



Trim Healthy Podcast with Serene and Pearl

Episode #314 – Are You Weeding The Garden Of Your Mind

(AIR DATE:02/01/2023)

*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 · J = John

00:00:00

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S This is the PODdy, with Serene.

P And Pearl.

00:00:33

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

D Get on in here to the Trim Healthy Podcast, you wonderful people. We're glad you're listening, and...

P You put your mic in front of the camera, above.

D The girls are just going to talk through the intro.

P I was just saying that we're doing this on camera now, so act like yourself, Danny.

S No picking your nose.

D I know. It makes me want to. Hey, that's a good point. We are now filming our podcast. And I would say they're going to be on YouTube, but if you're watching...

00:01:10

P Then you're watching.

D Hey, but if you're only listening, we now have these on YouTube. Is that okay with all of our team involved?

P I think we can say that, yes.

D All right, come see us on YouTube now, people. Surprise. Are you all going to talk, too, or is this my show?

S It's your show, Dan.

D You know what? I am glad you guys tuned in. You know what I want to talk about? I want to talk about the reality, the reality that it doesn't have to be that aliens built the pyramids.

S Already getting something.

P All right, okay, so I've got some meat.

D I think that people could've had the technology back then. I think we have a forgotten technology, and I think it has to do with sound waves.

P Suddenly, I have a lot to say.

00:01:50

D Oh, you figured it out?

S Yes, me too. And my problem with my tea, it's cool.

P It's calming you.

S It's got these calming herbs in it, that it's just making me space cadet.

P If you had a podcast, though, you would be starting out like that, right? Because all the Danny things that we hold you back from saying here, would be coming out on Danny's own podcast.

D Yes, when I even get close, you start changing the subject.

P Yes.

S Are we getting straight into the meat, because I thought that someone was bringing something.

P No, John had that list, okay, of the things that you're not allowed to say anymore in 2023.

S And I have my own list. Do you have your own list?

P Banished words for 2023, which he was saying a couple of them, right before we pressed play, and I'm like, we've got to bring that on the PODdy, because...

00:02:30

D I am so much better at intros. Can I try that? Can I try?

P Yes.

D Guys, today we're going to be talking about the top ten banished words of 2022.

S No, leave it. Do you know why you need to leave it? It's an OCD thing. Guess what? When I was little, if I didn't do, din, din, din, dudum... What's that?

D Heart and Soul.

S If I messed up once on my finger, my brain said, do it again. And that's your way with your intro. You always try and do it again and make it perfect, but the original flies.

P No, he was trying to fix my intro of the top ten.

D Welcome, Serene.

P Yes, you missed.

D Welcome.

S But he does usually try and overdo his intros. It's my herbs, my space cadet herbs.

00:03:09

D Yes, but you're bringing up old stuff.

P Yes, you are.

S We're in 2023, okay.

D Let's focus on the problem. Hey, but this is the top ten, by poll, words that we should not bring into 2023. They've been abused and overused.

S I don't have to agree, right?

D You don't have to agree.

S And I can have my own list.

D But I'm curious what you think, if you're in tune with. Because every one of these I read, I'm annoyed by, and I've been annoyed, and I'm glad someone's talking.

P Okay, what are they?

D Should we start at ten and go down to one?

P No, please start at one.

S No, start at one.

P And also, by the way, I want to say this. You and I want to do this, but do you have meat after this, Serene?

00:03:50

S Sure, mate.

P Okay.

S If you want me to bring it up, because he's all for it.

D It seems wrong to start at one. It comes in at ten. Yes, everybody thinks ten.

S No, do the one. Was this written one through ten, or ten through one?

D I feel like you're using that now as an ace of spades.

S Do you have to scroll down with your finger to start at the bottom? That's weird.

P If it starts at number one, Danny, you shall start at number one.

D One it is. The number one word that people voted on, that they're tired of hearing is, GOAT, standing for the greatest of all time.

P They voted? See, I've never even heard of that.

S I've never said it. Never heard it. I've never heard it.

P Where do you have to be to hear that?

D The internet.

00:04:32

P I feel like you've said it.

D Alive.

S Have you used it? Have you used it yourself?

P People actually say the word GOAT?

D Yes, LeBron James is the GOAT.

P Do you have to be a male involved in sports?

S What does it mean again? Something of all time?

D Danny Valdez is the GOAT.

P Greatest of all time.

D They never say that.

P Is it a male thing? Do males say it more than females?

S So male.

D Probably so. It's a bit of a chest bump.

00:04:51

S Can you imagine a woman sipping their special tea and saying...?

D This is the GOAT. No.

S This is the GOAT.

P Yes.

D No, when you guys use the word goat, you're referring to a small animal.

P Okay, Lesley Pop's...

S When I say goat, I see a male goat weeing and smelling it. Have you ever seen their facial expressions?

D Have you ever seen my goat impression?

S No, I would like to.

P Do it.

D I'm going to blow your mind.

P Okay.

D Watch this.

00:05:10

P Hold on, you've got to make sure you're in the camera. Oh my goodness.

S Do people have time for this podcast?

D They're watching.

S Oh my goodness, but have you ever been to a farm where the male goat knows he's the GOAT? He's the greatest of all time.

D Right.

S He pees to tell himself and everybody around that he's the greatest of all time. And after he pees, or while he's peeing, he sniffs his glory. Can you do an impression of that for us?

D No, I won't actually, thank you.

S Do you want me to?

D I would.

S Okay, let's do it.

P No, you're not going to pee, right?

00:05:44

S No, I'm not going to pee. You're going to have to imagine that.

D But you're going to sniff your glory?

P Yes, yes, she's going to sniff her glory, people.

S No. Let me see if I can do it. Hold on, I'm going to bring it back. Okay, it's like this. No, hang on. I have to feel it. I have to feel the goat, and I don't feel like I have it yet.

D Sniff your glory.

S No, I can't do it. Can you do it, Pearl?

P No, because I've never seen the sniffing.

S It's like this. No, John, can you do it? You're a goat boy.

J No, I can't.

S You can't pull it off?

J Yes, a male goat, but not weeing.

S You drive past the goat, on the driveway. That's what I have to do. I have to drive past my goat, and I stare to say hi. And he's doing...

00:06:26

But I'm not pulling it off. I wish I could freshly see it in my mind, but we got rid of our goat.

D My mom has a little black goat and a little white goat, and guys that has nothing to do with race, okay? She's not trying to be equal. It just turned out that way. Salt and pepper's here. So, the black goat is an abusive narcissist, and he bites the white goat, the female. And he goes phoosh with his mouth, and blows her off and gets her out of here, because he's always wanting to be first.

S That's why my mother would never call us...

P That was your story?

S That's why our mother would never call us kids.

