



Trim Healthy Podcast with Serene and Pearl
Episode #309 – Why Separate Fuels? and (Other Great Questions)

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

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

- S This is the PODdy with Serene
- P And Pearl.
- S Get it right, P-O-D-D-Y.
- D Hey, welcome back PODdy People to the Trim Healthy Podcast. And yes, we're here!! Got some good news and some bad news today.
- P Oh, I didn't know this. Please, do.
- D The good news is I got bored, and I tried my hand at kefir.
- P Did you, really?
- S Oh, what kind of kefir?
- 00:00:23
- D Yes.
- P With John's kefir grains?
- D Water kefir from John's...
- P Oh, water kefir okay...
- D Kefir grains.
- P And?

D The bad news is it doesn't work, and it's hard, and you guys lied to me.

P Oh.

S That's because you're trying water kefir, I killed water kefir too.

D Oh, so water kefir's harder.

S Mm-hmm.

P Milk kefirs easy. So, ain't no lies from me. Now, John believes water kefir's easier, I'm sure. John thinks they're both the same.

D He's looking at me.

00:00:47

P Hey, but don't worry, Danny, when I first started kefir, on my first couple of tries, years ago, I killed them both, didn't I, Serene?

S Yes, I've removed the mic from my phone because I'm eating.

P Yes, and then I decided... I watched my daughter Autumn do it for a couple of weeks, and then I thought, how did I ever kill that. It's so easy. And I did it again, never did kill it again.

D I wonder if my house is just too cold.

P What do you keep your house at, do you keep it at a man temperature?

D Yes, like 70.

S No, my house is freezing because it's so large and so many cracks in it, and my kefir still stays alive, so it's something else you did wrong.

P But I need to discuss this for a minute. Man, temperatures, and homes. Now, I'm being stereotypical, but I would never allow my house to be 70, that's freezing.

D Oh, that is cold to you?

00:01:33

P Oh, yes.

D Well, 69, or less, for sleeping.

P They say it's better to do that... Well, Lesley is agreeing with the man temps. No, I like a good 74 during the day. Oh, yes, a good 74 and a 73 at night.

S I'm too vain for it, though.

P Why?

S I'm eating so I sound disgusting, and it's not my Yuck Yum, so I have to chew whatever's in my mouth, but I'll just tell you anyway.

D No, do that. Don't worry about the podcast.

S I say when the house is too heated... My cheeks are full of my food. I feel like it's

going to dehydrate my face and give me wrinkles.

P No, though, I think that's because you have maybe more old-school heating with furnaces, big furnaces, and stuff.

S No, it's just...

P I have, what do you call it, it's...

S Air conditioning can do that too.

P No, I know, but it's geothermal.

S What do you mean? It doesn't come out of a vent?

P It does, but it's geothermal.

00:02:23

S If it's getting the air hot...

P Thermal, doesn't that sound good for your face? It kind of does.

D Just by the way it sounds, you can tell it is good for your face.

P I do need to say something about your eating, though, Serene. I would like to, actually, comment about you. Because we usually comment on Danny's appearance, but I want to comment on your appearance.

S Can I shove another mouthful in my mouth?

P No, stop it.

S One more?

P No, you have to answer my question. Looking at you, I see that you are wearing leggings, with a wool skirt over leggings, and then a wool sweater. Now, on top of your leggings, you have long black socks with flowers on them...

S They're not Amish.

00:02:58

P Let me describe you. On top of those long black socks, you have ankle socks. On top of those ankle socks, you are wearing your, what are they called, those...

D Birkenstocks.

P Birkies.

D Yes, socks and Birkenstocks, she did it.

P I'm asking to know is this a new trend or is this just Serene?

S It's Serene. I'll tell you what's going on. I had my workout this morning. I worked out with my nice yoga pants that's kind of cool, normal, right?

P Yes.

S And I put my compression socks over top of the trendy ones, so that's kind of cool.

Normal. I've seen that. I've seen, even Cross Fitters at the gym doing that.

P I've never seen that.

S And then, I have certain barefoot shoes that I exercise in, and they were a half size too big, and so I always have to put this other little ankle socks to fit.

P They're thick.

S They're thick. To fill in my shoes.

P And they're grey, and they don't match.

S But then I was running out to this pod, and I didn't want to wear my barefoot exercise sandals and get them all muddy and your barn farm mess right in front of the stairs.

00:03:56

And so, I just threw on my good old trusty Birkies. So, I wasn't trying to...

P No, I'm just very intrigued by it, Serene.

S Can I eat my mouthful now?

P No, because I want to ask you about what you're eating.

S What about it?

P What is it? Because it looks interesting.

S Oh, it's just delicious.

P And you never share what you're eating, you're like they won't be interested in it.

S No, because it's too weird, you're not interested.

P But I am.

S Okay, well, I made my own kraut out of purple cabbages and red beets months ago. I made 21 jars, and it's so delicious. I'm down to my last three jars. I eat it every day. I love it. It's not too salty. It's more like a salad taste.

00:04:38

P Good, I don't like it when it's too salty.

S I particularly made it less salt by adding natural good bugs in it, like adding some kefir whey, from my kefir whey, and some other things from the internet that helped culture the vegetables and stop the bad bugs. I still put this salt in, but half. Probably half the amount. Its really coleslaw diced, that kind of texture. I drizzled tahini all over it, and then I threw in a bunch of sprouted sunflower seeds over the top, they're really crunchy when they sprout them and dehydrate them. They're so crunchy. I buy them off the Amazon. I used to make them myself, but I just don't have enough time. Bought them on the Amazon... Throw those on, and then when I strained my kefir, I had too much to pour in my jar, before I put the lid on, so I poured the extra over the top. So, it's like a coleslaw, the kefir became the mayonnaise with the tahini. It's the most delicious thing.

P So, it's like a double sour... It's a double fermented thing. You've got two super foods. You've got kraut, and kefir, and sprouted sunflowers, may I taste, please? Just leave me one bite? Wow.

S Isn't that amazing?

P That's amazing.

S Okay, I'll stop chewing.

00:05:46

P Now I'm chewing.

