



## **Trim Healthy Podcast with Serene and Pearl** **Episode #161 – Why Fruit Makes You Slim & Happy**

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

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

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, P O D D Y.

D Good people of the United States, New Zealand, Australia and Texas, it's the Trim Healthy Podcast with Serene, Pearl and Danny...

P What about Russia? Do we not have any Russians listening?

D There's a Russian or two out there.

P What about Bangladesh?

D Hey, today we're really stoked and excited, because we are talking about fruit. What can we say about fruit? I have no idea.

P You have nothing, do you, Danny?

D No.

[00:00:30]

P Because we just told you what the topic was.

D Take it away, girls!

S Hey, he could talk about bananas. He brings one every PODdy.

P He does. You're a banana man. Yes, today we need to talk about fruit, because fruit is getting the evil eye from too many people; fruit consumption is getting lower because people think fruit is bad and fattening. Well, we are here to say the opposite...

S Yes.

D It's an epidemic.

P The total opposite.

D Or is it a pandemic?

P I'm telling you, today is the day to celebrate fruit.

S Yes.

[00:01:02]

P Oh, my goodness! Okay, so in this day and age of shall we term, my fingers are up, Keto...

D Your quote fingers?

P Yes, my quote fingers. You know, fruit is getting a bad rap, and people believe it's going to cause their weight to go up, whereas it's going to make it go down, and you're going to be healthier...

D Talk about it.

S And we're going to talk about the natural balance.

P Yes.

S Just like spinach is a weight-loss food and is so wonderful, but if you ate truckloads, you'd get gallstones, I don't know, oxalic acid stones.

P Yes, no, you'd get something.

S You'd get something.

D You'd get epic gas.

P There's a beautiful balance. So we're going to talk today about where fruit fits in, but we want to make sure it does fit in. That's all we're trying to say.

[00:01:46]

S Yes.

P So I think we need to talk about it because of the attacks coming against it. And it's such a powerful healing food group and weight-loss food group, and yet it's not being utilised. Sure it is, by some, but a huge, huge area of weight-loss trends is kicking it out.

S And it's just so simple, and it's not a specialty ingredient. And maybe that's why it's so being pushed aside. Because, you know what, you can be very, very low-income...

P You can. It's...

S And get WIC, you get fruit.

P You can still get fruit.

D Oh, that's a good point. As colorful as fruit is, it's just not as exciting as your packaged little product that says weight-loss on it, right?

P Yes.

S Yes.

[00:02:36]

P Right, and we talk about how you can use fruit in Trim Healthy Mama in a very budget-friendly way. But I want to start off with this study. In a 25-year study from 1986 to 2011 that included over 124,000 people it was found that increased flavonoid consumption, primarily from fruit, led to weight loss. The most weight loss, even after adjustment for changes and other lifestyle factors, including diet, smoking, physical activity, all of that doesn't matter. The people that had the most flavonoids from fruit were the leanest.

D Fruit outperforms smoking...

P Yes.

D For you smokers out there. I know some smokers who are like, I don't want to gain any weight, I'm a' gonna keep smoking!

P They found that the consumption of – and I never know how to say this, Serene – is it anthocyanins?

D What did you say?

P ANTHOCYANINS.

D I'll step over there.

P It's a type of flavonoid.

[00:03:34]

S Yes, I'd have to look at it in front of my face.

P I'm just going to call it flavonoid, okay. It's potent faminoids. There you go, Dan-Dan. Take it, yes? Bring me back my book after that.

S Yes, well...

D I'll adjust your mike. Pearl, this is anthocyanin.

P Oh, that actually could be the... The C might be silent like an S.

S Yes, I would do the C, but I can't see it in front of my face. And, yes...

D What, did you think it was a K?

P I thought it was a hard C sound, but you're doing it as a S.

D No, welcome to America.

P Okay, yes. Flavonoid content is likely to explain why people lose weight from an increased fruit consumption. Because you're going to say, but fruit has sugar, so how could it be weight loss? But it's these things in fruit that your body actually connects with, thrives with and speeds up your metabolism.

[00:04:22]

S Yes, and fruit isn't simple sugar; it is a sugar that's got a bunch of fiber attached to it.

P Yes.

D Okay.

S So I agree that apple juice and orange juice, especially the pasteurized kind, and even the fresh, that is fattening.

P Very fattening.

S It's fat in the cup. But when you have all that soluble fiber... We know that soluble fiber just makes a gel in your tummy and makes you satisfied and slows things down to a sludge.

P Yes.

S So that's a very low-glycaemic environment.

P And there's things like pectin in apples and pears and all those sorts of things that make your blood sugar not rise too quickly. Now, look at the difference between juice and fruit. What, it takes, just to get a small glass of orange juice, it takes like five, six oranges. That's not something you should sit down to eat: five or six oranges. But one orange... Perfect.

[00:05:10]

S You see, that's what we're saying. We're not saying fruit is the ultimate weight-loss food, so become a fruitarian, don't even have protein to balance out your meals, and eat fruit all day, as much as you can. No, that might be a weight-gain plan, right?

P Yes.

S Just like eating steak all day is going to mess up with you somehow.

P It is.

S It's going to slow your metabolism, it's going to put you in ketosis, which is fine for a while, and then, guess what, you'll end up intermittent fasting because your metabolism has tanked.

P I'm telling you, now, Serene and I, let's be honest, we've done this both ways, okay. So back in our vegan days, Serene, we would sit down, and because fruit was probably a major part of our diet...

S Fruit was our steak.

P I remember eating four bananas and then would get a box of dates, have a whole bunch of them, maybe have an apple, and then we would have raisins...

[00:05:58]

S It lasted two hours, and then would eat a box of raisins.

D And then you'd poop your diaper.

P Yes, we had a lot of...

S No, I was just drunk, it all turned to alcohol.

P But, you see, that...

D Does that happen?

P No, honestly, there are diets even to this day that say that's a good thing to do. We're here to live through it and say, no, don't do it.

S Don't do it.

P Don't do it. Okay, but then when we came to Trim Healthy Mama, we realised, hey, protein is so important.

S Yes.

P And we pushed that out. What, were we stupid? Animal fats are so important. We pushed that out. So we pulled these things back in. But because we'd come from such high fruit, I think we looked at it as it was a bit evil...

[00:06:35]

S Or a little bit scared of it, because...

P We knew it was God's food, but we were a little bit terrified of it, because we'd abused it in our past lives.

