



Trim Healthy Podcast with Serene and Pearl

Episode #306 – Special Guest Allison: Her Healing Kefir Journey!

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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 · A = Allison · L = Lesley

00:00:00

S This is the PODdy with Serene.

P And Pearl.

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

D Hey, welcome back to the Trim Healthy Podcast! Today we have a guest and we're so pumped to have Allison Hartman who, I have no clue what she's even here for. But you know what I can tell by, when I met her, she walked up the long staircase, like risking her life, basically, to walk up the staircase. And I recognised her not knowing where from, we figured it out, but I knew just by hearing her raspy little voice that she can speak words and so I am so excited.

00:00:36

A It is a raspy little voice, hey?

D Yes.

S Spicy.

A I'm just realizing it.

S A smokers voice.

D I can see like she's got something to say.

S Yes, a Christian smokers voice, hey.

D A Christian smokers voice.

S And it's from yelling at children, that's what a Christian smokers voice is.

P So, hi, Allison.

A Hey.

00:00:53

P Allison is actually a really great, a really entrenched friend in our lives. Your daughter's marrying Serene's son, so it's kind of like all in the family.

S This is the one that I went to Israel with, and we pooped all around Israel because we got the bug.

D Did you poop together? Yes.

S I got a bug, then she got a bug.

D Hey, the people you poop with, I mean, that's lifetime.

A You poop together, you stay together.

S And we went around West, we went out West, the families together in hot RVs with the air-conditioning breaking down.

D Oh, nice.

P Whose phone is still going beep, beep, beep, beep?

S I don't know. It's mine. Sorry, it's my phone.

P Turn your beeper off.

D Adventures, I would enjoy adventures sometime. I'm more like Pearl, like I want the nice, rented luxury vehicle.

00:01:34

S We rented the luxury ones, they just broke down.

P So, these two families, if they go places together...

D They suffer.

P Yes, there shall be suffering.

S Yes, we stopped going places. I'll tell you why, because every time we go, another one hitches up.

D I see.

S So my other son, we went away together to a puddle Air B&B. It was meant to be a lake, but it ended up being a brown puddle. And then my son hitched up with their other daughter, so that's yet to come. We'll see, hey? We'll see.

A Yes, it's happening.

D Okay, well, yes, get the teens together.

P But it's because you both have got so many children. You have 11, Allison. And Serene, you have, well, we've lost count. So, there's a lot of people to be hitched.

A That's right, and we decided that we like each other, and so we might as well keep going.

00:02:14

A Well, I don't want to meet a bunch of in-laws. I just want one set for all.

S Yes, let's just be done, yes.

D Yes.

A But her girls are too tall for my boys.

S True.

A So it's probably not going to happen.

P So it only happens the other way around.

S Yes, we only marry boys off to her girls. That's it.

A Yes.

D Oh, Makes sense.

A Well, we have Selah and Remmy maybe.

S I don't know.

A She's a bossy girl.

00:02:33

P But you know what, we are here to talk about, we have been wanting Allison, she lives in Florida. You live in Florida, right?

A That's right.

P To come up here because her story is so incredible, and we wanted her to share it about how she's had healing, but I want to hear your whole Trim Healthy Mama story, because it's kind of funny. You were with us from the beginning. You, kind of, were rebellious and didn't want to do it.

S And if I'm chewing, sorry, people, it's my Yuck Yum and I'm adding a bunch of little treasures to it.

P Try not to chew right on the mic. We've been talking a lot, kind of, a resurgence of kefir, just in the last six months. Because Serene's been doing it this whole time and was just like, hey, you know, I'm Yuck Yumming, you go do your thing, I'm not preaching it to you. And then I got on the bandwagon, and since then I've been like, Serene, why aren't you telling people to do this. And so it's become, kind of, a thing again. If you've been listening to our podcast, Serene and I got our gut biomes tested and just it was too evident what kefir does. It was just too much in

our face. You could see the numbers with and without it. And so from that time on, I'm like, I'm going to be a kefir person, thank you. The numbers don't lie, right? So your story is just incredible, Allison. What happened? Let's just take it from the beginning wherever you want to start.

00:03:48

A Okay, yes. Appreciate you guys. Obviously, we've known about Trim Healthy Mama for years because you've been doing Above Rubies Retreats, so we knew about it.

P And for new peeps in the room, that's my mother's magazine.

A That's right, it's a ministry and we do family camps all over. But it's like one of those things you can love a ministry but you don't have to eat all of it. And so the Trim Healthy Mama part, I just kind of left out because I really, really liked my cookies. So, I had the secret stash, it's actually in my bra drawer and I would keep all my really good but naughty cookies in there, and I was so into cookies that I would not...

D Do you keep them loose in there with those old bras?

A No, they're packaged.

S Maybe nursing bras, with bits of milk still hanging on.

D Yes, old dragged out, rotten bras.

A Every now and then, you get some crumbs. No, they were Pepperidge Farm, it was one kind. It was Pepperidge Farm, the raspberry kind and I would keep them in there. And as soon as the children went to bed, I would tear into it.

P Because from the very beginning, your husband was pretty hardcore on Trim Healthy Mama, right?

00:04:55

A Right.

P And he was the husband leading the way. But you loved our products. Like you'd use all our products, but really in your own mind, you still had all your other sugar stuff.

A Right, I was on both sides of the fence. I wasn't all in. I always say, you do Trim Healthy Mama, you either do it for trim or you do it for healthy. And so in the beginning, I was really just doing it for trim. I would lose weight, but I would still cling to, my cookies were my cheat day. And so if I was really good for that week, I would actually go by this place called Milton Bakery and they had the best doughnuts, still to this day. I mean, if you're going to eat a doughnut, that's where you get one. And so on Sunday, that would be my cheat day, or my treat day. So, I would treat myself to a massive amount of doughnuts. And I figured if it was all in the 24-hour period, it really didn't matter how many I ate. So, I really ate a lot.

D Did you keep them in your dirty little bra drawer?

A No, those never made it home. I just ate them all. Daniel would say things like

you're really a bad influence on our children. But I'm thinking, you're not fat, I don't care what they eat. They don't need to be trim. And so that went on, I lost 20 pounds, so I felt justified to cheat. And so then something happened where, really I would say it would pick back up at Israel. And it's ironic that the last time we were here doing a PODdy, we did it on Israel.

S But we came home from Israel, I was 34 weeks pregnant. And Serene shared the story, so, obviously, it's not a secret that we all brought the throw up bug home. So every day, someone woke up and were like, oh, who's going to throw up today? So we had diarrhea, throw up. It was a fun trip. We really shared a lot. And so we all had the stomach bug. Well, when I got back home. So you all do talk about poop, it's okay?

S Yes, it's fine.

D Oh, yes.

A Okay. So, normally, this is my 11th baby, normally I am incredibly, I deal with the opposite of diarrhea. So, it's always like a constipation issue because I eat sugar and garbage.

P You ate, past tense.

A Right, but when I got home from Israel, I had explosive constant diarrhea. But I was so busy.

S Well, we won't blame it on Israel. We want to blame it on that one place we went.

00:07:21

A It was that one place.

S There was fluorescent green cheese on the floor.

A It was very sketchy. The guy pulled out a knife from his back pocket and cut out some goat cheese and we ate it right off his knife. Yes, there's no way it wasn't infected with something. Anyway, I got home and I told my midwife, it's kind of weird, but I have diarrhea. And she was like, well, you probably got parasites in Israel. And I'm like, okay, that's gross. No, I do not have anything that sounds like a worm. No, I just have a stomach bug. Well, when did you get it? Well, three weeks ago. Well, no, you would not have diarrhea still. So I mentioned it to Cherish and Serene, and they were like, that's interesting, we had diarrhea quite a bit afterwards as well. So I went ahead and got tested. And it was very positive for Giardia.

S Okay, wait, tell us a little bit about Giardia.

A Giardia it is an intestinal parasite that attaches to your small intestine. And you get it from...

S Knives that cut goat's cheese.

