



Trim Healthy Podcast with Serene and Pearl

Episode #340 – Back To The Basics Part 2 The Whys

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

S = Serene · P = Pearl · D = Danny

00:00:00

S This is the PODdy with Serene.

P And Pearl.

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

D You can't beat it, you can't beat it, the feeling you get from the Trim Healthy Podcast. You can't beat the feeling.

P You can't beat the real thing.

D Cut. You guys got one line; you can't beat the feeling.

S She aced it.

P Well, the line is you can't beat the real thing, right?

S I can't remember the tune of the last line.

D I think they interjected throughout the ad years in the '90s.

S Take me off it and now do it, Pearl.

P You can't beat the real thing.

00:00:50

S I felt it. I felt it in the air.

P So, last week we covered kind of the fundamentals of healthy eating, which is...

S What is it, Dan?

D The fundamentals of eating are, first, we need to talk about the macros. The macros are protein, they are carbs, and they are fats. Now, carbs and the fats, are your fuels. Is the protein a fuel too?

S It can be.

P It can be termed that, yes, but it's your anchor.

00:01:20

D But in our educational mindset, we want to look at fuels as carbs and fats. Then we want to talk about the micros. These are flavonoids. These are the...

S Antioxidants.

D The antioxidants are what I was looking for, and they're found in your fruits, blueberries, vegetables, and tomatoes. Tomatoes, of course, the antioxidants and then the lycopene are going to fight free radicals. So, you need both macros and micros and then, of course, avoiding sugar is how you really help your body to absorb those and...

S He was paying attention. Now, you had an aha moment too last week where you just got it. Can you tell us about that aha...?

P Sorry, but I am impressed.

S I know. I'm so impressed. I just feel like he can ace this thing, the lightbulb moment, and then you're...

P So, if you're tuning in to Part 2, go listen to Part 1 but Danny has never read one of our books. He has sat here for six years in podcasts and only absorbed what he has heard here.

D And really haven't understood it ever.

P But you understood what you needed, which was Crossovers where you merge the S and E.

00:02:23

D That's me. I take just what I need, and I literally block out everything else.

S So, what you learned, something about the actual plan for weight loss last week, what was it?

D The see-saw image is what I retained and the see-saw on... We have a fulcrum of protein that anchors the see-saw and on both sides, we have our carbs and we have our fats depending on your weight goals, you can throttle those or if you have a little bit more carb in your meal, you're going to want to lower those fats so that you're

not... There's a reason because the body, as you feed your body, is going to burn the glucose first and it's going to take the fats and not immediately, quote, make you fat, but it's going to send the fats to storage. And so as it sits in storage now, eventually, if you continue the out-of-balance eating, it is going to now say, you know what, we're just going to put it out there into the real fat land where you will see that you've gained weight. So, that's why we want to...

P I'm a proud mother.

S Yes, I'm a proud mum too.

00:03:34

D We want to eat the Trim Healthy way.

P Well, I felt like his Mama right then. It was like my son was playing football and caught the throw. You caught it, Dan. I'm impressed. So, that's perfect.

D Yes?

S He's smart and funny.

D I could probably travel with you guys and teach on stage.

P You could now. You could take over, now that you've finally got it. So, last week we learned what the fundamentals are but this more we're going to dig more into the whys. Why are we a plan that doesn't kick out and refuses to kick out the things that other people are kicking out? Why will we not kick out carbs? Why will we not kick out protein? Did you know there are some plans that kick out protein? They're scared of protein. They believe the amino acids inside proteins cause earlier death. They are terrified of it. You'll hear some people talk about, oh, my goodness, I won't eat meat because it has methionine, or it has leucine and things like this, and some studies show that there's a higher risk of cancers. But these are isolated studies. They're not studies looking at the full picture.

00:04:45

S Because glycine antagonizes methionine and so then it makes it anti-inflammatory and so you can't just take one amino acid and say, well, this is bad because usually meat has a full spectrum, especially if you have the bone in and skin on.

D Have you heard the John Wayne thing?

P No, what was that?

D Supposedly there's... It may be an Internet myth, but they found, upon John Wayne's autopsy, 50 pounds of red meat hung up in his body.

S I first want to go and say myth, myth, myth.

P It's silly.

D It feels like a big fat myth but it follows this idea that red meat is bad. Is too much red meat bad?

