



## Trim Healthy Podcast with Serene and Pearl

### Episode #313 – 3 Questions To Never Ask Yourself

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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

00:00:00

- S This is The PODdy with Serene and Pearl. Get it right, P-O-D-D-Y.
- D Welcome back to the wild world of women, it's the Trim Healthy Podcast and I'm with two of the wildest in my opinion. I have a question for these wild women.
- S I'm full of my Yuck Yum.
- D Was that full?
- S Three quarters.
- D That doesn't give you diarrhea or anything?
- P No.
- S We've got guts of steel.
- P Danny, I do recall you saying that you got a bit of the d-word with the water kefir, and maybe you made it wrong. But I'm not too familiar with water kefir yet. But have you actually home fermented the milk kefir yet?

00:00:44

- D I've never done the milk, no.
- P Okay. So don't associate the word diarrhea with milk kefir for everybody, please.

D Okay. Oh, because that's not a thing?

S No, it's not a thing.

P Unless people are real toxic and they just need to go slow.

D Oh, I see. If you got some germs in there fighting kefir.

S Right, just make a bit of a sword match probably.

00:01:08

D So what that war looks like is diarrhea?

S It can look different for different people. So actually sometimes you'll get the constipation instead at first until things regulate. It depends what sort of bowel problems you're prone to.

D Okay, that wasn't my question actually.

S Okay, sorry.

D I just got distracted.

P We always love to start with a good...

S Are we going to keep this fireplace in the summer? This picture? It's just so warm and cozy.

D Yes, we have a fireplace on a TV behind us in the studio.

S They probably can see it.

P No, they can't see it Serene. There is no camera on it.

S There's a camera on him, it could be seen.

P Oh, that's true.

S There's a camera on Danny.

P But yes, go ahead Dan.

D So I'm just curious how you both did over the holidays in terms of dessert?

00:01:56

P Oh, eating.

S I have a goji berry in my tooth.

D How tough Serene is.

S I feel like I can't quite maneuver the goji berry out properly.

D I think you should get after it. Like as we talk that's the B-roll.

P But, Dan, do you want to ask us so you can share too? But okay, since you asked. Is this what I do? I ask questions so I can...

D I have a question for you so that I can have my own therapy session.

P Okay, so how did I do? Because we know how Serene did. Serene always just... Well, I'll let her speak for herself. But me, okay. So, it was an interesting year, I feel like it was. I'm really proud of Pearl this year, because she didn't lose her mind with the cinnamon rolls, but she did enjoy. Okay, so what happens was I've shared here on the podcast that cinnamon rolls are like kryptonite for me.

00:02:48

D They're your weakness.

S I'll allow the THM healthy ones, it's just that all your family brings bad ones Christmas morning.

P I shall actually explain it. Shut up, Serene.

P So, we have a very big traditional almost Southern breakfast at my home where the whole family comes together. All the grannies, all the children and that's our time and we do a huge, huge breakfast. That's our big thing.

S And you all wear your PJs.

P Yes, we wear our PJs. So, this year my precious daughter-in-law, Mary, made the most amazing Southern, white cinnamon rolls, sugar included. She brought those. Then my daughter, Autumn, made the most amazing sourdough, no sugar, cinnamon rolls.

S Which are amazing. She gave me a whole Pyrex of them.

P So there they were on the table, and all the other things like the eggs and all the other Crossover pretty much healthy things. But there were those two things before me. Which of them should I choose? Well, it was Christmas. My precious daughter-in-law, Mary, made those with love.

00:03:54

D With love.

S Lots of other people love them.

P So what I did, and they were huge, I got one and I cut half and I put it on my plate and then I got a full one of Autumn's because I was eating big. And so that's what I did.

D Because you like volume?

P I do like volume, and it was Christmas and so I ate half of the sugar one. And because I had the other full complete one, I did not lose my mind. I could say to Mary, Mary these are incredible. And I enjoyed and they were made with love. And it was part of my beautiful Christmas. And then I ate Autumn's one with all the health and the goodness nourishing my body. And I was so sustained, and I didn't lose my mind for the rest of the day.

D That's so great.

P But now do share about thyself, Danny.

00:04:38

D Is Serene next, though?

P No Danny, we know how she's done.

D Because she flawlessly executed start to finish.

P We know how Serene does. She has never been off plan. There hasn't been a time.

S Well, I mean...

P Don't say crossovers. Crossovers you do enjoy.

S I know the crossovers are on plan.

P So, why go to her for this?

D Yes, there's no need. Good job, Serene, this holiday season, again. Again, gold star, teacher's pet. Are you your mother's favorite? I thought so.

P Actually you asked of all us kids, we would say that, but...

D Yes, Serene is fave. She doesn't act like she's fave though at all, ever.

P But do share, because I've actually got some meat coming today.

00:05:18

D Yes, okay. Well, I blew it.

P Oh, you didn't.

D No, no, I don't want to say I blew it.

