



## Trim Healthy Podcast with Serene and Pearl Episode #336 – The Most Popular Questions

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

S = Serene · P = Pearl · D = Danny

00:00:00

S This is the PODdy with Serene.

P And Pearl.

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

D Welcome back to the best podcast in Primm Springs. Am I right?

S It is the best podcast in Primm Springs.

P Because it's the only.

D This episode is going to be so fun because.

P Actually, it's not. I shouldn't say that our mother has a podcast coming out of Primm Springs

00:00:23

S That's true. Sorry Mom, you're the best.

D Welcome back to the second-best podcast in Primm Springs.

P And you keep saying Primm Springs, Danny, but it's the Hilltop.

D All right.

S You're like, back in when you used to live here you memorized the street names.  
D The Springs. Hey, this is going to be a fun one because.  
P It is.  
S How many podcasts are we going to have to get done soon? Because I'm going to Scotland. I'm going to Scotland, where the land of porridge is.

00:00:47

P Yes, Serene...  
D The land of what?  
P So all of you guys, I got Serene to watch this show called.  
S Don't say it, they'll all send me to hell.  
P Yes you watch it with Vid Angel.  
S But they won't hear that, they'll just hear the name of the show, and they'll send me to hell.  
P No, Outlander.  
S It's apparently disgusting.  
D Is it a bad show?  
P Well it's got a lot of sex scenes in it.  
S And I wouldn't know because I brought the Vid Angel little app, and I plugged my phone into the Vid Angel app and we got to the list. We said, take out immodesty, took it out, take out sexual innuendo, out. Sex scenes, gone. You can just say everything, you could even choose your brutality. We left in the war scenes, we got to see that. But I'll tell you what...  
P Choose your brutality.  
S It's all in a beautiful Scottish hills and Scottish Highlands.

00:01:30

P But you interrupted me because I said, I encourage her because I think the show is epic, okay? So, I'm not as prudish as Serene but I don't love to watch soft pornography and that's really what it was. I think it was way over the top. So, we skipped those parts. But Mike, it was your mum who told me to watch Outlander, it is incredible guys. And it's based loosely on true history.  
S Don't watch it because of us, just send us to hell.  
P No, they can get Vid Angel if they're offended by that.  
S Yes, get Vid Angel.

P But anyways, our clan. So, we come from Campbells and it's all about the Scottish Highlanders, but Serene got so obsessed with this show, that she believed that she and Sam were the two main characters in a way.

S I did not.

D Yes you did.

00:02:15

P Come on. Come on.

S No. Stop. What I loved about the show was it celebrated, with so much weirdness out there today, it celebrated long-haul marriage. It celebrated the fine wine, and they were more in love, I've yet to see the rest of the season that they're working on right now, but they were more in love, I don't know how many years in, than at the beginning. And they're just, the depth of their love, they're loyal to each other.

They were flesh of their flesh, bone of their bone, they were like if basically one died, the other wanted to die. They were just so entwined in the depth of their soul, and I loved that, it was inspiring, it made me feel inspired.

P It was for me too. I love the love story, I think it's the most beautiful.

S And I love the masculinity because the men were rough. And I like that. I'm just ready for men to be men again.

P I don't know about the rough thing but yes, it was very masculine.

S I just mean that they were, they could fight for their woman.

P That's true, they did.

D I'm sorry I shaved before. We had photos.

00:03:17

P But anyway, all that to say, Serene was so inspired by Scotland and Sam was too, because we're of Scottish heritage.

S We're Scottish too. Inside my ring it says, dinna forget.

P Yes, so she's going to Scotland for her anniversary. They've never been on an anniversary trip before.

S We've gone to an Indian restaurant once every four anniversaries. We're bad celebrators.

D We are too.

S So we're going in five weeks.

D We're bad celebrators.

S But it's fine wine, we're going to celebrate fine wine so it's going to be all hot and spicy. Because we're in this new season of our marriage where we don't have any baby in our bed, and instead of mourning it, we're really celebrating because you've got to move on and celebrate your season.

D Well, and to notice the reality around you, that's part of it. You can customize what ought to be, if it isn't, it isn't and when you accept that and lean in, you find this thing that actually is and it's more beautiful than...

00:04:14

P Absolutely, Danny.

D Well not more beautiful but its own beauty. It's like...

P But when you see the beauty of your new reality. Maybe it wasn't what you dreamed and hoped for, but God gives you new dreams and hopes and fulfills you with so many things in each new season. If we could only open our eyes and see them and I love that Serene is doing that.

S I'm so excited.

P She went through a time where she was contending and believing, she had four miscarriages in a row and I know Serene it could still happen, but you want it to end with a baby in your arms.

S I want it to end strong on that but guess what I am just so cool with what God wants. I don't want to enthrone my dreams.

P Because He didn't say in the Bible, Serene shall have a baby when she's...

S Yes.

P It wasn't that.

00:04:55

D When you say end, you meant on your deathbed?

S No, I just want it to end my fertility season with a live baby not loss, after loss, after loss, after loss. But I just decided in my head, hey what is God doing here? He's given me this gift, this beautiful season. We have always had a very hot and spicy marriage, but our arms were full with babies and we had one or two in the bed at all times. And all of a sudden, it's like there's something beautiful here, we have more time for each other, we are going to rock it.

P And it's not just the bed. But you guys are really just...

S Oh yes, it is.

P You guys are just really, and that happened to me and my husband too. We grew closer as the new season changed, as we became empty nesters, or you're not empty

nesters, but as the children can be on their own a little more, it's like if you don't become best friends with your spouse, it's going to be sad.

D Oh, you've got to see what you've got. Because when you get into that zone...

P That fall in love all again. Find out who they are all again.

00:05:55

D Yes, because you're in this, I hate to say it this way, unless you really contend, it's easy in the child-rearing years to become business partners. To where you're just having meetings to get through the week on what's the standards, are we on the same page, what are you telling the kids, what am I telling them.

S It's like ships passing in the night. Sam and I, we're so wanting to get to just the core of who we are again, we're like, we've got to get all our old love letters from when we first started. Before we were even married, we wrote heaps, and we've all saved them all. We're like, we're just going to get the whole box out and pour over it.

