



Trim Healthy Podcast with Serene and Pearl

Episode #125 - THE KNOWLEDGE OF GOOD IS NOT NECESSARILY GOOD FOR YOU

(AIR DATE: 06/19/19)

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!

S = Serene · P = Pearl · D = Danny · L = Lesley

[00:00:00]

Announcer Technology truths brought to you by Geico. Technology truths. Truth, you think you can solve any problem by turning your computer off and on. Hey Man, is something wrong with your laptop? Nah, I just need to turn it off and on, it's no problem. It's smoking. Yes, that just means it needs to reboot.

Truth, it's so easy to switch and save on car insurance at geico.com. And now it's on fire. Happens all the time, it's all good. Geico, 15 minutes could save you 15 percent or more.

S This is the PODdy with Serene

P And Pearl.

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

D Women and men, boys and girls, welcome back. It's the Trim Healthy Podcast, with Serene, Pearl, Danny, Gedi's on the couch. John's on the computer pushing record and Les is behind us doing her Lesley thing, which is what?

L The bell!

D Let's hear the bell, come on that was your cue. Lesley rings the bell when we've traveled on into absurdity and mindless rabbit trails. She bells us, she dings us to

get us back on point. Les, one more time, and that's how we know that it's time to focus and we're so glad that you have focused on this podcast, and I'm going to keep talking until one of the girls interrupts me.

P Did you miss out somebody?

[00:01:14]

D Oh my gosh, baby Solace as if.

P Yes.

D What am I a monster? Do you, know what it is...

P She's under the Treamies

D She under the Treamie Tent, she's getting the nook, which we learned on the UnShow, that's coming up, or maybe has already played.

P No that was actually one of the pods... Oh, yes it was the UnShow. You guys, it was...

D Yes, the UnShow. Man, guys we've got the most on fire UnShow you've never known you needed to hear.

S But know that when you go to listen to the UnShow, prepare your brain that if you're offended, don't listen to it anymore.

[00:01:46]

D Yes, it's not your show.

P Yes, because we can be offensive.

S Yes it may not be for you.

D It's our dark side. Which is light.

P For two conservative Pastor's kids...What's up with my voice?

D Well you've been talking and speaking so much, and really influencing women internationally and changing the world.

P I don't even have a cold, but it's started to go.

S Well there's somebody on the Hilltop that lost their voice the other night, out of the blue.

D I like it when I lose my voice a little.

P Do you?

D I feel a little more masculine. Hey guys, go ahead we're going to...Boys I need you to clean up the yard. And they're like, dude Dad is in charge.

S You know, Pearl sounds like she's smoked for ten years.

[00:02:21]

D Or I feel more knowledgeable, it's like I've always said. Like the guys in the movies always talk low and a little raspy.

P But they don't want to hear this conversation, they want some meat.

S You want meat? I got a little something.

P Okay.

S I got a little bit of steak in the oven. Yes, a teensy bit.

D You cook your steak in the oven?

S Well I just, no a little bit of, what?

D Shrimp on the barbie please.

S Yes, but this is a bit better.

P Pot roast.

S Shrimp, I don't even like shrimp. Shrimp are cockroaches of the sea.

D Cheesecake on the stove top.

[00:02:50]

S Oh mate.

P Pot roast in the crock pot.

S Pot roast in the crock pot, yes.

D Peas in the pod.

S I was doing a little Bible time, over my nice coffee, Guatemama coffee. So grassy and nice.

D Is that for sale yet?

S Soon to be.

P Soon to be.

S I got some of the green beans from my hubby because he does sourcing.

D Okay, and then you roasted them yourself?

S Yes, then I roasted them myself mate. I think I'll always do that.

P We are going to be selling green beans too.

S I'm always going to buy the green beans, I have a little I-Roaster, it's called I-Roast.

[00:03:17]

P You know you can roast the green beans in the popcorn maker.

S Yes you can.

P They turn out really well.

S Amazing.

D And people buy these big stainless steel choo-choo train looking things.

S We have one of those too and I hate the coffee that comes out of it.

D Really?

S Yes, we have one of those really big drum rollers and all that. Anyway, Lesley's about to bell me. So, I was having a bit of a coffee and a bit of a read. I love a coffee and a read together, but anyway, I was reading this is Psalm 107, Verse 10, those who sat in darkness and in the shadow of death, and let me just pause there, I'm going to go on, but the shadow of death doesn't have to mean you're dying, is what I felt when I read it. It could be, but I think the shadow death can be the fact that we don't have the life all shining on us. We're in the shadow of the wrong kind of tree, just darkness. Many people are in that. So the end of that verse says bound in affliction and irons, and then I'm just going to skip a little bit and go down to verse 13, and they cried out to the Lord in their trouble and He saved them out of their distresses, he brought them out of darkness and the shadow of death and broke their chains in pieces. Now we've heard all the worship songs these days. He's a chain breaker and everything, but it's not just a little song, a little ditty to sing. He is the chain breaker He breaks the chains in pieces. And I want to give a little shout-out to good old Dad. We've made some nice fun of him, just of...