P Jeremiah wants somebody to blow it along with him.

D I got a fist bump from the crowd, but... No, I didn't blow it. You know how cinnamon

rolls are your weakness?

P Yes.

D I have a weakness called Coca-Cola Classic.

S No.

D And the fact that it has the word classic in it makes it even harder for me. Because I like classic things.

S Deceptive advertising, you can't see through that?

D I know, there's nothing classic about it in reality. But the thing is, if I'm somewhere...

S The lowliness.

P No, but Serene I understand. A lot of people, like my son-in-law and stuff, they feel like that's the good part of America. You know?

00:05:59

D Like the good old days.

S Which son? So I can take him off of my will.

P But my son-in-law, it's the good part of America. And they don't sense the sugar, it's just the classic.

D John didn't even know anyone was looking at him, he's just wincing in the corner.

S Sorry John, you're wincing along with me.

P But let him tell, Selene, let him share his hardship.

D Enough of your wincing.

S Enough of the poison, but even the name. I mean, let's go there, John.

D Serene nose furled. Enough.

P I didn't furl, so you share it to me, Danny.

D Here's the thing, I won't ever buy Coca-Cola Classic. It will never see my cart. But if I'm somewhere and... And I don't fall by the 2-liters either, because when those 2-liters crack open that first pour might be fine. As soon as it hits the ice or as soon it's sat there for a minute, no, not interested either.

00:06:49

S You like a Schweppes, don't you?

D A Schweppes?

S A crispy bubble.

P In its own bottle. Its own little curved bottle.

D If someone pulls an ice-cold glass bottle out of ice and they go tshk-ah, I'm done.

P He's all pulled by the advertising. Whenever you go to the cinema and you hear the tshk-ah through all of the speakers all around you?

D Oh, that one hurts me. That one gets me too. And I won't...

S You're at the altar call of the Coca-Cola's.

D Yes, I do rush to the cinematic altar call. Yes, at the cinema, that one's hard. It's bubbling and it's all ASMR, and it fills the screen with Coke.

S Put the kombucha right there, right, John, a homemade sovereign kombucha in a copper vessel. Tshk-ah. I mean you've got Volcano and Schweppes.

00:07:33

S Yes, Buchee.

D Yes, so I was at a Mexican restaurant and...

P On Christmas Day?

D No.

P Okay. I mean, I know you love your heritage, but...

D Yes, not that much, over the holiday season and I was having water. And a friend was in town, he just moved here, and he had a tall... And it was in a Coca-Cola glass, one of the big wide-mouthed glasses. And it was filled to the top with ice.

S Is this health podcast going to be all...

D Just listen.

P Just let him share. Stop butting in.

D You can tell that these Mexicans knew what they were doing with the Coke. And they do.

S Do they all have hair pushed back suave, like you? Like, you've got the hair. I've just realized what he's done with his hair.

00:08:17

P Okay, but we need to get to the end of the story, Serene, so let's listen. I'm interested to know, because I hope there's a good ending.

S Yes, I don't think so.

D I don't think there is, but so...

S That's what I'm saying.

D So, he ordered a second Coke. And by the time he got to his second Coke what it did to me mentally, I went well, if he can have two, I'm going to be sane and now I can order one. This was after the meal was over. And I was like, and I haven't had a dessert, and it's the holiday. This whole train of thoughts came. And let me tell you it was the best Coke that I have ever had in my life because I haven't had one in so long and it was so, so good.

S John and I can hardly handle it.

P No, but I'm saying, if that was your Christmas off plan thing, that's okay. Or did it derail you? That's what I'm trying to find out. Or were you just able to have that and say, hey, occasionally or on celebrations I could do this?

00:09:16

S I just say that pop is a different sinister deal than just a quarter of a cinnamon roll. And I'm telling you why. Because it's a liquid carb, number one, and how many teaspoons of sugar?

P Serene, you're coming...

D 48.

P Okay. But still, Serene, you're coming from a place where...

D Violent amount of sugar.

P Where you've never drank pop. People are listening today...

S That's what I'm trying to say. I'm talking to the addicts that may have been free for five years. It's like Pop Anonymous.

P No, I know, but I guess we're saying different things. Where my thing might have been to have a bit of cinnamon roll. Someone else's thing, like Danny, might be to have that Coke.

S I know, okay. And I'm coming from the extreme side, purist side. So just bear with me. But to me it's like, okay, you finally get off cigarettes, you're never really going to go back and have a cigarette on Christmas morning.

00:10:03

D I am.

S It's like there are treats that are off plan and then there's just downright poison.

D You know what'll get me, too? Is somebody smoking a cigar.

S Now, Dan.

D I'm just admitting.

S Fix the pod, Pearl. Fix the pod.

P I'm trying to fix the podcast. Okay, so right now this podcast is broken, so let's fix it.

S Can I play over the podcast?

P Danny, you said you blew it. But did you blow it or were you able to enjoy that and then get back to your healthy earth food ways?

D I blew it.