S Why reason why we were chewing...

D That looks amazing, guys.

S I would normally have eaten my lunch... Dan, you don't want to take from my spoon.

D No, it's great.

S You're not married to me, and you're not a sister.

P He looks so horrified. He has a grossed outlook on his face right now. He's looking at us two like, you're gross.

S I thought he felt left out. But I wouldn't share a spoon with Dan.

D No, I was disgusted that I was left out.

P You were?

S You don't share a spoon with Dan.

00:06:10

P Why wouldn't we?

S It's not done.

P We've shared spoons with Dan before.

S Okay, but I want to say this, I would normally not be so rude, but the thing is that I was shaking from my Matcha. Sometimes Matcha makes me shake, and I had to eat to get over the shakes.

D Why? Oh, just the caffeine?

S Yes, I just don't know why.

D Yes, coffee makes me shake, but not Matcha.

P Well, it doesn't me, so get over it. Okay, here we go. We got some questions come in.

S Oh, could I just say one more thing? John is eating a Sovereignwater from his Sovereign vessel.

P He's drinking.

S Drinking, sorry... He had a special look on his face, just then, as I saw him chugging, it was a special look only Sovereign John would have drinking water. The look said this is the only water for me. I have found you, my love, my Sovereign water. You shall quench me. You shall heal me. It was almost worship as he drank that water.

P Okay, so he was. He was consciously doing it.

S Oh, I caught a special moment then. That's good. I love that, John.

P That's precious.

S But I saw that specialness.

P It was his love-for-his-dog face. He has a special love-for-his-dog face. Hey, we've got some questions.

S Where are you going to put the comma in that sentence?

D Love-for-his-dog face.

P But people are tuning in for a little bit of something.

S Okay, great.

P We've given no meat so far. Instagram, this time...

S Not my fault. You talked...

P My daughter Autumn, she's doing some of our social media posts, and she asked for any questions on our Instagram page. If you don't mind... liking our Instagram, and all that stuff that you do with Insta, following, and all that, you should. So, here are some of the questions. We'll do as many as we can. They're good ones. I thought we could start with this one, if you wanted to read it out, by Laurie Jess, is the handle name. Probably, Laurie is her name.

D Hi, could you do a back-to-basics refresher why separating your fuels are important, along with anchoring your fuels with protein. Why not Crossovers at every meal if you're trying to lose weight?

P So, it's a good question, especially if you're a new person in the room, or especially if you've just been listening, and listening, and you need just some anchoring again. Why do we separate fuels? It's a really good question, and one to revisit. And guess what? You know what, Serene and I, we came out with this, through no scientific studies that actually studied what separating your fuels does. It was our own concept after going on many bodybuilding sites and seeing what the bodybuilders did to shred their fat and to keep their muscle, and to keep their metabolism.

S Oh, man, bodybuilders know how to hack the body.

P Yes. So then, we learned, we discovered, there's... and through going into the Bible and discovering well, all food groups are in, obviously. But it was amazing that they were able to do that, but we thought this won't work for women, it's very

extreme.

00:09:05

P So, Serene and I came up with our own way of doing this, but do you know what, Serene?

S Oh, not only extreme, but it's also very unhealthy.

P There is a new study that has come out, Meadow just showed it to me, and I'm going to do a whole article about it, that actually shows that focusing on one fuel at a time is extremely healthy for the body. Now, there's, obviously, a place for Crossovers because, Serene, you and I are at goal weight, and you are working out, strength training, and we need some Crossover meals sometimes. And those at goal weight, we should do them...

S I live on only Crossovers now.

P Yes. But if there is weight to be lost, focusing on one fuel at a time is a healthy way to do it. Why does it work? Let's talk about it, Serene.

S Well, the deal is that our bodies are designed to always burn glucose first. Always, always, always, always. It's a safety mechanism. The body's blood sugar supply, it has to be kept at a certain homeostasis. So, when there's sugar in the blood, your body is going to take care of it first. So, when you have a meal, and you have your glucose and you have your fats, which is the two forms of fuels together. That would be a crossover, having your glucose as a fuel, and having your fats for fuel. Your body's going to say, okay, I'm burning this glucose first. Now, if you've got a bunch of fat added to that, you're going to burn through the glucose. Maybe you'll get to the fat, depending on how active you are, and depending on what kind of carbs you've put in there. If you've done it with a Trim Healthy meal, and you've done only the slow burning carbs, you may get to some of that fat. But when are you going to get to your adipose tissue? That would be third. You may never start burning that third fuel supply. Pearl, I can see you're trying to jump in, I'm just going to finish, and then you're going to jump in. So, why we need to separate the fuels is to give your body a chance to get to your own adipose tissue. So, we single it out and we say let's do an energising meal, let's just have carbs. Okay, so it burns through the glucose, which is designed to burn through first, and it's like, oh, I'm still hungry, I'm going to burn adipose tissue. If we do an S Meal, it's the only time the body will be allowed to burn fat straight away, because if you add glucose to it and make it a Crossover, it won't burn it until the second fuel. And so, if you allow it to burn through fat first, it can still get a chance to get to your own adipose tissue.

P Yes, so, really, it's a hack. What we're doing is, without harming your body, as most diets do, you take away too many calories, you harm your body. You lower your leptin levels. You start intermittent fasting; you harm your body. A recent study came out just October of this year that showed those that skip the first meal of the day in intermittent fast, 16:8, they just found that you will have a slower calorie burn throughout the rest of the day. Meaning your metabolism slows down. So, all these different things, or you go...

S I found that to be true, actually, personally.

P Yes. Or you go just low carb. Okay, so then you have your own repercussions. But this is a way of including all the food groups and then getting to burn off the excess fat.

S And case in point, when Pearl said you're now in this form of separating fuels, if you have weight to lose or you're wanting to maintain a certain thing, and your body is just one that tends to gain if you have everything, this is the way you can include everything and be thankful for all macronutrients, all food groups. Because, Pearl, when we started realizing, okay, we've always been removers, we always removed a food group, and we don't want to be that. We realize there's health in all of these gifts that God has given us. When we put everything in, the scale was not so friendly to us, we were like, wow, we know that this is healthy for us, but we don't want to keep going up and up and up.