S And because we'd abused it, we saw the nasty side of it. But there's a beautiful side to this. It's balance, people. Everything is beautiful where there's balance.

P It is.

S You know, taking a bath is a very healthy thing. If you stay in there seven hours, you're a prune, and you've got problems.

P That's so true.

D Analogies are so real right now.

P Yes. That's true, Serene. But I think...

S It's like rest, rest, rest, rest, rest for your health...

P Go for it, Serene.

S Go, please, please, rest more. People are just run, run, run here, here, there and everywhere. You've got to rest. Well, if you rest all day, you're going to get sarcopenia, and your muscles are going to waste, and you're just going to die.

P Exactly.

D Death.

P So the balance. Let's talk about how to have fruit.

S That is great.

D Can I ask a question?

P Yes, do it, Dan.

D Just for the rookie, should fruit be eaten with every meal?

S No.

P No, well...

D It's not like a digestive aid?

P Oh, here's where I come and say, read the jolly book.

[00:07:33]

D I've always thought of it as like a digestive aid. Like if I throw down some blueberries or an orange after a meal that some... I don't know why.

S        You're fine, Danny.

P        Yes.

S        You're fine. You could have it at every meal. Because Dan's doing Crossovers at every meal...

P        Dan can.

S        And he can have it as part of his carbs.

P        But ladies that are losing weight on our plan, they might not want to throw it in every meal, although you could jolly well throw in a small handful of blueberries at every single meal, if you wanted, actually.

D        Just keep that weight up.

S        He could throw a banana at every meal, what are you talking about?

P        No, he could, but we're not talking... We're talking to...

S        Oh, women. Well, we could throw in a handful of...

[00:08:00]

P        100,000 listeners right now.

S        And because the berries are so high in those antioxidants and polyphenols...

P        Yes, but we'll talk about that. Now, if Dan had read the book, he would know the plan and that we utilize fruits in our E Meals, which are energizing meals. And those are the meals where we include good, healthy carbs, because carbs are so important. I know we keep stressing this, but let's do it again. Carbs and fruit are so important for our adrenal glands and our thyroid.

S        Listen, it's a trend, I know it's a trend, and it sounds so common sense: burn fat for fuel, and everything, and we know that that's right – occasionally, as a juggle of fuels – but when you totally leave out the fuel of carbohydrates, of glucose, you're just a one-engine plane. And I would not want to fly in a one-engine plane. I'd want two burning, thank you.

P        It's going to go down.

S        Yes, exactly.

D        Second analogy.

S        But there's a way that seems right unto man, but in the end it leads to death. It's a Scripture. And being a PK, a Pastor's Kid, I'm going to bring in the Scriptures.

[00:09:00]

P        So true.

S But it seems all like it makes sense, this keto thing, but you know what, it seems right to man, but it's not right. Because God created fruit trees, people.

P And He said, refresh me with apples, in Song of Solomon. He talked about fruit in Deuteronomy...

S Pomegranates were dripping from every single ornamental thing in the temple and even the priests' garments and everything. Fruit is a huge...

P So I would say if you are stuck maybe in your weight loss, or you're not seeing... I would say add more fruit. But do it in a wise way. Find out the fruits that are going to be best for your unique body, and that's where we're all at. We're all so different. Some of us do well with bananas, some of us don't. They probably have a bit too much sugar for those with unstable blood sugar. Maybe you should stick with half.

S And especially if you're first coming to Trim Healthy Mama, and you're coming from the SAD Standard American Diet and you're just coming from carb overload. But since Pearl and I have been on this journey for a while, bananas actually make me too skinny now. I burn them. I just burn banana like it's octane.

D They will slim you?

[00:10:06]

P Bananas can. They are full of wonderful fibre, so high in potassium...

D Don't need to quit my bananas?

S I have a banana every day now.

P No, Danny, if you're having bananas, you have them with a lot of nut butter, keep the weight on you.

S Not you people listening, unless you're Dan.

D My gall bladder stopped hurting.

P Good job, Dan! You're healing in so many ways.

D Oh, yes.

S I love that.

D Yes, so I've been adding like...

S Adding more fat.

D Nut butter fat back in, yes.

S Hey, listen, just as we're talking, and this is not a plug for a special ingredient – well, maybe it is, but I'm not trying it to be a plug; I'm just saying, hey, our Baobab Boost Powder is a fruit...



[00:10:40]

P All of this is fruit.

S And, you know what, it's not even a fruit that's been processed to be dried like that in a powder; it comes like that around the stone, and they just kind of like crumble it off the stone.

D Sweep it in, with an old broom.

P It comes off the tree like that, falls like that, and it makes powder, and then we put it in a bag for you.

S Yes.

D But you do other clean things, right?

P But I just want to say... Yes.

D I said, you sweep it into a bag.

S No, no...

P Well, we do it, and, yes, it's in a nice environment...

[00:11:07]

S But I want say something really quickly, though, and then, Pearl, you can totally take over. But it's fruit, people. It's so healthy, and it's a great fruit for diabetics.

P It is.

S Because it's so gentle, and it's so high in soluble fibre. But, also, people, here's a little, little trick, because I had a child who, he couldn't even take a drink of water when he was an older baby and toddler without aspirating, and everything had to be thick. And if you go to doctors' offices or medical places and buy their thickeners, it's so full of junk, it's awful. But, guess what, if you have a situation, even an elderly person who has to have a thickener, baobab. I thickened all of my little toddler's liquids with a teaspoon of baobab, and it worked. And then you don't have to have all that maltodextrin, weird thickeners. Just a little shout-out.

P Oh, that's really interesting, yes. And baobab, again, it's so high in flavonoids, and flavonoids are these things that the study showed help us lose weight. Let's talk about some of the other just basic foods that aren't real expensive: apples. I mean...

L Ah, simple.

P I love to put an apple on a salad.

D Oh, yes. So good on a salad.

[00:12:15]

P Apples on salads just kick that salad up into, I mean, the stars taste-wise, texture-wise.

D And if you're like I don't do salad, like you're just starting to eat healthily, and salad is like, I can't do salad, apple will make it like this whole new thing.

P It will.

D It didn't even taste like salad any more.

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

S Serene.

P Hey, Serene, did you know that you have over ten times the surface area that is shave-worthy on your body than your husband?

S I'm very aware of that.

P Your husband shaves his face...