P Well, it depends upon your season. Now, too much of anything is not so great. So, we've got to balance it. If you're eating just red meat all the time and maybe it's not grass-fed and you're forgetting about your greens, any time... Okay, you're going to set me off onto a preach session.

00:05:43

D Let's get it.

P But meat is an incredible food. But meat requires something for when it digests in your gut. It requires veggies.

S Vitamin C.

D Why?

P Because meat can actually metabolize down... It metabolizes into some things that can be considered toxins in your gut. But when you have veggies on your plate, it neutralizes those and makes it a healthy food.

S And if you're listening here and say, well, I'll just not have the toxic meat on my plate, it doesn't work that way. I tried plant/vegan for years.

D Talk about it.

S And I got so out of balance. I would take those PH tests and I was more acidic than meat eaters. Everything was just out of balance. I put my body way out of whack.

D You had a teeth problem.

00:06:33

P It is all about balance and it will come, and it will circle around and this new diet, that says don't eat meat, and then the other one says don't eat a carb. There are diets that say don't eat your fats. What's it called now?

S We don't want to...

P No, we don't want to pull down people but it's like fats are the worst thing and you're only supposed to eat...

S And the oils are wrong.

P Yes.

S But oils are so biblical. Making olive oil is so...

P And really, we can all tweak the way we eat for our seasons. When you're in the premenopausal season, you're desiring utility, you're desiring to have children. Red meat is crucial for you. Your Vitamin A heavy animal fats are very important for you

at that time. Then, when you get post-menopausal, your body, it's a little bit different.

S Depending on whether you're... Depending, because if you optimize...

P I'm not even talking about muscle mass right now. I'm talking about things that change in your digestion. And I'm not saying you shouldn't have red meat then either but you're not bleeding every month, you have less of a need for iron.

00:07:32

S Right. But I don't think it's wrong.

P No, it's not wrong. I eat red meat. I don't eat as much as I used to. I eat a lot of fish. I eat lean meats, I eat chicken, but red meat is still very important for me. I'm just not having it every single night.

D Is the mercury scare of any validity in too many fish?

S Well, things like wild-caught salmon way back when, in the deep depths of the ocean, it actually had mercury way back then. But there is something in wild-caught salmon that neutralizes it and so I just feel like... I'm not concerned about it at all. We eat a lot of Safe Catch tuna. Tuna is still being tested.

P Yes. I listened to that concern a little bit. I don't know how valid it is but to be on the safe side...

S Because she eats a lot of tuna.

P I eat a lot of tuna. I use Trader Joe's. I used to use Safe Catch brand because it's always tested for mercury, but Trader Joe's is also tested for mercury.

S It says Safe Catch on the Trader Joe's one, Pearl.

00:08:34

D Like Trader Joe's off the back, where you can see the fish out?

P The pouch.

D Oh, you mean just the Trader Joe's brand.

P It's just yummiier for me.

D What happens if you have mercury? Is there a side effect?

P Well, it's heavy metal. It builds up in your system. But I'm sure you get a lot more mercury from junk toxic foods. Anyway, so on Trim Healthy Mama, we ask ourselves these questions. There's a series of questions and Serene and I brought them to you on many PODdies but we've just spent a poddy on maybe one. But now we want to talk about what happens when we fail to include these important macronutrients and micronutrients in our diet and why we are determined to be inclusive rather than exclusive.

S Yes, and just quickly, the reason why is because we grew up just trying everything, using ourselves as guinea pigs and we were so exclusive.

P For newbies in the room, Serene and I have always... We grew up with a crunchy mum, crunchy meaning she was the healthy person, grinding our own bread and everyone else was eating white bread.

00:09:39

S And a crunchy grandmother.

P And a crunchy grandmother.

D She was beyond the crunch. I picture these hipster wannabes when you say crunchy. It's hip to do. Your mum is the holy spirit of the natural earth mother.

P We were born into generations of women who were health minded.

D Before it was cool. There was no Internet.

P No one was doing this.

S It was cool to have white bread chippie sandwiches. In Australia, you put the salt and vinegar chips, butter, white bread, smash them together and that's what everyone had.

D America was running on Dunkin'.

S You put some Vegemite in there. But we had our mother's brick bread.

P Home-ground.

00:10:17

S It took 50 chews for each mouthful.

D Did she have one of those big things? Did she have a mill?

P She had a mill.

S She had a mill. And it had salad from the night before in it.

P And her mum before her, her books were lined with health books. That's what we grew up with.

S Her bookshelves.

D Back to her cave grandmother.