00:12:47

P Yes.

S And that's why we realized, well, we still believe we should enjoy all food. All food groups, we're talking about clean food sources here, not candy, sugar, and cake. And so, this was the way we got to have everything, but still maintain our weight or lose our weight.

P Yes. And can I go back to something you said, this is where I wanted to jump in, Serene, but you said at the beginning, you probably might... If you put glucose and fat together, you might get... I will get through the glucose, hopefully, we don't know. You might get through some of the fat, we don't know, but you're definitely not going to get to your adipose tissue, especially if you're compromised in your metabolism. You said two things. You said if you are not... If you have any blood sugar issues, did you say that? What did you say?

S I can't remember what I said.

P Yes, you said something, but I wanted to add two things.

S Oh, sorry, Pearl, I should have let you interrupt.

P No, no, if you do not have enough muscle, you definitely won't. If you're a strength trainer and you work out and you have quite a bit of muscle, you probably will...

00:13:51

S Or you're in a certain season of your life. In your 20's, you have a natural, good amount of muscle around.

P Yes, you might be able to do more crossovers. Or you might be able to burn through two fuels in a meal, but if you're metabolism compromised, if you're hormone compromised...

S Or you've got no hungry muscle saying feed me, feed me, feed me with open mouths.

P Yes. That's when this way of losing weight is just sensible because you don't harm yourself.

S Like if you have a job, you sit at a desk all day, you haven't found time yet to exercise, and maybe you're in your season of life where, maybe, you're a post-menopausal, you're in that season where your metabolism is a little bit different.

P Yes.

D What's adipose tissue?

S Fat.

00:14:35

P Well, that's excess fat.

S Yes.

P Also, now I want to tackle the interesting ending question that Laurie asked. She said, why not Crossovers at every meal if you are trying to lose weight? Why not? If you are someone, here's what I want to say, that actually can lose weight with Crossovers, why not, go for it.

S Yes.

P I would say go for it. There's nothing... Crossovers are fantastic, they are nourishing.

S And that study that Meadow shared with you about how it's actually healthy for the body to concentrate on one fuel at a time, it was a wonderful study to bring because we want you to know that this plan is not dangerous. It was also a good study to bring because it's telling us that yes, this is safe. It's the same point.

P Yes. Good job, Serene. Crisp it up. Crisp it up. Crisp the point up.

S I actually had two points, but I forgot the one, so I just made the same one twice.

D Just repeated yourself!

S But the point is that if your metabolism is one that can burn through Crossovers, then Crossovers is the best way to go. It's not that single fuelling would be healthier for that particular person, no.

00:15:53

P No, not necessarily.

S Because if your metabolism is primed through exercise, through muscle, or through age, or through genetics, then Crossovers is the best. It's not healthy to separate fuels at that point, because it's only good to separate fuels... Because most people that need to lose weight, their metabolisms are compromised, and that's when it is healthiest to separate.

P Yes, Danny, and then I've got... I'll try to remember...

S But don't you think, if your metabolism can get away with it, Crossovers is your ticket.

P I agree.

S Because it covers all the bases.

D So, separating fuels is a foundational thing in Trim Healthy Mama, right?

P For losing weight.

D For losing weight.

P Or maintaining if your metabolism is compromised, yes.

00:16:34

D What do we mean by fuel, though?

P Fuel is your carbs and your fat and your protein.

S There are only two types of fuel.

P Carbs and fat, but protein is a given, you've got to have your protein.

S Right, as an anchor, but your body finds it... It's much slower to burn through protein for fuel. In fact, when your body has nothing to burn, it will often times break down your muscle inside of itself before it breaks down protein.

D Okay, so, in other words, low protein can lead to muscle loss?

S Oh, yes.

P Oh, it does. Catabolic, absolutely, catabolic. And you can't just have your protein in one time throughout the day, that's what all the studies are revealing now. Protein has to come throughout the day. It doesn't just work to, oh, I'm going to fast all day and have one protein meal. That is the most catabolic thing to do, they've discovered just recently. I do have to say something now, though. Laurie, why not just have Crossovers at every meal, even if you want to lose weight? Well, there may be a way to do that, but if you want to really indulge in the fuels... Like Serene and I, when we first started Trim Healthy Mama, we were coming from a vegan lifestyle, and we really hadn't indulged in, maybe, the animal fats for a while.

S We'd never had a steak with some melted gouda on top.

P No...

00:17:47

S Ever in our life...

D Lord, have mercy.

P Well, I had eaten more meat than you. You'd been vegan longer than me, but I was 12 years without these fuels. And I remember just thinking I can have butter now. And so, we would dive deep into the fats and really just exalt in them, and not at all skimp. If you're going to do the fats big time, like have nuts, plus olive oil, plus goat's cheese, plus avocado, there's not really room to do a Crossover if you want to lose weight because you're indulging in fat so much, it's wisdom to say, hey, just keep this to the fats. You're doing so many fats, and you really want to enjoy them, okay, great.

S Let's let your body get to burn them immediately, because if you put a carb in there, your body is not going to burn them for a while. It's going to have to go burn through the glucose first.

P But if you want to do Crossovers and you just really love them, there is a way to do them and, maybe, even lose weight with them, it depends upon the person.

S Do you know how?

00:18:45

P Well, let me finish this, and then you can tweak me and tell me if I'm wrong. You can just make them... I would call them leaner, cleaner Crossovers.

S Yes.

P Where you're not really super-indulging in the fats, you're very nice and...

S No pasteurized dairy.

P No, you're nice and safe with your carbs. It's almost like a macro or a zone approach, but you don't have to get too county with it. You can just eye it and like, hey, I'm not having avocado, plus oil, plus cheese, plus butter, I'm just doing one fat, and I'm going to be really considerate with my good, healthy carbs.

S You had one for lunch. I was staring at you at lunch time. You had this big, beautiful leafy green salad, and you had tuna, which is a lean protein, and you had balsamic vinegar, mostly vinegar, not a lot of oil, at all.

P I didn't do oil. I use peanut butter.