S Daily, and I'm very aware that I have more. That's why I very rarely shave, until Billie came into my life. Billie has gone with me around the world.

[00:13:02]

P Aw, precious Billie!

S To Australia, to New Zealand, to Israel, to Guatemala.

P Introducing Billie; that's B-I-L-L-I-E. They deliver, Billie delivers, premium, premium razors, directly to you for half the price of what you'd find in the store. Go to [mybillie.com](http://mybillie.com) to get their starter kit, which includes two razor cartridges, a handle, and their magic, magnetic holder for your shower...

S That is one of the main reasons I love Billie, because remember all those special key razors? They have a little thing you lick and stick on your shower wall?

P Lick and stick!

S They don't stick. They fall off. And guess what happens when the razor falls to the ground in your shower? The blade comes off.

P It does.

S And it gets all yucky, wet in the puddles at the bottom of the shower, and then it gets all yucky, and it doesn't have the right consistency...

P Okay, so don't have a yucky life. Use Billie, right?

[00:13:52]

S Yes. For only \$9, you can get four refill blades every one, two or three months, based on how often you shave. It's like every three months for me.

P Every razor cartridge includes five American-made blades encased in aloe – we love aloe – shave soap for the smoother shave. Gentle on women's sensitive skin. They also have more space between each blade to allow whatever cream you're using to get the hair passing by. Billie is an Allure Best of Beauty winner, and on NYLON Beauty Hit List, because Billie is a brand that finally got women's razors right. Get free shipping always with Billie, too. Skip, adjust or cancel your subscription any time, because life a'changes, we know that.

S Yes. And don't forget those wonderful, lovely, delicate underarms. And I used to feel very scared whenever I'd put a blade underneath there.

P Did you?

S Because I wasn't like one of those... I just like to get it done quick, hack it off quick.

P Yes.

S With Billie, I don't have to have a special...

P Light touch.

S Yes.

[00:14:51]

P Go to [mybillie.com/trimhealthy](https://mybillie.com/trimhealthy) for 10% off your razor. Get the best razor you will ever own, the one that Serene and I use, for half the price of razors in the store. Plus, shipping is jolly always free. This is a limited time special offer. Go now to save 10% off your razor at [mybillie.com/trimhealthy](https://mybillie.com/trimhealthy), spelled M Y B I L L I E, dotcom, slash, trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

S Some people think, oh, I'm shunning fruit because I'm on a protein, high-protein diet and everything, and it kind of makes you think fruit is off the page or off the plate, I should say. But when we first started our journey, Pearl and I, we kind of did that: we kind of put it off the plate. And because of that, it would come to dessert time, maybe we'd had an early dinner, and we're hungry after dinner, and we think, okay, let's make a dessert. And it'll be perfectly unplanned, but I find it's so much more slimming for me now, even though maybe I don't need that any more, is to just have like four almonds and an apple. The calories are so less...

P Yes, but you're not going to be having that right after...

S No, I'm saying this is dessert. This is...

00:16:07

P Yes, but...

S You had five o'clock dinner, and now it's like 8:30...

P Oh, okay, yes.

D Yes.

S Yes, I'm just saying, people think, okay, where's my cream-cheese cheesecake, or where's my cottage berry whip. As perfect as that is, it's all great. A simple apple, maybe surrounded by a little protein, it's so much simpler, it's cheaper, it's faster, it's...

P Fruit is about the fastest fast food you can ever have...

S And it's low calorie.

P I know.

D It is fast.

P When you open a banana, I mean, that's one second.

D It's instant.

P I mean, I didn't used to have the money to buy my apples organic.

[00:16:38]

S I do buy them organic now, just from Walmart. You don't have to peel them; you just chop them in your mouth. I mean, berries are just instant. These things are instant. And I find that if I'm really cravey, cravey, having a cravey day, if I have fresh berries around, they just really help me not to grab stupid, nonsense stuff.

D I don't even mix it any more. But have you ever taken like. I'll always make trail-mix in my palm, so I'll get raisins, almonds and then little, healthy chocolates, like real chocolate, like the kind you girls like...

S This is such a good Danny snack.

D It's literally the best snack...

S Good for you, Dan.

D For me. Is that a little gain?

S Yes, it's so good for you.

D It's a gainer?

P It's a gainer, good.

S It's a gainer for us women, but, guess what, you're on the opposite, remember. You're doing the anti-Trim Healthy Mama diet.

00:17:25

D So everything I do, I want y'all to do the opposite.

P No, but that's healthy.

S And I want to say another thing, though, Vitamin C is another reason why they're weight-loss machines. Because why some people are at a plateau and why they can't get rid of the last bit of weight that they're holding onto is they may be Vitamin C-depleted. Vitamin C shoves you into fat-burning mode.

P Yes.

S And fruit is high in Vitamin C. Pearl, did you know that what I love to do now, when I'm reading my books in bed...

P Yes?

S Before, when I would dream about peanut butter and think, well, I'll just have one of those lovely, little...

P Pieces...?

S Pieces of toast, or one little Reese's, and it would always end up seven later of something. So I just snack on frozen raspberries...

[00:18:11]

P Oh, I love them.

S And my treat is frozen dark cherries.

D Oh, yes.

P Ooh, frozen dark cherries.

S Because I find a little carbohydrate before bed for me, because I'm nursing...

P Yes, helps.

S Actually helps my metabolism. I don't feel so shaky in the morning.

P Right. Frozen dark cherries are delicious. Sometimes they make me too cold when fruit's frozen. I like them half-thawed.

S Oh, but I come out of the hot shower, into the hot bedding...

P Ah, hot bedding.

S Yes, with my frozen cherries.

P Oh, man, that's good. Now, Serene and I have talked about this before, but papaya... It's sort of hard to get right now, Serene, but...

[00:18:43]

S Go to a Mexican food store, Pearl.

P Yes, is that how you call them, Mexican, over there?

D I grew up in Memphis.

P Why I love papayas...

D I grew up in Memphis.

P It is because you can eat so, so, so much of it, and it's so low-calorie, so you can really eat... You can just keep going.

S I know.

P And the more you eat the... It is so good for you.

S Do you find it just slims you like...

P Yes, so slimming.

S It makes you want to go to bathroom, and all the bloat goes.

P Yes, it's so good for the bloat.

[00:19:09]

D Papayas as well?

P Papaya. You've just got to make sure you get it, and then you get it ripe enough. And sometimes it'll hit or miss here in America when you get a papaya, but when it's good, it's so good. Just...