P Our Dad, who's a Pastor.

S Yes, good old Dad, but he brings the word man, and this Sunday he just got up at the end of, we just have an open sharing, a lot of people get up. And he just got up at the end and he talked about, the fact is that there are still two trees, just like there was in the Garden of Eden. There are still two trees, and what are we going to eat of? There is the tree of the knowledge of good and evil and it's not just the knowledge of evil it's the knowledge of good. And sometimes knowledge, a lot of knowledge and a lot of good things isn't always what frees us. Sometimes it can bring chains. Sometimes what sounds good isn't even good anyway.

P Right.

[00:05:30]

S It just sounds good. But there is a tree of life, and it's the tree of life that sets us free and it takes our chains away. And I was just thinking about how so many people, we sit in chains. I have sat in chains before, I've been in so much bondage because I've put other people's things, that may be good for them, on me. And I've thought to myself, well this is what I have to do, because it was, maybe something I studied, and was knowledge that I had. Knowledge of some good things, but to me, it was the shadow of darkness, it wasn't life. So, we had a PODdy a few weeks back, I don't know exactly when it was put out. But it was talking about, what did we name it? I don't know. But we were talking about how waiting on the Lord to renew your strength.

P Yes, that's right.

S But the word renew in Hebrew actually means to exchange. So, we exchange our weak strength, the best of our strength is nothing, and when we come to the end of it, and we exchange that, he gives us His strength, which is just everlasting and supernatural, and so, and on that PODdy I was talking about how we can get online. Instead of waiting on the Lord, we wait on Google. We wait on this knowledge and we come full of, maybe even good knowledge, but it's not the answer for us at that season in our lives. So, we have to go to the tree of life, which is God, which is listening and waiting on him and reading the word and getting of that truth. Because it's like with my son Remy, he's doing incredible. He's an amazing child. There's a few little things that I'm working on him with, and it came to my understanding the other day that sometimes when there's a little bit of delayed speech, or maybe some mental...Just some things, maybe even some behavioral issues.

P Right.

S That you can take them off of gluten and take them off of casein, which he already doesn't even touch, any store-bought grain or anything, it's all ancient grains or whatever. But I thought to myself, do I really want to do that? Is it right for me? It might be right for so many other people and help them amazingly, it might be the tree of life for them. Because I've heard of it, it's God's path for them, but I was asking Pearl, I was asking my husband, should I really do this? And I was asking the Lord above all; should I really do it? And I really felt like, for me at this time it was not going to be the tree of life, for me. And it was going to be chains, for me, because if you know my story with Remy, for this whole time, and he's four. I've had to basically had to meliate all his food and give it to him by

spoon. And he couldn't eat what the other family ate because he had, structural issues in his mouth, and swallowing issues. And my biggest prayer was, God let him be able to sit down at the family meal table and eat what we eat. And miracle upon miracles, he is just eating steak, anything he downs. Peanut butter sandwiches on my home-made bread, anything.

D He can eat steak?

P Oh yes, he just sits there and eats anything.

S He chew anything, and for me to take him out of that...

D Good man.

S When he finally feels like he's the man and he can do it.

P That's the miracle you asked for and you've received it.

S That's the miracle. I've received it. And now to go and do good.

P Right.

S Taking him off of casien and gluten may be a great thing. But it's good knowledge.

[00:08:38]

P But he'll have to have a separate meal again.

S Right, but it's not necessarily the tree of life for him in this season at all. So, I feel like this... are you under the shadow, what it says here, there are those that sit in darkness. Are you sitting in darkness? Are you worn out? Has the lamp gone out on your life, because you're sitting on a bunch of chains that don't belong to you? Things that may be liberating to other people, but that are not for you. Are you just doing it because it's a trend? Are you just doing it to keep up with your Jones's? Are you just doing it because Google said to do it? Are you just doing it because you feel like it's a more perfectionistic way? Find out from the tree of life, don't just go to the tree of the knowledge of the good and evil. Because there's a lot of good out there which is not necessarily good for you and like the whole Trim Healthy Mama journey, with food, is we've aimed to bring you food freedom.

P Yes.

S We want to bring you freedom in other areas, not just food. Other areas, are there things that you are doing that are just chains upon you? Maybe they're not God for you. So, my encouragement to you, and it's just a little bit of meat. And Pearl and Danny might have something to add, is, just because it's a good thing, and just because it's knowledge...

[00:09:50]

P Yes.