P Because you're holding shame for that.

D I blew it multiple times throughout.

S Do you know why? Because that pop did it.

00:10:44

D Let me tell you though.

P Well, it does affect signals in your brain for the sugar in the dopamine.

S Pop Anonymous. He has to go to Pop Anonymous meetings now.

D Yes, and John reminded me that imagine 10 spoonfuls of white sugar into your mouth.

P Forty-something teaspoons.

S It's not 40.

D Grams.

S 50 grams, so yes.

D So yes, so around ten.

P The can is pretty small. It's not those big glasses.

D Imagine putting ten tablespoons of white sugar in your mouth. I mean, cardiac arrest. What happens?

S And especially that little quarter of a cinnamon roll, it was made from scratch. That probably had four teaspoons.

00:11:21

P Yes, probably.

S There's a big difference.

D Yes, I'm just sort of...

S Were you able to get your mind back? Were you able to hop back on the...

D Just now have I regained sanity. And what happened was, I just kept bloating and bloating and bloating. And I would just have...

S The podcast has saved you.

D I would have no energy. And I would do it again and then I would bloat and I would be like, these aren't my goals. And then I would think, I know, and I would drink my new kefir water that I have been making.

P No wonder your kefir water was causing you to have some explosion.

D No, that was for a friend I was asking.

S Yes, you've never exploded.

D Never. Clean Italian men.

00:12:04

P We have this podcast thread where we all talk together about what time we're meeting or just random things and Danny asked for a friend if kefir water ever...

D On a chat.

P On a chat, cause explosive diarrhea, asking for a friend. But you were drinking the Coke around the same time.

D Yes, I was. And so, I kept thinking that my good decisions would outweigh my bad. And I learned that that doesn't happen in the realm of physics. Your good decisions don't. Or at least they didn't for me in terms of my bloated gut. And then I started getting this rollover and then it grew. And then I was watching it. So no longer was I just growing kefir on my counter, I was growing a belly over the flap of my pants.

P Well, that's funny, Serene has a point in that a pop, the soda, out of all things, out of... Even stronger than food.

S It's like beer. It's like you get pop belly.

P It's the intensity of the sugar and how quickly it reaches your bloodstream. The stress level is so much faster to the undoing of your health than even food.

00:13:10

S Well, because those sugars spikes at extreme levels like that. They raise your cortisol, your stress hormone. And cortisol makes whatever you're going to store goes straight to the middle.

P But you know what's funny? We're talking... This podcast is right after the holidays, when it's probably going to launch in March. But hey, who cares?

S We're so professional. But I just want to say this. Because I've got some meat to bring

P But I do want to bring, before the meat, as an appetite, as an hors d'oeuvre.

S As a hors d'oeuvre's.

D Hors devours.

S Who's that? Is that my daughter? Do you want to tell her that I'm in the pods?

D It's great that the rain's still on during the podcast..

S Yes, because we're so professional. No, but I do want people to hear us. That we are all about being able to. I mean, there's so many healthy treats on our plan, but we are able to go and have a piece of Aunt Marge's pecan pie. Sure, but I just think there are levels. Like John and I agree, and I think Pearl you too. And now I think Danny agrees. I think we're just happy to agree here. But there are levels. It's like you don't just pick up a cigarette ever again, so you don't pick up your pop ever again.

D You paused with a question mark. You added a question mark. For sure you don't pick up your cigarette and then you stopped and looked at me and waited.

00:14:17

S Just in case.

D And I was like, sure, sure.

S At the same time with the Coke bottle, don't they go hand in hand?

D It's like I do one little thing. I drink a Coke and now she's unsure about...

S You go to the Maytag laundry, and you've got outside the Maytag everyone that doesn't have a washing machine has got their cigarette and their...

P Don't worry, I've had many years without a washing machine.

D And a Tab.

S Yes.

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

S Serene. This is The PODdy with Serene and Pearl. Get it right, it's P-O-D-D-Y.

00:14:53

P Okay, may I? Mother may I start my meat?

D You may. It's your podcast.

S What kind of meat so we can get prepared for our digestive juices?

P I have three questions that I have thought of.

S Do you want to sip my tea?

P Why? Why do you want me to sip your tea?

S Because I want you to taste it and see what you think.

P Okay. Just as I was announcing my title.

S Wet the whistle. It's a little sweet, I put too much stevia in it, but just...

P Okay, what sort of tea is it? Is it milky?

S It's called Serene. I got it in my stocking.

P It's called Serene?

S Yes, it's peaceful herbs.

P It is peaceful. Is there a little lavender in there?

S Yes, and there's.

00:15:27

D I can't stand lavender.

P I don't like lavender in a drink.

S Did you like this? Spearmint, I think.

P I'll give it a B- just because of the lavender. It may not have lavender.

D Lavender is...

S I love lavender.

P I love the name.

D I don't like to taste lavender. I like it in the air, like the smell, but drinking it tastes like I'm eating it...

