



Trim Healthy Podcast with Serene and Pearl

Episode #312 – Is Whole Grain Wheat A Good Choice? And Other Food Discussions!

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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

Announcer What's that place you've always wanted to try? Well, here they are, sharing plates with... Just one bite. Or on second thought, maybe not sharing. It's that good. 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, P-O-D-D-Y.

D What's up, people. It's the Trim Healthy Podcast with Serene. I don't know why I can't do that. It's like I have it memorized, and sometimes it just farts out.

S You might need a new line.

P You might need to say... Not say what's up, people.

00:00:36

D Well, I don't say what's up people all the time.

P No, that's true. Sometimes you say... You didn't feel it.

D The line is Welcome back.

S The line has been done, Pearl.

D The line is welcome back to the Trim Healthy Podcast, or it's the Trim Healthy Podcast?

S What if you say, it's the Trim Healthy Podcast, welcome back? Rearrange it.

D It's disgusting.

S You know, like just... Well, what would you...? What...? I think the line needs to be reinvented.

00:00:59

D I don't know. I think sometimes reinvention... There is a consistency in familiarity that people love.

S Yes, but you were the one that said you're done.

D Welcome back to the Trim Healthy Podcast with Serene, Pearl, and I'm Danny Valdes, and we're so glad you tuned in today.

S Dumb.

P No, I liked it.

D It's really nice.

S No, that's like a normal podcast, like...

P Well, we ain't normal.

S Yes. That's like the podcast that people have normal personalities, not...

D All right. Hey, I got you. What's up, fruitcakes? It's Serene, Pearl, and Danny, and you're listening to the coolest podcast on the internet. Why? Because we're as weird as you.

00:01:29

P There we go. Serene?

S That was great.

D Yes. Yes, because we're not polished podcasters. There's two moms up in here...

P Yes.

D Who've stayed married.

S Hm-mm.

P Who stayed married.

D That's weird.

P For like...

D And there's a dad...

P Yes.

D Whose...

S Who loves his wife and thinks she's gorgeous hot.

D Yes.

00:01:46

S And that's so cool.

D And he's trying to do it right.

P That's exactly it, two moms who've stayed married and one dad trying to do it right.

D Who's trying to do it...

P And we talk about health and marriage and...

D Struggling through it, man.

P And fun things.

S No, we ain't struggling through nothing.

D I mean, life is struggle.

S We're joyfully walking...

P No.

S No, it is not.

P No, Dan, that's...

00:02:03

S Sorry, that was wrong.

P It's all the way you look at it. If you think life is... I'm talking to the Dan.

S Like, fired.

P You, you're not a person that thinks of life as struggle. You think of life as something to...

S You've rewritten your whole life.

P Harness.

D Here's the thing though.

S You're quantum Dan.

D Quantum Dan. I like that. I want that as a t-shirt.

P But that's you, Dan.

D It is. And that's...

S You're faking this other moron that's negative, sorry.

D No, I'm not faking the moron, and I know what that is. I get that. But life... It's okay. Life is struggle.

00:02:35

S No.

P It has challenges.

S No, it's just....

D Yes.

P If you look at it as a struggle, you are glass half empty.

S Yes.

P And that's what I used to be.

D Yes.

S Yes.

P If you look at it as promises for every problem, if you look at it as a life of wonder and awe, and get through challenges, yes, and sometimes hard but beautiful and joyful...

S Look, when I played...

P Then it's not a life of struggle.

00:02:57

S When I played with baby dolls when I was young, boy, that was fun and that was joy. But sometimes, when I was building the houses out of boxes and out of chairs...

D Yes.

S And out of all kinds of stuff...

D You had to rig it.

S Rearranging my parents' house, and they hated it, I had to really huff and puff. And I'm telling you what, it was hard work to play.

D Could you call it a struggle?

S Do you remember sweating, playing, when you were young?

P Yes.

D Right, well, maybe struggling.

S Struggling, but life...

D Okay.

S But the play was not a struggle. I didn't see playing as struggle. I saw playing as my joy.

00:03:29

D Yes.

S But I was still huffing and puffing. I was doing some...

D Yes.

P There are struggles in life, but life is not a struggle.

S For every problem, there's a bigger promise, and a problem... This is what my friend, special friend who hasn't met me yet, Graham Cooke... He's the only one I fangirl over, besides from Jesus. Jesus is the biggest, right?

P Yes.

S He says, he's like, you got a problem? You are so jolly blessed. Think of the promise that must be so huge that's applied to that problem.

D See, and I'm right there.

S And if he doesn't have a problem, he gets worried. And he's like, hey, Lord, you remember me? Have you forgotten me?

D That's funny. Maybe we're in violent agreement.

00:04:11

P Yes.

S Yes, I think we are.

D Because everything you're saying, I'm like, well, yes.

P Yes.

S I know you Dan. You just faked some weirdo before.

P Yes. No, I think we're in violent...

D Hey, before THM, would you...?

P Violent agreement.

D When you were in...

S Such a great line.

P Yes.

S We're in violent agreement.