P I saved mine but mine burnt in the fire.

S Oh, that's sad.

P But hey, we need to get to... Serene is off to Scotland, so we need to get to this poddy which, this is funny, someone sent this to me. She's like, I was looking up something on Trim Healthy Mama and all the Google searches on...

D The autofill.

P The most asked questions come up right. And this was it and I gave it to Danny, and I thought we should answer them. If these are the ones, this is hilarious. If these are the ones being asked...

D This is what people are wanting to know about Trim Healthy Mama.

S Well here it is, we'll tell you.

00:06:59

D All right so, let's hit these. I want to hear... But, guess what, unexpected, unannounced, our next special guest is calling in.

P Who is it?

D Steven Lamar, how are you, brother?

ST Who is this? What is... Who is I got on... Is this Danny?

D It is Danny Valdes.

ST It's so good to hear your voice. Every time I see a picture of you, I smile.

D Oh, you better hug this neck.

ST And I'll tell you, Danny, any time I'm in a room with somebody where your name comes up, we always smile and start laughing. We're like, Danny. [Overtalking].

D Probably laughing at me.

ST That is not true at all.

00:07:40

P Tell him he's on the podcast.

ST We're laughing because we love you and you bring a smile to everybody's face. I really am looking forward to seeing you, brother.

D You're the face-smiler.

ST I am a smiler, I cannot deny it. It's the truth but so are you. You're the sarcastic smiler, I'm the goofy grin smiler.

D I'm the angry child masquerading with a smile so that no one knows there's a monster inside. Hey, we're on a podcast, so I love you and I just wanted to bring you in on another episode.

ST Listen, have one of the gals give me a buzz as soon as the poddy is over, I really need to speak with them. Man, I love you, Danny.

D Will do, love you, dude, peace.

ST Love you brother, bye.

D So, questions people are asking Trim Healthy Mama. The first one is how many Trim Healthy Mama cookbooks are there?

P Cookbook, okay, let's count the first one.

S The first one that had no real recipes in it, just said, chuck this with that with this.

00:08:37

P Yes, no pictures but we'll count it. That's one and then out came the official cookbook, that's two. Then came Trim Healthy...

S Then came the table.

P The table. That's three. Then came the one by...

S Then came the Future.

P Rashida, that's four.

S Then came the dessert one by Esther. That's five.

P That's five. But then we also put a starter book out and we also put recipes in that. So, that's six.

S There are books other than recipes. There's the Trim Healthy Plan. Doesn't have recipes, but it is part of our published books.

P Yes. No. Six books. Get on with it, Dan.

D Is Trim Healthy Mama a multilevel marketing company?

00:09:14

S Yes. We send people out.

D We've been hiding.

S And we say, we will give you special Tupperware if you...

D I'm on the diamond level.

S Yes you are.

D I'm diamond.

S No, we're not multilevel marketing. I would like to...

P You would like to start it?

S Say nice things about multilevel marketing.

P I actually think there are some good products in MLMs.

D There are some great products.

P It's just that it's very forceful, that's all.

D Outside of the great products are even better businessmen who know how to rake in moola.

P But it's just the ones at the top that get it all, I don't know. Anyway so, we're not MLM, no.

00:09:48

S Next question, Dan.

D What was the first Trim Healthy Mama book?

P Trim Healthy Mama.

S Yes, just Trim Healthy Mama, fat 600-page book.

P But you can't buy it anymore apart from used because we took it out of circulation. We thought well, we did updated books so even though that one is still mostly sound, stands the test of time, there were just little things that we tweaked, and we thought.

Yes, you can get the e-book, that's true, the original. For some people that's their favorite to this day, it was too long, it was too wordy, it was too chatty.

S We fought all the way through.

P But it's just their favorite.

S It was basically a PODdy book. It was much more real.

P Yes you like the PODdy then you like the first book. You hate the PODdy, you'll hate our first book. But I don't know why you're listening.

00:10:32

D I keep checking my watch as if the battery isn't dead for three years now.

S I feel lack of energy in Dan's voice right now. Do you need coffee?

P No, he didn't have enough lunch.

D All I had was the rest of Pearl's lunch.

S Is that all you've had all day? That Pearl thing?

D Yes.

P That's sad, Dan.

S I can hear it declining.

D It's upsetting.

S Can you hear the dopamine declining out of his brain?

P Yes.

00:10:55

D The dopamine declining out of his brain.

S You can even see it in his face.

D What are you talking about?

S He's wilting. Keep going Dan, it's just because he's slower.

P Keep going, delicate flower.

D I think I'm fine. I think the energy...

S Do you notice it's slower? You have to, we're going to have to push the lawnmower.

P But you, since you've gotten on hormones, you're very hyper, I notice that. You have.

D Yes, maybe it's you.



P Do you notice she's got more intensity guys?

D No, I just think.

S Well look at Ben's face. I'm not on testosterone.

P I know but you've just got a lot of estrogen.

D Ben, are you testosteroning? What are you pointing at her for?

B She has testosterone.

00:11:25

P He's saying, she has...

S I have no testosterone in me, it's estrogen.

D Oh, women...

P I do. I take...

D I've heard women feel awesome with some T.

P Yes.

S Oh, I'm about to. I want to, just my doctor won't give it to me yet, he's reigning estrogen in then he'll add it.

D But you're not going to hulk woman.

S No women are.

P It doesn't hulk you out.

D If you hulk out, I'm going to talk about it.

S It doesn't get you hulked out when you're a woman unless you take man levels. And you have to block your own estrogen then you'd be doing really weird things. So, it's not that.

D Don't.

S I don't want to do that.

00:11:50

P Hey, when women are young women, Danny.

D Who are you talking to?

P Danny. Do you know that women make a lot of testosterone? It's our second primary hormone. Do you know that young women, we make one tenth of what men make? So, think about it, if you're a young man, and you're making 1,100. Women are making 110.

S And do you know what happens in menopause? Zero.

P Zero. That's why women don't have libido.

S So you need to take testosterone. You just need to take it to a nice level.