D It's almost time for me to leave.

S There was a rule in our house. Dad was not allowed to call us kids. We weren't referred to as kids, because she's like, but you're lambs, because baby goats are awful.

P Baby lambs. Yes. No, goat mothers are awful. They leave their kids. Hey.

D So, you've never heard this word, GOAT?

00:07:23

P Never heard GOAT.

S How do you get to all of that?

P I do need to ask Lesley, but you know what? We'll never get to the meat if we take five minutes on each, six minutes and 52 seconds on each one.

S But she can tell us.

P Lesley, have you heard of GOAT? You're a female. Have you ever said GOAT? Okay.

S Good, you're still my friend, Les.

P Lesley said, no, she's never said it, but she's heard of it.

D She's the GOAT of bakeries.

P The bell. That's true. She's the GOAT of the bell.

L I think it's a sports term.

P No wonder

L As in, Wayne Gretzky was the GOAT. That's where it came from.

P No wonder.

00:07:50

S That's why we haven't heard of it.

L My husby says it.

P Okay, he does.

L I'm never going to say it. I don't like it.

P Thank you.

S But you can still love him for that.

L But yes, you should move on with this list, because you've got meat to get to.

P Thank you.

D Thanks, Les. All right, number two, I've never heard this one, words that we should stop saying, banished words, in 2023, inflection point.

P Never heard it. Who says that?

D Who says inflection point?

P John, you heard of it?

J Yes, it's a...

00:08:15

S Can you use it?

D John doesn't have a mic, guys.

S Can you use it in a boardroom term for us, please? Yes, thank you.

P No one can hear him, Serene.

D Guys, we're going to have a silent 20 seconds on the podcast.

P Shove your mic around, Serene. And then he can be on camera, too.

D John, just stay six inches from this, because of COVID.

S God. Yes, right.

D I felt that on my neck.

J No, inflection point. So, I just got done doing a Power Point presentation, and it would be like, now point number three, statistics, that's going to be the inflection point of this meeting.

S Okay, very profoundly said, yes.

J Yes, something like that.

00:08:56

P Thank you.

S No, that was important for me to consider.

P Thank you. Okay, two we've never heard. Number three?

S No, don't introduce it again.

D Number three is quiet quitting.

P Never heard.

D I've heard this one. It's where somebody talks about their bum job, and they're like, you know what? I'm going in on Monday and I'm just going to quiet quit. It just means they're going to quit and nobody's going to know.

J But they don't leave.

D But you stay there? Yes, they don't quit the job, then, yes.

P You stay there, but you do the absolute minimum. Okay.

D You quiet quit.

P Okay, number four?

00:09:21

D No one knows you quit, but you've been done.

P Bell four.

D I did that at Trim Health Mama.

P Bell four.

D I think the last six months, I'd quiet quit.

S He's not quiet quitting here. Four.

P He isn't quiet quitting number three.

S Four.

D I'd sit at my iMac and just be like... I'd be researching. I'm kidding, guys. I would never steal from you, publicly. Number four...gas lighting. That one needs to go.

P I've heard of that.

S How is that used? How would you use it, Pearl?

P I think it's something...

S You don't know.

00:09:55

P No, I think it's something to do with...

S Pressure.

P Hold on. Gas lighting? Stalking.

D Yes. So, gas lighting is when someone denies your reality. You said, hey, you're talking to me really abusively, rudely, it's too much. And they're just like, you're sensitive, you don't have... You know?

P Who's doing the gas lighting?

S Who's going to say gas lighting?

D The person saying you're overly sensitive.

S Is it said, this person gas lighted me?

D And so, what happens is, yes, the person is like, you big gas-lighter. So, everybody's now, it's not on the list, but narcissist I would add to this list.

P Yes, everyone calls everybody else a narcissist.

D Everybody's a narcissist.

00:10:35

J If I was being bullied, I would...

D John doesn't have a mic, so it's 20 seconds of silence right now.

S John, five.

D 20 seconds of silence for the group.

P But he is filling me in. I'm understanding what he's saying.

D He needs a mic, then, because we have a podcast.

S No, I like what he said. He just needed a mic for it.

D And there's no camera pointed at him. So, it's literally here's what the viewer sees. The viewer sees three people looking at each other and nodding, and then in the background they hear, gas lighting, narcissist, gas lighting.

J I'll just make goat sounds.

S Five.

D So, unless we're giving this man a microphone...

S Are we up to six? Five.

00:11:11

D Which you're welcome to use mine.

S You're like a preacher that doesn't know to move. They're like, we're just going to quickly go through eight points.

P Yes.

S And you think it's going to be eight minutes. 45 minutes in, you're only at point two.

P That's bad.

D If we're on points, I can extrapolate a point, friend. All right, number five, moving forward.

S I like that.

P Okay, that's going to be hard for a lot of people to quit.

S So, moving forward, I've never said it, but I can see.

D Moving forward, we need to do it this way.

P A lot of men say that in meetings.
D It's a business thing, for sure. I bet you hear it in...

00:11:38

P Are you going to quit? John doesn't have a mic.
D Why are you talking to John?
P He's not going to quit saying moving forward.
S No, John's a big moving forwarder.
P Yes.
D John's not here. John is producing the podcast.
S No, it's a sovereign term. Some sovereign terms don't get turned away.
D With no camera and no microphone.
S No, I'm serious. I need to make this clear. Some points, some words like GOAT, they were never sovereign. They can come and have their day in the sun, and then they must leave. They need to be flushed.
D Okay.
S But there are sovereign terms like moving forward, and they're part of the constitution.
P Okay, so they shall stay.

00:12:06

S And he may not believe in the constitution, but they're part of it.
D John, you don't have a mic.
S They're a framework in the English language. Moving forward, we shall... Move forward.
D All right, number six, I don't know about this. Amazing?
S Amazing is framework. Sovereign.
P My whole vocab would go if I stopped with amazing.
D How do you express excitement?
P Yes, amazing.
D That's amazing. And you have to do a long A. Amazing.
P Oh my goodness.
S But that will never go out. It's like the Sound of Music.

D It's going to be hard.

P It's like now I feel ashamed for saying it. It's taken my joy.

00:12:36

S No, I don't feel ashamed.

P Taken my joy away.

S You don't stop watching the Sound of Music just because somebody says.

D It is a nice challenge, though, to expand your vocabulary.

P Yes, it is.

D Because not everything's amazing. The pen someone passed you, just this is the most amazing pen. It writes.

S But maybe it is, and that person who says, amazing, is happier than the one who says...

P You're not allowed to say amazing.

S Yes.

D That's true.

P Okay, number seven.

S Go for it.

00:13:01

D This person's probably a narcissist.

S He's a gas-lighter. No, keep going.

