life and my daughter is going to take my baby out.

D I feel a little left out right now.

S You are wearing a pink shirt, but you're going to have to say I'm that guy. And Bruce and your fellow men who are listening, Bruce leads the crowd by the way. Bruce was that first fan of yours, but such a masculine name. He was worth 10,000 men, Bruce.

[00:01:58]

P Well, Bruce, we probably have 10,000 men listening. You know when you're the number one health podcast in the world...

S You really love saying that now Pearl.

D You're bound to have some men.

P Actually maybe we don't even have to pretend it's live anymore, because we've got enough. Now we've got enough following that we can say, hey we record on Tuesdays and you see it Wednesdays and just stuff it and just love us anyway.

D What's this I'm That Girl?

S Did you mention that he's wearing pink?

P I did.

S You mentioned it.

D I wore it for you actually Serene.

S I was trying to organize my baby.

P All right so this all started and I'll start with it and then Serene can say how she's enveloped this in her lifestyle and how you guys can take this and literally change your world and help you on your journey.

[00:02:39]

S What's Danny calling it? I'm That Guy?

P I'm that guy.

S I'm that bloke.

P All right yes a bloke. It was right after New Year for me, so a few weeks ago now. And we were out in town now. It was New Year's, so I knew I was no longer "breadly cheesy" and I was eating my veggies and I was doing some fresh stuff on my body just back on track.

S For the new listeners in the room, new peeps in the room "breadly cheesy" means everything's dense. You don't know what a salad is anymore.

P No, you don't know a salad, you've cheese caked your brain out.

D Yes, and you've given over. You said, yesterday it was breadly cheesy, I mean come on its Day 12 and it's fun. It's a holiday.

P Every meal I've had is bread or cheese, or preferably both.

S Or nuts are the biggie.

[00:03:25]

P So breadly cheesy nutsy

D Nutsy breadly cheesy

P Anyway so I was off that and I was doing wonderful, wonderful changing up my fuels and doing full E's and full beautiful S's and anyway and I had snacks.

S You should see the antics. Pearl looks like she's like dancing.

P But we were out and life happens, now I am the queen of life happens. I can eat Trim Healthy Mama everywhere, but my children were in the car and they were hungry and my hubs too. So they said, we're going to stop at McDonald's.

P Now that's cool with me. I'm not a McDonald's nutsy person that says, don't go there, I can't eat anything, because I tell you I can eat anywhere. I could have had a burger without the bun. I'm okay with that. The meat's probably not stellar at all, but you see I had this much higher and better snack waiting at home. It was avocado in lettuce boats seasoned up. I'd been having the last couple of days and then my Trimmy with my collagen for my protein. I'd been dreaming about it all day long.

S You'd made it up before you got home?

P No, I hadn't made it up. I had the avocado there ready to go, ripe. It would not have lasted another day and it would have been bad. I had the lettuce boats already and my mind was ready for my body. It was going to do me good.

[00:04:39]

S It's almost like you'd woke up in the night and had the thought, like it was prepared there.

P Yes and my body needed it. It was going to be good for my body. It was going to keep me on track. It was going to be ultra-slimming. It was going to help to take those three pounds off that I cheese caked out. So they drove through McDonald's. And really it was about a 40-minute journey home and I would have been about half hour late for my snack, so it would have been four and a half hours instead of four.

P Now we always say, eat every three to four hours right? And that's great. We don't need to go too long, but you see I knew that I was going to do better with that snack at home and that McDonald's meat, it just wasn't for me that day, but usually I would have straight ahead and gone and had that. You know what entered my head? I'm the girl that loves to wait for my reward.

D I'm that girl.

S Would you drum roll please?

P Hold on, and it just hit me. The thought popped into my head and then suddenly when they were driving through, because what happens to me is that I can get that on-plant burger without the bun and that's fine. Guys, you're doing good if you get that, good for you.

[00:05:51]

S Hey, even 15 years in totally fine, but you knew what you needed.

P But also what happens to me is when I usually get the burger, my children were getting fries because that's what they do when they drive through, I'm a fry snatcher. So I was going to have at least six fries and that's about my limit, six to eight. And you know what? It just wasn't going to be best for my body. I knew that if I had my little on-plan thing, I was also going to do a little fry snatcher, Pearl fries snatch.

D Pearl, I have taken fries off of strangers' plates walking past me after they were in front of me. They ordered first at McDonald's, they turn, they're coming past me and if I judge them to be weak, I'll take a fry.

P Yes, because they're not your fries, so they do, the really count. In my head, they don't really count. I'm not going to have a whole lot of fries, just six, whatever. But this thing, it just kept going through my head, no Pearl you're the sort of girl that loves to wait for your reward.

D You're that sort of girl.

P And suddenly, I loved waiting for my reward when it was like a 30, 40 minute journey home. When I got there, I wasn't famished. It wasn't like six hours and I hadn't eaten. It was like four hours, 20 minutes, it was fine. I got home and I just quickly shoved this together. It took me two minutes, my snack and my Trimmy.

