



Trim Healthy Podcast with Serene and Pearl

Episode #334 – Feeding Teenagers

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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 Get to your point, Ma'am.

00:00:09

P Have we started?

D You and your husband are stupid.

S Oh, right, yes. Dave Ramsey.

D You're stupid. You've spent money like a child. This is the day when...

S Do you listen to him? Do you? Do you do the envelope thing, and obey Dave Ramsey?

D No, I love that Dave, really... Dave was needed for our country.

S I think so. Absolutely.

D Dave was needed for our country.

S Yes, he's done a lot of good.

D But it's become a thing and now his little minions that he's raised up, they are all doing Dave impersonations.

S Are they? Oh.

D You know what I mean? And so all his experts...

00:00:44

S No one's Dave, but Dave.

D They insult the guests, and they do...

S Oh, I didn't know that.

D It's the brand, you know? It's the brand.

S Yes.

D And that's what we see, that's what we tune in for. We want to see the Ramsey squad annihilate the idiots in America.

S Wrong, Dan, wrong, Dan.

P Have we started?

D But you know what? They're very helpful.

S We've started. But he's brought...

D No, let's...

S Yes, you're right. What Dave Ramsey's brought to America is...

D Fantastic.

00:01:02

S Yes.

D I hope we haven't started.

S We have started.

P We've started.

D Oh, my gosh.

P And Dave's listening.

D It's the Trim Healthy Podcast...

S Dave listens to the PODdy.

D You know Dave listens to my show. Was that real? We were on?

J We did record it. Should we use it or not? Yes, we're not going to use that.

S Why, that's great. It's good stuff. I'm leaving it in. That's my phone.

J It's Dave.

P It's Dave.

00:01:29

S Let's don't...

D Dave.

S Don't answer. Who is that?

D Steven, it's Danny.

ST Danny... What? Man, it's good to hear your voice. Am I going to get to hug your neck today?

D My neck will not be hugged today. I'm literally on a Podcast, and now you are.

ST Dude, rock on.

S That's why I didn't pick your phone up.

ST It is so good to hear your voice, Danny.

D I don't know if we're recording or not.

P Yes, we are.

S Steve, we're recording and that's why I didn't pick your phone up before, Steve, but, I'll call you right after the PODdy.

D And they'll call you back, Steve, it's been real.

00:02:02

ST All right, brother. Hey, hang around a few minutes, man. Let me see you.

D Oh, if you'll be here, I'll look at it and you be here.

ST I will. I'll be there at 12:30.

D Okay, see you.

ST All right, brother. Bye.

D I won't be here.

S Oh, Steve's awesome.

D Can't wait to see you too, Steven. Hey, it's the best podcast in Primm Springs, it's the Trim Healthy Podcast, with Serene, Pearl, and me, Danny. Let's start the show.

S Nobody knows where Primm Springs is. The Hill Top.

P The Hill Top.

S That's the official name of where we live, Primm Springs, but we call it The Hill Top.

D Yes.

00:02:34

S But if you want to know something about where we live, there is a story behind that.

D Yes.

S People would come from all over the US to this area where we live, Primm Springs, and there was an old railway line that came out here. You know this don't you?

P Yes.

S To drink the water, because they thought it healed them, and there was a little bit... Am I right, JD, there's a little bit of...

P Natural arsenic.

S There's a little bit of arsenic in the water, just the tiniest amount.

D So it didn't heal them, it killed them.

P No, it healed them.

S It got rid of junk bugs in their stomach.

D Oh, the arsenic did it?

S Yes.

P No, it was just... Yes, it's like in the perfect amount.

00:03:04

D So it's like a natural healer.

S There's a ghost town here. Have you ever seen it, Danny? Ride your motorbike down the bottom of the hill, there's an old hotel...

P Saloons.

S Where they always used to come, a dance hall.

D You know, I've heard all about this, but I've never been. What do you mean...

S Yes.

D Yes, down that way, down the hill.

P It's a total ghost town.

S But that water, that's what we drink.

P Yes, it's so good.

S We had it tested and the arsenic's not too high, so it's all good.

D It's not too high?

00:03:22

S No, it's just perfect.

D But there's a little bit of arsenic.

P It was like what's in essential oils, and the apricot pips and everything. It's a little bit of...

S It's called.