D He's a gas-lighter. I don't know that this should've ever been said. Irregardless. Is that even proper English?

P That's at a business meeting.

S Yes.

P Or in an email.

S Irregardless, this is our inflection point.

P Yes.

D But isn't it like, regardless of what you're thinking, it's actually like this? Irregardless, is that a double negative?

P It just means it doesn't matter what this is.

D No, it's wrong English.

S Yes, it's wrong English. It's so true, hey? Because you've already said regardless.

00:13:30

P Yes, irregardless. Okay, we're allowing that to go.

S Yes, that's wrong.

P Okay.

D I've got some construction friends that refer to the Joyce in a house, as the Joyce's.

P Okay, yes.

D You ever heard that?

S And what about this? You pray in Jesus's name.

D Wait, what?

S It's Jesus' name, not Jesus's name.

P In Jesus's name.

S So many pray in Jesus's name.

P So, do you see the apostrophe point at the end of his name, when you say in Jesus' name?

S No, I just say Jesus' name.

00:13:55

D I've got one that's going to hurt.

S But actually, is it more correct to say, Jesus' name?

P No, there's an apostrophe, but it's silent.

S Yes.

D You know what else is incorrect English?

P What?

D When we say we're speaking to woman, because woman is one.

P Yes, I used to say woman. My mother would've said women.

D Women.

P Women. I can't say it. Women.

S We never heard mom say women.

P Yes, she does. She makes sure she distinguishes between woman and women.

S Yes, but she doesn't say women. Yes, women. Bell.

00:14:20

D Number nine. Number nine is, absolutely. And that may sound like, what are you thinking? Like amazing.

S No, that's good. Absolutely staying, absolutely

P That's just because you say it. You're allowing the things to stay that you...

S I'm allowing my own joy, gas-lighter.

D You're denying her reality.

P Because she says these things, so they're allowed to stay.

S Hey, I don't cuss. Leave some words for me.

D Hey, don't we need our reality denied sometimes, though? You know what I mean?

P Yes, we do.

S I'm not going to say irregardless.

P It's because you don't already say it.

D Sometimes we're off on our bend or whatever, and somebody's like, hey, stop it, or whatever, and you're not being gaslit. You need to stop.

00:14:59

S Absolutely, just like you said.

D 100%. And irregardless of what people think.

S 100%, that can go. 100%. Why isn't that on the list?

P 100%? No. Only because you don't say it. What's the number?

D When I first heard this phrase, this next one, it really revolutionized my life.

P Okay, what is it?

D Because I was working for a guy, I was building him some cabinets, and the measurement was messed up, his floor was all jacked, and I just did my best. And I was like, hey, man, I did my best. Your floor is three inches out of level. And he said, it is what it is.

P And that's what you said.

D And it blew my mind. I was like, what a great way to walk through life.

S It's a depressing statement. I hate it. It can go.

P Hold on, that's number ten?

D That's number ten.

00:15:39

P It is what it is? I say it.

S That's a flusher. It's so depressive.

P Tis what it is. Tis what it is, I say.

D I feel like it's such an acceptance of reality.

S Yes, but you're saying it like Mary Poppins. You're giving a little life to it, though.

P I love to say, tis what it tis.

S But that's spastic. It's fun. But it is what it is, that's depression. There's no bettering it. It's just going to stay its darndest dumbness.

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

S I'm Serene.

Announcer You're finally at that hot new spot, the one your friends keep raving about. Sitting across from your date, it's going... Another round? Really well, and that dish you've been dying to try, it's headed your way. You can smell it. Hear it sizzling fresh off that skillet as it comes closer, closer, and served. Go ahead, enjoy, after your phone sneaks a bite first. When you're with Amex, it's not if it's going to happen, but when. American Express, don't live life without it.

S This is the PODdy, with Serene...

P And Pearl.

S Get it right. It's P-O-D-D-Y. Can I tell you my list of what should've been on there? These people, who are they, that wrote that?

D Narcissists and gas-lighters.

S Yes, because I have to tell you what has to be on. I like to listen to sermons, okay? I really like a good sermon in the shower.

P Yes.

S I do. Washing of the body, washing of the soul and spirit.

P Okay, yes.

S I like to listen. But all the modern preachers, they say, we're just going to unpack this.

P Yes, they do. Unpack it.

S And they feel like they're so trendy church, because they unpack this.

00:17:17

D They've unpacked.

S Did Billy Graham unpack anything?

P I don't think he did.

S And then, and we're going to unpack this space. This space.

P Space? That became so overused with all the HGTV channels, when they talked about the space.

D The space.

P So, I can see they're in the space.

D We used to call it rooms.

S And then it morphed into the business meeting, meetings.

P Yes, that's true.

S And then it's like the space is this area of business, this space.

D An area of expertise.

S Yes.

00:17:43

D This is my space that I really am an expert in.

S Yes.

P Yes, space and the other one have to go. What was the other one now? I forgot.

S Yes, it was unpack this.

P Unpack this.

S Because you sound really intelligent, and you may not be. It might be, just it's a crux.

P If you hear unpack this in a sermon, do you turn it off, or do you keep listening?

S I give them a second chance.

D To say something redemptive.

S But I think that they come from a coastal city. They've got a cardigan.

P Okay, we can annihilate all the coastal city listeners. I love my coastal cities.

S And they have a lot of little holes in their Starbucks card. Click, click, click.

P You're a meanie.

00:18:21

S Can I bring meat now, because I'm boiling things up.

D Yes.

P Yes, she's boiling.

S Boil up some meat, make it tough and hard.

D It's your podcast.

S Okay, I used to come with teleprompters and very thought-out, planned-out thoughts and revelations to bring.

D Yes, last week.

S Peal and I have had lots of fingers in pies right now, and so we're just turning up, right?

P We do not make excuses, Serene.

S Okay, but I had a little thought, and I told Pearl about five seconds before we came up, that I had thought. We've talked about it before. We talked about it in our book I'm That Girl, and we have talked about it before on this podcast, but I am into repetition. What is exercise?

00:19:01

P Repetition.

S Repetition. You change things up a little bit, but it's still the basic moves, right? Functional moves? Good old Mexican food, Dan, it's changed up a little bit, but it's still beans, rice.

P A taco's like a burrito. It has the same stuff inside, right?

D Yes.

S Yes, and then you eat the chalupa. It's all the same thing, just dished out a little bit differently. So, this is the same thing, dished out the same.

D How do you want your meat, rice, and beans positioned on your plate? Number one through ten.

P Yes, exactly.

S So, this is the meat and beans and rice you've heard us deliver to you, but here we are, delivering it again. But we're going to leave out the words, along those lines.

P No, but we're going to unpack it.

S Irregardless, we're going to unpack it, right?

P Yes.