P You need to restore it to what you felt when you were a young woman when you had libido, when you had energy, when you could build muscle. But it really doesn't, shouldn't be taken.

S When you were feisty on the podcast.

00:12:31

P Estrogen needs to come and make sure your... How did we get on to this and we're asking about MLMs?

D It's important. I think it's...

P Some people understand the benefits of testosterone for a woman and then that's all they do, and that's lopsided. So, you need your estrogen and your progesterone, but you do need your testosterone.

S Oh, I'm all about it.

D One of my... And I still feel, as far as I know, fine, who knows I may take some hormone replacement therapy and be like, woah.

P You will if you're.

S One day, Dan, you will.

D But my fear has always been if my baseline is here, I need to be doing all the natural things I can to boost it because if I start getting on HRT, and then I'm hooked for life right. Is that okay to stay on?

P Yes, but are you going to eat for life? Are you going to eat your veggies for life?

D Yes.

S Well the point is, Danny...

D You just do your thing.

00:13:15

P Are you going to take your Vitamin C for life if you have a cold?

D Probably.

S This is the point is, once you get to your... Your testosterone gets... You go through andropause as a man. It's a slower decline than women's menopause but it's a decline, and it happens. It just happens a lot longer, through a lot longer period of time. But once you are declining, when your testosterone is doing no good for you

because it's like a woman's level, then why would you not? Nothing you can do.

D But you have to inject it, right?

P No. You can rub it.

S No, you can do gel. But what's wrong with the injection?

P Rub it on the scrotum.

D Okay, let's relax.

S What's wrong with injections? I get my estrogen through an injection, little sub q.

00:13:51

P My husband's injected for years. Next question.

D I don't like needles.

P Danny, then rub it on.

S So many people take needles these days, it's all Semaglutide, and Tirzepatide.

P Don't be a baby.

S It's a little sub q. People are on their jolly insulin because of their diabetes. It's all injections.

P You can't even feel it, you can take a cream but don't be babies. No babies.

S I think he needs more testosterone, a testosterone-rich man would say, give me the needle.

D That's true.

P In a Scottish accent with a kilt.

D Injection in me eyeball.

00:14:28

P Where is the needle? That's not the way you do a Scottish accent.

S Do it, Danny. Do a Scottish man asking for an injection.

D Scotland man. Me wants me needle.

S In me eyeball.

D In me eyeball.

P That's a little bit.

D Inject it directly into the skull. Is that right?

P That's pretty good.

S That's great. So when you finally have to get on testosterone, you have to do the accent and then you'll be able to go through with the needle.

D Everybody I know is on testosterone.

P Good for them.

D And your neighbors are, and your dad is.

S But you don't want to do it if you still long to have children.

00:15:00

P Then you go on Clomid.

D If you still want to... Oh because the T is messy.

P Except, you can take AGG with it, and then when you come off you can directly...

S Some people we know went on testosterone, their husband, and they still had a child. It's just highly, more improbable.

P More improbable but unless you take Clomid but...

D Taking artificial... I'd whistle through my teeth like an old man.

P It's not artificial.

S It's bioidentical. Your body sees it as absolutely identical as its own testosterone.

D But it makes it hard to have kids?

P Yes, it's because it turns off your own body's production, so the sperm goes off for a while, right. But because you've got this testosterone coming in, your body says, oh I don't need to make that.

D It's like a free vasectomy.

00:15:41

P Exactly.

D But you can't count on it.

P No, you can't count on it, no.

D Because you might... A little wiggler might get through.

P Yes, wigglers.

D Hey, you know what I heard about these wigglers by the way?

S We have the worst [overtalking].

D Look it's this idea is that it has been the fastest sperm that makes it first, right? But, what?

B The best sperm.

P It's the best sperm?

D No. There are...

S Permeability, isn't that what it's called?

D Electrical impulses, there are unique signatures, it's a selected one, it is a compatible one. There is some unseen things.

00:16:14

P That your egg knows?

S What book are you reading?

D Yes.

P I believe it.

S I want to know the book.

D I've got to find it. It's recent stuff.

P Oh, you know it too, Ben? Because you've just inseminated your wife and had a baby, you got a good one.

D So it's this idea that there's electrical signals and chemicals happening. And there's communication, and the egg is selective.

P Oh that's cool.

S See how you can listen to this and think there's no God, it's just too incredible. The design is just too intelligent.

D And out of what, potentially millions of sperm that are flying at this egg, there is one unique.

P Except if you have twins.

00:16:49

D Or two, to potentially eight now unique signatures though, it's a unique DNA signature. I find that fascinating.

00:19:50

D Who owns Trim Healthy Mama? I can answer that one, I do. And they work for me now.

P Well we call it the Four Core. So Serene and Sam, and Charlie and I are the main owners but we have just a couple of people that have worked for us in forever that were there at the very beginning that own small pieces of it too. Because they pretty much gave a lot of themselves...

D Lifeblood.

P Into helping form this company with us.

D And still do. Was that the answer?

P Yes Four Core basically with some helpers.

D Me, John, Lesley. Okay, this one's good. Can you eat bananas on Trim Healthy Mama?

S Yes.

P It's so funny that that would come up after all these years. I do understand why.

S I eat a banana almost every day.

P In our first book we were a bit scared of bananas.

D Why because they're carbs?

00:20:47

P And that's why we put it out of production. We thought they were a bit spiky on the blood sugar because we feared white potatoes back then too because we came from...

D Look how it haunts you, you can't get away.

P I know, I can't 11 years later.

D 11 years later.

P And still can you eat bananas on Trim Healthy Mama? We said in the beginning of the book, maybe have half a banana and see how you do.

S Do you know why? Because we came from vegans. A vegan lifestyle. We used to sit down, we didn't have steaks, so we'd have ten bananas for dinner.

D That's wild.

P We would, I remember sitting down and eating four bananas.

S So, it was basically our alcohol. So, we were Alcoholics Anonymous, eat bananas, carefully because you don't know if you're not going to go and eat 20.

00:21:28

D I've done that before with bananas because they are so convenient to just eat and they're so easy, baby food to eat. And in my mind, I'm always like, monkeys do this and it's fine.