P Yes. So, we were born into this, and it ignited a passion in us. We found it all intriguing. It ignited a passion in us as very young children to figure out the optimum diet. What is the optimal way to eat?

S But it was a little bit scary because when you read, not everything you read is truth, and so we tried everything we read because as children, as a youth, we didn't really

have at the time a filter for, okay, well, I don't know, I'll spit that out and I'll just take this truth. So, we tried some extreme diets and we saw what that does, and we vowed, after both of us wrecked our health, that we were going to be inclusive, and we were not going to do extremes anymore because we saw where they led.

00:11:20

P And also, we finally discovered the truth of the scriptures that said, I give you, and it listed all the food groups. A beautiful scripture in Deuteronomy that we've mentioned here repeatedly, it says I give you these food groups and they're gifts, and we realized, okay, God gave them to us as gifts. They're not bad. They're not evil. They're for us, they're for our health. So, how can we use them and work with the way we function, with our hormones, with our insulin hormone, and with our blood sugar?

S And, as we said on the poddy before last, just the last poddy, we were saying God is a giver of good gifts but the devil, he's a thief, and what makes me so mad about so many diets these days is just the restrictiveness of them and just the beautiful blessings that we're meant to enjoy are taken away from people. I now remember in those restrictive diets that I was in, life was not a happy place. Restriction is never festive.

P But there's restriction and then there's wise boundaries and they're so different, right?

S Very different.

D I got a heavy revvie on the last PODdy.

S Yes, you so did.

00:12:25

D But it's coupled with one of the first breakfasts I've made in a while too this morning. Because when I really understood... Like when you're talking about how the body burns glucose first, I saw, first, the body as this incredibly designed machine, to go for glucose first, to process it. But then it almost took on a personality and it's like, okay, there's this very specific machine that does things a very specific way and it wants something. Oh, what a coincidence, there are these somethings out there that perfectly mate with what the body wants, and it took on this whole personality and it's just like, oh, I want to join that, I want to support that. If I had a little baby lizard and it ate little critters or something, little what are they called? The little grubs. The lizard wants its grubs and it's my baby lizard. Well, I'm not going to put a milkshake in there. Baby lizard doesn't eat milkshakes. Baby lizard wants his grubs and that's us, that's the inside of us. It's this thing that loves us and wants us to feel good and wants us to be strong and wants us to live long and show up in our families.

P We're perfectly matched to earth foods. We're perfectly matched to that glucose, that

healthy carb, that sweet potato. We're matched to that protein.

S We're matched to that healthy fat.

00:13:59

D Give your baby's belly what he wants.

S And when some of it's taken away, whole macronutrients taken away, that baby lizard is sick.

P We've had PODdys, even recently.

S Honour that. Did you see the baby lizard?

D Watch him. Watch him want his food.

00:14:58

P That's the goat baby lizard. That's a cross between a goat and a baby lizard. That's wrong. We've spent many a PODdy asking ourselves and encouraging you to ask this question, where is my protein? I'm not going to ask that question today because it's fundamental. We're talking about fundamentals here, but you've got to ask yourself that question or else your meal will not be grounded, it will not be safe, it will not fuel your lean body mass.

S So, you're not going to talk about it today, but you are.

P No, I'm giving a 30-second talk. Now we're going to spend about ten minutes, Lesley said we have to be done in 30 minutes, on the others. So, I want to talk about this question, and that you have to be asking yourself this. It's not in every meal but it should be, I believe daily. Where are my carbs?

00:16:27

S Yes, sirree, it's a big question.

P I think when Serene and I... You've watched us grow here on this poddy. You've watched us come into some new things, you've watched us sit here sometimes with dirt on our face saying, hey, you know that thing we said, we're wrong about it, here's the bigger picture. Carbs are one of the things that we've grown into to see more clearly. When we first started Trim Healthy, we used to get this question a lot. It was like, Pearl and Serene, how many E meals, which are our carb meals, do we need each week? And so, I remember answering it like this, and I would change my answer now. If I can just be given a clean slate, I would like to change. We always said, well, have the minimum. You're always welcome to have more, and we would love you to have more, but the minimum is five to seven E meals per week. But if you take that down, that might be not even one day going without carbs. It's only five. There are seven days in a week.

S Well, for two days you're going without carbs.

P So, I would like to change that.

S And that's only one meal a day.

00:17:32

P Yes. I would like to change that. I would like to say... And this is what we talk about in our new book. So, if you're not ready to come here with me, that's okay, but I personally...