00:19:41

S And we're going to have... What was that one?

J Number two?

P It's going to have to go.

S Yes, the intentional light? Whatever was that one?

D He doesn't have a mic.

P It would be the inflective point.

S Intention point. Inflection point. Okay, Pearl says she's not a gardener, and I told her five seconds before we walked up, I said, Pearl, you're so a gardener. She's like, no, I hate gardening, I like to eat off of other people's gardens, like our mom and occasionally you, when I get it together and do a garden, but I hate gardening. And I was like, you've been an incredible gardener this last year. You are such a gardener. And she goes, what? How would I say that?

P I didn't say, what. I'm like, pray tell, Serene. Tell me how.

D That's another one of those things, when you're dissatisfied with the answer someone gives you.

00:20:25

P Yes.

D It's they're either like, dum dum, or they're like, oh my God.

S Can you see this? Okay, this is the south, hip, like, what?

P Yes, I don't do that.

S No, but listen.

D Here it's almost like, girl.

S And then there's the British. Yes, the girl. Yes, and then there's the British, what?

P What? What're you talking about?

S What? There's no T. It's, what?

D Les is chuckling because she heard her mother tongue.

P What?

S And can you do any other cultures, since we're fobbing off?

P No, just continue on with the game.

D Australian. They're always like, au, au.

00:20:56

S It's got to be what.

D They're saying the first two letters of their country. Au.

P No, you can't say what without mate. What mate?

S Yes, what mate.

D I hear Au all the time. It's such a squawk.

S But anyway, I said, Pearl, you're a gardener, and she's like, pray tell. And I said, yes, you are, because you have the most amazing garden right in between those awesome ears of yours.

D Oh, snap.

S No, but it's so true, right? We've talked about it before, but we all are gardeners, whether we live in the city, whether we have an apartment without even a porch to grow herbs on. We're all gardeners, because our most incredible garden is right between our ears, and we do grow things and we do harvest things. And we either get to enjoy incredible harvests that heal and harvests that bring incredible change to yourself personally and to those around you, or you grow the weeds and you grow the thorns, and you grow harm, right?

00:22:01

D And you have a bad life experience.

S Yes. And so, I just really want to talk a little bit today.

D Talk about it.

S I feel like it's time to revisit this space and to unpack.

P Yes, absolutely.

D And you're such an expert in this space.

S Yes, it's amazing that we end up talking about this so much, but I feel like it's our inflection point for today.

D This is so powerful. You so sound smart, for some reason.

P Yes, suddenly you did.

S Irregardless of who I am, I still sound smart.

D Yes.

P When she was talking about this and telling me that I was a gardener, and then I finally knew what she was talking about, I was like, I love that, Serene, because I am a

gardener, because I have learned to prune. And if you don't prune in your garden, you get a mess of weeds, and then your good plants get crowded out and you haven't got no harvest.

00:22:52

S Bingo.

P Yes. And so, I realized I've spent a lot of time pruning in my garden in these last couple of years, and not until I pruned did I start to reap a better yield.

S I'll tell you what, Pearl, you hit it on the nail with, first of all, I want to say with the first thing, and that's pruning. It's not just about growing.

P Yes.

S It's also about pruning and weeding and removing, right? It's the two ends of the spectrum, and they're both so important. You can't grow great things without removing things, right? That. And also, Pearl, your garden is so different than what it used to be. The smell of the fragrance of what you're growing is so different. You've never been a depress-o or whatever, but you were more of a dullard.

P Okay, so those are two new words for the English dictionary.

D A dulliard?

S It's official. In Scrabble, I would've won.

00:23:42

P You might not be a depress-o, but you can be a dullard.

S In Scrabble, I would've won.

D That's a quote.

S Look it up. Dullard is a word, right?

P What?

D Dullard?

S Yes, dullard.

P I've never heard of the word.

S I bet it is. Popsie?

D How do you spell dullard?

S D U L L A R D.

D That's Dillard's.

00:23:58

S No.

P D U L L A...

L Yes, I think I just found it.

S Yes, a dullard. Aren't I awesome? I just won Scrabble.

L Sorry, no there's no I.

P No.

S Okay, but a dullard.

P And can you stop playing with your hair? It's distracting me. A dullard, meaning...

S It's washed, people. Usually, I can't touch it because it's all over.

P Okay, what you mean was, I was like negative nelly, glass half-empty person.

S Yes, you were. You were a downer.

P Yes, and that was my identity. I liked being that.

S It didn't smell great.

00:24:21

P I grew up with a bunch of rah-rahs in my family. My sister Vange, everything's incredible. My mom, life-changer. I grew up with all of that, and I thought, there needs to be a dose of reality in this family, and I'll be it.

D Yes.

S There needs to be a dose of a dullard.

P Yes, and so I thought my role is to be a bit normal in this family of wonderful, wild wackiness.

D You were going to keep it real.

S I would say, Pearl, Christmas is coming, are you excited? I'm not excited, but it's going to come.

P I don't get excited.

S But she's different now. She doesn't have to be excited like me, but...

P No, but I realized it's the seed, it's the garden. So, I was growing a bunch of dullard stuff, yes? Because I was trying to be just so real, so non-hype, drink the Kool-Aid.

D Countercultural.

P Yes, to my family culture, which I love, but I thought there needs to be a little bit of

balance here.

00:25:14

D Yes.

S And I love this, and we're around the edges, talking around the edges of the subject, because we're talking personality. And that's cool, and Pearl has changed, but the things that she has uprooted from her life and the things she's planted have been amazing. I'm telling you, she could be right now with her thyroid removed. You could be totally not even driving cars today. Because she's had physical things attack her body that a lot of people don't recover from. But she weeded the thoughts out that made her body... Okay, so she wasn't going to follow the growth of those weeds. They were gone. And so, she planted hope. And she planted, I am walking out of this. And she planted a different future from what most people plant in those situations, and her harvest is wholeness. She's sitting here whole right now, and it's absolutely incredible. And I do want to talk quickly, and I'm going to hand it over to you guys, but I do want to say, Pearl, you were bam, the inflection point of this whole thing. You opened up with pruning, but how do we prune? And I just want to bring it. We all three know it, but let's just bring it out to you guys that are listening. You probably know it, but we all need to hear it again. Pruning is thinking about things less. They say that the glial cells are the ones that are the gardeners, okay?

P In our brain, yes, we have glial cells.

S Yes, and the microglia are the ones that are the pruners, and they turn on at nighttime when you sleep. And how they know which ones to prune, are the synapses that were not worked that day. So, the more you think about a certain thing, you work those synapses, you strengthen those synapses between the neurons. And the more you think about those things at night, at sleep, the microglial cells are told to leave them alone. Leave them alone. So, you wake up with those same thought patterns. You continue them. You strengthen them. But if you want to change your thoughts, because your thoughts are not reaping, you need a better thought, then you totally ignore them in the day. Because at nighttime, that's the beauty of it, at nighttime...

