



Trim Healthy Podcast with Serene and Pearl

Episode #339 – Back To Basics

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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.

00:00:37

D It's the THP and I'm caffeinated today, baby. How are you girls feeling?

S Caffeinated.

D I slipped up and drank too much coffee and I shot it, too, on the way here. I was trying to get here.

P Because you came in late, too.

D I rode my motorcycle screaming Queen songs.

P Did you? And then when he got here... The reason he's breathless, he just got down and did all these Mike Tyson push-ups.

D I'm trying to burn something because I feel upsettingly caffeinated.

P Okay. I have less caffeine in my body than both of you and I wanted this to be a

serious, detailed PODdy.

00:01:11

S What do I call that?

P And now you two are both caffeinated and you're going to destroy my PODdy.

S Well, I just want...

D Yes, we're going to ruin the show.

S To label what we just did for the treasure hunters. What am I going to call it?

P Pre-Poddy fun. I don't know.

S I always say that.

J Behind the scenes Poddy.

P Behind the scenes Poddy?

D #BTS.

P So, if you guys don't mind, may I, with nary a rabbit trail, just dive into...

D Yes, sure.

P The topic?

D We'll give you that today.

P Because that never happens. I wanted to talk about just the fundamentals of Trim Healthy Mama, which really are the fundamentals of basic healthy eating. I want to go back to basics. Why? Because on this Poddy, we take you on lots of journeys. We take you into the future, we take you sideways, we take you full circle. And that's all great. And that's what Serene and I are excited about. But I was thinking, and I hear some reactions are sometimes, oh, but can we just stick to basics? So, today I'm going to do that, because I was thinking, I hear you. I have some hobbies, some passions, some different things that I don't talk about here. One of them is peptides. I like to research peptides and I started doing this... Peptides are things in your body and they're going to be the future of medicine. Mark my words.

S Mark me.

P Mark me. That's an inside joke for those of you who have watched Outlander.

S Only with the angel, by the way.

P But anyway, I've been studying them for about three years. I thought that I knew my stuff, but I forgot it. And I was really thinking to myself the other day, man, I wish someone would just do a basic podcast on peptides, so I can relearn some things. And then, I thought, Pearl, you jolly hypocrite. You expect our PODdy listeners to be right up there where you're at...

00:02:56

S We're going to go back...

P Remember everything.

S To bodyweight squats instead of all the versions of squats

P Yes.

S So we're going to go back to...

P We've been talking about...

S Foundational THP.

P Protein and how many grams of lutein you need, and how many fueling you need and the numbers and all that. Okay, that's all good. We don't want to stop doing that. But we should also, what the Bible says, gird up your loins. Make sure you've got what you need to know about you and let's go back there and revisit. If you're a vet THM, that's okay, because we all need reminders.

S Yes.

P Some of the basics, we forget, right? When we get all excited about future stuff. Does that resonate with you at all, Serene? Or you're only a future girl?

S I've got special spandex and I'm on my special three-wheeled Harley bicycle with this stuff. I don't want to come back down.

00:03:45

P What has spandex got to do with it?

S The high-flying... We're doing tricks and stunts now.

P Yes.

S I don't want to come back to the training wheel.

P Okay. But you're going to love these training wheels.

S Okay.

P Let's put our training wheels back on.

D You said peptides?

P Yes, I was just pulling that out of my hat. It's just a subject I'm interested in.

D Yes, but you said peptides were the future of...

S Oh, they are.

00:04:07

D Health and...

P Medicine. Of course, yes.

D Oh, okay. But that's not the basic?

S Semaglutide, that's a peptide.

P Think about some of the medicines out there right now. I mean, these weight-loss medicines that are helping a lot of people, they're peptides. I mean, for the brain, there's...

D And they're safe?

P Cerebrolysin. I mean, the things in our own body.

S What's that one you're going to help me get Sam on?

P Ipamorelin?

S Yes.

P BPC 157. If you're not familiar with peptides, these are just some of the ones, you know, Thymosin Alpha 1. But this Poddy is not about peptides.

D This is not that, because I'm about to rabbit trail hard.

00:04:38

P Okay. Well, we'll do another Poddy about peptides, because they are coming. If you're sitting here and have never learned about peptides, they're going to be your future. I predict it.

D I feel like you've pronounced that word about three different ways.

P Which one?

D Peptides.

P Peptides, no, there's only peptides.

S See, this is the book...

D You said Pepsis...

S You gave me, Optimize Your Health with Therapeutic Peptides. I'm about to be a nerd, too.

P Okay.

D Okay. But that's not the basics.

P Serene, I don't know... That's a book kind of on the basics.

00:05:06

S I won't show you the back.

P I've wrote a few books on that.

D Jerry, Jerry.

P Okay. Here we go. Can you two allow this podcast to happen the way I want it to.

D Give me the peptides.

P Let me go here. So, I wanted to, especially for those of you who are beginners and just joining us, we forget that we've got newbies joining us all the time just starting Trim Healthy.

D It's true.

S It's true.

P And I want to go back and revisit what this lifestyle is all about.

S You're so wise.

P I think there's such a need for it right now.

D She is so wise, Pearl.

S Yes. Pearl of great price, pearl of wisdom.

D Imagine us without Pearl.

S I know. We would be in a world of trouble.

00:05:40

D We'd be doing armpit noises.

P The sarcasm is dripping right now.

S No, Pearl, I am so serious.

P Okay.

D Me too.

S You bring a level of seriousness that we need.

P Never allow them this caffeine, guys. Never.

D I would say...

P Stop

D A level of depth.

P Okay. So, think about a newbie right now listening in.

00:06:04

D Right.

P They don't want to hear your little sarcasm. They want to hear what I'm about to say.

S I was giving you a special speech.

P Yes, I know, but it was dripping with sarcasm. So right now, I feel like there is a need for it, because typically, there is. But right now, there are so many extremes when it comes to eating going on.

S Yes, there is.

P More than usual, I would say.

S Yes, yes.

D Yes.

P We've got carnivores in absolute extreme. It took Keto, and then took it to another level where all food groups, except meat and eggs, are kind of evilized.

S Can I just say? There's a lot of thievery in that one.

P Thievery?

S I just noticed that God loves to give gifts and the enemy, the Devil, comes to kill, steal, and destroy. But he's a thief, right? He comes to thief stuff. And there are diets where you only get one thing to eat?

00:06:58

P And I know a lot of people turn to them because they're desperate for answers for their health.

S Yes, yes, yes.

P And I've heard, okay, cleared up all my gut.

D Now, is it valid, then, if there's an extreme...

P No, it's not valid, then.

D It's still not the way?

S It's just they got rid of all their junks, so things do clear up.

P I mean, when you go...

D Okay.

P To an extreme way of eating that is eliminating plants, it's eliminating fiber. Yes, a lot

of things are going to feel like they're cleaning up, because your gut biome is shrinking.