D When you were in Cockroach Casa...

P Yes.

00:04:26

D Would you have said life is a struggle then?

S Pearl, you were so happy back then.

P No, no, darling, darling, just let me answer him. Yes, I was happy and joyful because I liked being a mother in my home and stuff. But no, the way I viewed life, when people would ask me, how're you doing, Pearl...

D Yes.

P I would never say good. That was not authentic. I would say...

S Because she wasn't I'm that Girling yet.

P No, I wasn't, but this is before I'm That Girl.

D Yes, this is...

P This was before What If You Could? This is...

D Yes, this is pre-mindset, for sure.

P Yes, pre-mindset change. I would say, I'm okay.

S But it wasn't the poverty that made her...

00:05:01

P No, it wasn't the... It wasn't because we didn't have a lot of money. It was just because life was a struggle. All right, there are hard things in life, and so I'd always say, I think I'm doing okay, we all go through stuff, things like that. Or I'm okay, thanks for asking. Yes, we're just... I had a lack of sleep lately. I'd always find something to say that was hard, because I wanted to be authentic and not be rah-rah, drink the Kool-Aid.

D Yes.

S She's the biggest Kool-Aid drinker now.

D Yes.

S She's drunk.

P I drink the Kool-Aid because I'd rather live in the Kool-Aid life that is awesome than life that is a struggle.

D 100%.

P Yes.

D Yes.

S Yes, but before the cockroaches died, okay...

00:05:42

D While they lived.

S In the fire.

P Yes, in the fire.

D While they yet lived.

S They tried everything...

P If people are just tuning into this PODdy, this is so weird for them.

S Well, the whole opening of the PODdy was we're two weird mothers and there's a weird old dad. Okay?

P New peeps in the room, I don't know if they'll ever join again.

S And we're not married to the one weird dad, just so you know. We've got our own husbands if you're tuning in for the first time.

D That's true.

S No, but...

P Imagine someone tuning into this particular PODdy for the first time.

00:06:08

D Yes.

S Okay, before the cockroaches died in the fire, they tried everything, and then they tried fire. No, it was an accident, okay. They're actually on a cruise, because...

P Okay, though you're not allowed to say any context.

S Okay.

D Yes, I know what you're thinking.

S Okay. So they'd actually earned money.

P This PODdy is not allowed a context.

S That actually got some money. They were off the food stamps, right?

P Yes.

S Concentrate, Pearl, friend.

P Okay. Danny is saying... Mouthing things to me.

D I'm mouthing context.

S And he's doing spit balls on the side of us, and it's distracting. Okay. So they actually were off of food stamps. They could actually not count out lentils are \$1.25. They were actually just...

00:06:48

D Yes.

S Putting their credit card plonking it down at the Krogers.

D Didn't have to put stuff back in the basket.

P Yes.

S No. They were just like, I can pay for groceries.

P Oh, we were doing well then.

S Yes, they were doing well, but... And they had this big manor being built across the way. But they were so happy with their cockroaches and their poor house, they didn't want to move.

D Yes.

P Uh...

S They couldn't be bothered moving because they were so happy.

P Well, it wasn't a not wanting to move, Serene.

00:07:10

S No, you had to get the fire to move you out.

P I... Yes.

S That house was gorgeous and over there, and you were not moving. You kept putting it off because you loved your cockroach house.

P No, I grew to love my house, yes.

S She did. She almost missed it, and some of the children were crying...

P Yes.

D Yes.

S When they moved over to the rich house.

D Yes.

S Because it wasn't the poverty and the yucky cockroaches and the house that was a trailer home that had holes through it, because you know, raising boys in a house...

P I'd already just changed my mind set at that point.

00:07:37

S Yes.

P I was learning to.

S So that's what I'm trying to say. I'm trying to prove the point that it was none of those negatives that were the reason why you were woe is me.

P Yes.

S It was a mindset.

P Yes.

D We're in violent agreement.

P Yes.

D Hey, we have a listener question that's come in.

P Yes, okay.

D Well, we have so many questions come in all the time.

P I know.

D We're taking one.

00:07:53

P We're taking one.

D We tried to take a bunch on a previous PODdy.

P We tried and only got one...

D And we got through one.

P Through one. That's because...

D And it was 15 minutes.

P Oh, ouch.

S And we could've gone on.

D Hey, it was good though. We trailed off into the right stuff.

P That was last week, we hope.

D Yes. Hey, this one is from “foodismedicine.”

P That’s her handle name.

D It’s actually “foodismedicinethm.”

00:08:13

P Oh.

D Her whole Facebook account is dedicated...

S This was an Instagram question.

D Oh, is this Instagram?

S Yes, that came from Instagram.

D Her Instagram account is dedicated to THM.

S Aw.

P Well, that’s great.

D She loves ya.

P Okay. Well, what does she say?

D She says, what are your thoughts on fresh ground wheat berries for making bread, as I am understanding you don’t recommend whole wheat? Isn’t this form about as pure as you can get? Thanks.

00:08:35

P Sure. Sure, sure, sure, sure, sure, sure, sure.