P Yes, a little bit of poison and it's actually good for you.

D Okay.

S But we got ours tested, so I think arsenic's gone down a lot for us.

P Yes.

S That was a different part of the springs.

D Or else, we're going to tell ourselves that.

P Is that why my eye is twitching?

S Yes. Okay, Dan Dan, I just gave you a...

P Question.

S Question for you to read and...

00:03:47

D Face. It's all locked up now.

S Type in. Okay, okay. You have to read this...

D There's a question from a listener?

S Yes, a question from a listener.

D All right. Read it in its entirety?

S Yes, and don't moan about that.

D How do you say it? Entirety, or entirety?

S Entirety, I would say.

D You're all from another country, though, so... Hey, I'm reaching out, because I have a podcast request. I listen to all your podcasts. Wow, thank you. I've never missed

one.

P Ah.

D I have to... Oh, I see where you're going.

00:04:17

S And who's this from?

D This is from Allison.

S Allison.

D I see why you wanted to read this, and why you wanted me to read this. I have to say, Danny is wrong. Now, first of all, that's not how you start a conversation, okay? Hey, wife, first of all, you're wrong. Now let me say things.

P Just read Allison's...

D I'm just kidding. I love you Allison. Let's see. Let's see why I'm wrong, I can take it. I agree with you, Serene, on listening to the podcast every week, one, for the encouragement, two, for the content. All the great info and knowledge you bring, and three, I love the...

P Thanks, Alison.

D Entertainment and laugh out loud along with you all.

S She's saying you were wrong, because do you remember what you said?

D Yes. I do.

S That entertainment's first.

00:04:57

D Yes, and it is. And talk out loud back at you. Anyways, I have a podcast request. Pretty please, can you do a podcast on feeding kids, teenage boys in particular, I have three of them. Oh, I'm with you on this one, Allison. Eight kids total. Okay. I'm almost with you then, I have four. As a whole everyone eats pregnant healthily.

S What?

D Okay.

S Do you need me to help?

D I'm going to keep going. My main question is, what should my 16-year-old son's diet look like? He's a highly driven, disciplined kid, who tries to eat healthy. He plays baseball, and runs track and cross-country. He works in construction with my husband, and his dad. He's planning to run 400 miles this summer, to train for cross-country season. He is tall and thin, just went through a big growth spurt, and I want to help him get enough fuel for his training this summer. I'm worried he'll strip down...

How is this even on?

S But wait, give me it, give me it, give me it.

D It's your mom.

P It was just my mom, too.

00:06:00

P Oh, well have to call her back. Just text her, just say we're in a PODdy.

D I'm worried he's going to strip down too much and eat his own muscle. He doesn't have any fat to lose. Anyway, what should a highly active teenage boy's diet look like? Also, I have a daughter who's going through puberty and has some more padding on her. Not overweight, but I also want to help guide her and just don't know the appropriate amounts, and what a healthy eating plan should look like for a young teenage girl. Thank you so much for considering this PODdy topic. I relate to that teen, boy, that was me as a teen boy, Allison.

P Yes.

S Well, I think that the concern is very real, that she's worried that he could basically start to eat his muscles off...

D Yes.

S Specially with the aspirations that he has, to run how many miles?

P 400 this summer, to train.

D That's... If he's already skinny and he's...

S If that's his drive, that's what he wants to do and it's wonderful, you know?

00:06:59

D And he feels good and healthy.

S And he feels good and healthy, then okay. But he's going to need to feed it.

D Like, pound the calories, right?

S Pound the calories. I would say, help the calories, but I would feed him like I would feed my babies when I want them to get fat.

P Yes.

S I mean, nothing bad, but it would all be very, very, very intense calories. It would be the raw butter and honey and oat balls. You know, peanut butter and...

D Yes.

P Yes, but can I just say something? She's got eight children.

S Yes.

P We can't feed this kid raw butter and use special \$30 or something honey.

S Okay, well, use just regular butter.

P So there's ways to do it. Yes.

00:07:34

S And regular honey.

P Yes.

S I don't really care, it doesn't have to be...

P Yes.

S But I'm saying, it doesn't have to be potato chips and ice cream...

P Right.

D Yes.

S With sugar. It can be, if you make your own bread, great. If you don't... He needs to have good carbohydrates, too...

P Yes.