P When you're asleep.

S Your glial microcells will chop them off and prune them. Scientifically.

D I find that we're often trying to use our wrong thinking to bend the world and physics to our way of seeing things, and not letting go of our way of seeing. It's easier to try to get the outside... It's not easier, it's harder. But to your mind, you can spend a lot of time trying to get the world to change, instead of what you can control in a second.

P That's so true, Danny.

D You can control. In one second, you can go, that is not serving me.

P Yes.

D It may be even right. Because when you're believing something, right now for you, it's right. Think of all the things you believe right now that are wrong. Make a list. You can't think of anything.

P No, you're right.

D Surprise. Everything I believe is right. How convenient, right?

P Yes.

D The thing to ask isn't, am I right or wrong? It's, how is this working for me? Is this serving me?

P Yes, right.

00:28:36

D Do I feel better? Am I more in control of my world? Am I getting more respect? Am I getting the goals I claim that I want? And if it's not serving you, then, man... And I'm saying this like an armchair philosopher here, because I'm not saying I've mastered this in any way.

P No, but we're all on a journey. It's so true. And the scriptures, we could bring them, and we have at other PODdies talked about this exactly. Put off your old self and your old thoughts, and put on thoughts that are lovely. Put off, put on. Put off, put on.

S It's like weed and plant.

P The whole Bible's full of it. But it's so scientific, like you're saying, too, Danny. Because think about the thoughts that the glial cells happen to chop off, and they'll do this for you if you cut them off, if you put them up. Because when I have been walking through this Meniere's disease journey, and I've shared it several times here, and I'm really walking out of it, there are some times that I still struggle with a little bit of it, but I'm sitting here. Amazing. I shouldn't be the way I am, because with Meniere's, it's usually progressive. And for me, it's just getting better and better. And one of the books that really helped me was Rock Steady. And it's neuroplasticity, but it talks about, with Meniere's disease, your nerves aren't quite centered, so a lot of people feel floaty, or it's called not quite right. You don't have your equilibrium around you.

00:30:11

P And that can bring fear and panic, because you might go into a full-blown vertigo episode, right? Which is just horrible. So, everybody makes meaning out of these floaty sensations, those people that have Meniere's. I could go on several Meniere's Facebook groups, and they're like, I was floaty today. Pray for me, guys. I might have an episode tonight. It was really bad. But if we focus on these things that aren't serving

us well, just because you're feeling a certain thing, if you give it time of day, if you give it your thought space, it becomes an in ground thought space in your head, and your body gives it such credit. And so, of course if you're feeling floaty or dazed, and you constantly think about that every few minutes, sure enough, you'll probably have your episode.

S Yes, not only does it not get pruned at night, it gets watered.

P Yes. And so, therefore, things that you think are important, or your brain says are important, your body will then say, that is important, I'm floaty, let's have an episode. And so, this book just talked about it from the whole scientific aspect of, so what if you're floaty? It doesn't mean anything. You can live an awesome life feeling a bit floaty. Stop thinking, right now, that it's going to mean an episode. Actually, think that you love the way you feel in your body, and stop being so worried about those little not-quite-right feelings here and there. As I started to do that, I realized it's so true, this sensation doesn't mean that sensation will occur. And as I chop off those, oh, did I just feel that, does that mean I'm going to? And then my brain, these little glial cells, have been doing their thing and chopping them off, and then the next day I wake up great.

S Isn't that fantastic?

P So, that's the scientific aspect of it.

S And I love that. It's science. It's Biblical. Science always backs up the Bible. The Bible is the bedrock. But I do want to say, I noticed the other day when I was reading the Bible, another word that I like is set, set my mind.

P Yes.

S Because so many people say, okay, just meditate, blah, blah, blah, or empty your mind. Your mind can never be empty. It's always going to be on something. It's never really empty. And empty is a bit dangerous, too. If you can, if some people have actually got to the point where they can totally empty it, it's very difficult, I'm sure. I've never really been able to empty it. It always starts to go somewhere.

P Yes.

S But if you really can empty it, it's not doing anything productive anyway. So, I love the word set, and I was reading in the Bible, how it says, Jesus set his mind to go up to Jerusalem. And again, and he realized it was coming to his time, and he set his mind. And I thought, if God himself, in an earth suit, had to set his mind, then it's good enough for me, then, to learn how to set my mind.

P Yes.

S If God had to bring himself under obedience, to set his mind.

P Think about it. Set. When you set something, it's to a certain temperature, like set your stove to high when you need to cook this or that, or set your oven to 400. You

set it to a certain thing.

S And you know why he had to set it to go up to Jerusalem? Because that's where it was all going to open, where he was going to give his life, where he was going to finally be turned over by Judas. And so, he had been doing this whole ministry, and that last week, he had to set his mind to go there.

So, even if it's hard and you're like, this is a hard thing in my life, you don't understand, it's really hard, we can set our mind.

00:33:46

P Yes, and thinking about what we were talking about last week or in a recent Poddy, we were talking about those three questions never to ask ourselves. And that's like, once you stop asking them and stop putting your mind on them... Because my mind would go to that first question we asked ourselves, which I said never to ask yourself, was, do I feel like doing this? It took up so much of my thought space.

S Yes.

P My brain would ask it over and over again. It was stupid. But then, once I stopped doing that, I could set my mind to something else. So, as a gardener, you're pulling up those weeds and pulling up those things that are not serving us well, those thoughts, like you said, Danny, and replacing them with things that do serve us well, like, I am set to uphold my health. I'm set to it.

S I absolutely love it. And the thing is, people are focused on behavioral changes, and on the behavior and on the actions, and turning their new year around and trying to do better, but our actions aren't the first. It's like that question, is it the chicken or the egg? Or the egg or the chicken? It's always thoughts first.

P Yes.

S It's out of the abundance of our heart. Thoughts produce the actions. And so, if we want to get to the bottom of the, okay, so we want to have a better year this 2023 than 2022, and we can't work on everything. What is the crux of where we should start? Our thoughts. Our garden, because we will follow. We will follow what we plant.

P Yes, and when someone starts off their new year gung-ho, and I'm all about that now. Because I used to be, oh, resolutions and all that, doing all that, but now I just love it because you're doing something new, and new is good, right?

P However, all those, the modifications and stuff, they're great, but the reason they don't last is that the thoughts are not there to sustain them, their pathways are not in ground. And how do we do that? We rethink them. We repeat. That's why we're repeating this PODdy today.

S That's right.