S You’re meaning, by fresh wheat berries, just 100% wholegrain wheat kernels that are dry and hard, right, before you grind, and you’re just going to grind it in your house or freshly grind it at someone’s house or whatever?

P You’re looking at me like I’m going to answer yes or no.

S Okay. So if that’s the case, sure. I believe...

P Well, sure in the context of what, Serene?

S Well, let me just say, we’re not against wheat per se. There’s just better choices if you can afford them. They’re ancient grains.

P But you’re jumping... Poor little sister. May I help you?

S No.

P You have to... You don’t want to just make bread out of wheat. You want to either

sour it or sprout it.

S I'm going to get there. We're just getting the flour first, Pearl.

P I feel like arguing with you.

S No, we've got to get the flour first.

00:09:17

P Okay.

S We've got to get the grain first. You can't sprout air.

P No.

S You've got to purchase the grain.

P Okay.

S And I'm saying, there is good and there's best.

P Okay.

S And we've always encouraged, especially before 2020, when things didn't cost so much...

P Yes.

S We like spelt...

P Or...

S Kamut, the ancient grains that you can... Maybe it's emmer wheat, maybe it's all of these einkorn things, these things that are the best because they're ancient, because they haven't been messed with a hybridized...

00:09:48

P And they do have less gluten in them.

S Yes, naturally.

P Still have some.

S Yes.

P But less.

S But, yes. And so we're saying this is best. But I know people right now who can't afford the spelt. Spelt has gone up, skyrocketing because of the times.

P Yes.

S So they buy the organic whole wheat.

P Okay.

S Red or white. The white is still whole, it's just a form of just the... Yes.

P Oh, like quinoa has different...

S Yes, exactly.

00:10:13

P You can get red quinoa, white quinoa.

S And they ferment the heck out of it. They make this sourdough bread out of it. And a full, good ferment is going to break down most of that gluten, right?

P Yes.

S And we're not talking just grinding wheat and making bread without fermenting, because I think that still has a high amount of gluten and I just think if you're going to use whole wheat, ferment it.

P Yes. Well, it makes, secondly...

S Or sprout it.

P Yes.

S And make those manna kind of bread rolls from the original, original book with the baby on it.

P Yes, and if you don't want to make our sprouted recipe, no, we've got one in the cookbook.

S Look it up on the internet.

00:10:49

P We've got a sprouted bread in our cookbook.

S Yes, but that's already sprouted wheat, I think.

P No.

S Oh, okay. Well, I know I put one in where you...

P But yes, why can't we use sprouted wheat?

S Great. But I'm just saying...

P Yes.

S They've brought the wheat. They've got a big bag of it.

P Oh, I see.

S You can sprout that in colanders at home and then blend it in your food processor and

make these little manna rolls. They're delicious. I think our first, first recipe has it in.

P Yes, but that...

S But you can look them up on the internet.

P Yes, that's kind...

00:11:12

S Similar recipes. But yes, so I am not against organic whole wheat. I like organic because I think a lot of the reason people have sensitivities to grain is the glyphosates. So I'd get organic whole wheat. And if that's all you can afford, if it makes you make artisan sourdough bread at home, more power to you. And I just told my mum. She's like, I can't afford spelt anymore, Serene. Like, go and buy yourself some organic whole wheat.

P Yes, because you're souring it...

S Yes.

P It's doing all the things you want it to do anyway. It's becoming less glutenized. It's becoming more bio-available. It's becoming more digestible. All the protein is going up...

S Yes.

P All those things that are almost making it more ancient grain-ish anyway.

S Right, yes.

P Now, if you start with an ancient grain, well, you're a step ahead anyway. And then you do the same thing to it, but...

00:11:58

S If you don't have enough money though...

P Yes.

S Rye is a wonderful natural...

P I was going to say that.

S And it's cheap but it doesn't make fantastic bread when it's 100%, for most people. It does for me, because I love dense breads.

P Yes.

S Most people don't like dense breads.

P I love dense bread.

S Okay, so if you love...

P So you do whole rye breads, don't you?

S Oh yes.

P And it's pretty cheap. Rye is pretty cheap?

S Oh, it's cheap as dirt.

00:12:19

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

S Serene.

S This is the PODdy with Serene...

P And Pearl.

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

P I do want to talk to you all about another ancient grain that's got no gluten in it.

S Oh yes.

P You know that my daughter has created an amazing bread basically.

S No, no, no, not just created. She, I think, downloaded it from heaven. She's genius.

P Well, it wasn't down... It took her about 100 tries to get it right.

S No, I know, but that's genius. The guy that created the light bulb, you'd call him a genius, right?

P Yes.

00:12:54

S She geniused this thing up.

P Yes, had to take a while to do it. But she uses teff. Teff is a completely different grain...

S What's the price of teff like though, Pearl?

P It depends where you get it, Serene. We...

S But even if you had the money to buy spelt, you might need teff.

P Teff.

S Because maybe you're gluten-free.