[00:07:05]

P Oh my goodness, it was like the most life-giving meal I've ever had. And every cell in my body sang, but it was a huge milestone in my life because I became that person and from then, now I'm actually the girl that doesn't need instant satisfaction. When other people are doing something, I'm not that girl. I'm the girl that loves to wait for my good reward.

S You know what? It changed my life. Pearl said that to me and lighting bolts went off in my head, fireworks because it was the piece that was missing in my life, because I'm often times the person who just mindlessly starts snacking because my 13-year old girl needed a snack and it's like, food, snack.

P While you're cooking?

S Yes, bedtime, or even if I'd planned something amazing for my own snack that was coming about 40 minutes later. I planned it, but if I see somebody else grabbing a crust, I'm just like well that looks yummy, grab it now. My brain didn't even get a chance to think, but when I say, hey you're the girl that waits for the reward, my brain slows down. I think about the intelligence of the wait too. But that line has helped me so much especially in the evening when all I want to do is be a lunatic night-time binger even if it's not on cheese cake. It might be on just macadamia nuts. It might be on something unplanned, but it's still night time and it's stupid. If I say, hey I'm that girl that waits for her reward, do you know what I'm thinking? My beautiful breakfast, my nice omelette and my coffee and I feel the feelings of that breakfast and I feel the

feelings of like you deserve this princess. You deserve it.

D Yes, there is a reason these inspirational quotes do magic in our life like they do. What if you could? I'm that guy. I'm that girl. Another one, if not now, when? There's just something about the power of a phrase. And I think the reason is those little phrases speak to the identity that we relate to in our minds about who we think we are.

D That's what New Year's resolutions are. They're editing your actions. What can I change on the outside to get better results, but when you start saying phrases like these and you take on this whole character, that's what these phrases do.

P Yes, it is a new character.

S Powerful

P I wasn't that girl before that moment.

S Well, you were a cheap fry girl, but now you're worth the reward. It made me feel like royalty.

[00:09:50]

S Yes, it wasn't self-control, it was just intelligence.

D That's what I was about to say, yes.

S This is not about self-control. This is about self-talk. Okay when I did this self-talk, I was a new person. Yes, yes instead of me being, I can't have the nuts along with the rest of them, you deprived idiot.

P Yes, I've got to wait 30, 40 minutes.

S I almost felt like you're just being like one of those people that just has no fun in life. You really deserve the nuts. All of a sudden, it's like, no, but I don't deserve going to bed full of shame. I don't deserve going to bed with fluffs and gastrointestinal distress. I deserve waking up in the morning going, boy you deserve this reward of breakfast because you've earned it with intelligence.

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[00:11:02]

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S This is the PODdy with Serene.

P And Pearl

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

S I have to explain to people the power of peer pressure. When Pearl was opening up the PODdy, Danny pulled out his big, large leather band notebook with sepia kind of colored worn-looking paper. It's like trendy book. He leaned it over to our co-producer Lesley and said, a pen please. All of a sudden, I felt vulnerable, naked and dumb like without a pen and a book. There's no intelligent thought, so I started looking for paper. I stole a pen off of John's desk and only now do I feel like I'm worthy of the mic.

J This is John. Just an interesting fact, there's nothing written in Danny's book.

[00:12:30]

D Yes, exactly

S Yes, but what if he could?

P What you're saying is suddenly, you're what?

S No, it didn't relate. The thing is I wanted to tell people we've got good things to say because I've got pens and paper and we're collecting our thoughts to have saved for when our bell turns on and we can talk.

D Serene what you're talking about though is the identity, like all you lack is the smart square glasses.

S Yes

D I don't mean sunglasses. I mean clear non-prescription. You don't need them, but they do make the intelligence especially with your hair pulled up in that bun, you're like a smart librarian.

S But when I wake up in the morning and I'll snack like an idiot at night, do you know what? I don't feel like the reward of breakfast. My actual brain says, you need to get on the treadmill. This is not truth because I don't need to, you need to get on the treadmill for four hours. You need to take a coffee, and you need to never eat for a week. You know what I mean? That's what my brain is telling me, but when I wake up and I have just a very comfortable feeling in my tummy and a little natural hunger, I'm like breakfast is all of a sudden a gift from the Lord. It's my trophy.

[00:13:34]

P But it's how we phrase these things in our mind, because it is the difference between feeling deprived and feeling empowered, when I said that to myself, I'm the kind of girl that loves to wait for my reward, I felt so empowered. I felt like I could do anything, every minute of waiting was a delight rather than a penance.

P Usually waiting for me feels like a penance and I feel like I'm doing my time and try to use self-control and hold on. It's two and a half hours, I've got to wait till three. Man, I'm feeling hungry. This is not fair. I wish I could just eat all day.

D See and when that happens, it's not that you're doing wrong, it's that you're being wrong.

P I'm being wrong, but when I change my mind and say, only half an hour till three hours and I'm going to get to eat again, wow I'm so glad I'm still the girl that loves to wait for my reward.