S Hey, I could grow to like it. I used to hate her Yuck Yum, that's why it's called Yuck Yum. I was like, yuck, okay, give me some more.

D Yum.

S I'll be asking for more of that soon.

00:15:52

P There are three questions I realized that none of us should ever ask ourselves and I want to go through these today. Because I realized throughout my life that I was asking myself these super dumb questions and now when they come into my head I'm like, oh I shouldn't ask myself that. It's just like, look you're out of there. So I don't even give it time. I don't give it any of my thought space. They are never to be asked. So let me start with the first one. This is related more to movement, to exercise, but probably to food prep too. So, we're going to get really practical.

S And we worked out these questions togevs. Togevs.

P Yes, we did. But it was my idea.

S It was her idea to ask the questions. It was. Ten points tick, for Pearl.

P But Serene, you're the one that helped me with this.

S I don't need the ten points, but I just think this first question is something that's very key in my life too.

P Yes, because you actually helped me with it. Because I was asking my question and I was actually going to tell the story of that, but... Okay, so the first question is, do I feel like doing this? So, as I've mentioned a time or two here, I've been weight training, trying to regain my lean body mass that I lost through age and menopause and all of that stuff.

00:17:08

S And trying to be light.

P Yes. And all of you are losing it if you're not gaining it. If you're not strength training and if you're not...

S If you're past 23 you're losing it.

P Pretty much, so, let's say it's a given, we're all losing it. And so, for a while I was like, okay, well, I eat protein and I've always done my exercise. Ever since I was 20, I've done exercise, but I wasn't lifting heavy enough stuff to actually rebuild my muscles.

S You were lifting cans?

P Yes, and because I thought I was kind of a light. I didn't think I was one of those heavy girls, heavy-lifting girls. So then I realized, oh my goodness, I had lost lean muscle. It was knowledge that told me, and so I'm going to regain it. So that involves workouts where I lift heavy.

S She wanted to get the metabolism back, of her youth. And that's how you get your metabolism back of your youth.

D Strength training.

00:17:55

S You gain muscle because your muscle eats everything.

P But, one day I had to go off and it was glute day, right. I've been following Caroline Girvan on her Iron Series workout and it was glute day. All morning I just kept thinking, oh my goodness it's glute day, but do I really want to do that? Do I want to go do glute day? And every part of me did not want to do that. And I kept asking myself the question. Do I want to do that? The answer kept being no. Oh, but I have todo that.

S It's like when you ask little children if they want broccoli.

P And I was miserable because I kept asking myself the question. And the answer was obviously no. Who wants to go do glute day, it hurts. So then I said to Serene, I finally went and did it, but I was kind of a bit miserable all morning because I put so much focus on the question. And I have to go do that and then, oh. I said to Serene, you know it was really hard getting my workout done this morning, because I kept asking myself, do I want to do this. And she was like, what? You asked yourself that, Pearl? What? I never ask myself if I want to do a workout. That's the one thing you never do. Now since that day it changed my life, Serene. I never abide the question. I put it out of my head. You don't ask yourself if you want to do it, you just put it in the slot and you do it.

S That's right, you put it in the slot. Cha-ching. You don't even think about it.

00:19:14

D That's such a good...

P That's changed so much misery from my head, Danny.

D That's huge. Because I always ask myself and I never do it. Of course I don't feel like it.

P No, you don't.

S Just do it like you're a zombie. You're just a robot following orders.

D Yes, you're following orders.

S You just got the information. You've assented to the knowledge. You've ticked the box. You're like, yes, this is what I need.

D I'm about to do push-ups right now.

S And so then you just say, body, you follow this information like a robot.

P How was it that I was 51 and didn't know that you aren't supposed to ask that question? I think most of us ask ourselves things all day long that we shouldn't. And you can ask yourself, do I really want to have to do prep tonight? Do I really want to have to include a salad tonight? Do I really want...

00:19:54

S That's something you never ask your husband. Well, not my husband. Whenever I say, hey baby, do you want to have a salad tonight or do you want to have just a bowl of chili? You never ask the salad, you give the salad.

S And you just put it there like he's the honored recipient of the gift you gave him.

D You can't not eat the salad your wife's just put in front of you.

S It's just right there, like the gift. But yes, if I ask him, he will always say no to the salad.

P So now I want to ask you something Serene. When did you learn this concept that has changed my life of never to ask that question?

S Well, because I'm a bit of a control freak and OCD, I think in a healthy way, if you can.

P Well, maybe in parts of your life. It wasn't.

S Yes, it wasn't for a while. But my brain wouldn't let me not exercise. There was a box that I was going to tick because I was a Spartan. And Pearl has taught me to enjoy my life a lot more. And so, I appreciate her friendship because of that. I needed her to cut the edges off of my personality. The sharp Spartan edges. So, I was always going to do it, but I did used to ask the question and like Pearl, the whole hours running up to it were filled with almost a nervousness. Like I was about to go on stage and do something that I didn't want to do. You know how you're...