P You don't get in ground thoughts that become plastic, that become who you are, that become your essence, unless you repeat them and you repeat them, and your glial cells don't knock them out at night while you sleep. And they don't knock them out if they're repeated.

D How do you spell glial?

P G L I A L.

D Glial. These are brain cells?

00:36:22

S Yes.

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

S I'm Serene. This is the PODdy, with Serene.

P And Pearl.

S Get it right, it's P-O-D-D-Y. I do want to talk, too, about what we can do also to bring nutrition to our brain, too. Because it's all good and ready to say, okay, we're going to plant this garden, we're going plant the seeds, we're going to take out the weeds, but what does a garden do? It amends the soil. And we've also talked about diets before, and Pearl, you've actually talked about eating disorders before, here on this PODdy, and how it can mess with your serotonin, your dopamine. And even when your hormones went after menopause, you noticed how the brain worked a little differently, right?

P Mhm.

S And so, pre-menopause, there's nutrition we can feed our brain to help those things naturally fire a little bit more positively. And then, of course after menopause, people can choose to help with Bio-identical hormones that can help their brain fire properly. But always have to amend.

00:37:36

P But I think you have nutrition, too.

S Yes, we have to amend. And so, let's think. For women, a major soil amender for a positive brain is gentle carbs.

D Like oatmeal?

P Yes, oatmeal's a great gentle carb.

S Yes, sweet potatoes, ancient grains.

P Fruit, beans, whole grains.

D Any carb that's from the earth?

P That's right, Dan.

S And speak to it, Pearl. Speak to us a little bit about that. Why? The spikes are dangerous, and say why. But it doesn't mean you throw out the carbs. You have to keep the carbs.

P I know, but you see, the essence of it, Serene, there's a lot more to it.

00:38:13

P Okay, carbs do stimulate serotonin in the brain, so when you eat carbs, you actually have a good feeling. So, you can be happier and think happier thoughts. However, the brain requires glucose. People say you can make ketones and then the body can use that, but the brain still requires a little bit of glucose. And it can also use ketones, but it takes much longer. So, this is why when we go without carbs, our brains even work differently. Everything can become slow. Our serotonin, our dopamine, all of that falls. And so, carbs are so important, but so are healthy fats.

S Yes.

P Healthy fats are so crucial for our nervous system and our brain, and the brain is made out of cholesterol. Especially the vitamin A fats, for young, pre-... Women, if you're still of childbearing age and you want to have children, those vitamin A fats, and they come from animals.

S Would you mind telling the story? Would it offend your daughter if you told the story about personality?

P Autumn? No, it wouldn't, but I think she wants to tell her story by herself.

S It's not about the story, but just the personality. Or do you want to leave it, just so you let her?

00:39:17

P Yes, I'll just let her tell that story, but Autumn's going to come here and tell her story about how she had psoriasis, and she did a huge elimination diet and it was getting to be a bit better, but a lot of that was the animal fats that she had to eliminate. And that threw her whole hormone profile off, and now she's returned to that, and she's getting back. But it was the animal fats that restored her hormones.

D So many women are having whack hormones, I bet, and they just would never think of that.

S So many people think, I just need to eat more greens. Now, greens are wonderful. They are incredible. They're a needed space, for the word. Yes, but the fact is, is that greens are not the only nutrients for the brain. In fact, they're just a lovely addition, but they're not the bricks and the mortar.

P They're micronutrients. They're not the bricks and the mortar.

S The bricks and the mortar is healthy glucose and healthy fat.

P Yes. And all that to say, so people think, I've got to eat animal fats, let me go have some cream cheese in my cheesecake and stuff. No, I'm talking about the ultimate animal fats, which she included goat milk kefir and things like that, the vitamin A in grass-fed butter.

00:40:31

D Fat on a steak? Is that what you mean?

S No.

P No, I'm not really talking about fat on a steak. However, red meat itself was something that actually had to come back into her diet to restore her whole cycle. And so, young women, they actually need these things. Now, post-menopausal women don't have the same need for red meat. Actually, their iron can get high sometimes if they eat too much red meat. But a young woman actually has quite a high requirement for it. And it's been fascinating watching what happened to Autumn, and seeing it in real life, the crucial need for these fats.

S Yes, and it's not just Autumn.

P It's not just Autumn.

S Yes, the same has happened with other women.

P Yes, so when you get back to it, Serene, and the basis of Trim Healthy Mama, I'm so glad we weren't on a tangent when we formulated this plan, and that God has allowed this to stand, in truth. Because, yes, we still stand by those fats. We still stand by those animal fats. We're all in different seasons, so we can utilize them in different ways, but we still stand by those gentle carbs. We still stand by that protein. And they will stand the test of time. All the fads can come in and out, but those things will stand because we humans, we need them.

S I love it. Yes, I love it. And so, of course the nutrition we've covered, but also keeping out the poisons, too. Like in an organic garden, you don't want the overspray of the commercial fertilizers from the next...

P What kills, really, a healthy brain space and the ability to think, and you can speak to this, Danny, the ability to prune, the ability to garden, the ability to embed proper thoughts in your head, what kills it is sugar.

D Yes.

P You could speak to that.

S Coca-Cola Dan.

D Thank you.

- P But my own husband, Charlie Mr. Straight-Pants Barrett, he still eats sugar on occasion, but thankfully at home he's just so happy without it, and he's just happy with what I feed him. If we go on vacation, he'll eat some sugar. But every single night, until I got hold of him with the Trim Healthy Mama Plan, he would eat probably four or five cookies after dinner, and he'd always be super happy as soon as he ate them, like this fun dad. And I would watch it, and it would happen. About an hour and a half later, he would be crabby dad, crabby husband. And his blood sugar would just spike with this joy of serotonin, plunge.
- D How was your reaction with him? Did you call that out, or were you just inside frustrated?
- P After a while, I called it out. I'm like, these cookies make you crabby. And he didn't want to hear that, because he was crabby.
- D Because when you're crabby, you don't want to talk to about it.
- P No crabby person wants to be told that they're crabby.
- S They don't respond well, do they?
- D No, not at all.
- P But what I did notice was that, once he stopped with these sugar highs and lows, he was just even-tempered, Mr. Straight-Pants.
- 00:43:17
- D I find I am extremely sensitive to sugar highs and lows, and I've taken it more seriously as my children have gotten older and I've watched them have zero attachment to what they just ate, but I remembered the meal that was not balanced. David's here visiting today. Hi, David.
- P Hi, David.
- D He'll tell you. I'm always the protein Nazi. Always in my house, I'm like, where's your protein? Or when they want seconds of the carb, I'm like, if you haven't touched the protein, there is no carb coming.
- P Exactly.
- D And they all think I'm insane. Tell him right now, I'm not insane.
- S He's not insane.
- P No, your dad's so smart to say that. So smart.
- S Just genius.