D Because you're that type of girl

S You know we're in a society and I want to let you speak Dan because you have such great things to say, but we're in the society of the instant gratification. We see the drive-through as we drive past. We see the vending machine at the end of our office. We see or we're in the kitchen, we're looking at the fridge. If we're in the home, it's this instant thing, but hey back in the day, I mean maybe you're in a rice paddy field and you had to have five more rows weeded before you got a chance to take a break or maybe you had to grind that corn, that was another hour of sweat pouring down your face till you had enough masa to form into a tortilla.

P Yes, exactly.

D Well, the concept of "being versus doing" is really an old concept. I mean it's like ancient philosophy and by the way Serene I don't know if you noticed, I made a power move. I pulled out my laptop.

S No, that's deep and I'm sticking with the pen.

D I mean do we need to start videoing this PODdy just so people can...

S And his legs are crossed with these millennial like cool boy boots without socks.

P Cool boots, no socks, is that a thing?

D No, there's socks in there.

[00:15:26]

S Oh that ankle sock

P Yes, but you've got to see the ankle if you're a millennial.

D You know why you get to see my ankles, because if I wear socks, you're going to see hairless ankles in the years to come. Have you ever seen these men with no hair on their ankles?

P Yes, Charlie.

S That's my hubby too, no hair.

P Socks and jeans have taken his hair.

S But he's a real man.

P He would never wear shorts. It's only my privy, my delight to see his hairless legs. It would never be yours or anyone else's.

D Yes it's like Nosferatu breaks his legs out. It's like that's what happens. These men they go their whole lives wearing jeans and socks.

S I know, but we rabbit trail.

P Rabbit trail.

[00:16:03]

D They wear jeans, socks and the legs never see the sun and it's hideous when he comes out. I've seen then.

P Okay. What goodies do you have on your laptop Dan, Dan?

D Well, guys...

P Don't quote some Rastafarian.

D I'm quoting my own book I'm writing right now, because literally if there is a summary of the book I'm writing is this podcast.

P Yes.

D It's being versus doing. It's like if you can't do something impossible, then you can actually step out of the way and be different. That's what I think so many people try to do is they try to do new things or do differently out of discipline and hard work. Boy, if I just really grit down and do this, I'll be able to do it. But they don't realise if you'll change how you identify, then all of a sudden the task is simple because it's no longer you having to perform the ask, it's this new expert that has taken your place.

S Come on. Good on you mate.

[00:17:06]

P That's so powerful.

S It's not like you have diet now. You have to like be deprived of your favourite food, you have to or. No, you're that girl who wants to feel fantastic. You're that girl that deserves to just have that spring in her step.

P And you're that girl that can do those things, you see. You're her. What was another thing Serene you were telling me since you've adopted this? You've also adopted some others and you said them to me on our way to the PODdy cabin. We were talking quick and I was chowing down my salad so quickly and you said this.

S Two lines, one of them is, you're that girl who loves to give your food some loving. You're that girl that gives your food some love. Do you know why? Because if you give something love, it usually gives love back, usually. This is how it should work. The thing is that when I don't give my food some love, when I'm just shoving a cheesestick down in two bites and not even giving it attention, first of all I'm a manic snacker that day because I had no event.

P You don't remember what you ate.

S You don't remember eating and my husband says that too. This is the first meal I've had all day. In my head I'm thinking liar. I mean I love you so much, but I've seen you walk past the fridge and like grab a hunk of cheese and I saw those seven tortillas chips. I saw that crust of bread just roll into one hunk that you can throw in one bite, but it's true. He's so really true in the fact that he didn't remember the event of any of the eating.

[00:18:32]

S When I give my food some love, I have an event and I'm satisfied in my mind. I'm satisfied and I don't need food for a while. I don't need food for three hours. For me that's the full...

P When you give food love, you first of all slow down. We did a whole podcast on the benefit, just the health benefit of slowing down. You've got to go listen to that one. I think it was the first of a four-part series we actually did on stubborn weight. Find that. Slowing down is just so incredible for your health and your weight loss journey itself, but it's not just that. When you give your food some love, you're going to do differently and act differently. Serene said I'm actually going to rather than use a paper plate, I'm going to put this on a crockery plate.

D Proper plate

[00:19:22]

S And maybe tonight I'll light a candle and maybe for once a week a glass of wine for me. Some other people it might be nightly, but I'm going to get that nice crystal vase out or maybe my smoothie that I have to do usually on the PODdy days, I have no time. I go straight from home-schooling, straight to this PODdy cabin and I usually sip it on the way, chucking it down and like going over the bumps and almost with the whiplash of the potholes, it's like spilling down my mouth and it's just gross. I didn't give it love, but today I'm like, hey this smoothie deserves some love. So I waited till I got here and sat down and nursed the baby and put my foot up and then I slowly sipped it.

P I know life's crazy. We all know that. We are busy people too, so sometimes you do have to do things fast, but there's no excuses really. I'm going to put this out as science to bark up what we're saying here. Rich people are thinner. Rich people have food experiences. Do you know they all sit at a restaurant for like two hours or whatever and they'll have many courses, but because it's such an experience with the stemware and the crockery and the service and you see atmosphere versus driving through a drive through and chugging something down in like three minutes, they are thinner because of the experience. Do you know that experience feeds us?