S Oh, yes.

P Squeeze some lemon or lime on it.

S If you get one, and you hate its guts, you've got a bad one. Just keep trying.

P Yes, keep trying. It's one of the most slimming foods you can have, aside from a banana. Even a regular banana's only about 100 calories. But fruit is very low in calories, and that's why you need it on your Trim Healthy Mama journey. Just balance. Because if you're not having it, you're probably calorizing out on other foods too much.

S Yes.

P If you're including it, you're lightening up, and we need that balance.

S Light and shade. And it's so high in folate. We need folate, especially anyone with MTHFR.

P MTHFR, yes. Which fruits are the highest in folate, Serenie?

[00:20:00]

S Let me just think about that.

P There you go, Lesley-Pops!

S Yes, Lesley, Google it for us.

P Google which fruits are the highest in folate.

L Okay.

D A job for Lesley, a job for Lesley!

L LOL....a countdown?

P No.

S No, but it's so true, Pearl. Even just our own anecdotal, just our own evidence from our own body, Pearl...

S We didn't necessarily want to lose weight, but we decided, hey, we just need to bring more fruit, and we just really felt inspired to...We didn't want to leave anything out. We want to be balanced. And we were like, whoa, we're going to have to struggle to put some things back on here.

P Yes, when Serene and I did start including more fruit, which is about a year ago, we decided we'd had a bit of fruit fear. And even though we talked about it and we knew it was from God, we were still a bit scared of it.

S Yes.

P Now, we don't overdo it now, but we include a bit more. Every day we make sure to have some fruit.

S Yes.

P And since then, my weight has been better. My metabolism's gone up.

S Yes.

P Okay, so the highest fruit, avocado, of course, but bananas... Boy, avocados are high.

S I know. That's...

P Avocados are high in folate.

[00:21:10]

S Do you know, can I just tell you a little trick about the avocado?

P Orange and papaya's high. Thank you, Lesley-Pops.

S Can I tell you another little trick about avocados?

P Yes.

S And I never knew... Because I hate guacamole that's in that already prepared...

P Ugh!

S Weird... It tastes fuzzy, it's awful.

P I hate it.

S And now my children don't even know how to enjoy an avocado, because they got put off by a church potluck where a person always brought that dip, bless their souls. But the other thing is that sometimes...

P Yes, the one on Sunday?

S Yes.

P Oh, I hate that. Sorry, whoever's listening!

[00:21:38]

S Yes, but, you know, the other thing is that sometimes avocados just aren't ripe, and you're like, well, how am I going to enjoy it? Well, Pearl, at Kroger's, in their smoothie/frozen fruit section, they have frozen cubed avocado for smoothies.

P Is it good?

S Oh, my goodness! My double-fermented kefir, which all the carbs are out of, I can have avocado and be on plan, oh, my goodness, it's perfect.

P Is it so good?

S It makes it taste like ice-cream.

P Yum!

S Yes, it's not weird.

P How much do you put in? Like half an avo?

S Just a little handful, yes.

P Wow! Do you know what, the other thing about fruit, the reason it's going to be so good for you, is high water content. Okay, like leafy greens and all the veggies, they have high water content, fruit's higher. It actually has more water in



it. And any time you're having water in foods, natural water content is cleansing your gut, Danny, healing your gut. And then it has its own enzymes in it.

[00:22:33]

S Right.

P And so that makes your digestion so much better.

S Yes, and it's slimming, because you're filling up too with that water. That's why soup is slimming.

D I'm happier on fruit.

P Oh, yes. It goes straight to your brain.

D Does it?

S Serotonin.

P It causes a release of serotonin.

D I literally feel happy. As I eat it, after I eat it, I'm in a better mood. And it's noticeable.

P It absolutely is.

D I used to not notice...

[00:22:56]

S I think when you're unclean or when you're filled with Coke and Government breads and such, you just don't taste stuff. And I felt like lately it's... And you don't feel stuff, but I'm more and more feeling the effects of what I eat very consciously. Like I'm aware that I made a bad decision or if I made a good decision; I can feel it.

P Yes. No, I agree. Something, there's a level that goes up in my brain, and it's a good thing. It's a good, happy level.

D I think my body's more sensitive, it's becoming more sensitive to influences, even to the food. I mean, gosh, should you not feel your food...?

P Yes, you should.

S Yes, you should.

P And fruit is one of those things that you can more readily feel than other things, I think.

S Well, fruits are a source of many essential nutrients that you can only get from food that are under-consumed, essential nutrients that, actually, people are...

P Missing out on.

S Missing.

[00:23:55]

P Yes.

S Fruits are a source of those.

P And you know how fruit is sweet? Now, obviously, if you are already a Type Two diabetic - or if you're a Type One, you've got to calculate your carbs and take insulin, you know what to do, basically – but if you're maybe prediabetic or Type Two diabetic already, now, we still want you to eat fruit. Just figure out amounts and the kinds that are best for you.

S Yes.

P So like a green apple's going to be easier on you than a banana or than pineapple or than a mango. So you could have pears, and you could have plums and nectarines.

S Yes.

P What are some others, Serenie?

S Papaya, definitely.

P Papaya would probably be your bestable!!!

[00:24:30]

S Berries, berries, berries.

P Berries. I mean, berries are so low in sugar.

S Strawberries are one of the lowest.

P This is interesting – mangos... Okay, think about how much it satiates, okay? If you even ate an entire frozen bag of mangos, 10oz, from the grocery store, you'd think, oh, I'm never going to eat that much. But let's just say you're really hungry, and you wanted to eat that as your snack and some collagen in your tea, all right. I think that that would take you a long time to eat, and you really would feel like you ate a lot.

S Yes.

P All of that would come to 200 calories.

S Hey, take that to the movie theatre, hey.

P The Snicker bar, right...

D Oh, nice, yes.

P So little, and you'd be done in four chomps, four or five chomps, is over 250 calories, and that's about one minute's worth.

[00:25:19]

S Yes.

P And that bag of mango would be about 25 minutes' worth of eating.

S Oh, yes, totally.

P And you've got all the nutrients and the enzymes and all of that.

S That Snicker bar's going to make you glaze.

P That's taking up five times more room in your stomach to make you feel fuller, and all of the macronutrients... And I do want to look at this, though. I know that even though fruit is sweet, studies show that it still can lower blood sugar.