S And Pearl, you're studying this MTHFR thing and you're getting all this knowledge. But you've realised the more you've studied that, that there's certain ways that may be good to treat some people but are disastrous for other people.

P Absolutely.

S And a little bit of knowledge too, is dangerous.

P Yes.

S So we have to go to the tree of life and find out the knowledge of life. Not just the knowledge of good, because it may not be good for you.

P And it's so true Serene, in this whole big study that I've continued to do, again, it's almost like I'm studying nutrition from the beginning, because I'm going to all these different doctors who have different opinions on how to treat MTHFR. For those of you who don't know what that is, it's the little genetic anomalies, what's the word? Genetic things that are different.

S In a gene.

[00:10:35]

P Yes, that we all have, and they can affect our methylation. But, and so, because of that...

S Do we all have them, or is it just certain people?

P Well we all have them, but they manifest in different ways. Some of us have them in a normal way, and some of us have them in...

S Right.

P What they call a mutated way. But it's not really a mutation, it's just a different expression. So, all these doctors are talking about different ways to treat, well they all have their own way about nutrition too. Okay? So, some doctors say plant food only diets is the only way to deal with, the best, methylation. Others are like choline is the best, so you need eggs, because they're full of choline. Others are like, you know what? When you do keto, you're not going to have the inflammation from the grains and the carbs, and then others are like, intermittent fasting because it pulls down the inflammation and all this and honestly, it's like I've almost gone back to the very beginning where it's like, I'm looking at all the things and which one is right? Even though I've come to my own freedom, I'm hearing all these voices again in my head, telling me completely different things, and I read them and then...

[00:11:44]

S It's not like you want to change for you, but those that you're helping with the mutation.

P No, but to be honest Serene I think, oh my goodness, that makes so much sense.

S Yes.

P Because they do the little study to back it up, and I read something about intermittent fasting the other day, and I'm like, oh my goodness, that really makes sense. And then, and you get, and then I'll read someone else, and I'm like, oh my goodness that really makes sense. And I'm like, wow Pearl, you're really wrapping yourself up in chains again aren't you, because I can feel the anxiety of it all.

S And you don't know which chain to choose.

P And you don't know which chain to choose. In the end, all we have to go by, in the end I was like, God what do I do here? I feel like I'm back ten years ago. And he was like, well what did I teach you ten years ago?

S Yes.

P My Word is truth.

[00:12:29]

S Yes.

P And in the Bible, all the food groups are there. And like you said Serene, some things are life for other people, they're not life for us.

S Right, because I don't want to down anyone else who has put their child off of gluten and dairy.

P I don't want to.

S It must be wonderful for them.

P And you know I do have friends that do a form of intermittent fasting or whatever, and maybe it's life for them. But it's not going to be life for me, I am doing great as I am, and why change that just because someone says, and shows me studies and does all that, when that would be striving for me.

S Right, exactly.

P Why not eat meals if I can eat them? Why not keep my metabolism humming?

S But do you see the point that you brought up, which was so clear the way you brought it up, Pearl. It was awesome, how you were like, you're studying and, oh this makes sense. And then the other, oh my goodness, this makes sense.

Human reasoning is dangerous, it actually is. Because there's so much out there that makes sense, and the Bible says, there is a way that seems right unto man. Unto our human reasoning, but in the end, it leads to destruction, so you have to have...

P Well that's how we got ourselves in a pickle Serene.

S Right, because we read, and we got so much knowledge, but we don't want to pluck fruit from the tree of good, the knowledge of good. We have to pluck from the tree of life. We have to go to God and say, you created me, you're the blueprint writer. For me, directly for me or this child that I'm asking you about God, I need the tree of life. Because guess what? The tree of knowledge is telling me a bunch of conflicting stuff, and it all sounds good. And my reasoning faculties are not what really finds life. I only find life through your spirit God.

P Serene that's so true because I...

S I've got goose bumps man.

P I'm telling you. I even, we were vegans for years. You were a raw foodist, right?

S Yes.

[00:14:15]

P We abandoned it all because it got us in a bad place, and then we realized, God said, hey, I gave you, these are the meats you shall eat. And we abandoned it all. Well since I've been doing this study again all this like, oh no plant food only. I mean it's and that, it's like I'm listening to it all again, do you know what?

S And then you can go to Gundry and the tree of good knowledge there tells you that plants are out to kill you.

P I know.

D Especially tomatoes.

S Yes.

P I honestly had to; it was filling my mind with all this garbage again of what is even good? I mean they've got those studies, yes plants are good. But I had to go back to the Bible and honestly, I had to renew my mind in His word. Because my mind was getting washed with the good that man say, with man's knowledge. Now of course there's good things in plant foods. Of course, I call myself a meat-eating vegan, I eat so many plant foods, but I'm not going to shun that fantastic salmon, I'm not going to shun that fantastic lamb, I'm not going to shun the eggs and all those things just because some guru sends out there and says, look at all these studies.