D It's very specific.

00:08:28

A Yes, yes, basically, really sketch guys that have 100 cows in one pen, and he says it's totally fine. Yes, that guy, who was he a friend with?

S I don't know, but he was sketchy.

A Yes, that was a bad idea. But anyway, so a contaminated water source is what it's from. My doctor said you could have gotten it from a salad that was washed with contaminated water. But, I mean, we also, Serene, we ate in some sketchy areas. We ate in so many areas.

S Yes, you ate all the Pizza Hut while your husband was foraging off of the greenery.

A The rosemary.

S So he would eat the rosemary between the highways. He would jump out and get the rosemary.

P Well, you see, him eating the rosemary probably killed the Giardia.

A Oh, totally. He never got it. He never got it. And, obviously, we hang around each other a lot.

S Yes, he's psycho. He brought duck eggs from his backyard in his suitcase.

00:09:22

A Well remember, he brought moringa and he brought...

S Everything the GG had missed.

A He brought all of the stuff and he brought it to Israel with him. Even duck eggs from our backyard. Because he's such a purist. He is a Serene, and I'm a rebel. I was like, no, I'm not. So, we would make fun of them. I would go get all the bad stuff in Israel. I mean, we're on vacation, that's what you do, right? Well. So I got Giardia, it was very positive. So, no big deal, they had medicine for that. So I went and got myself the prescription that you would take for Giardia. It works on 99% of people. Well, guess what, it didn't work on me. And so then I tried another medicine, didn't work on me. Then I tried a few other things.

P How many weeks and months were going by? You had your baby, right?

A 18 months.

P 18 months?

A So 18 months of pure, complete explosive, non-controlled diarrhea. You could hear me from the room over. I'm not kidding you. I know, it's funny now, but it wasn't funny then.

S You know Dumb and Dumber, that movie? I mean, I don't recommend it.

D I do.

P It's a funny movie.

00:10:27

A No, no, you could hear my stomach gurgling. It was literally like something was living inside of me. In fact, when I had my baby, it's so sad but they X-ed my room out and my midwife had to come in in a hazmat suit. And they treated me like a total crazy leper.

P Because you had Giardia.

A Yes, and the county found out about it. They called me and they were like, we need to know everywhere you've been and who you've touched. They treated me like a leper, because it's not a typical American thing.

P Okay. Can I ask you something, because my husband has over the years had chronic diarrhoea issues. But he has had to, it really can impact your life because wherever he went, he had to map out where the bathrooms were in case he had to stop along the way. And you've struggled with that too, Danny, at some points, right?

D Oh, yes.

A On top of post-partum. On top of COVID going on. On top of losing our business because we do public school pictures. And the governor shuts down the schools, I was, for the first time and last time, Lord willing on my life, I was probably the lowest I've ever been.

00:11:40

S Because you couldn't keep any of the nutrients in your body because you were just pooping everything out.

A I was losing so much weight. I was losing so much energy because all I did was I would eat, and it would just come out. But it wasn't just like, oh, I've got to go to the bathroom, guys. It was, oh my gosh, it's too late. So I was changing my clothes. I mean, I felt disgusting. I'll just be honest, it was bad.

S I didn't realize it was that bad.

A Oh. so it got so bad that I attempted to pretty much try to kill myself.

S Oh, first, before you started trying to kill yourself. Not that you wanted to be suicidal

A Yes, no, I wasn't suicidal.

S Because you were just trying desperate home measures of treating it, but before you got to that, I remember you saying, okay, so every drug in America hasn't worked. So you had friends that were missionaries in South America sending you South American drugs.

A It didn't touch it because it had gone on too long.

S And it wasn't helping her.

A Because these parasites multiplied by the billions every day. But, yes, we had missionaries from Honduras ship me stuff. I took one prescription that I paid out of pocket, it was \$2,000 and I got six pills. And I didn't care. It wasn't that money wasn't a problem. I just didn't care. I would've spent \$30,000. It did nothing. It didn't touch them. it didn't decrease the diarrhea at all. I ate more moringa powder, more moringa leaves. We have 30-foot moringa trees, so we live off moringa. I ate the seeds. I ate anything anyone would tell me. If you told me you could eat your front tire and the Giardia would go away, I would've done it.

S And your weirdo healtho husband made you these concoctions.

A Tried everything.

S That you said stood up by themselves.

A Oh my God, he would just grind up raw moringa and make me down it, and it was like the consistency of an egg yolk. And I would just drink it with nothing.

P What were you saying, the one that almost killed you? Which you're not recommending.

A So what I did was I decided, in my brain I thought, I'm a very all-or-nothing, go-big, or go-home person. Well, I go bigger than Sam Allison does. So if he goes one way, I have to out-do him.

S That's my husband.

00:13:51

A So I thought if I did an enema and got moringa and colloidal silver, and oxygen up in my intestines, it would kill the parasites. Because we went to visit you all's friends, the hemp people.

S Yes, the Vincents.

A The Vincents, and they said if you can oxygenate or get ozone up there, it would kill them. So in my brain I'm thinking, all right, I'm going to do an enema. So, I dumped out an enema bottle and I filled it up with...

S Didn't you read somewhere that you should use hydrogen peroxide in an enema?

A No, I just literally came up with this idea in my head.

S Okay, because you were so desperate at this point.

A I was so desperate. I wasn't even making sense. It didn't even make logical scientific sense. And I knew if I asked my anal husband, he would research it for days. And I didn't have days.

S Anal is a very funny word to throw in at this point, because everything's going up there.

A Yes, literally.

D I literally went on a point five second journey.

00:14:53

P Yes.

A I'm sorry. They told me that nothing was...

S No, you're fine.

D No, not because of what you said. The way you... It wasn't the subject matter.

A Sure, the visual, you didn't really need.

D It was the word. I was like, what did the anal husband do? Why is his anus attached to her outcome. And then I was back. I was like, got it, never mind.

S I didn't go as far as Dan.

P No, no I kind of did. And then I thought she means he's very OCD and obsessive.

A Yes, he's very OCD. He's an engineer, I should've just said that.

D I see that now.

A So I took moringa juice and I put colloidal silver and a few other things, and a few drops of hydrogen peroxide, and I was going to do it for myself. And then I started thinking, wait a minute, hydrogen peroxide, that kills everything. I'm just going to dump the whole thing out and do 100% hydrogen peroxide.

00:15:44

D As an enema?

A So I did. And it wasn't even the good food-grade. It was the brown bottle, garbage stuff. So I locked my bathroom door.

D It was the dye your hair stuff.

A And I did a full eight-ounce bottle enema. And within 30 seconds, I was vomiting. Blood was coming out everywhere. I was bleeding. It was horrible. I was literally burning my colon. But I had locked the bedroom door, so my husband couldn't even get to me, but he could hear me moaning. He carried me to the emergency room.

P Did they have to wash you out or something?

A And they said you were minutes away from literally just burning your whole colon out. So that was not good.

S You haven't heard any of this, Pearl?

P I haven't heard any of these. All I heard was that she had Giardia, and then I heard the good part of the story.

A But I was just so stinking desperate, I guess that's my point. And it was a very foolish thing so don't ever, ever, ever do it, maybe a drop or two.

D Danny is sounding interested.

A But it was not wise. It was awful. Anyway, I won't go into details. You can only imagine how bad it was. But the crazy, horrible thing is it didn't even work. Because your small intestine is like a million miles long.

00:16:58

D Yes. You couldn't get to it.

A It didn't even make it up there. So, I called the doctor and he, of course, is like, I'm sorry, who told you to do that? And I'm like, no one, sir. And he goes, then why did you?

D But when you're so desperate, you come up with stuff.

A But the truth was, it was making me cray-cray, like I was losing it.

P Yes, and you're not getting nutrients to your brain at that point. It's all just been coming out.

A And no doctor could help me. Even my crunchy friends, nobody could help me.

S I did say kefir for a while.

A You probably did.

P Well, we were at that point then. So what happened?