S Oh, yes. Well, blueberries heal diet diabetes.

P Yes, they do. Fruit can heal your diabetes. There's a study done in Mexico, they tested a low-fructose diet, so they didn't take isolated fructose...

S Yes, because we know that's awful.

P Not the powder, that's not great. You never want to separate it from the fruit. So they tested a low-fructose diet, low-fruit diet against a moderate-fruit diet. Now, I'd call Trim Healthy Mama moderate, because it's nice and balanced. Both groups saw improvements to blood-sugar, sugar insulin resistance and blood pressure. The biggest difference between the two groups was weight loss. The natural moderate group lost 50% more weight...

S Wow!

D That's huge.

P When there was more fruit involved.

S Wow!

D A big number.

S I'm going to go out for some fruit, people, but I'm mixing it with fat, like Danny is.

P Isn't that interesting, though?

S It's amazing.

P We think because it's sweet and because it has this natural fructose that it's not going to be good in our blood sugar. We've just got to get wise about how we do it. Notice it was a moderate amount.

D Does anybody else get hungry listening to the Trim Healthy Podcast?

[00:26:51]

S The other thing about fruit is it's harvest. It's time when... I think it's happiness to our body, because in the Bible it talks about how time for dancing, time because we're bringing in the grapes or bringing in the harvest. There's something poetic to that.

P There's something happy.

S Yes.

P Fruit is like celebration.

S And I feel like your metabolism knows that this is a time to celebrate, it's a time to rev; the world is good. It's not a time to hold on to every calorie and shut down and go into bear hibernation mode, because, guess what, this isn't harvest, this is like, hang on for all that you're worth and hold onto the fat!

D Preservation mode.

S Yes.

D And, listen, the picture of a King's feast, isn't it overflowing with those tall bounties of fruit...

P Yes.

[00:27:38]

S Yes.

D Like right in the middle of the table.

S Oh, yes.

P Definitely.

D It seems to...

P And the head of a pig!

D And the head of a pig.

S So I don't know...

D On a spit! But it seems to indicate abundance.

S Yes.

D And like we don't just have the basics to scrape by... Oh, my gosh!

P Good job, Serene.

D Just leave your phone on! Dude, what, are we like three years?

[00:27:54]

S It's my son. It's Arden. Hey, Arden, you're on the podcast.

A Hello.

S I've got the phone up.

A Oh, how're you doing, Mom?

S How're you doing, Podcast? That's what you say.

A Oh, I'm sorry.

P She's going to talk.

S No, I'm talking. I'm on the PODdy, and you called, and so I thought...

P Okay, Serene, no one wants to hear you talking, okay, so...

S Okay, no one wants to listen. Okay, bye. Pause it.

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

S I'm Serene.

P I am glad there is such a thing as ButcherBox in this world, in my world.

[00:28:26]

P This is Pearl speaking. Because Butcher Box believes everyone deserves high-quality, humanely sourced, grass-fed meat. Well, that's what I need, and I don't want to go out wasting my time looking for it. Now, truth be told, we are raising cows now on our farm, but even still, I don't have that meat yet, it's not coming to me yet. Our cows are still growing, and I don't even want to think about killing poor Daisy right now. So in the meantime, Butcher Box is the thing for my family. It shows up at your door, and you know it has been raised on only good things, it's not got a whole bunch of soy in its diet, it's not got who knows what in its diet. This is what I love about it: you never have to go without something to cook for dinner, because there's always meat in the freezer. And I love how it's packaged for convenience too. One less trip to the grocery store, and a better, far more affordable selection too. And, listen, ButcherBox is a no-brainer. It's the best meat shipped right to my door, which means one less trip to the jolly grocery store. Options like 100% grass-fed and grass-finished beef... Now, that's different to... Sometimes you say you can buy grass-fed beef in your grocery store. It's not grass-finished, people, believe me. Free-range organic chicken,

heritage pork, wild-caught Alaskan salmon – oh, my goodness, that’s gorgeous stuff, take it from me. And sugar, nitrate-free bacon. It’s the way meat should be.

[00:29:57]

S Butcher Box is the most affordable and convenient way to get healthy, humanely raised meat. With Butcher Box, you get the highest-quality meat for about, listen to this, \$6 per meal. Yes! And they even have free shipping nationwide, except for Alaska and Hawaii.

P So right now, Butcher Box is offering new members ground beef for life. What? Yes. Ground beef for life. This is incredible. That’s 2lb of ground beef in every box for the life of your subscription. Plus \$20 off your first box. For this incredible deal, for you PODdy listeners, just go to [ButcherBox.com/trimhealthy](https://ButcherBox.com/trimhealthy), or enter promo code trimhealthy at checkout. That is [ButcherBox.com/trimhealthy](https://ButcherBox.com/trimhealthy) or enter promo code trimhealthy at checkout.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it’s P- O- D- D -Y.

P This book, I told you about it last week, Mini Habits for Weight Loss, I’ve been reading. And this is pretty interesting. He calls this, take this challenge at your own risk. The author is Stephen Guise. I recommend the book. Not everything I believe in, but, boy, it’s got some good nuggets.

[00:31:17]

S It’s my book after you, right.

P Okay, yes. The strawberry chips challenge – this is talking about how the volume of foods and the nutrients of foods versus devitalised packaged foods. Danny, you’re going to love this. One day – I’m reading now – see how far you can get eating one 8oz bag of potato chips. I imagine most people could do that. Another day see how far you can get eating 7.2lb of strawberries. One bag of chips and 7.2lb of strawberries contain the same amount of calories.

S Wow!

P So as long as you count them, it doesn’t matter if you eat the chips or strawberries, right? Wrong.

S Yes.

P Because you're not... I mean, that bag of chips is just going to go wolfing down your throat.

D Yes. Well, not to mention the oils that are going to rot your gut out.

P Exactly.

S Yes.

[00:32:05]

P Isn't that amazing, though?

S That is incredible. That is incredible.

P 7.2oz

S And it's natural, it's instinctual, too.

P Yes, even.

S It's instinctual for a child to just love fruit.

P It is.

D I feel very like zen garden-like, back to the ancients of mankind's foundations when I eat fruit. It's just like I'm plucking it from the tree.

P Yes, you are.

D Even though it's a bag in the fridge, I still pretend.

P And, Serene, you were talking about frozen fruits. I think they're a great way... if your budget is limited and you can't go to Whole Foods and get organic, fresh berries, because, oh, my goodness, they are expensive...