00:07:27

S And so you get very quiet in the middle there.

P Yes, you're not having your little gas times after you're eating. But I have to say, I've learned a lot about gas and there's excessive gas, and we've had whole Poddies on gas.

S I've had to give Pearl some special counseling phone calls and say, Pearl, you think you're better than other God's creations? You think you're better than the good, old cows in your backyard? God created us to have some gas. And you're meant to have some rumbles in the tumble.

P Well, that's what I've come to realize. There's excessive gas...

D Look at the cows.

P There's painful gas, there's all those, but certain amounts of just gas which is air filling up in your intestines...

S He's a musical God.

P As you ferment food.

D Our God's a god of music.

P And I'm off on the wrong tangent. Pearl, you said you weren't going to do trails and here you are doing them. But all I'm saying is butyrate is such a good longevity, disease-fighting, but...

00:08:20

S Just say what butyrate is.

P Butyrate. It's a microbe.

S It's for the newbies in the room. Yes, but it's just a fluff.

D Butyrate.

P It causes gas. It's brilliant, but it causes gas. Okay...

D It's flammable, too, right?

P End of rabbit trail. Okay, there's carnivore, there is vegan, there are all these things right out there right now that will strip away what you need.

D I took the Gift of Fire to El Salvador.

S What?

P The Trim Healthy Lifestyle helps you find your ultimate trim if that's what's needed. If that's not what's not needed, it helps you keep your trim, or it helps you gain weight without ditching entire food groups. THM eliminates sugar, separates carbs and fats if weight loss is needed, and grounds every meal with protein. That's the basics of it. I sat down, I thought to myself, Pearl, if you can do it in two sentences, what would it be? Those are my two.

S I knew that you had put some thought into that.

D You said it really wise.

S It was really good.

P For real, I'm absolutely banning coffee. I kind of want you to be on the same page as me.

S I'm trying so hard.

P I get on your same pages when you got 50 million scriptures and you're all analogy, ten-layers deep, and I give you some seriousness.

S I'm trapped in this coffee body, and I can't get out.

D Or I'm crying about my kids.

P I give you the time of day.

S I know. I'm really trying to be serious.

P Not hard enough.

D I'm 1000% with you.

00:09:46

P Thank you.

D Look at my palm.

S I really am trying.

P Carbs and fats are both important when it comes to nurturing long-term healthy weight through a thriving metabolism. Protein is also crucial. These are known in the scientific world as the three macronutrients. So, we're getting so back to basics, right?

S Yes.

P Macro is enlarged, macro means large. And there's only three of them. Carbs, fats, protein.

S That's pretty simple, right, yes.

P I would just like it better if you said nothing right now, because whatever you're saying, your face doesn't match, okay? So, macro means they have the largest nutritional

impact on your body.

00:10:23

S I'm trying to think of sad things.

P Pull one completely out and deficiencies and other issues happen.

D I lost my cat last week. Well, it was two weeks ago.

S I'm trying.

D No, you said sad.

S I am trying.

D I'm on your side, Pearl. I'm trying to sad her down.

S I just need a tissue, and then I'll be fine.

P You guys aren't thinking about listeners right now. You're thinking of yourselves.

S I'm thinking about listeners.

D 100%.

S No, I'm not thinking about this.

P I'm trying to actually make our PODdy as something...

D Valuable.

00:10:56

P Valuable.

D Deep.

S Why, thank you.

P My goodness.

D Instead of like, why are we wasting our...

P Why would anyone ever take us seriously?

S No, I'm trying to be serious. I hate myself.

P John has no smile. He's not finding it funny. He's finding it immature. You guys, it's true. They said your prepubescent co-hosts.

S It's true.

P You're proving it to be true.

D I can own that. I was mad when I heard it at first. I thought, I'm a grown man with kids.

00:11:29

P That is so...

S I wasn't even mad. I just knew it was me.

D Hey, I got to tell you something. I was in...

P All the newbies have gone. I was talking to no one.

D I sat with a friend. His father was passing away.

S This is sad.

D His father was passing away and we were in the palliative unit. And it was three days...

P In a what?

D Of us... The palliative care at the hospitals. Three days and...

S It's all you had to say. I'm done. Nothing's funny anymore.

D It was this roller coaster of emotion. He finally passed away and his Alabama brother and sister came afterwards. And they showed up. It was really teary and serious. And then, they said, yes, I remember when Uncle Donny passed, and he was cremated. And we put him...

S I was really in a good place until you put that accent on.

00:12:34

D Hold on a minute.

S You've ruined it for me.

D Just one sec. Hold on. One second. She was like, we put him in a helium balloon, and we sent him up to God. And this man had just passed away and this was a serious moment. I scream-laughed, tears shot forward out of my eyes. I was laughing so hard, they were spraying. It was total silence around me. I couldn't see. I was laughing so... I was trying to be like, is anyone else... I was mortified and I couldn't stop. I was just bowled over laughing. And I look up. I wiped tears, thankfully, to see the whole room was laughing with me. And they were like, what is going on? I said, I was just imagining at some point, Uncle Donny's helium balloon busted. He could've landed in someone's coffee. This is not romantic. This is not a magical moment. Uncle Donny's ashes were... Physics, at some point, kicked in. And that tickled me, and they appreciated it.

P And the moral of the... That relates here because?

S You really did something good.

00:13:57

D Inappropriate.

S In the first 60 seconds, I was all serious up. I was all ready to go.

D Inappropriate laughter.

S Pearl must get on, but I have to say something. She's sitting here all high and mighty like she's above us. But I remember once...

D Talk about her stuff.

S When we were recording music artists before this whole thing. We were doing this show and first song in, something made us laugh.

D Yes, it's hitting her. She knows.

S And Pearl couldn't get it together. We both couldn't. But I'm her little sister, of course, I can't get it together. Pearl could not get it together. People came, and they paid money. We had to...

P That was then.

S Leave.

P This is now.

S We had to leave. We failed. They didn't even want to pay us.

P See, the difference is that you grow, you mature in life.

00:14:35

D Everybody fluffs, Pearl.

S No, Pearl, you were a married woman with children. Don't you think you're better than me.

P So, the three macronutrients are covered, right? We've got carbs, fats...

D Protein, carbs, fats.

P Okay. But what about the micronutrients? Because this is what happens when you get into diets like carnivores, even Keto diets that are very...

S Yes, but can I say?

P Low on the plants.

S You don't get your macros with a carnivore diet.

P No, you don't. But micro, why are they so important? Micronutrients are what are found in things like leafy greens, berries, fruits, tubers, and sweet potatoes. All those foods that, for whatever reason, are kind of despised by some diets, kind of embraced

by others. But they're your micronutrients. What they are is they fight diseases. I mean, they raise your immune system, they cause your body to methylate properly. I mean, so they turn your genetics on and off. And so, they enable us to not just be at the mercy of our genes, but to be at the mercy of how our genes... We turn on and off to influence our longevity, our disease state, all those things. Micronutrients, right?