S And we need to say Trim Healthy is not a low-carb plan.

P No, it's not.

S It's not.

P I personally would have more than that. And we're going to go deep in our new book about it. S meals are still important, and Crossovers are still important, but I personally have more than half of my meals containing some carbs. Why? When you look at longevity populations, they did this study and found that people who live the longest have 55% of their dietary intake as carbohydrates. You look at the blue zones, you look at the Mediterranean diets, all those carbs, healthy carbs.

D What kind of carbs? What kind of foods?

S Gold carbs.

P Gold carbs. You can name them, Danny, I bet. What are healthy carbs?

00:18:24

D Well, there are some carbs in vegetables but they're not the carbs you're talking about.

P Yes, but we're not talking non-starchy because there's not enough of them.

D We're going to talk about sweet potatoes.

S Yes.

D Do they have sweet potatoes in the blue zones?

P Yes, huge amounts. But also, all potatoes, really.

D All potatoes. When I think of healthy carbs, all I think about are potatoes.

P What about brown rice?

S What about quinoa? Ancient breads.

D I don't start to get into quinoa.

00:18:49

P You don't have to.

D I want it and I love it when it's there.

P What about your beans and your legumes? The black bean. If you look at the tapestry behind you...

D To get the carbs out of beans, are you going to be just bloating?

S No, to get the protein out of beans, you get bloating. If you get the carbs, they're great.

D Okay. You can eat low beans amounts and get your carbs.

S No, not low. You've got to have a good cup.

P Three-quarters to one cup gives you carbohydrates.

S For you, you need to add a little rice in there too.

D So, we're talking about potatoes, rice, beans.

P Fruit.

D Oh, fruit carbs, of course.

P So, you've got your healthy grains, you've got your beans and legumes, you've got your grains, your ancient ones, your whole grains.

S You don't have your berries. Except the blueberries, the berries are very non-starchy vegetables.

D I always think of fruit as... Lycopene is probably the wrong word, but I think of fruit as... I don't know, as fruit, I don't think of it as carbs.

S It's definitely carbs.

D But it's in the carbs family.

S Major.

P So, those wonderful foods, to me, I have... So, those are what make up the blue zone. That is about 55% of their diet. And I like that. You don't see the studies showing 90% of your diet. They're just at least half.

D I bet the fruits are giving us long life.

S Yes, for sure.

00:20:11

D Would you think more than a potato?

S And those blue zones would probably be having carbs at every meal, but they've just got a lot of protein in there, they've got a lot of other non-starchy vegetables.

P But a lot of the blue zones don't have obesity, so they're not already fighting some issues.

S I want to say, though, between you and I, we've tried both ways. Our metabolisms are more revved, we burn through more calories and besides body composition changing because we've gained muscle now, we're probably leaner by upping the carbs. So, I probably have carbs at every meal.

P Yes, you do because you're having every meal Crossover.

S Yes, but there might be one meal I go out and just have fish and veggies but that's not planned. I would love to have a carb with it.

P My nighttime meal is still usually an S. Sometimes I make it a Crossover but my nighttime, my evening meals I keep as an S but in the day, I love to fuel my meals with carbs.

00:21:04

S I do love to have a carb breakfast. I love to have a carb lunch. This is just me. Newbies listening in, you don't have to, but my new rule would be... If I could give a guideline, it would be at least half of your meals. That's what I would say.

D Are carbs.

P Include some carbs. So, you're going to either eat an E or a Crossover.

D Not half of your plate.

P No, I'm just talking about your meals. Because remember, on Trim Healthy we have certain meals. Some celebrate fats, some celebrate carbs. Fats are still important.

D That's a mind game thing. If I have a big plate, I fill it up.

P You're going to be Crossover all the time, Dan.

S Just think both are weight loss meals, S and E, but when you have most of your meals S, you might be losing weight but you're also slowing your metabolism at the same time. You, see? So, why not throw in some weight-loss meals in there that are speeding up your metabolism?

00:21:48

P Yes. So, what happens, if we could say... Of course, there may be a day here or there where you decide, okay, I'm just going to have an S Day. We used to do this where we focus on celebrating fats.

S Yes, but we don't do that anymore.

P We don't do that anymore, and I'm not saying you can't, but I don't.

S I kind of am.

P Yes, well...

S I'm not saying you can't, it's a free country. If you want to wear butterfly wings as you

walk down the street, more power to you.