A So, I knew that my health was terrible, and also, I wasn't eating well. So, it was January, and we went on vacation.

00:17:40

P January, what year? What year?

A Oh Lord, when did we go to the puddle house?

S Was it 21?

A I guess.

P Probably 2021 because COVID was 2020.

A Yes, it must have been. Yes, 2021. And so we went, and I had a moment where I was watching Serene and my husband Daniel on the couch. And they were discussing their disgusting drinks that they were making. And they were just bragging on that they were amazingly delicious. And I was like, I don't even love the garbage I'm eating. But they're in love with this stuff that's good for them. And you can, obviously, tell by her body and mine that I wasn't doing good for myself. And my girls had bought me a pair of jeans for Christmas, and I never tried them on, I just packed them for our trip because we left right after. And I put them on in the bedroom and they didn't fit. And they were my size.

P Even with Giardia? Even while you were losing weight?

A Right, with Giardia. Yes, because I had just not lost the baby weight, so I still had quite a bit of weight to lose.

S Yes and you were sugaring.

00:18:39

A And I was just so stubborn. So there was one point on that trip where my husband opened our door, I had locked it and I was sitting on my bed eating a gallon of ice cream. And Serene's literally on the other wall. And he's like, what are you doing? And I'm like, I don't know. I've just got to keep eating the sugar, it's going to make me happy. It's going to take my depression away. But again, I'm one of those people, it has to be me. I have to own it. I can't be a Trim Healthy Mama to impress Serene or Daniel or anybody. I had to be me. And so I went home from that trip, and I asked her to text me everything she puts in her disgusting drinks. And I was like, just do it, just send it to me. Because if I'm this miserable eating sugar, surely I could be this miserable eating what you drink. And so I ordered Perfect Food, I ordered bone broth, I ordered every single thing she told me. The hemp protein powder.

P To put in a Yuck Yum. Was it a particular Yuck Yum that you were going to try?

A For my Yuck Yum, yes.

P You weren't even trying it to help your Giardia, you just wanted to try it?

A Right.

P Okay.

A I'm going to just take care of me, and so we started making kefir.

00:19:46

P You got Serene's grains at that point, right?

A Yes.

P Okay.

A And I think she had to give them to me three or four times because I kept killing them.

P Yes.

A But all of a sudden, I noticed that I hardly had much diarrhea anymore. It was getting firmer, and firmer, and firmer.

S How many weeks? How long was this?

A It didn't take long. Maybe a month of doing kefir every day, I started noticing, wait a minute, I wonder if there's a connection. Like my Giardia is going away. And again, to be really specific, Giardia diarrhea is not normal. So there's a grease that rises to the surface. Not to be so gross.

D Floating oils, floating fats, yes.

A It is. It's literally all the fat of your body is coming out. And it floats to the top. It's a distinct smell. It's a distinct look. It's completely different. And so I started noticing, and it would stick to the bottom. So that was the other thing. Like stick to the bottom every single time. So I started noticing when I would flush that there was less on the bottom, less on the bottom. And I thought, oh my word, could this be it?

00:20:55

A I also did colonics, so I got a colonics board, and so I did that with some colloidal silver. Not hydrogen peroxide. But what I did consistently is I just started completely making kefir my main diet. So, I would do it for my snacks. I would do it for my main lunch. I would probably have three to four pints a day.

P At the same time, did you change yourself off the sugar?

A Absolutely. So again, like I said, I'm an all-or-nothing, and I had a good 30, 40 pounds to lose. And I thought what would it hurt? I could lose weight and get rid of, but then, just started noticing that this is really helping me. And so I just kept pushing forward and pushing forward. So then I've lost the weight. I'm finally to my, I would say, about my goal weight. I went from 170 and now I'm 134.

D That's a big deal.

A I'm happy, yes. That's great.

D That's huge.

A My size ten jeans, I don't even own anymore. It's amazing. Yes.

D Now, how many years were you suffering Giardia?

00:22:12

A It was a year and a half solid.

D And within a month you're seeing major improvement.

A If that.

D If that.

P So since you have been on the kefir every single day.

S Yes, well, that's the thing. I want her to talk about this because we've talked here before. You know, exercise, Pearl, if you stop exercising, your muscles will eventually start rotting. Exercise is a maintenance thing. You sustain it if you want to keep the results. If you want to keep your teeth nice, you keep brushing your teeth

D Especially over 40.

P Yes.

A And so, normally, my personality was, you would just lose the weight and then go back to your normal lifestyle. So, with kefir, it is an upkeep because I don't use the store-bought kefir. That's stuff is garbage. It really is. It doesn't even taste like kefir. It's like pretend.

P So did you get a raw milk source or just any milk?

A We have Mennonite friends, so I do raw milk.

00:23:05

P What about when you go on vacation? Do you just do regular milk?

A Well, okay, so I never really had gone on vacation until I went to California to get back surgery. And so I was doing so great, the Giardia was gone. But again, so this was in May.

S But you got to the point where you don't have to eat four pints a day.

A Right, probably a pint in a day is what I would do. Yes, a pint a day.

S Which is what, half a quart.

P Yes, two cups.

A Yes, I would add it to my smoothie. And sometimes if I was lazy, I would make a double portion so then I could drink it throughout the two days and not have to mess up my kitchen again. So this was so crazy, in fact I even called you because I was like, you're never going to believe this. But I went off to California and we brought a lot of stuff, but I'm not going to bring my kefir grains. I mean, come on now, that's ridiculous. I'll just buy some kefir while I'm there or whatever. Or just skip, it's all good. The Giardia is gone. So, I went to California and by day three, all signs of Giardia were back. It was like my toilet was exactly like it was pre-kefir.

00:24:12

D Just from being in California.

A For three days.

P Well, being off her kefir.

A Where I have not touched kefir in three or four days, and so, you can say, well, that's probably just happenstance. Maybe you've got travelling changes. But again, remember, Giardia has such a distinct smell, look, whatever, I knew it wasn't just traveling diarrhea. And so I thought, that is so weird. And so I went and got some store-bought kefir, didn't touch it. Soon as I got home, I remember going, give me my kefir. Make me something right now with my kefir. And all of a sudden, all of the symptoms went away. I thought that's weird. Well, that's been now a year and I have tried that same pattern, not even purposely, but just like, oh, I haven't had kefir in three or four days.

S Even when we went out west together?

A Yes.

D And what are the results?

A The same thing. Same thing, my Giardia comes right back...

00:25:10

S But I had brought my kefir along, so I handed you over some. And, no, funny thing is she got to the point, she knew this. So she tried to put kefir through customs. Instead of bringing her grains and making it, she brought eight quarts of raw kefir stuffed in her suitcase. That's how she just knew it worked.

A That's how desperate I was.

D It's like your medicine.

A And I got through because I told them it was baby milk. I told them it was for my children, which it is. You know, my babies need a mother.

P Yes, you've got to be a mother. That's right.

A Yes, and I nurse, so I'm a nursing mother.

D And they need you to not be explosively diarrheating all over the country.

A That is true. There's so many reasons why I don't feel convicted about that.

P So kefir on the whole, I've read that it colonizes in your gut after a while, but it takes a long time. So I wonder if in future years, because Serene's been on it 20 years and it took you several, remember when you first started kefir, for several years you still had bloats.

S Yes.

00:26:02

P And now you don't.

S Yes, I don't have it.

P I wonder if after years and years you'll be able to go a few days more. I wonder.

S Yes, I agree. But I think what happens is she is at the stage where, even just a week off of it, the bugs are dying off. The good ones, you know what I'm trying to say? And so I think, yes, eventually on it for a long time may totally kill the Giardia. But right now, when she drinks kefir, the good bugs are more dominant than the Giardia.

D That's kind of what I was wondering. So, obviously, it's not so much that kefir is killing bad bugs as much as taking time to re-colonize proper bacteria that will kill bad bugs.

S That will kill it in the long term.

A Yes, I need more good than bad. And right now, I don't have the longevity to let

the good win out.