[00:32:39]

S I don't ever buy fresh berries, and I probably could, but I don't; it's too expensive.

P Berries are so wonderful, especially on Trim Healthy Mama, because they're fuel, they're lower in sugar, so everyone can do them, even diabetics. Buy them frozen, they're so much less expensive.

S A pint of ice-cream and some frozen mixed berries...

L Yes.

S The ice-cream's more expensive.

P Yes, right.

D Yes, when you do it by weight.

P Yes, and so what about some other inexpensive fruits? I mean, I find bananas very inexpensive.

S Oh, yes.

P Papaya...

S Mandarins right now...

P Yes.

[00:33:12]

S At Aldi's, they're like a buck-something or other.

P Apples, and then there's fruits of the season. Like I buy pears in the fall, cranberries in the...

S Plums and, yes... Oh, I love cranberries.

D Love those little clementines.

P Yes, that's what she was talking about.

S And, oh, my goodness...

P Oranges. Oh, my goodness, I love an orange! Do you know what I love about an orange, my whole life? I feel so special that when you open it, there's the baby little orange pieces in there. The mother's had a baby, like a little koala baby hanging onto it.

S Yes, I love those baby pieces.

P Do you know what I mean, Dan-Dan?

D Yes, but if I do that, I can't eat it.

[00:33:42]

P Yes, you can. It's sweeter.

D Oh.

P It's sweeter.

D Sweet. Well, bring me that little baby.

P Come on, eat the koala.

D Sweet, little angel baby.

S Oh, I do. I love that. I do love that about fruit, just the little segments.

P Yes.



S And the little... No one can peel an orange in our house without being asked for a toll.

D Oh...

S You know, like a toll-bridge? Give me a toll.

D Oh, it's a service.

S Just because you're peeling it in front of me, I deserve a toll.

[00:34:04]

P Oh.

D Oh, yes, my kids always...

S It's always one segment.

D Yes, you've got to give me a piece, for sure.

S But then if you're a large family, everyone in the room...

P Yes, you've got nothing left.

S Gets a toll, you're just peeling for the world.

D How meant to be is fruit, though? I usually don't peel an orange. I mean, I'll peel a clementine, because it's easy, it falls off...

P You don't peel an orange? I love peeling oranges.

D Oh, not the fingernail vibe.

P Oh, yes.

D Oh, my thumb, it's just digging into the...

[00:34:25]

P Well, do you eat oranges, then? Do you cut...?

S My husband just bites into it and then peels.

D Oh! Oh!

P Do you cut them, or do you not even buy oranges? You just do clementines?

D No, I cut them. And I have a special method: I don't use the counter...

P What?

D I cut them right in my hand.

L Oh, my gosh.

P Oh, that's nasty.

D I just don't cut through.

P Then the juice drips through.

D Yes, just over the sink.

P Oh, no! Don't...

[00:34:40]

S And then you put it on your face like aftershave or something?

D I just bust it into my face like a Neutrogena commercial, just, splash!

P I don't like to get messy fruits. Like some people will open a mango and just chew on it. No, I have to have it all segmented.

S No, I have to have it dripping down my face.

P Yes, Serene gets messy with her face and hands.

S I look like a monster with all the mango strings hanging out of each tooth.

P I hate it.

D Yes, chia teeth is what we call that. When I went to Guatemala, you could pull a mango off a tree.

S Oh, yum!

D And everybody had chia teeth, because...

P Oh!

D And no one's stopping you. It could be a stranger's tree...

[00:35:10]

P Yes, they're just everywhere.

D They're everywhere. And there's too much. And they don't care that you take their fruit.

S Yes.

P Yes.

D And it's not a luxury. You should buy fruit. I don't even think about budget with fruit. What are you going to do?

P No, I just think some people have it in their heads that they can't afford it, because they're going to think, well, I can't afford all that organic, fresh stuff.

D You can't afford to not eat fruit!

P That's what I'm saying. So buy it conventional, then.

S Yes.

P All the flavonoids still are going to be better for your body.

S Listen, bananas have a skin, a thick skin...

P I don't buy organic bananas.

[00:35:38]

S No, I never do. And I don't buy organic fruit for my children. I've got so many, and they eat it like water is coming out of the tap.

P When you've got 25 children, you can't.

S No, it's just ridiculous. They just eat it all day. And I don't want to be...

P Yes.

D Yes.

S And I don't want to be, you know - what's that word? – stingy, I don't want to be stingy. But you just think, a bag of apples at Aldi's, what is that? Like \$3 and something or other?

P Yes.

S And there's, what, 20-something apples in there?

P Are there?

S Maybe. There's a lot.

P Maybe about...

[00:36:02]

S I buy the big bags.

P 14. Yes.

S But you just think that's cheaper than a little snack bar at the petrol station, junk.

P Well, yes, well, when you're eating an apple, it's about 14c.

D Yes.

S Yes, that's what I'm talking about, people. It's all in your head.

P It is.

D Yes, go buy your fruit.

P Other fruits...

S Just don't pair fruit, if you're trying to lose weight, with a bunch of fattening Gouda cheese, like hunks of it.

P Yes. I mean...

S Don't dip it in a quarter of a cup of peanut butter.

[00:36:29]

P Yes, that's when fruit can become fattening, because it does have some sugars, and then you've got fats in your meal at the same time. So, therefore, your body may not get around to burning those sugars...

S Oh, sorry, it will burn the sugars, it won't get around to burning the peanut butter.

P Yes, burning the fat. Exactly like that. You're right. So that's why we created the E Meal. The E Meal is a wonderful platform for fruit to shine, because you're just having that tiny bit of fat, you're having some protein. And it doesn't have to be big hunks of meat protein. That's what I'm saying. Just have a little collagen or whey in your drink.

S And like I said, if you're finding time of knowing where to put it in, because you've kind of got certain meals that you like, you could do what I do, and it's just 20 minutes before...

P Yes, because fruit burns... What's Serene is saying is fruit...

S If you have it by itself totally.

P Burns faster from your body than most carbs.

S So if I have papaya, which is so water content... And I just have it totally alone, and I know I'm about to have protein in 20 minutes, I have it as an appetizer, and then it's burnt and done with. And then I start afresh.

[00:37:30]

P I do want to say something, Serene, because now a lot of people might go and try that. Your body is a burner.

S Okay.