P Well, let me talk about teff. Teff, she found a source that's honestly about \$3 a pound. What do you think of that?

S I don't know, because I just don't look anymore.

P Oh.

S I just order from Azure and it comes.

P Well, I think that's pretty good, because if you buy teff straight off the Amazon, it's about \$8 a pound.

00:13:25

S Ouch. Because I buy in this huge 100 lbs. bag, so I don't know...

P Yes.

S By pound. That's what I mean. I don't go look and break it down anymore. Because I used to buy things in smaller quantities.

P Yes. But teff is amazing, because not only is it gluten-free, that means her recipe book is going to... Her recipe is going to come out in a recipe book when she does that. But it is incredible, protein wise. It is incredible with amino acids. It is very easily digestible and it makes the most yummiest bread.

S It sours so well.

P So good.

S No, her bread is blinking amazing. And she makes cinnamon rolls to die for with it.

P Ah.

S Oh. Has she got some now?

00:14:05

S Has she got some now?

P She made some bread this morning.

S Do you think I could get a slice before I go home.

P Yes, she loves to give Aunty Serene a slice.

S Oh yes.

P It's so funny, because my daughter, Autumn, she's got the Mum, Pearl, who is a Drive Thru Sue, right? And she thinks, well, my mum is okay, I'm sure. We get along. We're friends. But Serene, Autumn idolizes Aunty Serene, because Serene is a purist and Autumn is a purist, and any... She'd just love to...

S Actually, Pearl, you're not far off a purist yourself.

P Well, I've become more purist, but not near to the point of you. And whenever I say something, she'll ask me a question and I'll say something, she's like, but what would Aunty Serene say?

D Oh man.

P She wants to know what Aunty Serene would say.

S Oh, that's so funny. But in answer to that question, go buy yourself some whole wheat organic, organic whole wheat.

00:14:52

P Yes.

S Yes.

P No, what do you think though? Let's discuss this, and I don't think we've ever discussed it on the PODdy before. What do you think of sprouted breads in the store...?

S They've got wheat in them.

P I know, that they just use the wheat. They're sprouted.

S We've always said that's on plan. Ezekiel.

P No, we have. A lot of them though are not using fully-sprouted grain flours. They have grain flour first.

S They also add gluten.

P But do you know what I say? I don't think we should make the plan so difficult that you have to obey 1,000 rules.

S No.

00:15:20

P Just do your best. Do you know, the fact is that even if you want to do beyond plan and it's coloring outside the lines, and you don't even do sprouted or soured bread and you're like, I don't care what they say, I'm going to do my best with Trim Healthy Mama and I'm going to just do wholegrain bread and make my own...

S Dave's Killer Bread.

P Yes, whatever, if that's you. You do you.

S Yes.

P If you can get results, you doing you, then you should do you.

S Do you know what I think the biggest evil is?

P It might not be on plan, but it's coloring outside the lines and you're doing your plan. That's what I want to... Yes, what is the biggest evil, Serene?

S The biggest evil is all this, this is going to kill you, that's going to kill you, this is going to kill you, that's going to kill you. It's saponins, then it's salads and then it's phytates and then it's lectins, and then it goes on and on and on. And soon, guess what that is all leading to? Throw in the towel and eat McDonald's.

P Yes.

S It's like it's all just too hard. Oh, and the vegetables are going to kill you now too.

00:16:15

P Yes.

S You know, the Gundry thing and everything.

P Yes.

S You've got to get to the point where it's like, not everything is out to kill you. Now, we believe in the whole clean food groups, right?

P Yes.

S Yes, we do, and we're not ashamed to say that. We're not talking white sugar and we're not talking white bread and we're not talking about preservatives and chemical, but the good, whole, clean, like Danny would say, the food from the earth. Let's not get so complicated.

P Now, yes, and there's optimum. And Serene and I can sit here and talk for hours about what is optimum. What is optimum is an ancient grain, and you sour it and all these things.

S And you'll get best results.

P Yes, and...

00:16:47

S Especially if you're a stubborn loser, but we don't believe in stubborn.

P And especially if you're trying to heal diseases like inflammation in your body, you always want to do optimum and stuff. But let's just say that feels too overwhelming for you at this point. Was that flickering?

S Yes, it wasn't just you.

P The light was flickering. I thought it was my eyes.

S No, no, no.

D No, the lights flickered.

S Going in and out of blindness.

P Yes. That was weird.

D Like, I'm an old lady.

P Yes. Then I feel like you've got to make this plan work for you where you're at. And it's almost like what I've done, Serene. I started off so Drive-Thru-Sue-ish, you know?

S That's why it was so doable for you.

P It was so doable. It's always been so doable. And then only with joy and passion have I changed over to things.

00:17:24

S Right.

P Kefir to me is not some dirge that I have to try to be purist. It's only...

S But people don't have to wait for the joy. Sometimes they can walk into it with joy.

P Yes, but only when you're ready.

S When you're ready. No, but what I'm trying to say, if people say salad is never going to bring me joy...

P Okay.

S So you just stay on the other camp...

P Yes.