[00:15:20]

S Yes, and a lot of the studies are evolutionary based too, a lot of their research and I'm like, well earth is not a million years old, thank you very much.

P Unless you believe in the old earth and then the new earth and whatever, but whatever, we haven't been around for a million...

S But the deal is that there is a Creator and He created the plants.

P Yes, exactly.

S He created, and he said in Deuteronomy, I give you all this. And He talked about the food groups and it was so poetic, the way he said I give you the harvest of the field, the blood of the grape, the fat of the ram, the milk of the goat. Just, through all, and it says, I give them to you as gifts. Now, it's a fallen world, there may be allergies. I'm not telling anyone to go eat an egg if they have an allergy to it.

P I know.

S But if you are thriving already, don't be side-tracked by the knowledge of good.

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

S Serene.

[00:16:11]

P You know, we'd all love to hire an interior designer for our home's. But they're so expensive.

S Oh my goodness.

P Just like, we'd all like a personal masseuse, a personal assistant. We can't afford it; modsy.com is the revolutionary online interior home design service. It's starts at just 69 dollars. It makes it possible to have your own designer for your home. And you can afford it.

S You bring your home to them, you take the pictures, you take the measurements, you send them to them online, and then that's all the hard work done. Then you just get all the fun of picking all their suggestions.

P Yes, and I've done it. It's a lot of fun. There's a low budget to super-high budget, whatever you want. You take your room; you take the measurements and you send a picture. And then you say what kind of style you like, and then the designers create a space that you would love.

S They actually have connections, on the same site to all the furniture that you need. So, you don't have to go search. Once they've given you the look that you need, it's all there on their site.

[00:17:20]

P With their price matching guarantee and exclusive savings, you can shop all the beautiful furniture and your Modsy design at once. From the easy checkout. You get unlimited revisions, so you can keep on changing.

S They guarantee that you're happy. If you're not happy, you don't stop with them until you're satisfied.

P So this month only when our PODdy listeners go to modsy.com. Start a design project, and use code trimhealthy, you will get 20 percent off. So that's 20 percent off for our listeners at modsy.com; code trimhealthy.

S This is the PODdy with Serene and Pearl, get it right. It's P- O- D- D -Y.

S What was Dad bringing up? There was a story about, it was, was it King Saul? Pearl? And it was this, the prophet Samuel, and he, Saul was told to get rid of all the livestock and everything.

P Yes.

S Because God said, get rid of it all.

[00:18:23]

P Yes.

S And then Samuel comes and says, what is this bleating that I hear?

P Yes.

S What is this bleating I hear in my ears? And King Saul says, have I got the right name?

P I don't know, I can't remember.

S Okay.

P Because I think I went to the bathroom at that time.

S Okay he says, well I saved the best...

P Yes.

S For God, I'm going to sacrifice them to God. And Sam is like, but you were told explicitly to kill it all. But he's like, but I saved the best...Our human reasoning, what we think is good is not necessarily what God thinks is good. We have to go to him.

P So true.

[00:18:53]

S And I was so glad, Pearl, you found the rest when you went to God. And I found rest this past week when I went to God. And just really got a sense of relief that I don't need to put Remy on that right now. I'm already receiving such incredible miracles. There's so much progress there, and I don't need to take over with a bunch of heavy chains right now.

P So true.

D So we start Googling because, usually, something's up in our body. We're not happy with our weight, we have a pain somewhere, etc. Nobody just Google's, nobody's doing fantastic, with no problems.

P I started Googling this whole MTHFR because my daughter, Meadow had two miscarriages. So, we were trying to figure out what was wrong. That once you've had two close back to back.

D Sure.

P And then we got testing and she had that MTHFR double copy.

D Oh okay.

[00:19:43]

P Which can cause miscarriages. So that, yes there was a reason Danny, it was because of that. And I then got myself tested and I found that I have a double copy too, which I didn't even know.

D Oh wow. So, with our own bodies though, if there's issues, is it safe to say that we can listen to our bodies? Do they...?

S No not always I reckon.

P Not always.

S Because when I listen to my body, I start being a freaking anxious wreck.

P Sometimes I have to turn off listening to my body, because it would tell me this this and that that, and I have to say, shut up and heal.

D Shut up and heal? Hey that's a good...

P But sometimes there are little things that we can...

D That's a good, what if you could. Like instead of what if you could on your bumper sticker, just shut up and heal.

S I think it's okay to listen to your body for warnings and listen to your body when you receive it like, oh okay this is giving me direction.

P Something, I can do.

[00:20:24]

S But whenever it's a spirit of fear you shut it up.