P Okay, you have really good fast... You've got a lot of muscle tone; that burns carbs. You have a fast metabolism. So now some...

S Yes, we should've talked about that together first.

P No, some people could try this, and it could work for them...

S Yes.

P Because fruit's going to burn through your body than a grain or even a sweet potato, because, like you said, its water content...

S Yes.

P But if you're trying this, what Serene says, fruit before a meal, on an empty stomach, because it's going to burn, and it doesn't, you're not Serene. You're unique.

S Yes, if the scale goes up, then just keep it in a E Meal fashion centered around a protein.

[00:38:07]

P Exactly.

S But sometimes to me, I'm just like, well, I don't want to have a banana with blah-blah... I just feel like having my S, smoothie. So I'm going to have this, wait my 20 minutes, and then I know I'm incorporating.

P I love fruit as an afternoon snack.

S Yes, I love it.

P I'm going to go home right after this PODdy. I'm going to have some banana, and I'm going to have it with just... I love it with... John here, he gives me almond butter or cashew butter. But I just do a thin smear if I want to keep it an E. If I want to cross over, and I'm not worrying about my scale at all, I'll do quite a thick blob of it, and I'll just spread it right on the banana or have it on some thin rice cakes or some sprouted toast or some Ryvita crackers. Oh, come on!

S Yes. When I get home, because I'm still nursing, and I do live on Crossovers, I'm having my Yuck Yum Bitty Smoothie filled with raspberries and avocado and my double-fermented kefir...

P Oh, sweet!

S With baobab.

[00:39:04]

D Well, I'll be having avocado...

P Which is a fruit.

D As soon as I get home.

P Yes.

S Wow, yes.

D Because I forgot to. I meant to on the way, like before I came. And you reminded me. When I heard the word avocado, I pictured the... You know when you squish it, and it's just right...

P Yes.

S Yes.

D And you know that it's ripe? I did that this morning, and I was like, you're mine today.

S Have you ever...?

P Yes, you're mine today. That's what it is, hey!

S You're mine today.

[00:39:24]

P It is hard to get there.

S Yes.

P Hey, hey, Lesley-Pops, what's your favourite fruit, luvvie? Is it a good English fruit, or what? Come on now!

D English fruit - what is that?

P Is it marmalade jam?

D English fruit, is it just fruit that thinks it's better than other people?

S Yes.

P Speak.

L Ruff, ruff, ruff! Gosh, Serene's mike's tall. I love avocado. I have anxiety if I don't have six on the counter, or five. I have got like the fruit... I've got like the, okay, you're ready for the fridge, you're coming with me...

P Oh, yes.

L But I like apple. I'll do a classic sliced apple, and then I like peaches...

P Yes, peaches.

L I like peaches and plums...

P But they're very seasonal, hey?

L Yes

P I don't even buy a peach in the winter.

S No way!

D Yes.

P Ugh! It can be terrible. But in the summer, feast on them.

D Yes.

L I like halftime oranges, because halftime...

P What?

L When you used to play sports at school, and the little wedges of oranges... And I always...

[00:40:22]

P I never heard of halftime oranges.

L It's just because I call it that.

P Oh.

L It's just my little word for them, when they're in wedges.

S Oh, yes.

L All the parents used to bring them out at halftime, whatever the sport was.

D Oh, okay.

L It was the refreshment. So I call them halftime oranges.

S That's interesting, because when I went to school in Australia, what you buy at the truckshop with your money, they would quarter oranges and freeze them. And we used to love them. Have you ever had a quarter of a frozen orange?

P Never.

L How is it?

S Yummy!

[00:40:50]

P Sounds good.

D I never have.

S It takes a long time to eat, and it's really good.

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

S I'm Serene. Everlane's Timeless Essentials are just what you're looking for. No frills, just quality. Actually, that's what I noticed, Pearl, when I looked at their whole catalogue online. It isn't all super-super-fancy, but it's just beautiful quality...

P Yes.

S        Classy quality. They make premium essentials, premium clothes, using premium materials.

P        And you don't overpay. Everlane wants you to know what you're paying for and why, so they tell you their real costs and are radically transparent about every step in their process, from the materials they use to the ethical factories they work with. No matter your style or preference, Everlane's clothes look better, they cost less and they last longer.

00:41:43

P        Because Everlane sells directly to you, their prices are 30% to 50% lower than traditional retailers, and I can vouch for that, because I've done both.

S        Yes.

P        Essentials like their Cotton Crew T-shirt are exactly what they should be: they're versatile, they're simple...

S        But their cotton feels softer; there's something about it.

P        Yes, I know.

S        Hey, 100% Grade A cashmere, you can get from Everlane. Cashmere, by the way, is one of the warmest fibres out there. It's so soft, but it keeps you even warmer than sheep's wool.

P        For winter, wow. Quality cotton, sustainable silks. They have wool; they have premium Japanese denim made at the world's cleanest denim factory; Italian-made leather shoes... I mean, this is the best from all over the world. And outerwear made from recycled water bottles.

S        There's one for us greenies.

[00:42:30]

P        Yes, perfectly-fit Oxford shirts.

S        Oxford shirts!

P        And right now you can check out our personalised collection at [Everlane.com/trimhealthy](https://everlane.com/trimhealthy). Plus, you're going to get free shipping off your first order. That's [everlane.com/trimhealthy](https://everlane.com/trimhealthy). Everlane.com, slash, you know it, it's trimhealthy.

S        This is the PODdy with Serene...

P        And Pearl.



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

P Dan-Dan, we're finishing with you and your favourite fruit. Is it Mexicano?

D My favorite fruit?

P Yes.

S The guava?

P Is it from your heritage and your childhood?

[00:43:12]

D Okay...

P It doesn't have to be.

D Well, I've got my favourite fruit, and then I've got the easy fruit I keep in stock, and it doesn't mean it's my favourite. My favorites fruits is plural, it's anything tropical, mangos... So, yes, that's probably going to be my Spanish roots, is like tropical fruit. To me, it's like luxury fruit. Apples, to me are like a local American thing. They're from Washington...

P Well, Johnny Appleseed.

D Yes, this is an American vibe. But what I keep in stock because it's easy, quick, fast food is bananas and clementines, because their wrapper opens easily...

P They are.

S And they're kid foods that Danny likes.

D And I never really thought about that until this moment. It's because it's the fast food of fruit.

P Yes.

S Yes.

[00:44:03]

D But, yes, if I were to put a second into it, yes, I'd stock up on pineapple, mangos, all the tropics.