D And I do.

S Can I just say what I think?

D Yes, Serene, it's your podcast.

S I think a full day without carbs can be metabolically not balanced.

P I tell you there are occasional times I'm traveling and I'm just eating airport food and it's easier...

00:22:35

S I don't think that you would feel as... But that's just because it happened. If you had a choice, you wouldn't make a whole day without carbs.

P Yes. And it's very rare for me these days to go a whole day without carbs. And I used to but I feel like we've grown in truth and we've grown in...

S I feel like it feels and sounds strange to me now.

P Yes. So, why? Why do you ask yourself where are my carbs? Because carbs are healers.

S Can I say something? Would you go a day without protein?

P No, I never go without protein.

S So, I've gotten to the point where carbs have been an excellent tool in my life. Now that sounds like... No, a day without carbs is like a day without protein.

D You know what? If you struggle with depression, find out if you have fruit in your life.

P So true, Danny. I'm telling you, and that's what I was going to talk about.

D When I have fruit, man, I'll make more money that month. Fruit, it's the right carb.

S Refresh me with apples is what Solomon said.

00:23:37

P So, the healthy carbs, the ones that we are focusing on, such as fruit, potatoes of all kinds, beans, lentils and whole grains, they nurture your adrenals. They lower your cortisol. They boost your thyroid hormones. They bring balance to insulin function. They protect your leptin levels and they even, as Danny said, fight the gloomies. In short, they heal metabolisms. And let's talk about cortisol.

S They ignite that happy hormone, serotonin.

- P Yes, exactly, that's how they fight the gloomies.
- D Everybody's happy at Danny's house when the watermelon is cut on the island. All the children rejoice.
- P So, healthy carbs, especially when eaten in the morning, with protein, and I'm reading from our new book. Not all. I'm just giving you little glimmers because we're going to go deep, deep, deep into the studies about the need for carbs. Because carbs have been given such a bad rap. Since our first book, Serene. Keto wasn't around then but just low carb was. Atkins was kind of around.
- S Yes, Atkins was around.

00:24:36

- P Things like that and then it got into keto. But carbs were not as demonized as they have been since that time. And so, this latest book, we are going to undo the demonization of them and actually expose the truth. But carbs, especially when eaten in the morning, as I said, send soothing messages to your adrenal glands that all is well. Carbs are the easiest and least stressful fuel for your body to burn, as Serene said last week. You can stop stressing, they gently say. No need to push out all that cortisol. You're fine, baby girl, you've got this. Overproduction of cortisol settles down. Why do we not want too much cortisol?
- S Well, cortisol is our stress hormone. We don't want it out of whack. We need it to live. Cortisol is important. We don't want it out of whack, and when it's out of whack, it redistributes fat to your middle.
- P Yes. And if your cortisol is high, you cannot burn fat.
- S And it tanks your own testosterone, which stops muscle production.
- P And so the truth is, yes, carbs cause a rise in blood sugar, and glucose, and this can sound scary if you've been indoctrinated with low carb/keto dogma, but you can't let it alarm you. Because you were designed to thrive on glucose. Even if you've been told, oh, I can't eat carbs, it spikes my glucose, no, you were designed to thrive on glucose. You might have to be a little bit more careful about amounts and types.

00:26:01

- D Diabetes people?
- S People have healed diabetes. Keto diets do not heal diabetes. They do not.
- P No. They band-aid it and they make it worse.
- S Okay, you're like, oh, look at my A1c, oh, look, my blood sugar's not spiking. Fantastic. I am healed. No, you're not. You've just taken away the things that you couldn't eat.

You've taken away the problem but there's nothing healed.

D Yes.

S But if you put those problem children back in, you've got blood sugar just way out of whack.

D So, people with type 1?

S But you can actually heal it so you can...

P Well, type 1...

S You need medicine for type 1.

00:26:30

P You must take your insulin. So, Trim Healthy helps type 1 too. They must take less insulin but type 1's separate. We're talking about type 2 and we're talking about prediabetes. We're talking about insulin resistance.

S People have actually eaten carbs, eaten gentle carbs in a safe way, anchored around protein, to the point where their body has learned to clear the blood sugar and their problem has actually gone away, not masked.

D Has anyone in the history of type 1 ever not had type 1? Can you be healed from it?

S God can heal you from it.

P It's an autoimmune disease but, yes, I mean, miracles could happen, but you've got to take your insulin if you have...

D Okay.