S And you had such a strong case. Like even your doctor said we've not seen this before.

D Right.

A Right, and I think, you know, when you're pregnant, your immune system is down. Serene and Cherish probably got a bit of it, but they knocked it out within a few days. Or they probably wouldn't have even known that they had it, had I not gotten tested.

00:27:13

S Yes.

A You know, most people never get tested for stuff like that. But I was telling you last night, just a week ago I noticed, again, I was just so busy trying to get ready to go on this trip, and we're just busy in our life, getting ready for the wedding, whatever. And I realized, based on going to the bathroom, and all those symptoms came back about three or four days ago. And I thought, oh my word, I haven't had kefir in probably three or four days. I went, I drank maybe a pint or quart that day, and I'm as good as new. It's crazy.

P It's so amazing what it does for your gut because some people with kefir, it takes a while, like months for them. With ulcerative colitis, kefir's amazing for that. But it takes a few months.

S And it's very interesting what she said, she tried the store-bought and it was C- R- A- P.

A Yes, it didn't work.

P Well, when you look at it, and we've told people.

D B-A-N-G it.

00:28:13

P People are like, hey, don't take away my store-bought kefir. It's like a very mild yogurt, but it's not going to heal necessarily a very chronic condition like you had.

S Well, I just wanted to make the difference know here on the PODdy so that people think, well, I've tried kefir, it didn't work.

A Yes.

S I've got these digestive issues and I've tried kefir, it didn't work. And like Pearl said, we don't want to take away your store-bought kefir. If you enjoy drinking it, there's no harm in it. But if you think you've tried kefir for a digestive issue and it hasn't worked, maybe you haven't tried the real thing.

D Well, and is it daily? Do you want to take it daily?

S Well, it takes her a while, about three or four days without taking it before, symptoms may return.

A Yes, I mean, I think someone who doesn't have a gut, but see, the health of your body is in the gut. And I don't think I realised that. It's kind of like back pain, I never really realised how much it can handicap you until I had back pain and I had a bulging disk. You just don't realize it in other people. But when you deal with it yourself, you're like, it's a real deal. And so, if your life of your health is in your gut, then we need to do everything we can to protect it. So why would I want to put all my eggs on some garbage that Walmart sells? You can taste the difference. You can smell the difference. And I will say, I am not a Serene. I don't make my own homemade bread. My girls do, but if I can keep kefir going, anyone can keep kefir going.

00:29:45

S That's what I wanted to say. I wanted to say that Pearl and I are busy, but Allison Hartman must be one of the busiest women I know.

P You are busy.

S She runs her family business.

P Well, you run a very, very big business and you have 11 children, and you do both. I mean, you're full-time in both.

A Yes, and I think it's just whenever you find something that's a priority to you.

P Yes.

S And you're out of the house. I want people to know that she's not just working from telephone, from her home. She gets up and they're out of the home. She doesn't get home. They're out for dinner. You guys all eat at restaurants every night.

A Yes, eat out all the time. Yes.

S So she is like a working woman on steroids, and she can do kefir.

00:30:22

A Totally. And I would say I'm probably your drive-through Sue.

S Yes, you are.

A I mean, the more children you have, you kind of have to eat at home a little bit more. But no, I just bring it with me. I do. We bring moringa branches and kefir with us to restaurants.

S Yes, your husband's just like chewing moringa branches.

P It's easy thought, I am a drive-through Sue and I thought I would never be a kefir person. It's so easy. I enjoy it.

A I do too.

S And it's easy to take on trips when you just take a little container that had a really good tight lid with just the grains and two tablespoons of milk. Yes, and you don't need fresh milk.

A And you don't need anything fancy.

S You put that fresh milk in it for that first 12 hours. When you get there, you go to a store and buy some A2 milk or whatever.

A Yes, and you need some coffee filters and a hair tie, and a mason jar. And a rubber spatula and a colander. And we got that, in fact, Katie McReynolds bought me my colander because I was losing all my grains because my holes were too big. But you don't have to go buy all these kefir kits. For literally under ten bucks, five bucks can have everything you need.

00:31:19

S And you can buy little miniature ones for travel. Pearl, remember you came over and I gave you a strainer that was the size of, like a little tiny fist.

P The small one, can I ask you though, so the big issue you were finding was this Giardia. Do you notice any other health benefits from kefir?

A Totally, you know how you were saying, I never have bloating issues.

P Yes.

A I never feel just bleh.

P What about heartburn and things like that?

A Never.

P No, because it's incredible for that.

A Yes. Like I, all over, feel just so much better. Again, my health was so bad that I always felt bloating, gassy and blah, blah, blah. No, I just feel amazing.

S And people who can't find the raw milk, you went through a stage I remember where the Mennonite people couldn't keep up with the people they were supplying.

00:32:05

A Yes, so you just buy store-bought.

S And you just buy store-bought, and you still kept the Giardia away.

A Totally.

P Yes, I'm using store-bought right now. I love it. It's easy for me. Like I started off with the raw milk and going to drive and get it and all that, and my daughter Autumn does that. But I realised as a Drive-Thru Sue for it to be sustainable for me, I do well with store-bought milk. And look, fist bump, Pearl, I'm all about it.

A I'm so proud of you, yes. So I have 11 children. I decided to teach all of my girls different things. So my 8-years old, Annalee, is my kefir girl.

S Tell what she's doing at your market. Talk about that.

A Yes, we have a farmers' market that we started six months ago.

S As if she needed something more to do.

A Yes.

S Right, the only morning she gets to sleep in, on Saturdays, she has to get up at five and run a market.

A It's ridiculous. Yes.

S One of the biggest markets in town.

00:32:49

A So all of our children were selling their own stuff, but they didn't have a place to sell it. So my son sells moringa trees.

S Oh, can I tell you about that? That's like the most amazing moringa. He like takes it from his backyard trees, strips the branches and freeze dries it straight. That stuff is powerful.

A Freeze dries it and then puts it into Vitamix and makes a power. And it's like kryptonite green. And he's selling it now because it's a deciduous tree. So, it's dead during the winter. Our moringa trees are 30 to 40 to 50 feet tall and we have hundreds of them.

P I wish you made enough to put in our Dynamic Duo because we are really having trouble with our organic moringa...

A I know. That's what I heard. And Serene said the colour of ours is...

S Oh, the colour's amazing. It's powerful though. You don't just want to put it in water because you will vomit. It's like horseradish. It's strong.

A It's strong. It's strong.

S Kefir's good for masking it.

P But anyway, you were talking about the farmer's market.

00:33:38

A Yes, The Market. So we decided, all of my children were selling stuff, so we started this farmers market. We ended up, we have about 2,000 shoppers every Saturday morning and 380 vendors. And it's from farmers to crafters. But my eight-year-old is my kefir girl, and so she was making all this. And all of our kefir grains were just growing and growing and growing. And you know how people are like, what do I do with all these extra kefir grains? Well, you make more kefir and then you give it away or you sell it. She is getting \$9 a pint for kefir.

P Oh, wow.

A An eight-year-old.

P So people go there on a Saturday to get kefir?

A Oh, they line up.

P Are they finding health benefits? Do they tell you?

A So this one lady...

S And they are the Hilltop Grains.

P Yes, they're your grains, Serene.

A Hilltop Grains, they're all over. Yes.

S My grains make babies.

00:34:24

A That's right, they do.

S We're all about making babies, aren't we?

A Yeah, and she sells the grains.

S Does she?

A She'll sell grains to you. Yes, unapologetically, she will sell you a tablespoon of grains for ten bucks.

P And has she had some incredible testimonies come her way?

A Well, so this older lady came up last week and she was just telling me, basically, all her gut problems. And it's so cute because Annalee is like, yes, my mom had explosive diarrhea, and this really helped her gut. And I'm like, thanks, Annalee. She's just repeating what's she's heard. She probably doesn't know exactly what a gut is.

S And your little girls are little. They're so cute. So this is your eight-year-old, right? She's probably the size of a five-year-old.