P Yes, they just peel and eat and peel and eat.

D Yes. They just eat all these bananas.

S I have a child like that. I have to hide the bananas, if I just put a bunch on the countertop, I have a child that will eat a bunch in one sitting.

P Swipe or no swiping.

S Yes, and you can't even see, you just see the hand going closer to the mouth and the whole thing is done, it's like a cartoon.

P Oh really?

D Will he then yellow poop up his back to his neck?

S I don't check his poo.

D Oh, it's an older child.

S Well he's eight.

P So, but no we say because bananas are a little more sugary than other fruits, we don't suggest more than one at a time though for people.

00:22:12

D People working, yes, people.

S I've had a very large banana or a banana and a half before.

P I mean it's not going to kill you, but we suggest keeping them...

S That's always after a workout.

P If you're going to eat high sugary fruits, and you know who you are, we're all different, but generally one is about, then have some other food. Don't just sit there and eat banana after banana.

S No I agree, 100% agree.

P And watch your protein.

D How to lose weight fast on Trim Healthy Mama?

S Well that's an oxymoron because the whole Trim Healthy premise is slow and sustainable because fast weight loss gives you fat loss injury. And then, you're up to no good.

00:22:51

P So, please don't.

D It's the scientific premise.

P I would speak, whoever typed that in, I would say...

D It was Karen from Minnesota.

P Please don't try to lose weight fast on Trim Healthy Mama, you will hurt yourself. I mean yes, at least we have got carbs, protein, and fats in Trim Healthy Mama so you won't hurt yourself as much as you could on other diets and at least we've got meals in there and not skipping them. But you'll still hurt yourself if you lose fast, if you're going to lose more than about a pound a week, and even that's fast honestly.

S It's fast, I consider that fast.

P And things happen, what happens, and I've described it here before, is your fat cells get injured and this is new science okay? They always thought the scientists knew as you gained too much weight and you gained some inflammatory fat layers and you get some obesity about you, that your fat cells become inflamed. And that they get owies on them and so out come your [overtalking].

S It's almost scar-like, they thicken, almost like a scar.

00:23:50

P Because your body coats them, they think, oh you're in pain, I'm going to coat you with this band-aid and so then they thought, yes you don't want to gain too much weight, it's bad for your fat cells. They don't act like they used to, they become too thick. Well then, they discovered if you lose weight over and over, especially if you do it fast, this thickening occurs, and it almost occurs worse.

D Because your body is going into this emergency state, keep the fat.

P So very slow, very... I mean losing weight is good if you need to. Losing. And you don't want to become, we're not going for skinny, we're not going for light, we're just going for healthy. And if you need to go to your healthiest weight, let it happen at the pace that it needs to. It won't be a sexy pace, it won't be like, oh my goodness look at you losing weight so fast.

D Yes, before and after in three weeks.

S But your skin gets hangy with those fast weight losses, when you do it slow your body has time to absorb tissue and to do it, yes.

P And I'm telling you that's problem right now yes, the drugs on the market right now, Ozempic which is Semaglutide. And Mounjaro, is that how you say it? Mounjaro? Whatever.

00:24:57

S Tirzepatide, yes.

P They have a place. They can be game-changers, right? Because they help your insulin work better, but they are being abused.



S They're made to be fast. And they're not made to be fast, people are making them give them fast weight loss and what happens though is people are losing their bums, they're getting saggy faces because their skin can't keep up with this fast weight loss and their muscle gets catabolized because they stop eating food.

P Right. And all these studies are coming out now and saying, oh when people go off these medications, they gain weight back and they gain it faster. Of course, why? They lost their muscles. So, they didn't eat protein-fuel, they didn't eat meals because they thought, hey, this medication is allowing me to fast, I can skip lunch, I can skip breakfast. And then in the end, their muscle declines, and their metabolism gets shot.

S The Semaglutide and Tirzepatide are actually fantastic medications.

P If needed.

S If needed and used wisely. And how to use them wisely, is to do them low, meaning low-dosing and slow, meaning you don't titrate up unless it's very slow, bit by bit so your body gets used to it. You don't lose your full appetite.

P And you do. You have to use four protein-fuelings per day and that's crucial.

00:26:11

D So we can remember it by the phrase low-rider because my Mexican people, do it low and slow. They lower their cars, their 69 Impala, they lower it down and they drive slow through the neighborhood.

S Low and slow, babe.

D Low and slow. So, yes, I've been hearing a lot about Semaglutide because it's new?

S Well, it's been around a bit, but it's really popular.

P Been around a bit, everyone is learning about it now. We were on the Semaglutide thing about two or three years ago when it first came out. We went to a conference and were discussing it. And it's actually personal to us because Serene's husband started using it, who was one of the very first adopters, started using it and it has been game-changing for him. But we, Serene, have found how to do it wisely, to keep his muscle, to keep his metabolism.

S It's not Semaglutide or Tirzepatide's fault that people are losing muscle. It's just that they're stopping eating and...

00:27:06

P Or they're just not eating enough. They've gone too high and it suppresses...

- D Does it curve your appetite?
- S It suppresses appetite. It makes you offended by food with terrible dosing. But if you do the right dosing, it doesn't. And we know other people that have had... A lady who works for us, kept it low and slow, and she has more muscle now, she never stopped eating her meals, but it just took away the crazy snacking, the psycho snacking. And it helped her blood sugars get stabilized and it was a game-changer, it can be a miracle drug, you just have to be very responsible with it.
- P Yes and so many people are abusing out there, I've followed this medication for quite a few years now, I'm on the groups, and I've encouraged people to get on it, Trim Healthy Mamas that write in to me that need it. Not everyone needs it, I wouldn't take it, it wouldn't be right for me but those who have tried everything else. Now to me whenever there's a need for it, I also straight away know that your thyroid needs to be optimized, as in your six hormones need to be optimized. Okay, you're going to do that. But also take the medication that's great, but I'm telling you a lot of people out there that maybe aren't doing Trim Healthy or just eating wisely, they're eating a meal, and it might be the same meal that they're used to, maybe it's burger and fries, right. But they'll just eat a small part of it. They're not even being nourished with real foods, just smaller amounts of junk foods. And their bodies are going into chaos.
- D So you didn't gain weight overnight, you don't need to lose it overnight.
- P And I love what you said, Danny, I'm always reminded of it, one PODdy we were sitting here, and you said, we're not into microwave methods when we talk about food. Food is so much better and richer slow-cooked, like meat for example. You microwave a piece of meat, it's hideous.
- D It's a horror.
- P A horror. It's fast but it's not the best way and if you do microwave weight loss it's fast but it'll be...
- S You will gain it back.
- P You will and it's going to harm you and it's not going to even look good because you're going to lose your muscle.
- D I'll tell you the best meat, hot coals, raise them up near the meat, sear both sides and once that's done, lower those hot coals. I'm not talking about gas coals, I'm talking about cowboy charcoal. Lower it down to the bottom, slow cook for around ten to 15 minutes depending on how pink you want on the inside and you're basically...
- 00:29:24
- P Danny, hold on, can we stop right there?