S Sometimes, you can just say, self, with joy, you will eat a salad.

D Yes, what does that mean by ready though? You mean like crippling and health failing?

P I think when you've got some things already...

00:17:51

D Baby steps.

P That are easy in your life, you've already figured out, well, hey, I can do oatmeal for breakfast or I can do eggs sometimes, and hey, my lunch works really well with this easy sprouted grain sandwich, and my dinner, I'd really love a salad and rotisserie chicken, it's so simple.

S I think what's she's trying to say is don't Thing One, Thing Two it. What was that book called? Thing One, Thing Two? Sam-I... No, it's not Sam-I-Am, it's...

D Green Eggs and Ham.

S No, it's the...

P No, it was Cat in the Hat.

S Cat in the Hat, right?

D Oh.

S When he starts juggling everything.

P Yes.

S You know? And then everything is up there, the cat...

00:18:25

P Remember the picture? He's juggling the light.

S The fish in the bowl and he's got the fan with his tail and he's doing all of it?

P Yes.

S It's like if you feel like that, the cat in the hat, just put it all down and just juggle two things.

P Can I bow to you for that analogy?

D Oh.

P Because sometimes, they're so good. I have that picture, The Cat in the Hat book.

D Oh yes.

P And he's got the light lampstand, and then, yes, his tail is juggling.

S And the boat with the little man.

P And they're all in the air.

S Yes.

00:18:49

P And that's the way Trim Healthy Mama can feel if you're trying to do everything perfectly and optimal and...

D Yes.

P Start where you're able and do baby steps. But don't think of yourself as baby your whole journey through, because you've got to grow up too. So stay up.

S Right, let it all happen.

P Just stay up.

S Stay up there, yes.

P But Danny, I have to ask you, so you grew up in a Mac-and-Cheese home, pretty much, and pop tarts and stuff like that, like a salad. Because Serene just said the word salad, and I just want to steer us in this direction. Because I crave salads, right? But I wasn't always that way. So when did you...? Was there a time in your life where you thought a salad was just kind of junk, not appealing to you?

D Well, when I was younger, and I'm seeing this in a lot of children, some of it is the way the parents give in and the options they give kids.

P Yes.

D You already know that.

00:19:43

P I do.

D But yes, I was that kid who simply would not eat a salad.

P Yes.

D Fight and cry, because now I'm out of my mind, because that's what was for dinner. Single mom, ain't got it...

P Right.

D To fight with some strong-willed child, and out comes the hot dogs or whatever.

P Yes.

D And there's millions of kids all over America, there's people listening now, going, that is my life.

P Right.

D I've got close relatives who would say the same thing. I would love for my kids to eat earth food. They will not eat it. They will scream and cry. They'll stay up till midnight. We'll be fighting the whole time.

00:20:20

P Yes.

D They'll eventually pass out.

P Yes.

D The next day, it'll be wrecked as I try to take them to school.

P Yes.

D Or I try to home-school them, and then it's this downward spiral of psychosis. But that was me, to answer your question. I was that kid.

P Well, how...? Yes, but as an adult, you still lived on a lot of Coca-Cola and sugar and things for a long time in your adult life. But when did you come to know, because I've heard you talk about, man, and placing a nice piece of salmon on a salad, and just that...

S Spinach.

P When did that happen for you?

D When the pain in my body and fear became so great. I started being afraid that I was dying, that my Coca-Cola habits and my Mac-and-Cheese habits have finally come to roost, the fear I've had my whole life that...

P Yes.

00:21:10

D Because I always said, one day, I'll stop eating this way, I'm going to start eating what I know is real food.

P Right. This is such a man thing, because men respond to when incidents happen to them.

D Fear and pain, yes.

S Yes.

P Yes, apart from the real crunchy guys that are leading revolutions and...

D Yes, no.

P Most men, they have to wait for something to happen to them.

D Yes. So that's what was happening. I was even... We were beginning to host this podcast.

P Yes, and you were... Oh, I remember. You still were bringing your junk in your backpack.

D Yes. I'd bring in garbage and just be like don't look at it.

P Yes.

00:21:36

D Just ignore this.

P Yes.

D Nothing to see here. Tall, extra-large McDonald's coke in a McDonald's coke cup on your holy table.

P Yes. Yes.

D And you all would just be so nice. I would see the little, tiny glare, but overshadowed by sisterly love and acceptance.

S I remember... Do you know that I remember your wife...?

D Oh?

S Coming to the Nancy Campbell after church, and me...

P Our mother, for peeps in the room.

S Sitting and just asking for prayer over Danny's lunches at work and asking for ideas...

D Yes.

S On how to help with the healthy approach in the house.

00:22:10

D Yes, and what's...

P Yes, but now, you're earth foods Dan, right? Well, of course, you can go to a party and just be wise about it but still have some things.

D Sure.

P But that went from having a need, like I'm dying here, my body is shutting down, so I better eat healthy.

D Yes.

P But when did that grow into a love and a respect and an all-things admiration for these healthy foods?