- D He's like, thanks, dad, I'll listen to everything you say from this point forward. But no, all my kids are just like, what're you doing? Like I've just made up this fantastic doctrine of food, because I'm an evil food lord, and I want to take their mac and cheese from them. And it's like, no, it's science, man. I'm done.
- S No, but it's so true. No, Dan, set your mind. But no, they've done studies of children at school, and what they ate for breakfast, and if they ate protein in their breakfast, their concentration and their lack of ADD.
- P Yes.
- D What? Are you talking to me?
- S They just concentrate so much more when their meal is anchored around protein, for their brain.
- D Yes, for school.
- S Yes.
- P But it's true. But it's things that some of us suffer with, too. I suffered with gloominess, not so much depression, but gloominess, before I ousted sugar and...
- D Is that another way to say depression?
- P It probably is. It's what you say when you're not medicated. It's depression if I have depression, therefore... It's just another way, I guess.
- 00:45:17
- S Unpack this?
- P Let's unpack this.
- D Let's unpack this.
- P Like when we described in our first book, I was wholegrain Jane. I was more, having lots of treats, but putting lots of honey as well as the flours, as well as the dates. And I was doing it that way. I was still spiking my blood sugar, because I didn't know the safe parameters.
- D You knew how to get to that 30 g level of whatever it was.
- P Yes, or I could do some raw turbinado sugar or whatever, but I could definitely spike it. And I wasn't as even-mood person. I could get gloomy because I didn't have that anchor of protein, and my blood sugar was unstable. And I just noticed, this whole Trim Healthy journey has been so heart, soul, and mind, that as my body got stronger, my thoughts were able to get stronger.
- S So true.

D Yes.

P And it's just been this journey of body, then soul, then spirit, then mind, and it's all coming along.

00:46:21

S It's like you said, Dan, that you feel like you're a better father since you started eating healthier, because you know you're more mentally there and aware of your moods, too.

D Yes.

S It's hard to hold it together after a long day on the Coca-Cola.

D Yes, right after the Coca-Cola, it's skippity-doo dad and super-fun dad, but then 7 PM hits and I can't even take somebody's issue that I need to have way more patience for. Honestly, I've seen, as I've had friends, we're all raising kids together, I've got four kids, a lot of my friends have at least four, and some of the dads would really lose it a lot. And I would pattern that. I would be like, that's what we do to get our family back on track. The dog has to bark. And there's a level of escalation that is healthy, to not let testosterone teens run the whole household over. I get that. But there's also that too-far point, where you're a temper dad, and so much of that is food choices. And I didn't realize that until I made that switch. Not 100%, but 90%.

P Yes, they're things that you don't realize until you do them, and then you look back. It's like me, I look back, and why did I used to have to have a nap every day? Because I wasn't properly grounding my meals with protein.

00:48:06

D You actually don't even have the building blocks to respond with grace. They're literally not there. You're out. At best, you can muster up your discipline and just really, children, please stop. Now. Father's asking nicely. But inside, you're earthquaking. What if you could take that earthquake away? And that comes with sane eating. There's obviously other work to do as well, but man.

P It's true. Now, what about the speaking to people here? And some people are more, like maybe you, are more responsive to sugar, and they'll go up and down, and they feel undone. A lot of people say, oh my goodness, I had an off-plan weekend, and I'll never do that again because I feel like crap. And then others can do it, don't feel like crap, and they think they're okay. It's like people who go through menopause...

S Without the hot flashes.

P And sometimes they're like, I don't have any hot flashes, I'm actually fine. But then, their heart is at risk and things like that. And in my opinion, maybe they would be safer

with some Bio-Identical hormones. But what if you don't know it? You're eating sugar and you're like, I feel fine.

S Guess what? That's more reason to go off the sugar, because you're like those people that have that disease that they can't feel anything on the end of... They don't have the nerves in the ends of their fingers or in their skin.

00:49:34

So, they can touch things and not get burnt, and they get hurt and stuff.

D Yes, sure.

S But they're still getting burnt and they're still getting hurt, but they don't have the warning.

D They just don't feel it.

S And so, the people that are missing the warnings, that doesn't give them a free ticket, because you're still getting burnt by it.

P Yes.

D Do you think my assessment's right? Because this is what I've anecdotally put together, based on my experience. But people with high metabolisms seem to be affected in the day-to-day by food, and they eat something wrong, they feel it, they feel like caca all the weekend. Whatever you said, caca. People that don't seem to have a problem mentally, seem to just put it on weight wise.

P Sometimes that can be, too. It's probably worrisome.

D I'm fine. I'll drink coffee and go to bed. I find my friends that have said that to me, all are heavier dudes.

00:50:38

I've yet to have a friend, that's built like me, say, I can drink coffee at 10 PM and not know.

P Let me think about that.

D John says yes.

S If I have a coffee at five or six, I'll freak out.

D Is that anecdotally what you notice?

S I'm not super skinny, but they don't hear his microphone, so...

D You see that, yes.

P Yes, John's having a conversation without a microphone with Danny, but yes, he's agreeing.

D That's a good point.

P I don't know if it's always true, but I think that it's oftentimes true, Danny.

S We're 49 on our garden.

D I would say it's at least 85% the case.

00:51:08

P It could be.

D People that don't struggle with food, like they feel the struggle, like I ate wrong and I'm having huge bloating or whatever. People that are like, yes, I ate wrong, feeling normal, while they're gaining weight.

S Guess what, though. I feel, like we said, just because you don't have the warning, it doesn't mean you've got the free ticket. And I feel like that's a message to young children, right? You're not young. Teenagers like Jeremiah, who love to eat their junk from time to time.

D Cheddar diet.

S But they don't feel the consequences quite yet. But it doesn't mean they have a free ticket. It doesn't mean it's not affecting their health.

D Or setting themselves up for future challenges that they're not experiencing now.

S Right.

P And a lot of times, men, and not to be too stereotypical, but this is the truth, men usually do not... Unless they're a big cult leader for health, or a health guru, then they're like the big vegan or the big carnivore, big, and everyone's following them. The general typical guy doesn't usually get on a health bandwagon, unless he has a health crisis.

00:52:11

D Yes, that was how it was for me.

S Yes, that's like my son, right?

P That happens a lot.

S My son's so health bandwagon. He's not a big person on Instagram, sharing all his food or anything, but he will stick to his health guns no matter what, day in, day out.

P But because he's been in a life and death situation.

S Yes.

P But it's like my husband, so he's healthy because I'm feeding him healthy food. Left to his own devices, unless a doctor's telling him, you've got to change some things here, your health is in a mess, he's...

D He's heading up to the "All You Can Eat" at the Golden Corral.