S Slow cook for ten to 15 minutes.

P I'm loving that you're the meat man and you just took over and said...

S I thought you were going to say, lower it under the ground for 15 hours like we used to in the hangi. You know in New Zealand the Māori people, they actually put it in the ground for a good 24 hours sometimes.

P And I love that you were so macho and like, I'm the man and I grill meat but hold on.

S This was his example of slow cooking.

P Can we have another word for slow cook that's not ten to 15 minutes?

D Here's what you don't understand is that when you sear a steak. I'm not talking about the rump roast.

S You seal the juices in.

D When you sear a steak it's just about done. All you're doing now is smoking the rest for ten to 15 minutes.

00:30:07

S Okay, now explain this differently than a microwave.

D Because a microwave

P Will be yucky steak. His steak is good.

D It vibrates. What a microwave does, people are terrified of microwaves, but what it actually does is it causes particles to vibrate, move at such a high rate that it creates heat. There's no... John, I feel like John is leaning forward. Did he lean? He leaned.

P But he will hate the microwave and...

D He leaned forward.

P I know. It doesn't matter because guess why. Serene and John will forever hate the microwave. I use it to heat coffee sometimes, I'm not going to cook a meal in there.

D I did yesterday. No, not cook a meal.

P But heating something, I just figure out, okay?

D You're vibrating molecules.

P But all that to say, Dan, you're saying your steak turns out great like that. Can I add something to it? And it wouldn't if you microwaved it, that's what you're saying?

00:31:03

D You wrote a cookbook, not me, please.

P Can I tell you something whenever you sear meat on the grill...

D Yes? We're going to talk about carcinogens?

P Add a little bit of rosemary there because do you do it? It will take away that charred glycation and...

D But I like it charred.

P Yes you can keep the char.

S But God made rosemary.

P If you add the rosemary, it counteracts the char.

D Don't you hit me with God.

S Yes.

D Don't you call God into to give...

P Carcinogenic. You've heard that the black parts of the meat are carcinogenic, right? Studies have shown that they can promote cancer.

S Cancer.

P They can promote cancer.

00:31:35

D You need a long cigarette.

P If you put rosemary, dried, fresh it doesn't matter. It counteracts it.

D Seriously?

P Because it's such an antioxidant and it counteracts the char, go and look it up.

D That's interesting.

S Next question.

D As you're grilling though, you sprinkle the rosemary on?

S Sure.

P Or before.

S Or you can make a chutney afterward.

P I do it on every piece of meat. Everything that I want a little bit of brown on, golden brown, anything, always rosemary goes on.

00:32:01

D Because the char is a nice little thing. Are we sure it causes cancer?

P Hey I'll let you do your own study in your own time.

S Hey, just take the rosemary just in case, next question.

D No, we're talking about steak now, I want to camp for a little bit, all right.

P You're hungry.

D I'm so hungry, that's what it is. But my energy is not low. It is [overtalking].

S He's just very slow right now, though.

P Next question.

D All right, can you eat bananas, I'm just kidding.

P Oh my goodness.

D Where do the Trim Healthy Mamas live? None of your business.

S We live in an apartment in New York.

D They live in a house, next question.

P Okay, so you guys have heard us talk about the Hilltop. It's not a commune or a cult, well even though it is.

00:32:45

S No, we have our own husbands, our own fences.

D Your own refrigerators? Busted.

P We did share children though because we all live on the same land...

D But you're related.

P Yes, cousins, right.

D Try this with your friends.

P They did come home. No, oftentimes they stayed at each other's houses the night. They all ran through the woods and played together. And our sister Vange lives... We all actually own parts of this property, but it all...

S It connects.

D It touches, but it's your own.

P So, our children just ran through the woods and played. They had a great upbringing, so it seems culty. And Serene had lots of children, Vange did. Not because we're a cult, they just wanted them. I had five and that seems low.

00:33:24

S No I'm not doing it for any number.

P So I'm half cult.

S I wasn't doing it for any number, I was doing it because I like babies since I was born.

P She loved the babies.

S And my husband liked babies.

D We would have way more babies, we have four but if Lisa wasn't on her deathbed every pregnancy, we would never stop.

P Yes, it's so fun. But we don't push...

S We're not a fertility cult.

P Anyways, so it's called, this area is called Primm Springs, but we call it the Hilltop.

00:33:43

D Okay, details. You're telling them now and they're going to come...

P I'm not telling them our address. Hilltop.

D It's a small town.

S Everybody knows it.

D Right. My Karri's gun's out here too, boy. Hey, you remember when the reality TV producer showed up and wanted to create a tale of cult living and stuff?

S Yes.

P I do remember that. But there's another, much more famous than us person, we're not going to say her name, who lives on the Hilltop.

S Lots of famous people live on the Hilltop.

P And I told this story on the PODdy once, so there was some stalkers coming around but it wasn't for us.

S Looking for people way more famous than us.

P Yes and there is a long, long, big fence, a rock fence, right? But my property has a black fence but then we've got this rock mailbox. And there was a car parked outside our property and people, and I was walking past, just walking down my driveway, and there was someone taking pictures.

00:34:41

D Oh nice.