D Yes, well...

S What do you think Pearl?

P Well, yes.

D So what do you think about food journaling? Is that excessive? Or is that smart thing to do to figure out things?

P It depends, it's life for someone and death for someone else Danny.

S For me, it would be death because of what I've come out of.

P Yes.

D Yes.

S I've come out of years of being obsessive with food...

D Of being obsessive, yes.

[00:20:44]

S With food, so to me to go back into that would be walking back into the shadow of darkness, it would be chains that God has broken off of my life.

D Right.

P But let's say someone is coming from a standard American diet, or just needs to look at what they're eating because they don't know. They're grazing and putting a whole bunch of stuff in their mouth and to write some things down, and say, look that's what I ate, I can see where...

D You see this is interesting because...

P I can see where I could probably tweak that, okay.

D To Serene's original point...

P That's life.

D That's death for her, food journaling was life for me.

P Yes.

D I was coming off of a Standard American Diet, I never obsessed about food. I needed to start thinking about food for the first time ever.

S Yes, like when I ate that cucumber, actually wow, I actually felt wow, a refreshing, and when I ate that doughnut I felt like junk. I felt awful.

[00:21:30]

D Yes there were certain things that I would, really extreme symptoms where the fact that I had written down the day before, because you never remember. You think, I'll know what I ate every day this week. No, you forget, I forget, somehow magically I forget like within a couple of hours. So, I've found that writing down, I could go back and go, oh man, every time I eat this, this is what happens.

P Yes, right.

D And I could eliminate certain things, and in fact, what it did for me was, any time I ate stuff that comes out of the earth, I was always fine.

P Right.

D It was any time I tore a package open or ate only a gallon of blueberries, you know what I mean?

S Yes, right, right.

D Because some of these food journals will have quantities and stuff like that, and so... But I see what you're saying, the very thing that helped me, for somebody who is very much obsessing about their food, and they, okay you're going on two decades now of just losing your mind over your body and your food and...

[00:22:33]

P It's certain foods too, it's certain things like, let's look at coffee, let's look at dairy. For some people, they're like, let's go on a 90-day cleanse, no coffee. And so, they'll get all their friends, we're no coffee, we're doing only green tea. Where as coffee could be so fantastic for some of them because hey, it helps fill them up...

S Actually it's the part that makes them go to the bathroom.

P It gives them antioxidants, it settles them. Studies show that if you drink a third of your coffee before a meal you'll eat less, all those things. But for a small amount, going off that coffee's going to be actually life for them.

S Yes.

P Because maybe they, coffee turns on their cortisol and maybe their body just doesn't sit well with it. But you see, it could be life for a couple of people and useless chains for a couple of hundred others.

S And it's different seasons. I know when I'm pregnant when coffee starts thumping through my body and beating me up like some psycho inside punching every cell in my body. I'm like, oh I must be pregnant because I can't take coffee

anymore. And so, coffee during that season is just a no-go. It's the shadow of darkness, I feel awful, I feel agitated, but in other seasons of my life, I love it, I thrive on it.

P And it's the same with dairy too, for some people they just, first of all they might overdo it. It might just be too many dense calories. Or they might have sensitivities and it might be inflammatory in their bodies for some people. And so, they're like, okay, no dairy for me. All people come to these diets like Paleo and whatever when they don't have dairy. When that's a useless chain for them, but for some people it's life. So, don't take a useless chain and wrap it around you just because for your friend it's life.

S And just because it comes from the knowledge of good.

P Yes.

S Because, knowledge of good, like I said, and it's the point that I want to drive home. Is not always good. The tree of life is what you want. Not just the knowledge of good, because knowledge of good is what made me a raw food freaking psychopath for years. And I had teeth crumbling out of my mouth and root canal after root canal. Because I was nursing and pregnant on nothing but plant raw food, but it was the tree of knowledge that sent me there, Pearl. Because that's all I did since a little girl, was study nutrition. And all the gurus at that time were just pointing you down that trail of plant, plant, plant. And they had the studies man, to back it up. It's not the tree of life.

[00:25:00]

D Yes, isn't, could also BeezeGoogle be the tree of knowledge of good and evil itself?

S Yes, I tell you.

D Think about it, all of the knowledge of all human history.

P I know, it's right there online.

D We have in one volume and it's accessible to every human...

P With a click.

D To every human, in Uganda, to Nairobi, to Asia.

S Well I think it's both, I think it's the tree of knowledge of good and evil and it's the tree of life. Because there's sometimes where I feel like I have this check in my spirit. That says, if you go to Google right now, you're going to miss the truth, and then I just feel like God saying, seek me first, and I go to the scriptures, and I

get my answer. But there's other times where I feel, no you need to go and search this out. You got to get to the bottom of it.