S And you had a little peanut butter and little, tiny bits. And then you had a nice green apple cut on that. So that was a Crossover because you had apple and a little peanut butter...

P It was more than my allotment of peanut butter, but it wasn't...

S But it was a lean, clean Crossover. She did not have shredded cheddar from Kroger's on there.

00:19:48

P No...

S She didn't have an avocado and then some rotisserie chicken with the skin on in that salad, and then decide to put the apple with it.

P And then have a piece of cheesecake afterwards. So, there are a way to do leanish Crossovers. And if your body suits that and thrives with that, and you love putting two fuels together, you love putting a little bit of fat, and some good carb in on meal, then that's just the way your journey can rock it.

S Do you know what, it's really, actually, still tweaking the system in a good way. You're saying to yourself I'm going to put a little glucose in there because I love it and it feels good to my body.

P It needs to be over 20 grams.

S But enough that I'm leaving room for my body to want to burn some of those fats that I'm putting in it, and I'm leaving enough room, I'm not going psycho with the fats, so that my body will still burn some adipose tissue.

P Yes. So, if you want to do these lean, clean crossovers, Laurie, I suggest sticking with lean protein portions. So, you're not doing the skin on the meat, you're not doing the big fatty red steak. You're doing lovely chicken breast, you're doing lovely tuna, you're doing, maybe, some lean salmon. And then you're putting fat on, but it's just one kind of fat.

00:20:55

S Case in point, our niece Rashida, she came out with a book, Trim Healthy Future. She's amazing. She's a whiz at this whole plan. But when she was a teenager, she really, really loved to indulge in the fats. She probably came out of the plant movement too, growing up on the Hilltop, when we were all a bit vegan-ish. But when she realized, okay, animal products are healthy... I remember her loving to make cheesecakes and loving to make these rich desserts... Meadow and her would make these rich desserts. They were such great bakers. They excelled at it. But she realized, when she got a little bit older, a little bit wiser in it, that she could actually take three quarters of those fats, that she would have in these excessive S meals, out, leave a quarter of that fat still in there, and throw in some carbs, and she was actually having less fuel to burn in these meals. You could actually call them Crossovers, but they were easier for her body to burn through those Crossovers than the excessive S Celebration Meals.

P It depends on who you are.

S Yes.

P So, she got thinner when she had wise crossovers.

S Yes, and so, it's really interesting. Some of us don't... Some people just don't do well with putting the two fuels together. Their body burns one at a time. But some people, if you can be smart with it, and wise with it, you can learn to make your own trimming Crossovers, and they can actually be weight-loss promoting for you, not for everybody.

00:22:20

P So, I would play around with that. If you want the Crossovers at every meal, Laurie, I will play around with them.

S Exactly, remembering when you're going to celebrate a fuel. If you have weight to lose, keep it separate because if you celebrate something, you're indulging in it.

P Yes, you really want to indulge.

S And that won't be a lean, clean crossover.

P Exactly, so, there's that answer.

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

S Serene.

P Celebrate the new year with delicious high-quality meat and seafood delivered to your door. That's right, Butcher Box delivers to your door.

P Serene, what are your favourites out of Butcher Box? Let me share mine. I asked you yours, but really, it was just to say my own.

00:23:01

S The question is just to open your own mouth.

P Mine are, of course, the grassfed and grass-finished beef. But my next favourite...

S Don't say it because it's mine.

P Is the wild-caught salmon.

S Yes, exactly.

P It's the only salmon I love that come frozen, that actually tastes good when you bake it.

S Most frozen salmon is fishy.

P I know.

S It concentrates the fishiness, the freezing of it all, but not with Butcher Box. I don't know what they do.

P Their chicken is pretty amazing too, though.

S And if you're a pork lover, then you've got to get their Heritage Raised... Is that what it...?

P Yes, crate-free.

S Crate-free Heritage Raised Pork. And it's amazing. Apparently, I'm not a pork lover, so I don't know, but apparently, it rocks. But guess what, you get free shipping, also, in the continental US.

P And you get to choose, and that's what I like, because you can choose from a variety of box plan options from curated already, to customised, where you can change the plan to whatever you want.

S If you are the type of girl that just wants burgers every day, you can just have ground beef coming your way, and you don't have to get any chicken in that box.

P Yes, and if you're an exclusive member, you can get... And you can save big on their favourite cuts. Cuts that are hard to come by these days. You also get recipe inspiration guides, tips, and hacks. Some are even personalised, so you can cook up mouth-watering meals. And when I say mouth-watering, to me, it's not mouth-watering if it is not also healthy for my body. So, you can have mouth-watering and clean meat. That's incredible.

S I also like the fact that you are kind of getting it a bit in bulk, you know what I'm saying, because there's a big box coming to your door. I like that because I don't

have to... I don't want to be worrying what's my protein tonight, oops, I'm out, and I have to get in the car and go through traffic and get mad.

00:24:46

P No, don't do it.

S Not with Butcher Box, and the other good thing about Butcher Box is if you get the good New Year bundle, you get 10 bucks off when you sign up today. And also, a 14 oz pork tenderloin, 2 lbs of ground turkey, too, and 4 top sirloin steaks free on your first box. That's amazing.

P You've got to sign up at butcherbox.com/trimhealthy. And use that code Trim Healthy to claim this awesome offer and get yourself some clean meat portions that always in your freezer or fridge for your new year.

S This is the PODdy, with Serene.

P And Pearl.

S Get it right. It's P-O-D-D-Y. Oh, yes, so we've decided which...

P Yes. Serene.

S We were doing this little this little... The Treasure Hunters is a group that Pearl and I are on, it's just this fun thing that we're doing now.

D Coaching, women's coaching group?

P Yes, it's mentoring, really.

S Yes, we just really love it. But anyway, we do a behind the scenes PODdy. When we come to the PODdy each week, we do a behind the scenes thing with them.

00:25:52

S Dan saw a guitar in the corner that these bachelors that rent Pearls PODdy barn during the week, when we're not recording, they had left a guitar there. Dan saw that, and he hooked it up, and John found an acoustic guitar, and they started signing away. And then we started playing away and singing away. Lesley, Pearl, and I, joined in, and we were just like, oh, my goodness, we have so much PODdy FODder to make songs out of. It's half a joke, but we might bring it to the table.