A Yes, and she totally knows how to do it. She strains it. She makes sure it's clean. She puts cute little fabric on the top of the mason jar to make it look a little more fancy. But, yes, people come back. She sells out just about every single weekend no matter how much she brings.

00:35:21

P And are they coming back with health benefits they've seen?

A Okay, so this older lady just this past week was telling me all about her gut problems. And it sounded very similar to mine. In fact, I would bet money she has a parasite. And I said, well, mam, I have a suggestion for you. But she's one of those that's like, oh, I don't like anything that tastes duh, duh, duh. And I said, well, I mean, you can deal with your diarrhea, or you can eat something that maybe, you know, needs to be, you know, add some frozen strawberries to it. And so she didn't buy any that day. And I looked at her daughter and she just kind of rolled her eyes. She's like you're wasting your breath. She's stubborn. She will not do it. And I said, what's her problem? She goes, she's too cheap. She doesn't want to spend the \$9. So I thought, dear lord, I'll just give it to you, lady. Well, I thought, no, a servant's worthy of his hire. My daughter's worth \$9. She comes back the next week and says, all right, I'm desperate and buys it. And I talked to her daughter, and she said it helped her so much. But she said she has to figure out how to do it herself because she doesn't want to spend \$9 every week.

- P Right, well, fair enough.
- A She was babying it. One tablespoon at a time and then she worked her way up to a little more. But no, my niece has Crohn's and she uses our kefir. And it makes an incredible difference. I don't know if there's a gut issue that you can have that kefir can't help. And I'm not one of those, I told you last night, I don't get on bandwagons. I'm not into certain things that a lot of crunchy moms are into. I mean, I'm semi-crunchy because I'm friends with Serene, but I'm not as much. But I am a believer because it worked for me.
- P Yes, exactly. What were you going to ask her, Danny, before?
- D It's just been so long.
- P Oh, it's too long since then. I was going to say though, interestingly, because we work with a scientist now, Peter, we're bringing some really interesting stuff out next year. And so currently our grains, these grains, they're being infused with all a bunch of super gut bugs.
- S My grains are getting a new facelift.
- D What grains? You're going to be selling kefir?
- P Yes, so we're going to be selling kefir grains, but they're like no grains that's ever been before. So people are going to want to upgrade.
- S Yes, our food scientists are taking my grains and bathing them in all these things and infusing them.
- 00:37:51
- P Yes, so these are going to be super grains. So instead of just regular kefir, you get all the benefits of regular kefir plus L. Reuteri and L. Gasseri, which are the two weight-loss and muscle promoting bugs. And they're going to be super high in there.
- D What year will this come out?
- P Early next year, we hope. Hey, you're listening to the PODdy with Serene and Pearl, and I'm Pearl, and who are you?
- S I'm Serene. This is the PODdy with Serene.
- P And Pearl.
- S Get it right, it's P-O-D-D-Y.
- And I want to say too, your weight loss journey started when you added the kefir.
- A I think so.
- S And you think it helped catapult. And also, Nadia, our neighbour, anyone who's part of Treasure Hunters, that's the mother of Jeremiah who does all of our filming, and he's fantastic. But anyway, she started her Trim Healthy journey with the kefir, with these particular grains, and...
- P She's doing really well.

00:38:48

S Massive weight loss.

P Also, she had massive health problems before she started. Now she just runs around like a teenager. Do you see her?

S Yes.

P And she's got so much on her plate with the daughter with cancer, she spends all her time in hospital.

D I think that theory is correct, that when you talk about kefir and weight loss because if you think about the gut needing to process and digest, do so thoroughly, my gut doctor always talked to me about robust digestion and how I didn't have it. Because based on my symptoms, he was like, your body's just simply not digesting, and it's just sending it to the waste department. And he's like, we want robust digestion. And what's interesting too is at the time I weighted a little more too. Here's what's crazy, I've got my weight back, but only through work and eating. Push-ups and eating.

P So, it's recomp in your body. Body recomp distribution. So you're more muscular now.

D Yes, instead of that small chest, big belly. They call it a booty do. You ever heard of that?

P Booty Doody.

00:39:52

S A what?

D That's when your stomach sticks out further than your booty do. That's when your stomach sticks out further than your booty do.

P That's funny.

A But for me, I think it was, throughout the day as you were trying to do Trim Healthy Mama, you want to find something to be your go-to fix.

P Yes, you're sustainable, yes.

A And just knowing Serene, that's literally always what she has in her hand, therefore you're always going to that. It's like your comfort food. And so because I love food, because I had such an emotional connection with food, I was always, even when I didn't THM, I was always using heavier foods as my comfort foods. But I think for me, the kefir has taken that place. So every time I was hungry, and you've got to explain to them, I am not one, I don't cook. I really don't do anything in a kitchen. My girls do everything. So, if I eat it or drink it, it's because somebody brought it to me and said...

S She gets people to make her her coffee even.

00:40:59

A Everything and beyond, yes.

D Yes, I heard that.

S Because she's a businesswoman so she's a delegator. She's used to delegating.

A Yes, total delegator.

D I say once you hit the sixth-kid mark, you do nothing for the rest of your life.

A Totally, my eight-year-old brings, and we have a coffee shop, so our little trailer at the market. And we're such spoilt coffee people. Another thing, Pearl really encouraged me, I was just really downing those lattes. And so my girls would make me honey breve's. I didn't know what was in it. I just knew it was delicious, so I drank it. But it was all full of that heavy whipping cream. And so I kicked that.

S Yes, and you thought you were doing Trim Healthy Mama.

A I really did.

S And we're like, well.

P I said to Serene, she says she's doing Healthy Trim Mama, what she's doing is breve's.

S She's doing the Breve diet.

D Breve is the actual name for what you're doing.

00:41:47

A Yes. So, I cut that out.

S Tell them what you do in replacement.

A I just do oat milk.

S Yes, the Chobani, the Zero Sugar.

A Yes, yes, yes.

S You also liked the Barista Blend we took out west.

A Yes.

S You do just quarter of a cup and the numbers are beautiful.

P I love that. That Barista Blend, quarter of a cup...

S Califia Barista Blend. It's called Barista Blend. It's Califia, right?

P And it's very creamy in your coffee.

S And the numbers are really great. So if you have a quarter of a cup, you can do it in an E Setting.

D Califia Farms.

00:42:16

S And for people who can't get off the cream, I have a great friend, the Shrums, that are living on my Mom and Dad's property. She's an awesome Trim Healthy Mama.

P Yes.

S And she's like, I hear you. I hear you about the E breakfast, Pearl and Serene. I hear you. But sorry, I can't, because I cannot do the AM without coffee and cream. And nothing creams up like cream.

D That's real talk. That's real talk.

S So I'm like, yeah, but you've got to. I think the secret for you is the E breakfast. Well, I said try the Barista Blend. Like because she's tried it, no, sorry, it tastes like oatmeal, I can't do it.

P Yes, like porridge.

S Yes, like our brother says, sorry, mom, bloody porridge she pours in there. He's like my coffee tastes like bloody porridge.

P It tastes like bloody porridge.

D Are you talking about Rock?

P Yes.

00:42:54

S Yes, he's got a very strong Australian accent.

D Yes, he does.

S Anyway, but, yes, Barista Blend, try it people.

P Well, what happened with her? Was she able to do it?

S She tried it and she's just like over the moon.

P Yes.

S She's like, I'm E-breakfasting every morning. This is awesome.

P Well, Lesley's got something to say. Come on you little Popsy.

S She's going to swear bloody.

L That was such a cool story. Isn't Allison the best storyteller?

S Yes, she is.

L Amazing, I was like on the edge of my seat and admiring her perfect braid. You guys. I was like, her hair is perfect.

P Did you go and do it?

A Aww. No, I did it myself.

P Oh, you did it. Usually you go and do it.

00:43:28

A Yes, but I didn't have a hair tie, so I tied a knot.

D She has good vocal projection as well.

S Yes, she just had us all on the edge of our seats.