P You can search all the scriptures even online.

S Totally, exactly.

P So it's not an evil, even though we joke, and we say BeezleGoogle like Google's the devil. I mean it's a tool.

[00:25:53]

S I used that BeezleGoogle, when I was writing this book right now with Pearl. This, I'm That Girl. For scripture references and Google got me the scripture references.

D But, I mean there's an article on one page that quintessentially, one hundred percent, absolutely proves that carrots will kill you within the night.

P Right.

D And then on page two...

P I know Danny, it's so true.

D There is all of the studies and all of the facts that carrots will heal cancer, it will drive it out of your body tonight. That's what I'm saying, it's got it all there, which is a problem in and of itself.

[00:26:45]

S Well my husband has never felt so great in his life, because I make Spuice for him right.

D Which Spuice?

S And it has a lot of lemons in it.

P Video coming soon...

S Spuice, Super food juice, remember?

D I'm being a good podcast host, I'm asking questions for the new listeners.

S So anyway, Spuice has changed his life. He's been to doctors and naturopaths to help lower his blood sugar, it's kind of like a genetic thing and I rebuke that because I don't want to speak it over him. I'm getting all super-spiritual, but I don't want to speak it over him, just being honest.

P Yes, speak it to the waters.

S Speaking to the water, but he is doing so fantastic on this Spuice, it so just lowers his blood sugar, he feels amazing.

P Has he had any of the heartburns?

D Hold up, tell me...

[00:27:19]

S No, he used to get all this rib pain and have to do the coffee, and there is nothing. He feels fantastic on Spuice.

D I have to know what Spuice is again.

S You're the, what?

D Actually for me now. What is Spuice?

S Okay, it's a super spiced juice. It's got all the super spices in the world in it.

P A video's coming soon.

S Yes, it's amazing.

P We're waiting for our manufacturing kitchen to be done to do the video.

D So, you can't tell me now on the podcast?

S It'll just take too long, but I want to say this, got to get to my point. My sister Vange came home and tasted it. It was like this elixir of life, it's crimson coloured. It's amazing.

D But don't tell us what it is yet, just sell it, but don't, yes.

[00:27:50]

S But anyway she's like, give me the recipe, I'm going to live on it just like Sam. Sam has almost a gallon a day, or half a gallon. He just lives on it. Okay, so she...

D Yes, whatever it is.

S She lived on it for a week and almost landed in hospital.

P Oh no.

D Oh God.

S Well she realized that she actually is one of the few people in the world that can't have lemon juice. It has natural fresh-squeezed lemon juice in it. Which for most of the world is a health-tonic, totally rejuvenates your system and it's amazing.

P Good for the liver.

S But she has the Pylori, H. Pylori, whatever, I don't want to speak that over her. H. Pylori or whatever.

D But that is so Campbell daughter to go all in on something and go to hospital at the end.

S She went all in. No, she didn't have to go to the hospital, but she got in so much pain that she was almost thinking about it. The point don't worry about Spuice, she has this deal where her stomach just kind of blows up, it's with a certain type of bacteria and lemon can exasperate that.

[00:28:38]

D Oh.

S So it was chains for her, it wasn't good for her, but it was fantastic for my husband. So, let's not get all caught up with knowledge. We need to go to the tree of life and find out what's for us, but we need God for that, yes?

P Yes, Lesley Pops, you have a question.

S She saw that I was doing...

P Co-producer Lesley comes to the mic.

P I think she's like getting you out.

D Oh, you need some time?

P She's kicking Danny out.

S She reckons you're done, and now you're going over and over it, and I'm going to get up and give a...

D It's fine but...

[00:29:05]

L Are you not done?

S No, we're done.

P We're done.

D No but just don't breathe so heavy on my microphone, because I have to come back.

P Lesley's got lovely breath.

L I've got gum in.

P I like Lesley breath.

L Now I've lost my train of thought Dan.

S It's the day before her hair wash.

P Look at Danny's dance.

S So, she's already not feeling fantastic.

L Yes, I'm not feeling great.

P And now you just put the nail in the coffin.

[00:29:25]

D And that's all from Lesley, are you sure? You're going to remember now that I'm back. I'm gone.

P Yes, Les?

D Yes, Les, fresh off the tour bus.

L No, okay.

S Yes that is, it's the tour bus look.

L I just did three gigs in a row and then I woke up on a tour bus.

S She just, for new peeps in the room. Lesley is gracing us with her presence. As she used to be the tour manager for all the famous stars. So, she's used to the big time, we're not big time enough for her.

L No, I love it here, it's way more healthy.

S And for new peeps in the room, she actually has this cycle where she has her freshly washed hair and she has make-up and clothes to match the freshly washed hair. And every day the hair gets a little oilier, and she dresses down and down and down. Well today, this is her troll outfit.