P It's nerves.

S Like you're going to sing a song and you know your voice is not in top gear. You got a little sinus cold, and you know you can't hit the notes you're going out to sing. There's no way you're going to make it. That feeling, that little tension, I would get that for hours and it was almost undoing of the health results of the exercise because I felt cortisol for three hours before I did it. Almost like a nervous tension. Almost like I had coffee and didn't have coffee. Like the jitters. I'd get the jitters.

D And that's a cortisol thing?

S Yes, I don't know, just for me, if I ask myself that question. Some people ask themselves the question and they just don't do the exercise because the answer is no that will be annoying and that's going to be uncomfortable. But I'd ask the question and still know I have to do it. Danny's hand is up.

D I have a question. Can you just have a cortisol imbalance and it's not triggered by any fear or...?

00:22:05

S We will get to that, but back to the point. We will get to that. Can we get back to that?

D Let's get back to it later, for sure.

S I just want to say something about this exercise thing just really quickly. But that's a good point, Danny. Since I haven't asked that question, Pearl...

P And how many years has that been?

S Oh, over a decade.

P You should have told me that ten years ago.

S Since I haven't asked that question, I don't get any nervousness about any form of exercise. And actually, I super enjoy my exercise. Super enjoy it. And it was kind of

like the thing I learned from you, Pearl, to just enjoy life more. And so, the thing that was making me not enjoy it was not the exercise really, because I had such great feelings afterwards too. And there's parts of the exercise during that I enjoyed. So the really only thing I didn't enjoy was the lead-up.

P Yes, the lead up is the worst part, the hours before.

S I just muted the lead-up. Yes, you just turn it on to mute.

D The break-in is tough too. Like my first five push-ups, I'm miserable. It's just five push-ups. Once I'm broken in, I can just crank it. No big deal.

00:23:09

P So true. Once the sweat comes it's like, let's get sweaty all the way now.

D Yes, I'll dive in.

P What was really interesting was I put on a treasure hunters group, I was like, hey, let's all share what gets us to do movement.

S We'll get back to your thing, though, because it's a good thing.

P We all remember the cortisol.

S I wasn't trying to be rude.

P What gets us to do movement? Tell us. What has been successful in your life. What thought pathways? And one woman said, I never tell myself I have to do the whole thing. Sort of like one push-up. She said, I'm going to say I'm going to go upstairs or I'm going to go to my workout room, and she does videos. I'm going to turn out and I'm just going to do five minutes of a workout video. She's like, it's never five minutes, I finish it. But I just say, oh, it's just going to be a little bit.

D Well, and she's right in a sense, because it's just five minutes of breaking in.

P Yes, that's the worst part. And then once you're broken in, you're fine.

D That's actually great to say I'm just going to work out for five minutes. Tricking yourself knowing you're going to keep going. Because that's a different you once you break a sweat. Like a new mind.

00:24:04

P Yes, it's a different you.

S And then the other thing that helps me too, and I've shared this a little bit on the Treasure Hunters, Pearl, where you posted that, a little bit of a line about it. My second thing that's really helping besides from muting, and that's been the biggest thing,

muting the whole talk around exercise. I don't have any discussions about it in my head. It's just to me, now there's no-one talking about it in my head anymore. I just have the knowledge that it's the greatest thing I need to do. That's it, it's all muted. Now it won't work for people that are going off to work and who are going to have to exercise maybe before breakfast or whatever. But for me, because I do a lot of mine before lunchtime at home, as soon as I get up I put my shoes on that match that exercise I'm doing that day. Because I don't exercise till about 10:30. But as soon as I get up at 6:30 or 7:00, if it's my weightlifting day I put my weightlifting shoes on.

D See, you're one of those people.

S And so my feet are telling me for the next three hours, Serene, you're about to walk.

00:25:04

P That's talking about habits right there. That book. That's exactly. Facilitate your habit.

S My feet tell me.

D She's one of those people, though.

S And I know I can't take these off until I've done the workout, because I'm not going to wear my weightlifting shoes...

P And not work out.

S And go to a meeting later on or whatever, so, I see those and they just tell me what I'm going to do. I just follow my shoes. And then on my sprint days as soon as I get up I put my sneakers on, my runners, and I know that...

P Okay. So, Danny, she is one of those people, she came to that on her own, but we can learn from those people. Those people write books and shit. They have podcasts.

D Exactly. Do you guys know who David Goggins is?

S I've heard the name.

D I mean, this man is just on record. He has the Guinness Book world record for the most push-ups, sorry, pull-ups. He did 4036 pull-ups in under 17 hours.

00:25:54

S What was his body type though? He must be like...

D Exactly what you picture to be able to pull that off.

S Right, because my tall husband, no matter how muscular he would get, to pick that big body up so many times, that's not going to be on the Guinness.

D He went from a big overweight dude to a shredded, picture perfect, classic specimen of Greek masculine strength.

S With pull-ups.