D I think we have so much to give as a band. I think the world... In a world of music that lost its way, I think we can show up...

P He's already doing the interview when he's hit number one on the Billboard.

S Yes, the lead song is going to be ***What if you Could?*** Written by Dan!

D Of course, that'll be the opening song.

P I'm That Girl, is another song.

S We had a song that Dan wrote, actually, a prophetic song he wrote.

P Yes, he was like by Lesley's farm, was it?

D Lesley's farm.

00:26:51

P Hey, but back to this. There's another question that came in, Danny.

D Oh, back to the questions, I was starting to get wound up there.

P Yes, I just saved it. I saved all our PODdy listeners from that.

S They know we were sarcastic, right?

P That nonsense.

D From the coming.

S We're going to get letters.

P No, I really want to hear those songs.

D Oh, they're going to hear them.

P Cassidy's email, do you see that one?

D Charlie's going to budget for this. Right, we're going to Cassidy's question?

P Cassidy, it's about her husband. It's a good question. You see that?

D Oh, there's somebody named THM My Way.

P Yes, well, you can read her question. Do you want to read hers?

D Lean in girl. But I've got Cassidy's if you want that.

P Okay, read Cassidy's.

00:27:26

D All right. My husband has been diagnosed with high cholesterol. We eat... I'm going to learn to talk. Ta-tey-tee-toe-too. We eat grass-finished beef, which has balanced Omega 3's and 6's. He eats relatively no sugar. Works out every morning at 5:00 am. He was eating loads of THM recipes, since that is all, I cook, until he heard about Keto and decided it would help his muscles become more defined and help him lose weight. He's 165-ish lbs, 6 ft tall, and in my opinion, doesn't need to lose any weight.

S Doesn't sound like it.

D The Keto thing bugs me, and I think it's not helping the cholesterol. I hate him having to be on a medication for hereditary cholesterol issues. Can you point me in a direction to find trustworthy medical remedies with food? I don't know where to research because I don't accept that medicine is the only way to help cholesterol issues. My husband can be healed, I just don't know where to find out which food will unlock the healing and repair. I know God can heal him. I know He will show me great and...

00:28:34

P Yes, I'm sorry, I'm cut off that picture.

D You screenshot that.

P I bet you it was mighty things.

S Yes.

D Mighty things.

S Well, first of all, are we sure that which cholesterol is high, because sometimes you can have high good cholesterol, and that's not bad at all, to have high good cholesterol. In fact, that's quite protected.

P You really want to know the ratios of your cholesterol.

D Time out, though.

P And you want to know... Yes?

D Hold, you can have high good cholesterol? Is that the thing at Walmart that wraps round your arm and measures?

P No, that's blood pressure, buddy. Good job.

D Okay, okay.

P Good job.

D You can't have high blood pressure and that's good, right?

S No, no, you don't want high blood pressure.

00:29:08

P No, you can't.

S But you can have high good cholesterol.

D But that's something to note.

P Okay, so, let's do a 101 with cholesterol. Okay, so you've got HDL, you've got LDL, and then you've got your triglycerides.

S Tell people, the new peeps that are in that may not know which one is bad and which one's good.

P I'm going to.

S Thank you.

D Don't tell me what to do.

P So, now, all of them are important. People call LDL bad. It's considered a bad one.

S Yes, but can I just say something really quick, just so people can remember which one is bad and good in the medical terms. LDL, I call it.

P Lousy. People can call it Lose It. HDL; you want it high.

S Happy... HDL!!

00:29:44

P Yes, happy. Okay, but let me talk to about the truth of it all. HDL, you do want it high, and you don't want LDL too high, but guess what, it's all about particle size. If you have small, dense LDL, it can seep into your veins, it can go through the little crevices, and it could become plaque. But if you have big, fluffy particle sizes, and even if your LDL and HDL are high, they're both high together, it's proven, you are not at risk for heart disease and plaque formation. We need to look at triglycerides. If your triglycerides are low, say, under 100, it means that your particle size is high, large, so you don't have to worry about it. So, we need to know more information.

D Yes, but are doctors going through this when they're reporting your cholesterol to you?

S No.

P No, they don't.

D They're just saying you have high cholesterol and here's the medication?

S Yes.

D So, this guy could be great.

S He could be in great...

00:30:43

P We don't know, but here's some things. I do think that there should be a balance of things for cholesterol, because we know that fiber from plants is so important, and from grains. It's so important for cholesterol. Oatmeal does help your cholesterol profile; it raises your HDL.

S It does. Yes. And our father, himself, has a genetic form of it.

P Yes. Now, there are genetic forms of this. There's Lipoprotein A1, and if you have that, you are at greater risk. You can even have low LDL and still have this elevated... It's called the Widows Maker. And so that's the main thing, you've got to make sure of that.

P But niacin is another thing that helps that. But would say...

S That's the one that flushes you, right? That gives you that flush?

P Yes, it does, and it's the only thing that helps the LPA. Lipoprotein A, I believe, 1.

L I feed niacin to the ducks.

P Do you feed niacin to your ducks, Lesley?

S Do you feed niacin to your ducks. Quack. Quack.

00:31:37

P That's so interesting. Who told you to feed niacin to your ducks?

P The veterinarian, that's so interesting.

D Now, niacin in humans can give you a red flush.

P It gives you a flush, yes.

S It's not painful.

P No, but if you need it...

D But it can be... I had a high dose once.

S You had a high dose.

P Yes, if you have a high dose, it's prickly. It's prickly.

D Oh, it's like 200 degrees.

P But another thing, another natural remedy is red yeast rice, and it's just like a statin, but it's a natural thing. It'll bring your cholesterol down, too, if you have genetically high cholesterol... Now, but here's the thing, I want to talk about it. I know that your husband may be convinced about Keto, but it's not a natural way to go.

S No, it's not.

P Because if you do... I would try this experiment on him if he's open to it. Get him to eat oatmeal five days a week, for three months, check... And put some psyllium in there, as well, check his cholesterol, three months.