S Like, good Mama's cooked carbs, with good healthy fats with heaps and heaps of protein, but carbs and... Even though protein's important, carbs and fat are equally important for this guy, because...

P Because he's young.

S He's burning... Yes.

P He's just going to... You know, he can build muscle on bread.

00:08:06

S Yes.

P He needs protein, I agree. He needs, specially because he's going to be really taxing those muscles with what he's doing, but I definitely think he just needs to eat for a job.

D I'm sorry, I know I'm not the health expert here, but I am the skinny young man expert.

P Yes.

S Yes.

D And I don't know, if he's running... I was... Remember the beach, in Jersey?

S Yes.

P Yes.

D That's when I was running and I was pounding calories.

P Yes.

D I was eating wrong, just to try to keep weight on, but just the run alone, completely nuked any hope I had of building weight.

00:08:40

S I would talk to my son, and say, see where he's at, like, why are you doing all of these miles? Is it because... Because if it's who he wants to be, and he's always wanted to be a long-distance runner, then, fantastic. More power to him. But maybe there's a little bit of wisdom going in there, saying, what is the reason? Because you know, your body type is going to get eaten away by this, and what is it for? Do you know that this kind of exercise is wasting and not building?

D It's sort of the glory of young men.

S Do you want to be...?

P He's good at it, obviously.

S He's good at it, right? And so, but there needs to be an understanding, so he can count the cost.

P Yes. Exactly.

D Yes.

S He needs to count the cost, he needs to know that he will be destroying his body, as it's trying to get into its peak growth spurt. He will be sabotaging that peak growth spurt, because he'll be burning more energy than... He'll be... If he ate all day, he'd probably just be able to, without all of that exercise, because the size of his metabolism, like you, Danny, you didn't do that kind of exercise, but you probably had to eat all day, just... And you were still skinny.

00:09:42

D Eating was a... I had to eat an uncomfortable amount of food, and it was like a full-time job.

P Yes and what I would say is, yes, to what Serene said. Ask him he wants to count the costs, because with his body type, there will be a cost. But if he wants to do it, every single meal has to be a certain type of Crossover, not just the Crossover that we tell Danny to eat...

S Yes.

P Where you've got your protein in the menu, you've got your fats and your carbs on either side. Every single meal has to have way more carbs than a normal Crossover.

S It would be a spiker to a normal person.

P Yes.

S But his metabolism, his growth speed...

D Yes. And his age.

S And his age... My son is 18, Vision, and he's the only... The other sons are married. I have one younger than him, but I'm trying to think of something his age, right? He's 18. For breakfast, he has at least four eggs, at least four pieces of toast, butter like cheese in between. He has coffee with cream, and he pours a quarter of a cup of honey into it. I burn through money on the honey. I'm like, put ginger sweet. No, I need the calories, I need the... Then he has a quart of milk, and oftentimes he'll put whey in also...

P And that's raw milk, from cows.

S Yes. And that's breakfast. Now he... He works hard, he works outside, but he'll come in for snacks.

D Yes.

P Yes.

S And then he'll have lunch. It's rice, brown rice, organic, but it's piled like a pyramid on his plate. Ground beef, he makes his own lunch.

D Nice.

S It looks like he's going to eat because he's going to go and hibernate for ten months and not eat.

D Yes.

S That's just lunch, and then he's going to come in for afternoon snack, and then his meal at night's going to be humungous...

00:11:21

D Yes.

S And he's not pounding at the pavement for miles, either.

P Right.

S He's just...

D Working construction.

S He works out for half an hour, with weights in the evening, because he cares.

P And then he works outside all day.

S And he just works outside all day.

D Yes, it's like, do you... If his goals are to have an amazing cardio heartrate, and be able to accomplish distance and all that, he's going to do that with running.

P Yes.

D If his goals are to be ripped, looking hardcore in the gym...

00:11:48

S It's not going to happen.

P But you know...

D Most coaches will tell you, don't run at all.

S Count the costs though, because they say now, that those long cardios actually hurt the heart.

P They do. They do.

S They found out that the long cardio...

D Oh, the stress.

P Too much of it hurts the heart in the long run.

S They don't have great hearts.

P It's just new science.

S Yes.

P So, listen, I think this boy's probably really good at it, and he's found something and more power to him.