D Yes, so he holds the pull-up record. He runs hundreds of miles, toenails coming off. He'll stop mid-run for a chiropractor to snap his ankles back in place and keep running. And he's just known for this type of mentality. He does things that are sort of super-human. And then every day, if you follow his Instagram, it's him running looking sideways at the camera, talking about how you need to get after it and kill that inner complainer, he uses a different word. That inner complainer in you that is sabotaging your life. I'm not going to go David Goggins ever, but because he exists as what's possible and how you could think, he's needed in the world. And he stands at the gate for us and he suffers on our behalf. Not that Serene's suffering, but I'm saying there's those people who can like a machine execute their thing morning, noon and night all throughout the year, holidays observed. They can do it and they stand as these what's possible.

00:27:31

P Yes, and we need them. Because we can glean from them.

S And another thing though that helps me, and probably nobody else maybe. Maybe you can't do this, but maybe you can. If you have any say in the way your day is ordered. Pearl, you try and do it too. Like Pearl, if we're going to do meetings it's always got to be after lunch, because in the morning I have schooling with the children, this, this and that. And I slot my exercise in that AM, before 12. And I know if I fill that with meetings, for my life it's not going to happen. Everybody can't do that and then they would do their own thing. So, when I get home in the evening it's going to be slotted in. Or I'm going to go to bed early so every AM at six I'm doing it. But I think knowing when your time is. I think when you're willy-nilly and you say at some moment today, I will catch the right time...

P No, you've got to have a slot.

S You slot it.

P Or if you say I'm going to exercise at some point today, the worst. You're not going to exercise at some point today. There has to be a slot.

00:28:30

D Put it on your calendar.

S You know you've got to have a time frame. It doesn't have to be super like 10:34 AM.

D But mid-morning I exercise.

S It needs to be a slot.

D So you put on your shoes for the right day. So, when you put on your Birkenstocks and socks.

S That's after I've exercised, yes.

D Where are you headed?

S I'm heading to The Pod.

D Okay.

S I'm headed to The Pod, I'm headed to town, I'm headed to...

P Hey, we have 28 minutes and I have two more questions.

S Right. Can I say one more thing, just one more thing.

D It's your podcast.

00:29:00

S Just another thing that helps me too, and everyone knows this. It's just so simple, but I think is just dialing out the distractions that lose your focus, and then dialing in those things that put you in the groove. For me, it sounds awful because I love my children so much, but when children are walking in with fights, and saying he stole my rubber band or blah, blah, blah, I could be in the middle of a squat, and I just want to drop the whole barbell. It's just all my oomph goes. It's so terrible, I thought I was a real good, organized mother. I would have them doing gluing pop stickers together and doing arts and crafts, but I'm not organized enough. So, it's the only time my young children are allowed to watch the screens. So, they watch their little screens when I'm working out. And it's just so not a great babysitter, but to me the priority of me getting my workout done I'm a better mother to them for the rest of the day. And so, they have their screen time.

D Hats off to these chicks doing crafts with the kids though, right?

S Hats off, hats off.

P I never did the crafts.

S I try to do the crafts.

D They're like the David Goggins of the world.

00:30:08

S And the music, that's how I zone in. I'm not one of those people that wears the... I can't have anything on my head, or I feel claustrophobic while I'm exercising. But I have my little phone.

D What about in your ear?

S For me, I can't.

D It's horrid, yes.

S Yes, but I have my phone in like a...

P Okay, but can I get to my next questions, because...

S Yes, but don't you think though that music makes a diff? Oh, it makes a huge diff.

D Yes.

P I don't. I don't listen to the music.

D For working out?

P I just follow my little videos whatever music is on there.

S Well, her music's gone. Yes, but she's got it already.

00:30:34

D Well, that works, yes.

P Okay, so the next question was... What about his cortisol question? Put that to the end of the pod.

D Just a fast answer.

P Okay, the fast answer was yes. Can you have excess cortisol, more than usual? Yes. If you're under a lot of stress. If you think stressful thoughts. If you lose your sex hormones. If you're a woman and your estrogen declines.

S Or your testosterone's down.

P Or even your testosterone declines if you're a man, because then your adrenal glands have to take over. So you churn out more cortisol and it sits on your belly. So yes, the three things to do about that are, stop thinking stressful thought pathways. That's number one, really, because that churns out cortisol.

S And exercise. Put on those exercise shoes and just follow through with your exercise.

P And eat your carbs. If you do not eat carbs, your cortisol rises.

S Of course I said exercise, but over-exercising raises your cortisol.

P I mean, if you're going for a full day without... Actually they did this study, it's really interesting. And they followed a bunch of peri-menopausal women who tend to have excess cortisol because the sex hormones are coming down. And they followed them, and they found that those that did not eat breakfast, but did not have a carb at their breakfast too. So the ones that ate a carb at breakfast and did eat breakfast, did the best cortisol. But the ones that did not eat breakfast had a cortisol spike that elevated all day long and wouldn't come down.