S Unless God heals you. It's not like you're just like, oh, fix your gut.

P No, you can't change it with diet.

S It's not from diet. It's from your own body's immune attack.

P Too much glucose is, undoubtedly, harmful. That's what we were saying in the last podcast. If you spike your blood sugar, that is harmful. But too little glucose is just as problematic. Gentle carbs, the ones that we're talking about here, give you just the right amount of glucose so you can rock this life journey in your earth suit and so many people, especially...

00:27:41

P I want to talk to our PCOS women here, women that have been... And that's one in ten women in the United States has been diagnosed with PCOS, polycystic ovarian syndrome, and that's when you often have high insulin levels, your sex hormones go out of whack, and you can't burn fuels. Your metabolism slows down and they're so

often told to do a keto or a low-carb diet. Because, you see, their blood sugar spikes, and they don't do as well with carbs.

S More insulin resistant.

P But do you know what they've discovered now? And I helped someone through this. I was talking to her with messages like I can't do any carbs, so I'm just doing your S meals on the Trim Healthy plan. I'm having this much protein, blah blah blah, and I said, hey, I'm going to show you these studies. There were studies of PCOS women that included black beans and they found that their blood sugar got steady, their insulin went down, and things like that. I said, hey, I know it sounds weird but try to do this E meal, have some black beans with egg whites and non-starchy veggies and I want you to come back to me and tell me what happened.

P And she's like, oh, my goodness, Pearl, I'm finally losing weight. My blood sugar was great. And I'm like that's because of these healing carbs. And, like Serene said, sometimes you can just go off the offenders, like your white sugar. That's going to hurt you. Devitalized white flour, that's going to hurt you. But if you bring in the good ones, you don't spike them too high and you allow them to heal. They will.

S They will. You know what happens when people just cut out the whole macronutrient of carbohydrates? Their body breaks down and doesn't know how to metabolize carbohydrates properly. You become carbohydrate-intolerant temporarily. And so, what happens is eating no carbohydrates always is unsustainable. Put health aside, totally unhealthy, but it's not sustainable. So, say you go out with friends and it's like, well, this is my treat night. I'm usually keto, I'm usually carnivore but I'm just going to have a treat night, and say they're just a health purist, I'm just going to have my sweet potato tonight as my treat night, do you know their body will think that that sweet potato is three Krispy Crème Donuts. It's not used for carbohydrates. It does not know how to do it anymore. And so, what happens is you think I'm keto because I want to keep this controlled blood sugar, this flat line dirge because that's healthiest. No. Because you're going to have a flat line dirge tsunami, flat line dirge tsunami. You're going to inflame your body. It's so much better to have this beautiful ebb and flow, a rise from gentle carbs, fully clear, rise, fully clear. It's like a conductor. Isn't that beautiful? Instead of aah, aaah. That's inflammatory. That's dangerous. That's keto.

00:30:25

P And I think when people first come to Trim Healthy, oftentimes they're coming from a Standard American Diet. Their blood sugar is high. They're spiked. They are prediabetic or they have insulin resistance. And that's why it's important, I think, to adhere to the good carbs. Not only that, adhere to our wise guideline of about 45 grams of net per meal. Or if you're very, very sensitive to carbs, you can even a bit lower, about 30, maybe 20 to 30.

- S Always anchored around protein.
- P Always anchor around protein and then find out the carbs that you can have. Some people can't do bananas because it's a little sugary. Some people can't do brown rice and they must stick to maybe black rice.
- S And it's not because those foods are bad, it's just because they are a little messed up in that area.

00:31:08

- P Yes. And then you can slowly heal. At first, I used to spike from certain foods that I do not spike from any longer because my blood sugar has healed over the long term and I think that you would have found that, Danny. You used to eat... What are they called? Toasted Pop Tarts...?
- D Toaster Strudels?
- P Toaster Strudel Pop. Your blood sugar was very, very unstable at that time, right?
- D Oh, yes.
- P And so you had to be careful about spiking your blood sugar. But now you can handle good amounts of brown rice and stuff.
- D I couldn't even touch dairy because I had an allergy to it.
- P You were a mess, yes.
- D If I had a bite of cake, it would send me into a tailspin. I could mess around on the 4th of July and eat a piece of cake and be fine.
- P You're just healthier now.
- D Yes. And, of course, if that becomes a pattern, my body says I'm going to bless you with nausea.
- S If cake becomes a pattern.