P And snapping and then they came back, and they did it again and I'm like, probably not for me.

S You felt pretty cool for a second.

D You came back and started posing for it. You started doing the thing, Hollywood

people do when they pretend the camera isn't on them. And it's like, how did the cameraman get to a boat in Ibiza? Out in the middle of the ocean.

P Yes, and I knew it wasn't me because I waved, and no one would wave if you were that famous.

S It's so funny.

D You're like, stop.

S So even though we're out in the deep, deep, deep country, it's lovely land out here. And you've got to go this far out to stop feeling the pulse of the city and to start feeling the peace.

P It's beautiful.

D I'm going to do an impression of myself when I see a camera in public. All right, that's the camera over there, I'm just doing my thing, being like a normal human, bleh, bleh. And then suddenly, I'll look over and I'm like... And then I'll investigate the sun, sometimes I'll look over, I'll look away and I'll be like...

00:35:45

S Like you're so intelligent.

P The squints.

D What's over there? And you can work with the wind if you're outdoors. The wind is blowing this way, you can turn a little bit and be like, oh my neck, my neck. Little stretch.

P Is this because people recognize your voice from the radio stuff you've done.

D They do.

S It's Taco Bell ad.

D You know it happened at Target the other day?

P It's not, it's not Taco Bell, it's Chipotle. You are the voice of Chipotle.

S He was Taco Bell too.

D Not were.

00:36:13

P No, you're still the voice of Chipotle.

S You are Taco Bell too.

D No, I don't do Taco Bell.

S You did.

D Just because I'm Mexican. I've never done it. And they're not Mexican.

S Oh, maybe I was thinking Taco Bell was Chipotle.

P Hey, we need to do a bit, sell some stuff and do some products spotlights.

D It's time for a product spotlight. We'll take questions when we come back.

P Brownies are an all-American love language, Pearl, I know we love them Down Under, but nobody loves brownies like the USA people. Well, we didn't... Brownies weren't a huge thing down in New Zealand, Australia, where we grew up, but I think our love...

S We loved Lamingtons, remember?

P Yes, that was our brownie in Australia, it's called a Lamington. It's got coconut around it, but it's like brownie. It's not as ooey and gooey.

00:36:57

S It is not, you Americans, even though we consider ourselves Americans now, you really perfected the ooey gooiness. They know how to do chocolate ooey-gooey, yes, they do. But our brownies, what I love about... Our Trim Healthy ones?

P Yes. What I love about them as you get that ooey-gooey, you get all that you love about a brownie, but you don't get an offended waistline.

S No, and you get stable blood sugar. Yes, yes.

P So, this is why we did it right? Because so many of you guys, you've asked us for, Serene and Pearl give us quick things.

00:37:28

S There's no real life without a brownie. And you just want... You're like, hey I just want to open my packet and I just want to put liquids and egg with it please. Right. So, we did this and...

P Because the best brownies are the ones that come out hot from your oven, because they're the real true ooey-gooey ones.

S I have to say though because a lot of these brownies have been made in my house recently, I love them chilled in the fridge for two to three days, I actually think they get better that way.

P Okay. For the ones that love the ooey-gooey, you don't want to have to do the long, where you have to measure everything. And that's why we made the mix so that having that beautiful smell coming out of your oven, having the ooey-gooey homemade brownies, you can do in a flash. So, let's hit the highlights, of course as we said, the blood sugar and waistline freely. Easy to whip up, that's another highlight.



So here we've got two net cups right, so they're an S, so you don't have a whole bunch of on the verge of a crossover thing. There officially an S, especially when you're putting butter with something. You want to stay in that good S zone so that your body is safe.

00:38:33

S Do you know, Pearl, that they're not only delicious, but they're actually healing to your gut. They're high in probiotic and prebiotic fibers, they contain five grams of protein, also for a metabolic boost. These things are a treat to your health, not just a treat to your tastebuds. Yes, the mix is actually dairy-free, of course, it's gluten-free, but it's dairy-free and I actually like making these, you can use butter for a traditional brownie, and you can use the same amount of coconut oil. Add a pinch of salt though. I prefer them that way. Autumn has been making them with the coconut oil, my daughter, and now I'm partial to that.

P I love it. And then you can make up a yummy, handy, easy chocolate syrup which, if you have the Trim Healthy Mama cookbook, is page 479. Yes, and actually on our website we're coming up with a whole bunch of new recipes to do with the brownies too so you can really get creative. I actually saw somebody who did a brownie cheesecake, they did the brownie as the base, and they did a cheesecake topping. Oh, delicious.

D I did get recognized in Target the other day.

P For your voice?

D Just for the voice.

S No, what?

D I was telling my kids to shut their pieholes too. And this lady comes around in her cart and she's like, are you Danny? And I was like, I am, and she's like, I just heard your voice an aisle over, and was like, I listen to the Trim Healthy Podcast. And everyone loves to tell me that I am nothing like what they pictured, I'm nothing like what they pictured.

P And is that what she said?

D That's what she said.

P How do they picture you?

D I think they picture me.

00:40:28

S The beard.

D In their fantasies, yes. In their fantasies.

P Do they think you're better or less good-looking in reality?

D No, I think they picture Thor. I think they picture Chris Hemsworth, they picture a big man with a beard, and when they see a small Italian, feminine fit, they're just like...

S You are not feminine fit, stop it.

D They're like, this isn't what we ordered.

S You shouldn't be saying that about yourself.

D You order a steak, and it comes burnt.

P Hey, medium Dan.

D Medium rare.

00:40:56

P Medium rare Dan.

S I bet you the disciples were just your size.

P Oh my goodness. I've got to add something right now.

D What's not...

P The disciples.

D We missed what she said.

S Hey, they did some pretty gutsy things.

D I read the disciples were just your size. That's what Mummy tells baby when he loses at the baseball game, you know what booboo, I bet you Jesus' favorites sometimes lose and they have to grow, but they become big and strong. Until you encourage a little church kid.