D Wow.

P So that's especially for women, because women have to be fed or their cortisol rises.

D Got to feed them.

P Men are a little different. Some men can go without food for a lot longer than women, but you got to feed a woman.

D You know Garfield said, love me, feed me, say you'll never leave me.

- P       Profound.
- S       There you go, Danny.
- D       And I thought he summed up what a woman wants.
- P       The second question you never ask yourself is, is all this worth it. So, I think so many people ask that question when they're doing things for their health. Like they're doing that prep in the kitchen and maybe they aren't loving the prep because they haven't formed thought pathways that this is actually living life. This is the ultimate part of my life.
- S       Maybe they joined a milk co-op to make their kefir or something. And they're having to do the collection of all the 15 families on that one day and it's like, is this all worth it.
- P       Some things aren't worth it. But I say if this is about your health and if you're not overdoing things. I think sometimes it's not worth it if you're putting too much busy stuff into your life for your health. So, streamline it, don't overcomplicate things. But then once you've got your basic sweatpants meals, like I can do this over and over again. Yes, it takes a little bit of prep. You never ever ask yourself from that time, is it worth it. Because the question, there's already an answer to that question. It is absolutely 100% yes, it's worth it. And if you don't do it, there are repercussions. So, you choose to never ask yourself that question.
- S       I totally agree. And going back to the beginning of your question, saying sometimes you ask yourself and you think, okay, yes, this is too much. But that's when you're wheedling out the weeds, is what you meant.
- P       Yes, I think the essence is looking after my health. Is body honoring food choices worth it? Never ask yourself that again.
- S       My point being is, is exercise worth it? Yes. Is getting a gym membership, and some people love it, but is getting a gym membership and I'm 30 minutes away. Driving 30 minutes through traffic, then working out for 45 minutes. Driving back through traffic and I'll be thinking to myself, is it worth to take an extra hour out of my family and out of everything just to be part of this gym? To me, in my life, I'd say no it's not worth it. Slowly buy a dumbbell every two months.
- P       Right, but for some people that need that social aspect and that's where they get to be with to be with their friends and exercise, that is worth it.
- S       Right. But the overarching question you never ask yourself, is exercise worth it.
- P       No. Or is eating healthy worth it. You just don't. It is going to take some effort.
- D       That's already been answered.
- P       Yes, it's already been answered. Don't ask it again. It's so dumb, it will ruin you.
- S       I love that. It is so true.

P It is.

00:34:45

S I love it.

P It's going to ruin you, that question. You can figure out the fine details of what complications are worth it. Like the essence.

S Yes, like trying to sort out the fight between your husband and you. Know you've got to go through the misunderstandings. And go through the technicality of the conversation so that they can hear your heart or whatever. And sometimes it feels like it gets more messy before it gets clean. You don't ask yourself if it's worth it, because it's so worth it. That extra time and effort is so worth it.

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

S Serene. This is The PODdy with Serene and Pearl. Get it right, it's P-O-D-D-Y.

P So then my number three question is, and this happens to me a lot, but I'm going to break it. Do I have to keep doing this? This happens to me when I'm in the middle of a workout. Especially those first five minutes, Danny. And it feels really foreign to what I really want to be doing is sitting on a lovely couch drinking a lovely warm cup of coffee.

S My Serene tea?

P Yes, something like that. But opposite to whatever I'm doing now, which is pushing my body to limits that it doesn't naturally want to go to.

S Do you know when the question comes? When you're in the hardest push of your weight workout. Or you're at the end of your glycogen, you've got no energy left in your muscles and you're in the last two seconds of your sprint or something. Or when you're in the dying cockroach position or something on your workout. That's when your brain wants to ask that question. When you're in the most pain it wants to say, imagine yourself doing it the next Friday and the next time it's slotted in. You never look at those future slots.

P No, because I think to myself during those times, and I ask myself, do I have to do this again tomorrow? And then I'm going to do it Thursday? I'm nuts. If I think about the question while I'm doing it, I think no, I never ever, ever want to do this again.

S And now my brain yells out, sufficient today is the evil thereof.

P Yes, but that's why you should never allow yourself to do it. Because at the end of that workout or the end of whatever you were struggling with, you feel amazing. You feel like, yes, I do want to do that again on Thursday.

S And if that question gets accidentally asked, and we don't like it when it gets asked, and we try and shut the question down. But if it gets out in our brain before we shut it

down, I always tell myself, Serene, this is less than an hour, always. How many hours are you going to be sitting on your tuft for the rest of the day? You have to do battle with it. Will I have to do this tomorrow? Well, you'll be sitting for 12 hours tomorrow.

00:37:31

P Yes, you could easily scroll on your phone for 45 minutes or 20 minutes or however long your workout turns out to be.

D Yes, colossally wasting time.

P But it just feels like man, I'm putting so much. It feels like time has stopped and you are doing this, in a way, painful thing. You are forcing your muscles to do things. And you think, I never, ever want to continue this. It's nuts. It's craziness.