00:32:03

- D Yes. If heavy fats, the abuse of fats, becomes a pattern, my body's going to be like, yes, you're going to feel bad.
- P Hey, when we come back, though, from our little break, we're going to talk about the importance of fats.
- S Yes.
- P Now that we're back, I feel that why the carbs, we didn't even go... We got one out of ten into the depth of where we should go but we don't have enough time.
- S So, if you feel like, wow, carbs are kind of important, after that one point, can you imagine after ten points?

00:36:04

P It's layers deep.

S We don't have time, so we're going to move on. But just take what you have...

D But do you feel it in your heart?

S Take what you have, times it by ten right now and now we'll move on.

P Yes, totally. And then the other thing is where are my fats.

S Yes.

D The slow burner.

P Because fats could easily be just as demonized. But why do we need them? They're crucial for our brain. They're crucial for our nervous system. They're crucial for our hormones.

S Our hormones, our endocrine system. It's huge. And for beauty, for skin, for hair, to get that luster and not this dry flaky...

D The brain's made up of fats, right.

P Yes. And I think that... When we first launched Trim Healthy, we were really promoting fat because at the time they were super demonized. Butter was the worst food you could eat.

D Because people thought fat meant fat.

00:36:54

P Yes, they did. Exactly, Danny. I think most people now know that fats are important. It kind of got celebrated over these last few years. With keto and with paleo and all that, fats are good. Okay, we know that. So, I think our balance with fats now, Serene, that we've been heralding on the podcast is fats are fantastic, yes, but treat them with respect because you can... As you can do with carbs, we're saying, hey, eat your carbs, yes, but be careful, don't pile them all over your meal. Don't pour two cups of brown rice on your meal. You're not going to do very well. So, I think the same could be said about fats. We're in different seasons and premenopausal women, women desiring fertility, even need more fats. Women that have...

D That's a low T microphone.

P Yes, that microphone is really weird. Lost their hormones.

00:37:50

S I shouldn't have got that joke. You're bad.

P Let me say this. They oftentimes, especially if you've lost muscle mass, can't... They

need fat. They cannot utilize as much fat in one meal as they used to. Why? Fats are the densest macronutrient in calories. And we're not being calorie counters.

S No. It's just fat and we just must respect it. So, if we're overdoing those rich foods, it's abuse.

P Yes. So, if you're going to have cheeseburger pie, I would count Cheeseburger Pie as the fattiest, richest, most wonderful THM indulgent meal. So, it's got... What's it got in it? Let's talk about...

S Mayonnaise.

P It's got ground beef and red meat.

S And it's probably not grass-fed.

P Well, it could be. Let's just say. Then it's got cheese, then it's got eggs and egg yolks, then it's got mayonnaise. What else is there?

S I have never made it.

P It's a big fat pie, right? Now, that's great for now and then.

D We should call it fat pie.

00:38:55

P It's great when you come to Trim Healthy. It's great if you do it without carbs, especially and non-starchy veggies.

S Most of the time made by most of people who are just trying to string a budget along. They're not going to be healthy fats. They're going to be pasteurized cheese. It's all cooked up. It's going to be the regular chuck from Walmart.

P It's not necessarily unhealthy, it's just not optimal.

S Yes, it's fine, have it. But I'm just saying those aren't the fats that we're just saying celebrate. With the fats, yes, it's fine.

D Is olive oil a fat?

P Yes, olive oil's a fat. All oils are fats.

D I've been meaning to ask you, I've always thought, man, there ain't no way they're pressing that many olives to fill that whole bottle and only charging me ten bucks. Where are these olives coming from? And then I saw this thing that it's actually... They can legally canola oil as olive oil.

00:39:44

S Yes, but there is a certain thing on the bottle that's protected.

P Just go do some background check on the brand you want. There are some good brands out there.

S It's protected, like one-origin olive oil. And you can tell because you put it in the fridge and it depends if it gets solid or not solid and there's all these ways of telling.

D So, if it gets cold it should congeal a little bit.

P No, it's not saturated fat. I would just investigate the brand you want to use and find out about them. They're not allowed to tell lies in all places on their website. So, I'm just saying I feel comfortable about the olive oil I use.

S Olives, in the places that they grow, are plentiful, and they make a lot of oil.

D They can make a lot of oil.

P I've been to Italy, and I've seen them actually do it, yes.

D Okay.

P I was going to say that Cheeseburger Pie, it's a great entrance drug into Trim Healthy because it's just so satiating.