S Yes, it does.

P And it's mind food and when our mind is fed, our body needs less. And so we don't have to be rich, but we can say, I'm the sort of girl that loves to give my food some love.

[00:20:58]

D It's like when you're on vacation. You know how somehow the food is always so much better on vacation and you don't have the normal gas you normally have and the normal belly aches.

P Yes, you're slowing down.

D It's the slow down thing. I actually just practiced as much as I preach slowing down. It's so hard to practice and I found myself practicing it more lately because your body can turn against you and start punishing you for hawking down your food and flying through drive-throughs and living that lifestyle. There is a mind-set change about you need to accomplish in your day too. This whole idea that you've got to bust through this meal because you've got to get this done, do you got to get it done? Do you really?

S Hey guess what? You guys are just going to on the count of three just sing with me. I love my food with a slow hand. I love my food with an easy touch. Listen you put the fork down. It actually allows you take a breath in between bites and we've talked about this before in the poddies, but it's so true. It's something like Dan said, he's been practicing it lately. I have to keep practicing it because it's one of those things, a bad habit that likes to creep back. It's exhausting.

[00:22:13]

D You have how many kids?

S Living at home, 10, so you're rather an expert on having to...

S Expert on chugging food

D Well, that's what I'm saying. If anyone has an excuse to say I have no time for my meal, it's Serene Allison.

S That's true, but listen when I'm not satisfied in the brain with the meal, I have this thing where I can't stop thinking about my next meal because I wasn't satisfied with the one I just had. It really is interesting.

D Yes, that's real.

S I think it's not that I'm weird and I've actually beaten myself up about it, like you've got a weird addiction to food Serene. Why are you so emotionally tied to it in our counseling couch, bogus. God wanted us to eat, at least three times a day. The snacks in between, look at the cows, people. They're eating, chomping all day. It says the Son of Man came eating and drinking.

P You shouldn't feel shame for wanting to eat, right?

S That's right and what I'm saying is we make it more of an experience. We won't be those people that actually where it becomes maybe a little on the obsessive thoughts about it because we will be satisfied. We'll be, I did that. That was good. It was a great experience, but when you have no remembrance of it, you feel like you have to create one again soon.

[00:23:34]

D Maybe you guys are similar, maybe your brains work similar to mine, I don't know, most people's don't. It's very sad and alone sometimes. I'm just kidding. I'm just joking. My point is the other day I came in for a lunch break into my

house from my home office which is out back.

D And in my head it's so funny how our little subconscious thoughts, but I started to hear my own subconscious thoughts and here is what they were doing. They weren't saying something, but I had a mental picture in my mind of me grabbing some sort of plate of food and I was already walking in my mind with a plate in hand back to my office and I was sitting down and I was working while I was eating. This was a picture in my mind.

P That's so me.

D Thus, I came in my kitchen with the worst non-hungry feeling. Though I was weak mentally and clearly needing food, right? My stomach was like shutting up and finally when I got to the kitchen, I didn't want food. I was like, maybe I'll just eat later. I'll go back to work because my brain's little cylinders were trying to pump in the direction of task accomplishment when it should have been saying, you are done with task accomplishment, it's time to sit and do nothing while you eat, right?

[00:25:01]

D And so what I found was that of course you guys know about my weight problems being underweight, not overweight. I've just had a breakthrough in my eating. Actually, in that moment I changed the mental picture and the mental picture I had was of my business being very successful and so successful that I could sit down and have nothing to do with my family and just sit and eat with my girls, my boys are at school. I was going to eat for a good hour rather than this 10-minute force pig feed so we can get off to the slaughter or whatever.

D Like since a couple of weeks ago, my gut has just had this whole new level of transformation, because it's not closing down and sending the wrong chemicals and because of my cylinder firing, trying to get back to my task. I think this whole stopping to eat thing is way more important than we talk about.

S I agree Danny and the interesting thing for me is to slow down and eat with my family in the evening, to give the night time meals some extra loving.

D The experience of it.

S The experience and we've finally moved down to our downstairs kitchen where it's large enough to have a large table enough for all of us to sit around. But the habit of just everyone grabbing from the pot and sitting wherever they want is hard to break, but when we say it feels like a lot of energy, but when I'm like

hey everybody stop what you're doing, come to the table, I end up only needing one serving. It was enough. It was a good generous serving.

[00:26:41]

D Interesting yes.

S I'm fed off the relationships there. I'm fed off of the event and the whole night is so much more enjoyable and there's more peace during the meal that we're all there together, all talking, but it's actually less distracting noise. I feel like there is less cortisol going in while I'm eating when we sit around.

D Well, everyone's not trying to get back to doing what they were doing because in a household everybody has got different age groups. They all have their different projects and interests. And so for me that project and interest is my work, my career. For kids it maybe their Legos or some toy or some activity, but I think it is kind of an issue when we're always trying to rush past talking, fellowship, conversation, meals and get back to activity doing, doing, doing. It's like our society loathes being. We don't like to just be.