D Do you know what? What's funny is those are all great questions for stuff you shouldn't be doing.

S Yes, and your brain never asks them.

D Do I want to keep doing this?

S Your brain never asks that.

P It doesn't.

S Yes, it just never does.

00:38:10

P Yes, because if I'm sitting scrolling on the phone wasting time, my brain never tells me, do I have to keep doing this.

D Is this what you want? Is this what you want?

P But you know, think about the things that you do every day that you just know you have to do. Brushing your teeth, I really don't enjoy it, but I don't allow my brain to say, do I have to do this tomorrow and then the next day, because if I did, I'd start to get depressed in life. I just do it.

S The knowledge of the rotting teeth is just clear enough in your brain.

P Yes, you have to do that. Making my bed too. So, now that I'm a bed maker, guys, I've just been really growing into this. Those of you that have listened to The Poddy for many years know that I was a baby stepper into it, and I failed, and I failed, and failed, until I took on the identity, and then started making my bed. But even when I was a bed maker I went several days in between sometimes, but I'm like, no, I'm still a bed maker. I'm not quitting, I'm going back to it. But now I'm a true bed maker where it's such a part of me, when I see my unmade bed, I'm like, how on earth did that happen, I'm a bed maker. And I just go make it straight away. But at first I'd ask myself when I was in the midst of making that bed, I hated it. I don't know, I just don't like making beds.

00:39:23

S Is it worth it?

P Do I have to do this every single day?

S I'm just going to mess it up again.

P Yes. And then till I stopped asking myself the dumb question and just did it. I just make no room in my brain for the questions that would inhibit this really good thing in my life, because it's a good thing in my life. It makes me feel grand about myself. And guess what? I sent this to my son. I was scrolling through Instagram the other day and there was this thing that said, people who make their bed are, I think it was 2,000 times more likely to become millionaires or something. My son's all about making money and things. I sent that to him and he's like, oh, Mary and I decided we're making our beds.

D Nice.

S That's so funny.

00:40:07

P So, he went and made it, and then she made it the next day. But it does give you a sense of that your life is not just a shamble, for me. When I see my made bed, I think my life is kind of put together. It helps me. I don't know what it is. You might not need it. I don't put this on anyone.

S Exercise does that to me. When I feel like I'm walking up the stairs and I feel the muscle that has been worked. You feel the tension that's left over in it, you feel that work, I think to myself, for the rest of the day I'm a mountain mover. Your posture... You stand better, you are a different person. You are strong, you think strong. And so for me it's worth it for the aftereffect that goes on for hours and hours and hours and hours. But I love your whole concept, Pearl, with all these three questions. We mute the noise that doesn't work for us. Stupid questions.

D I find when I get up early, like super early, shower, get ready and then I'm just absurdly ready early, I feel like a king by 9 AM, because I've accomplished so much with no distraction. And of course I'd ruin it, because I'm like, I've done all I should do today. And at 9 o'clock I'm like, time to watch movies. I literally will do that.

P This is a funny thing, our mom... Because we enjoy watching things on a screen at night that our mom did not... She raised us...

D That was a long way to say movies.

P She always said...

00:41:46

S On the screen... Watching things on screens at night.

P No movie or TV during the day, so our thing was, we could watch things at night, but the day is not for TV or movies

S If it's light outside, unless you are almost in the grave, the screen doesn't go on in the day.

P We grew up with it. And now my husband's like, Saturday afternoon, come watch a movie with me, Pearl. I'm like, but it's daytime. I can't do that. I mean, it's foreign.

S It's gone to our family too, yes.

P I just can't do it. My children can't do it.

D Did you guys fight your mom over media when you were younger? Or was it just the rule?

S There was no media, was there? It was a phone on the wall.

D A big rotary, yes.

P And sometimes we'd want to come home from school, remember, and watch cartoons.

00:42:28

S Watch The Brady Bunch, remember that. Charles in Charge.

P I think about five, sometimes we'd be allowed to watch Brady Bunch or something. But the day, daylight hours, you weren't watching things. And I kind of love it, I kind of love being that way now. Where I've learned to relax at night, but the day's for getting stuff done.

D Did you feel like the weird kids in the group though when you were younger? Or did you ever notice it?

P Yes.

S I felt cool.

P I mean, I liked it.

S I liked it, because mom always didn't give us just the rule. She gave us instead of watching people on a screen doing amazing stuff, you're going to be the one doing amazing stuff.

P She spoke life into us. Almost too much life. You're so amazing. All the things you're going to accomplish.

S She would write it on the toilet walls. The world awaits to see what comes out of 18 Welby Street.

00:43:21

P That was our address.

D I'm going to write it on my mirror at home. I love that.

P So, I don't even know how we got onto TV, and all of that.

S I don't know.

P But I feel like we're done. Don't ask yourself those three dumb questions. Goodbye.

S Bye-bye.

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00:44:17