A That was tongue and cheek.

L Okay, so I'm going to ask a question out there for all the rookies because I reckon everyone is yelling the same thing. You said store-bought is garbage. We all know everyone's about making their own grains here. But someone who maybe just wants to tip their toe in and see if kefir may help them.

D Yes, preach it. Come on.

L Is there any store-bought that you would say, everyone's faces scrunched up.

D Great question.

L Like Pearl has like upside down face. Just look at Allison's nose.

D That's a great question.

P It's a great question because I literally...

A Find a local market and let somebody else make it for you.

00:44:08

S Pops. Pops, who are you sitting next to right now?

P It's a good question.

S Whose hand is on your shoulder?

P Let me tackle it. I will be the sound voice of reason here. Okay, so we've looked at the numbers under the microscope of store-made, kefir in a store. It's really nothing like what you'll make. However, let's talk about it. It can get people used to a drinkable style of yogurt and a slightly sour taste.

S It doesn't taste the same.

P Calm down, Serene. Some people have found that because it just does have a few mild probiotics, it actually helps them. They're gut's such in disarray that it's a very first step, it could be your entrance gateway.

D The first step.

L Gateway, that's what I'm saying.

S I want to talk about gateway though. I want to talk about gateway. If you want a real gateway to colon health, you just have to get on your little Google to some kind of, you can just put in-my-area kefir. You never know what comes up.

A Yes, people sell everything on Etsy.

S I found a source there before and got kefir grains years, and years, and years, and years ago.

00:45:13

P Come back, Lesley.

L I know, I know, I know, I know. But I'm talking about the Drive-Thru Sue's out there that are just, okay, for whatever reason, and maybe they will get there. I'm just talking about people that are absolutely, like Allison said, I am not making my own kefir grains. I'm just not doing it.

S Yes, but guess what, is it worth it? Because she is the Drive-Thru Sue. Allison is the Drive-Thru Sue, literally.

P Serene and her couldn't be too opposite.

S Yes.

A Totally.

P And are really good friends.

S And it really wasn't very hard for just somebody to give you a tablespoon of grains?

A Right.

S It's all it was.

A Yes. I videotaped your mom doing them, so I'd know exactly how to do it. And then I told my girls to do it.

00:45:48

S And I want to talk about our Mom too. Our Mom is one of the busiest women that I know, right?

P Well, and I will say about her kefir, sometimes on the counter...

S It twangs.

A Eww, twangs? Are you kidding me? It like shoots, she takes the lid off.

A So when you're thinking you have to set your timer to 24 hours, no, you don't.

S Yes.

D Let it twang.

A There's kefir I drink that are 48 hours old, is that bad to say?

P No.

S I came home from your daughter and my daughter-in-law to-be's bridal shower last night, and I'm like, I can't be bothered. So I stuck the jolly thing in the fridge, and I strained it this morning. It's so forgiving.

00:46:20

A Exactly, it is forgiving.

S You don't have to be on the hour. And Lesley-Pops, I will bless you with a little kefir grain as a prezzie.

D Okay, I'm sort of with Les, because John gave me kefir grains last time we had the podcast.

L And he already killed them already.

D They're still sitting in my fridge. And here's what would be great, and we can make a video out of this. We all take a field trip to Les's house, and you teach Les and I how to do it. Because John sent me an article, he's like, dude, it's so easy, let me send you the article. He sends me the article, which would take me a year to get through. It didn't look easy.

S Well, that's like trying to put up a playpen.

P Yes, without directions.

S You know those things that just pop up. And you read the directions, it's like a year-long directions. But all you have to do is pop it up.

D Okay.

S So, do you brush your teeth, Dan?

D Sometimes.

00:47:04

P Can you imagine reading the directions to brush your teeth?

S Well, straining kefir is that. Have you ever put pasta through a colander?

D Yes.

S Like I'm a Drive-Thru Sue, let me just have my noodles for dinner.

D Yes, right, okay.

S It's the same thing. Just pour it through a colander.

D Okay.

A Yes.

D So it's not a big deal.

A If I were you, I would

S Instead of adding Italian spices, you add your berries and your baobab.

P That is true, Serene.

A Yes, find a child in your, how many children do you have?

D Four.

00:47:25

A How old's the oldest?
D 17.
A Okay, that's way too old.
D Yes, exactly. There's a void of no return.
P She knows how to delegate.
A Do you have like a ten- or 12-year-old that you can pay them a dollar a week?
D Daughters, two.
A Okay, perfect. So, give them a dollar a week.
D Fair, that's cheap kefir.
A To strain your kefir. Watch my video I posted of my eight-year-old doing it.
S Okay, just put that out for us. Tell us. Can you tell us where you can find it.
A She'll look at that and she'll be like, wow.
S Tell people where you can find the video.
A And she is so proud of herself, like she literally is so proud of herself. And she has the time to remember, okay, mom, it's time, I need to go ahead and strain. I'm like, great, go for it. And she does it.

00:48:03

P But, Lesley-Pops...
L So no one's answering my question.
S You know, I'm trying to.
D No, it doesn't exist. They're not withholding.
S I'm just saying, do you want to go do a drive-through version of brushing your teeth? Do you want to go get like a stupid rag out of your drawer that doesn't have proper bristles and say I'm going to just do...
P You're yelling into the mic.
L Serene is yelling. Me and Serene are in maybe our first fight. Not fight, just, no.
D Oh, it's so cute.
L But it's so passionate, I could feel our passion.
S No, listen, Popsies runs a Land business.
P You do.
S She has a Devonshire, like Yorkshire café. This is not too hard for you, Pops.
L No.

00:48:39

S But I do want to say...

L I'm just representing the rookies.

P She's representing a lot of listeners to us right now that think in their head.

S Sure, absolutely, and this is the mindset.

P Can you hush for a second, Serene? Stop butting in and let me tell you what other people think.

S I ain't butting in.

P You've never had these thoughts. We think, I just can't keep up, I just don't want to...

S I had those thoughts.

P Just shut up.

S Can I tell you what it's about?

P Zip it.

S Can I tell you what it's about?

P Zip.

00:48:59

S When I got Trim Healthy Mama to get me my first Mac.

L She won't zip.

S Right, because I was just writing things on paper. I didn't know how to even open it. I didn't know how to send an email.

P I know, okay.

S It felt too complicated.

P Okay, but just stop for one sec. Let me say what I want to say. What I want to say is, I understand that it does sound like something you don't want to add to your life right now. You could do the store kefir. Like what we're saying, it won't give you the full benefits of what Allison have received, or what you have received, Serene. But it's just maybe a little stair step entrance into it. I remember I used to buy store-bought kefir and I would put it on the bench and hope that stuff fermented.

S But you still bloated.

P Yes, I still bloated. But if I've never done that, I wouldn't kind of got used to the mild flavour. Now I like it really tart. I just think there's nothing wrong with people starting their journeys where they can.

S Okay, I suppose. I just like that Bible verse in the Bible that says.

D She's going to hit your, yes, no, I'll hit you with the Bible.

00:49:57

S You only healed my people slightly. You remember that verse?

P Oh, Serene.

S It talks about, okay, go for it Pearl. Be that wonderful encouragement to the people that aren't quite there. I'm all proud of you. Fist pump. Yes, yes.

D And be outside of the will of god.

P Yes.

S No, what I want to say is, when you're ready, people, for something that's really going to make a difference, that's worth your time.

A Exactly.

S Am I going to drive to Kroger and look for the brand of the kefir and stick it in my car.

A Yes, the amount of time you would spend.

S And wasted \$6.99.

A Yes.

D Okay, how long does it take to make kefir?

00:50:28

P Two minutes.

S Five seconds.

A Two minutes.

P Two minutes. Two minutes.

A Two minutes a night.

P Five seconds Serene says. Two minutes.

S Now, listen, what did I bring for lunch here today?

P Kefir.

S Why?

P Because it's easy.

S Because it's a busy morning. Because it's easy.

P It simplifies your life. And, guess what...