P It's so true.

D We've got to do, do, do.

[00:27:39]

P I think many people listening now it's like well, I'm a night shift nurse. Life is not perfect yes to sit down as a family meal table, I think it is something I need to talk to myself about that more. Yes, and it is something I think we should all strive for and it's brilliant. It's what this country was founded around. I think we need to get back to it, but life is life. There are sports activities, there are things, there's work schedules.

P If you can't have this perfect picture of you all around the table and stuff, maybe in another season of life you'll get there. This season is the one you're going to worry about and do your best. In this season, there are still ways of giving your food love in whatever season you're in. Instead of woofing down and not concentrating on what you're eating, sometimes giving your food love means just to look at it and to just think about it and not be multitasking five things. I have to talk about that, because emailing and eating.

P I mean I love summer, because summer is when I can just take my breakfast out in the porch and it just makes me get away from the computer. I feel like I've had a few more digestive issues lately because it's winter and I can't go out there and just relax and my kids come out. They're with me and we just all eat right there together.

S Yes, and sometimes to me the experience is so important, I'll even set the alarm to wake up earlier. Like on Sunday when I know it's just a huge rush to get us all out the door and everything, I'm like my morning time when I just sit there with my coffee and my Bible, you know if you're not a believer you're sitting with coffee and just your favorite book or whatever, but just that time of just quiet reflection and sipping something warm and roasty, so important to me that I'll set the alarm early just so I don't have to be drinking my coffee on the run.

[00:29:32]

D Do you know the sun doesn't just appear in the sky over your head? It takes hours to slowly bake into the morning. Why do humans get up and front flip into a shower?

P Yes, I don't like front flip mornings. I know some people have to have them because they have to be at work at six.

D Do we though? But think about that because I was that guy and I love your balance and you're so nice. Look I stayed up watching my dumb shows, stayed up way too late, because I don't like to get up early. Well, why don't you like to get up early, because you go to bed so late. That was me.

S No, but some people they have to jump out of bed and get to work by six.

P No, but what he's saying is that if you went to bed by 8:30, you can get up early.

D You can get up at four in the morning and have this epic... Look I'm the last guy to give anybody morning advice. I'm the last, okay? I'm not saying, you should get up in the morning. I'm saying if you're telling me that your mornings suck and you don't have time to do anything and on and on and on, I'm telling you what if you could go one by one and solve those problems? What if you could actually do the tiny, tiny bit of work to open up and make your life. Do the one hard thing that gives you ten new easy things.

[00:30:50]

S So interesting that you're saying thing and what if you could? I know people in my life who were the opposite of morning people, who were like they didn't know how to wake up. You would shake them, you'd pour water on them, this is my elder son Arden before he got married, just that like heavy sleeper. But now he's a hunter. What if you could? He's the guy that hunts. He loves hunting so much and he sees himself as a hunter. That's 3 o'clock in the morning all through the winter in the freezing, but what if you could? So now he's got a reason.

P But what if you're the person who loves that loves to get up in the morning? Now, I became a bed maker just by telling myself I was. Still my bed is perfectly made over there. Can you believe it Serene.

S He wanted to be a hunter first before he realized...

P It's an identity?

S The identity then the early came with it.

[00:31:36]

P Let me say something. I was talking to Leah. One of the biggest podcasts we ever had here was Leah. We got her and she was talking about Face Plants. She was one of the first people that I helped with Trim Healthy Mama and then in I'm like, I can't help you Leah. Then she went on her own journey and finally got back to it. When we had her here, she was starting to rocket. She'd realized it. She had to learn to respect herself and love herself enough. It was a brilliant podcast. We can have her back, because she came up to my house just a few days ago.

D I was just thinking about her yeah.

P I was like, everyone who comes to me always wants a meeting. I thought we were having a meeting. I thought she wanted to become a coach or something, so I'm like I've got time for you Leah. Yes, 4:30. So she sat there and she was just like, hi Pearl. So what do you want to talk about? She said, I don't know, I just wanted to catch up. It was so weird for me because I'm like, what? I just talked to you. I don't have an agenda. Anyway we just started talking. It was so beautiful.

P She's so beyond rocking it. She's a master now. When she came here, she was like finally almost close to her goal weight, but still struggling, but saying, hey if I face planted 2,000 times and I'm still going and I'm getting better, you can too. Now she's just a whole new identity. She got beyond her goal weight. She's

so toned.

[00:32:54]

P She's like I hated exercising. I said, well when do you do it? She said, I get up before the children. I said, ouch is that hard? She said, yes it's not something I love, but I love what it's done for me. She said, now when the children get up, I'm all done that's over. It sets the tone for my day. It's something I never thought I could achieve, but I decided that I could. It was a whole new identity, this new Leah looking at me, her features popping just trim you could tell she just lives her life on good healthy protein and greens. She told me her meals that she's like in the morning I'm okra and I'm fried eggs and I love it. It was all an identity. I was so inspired. I'm like, I hate getting up in the morning, but man I could do that.