P Oh, what was I going to say. Okay, remember we did, a few poddies back, we talked can you be overweight, oh my eyes are streaming, overweight and healthy or underweight and healthy. We talked about BMI, and we said BMI shouldn't go by it totally but it can be useful in certain situations. Don't be too low, you're losing bone mass, don't be too high, but other than that everyone can be different BMIs. They just came out and they're abolishing BMI.

D Oh.

00:41:58

P Which is a good thing, I think.

S Yes, because it wasn't thorough enough.

P But they've said it because it's racist. But they have a point, guess why?

S They do have a point.

D That's fair.

P African American, your son who is from Africa has more red muscle. It makes him heavier.

S They are...

D Because of the bone, I thought you were going to say bone density.

P Well, that affects, the redder muscle you have, the heavier your bones.

S No, it's true. Culturally, certain cultures are blessed with different strengths and gifts.

D That's so true.

00:42:25

P So, I think they have a point.

D That's fair.

S I mean I'm not trying to be racist but the Olympics Games, on the sprint field you get an African person next to, genetics, next to a white guy. You're going to, I'm going to put my money down on the African.

D 100% of the time.

S You can see the bubbles out there with the powerhouse.

P The power legs.

S But then you go to the swimming pool, I put my money down on the Norwegian.

D The Norwegian.

P Australians as well.

S The Australians are great.

P Australians too, well, come on, go Ozzie, go, go.

D And you started by saying, I'm not trying to be racist.

S Yes.

D You slid right in.

00:43:00

S Yes, no, no, no. I reckon you celebrate the strengths and the gifts. We don't want to all be alike.

D You're right.

S Celebrate the differences.

P Serene has Māori in her. She has what you call the Mongolian spot. It means that you have more Polynesian blood in you. Hey, can you go to the next question?

S So, what does that mean? I'm good for you?

P Good for looking, quite Polynesian which is a good look.

S I thought you were going to say I'm good at the thingy.

P The poise.

D My people win no physical competitions, but you should see us at poetry.

P Are you calling yourself Italian or Spanish now, which one? Because I know you go between.

00:43:36

D It's a little of both.

P And whatever you.

S Yes because I was thinking, I was trying to see the Mexican guy with a burrito and the poetry.

D Yes, we are orators.

P Are you calling yourself Italian now?

D Yes, I think so.

P He doesn't know. Keep going.

D Next question, is Trim Healthy Mama the same as Keto?

P Oh wow.

S No, it's absolutely not the same as Keto.

P So different.

S We have certain meals that can look like the entire Keto.

P But even then, they're different. Keto is low carb, always low carb, they put some little non-starchy veggies in here.

S They're very low to medium protein too.

00:44:10

P Yes, so Trim Healthy has some S meals, we also have E meals and FP meals too. E meals are your carb meals, so we love carbs. But our S meals are different to Keto

meals too. Because we celebrate protein and more veggies.

S Protein and more veggies. I do want to say this.

P Never limit veggies ever.

S We also have another meal called a Crossover that celebrates carbs too. And so, we...

P We've got two carb meals.

S We love carbs.

D Next question... How old are Serene and Pearl?

S 22 and 28.

D Not a day over 30.

P Okay, 52.

S And 46.

00:48:17

D Oh, you're 52?

P Yes.

D Come on now.

S You still want to hang out with her?

D Why'd I not know that Mrs Pearl?

P Mrs. Post-Meno Pearl. Keep going.

S She's Mrs-Wise.

D Why'd I think you were...

P No, we are just celebrating our fine wine year.

D I guess I've never...

00:48:34

S Dio you know the 60 is the new 40. Is that how you're meant to say it?

P I don't know.

S No, it's true.

D Orange is the new black. Banana is the new tomato.

S I'm just trying to say, these days you can be 60 and be as young as 40.

P By the way, my husband's 67, he's 15 years older than me.

D Next question, what do you remove before eating a banana? A pacifier?

S You remove your cream.

D Remove your socks.

S If you want to lose weight, you take the peanut butter off. That's what she's asking.

P Yes, or just have one teaspoon. Okay, what this person is saying is...

D There's no one asking.

P That was a... If you go to Google, Google's saying...

D This is Google summarizing a thousand people's questions.

P Summarizing what thousands of people have asked.

D Okay, you know.

00:49:18

P So that means that...

D What does that mean? Are you sure? Remove the wrapper?

S Yes, they just say, what doesn't go well with a banana?

P I think that's what they're trying to say.

S Everything goes well with a banana if it's healthy, if you're at goal weight and you're happy to stay there. If you've got weight to lose, you don't want a bunch of fat with your banana.

P So don't put gobs of peanut butter or half a cup of heavy cream. No, that makes the banana stick to you, rather than help you be a burner.

D I don't know why it's hit me like a riddle.

S So, you just do one teaspoon of peanut butter.

D You know what I mean? A riddle? Like what do you move...

00:49:47

P But that's what we're here for. Next.

D Here for the riddles.

S Danny, next, Danny.

D I thought I was going to say the peel. Anyway, okay, how many calories are in a Trim Healthy Mama?

P Huh?

D How many are in you, Pearl?

P Is that the question? How many calories are in a Trim Healthy Mama?

S Meal.

D Yes. Welcome to AI. Welcome to the day of AI.

S We don't count calories and they could be depending on the meal you're celebrating.

P Yes, so let's just take 1,800 to 2,000 calories, right? That's probably what the average woman to stay at her weight...

S A day.

P A day.

D Okay.

00:50:27

P Would be eating if they're... Okay, but let's take 1,800 to 2,000 calories and put that into a young man who is weight training who has a lot of muscle, he would literally starve and die and lose his muscle mass even on that many calories. Let's put those same 1,800 to 2,000 calories into a post-menopausal woman...

S Sits at a desk all day.

P Sits at a desk, doesn't strength train, has lost a lot of her microbiome from a lack of estrogen, her thyroid function is struggling, and she can't do 1,800 to 2,000 calories. So, what causes someone to lose weight, and causes another person to gain weight?

S So, that's why we don't count calories. It's all subjective.

P Each person is unique and really what we aim to do is raise our thermogenic temperature so we can go up in calories in the end. Raise our bodies to where they have muscle, raise our thyroids to where they're working through carbs and through optimization of thyroid hormones if needed. Raise our microbiome from veggies, from sweet potatoes, by all those things.