00:16:26

D And what are examples?

P They're the substances found in leafy greens.

S Antioxidants.

P Yes. Flavonoids.

S Yes.

P Things like that. When you hear turmeric or when you hear this is good for that, they're your micronutrients.

D These are in the tomatoes, in the salad...

S Lycopene.

P Lycopene, things like that.

S And then, in the black rice.

P In your green tea.

00:16:43

S And in the blueberries. It's science.

D So we're talking fruits and vegetables?

P Yes, we are.

D Okay.

P Okay. So, here is how it works. Now, the difference is, with Trim Healthy, we embrace all of it. We embrace the macros; we embrace the micros. We do not leave anything out except if it's harmful to you, in the case of devitalized foods, packaged foods that are full of white flour and sugar.

S Are we allowed to go back to the macros?

P Yes.

S Why we embrace the macros?

P You can. All three macros.

S Because in the macros, you've got two fuels and you've got your protein anchor, right?

And so, some diets, they choose one fuel, and they just want to go all the way home on that one fuel. You've got the carnivore and the Keto. And that's basically, the fuel is fat. Fat for fuel. But they're missing out on the glucose for fuel, which is all your carbohydrates. And we were designed to first prefer glucose, right?

D Question.

00:17:39

S So, it's a two-engine plane and you're just chopping a whole engine off, but it was designed to be a two-engine plane. Something's going to give at a certain point.

P And you know what it will be. Your metabolism.

S Yes.

P Yes?

D Remember holding your hand up so long?

S Yes, I do.

D Get the scaffolding.

S You didn't even have a quarter second before you held that.

P That didn't take long to have to help.

D No, ADD's a medical condition. I don't appreciate it being laughed about. Back to the question. Is it appropriate to go on an extreme diet for a couple of weeks just to get the pain to stop or get... If you're having something wrong...

00:18:13

S Can I just tell you an answer to that?

D That's why I asked.

S Do you know your leptin can tank in less than three days...

D I didn't.

S Going off of glucose? And that affects your thyroid, the thyroid affects your adrenals. So, I don't like ever extremes. Now, of course, for spiritual reasons, people fast all the time. I think God covers that.

P What I don't love is when you've got the fasting out there. What I don't love about fasting, fasting is something that has been done throughout the ages, the millenniums, right? For spiritual reasons. But here's what I don't love about it. When it is used for weight loss or metabolism. Because what is thought to be the answer, is the harm. And yes, if God's calling you to fast, then you do it. He's got you.

S He's got you.

P I would never talk against that.

S No.

D But what does that mean, God calling you to fast?

P Well, in the Bible, it talks about they prayed and fasted. And it's not for God. God doesn't need our fasting. It's for people to get rid of their own distractions and actually boost their faith. Because sometimes we're so focused on food, we need to kind of get that...

00:19:23

S It kind of gets the flesh.

P Spiritual man in the forefront, because our flesh person is so strong.

D Almost like a withholding discipline, kind of thing.

S And can I tell you another thing about these, we'll just do a little thing for two weeks? A lot of people use that. They go to extremes for detox, like I'm just going to do a juice detox. But sometimes that can be more harmful, because the juice detox, it can be sometimes too... We're all about carbohydrates here. But if you have it in the base of carrots and apples, you can actually get too many carbohydrates quickly into the bloodstream because you've taken all the fiber out, it's liquid. So that can be inflammatory to the body. And, when you take away certain things that actually help the liver detoxify, like eggs and the yolk, and things like that, actually your incredible liver detoxifies. And you take all that out, and you're just putting some wonderful micronutrients in and the carbohydrate liquid there, it's counterintuitive to true detox.

00:20:19

P Do you know what, people will drop ten pounds, a two-week detox. It will happen, I promise you. But what happens?

S It'll come back.

P It's going to come back. Why? Because you've harmed your metabolism more by pulling out protein. So, you've lost some fat, yes, but you've mostly lost lean body mass.

D And is that sustainable?

P Because you're not having protein. No, it's not sustainable.

D That's the thing. Anytime I've ever done a temporary diet if I've ever done anything that is under the category diet, I have regretted it, not been able to sustain it, very sad when I'm doing it. I'm always very sad when I'm doing it.

P Yes, yes.

D It's so hard to keep up.

P But I think everybody listening right now would relate to exactly what you said. Regretted it.

D Yes.

P Didn't enjoy it and it wasn't sustainable.

00:21:03

D Never. I mean, the nature of the word diet is you could replace it with temporary.

P Right. But, of course, diet in the broader sense of the term is just how you eat.

D But, we're talking a special way of eating that's for a temporary time.

P So the Trim Healthy lifestyle gets rid of sugar and white flour, because what, those are actual harm. They are poisonous to you. And you could go to every single guru that's promoting a lifestyle, and there's one thing that people have in common. We all disagree on things, but there's one thing that we all agree on.

D Sugar?

P Sugar hurts you.

D Yes.

S Yes.

P So does white flour, because it is sugar in your bloodstream.

00:21:43

S Well, they don't all agree. There are some wacko diets that try to help the adrenals and they tell people to eat ice cream and orange juice, right? They go to a different extreme.

P Okay, yes. But...

D Anyone with credibility, you mean?

S Yes, anyone with credibility.

P Well he's got some credibility. Pete, what's his... It's a very, very random diet where he gets people to eat sugar and drink orange juice for their adrenals. But there are so many better ways to nurture your adrenals than that.

S Yes.

D There are fruitarians, too, out there.

S Because they're going to crash on that, too.

P Yes.

D What are they, fruitarians or something? They go only fruit.

P Yes, but they usually are against white sugars.

D Okay.

00:22:19

P I would say 99% of people believe, and we're not talking a tiny bit of sugar will get in your diet here and there. You can have some 85% dark chocolate. That's a small amount.

S There's a little bit in mayonnaise.

P But we're talking about sugar that ignites your bloodstream, right?

S Yes.

P I mean, I don't really know anyone that thinks that that's going to be healthy for your body. They don't. So, we all agree on that. So, Trim Healthy gets rid of sugar and white flour overall. Of course, we don't have to be perfect, but instead, focus on two types of healthy meals. And these are your E meals and your S meals. And they are always, always centered around protein.

And why do we need protein? They anchor our meals. Because they're going to steady our blood sugar and because they're going to keep our lean body mass around.

S And why do we want to keep our lean body mass, Danny?

00:23:10

D Because...

S Make it good.

D John?

P You know.

S Because it's your metabolic tissue.

D Yes.

S It's the fire that stokes your metabolism.

D Right in your bones.