D Oh. Yes, that's such a great question. When does it transition from I have to save my life, even though I don't like this food...?

P Yes.

D And I don't want to eat this way...

P Yes.

00:22:40

D To, oh, my God, I am in heaven...

P Yes.

D Filled with the dripping nectar of the orange on the tree...

P Right.

D And God's very candy is to me like a tangerine now? It's just time. It's time.

P Yes.

D You know what it is? It's getting through the withdrawals...

P Yes.

D From your chemicals, because that's what those foods are, is they're chemicals.

P Right.

D Getting through the withdrawals, the emotional tie-in. And that just takes time. And at first, it was discipline for me to sit down and eat a salad. Right now, when I think about salad, I think really good thoughts.

P Yes.

D When you just talked about that, on my salad is crushed nuts...

00:23:17

P Right. Yes.

D Mixed with cranberries and, oh, some feta cheese.

P And you talk about just that little bit of honey drizzled over.

S And a really nice olive oil from Tunisia.

P Oh.

S Ah.

D Oh, Tunisian olives dripping across the top of my salad.

P Yes.

D I'll take... This is a power move right here.

P Yes.

D If you... So this is in very small quantities because it's all you need... For me.

P Yes.

00:23:39

D You all would probably be like, not on our salad. But for me, I will take a razor-thin drizzle of ranch or something.

P Yes.

D Or anything that could replace ranch, so some creaminess.

P Right. No, yes, no, some creaminess.

D An even thinner razor...

S That's tahini for me.

P Yes.

D Tahini could probably be good, which I don't even know what that is. And then, opposite direction...

P Yes.

D To make the basket weave pattern...

P Right.

D Is a razor-thin drizzle of honey.

P Oh yes, honey.

S The creativeness you can do. You said to make the basket pattern.

00:24:08

D Oh. Yes.

S That's what I love about salads.

P Yes.

S It's the artist's palette.

D Oh, and the...

P That's why I can't stop with salads, because every night...

D Right.

P It's like infinite chess moves.

S Yes.

D Yes.

P And I go to make the same salad and I put the same components in, but just the one tweak...

D Yes.

00:24:23

P Makes me feel, oh my goodness, I've never eaten something so good, because I just tweaked it. I used maybe a little bit... Last night, what I did was... I always use either goat... If I'm doing cheese, I use goat cheese crumbles or blue cheese crumbles or feta. And I always separate them, like they never shall combine.

D Yes.

S Oh.

P But then last night, I only had a little bit of each. And so I usually do two tablespoons and so I had to just get just a little bit of each to make my two tablespoons. And it was the most amazing salad because I got a hint of this and I got a hint of that, and...

D Oh yes. See, that's the salad. It's the hints, the...

S Oh yes.

P Yes, it's the buried treasures.

D The power of the salad is those subtle hints. And you get new little pieces in every bite.

P Yes.

S And every bite is a different...

00:25:05

D Right.

S Got a little bit more crunch of that, little bit of less crunch.

D Yes.

S Depending what your fork picks up.

P Yes.

D Oh, I got a tomato in this one.

P Yes.

S You know that little claw that comes at the movie theatres and goes down and picks up?

D Yes.

P Yes.

S And you don't know what it's going to pick up, what toy.

D Yes.

00:25:15

P Yes, the bear or the watch or the...

S Yes.

D That's your fork.

P Or the iPad.

S Yes, that's your fork in your salad.

P I know. And some nights, it will be... Some nights, I'll use pumpkin seeds, or some nights, it will be crushed almonds or...

S Walnuts.

P And every night...

D Feta cheese.

P Is a new experience. Or my protein is a little different. Sometimes I'll bake my salmon, sometimes I'll sauté it, or sometimes it will be a...

D Black olives.

S Yes.

P A blackened chicken on there, and I just cayenne pepper the life out of that thing and there's spice.

00:25:40

S Oh yes.

D Yes.

P And then there's the sweet. And I always mix my balsamic vinegar with a little Super Sweet.

S Always.

P Because I love sweet and I love spicy, and it's just infinite.

D It's infinite.

P It's an infinite chess moves.

D It's infinite. And the bed, it's all rooted in green lettuce...

S Yes.

D That breaks down cellularly.

P Yes.

D And goes to your cells and gives them power on the energy level.

00:26:03

P Yes. Right.

S Quantum Dan.

D Quantum Dan is in full effect.

P I know.

D Yes, salads are magical. People underestimate the salad. I don't like really thick chicken on top of the salad. If it's chicken, it's got to be shredded down to be like a salad ingredient.

P Yes.

S Yes.

D But mainly, if I'm going to go protein, it's going to be salmon on a salad.

P Me too. That's my favorite.

S But I love a good hardboiled egg on a salad. I do love an egg on a salad.

P Oh.

D I feel goose bumps and I could cry right now.

00:26:26

P Yes, I know that much about it.

D I'm feeling emotional about this salad.

P And this is the Dan's wife prayer request? And look at him now.

S Look at him now.

D God answers prayer.

P He's about to cry for the love of salads.

D I'm going to cry over good, healthy food.