00:12:11

S He could sell it, yes.

D It feels good to run, too.

P Yes, he could sell it and... Yes, it does feel good. But I think that that's a question you want to ask him, then, if he's determined to do it.

S Yes.

P Then make sure he is really fueling his body. And you're right, he doesn't have to do it with cans of soda and ice cream and stuff. He can do it healthfully, just like what Serene said then, that kind of food. Yes. And hunks of cheese.

S Yes, and lots of honey.

P Yes.

S You're going to have to go buy buckets of honey.

D The peanut butter balls.

P Peanut butter. Peanut butter balls.

S They go through honey and butter like it's... Like oats. Peanut butter and honey together, just make them as balls, and he should be scarfing them all day.

00:12:42

P Yes.

D So, one thing my sons, my teenage sons came to me about seriously, were like, oh, no worries, Dad, I'm just going to dirty bulk.

P Yes. Dirty bulk.

D They call it dirty bulking.

P Yes.

S Yes.

D What they'll do is try to pound ice cream and milk...

P Ice cream and pizza.

D Yes please.

P Goji berries.

S You know about dirty bulk, don't you, Mikey?

P And this stuff on the side of this bag is not weird, it was the probiotic weight-loss sugar replacement supplement we were testing, and I just put it in that bag.

D Is this...

00:13:04

P Gojis.

D Yes, gojis. I still have half a bag of those ones you get on Amazon.

P Oh.

S You don't... Oh, half a bag, you're going through them...

D Just through the move, just threw me off.

P Oh.

D Now I don't know if they're rotten. I'm scared.

S Put them on...

P No, they're not rotten.

S They're dried, put them on your oatmeal.

D They never go bad?

P No.

S No.

00:13:19

P You put them with dark chocolate and walnuts... Oh, my goodness, it's the best stuff in the world.

D These are so good.

P I need a little bitter, usually with it, and a little nuts.

S Yes. I love them on my oatmeal.

P You put them on your oatmeal?

S Each morning.

D There's consequences for even teen boys dirty bulking.

P Yes.

S Yes.

D Long-term consequences.

P Yes.

D You can shut your gallbladder down for example.

S Oh, yes.

P Yes.

00:13:37

D Anyways, I'm no pro here, but I know this, these are good...

S My son, Arden, bulks, but he does clean bulking.

P Yes.

S He gets so sick of chewing, because of the number of calories he has to put in. He puts his chicken in the blender and drinks them.

P Yes, that's gross, hey?

D Chicken in the blender?

S Yes. Because he's determined to do clean bulking.

D He's following in his father's footsteps for doing very eccentric, hard...

P Doing things hard.

S Actually, in favor of why he's doing that, it's because certain supplements, even healthy, aren't necessarily good for him yet, and he's got a very incredible doctor looking into what will not grow cancer back in his body.

00:14:14

P Oh, right, because he's had stage 4 cancer.

S So you know...

D But he hasn't got to drink that chicken.

S Yes.

D Don't drink the chicken, Arden.

S You should see the look of him though.

D Oh, he's looking...

S He's Mr, Mr James Bond.

P He's jacked.

D That's true. You can't argue with his physique right now.

P That's true.

D I saw him the other day, after not seeing him for a while.

S Oh, yes.

P Yes.

D It was like, Arden, you look like a warrior.

00:14:32

P Got to put chicken in the blender.

S Yes.

D He looks like a warrior from ancient times.

S He does. He does.

D That boy's... He's cool.

P Yes.

S Okay, so I do want to talk about teenage boys overall now, now that we've talked about Allison, your teenage boy, who needs more than most teenage boys, but...

P Then we've got to go to the girl too.

S Yes, we're going to go to the girl, but I raised three teenage boys in my home, and you know, I was the original Trim Healthy Mama, was Serene, so how did I do it? For me, my approach to TrimHealthyMama is not really the approach most teenage boys can take.

00:15:01

S They just need more fuel, especially if they're growing fast, and my boys were all tall. And especially if they want to get jacked or something. They need more carbs. We say stop at that 45 net carb limit, because that's protective for your blood sugar, but when someone is growing, and growing furiously and fast, and they're developing a lot of muscles at the same time. Their testosterone is...

P And they almost use that insulin-like growth factor, they use that insulin spike to grow their muscles. Their body's wired for that.