S More muscles in that bum and you have more calorie burning during the day.

P More muscle all over your body. Burn your calories.

D If you were to give me a second, I was going to say that.

P And, of course, it builds minerals in your bones. And, of course, it releases myokines for your immune system. The list goes on and on.

S And because it'd age your brain. Yes, your IQ is raised when you have more muscle.

00:23:37

P So let's just go back and let's quickly just... I mean, I don't even mind saying this for me. And, Serene, we invented this plan. But, E Meals, E stands for energizing and these meals focus on healthy carbs. They have minimal fat, and they include lean protein.

S And it's very, very true. People say, well, you can actually get energy from fat. Yes, you can, but slowly. And so, that's why you really can't do HIIT interval training on Keto well, because you kind of hit a wall, right? But take that out altogether, you hit a wall in your metabolism, because there are things going on in your body that you can't see that need to happen fast. They need to happen fast. And that is part of your metabolism. Metabolism isn't just about if you can lose weight or not. Metabolism is the energy expenditure and what's actually going on in your body. And these things need to happen when they need to happen. And so, without glucose, oftentimes, everything is slowed down. Your metabolism has to slow.

P True. And we've experienced both sides of that. And I've got a place down here at the end of The PODdy, because this was supposed to be an organized Poddly where we're going to go into what happens when we deprive ourselves of each of these macronutrients.

00:24:46

S You need to take back control.

D Yes. And that way, it'll be safe.

S Yes.

P Yes.

D When you have control, you feel safe in your hearts.

P So, S meals stand for satisfying. These meals focus on healthy fats, have minimal carbs, don't pull them right out, and include either lean or fatty protein. So, you see that difference? They're opposite of one another, right? These two meals. They're the weight loss meals on Trim Healthy Mama. When one celebrates fats, the carbs go down. When one celebrates carbs, the fats go down.

D What do you mean goes down?

P They are both designed for fat loss.

S A seesaw.

P So those of you who are watching right now, yes?

S So when the carbs are up high... Boy, I hope I shaved.

00:25:27

D I was checking, actually.

P Do it like this.

D I did a quick glance. I didn't stare.

S When the carbs are up on the seesaw, the fats are going to be lower. When the fats are up on the seesaw, the carbs are going to be lower.

D What's the seesaw?

S Shut up.

D I'm serious. Are you talking about your body?

S Have you gone to a park?

D No, I know that. But I mean, how does this apply?

S There's no seesaw in your body.

P Oh, in your meal.

S You imagine it in your mind.

P We're talking about in a meal.

00:25:57

D Why is Lesley hollering at me...

P Okay, so, Danny's never read any one of our books.

D From the table. With the puzzle on it?

P This is good, because...

S How complicated can you make this?

P Danny's sat here for six years, but never read not one of our books. So, Danny, in a meal...

D Hi, Pearl.

P Let's take our S meal.

D Yes.

P We are going to have higher fats, right? The fats are higher.

D Okay.

P So what happens to the carbs? In a crossover like this, in a typical meal, you have

fats, and you have carbs.

S And Pearl and I and you...

P Pretend in the middle is protein.

00:26:24

S You don't realize it, but you live on crossovers. We live on crossovers and that's fantastic. It's all part of the plan. But if you want to lose weight, you do the seesaw.

P But you see, look at these fats. So, in an S meal, because the fats are there, they're substantial, look, those carbs need to go down, so that we don't have to burn two macronutrients in a meal.

D Oh, you're throttling the macros.

P Throttling the macros.

S Whoa, lightbulb.

P So they're opposites one another, and then you've got the carbs in the meal. They're substantial here. They're not too high...

D This is what the mamas know.

P They're not spiking.

S Yes.

00:26:57

P No, this is a thing you've missed out on.

D This is Trim Healthy Mama.

P Yes.

S Yes.

D Six years later, baby.

P Six years later. Can we just take a moment?

S I just want to say the slow learning is the best learning and we have established it.

D Watching every morning...

S Danny now will be able to write the book on this.

D In this foolish...

P Oh, my goodness.

D Lover's game.

P Okay, so...

D Hey, wait, wait, wait. Wait, wait, wait, wait.

P Okay. It's because he's just learning.

00:27:24

D This is critical. So, you've got the seesaw of fuels.

S Yes.

D Fats and carbs.

P Right.

S Yes.

D How does the protein come in?

P Always in the middle.

S Yes, it's the anchor.

D It's the anchor.

S It's that rock that they both teeter on.

D It's the fulcrum.

P Yes.

00:27:40

S Yes. And, Danny, if you want to maintain that beef...

D Yes, I do.

S Or you just want to maintain a good goal weight...

D I do.

S You keep those things steady on that protein.

P Well, we're going to talk about crossover soon.

D With the protein anchor. But then, the person who is maybe struggling with weight, they get to start to play with the seesaw.

P They do the seesaw playing, yes.

D What control.

S Yes.

P That's it.

D What freedom.

P Yes.

S Yes.

D Cha, cha, cha, cha, cha, cha.

S Cha, cha, cha, cha, cha, cha.

00:28:07

D Remember when you guys wrote a song with a syllable as the entire chorus.

P Yes.

D Can we take a moment?

P Okay. So, can I have my moment back?

D And it's back.

P I'm so glad you've got that now after six years.

D This is good.

S Wow.

D This is a good plan.

S Do you want me to help you just get this control here? And are you going to go in and tell them why your body can burn one fuel? Or that's for another time? It's not basic enough?

00:28:34

P Actually, I was going to allow you five minutes on that, yes.

D We're in the vein right now.

S Oh, this is his lightbulb time.

P Then, I'll allow it.

S Because she was saying we seesaw it, right? I'm sure I did shave. I should be confident.

D Just try.

P No, I see a shave...

D Oh, you're good.

P But just a hint of a stubble.

D You're good. But we are in 4K.

S Okay.

P Are we?

D I think we're in 4K.

00:28:55

S What is that?

P We're in 4K?

S That real life video that makes everything looks so raw?

D It depends on the shadows.

P It means if we've got wrinkles on our face, they show.

D The shadows and highlights, it could depend.

S Oh, no.

D Just let's see what you have. Just come on.

P Just be proud.

D Come on, I'll get mine out.

P Be proud.

D Come on, girl.

00:29:08

S Oh, blech.

D What do you mean blech?

P You don't like man hair?

S I like male hair on my husband, not any other men.

P I like man hair in an armpit. I don't want them to shave. You know how men are shaving every one of their hairs off?

S Oh, that's disgusting. No, I like it on my own husband.

D I like the 70s look. The hair's out. The men wore short shorts.

S Yes, they did.

D I'm doing it again.

S Yes, I know you are.

D I don't do it here. This is public. But back at the hacienda, daddies in daisy dukes.

S Can I just tell you something about your lightbulb?