## **ADVERTISEMENT**

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

S Serene

P Grove.co, got it? Grove.co. Think of a tree growth and think about it being there and staying lovely.

P You are talking about Grove.co which is America's largest independent natural products company and you know Serene and I when it comes to natural products, they're the only things we'll endorse.

[00:34:12]

S Now, I'm more of the greenie of Pearl and I.

P You are. You're a greenie.

S I'm not going to chain myself to trees, but I am like I want a beautiful place for my great, great, great, great grandchildren. And I love trees and I want them to be there for them. What I love about it is this place they're wanting to plant 1 million trees by 2020. Isn't that awesome?

P Well, not wanting to, that's their actual plan in the work.

S They don't test on animals which is lovely. It's lovely.

P Let's get down to the basics where we talk about grove because they make shopping for your natural products easy.

S And not expensive. You go and buy your natural products at a regular retail store, you're paying for that retail space. It makes you think, I can't buy natural products because they're expensive, but if you buy them at Grove, they're affordable.

[00:35:04]

P Yes, because you're not paying for that store. Everything in a store has been up priced. Listen, it's the only site you need to go to shop for your organic eco-friendly sustainable products. So ones you already might be using like Seventh generation Dr. Bronner.

S The Mrs. Meyers, I love Mrs. Meyers.

P I just put a whole bunch of them in my cart, because I love when I have natural cleaning supplies in my kitchen and my bathroom.

S Pearl's a big paper towel girl. She is. I'm not so much a paper towel girl, but everything is right.

P I threw those in my cart too.

S You did, do you know why? Because they're tree-free.

P And now your greenness sort of rubbed off on me. But I'm going to try out those wipies. They have these wipies that are like totally essential oil, they're mint smelling. Wouldn't that feel refreshing? Yes, listen this is just all about who we are. You don't want toxic chemicals in your house.

S Now I'll tell you why you don't want, because if you want to get off smoking, what do you do? You put a nicotine patch on your skin. If you want to help your hormones, what do you do? You rub bioidentical hormones on your skin. Topical things are straight away affecting your bloodstream.

[00:36:11]

P Yes, so if you're using cleaning products like dish soap, but your hands are in the sink and it's not natural.

S Or you're smelling, it's the opposite of aromatherapy. It's like [non-English].

P Why do that when you can go to Grove.co and get these natural ones? It just doesn't make sense. It just doesn't make sense. What makes sense is to go natural. Yes, they're quality, so they're a little bit more expensive, but this place is making them actually affordable.

S Can I just talk to you about another serious thing?

P Yes, but this is going long.

S Yes, but this is important Pearl. Listen you might be thinking, well I can handle a bit of chemicals, you know? What happens when your six year old or your toddler says, mummy can I help you do that? And they're putting their hands in these chemicals and little bodies concentrate things. It's just not okay.

P I used to be okay, because I'm a Drive-Thru-Sue with a few chemicals in my house because I'm like, hey I can do that, but I have changed because I'm like, not that there's so much more available, why would I do that when I can do this? So hey it's just smart. Right now you've got to stop and get free \$30 Mrs. Meyer's giftset.

S Can I get that free too?

[00:37:19]

P Yes Serene, you get that free, because we're the people reading this so that's why we're excited.

S I'm doubly excited now. Let's start from the beginning it'll put a bit more excitement in.

P No you already did. Mrs. Meyer's they're those really beautiful cleaning products. I like them. I've actually used one of them.

P I had the Geranium scent, bathroom spray.

S You get that free, right? When you go to [Grove.co/trim healthy](https://Grove.co/trim healthy), and when you do your first order, you get that gift set free people. It's Grove.co, not .com, [Grove.co/trim healthy](https://Grove.co/trim healthy).

S This is the PODdy with Serene.

P And Pearl.

S Get it right. It's P-O-D-D-Y.

D One of the greatest sources of stress, it has led to suicide by the way, is traffic. Did you know you can never sit in morning traffic again? You could totally never ever on your commute to work ever, ever experience traffic. Traffic happens between the hours of seven and 8:30 am. That's when everybody else decided that is the latest we could possibly sleep to get ready to all go to work at the same time and have a productive work day. All you've got to do is leave earlier than everybody else.

[00:38:35]

S Then have your quiet time in your car at work.

D Yes, and then go chill. Everyone is so, like God forbid we get to work five minutes early. God forbid we get to work 30 minutes early. You know what's going to happen if you get to your job 30 minutes early? Let me tell you about two out of 4 billion new things that will happen just by getting to your job before everyone else. You will get a promotion at work and I've read these studies, but I'm summing up a lot of stuff I've been reading. People that get to work even 15 minutes early, they've shown statistically that they're way quicker in line for promotions, because what that triggers in the people who hire them whether it's even true or not, it sets them up differently in the eyes of their employers.