D It's our most McDonald's meal.

00:40:37

P Yes. And your family are like, sure, mum, and your husband's like, oh, my goodness, I'm going to eat like this. Okay, I like this Trim Healthy thing.

D Okay.

P But then if you're doing that every night and you're minimizing your good healthy carbs and you're focusing on that saturated fat and large amounts of it, you're not in balance. So, what we say is depending upon your season, you want your healthy fats and by healthy fats I mean your really good oils.

S Avocado.

P Your salmon.

S Yes. I would say your nuts, walnuts, pumpkin seeds.

P But, still, you don't want to go overboard with it but you need enough.

S I would say full-fat goat's milk cheese. I have raw goat's milk I ferment.

D Vanilla almond butter.

00:41:22

S Almond butter. Pearl loves almond butter.

P Yes. All those things, they're so important. But as you get to certain seasons, just start to tune in and see how much you do well with. Don't negate them. Don't say, oh, I can't do fats. Because that's wrong. You do fats.

S Well, because they're more concentrated, how we celebrate fats is just we don't

celebrate them in the amounts we celebrate carbs because carbohydrates aren't as dense. And so how to celebrate carbs looks like this. How to celebrate fats looks like this.

P A small amount.

S Because it's concentrated.

P And I do want to say...

P Carbs and protein, for every 100 calories you eat of both of those, you burn only 77 of those. So, what is that? 23, right? 23 of those your body is just working. So, out of 100 calories you only have 77. So, with fats, you have all 100 to burn. It's different.

00:42:58

D Your body burns fats more efficiently?

P No, less efficiently.

S Especially to burn protein. You're working so hard to digest that thing...

P Well, it is the same with carbs. It's the same amount.

S I thought it was a little more protein. I thought protein was the highest.

P No, it's 77 each.

S Okay, that's interesting.

P But protein is more metabolic.

D So, the fat struggle, to burn the fat, that can manifest in bowel issues, right?

S For some. But it's just that... What I'm trying to say... What she's trying to say is the body doesn't have to put in all this burning effort to digest that and so 100 calories is 100 calories.

00:43:42

P We lost another camera, didn't we? Yes, we've got parts coming. Guys, we're just going to have to go anyway, because we just lost our whole camera again.

D Yes, physically we must go.

S But I do want to say when the camera's all on Dan, and so just put your face in.

P There's no Serene and Pearl anymore, right?

D Is that how we're going to roll?

S Yes, that's how we're going to roll. I just want to say...

P Just look at Danny. We can talk.

S We're not demonizing fats with those cautions. We're just trying to say this is the way to celebrate them so that they don't burn your bum so that they don't come back and bite you. Because you can hear, oh, we're here on Trim Healthy, we celebrate fats, and you can do it in a way that really stalls you out.

P Yes.

S So, that's why we want to just give you these little cautions. It's not like these fats are bad. I caution so that these can be really celebrated for life, and you never have to kick them to the curb.

00:44:29

P I do want to say, though, when I went through menopause and my metabolism slowed down, this is before I chose to really get serious about strength training. You're just watching Danny now. Yes. And serious about replacing my hormones.

S You should do the mouth movement and see what it sounds like.

P I had to make every one of my S meals lighter. I really got light on my S meals. I would have fats.

S Because you weren't strength training.

P Right, exactly. I'm just telling you I had fats, but I limited the amounts. I wasn't like... I used to just throw them on and celebrate them but now that I've replaced my hormones and now that I am strength training, I am liberal once again. I'm not as liberal maybe as I was in my late 30s, when I started Trim Healthy, when I was super liberal with fats. But I'm ample with them now, and I can burn them.

00:45:17

S So, know your season. So, you might be not optimizing your hormones and you might be post-menopause, and you may not work out in the gym. So, you might need to be... Have both cameras gone? You might need to just be...

D We're still here.

S Just be like Pearl was, like, yes, celebrate them but maybe one at a time. Walnuts instead of avocado this time and not walnuts, avocados, goat's cheese, olive oil, all of it. You might not be able to do that. But if you're post-menopausal and your hormones are optimized, you're on bio-identical, you work out in the weight room, you might be able to flipping well put them all on.

P Yes.

S Just know yourself.

P So, that's it. Dan, you were just looking at the camera the whole time now.

S He's doing a smolder at this point.

D Am I smoldering?

S He was. He was doing the squint.

D Maybe it's just my resting smolder face.

S Okay, see you guys.

00:46:14