D And it's weird with skinny Italian legs. It doesn't hit like the big German guys. It's like, he's going to frame a house. With me, it's like, get this little man some coffee.

S Do you want to go back to get your little slate out and chalk and write notes?

00:29:51

D Yes, come on.

S Okay. So, you were like, whoa. You put it on the seesaw, so that people who want to lose some weight, start throttling with the numbers.

D That was me.

S Right? And then, that way, you can just burn one fuel at a time. But, why? How can you just burn one fuel at a time, right? Not just because one is going to be predominant, right? Not just because of that.

S But because of a key factor to the body. The body is designed... It will always burn glucose first. You put both fats and glucose in, even in equal amounts, it's not going to say, oh, which one should I do? No, it's like, okay, we always go for the glucose. Why? Because it's safety. It's your safety net. We have to clear the blood sugar. This is what we do. We always clear blood sugar. When it comes in, we clear it, because we know what happens. Blood sugar left in the bloodstream, is danger. So, we're going to get rid of it. So, if you have a McDonald's meal... Well, should we have an unhealthy meal or a healthy? Oh, healthy. Let's say, you've got your nice, big, sweet potato. And you are Danny, so you put a couple of tablespoons of butter in there, right?

00:30:55

P Nice.

S You're having a crossover meal.

P And then, your protein, let's just say.

S Yes, the protein. But your body's going to start metabolizing that sweet potato first before it even touches the butter.

P Puts your butter in storage for a little bit.

D Where is it stored?

P Fat cells. Puts them in temporary storage for fat cells.

D It'll stick, so I'll get a little fat whether I notice it or not.

P It's not going to stay there.

S No, it's not staying there.

D Okay.

P If all things are working right, they're not going to stay there.

S Right.

00:31:20

D Okay.

S So, you have to burn that sweet potato first. So, for people who want to lose weight, right? Their metabolism may be already a little bit tanked, maybe slower. And they may not be working out, so they don't have active muscle tissues that are hungry like, feed me, feed me, feed me. They might get through a sweet potato, but they're not going to get through two. And they're not going to even start on the butter ever, so that temporary fat storage, it's going to say, we're going to make that permanent, thank you.

D It puts it in the long term.

S Because I can't even get through this. Now, if you're Danny, high metabolism in your little daisy dukes, a little Mexicana, or whatever.

D Ay, ay, ay.

S You're just burning...

00:31:59

S Too many calories playing your banjo, right?

D Yes.

S I got the wrong culture and the wrong country.

D Singing Guantanamera.

S But, you are going to burn through that sweet potato and it's going to be like, where is that butter? I got to burn through that, too. In fact, let's do another sweet potato and a whole another two tablespoons of butter. I can do the whole thing, thank you. But you're special.

P You are special, especially in your daisy dukes.

D I'm special.

S So, most people, if you want to lose or you don't want to gain, most people have to play with those seesaws, right?

P Thank you, Serene. I loved that.

D Okay, hold the phone.

S If you want to burn through a steak with cheese on top of it, don't put carbs in, so it

can straight away get to burning the fat.

P You know what? We will hold on to that. But we're going to come back right after we do these messages.

00:32:46

Trim Healthy Mama Product News and Notes.

P We are here to talk about the Trim Healthy Biscuit and Scone Mix.

D That's what I call my wife. Trim Healthy Biscuit.

P That's cute.

S Call it Scone.

P But if you were going to call her a scone, would you call her a scone or a scone?

S Don't call her a scone.

D A scone? Where are you people from?

S From the Motherland.

P Down under.

D I'd call her a scone.

00:33:13

P Okay. But can I talk about this before we rabbit trail on something? Because biscuits, well, to me, they are everything.

S We've got biscuits and eggs, biscuits and gravy, biscuits and everything.

P But you see, we're so confused about biscuits. We only call them biscuits for you Americans, because, biscuits are something else down under.

S Yes, biccies and tea. You dunk your biccy in your tea.

P They're cookies. But we will talk about scones.

D It's like you all are abusively cute down there.

P I love scones. We grew up on scones.

S Scones, jam and cream.

P But scones, when they're made with white flour, is so unhealthy and so are your jolly biscuits, man. You might as well just go eat a bucket of lard and put some sugar on it, and that's what it does to your waistline.

S Yes.

P But we changed all that.

S But, guess what? We didn't want you to have to not enjoy your memory of those white, bad scones. So, we created a scone mix that tastes like the white, bad ones.

00:34:17

D Just say biscuit, man.

S They're not heavy bricks.

P No, they're not.

S They're not whole wheat heavy bricks.

P Serene, if you say they taste just like the white bad kind with all the gluten and sugar, I think you're giving the wrong impression.

S I was raised by a mother who made the healthy, ground, fresh whole wheat scones. They were bricks. One would last a week in your tummy, okay? I love them. They're sentimental to me. But we were out to not do that to you.

P Yes, well, what she's saying is true. They're not your sugar devitalized flour ones, but they're a jolly good gluten-free one and low-carb one.

D Ooh.

S They are flaky and good.

00:34:52

P And I love them in scones. I love to add the sweetener, I love to add the cranberry in there. I love to have them with the fresh cream.

S Orange zest.

P Yes, and we've got lots of recipes on the recipe page. If you go to our Trim Healthy website and type in the Biscuit and Scone Mix, a bunch of wonderful, easy recipes come up.

S You can also make those McD things. You know, fast food, you get that white biscuit, you got your bacon in there...

P And then, you serve?

S Your egg made in a round.

P Yes.

S You can just pull that whole thing off.

P But you know why we developed this. Because we were selling it at the Trim Healthy Cafe and they were such big sellers, we thought, let's put it in a little bag and people can snip it open, add their liquids, and they have it at home.

00:35:31

P And so, that's why we did it.

D These are healthy biscuits?

P Yes.

S Oh, mate, first ingredient is golden organic flax. Come on. It's amazing. Well, they got high protein in them, too. It got collagen in there, got all your super foods.

D How much comes in a bag? Is this for my whole family or just my personal biscuit?

P No.

D Remember the muffin in a mug?

S You can make a whole batch.

P Total multiples, yes.

D Yes.

S Yes, make a whole batch.

P And then, you can freeze them.

S And your lovely Trim Healthy Bickey, your wife...

00:35:58

P Let's call her a biccy.

S She can have a ladies' tea party.

D Bickey. Becky.

S And with one bag, snip it open, and make a whole tray of scones with jam and cream.

D So let's say you can have your biscuit and eat it, too.

D And we're back. So, if I want to get protein straight to the hungry muscles like you described, would I lower the carbs and fats in that meal?

P Protein's not going to matter, but your carbs and fats.

S Except post-workout, yes, it is. Fat will slow it down.

P Yes.