00:32:29

S And also, I...

P I almost promise it will be down.

S I don't think Keto is really going to give him that... The only definition that Keto gives is it's a very dehydrating diet. It takes the water out of the muscles. And so, they will just look more shredded, but it's not necessarily a real shred. It's the dehydrated shred.

P It is.

S And so, our muscles are actually better hydrated.

P Yes, because when you take in carbs, your muscles take in fluid with the carbs, so they do plump up a little bit. It's similar to taking Creatin supplement.

S Yes, the bodybuilders want that natural pump.

P Yes, they do.

S I take Creatin every day.

P You can't convince your husband to do things if he doesn't want to, and maybe he's happy with what he's doing, but if he was open, I would just start... If he could like oatmeal, I would start with that, and watch his cholesterol profile change. Just watch it.

00:33:20

S Yes...

P I've seen it over and over with women. I've encouraged them. They're like, oh, I have elevated cholesterol. We talked about the ratio of cholesterol. And then I said, but hey, what are you eating in the morning? Well, I eat eggs every day. Well, eggs are fantastic, but you don't...

P Yes, where's your balance?

S Eggs bring a lovely healthy good cholesterol that supports hormones.

P They do.

S It's great. But that's just one side of the story we need the fiber side of the story to keep everything balanced.

P Yes, and the beta-glucans in the oats, and what it does to your digestive system. I feel like oats are a present from our Lord. The way they plump up with water and swell.

S And we're Scots, of course.

00:33:58

P And sustaining, yes, we're Scottish, but when I think about oats, warm, fuzzy feelings flood my body.

S And also, other grains, too. Ancient grains are so healthy. So, healthy, I believe for lowering cholesterol because of the good fiber that's in them, and also, for our microbiome.

P Yes, they are.

S That wasn't the question, but I just had to bring microbiome into everything.

P You've just got to. And I'll tell you what's fantastic... oats with kefir in the morning. Oh, baby.

S Oh, yes.

D What kind of kefir?

P I do a lean cow milk... I just buy 1% milk from the store, and kefir-ize it.

D Before we leave, are you guys going to help me fix my water kefir?

P Well, I'm not a water kefir expert yet.

S You can't talk because I killed water kefir, and I haven't gone back. I like to drink it though.

00:34:40

P But, Serene, Sereney-Pops, we are getting into water kefir soon, and we will become experts.

S Yes.

P But on milk kefir, Serene is the resident expert, she's done it for 20 years, but we

can't speak to water kefir yet. But our scientist guy that we work with...

S John Sov, man, he's the boss on that.

P Yes, well, John Sov is pretty much a water kefir expert...

D Okay, one question, then, is the store-bought... You can get kefir right out of a store-bought jar; you know what I mean?

P I don't know. All I know is milk kefir store-bought is not so great, so I'm not sure about...

D But water kefir, maybe.

S You ask John Sov, he'll tell you. He doesn't think store-bought Kombucha is as good as homemade, so maybe store-bought kefir...

P John Sov, we're going to give you the mic, and the question is, even though we'll probably have it studied by a scientist, is store-bought water kefir as good as what you make at your house? Here's the mic.

00:35:26

S Nothing's as good as the Sov's!!

J I don't think that any kefir that you buy, water or dairy is going to be as good... The stuff you make at the house is always going to be better. Just because we all know what manufacturing stuff on a large scale is, but there are some really good water kefirs out there.

S Can you say some brands?

J KeVita is a really strong brand. I know that in the Kombucha realm, Buchi, which is another woman-owned company out of North Carolina is also a very good one.

D Oh, we better support them then.

J Really good, but, Danny, yes...

D The man-owned businesses can perish. Who needs men? Sorry.

J Darn the patriarchy.

D You were saying?

J No, Danny, we can get together after this, I'll help you out because it's actually pretty hard to kill either water or milk kefir.

00:36:26

D Nice, I don't think I killed it.

J Yes, you can bring it back.

D It just ain't kefir enough.

J Yes, you can bring it back. But yes, any kefir that you make at the house, I think, is going to be... Small batch anything is always going to be better and healthier.

P I do say, don't analyze what you just made for a couple of days because whenever I...

S How did we get on to kefir, anyway?

P I don't know.

S We were on cholesterol.

P But whenever you do kefir and you're starting with a batch, I think the first week of that batch is throw-away stuff. It doesn't get good to the second week, for me.

S Oh, when you're starting something that you've got given in the mail.

P Yes, let's say you put them in the back of the fridge, and then you've got a new batch from you, or just something happens to them, and something goes wrong.

00:37:06

D They take a minute to liven up.

P Or you pour them down the sink for the wrong reason, or you just mess up, right?

D Yes.

P So, you get a new batch of kefir grains, that first week, I don't find its good kefir.

S No.

P I'd wait. I'd pour it out. I'd just get a bottle of milk and think this is throw-away milk.

S Yes, feed it to animals. Feed it to plants.

P So, it might be the same with water kefir.

S Rub it on your face.

P You might need to give it a couple of weeks, Dan, and then it will start effervescing you.

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

00:37:33

S I'm Serene.

P Buffy, best comforter you've ever jolly slept with. This comforter has over 18 thousand, 18 thousand, five-star reviews. Customers agree, as I do, that it is the softest, fluffiest comforter. It keeps you at that perfect temperature, so you feel cosy without overheating. I have one upstairs, where I watch stuff, of a nighttime, with my husband, I have to have a comforter. And then one, of course, on my bed because I hate heating up at night, and yet, I like to be very enshrouded in coziness. So, there's that fine balance that you have to have at night, Serene, right?

S It's smart, too. I don't know how it does it, Pearl, but it knows how to perfectly temperature control you. If you are feeling overheated, it somehow cools you

down. If you are a little chilly, there's a little nip in the air, I don't know how it does it, but you warm up and get all cozified. Something about it. It might be the fact that they use eucalyptus, it's ultra-breathable. I think that's it. But it's softer than cotton, and it's naturally soothing to the skin. Pearl, fact, it's sustainable. Did you know that eucalyptus uses ten times less water than cotton to grow? And its fibre produced using recyclable Earth-friendly solvents?