A And I already have another one made for dinnertime if I don't end up making anything.

S Yes.

P And guess what, it keeps you on plan.

00:50:47

A Yes.

P Because it is your meal.

A It is your meal.

P And you've got to keep using it or you feel like a waste of a person.

S But if you don't want to eat it, like I'll take it to church, I brought it here. But if Lesley Pops brought some leftovers from her Yorkshire deli, I would have chosen to eat that and that would've stayed in my little cooler. And it's always there as my little pacifier in case. Just in case.

A So the other thing, you cannot, I'm assuming you probably put the same thing in it every day.

P Yes, sometimes I'll change it up. Sometimes I'll have a cocoa-chocolate flavor, sometimes it's berry-red flavored.

A Yes, and sometimes I'll add a half a banana and do cocoa powder.

P Yes. Oh, kefir and banana, like I love. I do lean, I do 1%, and I just love it with sliced banana in for an afternoon snack. Amazing. I love it with my oatmeal. I love it all the ways it has opened in my world to me since kefir has become a part of it.

00:51:33

D So, kefir becomes a base and then you're not mixing in banana.

S Right.

D You're chopping in, making it thick and big.

P Yes, putting it on.

A I don't. I would blend it. I would make it a smoothie.

P But Serena loves smoothies, I like bits and pieces. I have a spoon.

A I don't like the chunky, I like the smooth.

S I have the smoothie in my little pack, right, Dan. And that pack right there have my kefir, what I call my kefir Yuck Yum. It's smooth, it's been blended. But I felt like chewing, so I had some goji berries with sprouted sunflower and pumpkin seeds. And I poured it over, and it's thick.

D Right, right.

S I poured it over and it was like granola and yogurt. Pumped with pea protein.

P I can't drink a meal. I have to spoon the meal. So all my kefirs are with a spoon.

A Really.

P Yes, every single one. I never drink it.

D And granola works good in it?

00:52:12

P Yes.

S For you, granola will work fantastic. And for those who are nursing, pregnant, or at goal weight.

P But Serene, we've got lots of E granolas.

S Listen, but I'm just about to say something else.

P Okay.

S Be kind and be nice.

P We're fighting.

S It's like dad saying to mom, be sweet to me darling, because she's a redhead and feisty. Be sweet to me, darling.

P Yes, it's what dad says to mom.

D But it's all like innocent.

S Listen, those of you, you didn't even know my point I'm about to share. Because she does the E ones, but those who are pregnant, nursing, goal weight or who have excellent bugs in their body that just eat through fat, you can do like Pearl's daughter and me and do the full-fat goat's milk ones. And I tell you what, you're getting 40% more vitamin A, a fat-soluble vitamin than all other dairies. And I tell you what, it's so good for nourishing when you're in that stage where you really need nourishment.

00:52:56

P Yes, absolutely.

S Growing children, toddlers.

P I wouldn't disagree with that.

S So, I "S" it all the way, or I just cross it over.

P Yes.

S But that's my season. And then you are doing the 1%, which is great.

P And I love it. I actually prefer the lean, sharp taste to it. It's just me.

S And mine's just like ice cream. It's cream.

P But you know what, we're 50-50.

A So one thing I think that I have probably gleaned from you the most is self-care. I was the most non-self care person. Now, on the outside you could say, oh, she does her hair or whatever. She gets her nails done once a year. But I didn't take care of myself. I would always just fix everything. You know, I would get everybody else taken care of, but I felt guilty to spend time on myself.

A And I think that taking care of this kefir is kind of like me-time. And you're right, it is the weirdest thing, but I enjoy it. Like Annalee likes doing it, so I let her. But a

lot of times I'm like, just get out of the kitchen, I literally just want to do it. And I just enjoy it.

00:53:57

P It represents something.

D It represents her healing.

A I do want to encourage that, yes.

P Yes.

A And it's blessed me so much that I'm just so grateful for it. I mean, that sounds so corny, but I really, you've got to get a picture of the opposite of Serene, and that is me. And more so than even you, Pearl. I mean, you fix yourself stuff. I do nothing. I was a grab-a-bar and go by Chick-Fil-A. I just do not do anything if it takes time. To me, that would be a waste of time. So, it has been so beneficial that I, I mean, two minutes a day, there's no reason that somebody couldn't do it. As far as getting grains, I mean, there's a lot of people on the Facebook page that are like, I have extra, I'll mail you.

S Yes, can you just say the address of where you can watch your little daughter? That would be cute.

A Oh, yes.

P What's she on?

00:54:49

A Yes, I think I actually put it on our YouTube channel, so I can.

S What's the YouTube channel?

A We Are Raising Warriors Not Wimps, The Hartman Family.

S Okay.

A So it's a brand new YouTube channel we just started.

D It's a long name.

A I know. I'm not a You Tuber, so it's too long?

S Dan's here to fix you.

D We should rebrand.

A We should rebrand? And my husband wants to say rearing warriors not wimps.

D Definitely not.

S Oh.

P I wouldn't go with rearing.

00:55:14

A And I said nobody says rearing.

P No one says rearing.

A I know, but...

D No. Except for those five people who will watch your channel.

P Yes.

D Yes. If that's what you want.

A No, I need help. Jeremiah's helping me. I don't do YouTube. But I have a lot to say, and so I want to do it, but I need help.

D Just cut, that big one, that first one you told me, raising this with all the kids.

A But what do you shorten it to?

D Cut it in half.

A Like raising.

D Like raising warriors.

P Hey, raising's a good one.

A Raising. Just raising.

00:55:37

D Or like W N W. Warriors Not Wimps.

A Warriors Not Wimps. So in that very long...

P Just call it what if we could. Definitely what if we could.

D Something like that. Something catchy.

A Yeah, yeah, yeah. Okay, so I have her on there doing it.

D And powerful and undersold.

P Yes, right.

A Look, we're not doing, it doesn't even look, we don't have a kefir kit that you buy from Etsy. We don't have the fancy whatever.

S But when you said self care, I just want to interrupt you because that's what I love to do, interrupt people. When you said self care, it's so interesting because I've never ever gone to get my nails done. Like they're disgusting.

A They really are. I actually saw them last night and they are like...

S They're so bad.

A Before the wedding, could you and me go and get our nails done together?

S Yes. Yes, let's do it.

00:56:18

P You're grossing Allison out.

S And then usually my hair is in Pop's seven-day hair mode where it's just like the pencil in the wad on top of the head, right?

A It's true.

S And I don't really do any of that stuff.

P You take care of your skin.

S I look after the health of everything because I think, boy, if I want to get all dolled up, everything's going to shine.

D Yes.

S That's what I think to myself.

D Great.

A When that day comes, you're going to look amazing.

S Yes, I'm spending all this raw and rugged time just taking care of like bricks and mortar.

P Yes.

00:56:49

S And if I really wanted to hit the town, watch out people.

D Serene, I walk around, like my real life through the week, like a Teletubby that's been ran over. Like literally, my hair, all of it is here on the front and it's just facing forward. Like it's not slick back like this.

P Oh, you do this for us?

D Yes, but I do my pushups all week.

S Yes.

D Because I want this under girth.

S Yes.

P Yes.

D But I'm always wearing baggy shirts and you never see the work.

A Yes.

D But when I'm ready to show it.

S That's right.

D It's there.

S Right, so that's what I want to say about selfcare. This is my point. It's a lot of time

people spending time on the outside.

00:57:23

A Yes.

S Like making sure they've got their cologne on, their perfume, their perfect little nails and their hairspray, and their bad-for-you chemical makeup.

D But their guts are rotting.

S Right. It's a lot of time. You can go into places where secretaries are sitting behind and they are perfed and primmed and perfect.

A Sure.

P Secretaries are from the 80s. There's no such thing anymore.

S Whatever, you just go out in life, and you can see it.

P Personal assistant maybe.

S It's just like, wow, like you spent some time or you've got a system going.

P Sure.