00:36:58

S So that's why even the quickest bioavailable, whey, or even better than that, free-form

amino acids straight to the bloodstream. Straight into the starved muscles.

P You don't want to slow them down, yes. Okay. But that's different. That's a whole another PODdy.

D Like a post or pre-workout meal, would I be thinking balance, or would I be thinking heavier on the protein?

S Most people think pre if it's a couple of hours before balanced.

S But afterward, and you just want to hit it through those muscles...

D Feed the muscles.

P You do pure protein. You don't do carbs and fats with it if you want to do a post-workout. That's why you don't put the carbs and fats in there.

D Because the body will choose those first. Am I getting this?

S Glucose is always the first thing and fat slows everything down.

00:37:36

D Okay.

P Yes.

D Because this is mission critical when people start to get into their spandex and want to do the tricks, right? They start to throttle and mess with what they're ingesting, so that they can get goals hit, right?

P Yes.

S Yes, that's so true.

P All right. So, the reason we separate these fuels, fats and carbs, into two distinct meal types, is so your body only has to burn one at a time, as Serene said. The result is you are able to start burning your own fat stores, aka you lose weight. Trying to burn through copious amounts of both fats and carbs in one meal takes a lot more time. It gives a slim chance for burning through both fuels, then burning your own fat stores. Burning just one or the other primarily makes all the difference. So, while S and E, which we just covered, are the main primary meals since this is a lifelong way of eating, three other classifications are used in this plan depending upon what your body needs. So I'm going to go through them so quickly. But they're very important because you're going to use S and E, I don't know how long it's going to take you to get to your healthiest weight. Not even calling it goal weight, because some goal weights are just...

00:38:46

S Dysmorphic.

P They're wrong.

- S They're wrong.
- D Or made up out of thin air.
- P Yes.
- S Yes. It's like people think they might need to be a size six when they were always meant to be a size 12 no matter what. Because they're beautiful that way.
- D I'm not going to look like Hugh Jackman in Wolverine.
- P And so, Crossovers. This is the... People think, oh, Trim Healthy is S and E, but Crossovers are a huge part to play.
- S You can even use them while you're losing weight.
- P You can. And in our new book, Trim Healthy Wisdom, we're going to talk about different types of crossovers that help you as you're losing weight. But, for now, crossovers are meals that put carbs and fats back together again. So, Danny, they're what we've always told you to do. They are not weight loss meals per say, however, they're incredibly nourishing, they're kind to your blood sugar levels, and they play a role in keeping your leptin levels from tanking. So that's why they actually can be used even as you're losing weight, because they support your adrenals, they support your leptin levels, they support your thyroid levels.
- S They're meals to throw in now and again to tell your body, hey, mate, you just relax. We've got you covered. You're going to be a happy camper.
- P And this is what Serene and I have grown into. You're discovering out with our new book, Trim Healthy Wisdom. I was working on it first and I'm like, Serene, please come in here and help me. And I'm loving all the balance she brings. At first, it was like, you're losing weight, S and E on our plan, please. Now, we've come to a point where we've grown in knowledge, and we've seen firsthand experience. And fifteen years later after we first started writing that book, we believe crossovers are such an important part of this plan. There's S and E, but there is that crossover for when... Also, just to make you sane. Serene?
- S And can I say something about Crossovers? Crossovers aren't just putting those macros back together again on an equal playing field, because the fact is we're never going to say unending carbohydrates. The crossover has a particular number. You don't have to memorize it. You can almost just imagine it. It's like one generous medium sweet potato. It's a large.
- P But it is 45 net. If you need.
- 00:40:55
- S Yes, 45 net, if you need to know the number. It's three quarters of a cup of brown rice. It's like one mound of rice. It's not a big pyramid plate.
- D Fistfuls?

P Yes.

S Yes. Fistfuls.

P And it's very protective of your blood sugar. Though, for guys, for people with more muscle...

S Yes, like you, you can have [overtaking] mounds.

P Some people can do that full cup or a little more.

D I'm a guy with muscle?

S You're just a guy that burns.

P We're all so different.

00:41:19

D Oh, okay.

P We're talking to metabolically challenged people.

S Yes, metabolically challenged people, the crossovers, you look at your fistfuls or your 45 net gram carb. Now, people that are like you naturally or people that train and they're in the gym, I can put down two sweet potatoes and it's not going to spike my blood sugar. So, you just got to know who you are.

P Yes. So, crossovers are perfect for those in maintenance or anyone with greater metabolic needs like children or pregnant or nursing women. But anyway, so then we've got fuel pulls, and I'm just doing this really quick. Fuel pulls are the foods with low amounts of both fats and carbs. Think non-starchy vegetables. They don't have fats and they have two net grams of carbs. They're your nothings. They're full of micronutrients, but they don't have any macronutrients.

D Why the phrase fuel pull?

S You're pulling both fuels. You don't have hardly any carbs and you don't have hardly any fats in that meal.

D You've pulled them out of the meal.

S Basically, you just got an anchor protein meal with some micronutrients in there and some fiber. Incredibly slimming, but not slimming.

P Not to be abused.

00:42:16

S If you live on those, you will tank your metabolism faster than you can say...

P Jack Robinson.

S Jack Robinson.

D Who is Jack Robinson?

S And so you just throw them, you can have them for...

P A phrase.

S Snacks from time to time. Not any of us, but people who are needing to lose weight. You know when they're great even for us? At midnight or something stupid.

D Oh, yes.

S When you're like a red-eye flight and you should be asleep and not thinking about food, but you're awake and you're starved.

D You just need to tell your belly to just stop it.

00:42:42

S So, you just eat something sane.

P So fuel pulls are your lean protein, not your fatty protein. They're your non-starchy vegetables and some berries. Berries are not very high in carbs, so berries.

S If you just want to put some egg whites in a non-stick pan with just a sprinkle of nutritional yeast to make it crispy, sometimes I do that late at night instead of peanut butter on a spoon.

P And then, the last one, S Helpers. And they are like an S meal, right? These are great, but they had a little bit of carb for nourishment, so not as much as a crossover. They're great for pregnant women.

S And people with diabetes...

P Yes.

S They get shaky, too. So, they can't take carbs, but they need carbs.

P Yes. So, what have we got? Summarize. We've got three weight loss meals. We've got S, fat-focused meals. E, carb-focused meals. Fuel pull, negligible fats and carbs. And they're all three weight loss.

D Hey, guess what else?

P What?

00:43:33

D Y'all's camera died, so it's just me as you talked. I want to take this moment since the girls are off.

P Oh, no, can we just talk? Our camera died. Can we put it back to life?

L Yes.

P We're going to stop and put it back to life.

P You might not have noticed, I direct the camera now. But we had to stop because...

D You can't even for a second.

00:44:09

P The camera, it stopped. You won't let me look at the camera.

S What, I'm smelling burning.

D Serene.