P Yes, and really, what I care about, though, is my sleep, my health during my sleep. It's hypoallergenic.

S And you're greenie, a bit.

00:39:00

P Yes, you're a little more greenie than me, but I love that it keeps out dust, mould, and mites when I sleep.

S Because you used to have the asthma of a child.

P Yes, I did.

S Childhood.

P And so, I just really care about my sleeping environments. Machine washable, that's huge. You throw it in your machine, it's not going to ball up into one tiny ball in one corner of the comforter.

S Have you ever had cheapos that have done that? Oh, my goodness, wrecked.

P All the time. So, hey, for \$20 off your Buffy Comforter, visit buffy.co. That's B- U- F- F- Y. co and enter code trimhealthy. But freak out, did you know that Buffy is so kind. Do you know that they offer free trials? You can try the comforter in your own bed. You can put your feet and wrap it inside the bottom of the Buffy and send it back.

S That's what you do. I do.

P No charge. If you hate it.

00:39:48

S Yes, but you're not going to hate it.

P But you're not going to hate it.

S And they know that that's why they can offer you this deal.

P Yes.

S But anyway, try it risk-free, you see. And for \$20 off your Buffy Comforter, visit buffy.co, enter trimhealthy. Just do it, because you'll love it.

S This is the PODdy, with Serene.

P And Pearl.

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

P Hey, can we go to the next question?

D Yes, we can. Who's it from?

P I don't know. Pick one.

D But you said... Oh, I can from anything on this...?

S Well, you had that lean in one.

P Well, no...

S You were like, oh, lean in on this, remember? It wasn't Cassidy, we've already done her question. It was... What was it, again?

00:40:26

P Hey, good, this is one for Serene and, actually, me. Melissa Volk...

D This is one for Serene and Pearl. I speak of myself in thirdperson, sometimes.

P Do you see the Melissa Volk one, if you don't...?

D I see it. Any ideas for an E Yuck Yum with some chew factor, similar to the soaked chia seeds? I tried quinoa, but it didn't taste great.

P Quinoa.

S Or E like adding something E to your.

P Well, I feel like I should answer this because you make S one.

D She set up this podcast.

P Sure.

D This is all a conspiracy for us to go home.

S Yes, definitely...

00:41:02

P I love E chewy kefir creations.

S She is the bomb with that.

P I don't necessarily drink them, I make them spoon-able, but the same idea will apply. Do a lean milk kefir, Melissa, and then here's what you put on top. You put the gojis because they have...

S I was just about to say, but they taste almost not chewy. When you put them in kefir, somehow, the ones I get from the Ama in that brown bag.

D Yes, I get the same one.

S They almost taste like toast, kind of crunchy.

D Because they get hard from the cold.

S Yes, it's so amazing.

P It's amazing, and it makes your kefir experience longer because you're chewing and you're in E, you want to stay E, just add a rounded teaspoon of cacao nibs, then you've got extra crunch, but your fat's still not very high. And then, you could add just a few little toasted oats on top. You just shove them in...

S Oh, can I say something, Pearl?

P Oh, my goodness.

S If you ever have any E left over Trim Healthy baked goods. I make my left discard sourdough muffins, and they have cranberries and things. And they're so moist and a little bit crunchy on the outside.

00:42:07

P Yes...

S If I have any left over, I will be crumbling them into my kefir.

P The best.

S Makes mine a Crossover because I forfeit, but it makes yours, Pearl, you've done it before with Autumn's leftover muffins, just a beautiful E. It is the best pudding.

P It's not the crunch, it's the pudding. But you put the crunch on top of the pudding.

S Yes, it's the best.

P I cannot describe to you. My eyes roll back in my head at how good it is.

S Yes, what is that dessert we have down-under, and it's layered?

P Truffle?

S Trifle.

P Trifle.

00:42:38

S Trifle. It's kind of like a souped-up trifle. Ooh.

P Ooh.

S Because trifle has sponge cake, with liquid-y custard, and then...

P Here's another question... But I do think that gojis will give you that chew for any E kefir. The kefir and gojis are just a match made in heaven, aren't they Serene?

S Oh, so delightful.

P Hey, what about from Rach Trim, down there on that same one?

D Yes.

P On that same one.

D All right. Rach Trim, I would love to hear a PODdy about husbands/men on plan and tweaks to help their stalls, since they are different than we women. My

husband is fully on board, and mostly on plan, but hasn't lost anything in over two years.

S I wonder if he was having too many S Meals.

P I was going to say the same thing because men gravitate to that.

S The hamburgers.

P Those Cheeseburger Pies.

S Pretzels, yes.

00:43:28

P Sounds to me, really sounds to me, like he needs some good carbs. Even if they're like what we talked about earlier in this podcast, the lean Crossovers, but plenty of volume in his food because he's a guy, he needs some carbs. It sounds like his metabolism has tanked because... Correct us if we're wrong, and write in, because he's been focussing on the S's too much.

S What my husband did, and he would come home... That's why it sounds so familiar to be because my husband would come home from work, and if dinner wasn't ready, and he was just manning out, he'd open the fridge, and it was deli meat or cheese hunks, deli meat or cheese hunks, deli meat or cheese hunks. That's all that he fed himself. And then, when he would want me to make him a meal, it would all be the S kind of stuff.

D Manning out, dude.

S He'd have eggs for breakfast, with sausage or ham, or omelettes. And then in the nighttime, he'd have his meat and stuff. So, it was all... He didn't have any carbs to get his metabolism revved.

P Same thing happened to my husband. He was oh, I'm always on... I'm on plan. He would tell me about it, and after my dinner, which I made, and which was always a cheesy casserole because that's what he wanted, ranch dressing on the salad, and the good, grated cheese on it.

00:44:39

P And then lots... And then he'd eat broccoli or cauliflower, but you had to put so butter and cheese, right?

S Yes, then, after that, was his nut time, and he'd sit there and just eat thousands of calories of nuts.

P It was all, basically, Trim Healthy food, but it was abusive.