P You know what I love? I can do tuna, I can do some nice pouch tuna on a salad, but I find if I do tuna, because it's like the plain...

S Cold. I like a hot protein on a salad.

P Cold, it's kind of cold, but I can do it if I have those cranberries from Trader Joe's, the un-sugar one.

S Yes.

00:26:52

P And then the sweet pops help me with the tuna, and I'm very satisfied with tuna if I have my cranberries.

S Right.

D Hey, let me tell you a secret.

S But what about the egg though, Pearl? I do love an egg.

P Oh, I can do an egg. I can do an egg or...

D Oh yes.

S Two or three for me.

P But, well, if...

D With salt on it, mineral salt on that egg.

S Oh yes. But do you do tajin on it for a salad, or no? That wouldn't... That's not a good thing?

D Tajin doesn't hit me right for a salad for some reason.

S Not for a salad? Yes, I would agree with you.

P No, I like... I could do boiled eggs. I just don't usually... I would prefer a nice medium-fried egg on a salad.

00:27:20

S Oh yes, that's nice.

D Oh.

P Two.

S Of course.

D Oh, a fried egg?

S Two for me.

D Where it'll break out and drizzle on it?

P Yes, the yolk becomes part of the...

D I've never done it.

P Danny.

D Never.

P The yolk becomes part of the dressing.

D I think that would be... I would've thought that would've been counterintuitive, but...

00:27:32

P No, you just...

D When you think of it like a dressing, oh-ho-ho.

P You do them medium and you put them on top.

S And a lot of dressings have yolk in it too, you see.

P Yes.

D Okay.

P So a Caesar has an egg in there.

S Yes.

P But, oh, and it's hot and the greens underneath become slightly warmed...

D Right. Oh, that combo though, the cold and the hot.

P Oh man, I'm telling you.

S Oh-ho-ho.

D Hey...

00:27:52

S Do you know what though?

D We're at a standstill. We have to be quiet for five minutes.

S See which one wanted to go first again.

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

S I'm Serene.

S This is the PODdy with Serene...

P And Pearl.

S Get it right. It's P-O-D-D-Y. You know, it's a little bit of the pastured dairy, but I like the good culture, because it does have enzymes, natural fermentation enzymes, the good culture. And it's grass-fed too, the good culture cottage cheese.

P Yes, the cottage cheese with the brand name good culture. I love that stuff.

S The 1% or whatever. I love a bit of that on salad.

P Oh, it's cold.

00:28:29

S Oh, but it doesn't matter on a lunch-time salad .

P Really? Oh.

S Oh yes.

P How, with what?

S With some walnuts in it.

P Oh, walnuts. I could do it with walnuts.

S Oh yes, and a little apple on the salad too.

P Oh yes.

S Oh yes, balsamic too.

P Oh. Oh yes.

S Please.

P Yes, I could do that.

S Celery, celery chopped up.

P It's all about what you put with it.

00:28:44

D All right, I want to tell you some stuff. Okay, when we watch movies, right?

P Yes.

D And this ties in. We're watching archetypes played out in front of us. We're not looking at the great muscular physique of Wolverine and how powerful Hugh Jackman...

S I've never seen this movie before.

D Oh, Hugh Jackman as Wolverine, it's one of the greatest characters of all time. But it's because he's representing an archetype. It is the all-powerful man who can accomplish anything, who can overcome obstacles, who's suffered greater than any other man and has risen from the grave and overcome. It's this ancient archetype. And when we watch that, we're not watching something that is so much greater than the real us. The reason we connect with it and watch is it is what we can be. There is a part in us that is the great overcomer of the grave and the one who has suffered.

S Well, not like Jesus, but you mean just an overcomer.

00:29:47

D Your own suffering.

P Yes.

S Right.

D You're a child who went through that.

P She's worried you're just...

D I noticed that.

P Creating a new religion as we speak.

S Well, it just sounded like Jesus, overcomer from the grave.

D No.

S And I'm like, that's Jesus.

D Sunday morning Serene.

S That's my Jesus.

P I knew where he was going.

D Sunday morning Serene came out.

S That ain't no Wolverine. That my Jesus, Dan.

00:30:01

D Yes, yes. But see, it's an archetype. The reason that the Wolverine character works is it is harkening back to the one who rose from the grave, that idea.

P They're trying to show a little type. But what are you getting at?

D Oh, we're going to get there, children.

P Okay, just children.

D You take the woman in the red dress with the perfect form and the glowing skin and all of the image, the idea of women's strength and a powerful... And the red dress is important because it's powerful. And women watch that and they're like, oh, to be as beautiful as that model, to be as strong, and then... Or maybe she's doing all the kung fu, right, and she's...

P Yes.

D Taking down men twice her size and snapping arms. And it's just like, wow, what a bad.

S Sounds like the most not-enjoyable movie I've ever heard of.

00:30:50

P No, I can get into that. I love to watch that.

S Oh, okay.

D Right, but see, this is this archetype thing.

S I know Hallmark.