S It's the candle.

P It's the candle, yes.

S Okay.

P So, we're back. Hopefully, we in same focus.

S How come I didn't smell it before?

L You just blew it out.

S Did I blow it out?

D When in doubt, blow it out.

P Okay. What were we talking about? Jack Robinson?

D Jack Robinson. You guys just said a minute ago without breaking stride, faster than you can say Jack Robinson.

P That's a saying here in US, too, right?

D No, it's not at all.

00:44:36

P What?

S We grew up with that. It's not British, either?

D Well, let's learn what it is.

P You've never heard it, Ben?

B I've heard Jackie Robinson.

P No, faster than you can say Jack Robinson.

S Jack Robinson.

P Yes, it's part of our heritage.

D Look how you guys harmonize when you do it, too. Jack Robinson. So, I thought it was the Australian professional surfer, but no.

S No.

D Multiple citations explain references to Jack Robinson as meaning quickness of thought or deed.

00:45:01

S Yes.

P See?

D The normal usage is something is done faster than you can say Jack Robinson.

S Are we just more well-read than everybody else that we know that saying?

D The phrase can be traced back to the 18th century. You see I put on my announcer voice? I got a little more polished.

S Guess what I'm drinking? Coffee.

P Oh, no.

S Well, it's the leftovers.

P Goodness.

S It's good stuff. It's okay.

P Can I see how it tastes?

S It has goat milk in it.

D Some of the etymology...

P It's cold now.

00:45:27

D And common variants of the phrase...

P I don't love that.

D Multiple citations...

S I don't love it, either.

D The phrase first appeared in print in 1778...

P Okay, but that's not what this Poddy is about.

S I thought you had ADD. You should've forgotten that whole thing by now.

D In Frances Burney's novel, Evelina. I'll do it as soon as you say, Jack Robinson, she said.

P Okay, that's enough. I'm cutting you off. So, we're still on the basics here. So, we

decided...

S Coffee?

00:45:53

P That we've got three meals of weight loss.

S It's got goat milk in it.

P And then, we've got your Crossovers and your S Helpers, which are not exactly weight loss friendly.

S It's slightly gross.

P S Helpers might be weight loss friendly.

D This is down to a spit.

S Ain't no spit in there.

P You two, come back.

D Why don't you come here?

S We're having communion.

P Come back. You just got bell'd. Sit back. Sit on your couch.

D Just do it in remembrance.

S Too far.

P So, the timing. On this lifestyle, we eat a meal or snack every or snack every three to four hours.

00:46:17

S Yes, we do.

P But we don't graze on food all through the day.

S Yes. Can we talk about what that looks like?

P Yes, we can.

S Or would that take your control away?

P No, I allow that to happen.

D That's good, though. We don't graze.

P Yes.

S She said we'd have a meal or a snack, we eat a proper something, a thought-out something every three to four hours. And that's different than constantly grazing,

because when you graze, you don't know what's going to go in the mouth. You're just folding clothes, you see a Dorito there on the side of the couch that your child just left, and you eat it.

00:46:50

D Or even healthy foods but eating wrong.

S You clean out your purse, there's a cheese stick in there. Why not?

D Of course.

S Just eat it. Or you just, sorry to say, husband, if you ever listen to these podcasts.

P He doesn't.

S But it's like my husband, he'll just walk past the bench, and there'll be a salsa and chips out from the children, he'll just have three or four. And then, he'll do something else like that, mindless. And then, he'll say I haven't eaten at all today, I need some lunch. But he's probably had three lunches just with that subconscious passing.

P Well, here's the deal. There's science behind the reason we say three to four. It doesn't have to be three for you, but it shouldn't go longer than four. There's science behind it. Serene said well-thought-out. You need your protein in this snack or meal. And so, a lot of times, when we're grazing, we're not thinking about protein. We're doing little bits of carbs and little bits of grapes here and there.

S He's holding his hand up with his arm again.

P We're doing cheese. But where's our protein-anchored meal? Yes, Danny, with the hand up?

D If you're grazing, what if it's healthy things from the earth like nuts and little goji berries? Now, is it good to graze?

00:47:52

P I'm saying, no, because there's a time for everything like Ecclesiastes says in the Bible. There's a time to dance, there's a time to mourn. There's a time to eat and there's a time to shut your gob, right?

D You're going to hit me with a scripture.

S There's a time to shut your gob.

P Because that allows the digestion to properly happen. It's like what happens with the dryer. You put clothes in the dryer, but what if you constantly add something went in there the whole time?

D She ain't going to dry.

P It just lengthens things. You're not taking in a food, digesting food, emptying out.

S Having a nice rise in blood sugar, and then having a good clear.

P A good clear.

S A rise and a good clear.

00:48:22

P Let it clear, Dan.

D Could that lead to stomach issues...

P Yes.

D Of a constant digestion.

P Yes, that makes bloating.

D And it never gets this, okay.

P It's so much worse.

S God created fluffs, but constant snacking is what man has created more.

P Yes.

S But I want to say something.

D You said that like it was right out of the Bible.

S No, but you get too full, and it's what Pearl and I call bitsy eating. When you have a bit here and a bit there and a bit there, when it comes to proper fueling, you don't have the room for a good, solid anchor of protein, at least 25 grams. And your good macros in there, or if you're losing weight, the ones you've chosen to put on a teeter-totter, you don't have the room for that when you've been bitsy-ing here and there.

00:48:58

P And Serene and I, listen, we're not perfect. This is something that we even, we always say to each other when we do this, oh, I wrecked my meal.

S Yes.

P Meaning, we started grazing in between, so when we come to have our proper, smart meal, we don't really care to do it. We don't have the appetite for a proper meal.

S We just need to finish with another piece of toast.

P So we just keep grazing and doing stupid stuff. Yes, Dan, with the hand up?

D So I find this problem happens to me when I'm making the meals for my family. I graze on everything I'm making.

P Yes.

S Yes.

D Because you've got to taste like the chef. I'll sit at the grill and cut a piece, and it's like, oh, yes, that's pretty good, that's close. Or if I'm cutting watermelon, oh.

P Yes, well, you have to. Hold on. You have to have a couple of pieces.

00:49:42

S A couple of pieces, but you have to have your stop button.

D No, that doesn't exist.

S And if you don't have a stop button...

D I don't. Not with watermelon.

S Then you go for your meal, and you just shoved full of watermelon.

D Oh, especially summertime watermelon.

P Yes.

D And it's now seedless because of wizards.

S I'm annoyed. Can I just sidetrack?

D Yes, two podcasts.

S Beforehand, at least, we got a choice in the matter. Seedless, seeded.

D We don't even have a choice.

S We don't even have a choice anymore.

00:50:04

D I never thought about it.

S Makes me mad.

D Monsanto again.

S Even one year ago, I still had a choice. This year, no choice.