[00:30:08]

P Today is the last day.

L Yes, this is troll, didn't I have a shout-out on Facebook, that someone wanted to see a picture of me.

P Yes, they wanted to see you.

L Because they said, I'd said that I look like a troll.

P And they wanted to know what a troll looked like.

L And they had this vision, yes. This is it. If you take a picture, I don't want you to really to take a picture.

S No, it's just a three-gigs-down look, that's all.

L Anyway, I feel really bad, because last week you said, you got a rookie question Les. And I feel like I didn't have a rookie question. But here's what I do have.

P Okay.

L It's a Rookie Refresher. Which I think is great for today, because you all were just talking about how you had to go back to your roots because it was starting to foggy.

P Yes.

L And I just feel like this is a relative refresher course.

[00:30:48]

P Rookie refresher, love that.

L When I first started here, going on three years. I've been around, I know.

P AWE!!

L We should have an anniversary.

P It feels like three months.

L August the ninth or eighth.

P Three years?

S Precious, precious friend.

L Aren't I wonderful?

P That's presh.

S She is wonderful.

L Let's have a party for me, anyway.

[00:31:07]

S Let's do it. Wash your hair first, hey.

L Yes. No but...

S Mine's worse than yours.

L No, but seriously, I, like Serene said, had been around a lot of pop stars who were following all of those crazes.

S Right.

L So, I was subjected to them. Not that I followed them, but I, it was my job to make sure that there was five pounds of carrots that we were going to juice, that was all we were going to do for this. I was just following the crazes subconsciously. So, the most memorable thing that I learned from Trim Healthy Mama when I started was the orange juice thing. I was like, what? No way. How can orange juice be bad for you? Anyway, also relative I'm that girl, and I don't

want to be that girl, but I'm that girl who feels like if I see someone drinking an orange juice, especially my partner in crime Steve. Or my...

P Yes, your boy man. Your man boy.

L Or my recently diabetic diagnosed Pops, I want to tell them that they're doing wrong, because I'm that girl. I know it all and I want to educate.

[00:32:07]

P Yes.

L Here's the thing, here's where I need a refresher.

P Okay.

L I can only get so far with this education, and then I start to...

P It's just bad.

L I don't know, but it is, it just is.

P It's just bad.

L Because, here's my Dad's point, well how come there's 12 grams of sugar in kefir and kombucha? And I'm like... I don't know.

S There's actually not. There's 12 grams of sugar in the milk before it was fermented, you see. And it's like when they say, no trans-fat on corn chips. But of course, after they're fried, that whole vegetable oil thing is full of trans-fats. Fried vegetable oil is trans-fat. They're like, no trans-fat corn chips. Well it wasn't trans-fat before they fried them, and it was 12 grams of carbohydrates in the milk before they fermented it.

P Yes, so...

S And it's thicker by the way, and sour and sour lowers...

P So kefir starts off with milk.

S Blood sugar.

P That's the ingredient that has to be listed, so there's 12 grams of milk sugars in the milk, or eight actually, I don't know what it is, but

S Well that's Greek yoghurt that has eight. And it's 12 in kefir.

P When it goes through the culturing process of kefir, those milk sugars are eaten up, a lot of them. There's still a few left, but that is not what is put on the label.

L Right, it's so...

P The sugars are eaten up.

L Frustrating that it can't just be...

[00:33:31]

S And also, kefir is thicker, although it's not as thick as yoghurt, it is more thick. And we try and advise people if they're doing it in an S setting to do the double fermented kefir, so all the sugars are eaten up.

P But let me give you a refresher on why your Dad, your pre-diabetic Dad should not drink orange juice. And you know you don't want to nag him and spoil the relationship, but just so he can know.

S It's probably better than Coke.

P Yes, but still.

S But not for a diabetic.

P Listen, the fiber goes out of it. So it is pure, all that's left is the pure juice in liquid form. Liquid ignites the blood sugar much faster than a food. A food is slowly metabolised, the liquid goes straight into your bloodstream. Do you know how diabetics, proper diabetics that take insulin, like type 1, or insulin-dependent diabetics. They get into very low blood sugar. The absolute best way for them to get it up, is not with honey, not with sugar, not with anything. It's with orange juice,

S We have a friend...

P Because it hits their bloodstream so fast.

[00:34:32]

L This is what I remember, this is where I start with my story, and I'm like, and did you know...

S Well we have this friend Lesley, and she has to have the dog, the working dog for a diabetic issue, because it's that situation. And when she gets to the dangerous low, that mother said, I have tried spoonful's of maple syrup. I have tried her on sweetness, straight real sugar sweetness; orange juice every time is the only thing that works.

L Okay, so follow up question. All juice right, all of them. Apple, pear, mango...