S Pineapple makes my tongue fuzz, like burn, like pain.

D Oh, I've heard that before. Lisa says that.

P Yes, pineapple hurts me. And here's the thing about pineapple...

D What is it?

P It takes so long to cut and get it right...

S Yes.

D Pineapple?

P Yes.

S It's not a fast food.

D Well, you can buy it quartered.

[00:44:25]

P I tell you what, though, I love a bit of... You know, canned pineapple, not in sugar syrup, but that on some pizza...

L Hmm!

D Oh, yes.

P See, there's people that love pineapple on pizza, and people that don't, but I...

D I do.

P Love it. Yes.

D Yes, pineapple goes on pizza.

S Off of pizza and back to fruit, my favourite is fresh figs. If I could eat, ah...

P Yes, that's your favourite fruit, hey?

S Fresh figs – yes.

P It's not mine.

D That's very earthy and Australian.

S Oh, it's so amazing, fresh figs. And then it'll be papaya.

[00:44:48]

P Oh, now, there's some fruit down under, in Australia, like passionfruit...

S Oh, feijoa's in New Zealand, that's the best of all, right, girl.

P But now we're just talking about what we like, and we're not really giving information.

S Narcissist!

D Narcissist!

S Hey, tune into the Narcissist Trim Healthy Podcast.

D Trim Healthy Narcissists.

P Yes. And it's like they're listening, they're like, okay, so you like that? What are you giving me?

D What is it...?

P Gimme, gimme!

D Why am I here? Someone thought the thought, why am I still here?

P They did!

[00:45:13]

D I have dishes to do.

P I know! We're supposed to be giving them something.

S My husband is watching the baby so I can listen to this.

D Well, maybe that's why they're still here.

S No, not me. I'm imagining I was a person.

D There are [overtalking].

P Yes, right, exactly.

S Sometimes it's the mother's time and people are helping her out.

P Okay, so we should give our best tip, our best quick meal with fruit. That's a good something to give people, rather than: what's your favourite? That's real narcissism.

S Hey, who started it? I think it was Pearl.

P Me! Pearl the Narcissist. Okay, so to this day, okay, I've got my E Apple Waldorf, Cottage salad. Everyone knows that. It was in the first book, it was in the second book, or you can Google it. It's like cottage cheese, apple, celery, little seasoning, and a tiny sprinkle of spicy nuts on top. It's so good. But these days, I just like an E salad with lots of greens, balsamic vinegar...

S Ooh, yum.

P A really... And I go for a big one. I cut up a big, big, fresh, juicy, chompy apple.

S Ooh, yum.

P And then I just put just a sprinkle of nuts over the top.

S Ooh!

P E amounts. It's just amazing.

D Is an olive a fruit?

S No.

P I don't know; it's got a stone in it.

D It goes good on a fruit salad, though. I'm not a fruit salad...

P Really?

[00:46:26]

D A salad with fruit in it.

P Olives?

D Yes, fruit salad's a southern thing.

P I never had...

D Several other things.

P Olives in a...

D No, if you're having green lettuce and your chopped carrots and whatever you're doing, olives in there...

P That's not a fruit salad.

D Well, apples, raisins...

P Oh. I love raisins in a green salad too.

D Oh, no doubt.

P Serene, quickest meal with fruit, quick.

S Sorry, it's just simple, and it's just papaya, sliced papaya and sliced banana with a little swidge of, squeeze of...

[00:46:55]

P Lime.

S Lime juice. And then collagen in a little almond milk and slice of protein.

P I do that a lot.

S That's my favourite breakfast, fruit breakfast.

P Yes, I do that as breakfast or an afternoon snack.

S Yes.

P Oh, you know what, if you do it in an afternoon snack, you don't even need coffee.

S Oh, I know. The energy is amazing.

P Okay, do you have anything to bring, or are we closing this?

D A woman's best friend.

S Oh, can I just say quickly, a quick tip? After you eat that papaya, and you eat that skin, I take the inside of the skin and rub it all over my face.

[00:47:20]

S It is incredible. Alpha-hydroxy acids, people. It's a wrinkle eraser. Just make sure your husband doesn't meet you at the door like that. It makes you a bit orange.

D Serene, I can relate to that in the summertime, when it's hot, and I am in the backyard, and I've already... I have this weird thing: if I'm...

P Okay, we are going narcissist.

D Yes, I know. But, look, if I'm freshly showered, right...

P Yes, narcissist, yes.

D I don't want to touch... I don't want one child or the attendant at the gas station... I do not want to be touched in my pure state.

P Really?

D Oh, my gosh!

P What about your lovely Lisa wife?

D And if I shave, it's worse, because I don't want bacteria near my face...

[00:48:01]

P What about Lisa? You want her all snoodging over you, don't you?

D I don't want her touching me.

P No!

S Oh.

D Not until a mandatory eight hours of filth, of the dust of the world...

P And then she has to only kiss you when you're filth?

D Yes. No, I mean, I'll pooch the lips out more just to keep it away from the face, you know what I mean.

P Oh, my goodness!

D Just a distance kiss. You see, you stay an inch away, all right? But when I've already come through that, let's say I woke up the next day, like next days are all in. Like once I went to bed...

P What, you only shower once every second day?

D No, I'm going to shower, but I just woke up...

[00:48:32]

P Oh.

S You haven't showered yet.

D And I haven't showered yet...

P It's after the shower you're untouchable, okay.

D Now the kids can sit on Dad's lap and touch my face. My kids, when I shave, they want to put bacteria in my open pores. That's what they want...

P I never thought about it like that.

D They want to do it. They're like, oh, Dad's shaved.

P Bacteria's good for you, come on!

D Let's give him acne.

P But can we get to the end of the narcissism talk?

D Here's the point: the point is that once I've gotten over the film I can feel on my body, and it's summertime, I want one of those pieces that are mostly water, and I want to smash my face in... I pretend that I'm taking a bite, but I'm really smashing my face into an experience.

[00:49:19]

S Yes.

D And I get it, and it just pours just down. And I don't even care what I'm wearing, and I just... And do you ever drink the water out of the bowl that your bit has now made?

S Oh, yes!

D You just take the bite, and then you have to make that horse, just...

S Yes.

D And your whole family hears it.

S Oh, it's great.

D And you're the king, you're the king.

S You're the king. Brilliant! See you later.

[00:49:50]