S Yes.

P So, then, well, he got this thing where he couldn't eat nuts for a while. He got this diverticulitis, and so these days he can't eat a lot of nuts. He can eat just a few nuts. I started tweaking his plan. When he's home, he eats what I give him, when he's on vacation, he's all on his own. I would give him so many more E's for breakfast, or even Crossovers, and for lunch, and he started shedding weight. I

give him this smoothy, it's actually a crossover, where I put oats in it, and I put half a frozen banana, I put peanut butter, almond milk. Two lots of stevia, and some honey, it's just the right sweetness for him. And peanut flour, and a creamy whey protein [?]. But it's a beautiful E because it's got the banana and the oats. If I give that to him a few days in a row, the weight just drops off him.

00:45:43

S My husband started dropping weight, too, when I started feeding oatmeal every morning. And now he craves it. I'm always like, eggs on toast or oatmeal, and he'll always say oatmeal these days.

P Really?

S And I put the goji berries in it, and I cook up the sprouted oats with blueberries. And then I put a teaspoon of raw honey on top. And just enough little sprouted pumpkin seeds on top, good for the man, but just to keep in E mode, it's just a little bit. And he loves that with some unsweetened almond milk or coconut milk.

D And remind me, ADHD ones amongst us, why...?

S He has a protein drink on the side.

D Why oatmeal, which is a heavy carb, right?

P It's not.

S It's not a heavy carb.

P Gentle.

S Slow burning.

00:46:22

D It's a slow-burning carb.

P Yes.

D Why does it help you lose weight?

P It's such a weight-loss food because of...

D It's carbs.

P It's carbs.

D Help us lose weight.

P It effects your thyroid hormone.

S Gentle carbs.

P It revs it up. It stimulates your leptin.

D But what if I put butter?

P If you put butter, that's great, it's a Crossover.

S Which is great.

D But isn't that contrary to the idea that carbs and fats, you're combining your fuels?

00:46:44

S No, but we're looking at you, and we're saying yes, carbs and butter are what you want.

P You want to keep your weight on, not take it off, right?

D No, no. But you just said that oatmeal in the morning helped your husband lose weight.

P Yes.

S Because he didn't put butter with it.

P No, he didn't put butter.

D Oh, so the fuels were separate.

S He kept it in E mode.

P Yes, but we put a little bit of fat, but just enough.

D So, the oatmeal and the slow burning... Okay.

P Now, when I do his smoothy, I do put peanut butter in, but I put more than an E amount, but he still loses weight with it.

S Because a man, and men can usually take a little more fuel.

00:47:11

P Yes, men have more muscle. So, I'm saying I'm almost 1,000%, Rach Trim... Yes, Rach Trim. That your guy's not eating enough Es or Crossovers, and he's focusing too much on S. I believe that when, if he is open to you changing this up, I believe that he's going to get out of his stall.

S And also, and I don't know... Did she say he worked out, or was that the person before?

P No, that was the person before.

S Because sometimes, it gets to a certain age, if they're at meetings all day, or if they have an office job, or they're a salesman, they're sitting down, or they're driving, something where their day is mostly sitting... I feel like when a man starts to make his muscles hungry for fuel again, I find that they start to lose. Yes, sometimes sedentariness in a certain age group of men can really...

D And then, of course, she didn't say if her husband exercises or not.

P Yes, we don't know. And we don't know, he might need some testosterone, too, because that helps with your blood sugar.

S That's true.

P It depends what age he is.

S Yes, and it could be my guys, and the fact that he needed all of it.

P Yes, he needed all of it.

00:48:13

S He needed a little T, he needed a little E, energizing food, carbohydrates, and he actually needed a little blood sugar help, through a Semaglutide.

D Asking this one for a friend, do vasectomies lower testosterone?

P Well, I have looked into the data for that, and it hasn't shown that it does. However, some men fully believe that it has in their case.

D They've seen it, they experienced it.

P Yes, so anecdotally, some men say yes. I've looked at some studies, and they say they haven't found a correlation, but we'll see with that. Hey, do we have time for one...? We're at 43 minutes in, how about one more?

D Yes.

P I like this one from MKC Mackenzie.

D Yes, I wondered how to make this plan work if only one member of the family, me, is interested in this plan, but the potato-loving and starch-loving spouse wouldn't want this plan? Trying to make life simpler, not more complicated. I get that.

S Oh, I find it's quite easy.

00:49:12

P Yes. I would say... And obviously, maybe, MKC Mackenzie is just beginning, I'm not sure, but you can still be a potato-loving household.

S Oh, yes.

P I cook up a big, huge pot of golden potatoes every week, almost. And then we do a lot of potato meals, and we, of course, have the protein with it. If my family members want to crossover with those potatoes and have them with...

S Stick sour cream, butter, or cheese on them.

P Yes, make potato salad with them, or do many things, put butter, heat them up, but you can keep yours lean, and you can have a lean protein source...

S So, everyone can eat the same chicken, but you'll just eat the leaner parts of the chicken, or it'll be all lean, maybe if you just do breasts for everybody.

P And if he loves mashed potatoes...

S So easy to tweak that.

P You've got this big pot of potatoes at the beginning of the week, mash his. It takes two minute to do a single-serve mash, do yours a little differently. There are so many good ways to have mashed potatoes that are E. I've got them in our books,

but I could spend a lot of time now as well.

S Maybe she was just using potatoes as just a description of the fact that they're a carb-loving household. So, the fact is, there's so many ways of having those carbs at the table that they're used to, and you're just choosing to cook up a little brown rice on the side, instead of white.

00:50:34

P Yes.

S Or just choosing to not have a carb that night, and just celebrate with the broccoli and the protein source. It's just, basically, you're just tweaking the edges and leaving your family the way they are.

P Yes. If they want to be the way they are, that's fantastic. I think it's still so doable.

S Important. Yes, I think it's so important, too, whatever you can... Not just stress about it, however you can slowly steer their ship without them realizing it because it's their future, too.

P Yes, their healthy future. We need to wrap it up because we're 45 minutes in.

D Consider it wrapped, eh.

P Yes.

00:51:17