P Any fruit juice is the same thing, because fruits have quite a few fruit sugars, you're taking out the fibre, so it's...

S And a lot of the fiber is like a pectin too.

P Yes.

S And that's just very slow to absorb, so that, the particular fiber in a lot of the fruit is a fibre that is very slow to be absorbed.

P Yes, so fruit juice, all the fibre is gone so it is straight sugar. It's just intense sugar.

L So, it's not necessarily all brands, there's going to be some brands that then take teaspoons of sugar afterwards and dump it in.

[00:35:32]

P Yes.

L But these labels we're reading maybe there's some better companies out there that are doing it, not adding sugar.

P It doesn't matter they're not adding sugar.

S No, it's the juice itself.

P It's the juice itself.

L Because they're already, already bad.

P Even if you go and you fresh squeeze an orange juice, it's the same thing.

L And when you look at a label, when you look at the back of an orange juice, and it says 12 grams, and you look at the back of kombucha and it says 12 grams, how are, as rookies, supposed to know when it's real or not?

P That's what it's

S If it's fermented, the ferment it had to fuel itself from the sugars in their original ingredients.

[00:36:05]

P If somebody came out with fermented orange juice, let's call it orange juice kombucha. It would say the same thing, but the orange juice kombucha would be so much lower in the sugars inside your body.

L So, if you're, and everything that's fermented should probably say on the jar? That's it's fermented.

P Yes, they would.

L So if you're shopping and you see 12 grams of sugar, but it's a fermented product, you're probably okay.

S You're probably eating less, yes.

P You're probably eating less.

S But we always like to double-ferment our kefir just in case, because we've got people trying to lose weight.

P Exactly.

S So we don't want to plateau the...

P It's not to say, and that's where we get to this whole thing of, big taboo, you should never drink a glass of orange juice again.

[00:36:45]

S If you're in labor and you feel like you don't have the energy to push the baby out, let the nurse give you some orange juice.

P Yes, or what if you're a really skinny person who needs some higher sugars sometimes with some fats. Maybe that person needs some orange juice.

S And do it fresh, because that's the other thing, when you buy the stuff that has been diluted from concentrate, that's very acidic on your system.

P Yes.

S Because it's not in its alkaline form, it's very acidic.

P It's not to say orange juice is the devil. It's just to say that anyone who has blood sugar issues or anyone who has weight issues, or anything like that, it's best not to drink it.

S So hey, let's just be frank.

L Thanks Ladies.

S For sugar, for toddlers that are growing they say that it's not good for their teeth, it's not good for them at all to get...It actually still gives them a sugar spike.

[00:37:28]

It gives them, have heard of juice diarrhoea in toddlers? It stops them absorbing their nutrients and everything.

P Look at Danny testing his microphone.

D I'm going to have to wash this phone cover.

S It's like old school, to give your children juice in a sippy cup, Pearl.

P I know.

S And that's even for children in their prime of growth.

P Would you stop it.

S So if I was...

P I've sat next to Lesley so many times and she's got nice breath.

S Pearl, if I was ultra-skinny, listen to me big sister. If I was ultra-skinny and I still needed to up my calories.

D You were ultra-skinny.

S I would not do it with orange juice.

P No, I wouldn't.

[00:38:01]

S Because you still spike your blood sugar. Have you seen skinny people with a definite, a little, tiny cortisol belly?

P Well that's what Danny used to have remember?

D I used to have a bloat. I was this skinny guy with this bloated chimichanga belly!

S That's what happened when I was a raw foodist, I had a goat belly, a goat belly of roughage.

D Man, it's crazy how big your body can swell. My belly was like...

S I've done nine times.

D I was like a pregnant man. I sucked in, that's why no one knew.

S Did you get stretch marks Dan?

D No, no stretch marks.

S Rub in some coconut oil.

P I feel like we've come to an end now, hey.

D Whatever, hey, well we're glad you tuned in, friendly listener and we do feel like you're in the living room with us. We feel like we're talking to you, and we hope you feel the same way. And we hope you feel the love emanating from this podcast, and from us.

S Well it's true, you're in a living room. Since when do you go to your family's house and prep the subject and point matters?

D You don't.

S We never prep for you because you're fam people.

D Because you're fam.

P Because you're fam, we do you the honor of not prepping, I hope you appreciate it.

D It emanates,,,it emanates.

P Some people would rather us prep, but that's what our books are for.

D Yes, look if you want THM Prepped, it's there.

- P Yes, it's there.
- D There's all kinds of prep, we have professional social media people that prep all these wonderful little, encouraging little things.
- P We ain't going to be prepped none.
- S Yes, I wouldn't be here if I had to prep.
- D This is unprep.
- S See you.

[00:42:56]