00:57:48

S I don't have time for that system. But you see, well, let's flip it over and do a system that's going to really matter. It's just a few seconds of kefir. Instead of getting your nails done, it's just a few seconds of push ups. It's a few seconds of, we're just switching it around. But we're doing the selfcare that lasts, and the self care that makes a difference.

Announcer Trim Healthy Mama Product News and Notes.

S Trim Healthy Deodorant is the **est** of deodorants. Pearl, can you clarify.

P Yes, but what do we mean by the est is like the purest, okay. It contains zero toxic chemicals and no artificial fragrances.

S The safest because it's aluminium free, of course. And Pearl, it's the wisest, right? It's the wisest because it harnesses the natural power of extremely potent plant bioactives and earth minerals that neutralise odour-causing bacteria. And Pearl, it's also the gentlest.

P Yes, because it's no irritants like baking soda. But I want to go back to the safest for a minute because that's the whole reason why we wanted to develop the Trim Healthy Deodorant. Because most deodorants, Serene, they have aluminium, as what we say, down under. What do you Americans say? Aluminium. And it's right near your lymph nodes. Right near your breast tissue.

S Right.

P I mean, that's going right into your body. The skin is our most absorbent organ of our bodies.

S Right.

00:59:16

P And it just takes it into our bloodstream. So this is like the purest deodorant, but, Serene, it works.

S Oh, it does work. And even for stinky teenagers.

P Yes, that's who we tried it on.

S And hardworking men.

P Actually, the scent is citrus blossom, but it's kind of neutral gender in scent. It is not too blossomy at all.

S I think it's more citrus than blossom.

P A lot more, actually, our husbands love the smell of it.

S Yes, and I like it on my man.

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

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

P And Pearl.

00:59:54

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

A I guess in summary, one encouragement I want to share is don't wait until you have full-blown 18-month explosive diarrhoea and you're literally changing your pants as a 47-year-old. It is not worth it. So I guess if I could go back and know that if I had just taken care of my body like you had.

S Well, I got right back on kefir when I got back from Israel.

A Right, and so I didn't because I never have. Why would you drink that stuff, right? But I mean, if I had been doing that and taking care of myself, then I wouldn't have been in that position. But my body was, those parasites just wreaked havoc because I lived off sugar. I lived off garbage. And so to me, it's just a great warning to people, take care of your gut so that you're not opening yourself up to that kind of stuff. And if all it is drinking a pint or a cup of kefir every day to avoid what I went through, it's worth it.

D Are you ever going to go back to your bra cookies?

A Oh my word, you couldn't pay me to eat it. A Pepperidge Farm Bra Cookie.

P So it doesn't even appeal to you now?

A No.

P Not even on Christmas Day?

01:01:08

A No, I have to tell you. I went by Milton Bakery.

- D Oh, your weakness.
- A I did, maybe a month ago.
- D Kryptonite.
- A And my son had hung out with me and helped me with something major. And so I said, what do you want, do you want to go for a dinner treat? He's like Milton Bakery. And we were driving by, and it was six o'clock at night and I was like, they're not going to be open. So I called them, they're open until seven. So, I said, go ahead, Ethan, grab yourself a Milton Bakery. And so we're driving, and I was like, I'm just going to try a bite. I mean, for old time's sake. I'll try a bite. Guys, it was disgusting to me. I couldn't believe how sweet it was. It did not taste delicious.
- P But can I ask you something because I'm like that... Serene isn't ever tempted by sugar. But on occasion, I'll have something off plan, like a dessert like Tiramisu or I'll go on a cruise and have a couple of things.
- D Cheesecake.
- 01:01:57
- P And I come back on. But do you have to be, because you keep saying you're all or nothing. Can you have a little something in your life and then go back? Or do you have to stay all away?
- A No, I can. I can.
- P You can, okay.
- S Because her taste buds have changed.
- A I think that pumpkin bread was not on plan. I think somebody said, whoever brought it...
- P But it doesn't make you feel shameful?
- A So I had a bite, and I didn't feel bad, no. But I just didn't eat the rest of it once I realised it wasn't on plan. But, yes, I think to me if I do stay away from it, then it almost makes me want it more. It's almost better. Even my purist husband, and you've seen him, he will take one bite to, remember the egg thing in your hair?
- D Yes.
- A How you had to prove to yourself you weren't totally wacko, even though you know you are sometimes.
- P You kind of are.
- D Yes, you are.
- A But Daniel will take a bite of something, and so I think I'm kind of like that. Like give me one bit just so I can say, I'm not going to go and shut and lock my door

and eat the whole gallon. But I'd like to try a bite and see if it's really worth cheating over.

01:02:56

P Yes. Is that really true, would you actually eat a gallon?

A I would eat all the chunks out, and then eventually the whole gallon was gone.

P Yes, okay.

A So, yes.

D That's a yes.

P Oh, that's great.

S But you know, I think the point is that it doesn't taste good to her anymore. Because most of her diet is so amazing, she's lost the taste.

A And Hallie makes such amazing sourdough bread!

S She does.

A She made the cranberry walnut bread, she's so cute. She's trying so much to be like you. And Cedar loves her bread.

01:03:27

P But what you crave changes, right? If you give it time, it changes.

A It does. It really does.

P Jeepers, because what I crave now is those things. I crave the kefir, and I crave the sourdough bread.

A Well, and I think just seeing my body change and hearing people compliment and say, wow, you look really great, that is so encouraging. You're like, well, why would I want to cheat and treat myself. Why can't I just treat myself with something good?

S Yes.

D But guys, you know what else it does? Like you disconnect the emotional attachment to the sugar and what the sugar was medicating for you as well.

A Yes, totally.

D When you get off of sugar, you actually learn new coping strategies.

A Absolutely.

D Micro coping strategies day-in and day-out that you're not even conscious of, that you're learning.

S Like push ups are probably for you, a coping strategy.

D You know what push ups do for me? Push ups deal with my fear. I just now, after years of inconsistent push ups, can I do them and not feel actual crippling anxiety in my stomach. When you start working out, and everybody's got their thing that

they go to when they're in their negative. Mine is anxiety. Like when you start working out, you're killing your anxiety.

01:04:33

P Yes, you are.

D And I would do push ups, and I would be terrified. And not know why. No reason. No cause.

P No, I felt that with push ups.

D Did you? You feel fear.

P Because I'm not a natural exerciser, I felt that inside.

D You start to shake.

P Yes.

D And you're like, I'm going to die.

P Yes. Everything wants to hate it.

D Everything in you is like don't do it.

P Yes.

01:04:50

D Don't do it, you're going to die.

P Yes.

D And it's like, doing push ups, it's so psychological.

P It's very empowering.

A Well, this smoker voice is actually because I did smoke growing up, like from 13 to 22. So, I would smoke to alleviate that stress or whatever. And then when I stopped smoking, I went to cookies. I really did.

S Oh, interesting.

A That was my go-to, and then now that I've given that up, I'm now going towards more, again, that self care. Taking care of myself, doing good things, but, yes, I think we all have an outlet that we do to get rid of whatever you're dealing with.

D Well, to increase dopamine.

P Yes, and it's just swopping negative for positive.

A Right, but sugar is such a drug. We were talking at the bridal shower last night.

S Yes. It hurts people.

A Not to spiritualize it, but I think you have to be super careful when it says, it's better to tie a millstone around your neck than to cause a little one to stumble. I can almost use that verse when I'm eating something naughty in front of a friend who's

struggling. I'm not being kind to them. Because I may be able to do it, and you may not notice the difference in my weight. They may not be able to ever put it down. And they're seeing you eat it, so it really is a good testimony thing to be a good steward of what you know. So I can't go backwards now. I have too much invested in it. And really, it would kind of be a slap to God because I feel like he's given me this idea of kefir and it's changed my life so much.

S And your daughters too, right. Your children.

A Oh, we all do it. Like Makenna, everyone drinks kefir.

S But we're at one oh five now, so we kind of have to say goodbye. But it was great. Thank you so much, Allison.

01:06:44