P Yes, exactly.

S And we're relating this back. Can you unpack it towards the garden?

00:52:51

P All of that to say, women are so important in the home because they feed healthy food to their husbands, the sort of husbands who don't get on their health.

D Are you saying this because we're on TV now? You're hitting your main tenets.

P No, I'm saying some guys love to eat healthy. It's on their own, though. Unless there's a health crisis, they may not do it. So, therefore, most women listening right now, I feel like it's awesome what you're doing for your man, if you're feeding him healthy. I'm just patting myself on the back, because I'm saying I'm giving my husband years because of the choices that I'm feeding him.

S Yes, right. Exactly. It's a good thing to plant.

P Pat Pearl on the back. But I don't know how we got there, and we're 51 minutes in.

S We're going to plant it in the mind, that that's a good thing. It's well worth it, if there's a woman that has spent lots and lots of time in the kitchen for their man, and they've asked themselves the question.

P Yes, or their children. Because children don't know that they feel bad.

D Yes, they don't know that they feel bad. That's so true.

P But we're still going to give them those protein-anchored meals, and we're still going to say, hey, don't have that extra portion of Mac and Cheese. Where's your protein? We're going to say that.

00:53:56

S Okay, so maybe this is how we bring it back to the garden. We have our own garden, right? We plant great seeds and we pull out junk weeds, and that's cool, but we're allowed to plant in our children's and husbands' gardens.

P We just gave you permission.

D Thank you so much.

S We'll have to pull out the junk weeds from their own heads, and plant.

P And we're 52 minutes in, and it's our whole new doctrine.

D I always say, when the question is why, my response has been, and it's been for years, it's because I love you. That's why. They're like, give me something, dad. Help me understand.

S Yes, right.

D I'm like, I can't. I'm so much smarter than you. I'm light years ahead of you, and you will never understand. You have to grow up.

00:54:38

P But can I ask you a question before we leave? You grew up with Pop Tarts, hotdogs and stuff, right? And your precious mother, I met her, she's a wonderful woman, but did she tell you to eat healthy? Or she just didn't have the information?

D Just didn't have the info.

P Okay, so you were allowed to eat Pop-Tarts. No one was telling you, eat your healthy protein, or don't eat your sugar.

S Pop-Tarts was Sanitarium, right, on the box?

D I would love you two to speak to something, because I see this, and especially the younger the kid is... You know the picky eater thing?

S Yes.

D There are children, that they will starve, they will go on a hunger strike and fast, before they will eat their protein.

P It's true.

D And it seems to follow personality. I remember when I was younger, I grew up thinking in my head that I can't eat meat, because I would chew meat... I would watch other people, because I was making sure. I was like, he swallowed his meat, they swallowed their meat, it's working, and I would be stuck with a lot of gum that was supposed to be meat. I didn't have the digestive fluid. It wasn't breaking down in my mouth, physically. I had a strong imagination. I remember faking sick once so well that I got sick. You ever done that? I faked sick because, here's why. My mom was a nurse at a big hospital, and they had something called sickbay. It was free for the nurses there, for their kids if they were sick, to come to sickbay. Sickbay was an arcade of video games, all the television you could watch. You hit a button and food arrives in front of you. Because you're sick. You need to be cared for. It was the best. Sickbay was the best. I didn't have to do math. I could be in sickbay, and so...

S I remember purposefully spitting, making spew in a bowl at school, to get to sickbay.

D To get to sick bay, right. So, I wonder if some of it is, I trained my brain to not produce digestive fluid, because I had such a strong preference for macaroni and cheese, Hot Pockets, etc. But also, my personality is literally that kid that I see now out in the world,

and I'm like, what is this correlation between these personality types?

S Not raised anchored.

P Yes, but even in one family, you can raise them all the same way, and you'll have one particular one, sometimes, that'll just be much more like, I can't eat this.

00:57:12

D Physically, can't do it.

P And I feel like as long as you're doing your best to keep bringing earth foods to them, they'll get over it and stuff. I don't think we can abide super pickiness, but there are other foods.

S We can't abide?

P Yes, can't abide. But if you can't do that particularly protein that you're literally choking on and cannot swallow, I think there's another one.

S There're other forms.

D It could've been my momma's broke meat, too. We weren't talking about prime-choice steak here. It probably was those minute steaks.

P Was it the baloney?

D No, I could handle baloney.

S Microwave steak.

D Yes, just not real high-end stuff.

00:57:52

P But no, some children are. They're more sensitive to textures and things like that, and I think there're workarounds, but I think there's a beautiful balance.

S Eggs are soft.

P Yes, eggs are soft.

S Yogurt's soft.

D But Manager's Special Piggly Wiggly... What is that steak called? It's not steak, but it's what the kids get while the parents are eating the steak.

P The chop steak, is it?

D Something steak, I don't know.

S Guess what? I also think it's knowledge, too.

P Yes.

S I think, like Pearl said, you don't abide pickiness to the point of extreme, because that's just ruining their life, right? But like Pearl said, if it looks like they can't do it for some reason, then there're other choices. There's not only one protein. But for me, I grew up naturally, I had no instinct towards meat or animal products. No instinct towards it.

00:58:45

D You didn't want it, you mean?

S I didn't want it. Actually, dairy was fine. Yogurt and things like that.

P You could do yogurt.

S But no meat, I didn't have any taste for it, the texture. I was one of those people that was gum, and I couldn't break it down and I couldn't swallow it. But then I got knowledge, and I broke my body down by veganism for a super long time, especially while having babies and nursing, and I saw the dramatic harm that I put my body through. I got knowledge. And then, all of a sudden, I can break meat down in my mouth, and I have a grown a love for meat.

P Because it's thought pathways.

S It's still not instinctive, but when I eat it, I say, I'm doing something so great for my body.

D Yes, when I started working out, I started getting into meat.

S Yes, because it's knowledge.

D Because I was like, I need this protein, because I want to get bigger and I'm not going to do it on mac and cheese.

00:59:35

S So, give the child the protein, without fostering terrible pickiness. Give them a protein they can break down. When they're older and they've got the knowledge, and especially for the certain successes they want in their life, they'll become tough.

P I have seen my grandson being told to eat some chicken, and it's just like they chew it and chew it, and they can't, and I'm just like, I don't think he can swallow that. Just there's no amount of something that's going to... And it's okay.

S And if the little child starts thinking of swallowing, they can't swallow. Have you ever thought about swallowing, and then you don't know how to swallow?

D Yes.

P At some point, they can't swallow, and then there's gagging and then there will be throw-up. Is that a good way to end the podcast, because we're 58 minutes in.

D That's a good way. Bye, everybody. Thanks for tuning in.

S I feel like we need to pluck that out from our garden.

P Yes.

01:00:14