00:51:30

S You go girl.

P Cause us to be burners so that we can get up that 2,000 mark and not have to do that every day but we can burn 2,000 calories, baby.

S Oh, yes. What does our Viking cousin eat? Her husband swears she's 2,400 at least. Two eight or something.

P She's a strength trainer. She's tall though.

S Yes, but we're just saying, some people, don't just talk to the people that are tall. There's going to be people out there that think, oh, so maybe my 2,400, 2,800 calorie diet is too much. No, it might be perfect for you.

P But we don't love having the same every day anyway because that's just like, oh, I think we should naturally change up. Anyway.

D Another banana question.

P Really?

D Really. What is the healthiest stage of eating a banana?

P Of a banana do you think?

00:52:18

D I think they mean...

P Or stage of life?

D Right around 40, that's when we start on bananas. I think they mean if it's gone black.

S Oh, well, there are different reasons. After a workout, the best type of banana to me would be the nice and ripe one or if you're just going for a gut health, it'd be the very green one, blended up in a blender because you'd hardly be able to chew it.

P Because that's a prebiotic, so a green banana is so healthy because it has, what are they called? Green banana flour.

S Resistant starch.

P Resistant starch. And so, it's so good for your gut but I think it's foul. It's disgusting, I hate green bananas.

S I freeze them when they're green, green, green like that.

P Do you?

S If I want a probiotic smoothie, but normally I let my bananas just be perfect which is yellow.

P I hate them with too many brown spots. I like yellow with just two spots, faint spots, and that's perfect. How do you like your bananas, Danny?

00:53:12

D Medium well.

P Oh, so you like a few brown spots?

D Here's what I have to do as a father, is I always have to eat the bad banana.

P Oh, okay. So, no one else's, and you're like, we're not going to waste money in this house.



S You're like, I've paid for this, I worked hard.

D Somebody's got to do it.

S I talked my head off at the PODdy for this banana.

D Yes. Somebody's got to do it. My boys are taking my underwear.

S Are they really?

D I'll bareback it.

P Yes. Okay, but can you eat? Could you eat a banana that's quite brown, like a significant part of the yellow has gone and there's a lot of brown?

D You know, I've given myself permission, as I left the poverty mark in the United States to pull the squish part off. But back in the day, I'll just be like...

00:53:57

P Okay, so that's fair. But you'll eat anything that's kind of... Okay, so what I do when they get that bad, is throw them in the freezer and then use them for baking or smoothies. Because I can do a squishy and a smoothie. I just can't eat it.

S The one teaspoon of tahini drizzled on top really helps it over sweetness.

P I can't, I can't do it if it's overdone.

S I don't want it either.

D If it's overdone, like it's gone into black.

P Yes, then that goes in the freezer and then what mine is [overtalking].

D The freezer is fair.

S Next question. I don't want to talk about bananas anymore.

D I know.

S I'm bored.

D No one is even watching at this point.

00:54:27

P You really look bored too.

S No, I just want the next question.

P That was it?

D Yes, we're done.

S Well, let's talk about bananas then. I'm not ready to go.

D Hey, do you monkey-style from the bottom, or do you pop the top?

P It's very important.

S It depends on the banana.

P I have to not ever pop. You could squish something; I can't do any squish. You cut and then it opens perfectly.

D You get a knife out.

P Yes.

D You're so spoilt.

S I would never get a knife out. But you feel it first, you go to do the normal monkey pop, you go to do it that way. If it has any give, and it's squishing the top, you go to the bottom and open it that way.

P No.

S Yes.

00:55:06

D You'll just squish it forever?

P Neither way.

S You can't go back and forth and back and forth.

P I'm just going to change your life with knife trick.

S No, that's like, ew.

P Cut, and then everything is perfectly firm.

D Pearl, we don't have that kind of money.

P No, you don't own a knife.

S Dan, the beauty of a banana is the fact that you could have it at the bus station, you could have it.

00:55:27

P Who catches a bus?

D It is. It's in its own wrapper. Who catches a bus?

S Well, if I get out a knife, that whole fantasy is gone.

D Hey, you want to... Hey, smell a bus seat.

S Eating a banana like Forrest Gump, at the banana... At the bus station.

D You ever smelt a bus seat? You'll never catch a bus again. Turn around.

P It has been peed on more than once.

D People are like, it should go back to the garden, no one wore clothes. Bus seats. Public transportation, we don't need to go back.

S When we grew up in Australia, that's all it was, you didn't need a car, just public transportation. It was great.

P That was where we lived on the Gold Coast.

S When we go to Mexico, Mazatlán, we don't need to get a rental car, it's just a bus, bus, bus. It's fantastic.

D You sit on a bus seat in 2023 and oil squishes out the side.

P Eww.

00:56:12

S What is with that?

D It's like a public pool.

S Have you seen that?

P No, it's just in his head. He thinks that.

D I feel it.

P When was the last time you took a bus?

D I've never taken a bus.

S See, buses are great, Dan. I won't get a knife because I want to eat my banana or have the fantasy of eating a banana on the bus.

P I just need to ask you before we close because right now, we're just wasting people's time. Have you ever done my knife trick?

D No. I just heard about it.

P Have you, Serene?

00:56:36

S Have you ever eaten a banana on a bus? Because I have. It was a great memory and I want to repeat it.

D Did you ever dance with the devil online?

P Have you ever done what I'm talking about, Serene?

S Never. I will not.

P You have to.

S It's so old.

P Lesley, have you ever done what I do? See Lesley and I know things that you guys don't.

D Have you ever eaten an avocado in Manhattan?

S You must clean the knife, Dan, then you've got more to do.

P No, you put the knife back in the drawer. I call it not used.

S You put the knife back.

P Yes, because it doesn't really touch the banana flesh, all it's doing is cutting a bit of rind.

S That rind has stuff on it.

P But it's good stuff for your gut.

00:57:11

D Have you ever had a Fanta in Coahuila? No, you haven't.

S Have you ever had a Pasito?

D This isn't real.

P This is going bye-bye.

D Bye.

00:58:17