D You'll also get all that stuff that you're freaking out about that you wish you could get knocked out right before work. You'll have your 30 minutes to knock it out. My point is whatever source of stress or problem or whatever, it's often so easily overcome. The things in our lives that are totally ruining our life or our health or our weight are tiny, little foxes.

[00:39:48]

P They're not , they're a self-talk issue. There's one more thing that you said Serene.

S Yes, one more and this is been another incredible line-up, but Pearl, I just want to give you kudos. That first one, I'm the girl that waits for her reward and Dan, I'm the guy who waits for his reward, oh my goodness, it's going to change your lives. I just want you to know that's number one. These other ones they are powerful. This new one too. I'm the girl that leaves room for her drink.

P Her drink to end the meal

S Yes

P You don't mean the booze?

S No, no, no, it didn't even go there in my head, but for Pearl, those dirty, filthy drink booze nights.

D Well, you know she goes on cruises.

S Yes, yes.

P I don't booze on the cruise. I do have a glass of wine here and there.

[00:40:32]

S Okay, but listen, you know how they always say, for gastrointestinal comfortability, don't eat till you're full, till you realize the sensation of fullness. Eat to satisfaction. Now that's hard for me even this far in trying to tune into my body. That's even hard for me. I'm just like, well what do you mean by full?

P Yes, what do you mean by satisfied? I don't know if I'm satisfied.

S Yes, and also I get this antsy nervous feeling, I'm about to do a fast for three hours, especially as a nursing Mom, scary, scary. Am I totally satisfied? Will I not start to get the hungers? I just tell myself, have you got room for a drink? It also allows for the event of the meal, because a drink takes time and whether it's a nice...

P You mean a hot drink?

S A hot chocolate, it could be a nice, hot chocolate in the winter or salted caramel oolong, it could be a coffee.

P It could be cold.

S It could be a cold, chilled hibiscus juice, don't if you're pregnant.

P Or chocolate

[00:41:38]

S Or Boost Juice, it could be anything, chocolate, milk, whatever, but most drinks are FP, right? I'm thinking about that. I'm thinking the time the liquid and also liquid helps in sustaining lower weights. Liquid helps and for Danny that's not your deal, but you have uncomfortable tummies a lot. Liquid helps in just your whole digestive process. So, I'm the kind of girl who leaves room. Then I actually only can go to satisfied, because if I get to a certain point, if I'm like if I eat these last three bites, will I have room for my drink? No. That's when I know I'm satisfied.

D Interesting, yes

P It's really good for me that Serene, because I love having my hot chocolate which I talked about in the PODdy here. We're going to do a video of it I think this week. I'm calling it Hit the Spot Hot Chocolate for now. I might come up with a better name.

S But I love the hit the spot because it's something that if you don't have room to hit the spot with your drink, you've gone too far.

P Yes and that's what happened to me the other night. I've been having it every night. And it sets the tone for my evening and then it tells me, okay you're done, because I've had my hot chocolate...

S You've had your little paci after my meal.

[00:42:44]

P Yes, just after my meal and I just feel complete. The other night, I forgot that I was going to have my hot chocolate and I kept eating, went back for probably thirds, right? I was very full, but I've got to have my hot chocolate. So I started drinking my hot chocolate and I got really uncomfortable. I think having that in your brain, no I'm the girl that loves to leave room for my end of meal drink is a great way to gauge things.

S Right and then for breakfast too, I drink half of my coffee as I'm making my breakfast and it's a trick Pearl taught and I leave half to just be able to do my reading and sit with my coffee afterwards. But if my last few bites of my

breakfast I'm like, will I be able to enjoy that last half cup or will I feel like I'm just like an overstuffed Googananny? Yeah, it's a great gauge because before I didn't know how to mentally make the gauge, but if you've got no room for a drink, you've really gone too far.

P You're probably stuffed rather than satisfied.

S Because a drink is just a drink, so you've gone too far.

D It doesn't take up much space.

S Yes

D Like if you can't shoot back a shot of water, you might be a little full.

[00:43:50]

P I think we're good. Do you have anything to end with? I know that everyone's been asking us to get back to Superfood Spotlight, so I think we'll start bringing them in the future, but I don't have one today.

D Well, I have a sort of super food.

P You do?

D I mean it's not a super food like at all.

S Before we go to superfood though, keep going in your head guys, I'm the girl who's not sedentary. I'm the girl who...I'm the girl that gets up at four every morning and works out.

S I mean that worked for Leah and it wasn't four. I'm sure it was six or something.

P No, it wasn't six.

S And that's fine, but maybe your thing is, I'm the girl who's just not sedentary. If you've been sitting for an hour or two, you get up. You just walk around or you make sure during the week it's three or four times that you do a little something, because you're not sedentary.

[00:44:29]

P If you're just starting Trim Healthy Mama, listening hey I'm that girl that makes sure I always have protein for breakfast. These are baby steps ones. I am that girl that loves to focus on one fuel at a time in my meals. Just the self-talk that helps you... before it's like what's this Trim Healthy Mama thing? I have to eat an S meal and an E meal and I can't eat my carbs and fats together? Rather than, hey I'm just that girl that loves to celebrate each of the fuels uniquely. Wow this is great.