S Yes. No, testosterone is really surging, they can take more carbs than your 45-gram limit. My boys, they would... I would always have brown rice in the fridge.

P Yes.

S Then they'd, like your boys do, they'd put it in the fry pan with coconut oil and whatever meat that was in the fridge, they'd throw it in and seasoning and spices and cheese on top. But their rice would not be my three-quarter cup, or one cup.

P No.

S Their rice is two to three cups.

P I basically told my children, they have no limit of their carbs, as long as they're...

S Healthy carbs

00:16:01.

P If they're throwing protein in it, and they're having whatever healthy fat they want, this is not weight problem boys, right?

S Yes. Because we're going to talk about that soon.

P They, I don't give them a stop. Their appetite tells them when they stop.

00:16:54

S And of course, you know, then I would try to force a salad on my boys every night, and then I'd have to put Ranch and stuff on it, they never eat it.

D I like the way you phrased that.

00:18:36

S Yes.

D If we could just take that sound bite, I'd just start the tape with, like, I tried to force a salad on my boys every night.

P My body loves salad. They actually love salad.

S Yes.

D Oh.

P With balsamic and olive oil.

S My boys will eat it now, yes, that's great. Your boys love salad, my boys would eat it.

D Hey, you know what I think?

S Mum told them to eat it and she put it in front of them, you know?

D What I think is a great alternative to young man, to running, is the Mike Tyson pushup.

P Yes.

D Do you know what the Mike Tyson pushup is?

P No.

00:19:04

D Do you know what the Mike Tyson pushup is? It's a pushup where... You're laying down, pushup form, right? You're fully up, and what you do, is you rock back and squat into your legs, then rock forward, do the pushup...

S Are you going to perform it for us, do it?

P Oh, wow.

D I can perform it, but...

P Please.

S Would you get down it...

D No one's going to see it.

S Although this floor's pretty dirty but go ahead and get some germs on you.

D Where's the mike?

S Get some germs on you.

D Who lives here?

P This floor is clean, man, in comparison to...

00:19:30

D This is the Mike Tyson pushup.

S Okay. So he's going down in a normal pushup, but now he's going back...

P Oh, that's great.

S Nice form, Dan.

P Really good form.

S And what is that getting? Your glutes as well?

D It's just full body.

P I bet. That's full body.

D What it does is, pushups are already full body...

P Yes.

S Yes, but they're not glutes.

D But they're not hardcore glutes...

S Yes.

P No.

D And not really hardcore leg. They're upper body, if we want to get in...

00:19:49

P Yes, I'll try that.

S It's your lower...

P I'll try that when I'm by myself in my room.

D Yes. Oh, yes, it just...

S Yes.

P Behind a locked door.

D It's a solo pushup, for sure, but you... The squat back into it engages legs, thighs, butt...

S Yes, that's great.

P Yes.

S Your big muscle groups.

P Yes.

00:20:02

D And so they call... Mike Tyson did this and did nothing else for most of his career.

S Really? Oh my gosh.

D Because all of his workout, if you will...

P Yes.

S Yes.

D Was actually boxing, training, hitting the bag...

P Yes.

S Yes.

D And that builds muscle too.

P Right, and it's cardio, majorly.

D Major cardio, so young guys, they can get into running, nothing against it, but seriously, you're going to stay skinny. Pro coaches, if you're wanting to build muscle and get the physique, they'll tell you don't... There's enough cardio in working out.

S Yes.

00:20:33

D Unless you are a big, swell football looking, frontline man looking type of body build...

S Yes.

D You're going to then need to have to do extreme cardio.

P I would say, when I lift weights, my heart pumps out of my chest more than when I would run.

D Yes. 100%.

S Yes.

P However, I do feel with women especially, walking, included with strength training, like walking...

- S Just the act of walking is so healthy for us.
- P I want to talk about walking smart. I think lifting weights is so good, but I would say that's not all you need as a woman. You also need walking, because it's so good for your brain, and it shrinks... I mean it stops the shrinkage of the brain we all have.
- S Can I talk about walking smart? Because I think there is walking not smart, and walking smart.