P Serene only watches Hallmark and baby shows. Okay, but keep going.

D So the thing about what we're watching is, again, not the unattainable. It's us. It's a mirror.

P Yes.

D And we say that is... I am the Wolverine.

P Yes.

D And the woman says I am that fox who inspires my man or who...

P Yes.

D Women look at and admire or whatever. The thing about these actors is if you knew their diet, it is so, so strict.

P Yes.

D It is all... And when I say all, I mean not a drop of anything other than earth food.

00:31:32

P Yes.

D The reason they get to look the way they do is not just...

P And you're speaking from experience, because you're hanging with these people now, because you're Hollywood Dan.

D I'm hanging with these people and we're... Yes. And even down to the least of us in the green room is choice food, the finest of steak. When you eat premium earth food, it matters that day. That day, you look... There's a regulation in your facial features. Your eyes don't sink in as much. There's tricks they do with water to pull the skintight across the muscle for men. They do water fasting, which is a whole other rabbit trail. But the point is that all of us inside, we all, as gravity takes its place, as we get older, we start to... We watch those movies and we long for that ferocious energy we see them... Just Tom Cruise just again running...

P Right.

D At 55 years old.

S Oh, Pearl, you watched that movie.

00:32:27

P Very inspiring.

S And you were inspired, you started... I was watching you sprinting the next day.

D Right.

P Yes, I was.

D Right, so we watch that and we're all like, oh, if I could do that, if I had the power to go on a mission and dive off a building and save someone and everything, and we want that vitality. And I'm telling you, the vitality is in the food we eat. There is a nutrition that goes in. The reason Hollywood, they're on these amazing diets is because they have to channel these archetypes of strength...

S Right.

D And beauty. And it's something that we all want inside of us, and so much of it comes from just the simple food choices we eat. And so when you were talking about how do you go from muscling through and eating your salad...

P Yes.

D It's because when you start to experience that...

P Yes.

00:33:15

D When I can get out of bed and just charge through the day without the need for a nap...

P Yes, I know.

D Without being too sleepy to entertain or whatever...

P Yes.

D To be on 100% of the time, to be able to have tons of children and keep up with their energy...

P Yes.

D And be, in fact, more... Have more energy instead of, oh, these kids, they've got so much energy, it just wears me out, and yes, that happens, right, but for the most part, to be able to be putting them to bed and still able to go do your thing and handle your business...

P Yes. Right. So it was experience... It was the feeling after a while that changed you too.

D Yes. When you walk on the earth where you used to be, you now feel like a god or something.

00:33:55

P Yes.

D You feel... Or at least, let's... I'm waiting on...

P Sunday-morning pastor Serene.

D Sunday Serene. Sunday Serene is going to be like, actually, in First Corinthians...

P Yes.

D Chapter 77... But to walk the earth as if you're in this divine vessel...

P Yes.

D Because that's what it feels like when you go from couch potato Dan, eating his Mac and Cheese, enjoying his Netflix...

P Yes.

D To an aggressive man with power...

P Yes, I know.

D Over your finances and over your children and having wisdom to speak to... My sons are... My oldest is 17. Man, I've got to lead him like an alpha. And that requires steak.

00:34:34

P Yes.

D I can't lead my son on Mac and Cheese.

P No, you can't, and it is so right.

D I don't have the brainpower, I don't...

P It will turn you to a mushy man.

D It does, it turns... And I'm like, I don't know, what do you think, honey? What should we do? Instead of that, I'm like, here's what's happening, it's happening immediately, and I don't want to talk about it anymore. I'm like, I know the answer and I know what I'm going to implement that week.

P And that's so different to what you said on other PODdie's, but you're just feeling that right now, meaning that you like to let your wife express herself.

D Oh yes, she gets to talk.

S No, she was talking to her son. Honey was the boy.

00:35:08

P Oh. No?

S Honey. Yes, it was.

P Were you talking to Mrs. V or...?

D You know, I'm not sure. When I get in my...

S No, because he was sitting on the...

D When I get in my groove, there's no telling.

S He was sitting on the table with his son. I was all there in the movie. His son was sitting there.

P No. I saw Mrs. V walk into the kitchen, and Danny was like, I shall not abide your talking, this is the way it's going to happen.

S No, he was talking to the son. And the son was like... Because he's talking about leading his son.

D Hey, here's what's...

S I'm on it.

D Here's what's beautiful about this podcast. It's a choose your own adventure. You know?

00:35:32

S It's First Corinthians chapter 77, that doesn't exist.

D If in your heart I was talking to my son, I want you to live your life, and you live your dreams. But if in your heart I was talking to my wife, you too, you too have been encouraged just to...

P Oh man.

S Yes.

D Yes. And you're all invited to my funeral.

P Oh, we totally have to go now, because poor John.

D Poor...

P Oh, John just went to the bathroom. We've got five minutes.

D John.

P No, he's coming back.

D John just left and went to the bathroom.

P John has to leave.

D We're trying to...

P He's got so much THM stuff to do after this.

D We're trying to close the podcast. Hey, see ya.

00:36:16