S I am that girl that likes to work with my body instead of against it.

D Yes, I love this. This is meat. Speaking of meat, I have a question for you about protein.

P Okay a Danny question or a listener question?

D It's just personal, but I know men want to know this, because I've had this from men. They ask me like I'm the health expert. I'm like, I don't know. I just work on a podcast with these health experts.

P All right Dan.

D Is like actual food protein like from meat better than a powdered version?

P Good question. Hey you take it Serene.

[00:45:36]

S I always love to see powders as supplements, supplementing your proteins. Oops all I really wanted was a yummy sprouted toast with some nice, sliced, luscious fresh tomatoes from my garden on it for Brekkie. No, no say I've just decided, that's what I really want. But oops there's no protein in there. I supplement it with a little collagen or whey in a drink, supplement because it wasn't in there.

D I see.

S I don't like to see powders as the foundation of your diet. The foundation of your diet should be real food in its more, I don't like to say the word natural, because supplements these days can be very, very natural. They're not synthetic, and I don't want to say the word processed because there can be some processes like making cheese and making wine that have many steps, so we can get all confused about natural and process, but in a more of a foundational way, steak, chicken, eggs, tuna, kefir, it's more of a whole food approach.

P I agree with Serene. The powder shouldn't be your first go to, but they definitely can be they're here and they're a meal when you don't have a protein.

D They need to be in your arsenal.

P Yes, they're in your arsenal. I definitely use them. Some meals of mine aren't really high in protein. Like I just had a salad and I have these spicy walnuts I make. They're great. They're so spicy you don't need too many of them and I call them Make Em Count Nuts and they're so good.

[00:47:13]

D Okay that's good.

S That's a great name.

P Then I had a bit of goat cheese in there. I rushed to this poddy I didn't...

S It was probably what? 10g of protein?

P I probably had 10g, but they were whole foods. I usually would put some salmon or tuna in there and I didn't have any. I'm going to have definitely a powder in my drink, collagen or whey.

S Collagen I see as a supplement not on just the fact like maybe I didn't have tuna in my cupboard, so I'll supplement with a little bit on my drink. Collagen I also see in the fact that we don't really have the bone in every meal or we don't necessarily have the skin on these days.

P Collagen if you just put a little bit in some of your meals even if you've got other protein, it is really good for you because it does balance your amino acids. Danny I think it's a good question. I think it's okay to just have a shake and your only protein in there is let's say a scoop of whey protein now and then. I think that's fine.

[00:48:07]

S Like a Fat-Stripping Frappe for breakfast.

P Yes, like a few times a week, but if all you're mostly having for your protein are powders, I think that's imbalanced.

D I got into that for a while, like you know what? Three meals a day, smoothie, smoothie, smoothie. Chocolate-peanut butter smoothie from Trim Healthy Mama, kefir and it's healthy, right? I think it's almost like a drive-through mentality brought into the health food cabinet where I've got all my powders now and instead of a drive-through, I just have a drive-through cabinet where I can just dump all these powders down at once and throw back some milk.

S It's actually easy to overdo two protein calories with powders. I think you should always have some intelligence about your powders because it takes a while to eat a chicken breast. You can just throw down a smoothie real quick and you could think, well you know what, what's wrong with another couple cheesesticks too now as I'm walking out the door?

D Overeating a little

S Yes, you just don't want to overeat any food group.

[00:49:08]

P Use them to bless you rather than to mess you up, because everything is like that. It's like everything good in life, you can just abuse them. Money you can abuse. Money is a good thing, but you can just let it mess you up or wine or wow everything, honey. A little bit of honey is good in life.

D Well, as my grandmother would say, very good. Hey listen whatever motive you have for tuning in to the Trim Healthy Podcast whether it's health or weight, we want to say sister, brother, it starts in your mindset and in your beliefs about yourself and we want you to get that right and sit down to every proper meal with the proper identity.

S Yes, and get it right with us, because we're getting it right with you. I mean we're all on this journey.

D Hello, got issues as of yesterday. Okay see you next week.

S That line, I'm the girl who waits for drink, made that up last night, because I had no room for drink and I felt so overly full. I felt like my mummy had just pulled my pants up to my ribs and I had a big diaper on underneath, like I had filthy pajamas on I felt like...

[00:50:18]

- P Stuffed like a sausage. If you have revelations like I'm the girl this, let us know. I hate it when people say at the end of a blog, if you have something to say, let us know. No, honestly, I want to know yours, because maybe they bless me. Tell me on Facebook or write into the PODdy at [support@trimhealthymama.com](mailto:support@trimhealthymama.com)  
Pearl this has changed my life.
- P I'm a girl who waits for her reward.
- S If something comes to you and it's changing your life, we want to know. We want to say it on the PODdy or we want you to tell us and others please.
- D Yes, telling us on our socials too is a quick way to get right through.
- P Excellent, bye everyone.
- D Peace and we'll see you next week.