D That's true.

S Something's up.

D What's up with that? Where are the seeds?

S I know.

D Who's hoarding the seeds, John?

P John, would you ever eat a seedless watermelon? Because you're a purist. Do you know where seeded watermelons are? You do.

D Of course he knows where seeded watermelon...

P Would you eat a seedless one, or no?

J [Inaudible].

00:50:27

P You'd think they're out to get me.

J No, I won't eat any.

P John won't eat a seedless watermelon.

D Because it's hybridized? It's been messed with. Is the only way to get a seedless watermelon to rig it with chemicals?

L Grow it yourself.

J It's a hybrid.

S They can't hear him.

D So it's not chemicals? It's more of a crossbreeding situation.

P Yes, it's not chemicals.

D Okay.

J They artificially manipulate the seeds.

00:50:46

P Yes, they artificially manipulate the seeds.

S Something's up.

P So if you're a purist like John, you will find a source for seeded watermelons.

D I mean, that's fair.

P Just talk to John, and Serene. He'll set you up.

S John will set me up.

P So, let's talk about this timing again, right? It's not even rocket science. We think, oh, okay, every three to four hours and people start calculating and getting out their math. It's easy. All it is breakfast, lunch, afternoon snack, and then dinner. Now, if you're hungry in the morning and you wake up early or going to do your protein fueling after a workout mid-morning, then you have another snack.

S And there are different people, and we have to know who we are. I need to eat sooner. I will never stretch it to four hours unless the world is coming to an end, and I don't know what could distract me from keeping it to four hours. I've got a fast metabolism like you. I get hungry at the two-hour point often. And I'll just think to myself, I don't

want to wreck that protein fueling that's coming up, so maybe I'll just have...

P A carrot.

S Yes.

00:51:42

D A carrot?

S I'll have non-starchy veggies.

D Don't forget the carrots.

P Carrots can bridge meals.

S Yes.

D They bridge all my meals. And an apple sometimes.

S But I will never have breakfast or lunch. I have breakfast always mid-morning, lunch mid-afternoon, dinner, and something before bed.

D This reminds me of the scene in The Lord of the Rings where they're like, what about supper? Dinner? Two-sies? Three o'clock?

P Second breakfast?

D They eat every hour.

S But I won't stupidly snack, except for sometimes.

P We'd be smart, usually. I think there are days that you just take off. Yesterday, for us, and you're listening to this probably two or three weeks ahead, was 4th July. I woke up and said, Pearl, none of your timing today. You're going to graze. Why not?

00:52:26

D You woke up and said it, didn't you?

P Even in Biblical times, they had feast days. And to me, it was like sometimes you just break the rules.

S Oh, Christmas is a breaker ruler.

D That is so you to be conscious of what you're going to do with your food that day.

P Right.

D Because I'm not conscious of what I'm going to do with my food that day. In the moment, I'm making better choices. But you both are like my heroes in this area, because you get out of bed and you're like, what will be for breakfast?

S No, sorry, we plan that the night before.

D You start to think.

P We thought about it. I mean, I don't know.

D That's wild. Is that a woman thing or is that a you thing?

00:52:59

P No.

S I don't know.

P It's just because we love food, and we love honoring our bodies with healthy foods. It's so fun.

D I'll tell you this. Today was maybe the first where I woke up and I thought, I have time to make breakfast and that's where the coffee came, too. Because I was like, I'm going to do a breakfast. And so, when I was doing breakfast...

P You do your coffee.

D I was taken back to the 90s.

S When there was a tablecloth?

D Yes, when Matt, what's his name from Friends did the Coca-Cola Classic commercial?

S I don't remember that.

P I'm lost.

D You can't beat it, you can't beat it. You know what I'm talking about?

P No.

00:53:35

D The feeling you get from a Coca-Cola classic.

P Oh, that's a good song.

S Oh, yes.

D Oh, dude. I mean, I get goosebumps on that commercial. You got to go back and watch it.

S Really?

D Even though it's Coke. I see your face and I feel your spirit.

S No, no, no. No, you didn't feel no spirit.

P We can appreciate a good ad like some beer ads.

S Not the latest ones, oh my goodness. But the good, old ones with the men where they

look like men.

P The horses.

S Yes, the horses.

00:53:59

D I saw that commercial the other day and I just about teared up, because it was so good. And so like, man, they just captured the spirit of...

S You know the Toohey's ads in Australia? Give me a Toohey's, you know that beer ad?

P Foster's.

S I never even tasted beer, but those ads were awesome.

D Well, then I thought about the Folgers commercials.

P They used to make me cry.

D I know.

P They're so good.

D They don't do ads like that anymore. The best part of...

P Of waking up...

S Of waking up...

D It was always the male vocal.

P Is Folgers in your cup.

S Is Folgers in your cup.

D In your cup. Folgers. And it's just steaming.

00:54:30

P You want that coffee. Folgers is foul. Sorry for precious Folgers, but it doesn't taste good. But their ads were amazing.

D The ads were so good.

S You've got to tell them when they do good stuff, and they did good ads.

D So that was me this morning. And I was just like, the best part... And I was pouring that steaming coffee in a cup and I added the cream. And I was just like a girl with her Starbucks, just looking out.

S Could you be a guy with a Starbucks?

D No.

S Just for once?

D Because guys are just like, coffee.

P Because he was in his daisy dukes.

00:54:55

D Girls with Starbucks, they're emotional.

P That's true.

D And they hold it like this with two hands and they're like... And they get, you know what I'm talking about. Their shoulders go up...

S Yes.

D And they're just like, hmm.

S He looks like Mr. Bean.

D And then, they look out into their dreams. And then, they look back at their broken dreams, which is the reality of their life, because they just had their second baby and it's still yellow pooping up its back.

P But that's the stuff.

D And they're like, this aren't supposed to be. It's not supposed to be.

P But that's the stuff dreams are made from. Yellow poop is such a great poop.

S I miss that.

D But they're learning that.

P Yes, they're learning that.

00:55:28

D But they have their coffee, their coffee

P Yes, it's true.

D And it says, you're okay, baby girl. Mommy's here.

P It does say that.

D And that was me this morning. That's my point.

S Mommy was there for you.

P Okay. So, listen, all this timing business, I mean, if you're a newbie, at first, it kind of

sounds, maybe complicated. So not. Anyone who's done this plan for a few months, a few years, it's breathing in, it's breathing out, it's effortless. Like Danny said, when he got that playing with the seesaw it got into his head. It's just a way of taking control and doing it without ruining your metabolism at the same time. And so, you know what, we should save... It's 50 minutes in.

D Are we doing a part two?

P Yes, we should do a part two, because I wanted to go into the whys. Why aren't we kicking out carbs? Why aren't we kicking out fats?

00:56:19

D Part two. It comes. Push-up time.

00:57:04