00:21:14

- D Like with your eyes closed?
- S No. I went on a walk the other day and it's not me, even if these women are listening, because I've already talked to them about it, and it wasn't their fault, it was my fault. I was invited on this walk, and it was a really long walk, it was over an hour and it was up hills, and around, and down, and everything, and I went with my sister Vange.
- P Vange did a crazy walk.
- S So for all those wonderful girls who invited me, because I didn't end up talking or being with them at all, I had to go the pace of my genetics, which is my sister, we have the long legs kind of pace.
- P I can't do her pace.
- S I find that so natural for me to slip into that, because of competitiveness...
- D Like speed walking?
- S Yes, but when I got back, I was way more exhausted than any type of...
- P But Vange is a natural walker.
- S Weight workout, in the gym, right? More exhausted, and I knew I had burnt calories without building muscle
- D Yes.

00:22:04

- S When I burn calories in the gym, when I put energy, I want to have something to show for that energy.
- P Yes.
- S I want to build muscle when I'm exerting energy. I'm like, I exerted all that energy and all I did was probably waste muscle. Because I think if you go in for super- super-long walks that are not energy-giving, I think walking should be energy-giving. You should go on walks, because that's your rest day.
- P Yes.
- S That's your day where you're saying, I am blessing my endocrine system, my nervous

system. I'm giving it a break from hard training, and I'm listening to a podcast, or I'm talking with a friend, or I'm just praying, or I'm just singing, or I'm just thinking. But I have energy and space for mental clarity. When you're walking, and all you're thinking is like, sit, sit, sit, sit, sit... You know, just like, next, and you're...

P It's aggressive.

S So hard, and you're breathing so hard there's no talking.

P Well I do have to say I agree with you, Serene, because walking, they've said, actually super-fast walking, actually raises cortisol. It's like jogging. Jogging raises cortisol, walking lowers it, but long as you are doing a brisk pace, but not too fast...

D Is it because the speed is like, oh, clearly you're stressed, and running from something?

S Yes.

D Like, you need this cortisol to...

S I think it is. And I think it's okay to sometimes go really fast...

P Yes.

S And then bring it back...

P Yes, intervals.

S Because then you... Intervals. Interval sprint walks. I do have to say though, if someone is just not at a place where they're fit, they haven't trained at all. They've kind of been on the couch, and they haven't done any exercise, walking is the best place to start.

P Yes, it's great.

00:23:30

S Because that gets...

D Yes.

S Gets you to going to where at least doing movement, and it's your entrance.

D And for people who have exercised and ate right for a very long time, we underestimate the conditioning that has been built up over the years.

S Yes.

D To take somebody from zero...

S Yes.

P Yes.

D To any sort of gym-level situation is crazy extreme. I went to a season of doing

nothing. When I left construction and started doing office-style stuff. I went and I got a call, it was this reality TV show, where I was a background extra.

S Oh, yes?

00:24:07

D Yes, I was a hockey player, and so I was actually on ice skates at the Ford Center in Nashville.

P Oh.

D Mask on.

P Oh, my goodness.

D I was part of the hockey team, right?

S Okay.

D Dude, I thought my chest would ignite into flames. And I literally, I went, I thought that something I've done, or my lack... It was during those like, maybe I had cancer years too.

S Yes.

D I thought, oh my God, I have reached a place of such debilitation. I thought I was in an emergency state. It was blacking out. It felt dangerous. It felt like my heart could explode.

P Because you'd done no movement whatsoever. Yes.

S Yes.

00:24:46

D Yes, another time, I went and played flag football with the dads, right? The Turkey Bowl, we called it. The day after Thanksgiving. The Saturday after Thanksgiving. All the dads would get together and hurt themselves and send themselves to the ER. And it felt... It's a common thing. Thankfully there was a guy there to talk me off the ledge, but I thought I had the flu. I thought I'd got the flu midgame, and this guy comes up. He's like, you're looking rough. He goes you feel sick? I was like, yes man. I wasn't sick before I came here, but I feel like I have the flu. He's like, no, man. If you haven't worked out or exercised in a while, he was like, it's just you're body goes into like emergency state. So anyways, I sailed that...

S Yes.

D Like, you're right. Walking is underestimated if you're going from zero to something.

S It is.

P And even when you're already in peak, walking is so important.

S It is.

P I just think walking should always be where you come back, and you're like, I feel like I've got blood pumping, but I feel invigorated.

00:25:44

S Yes.

P Walking should make you feel invigorated.

S I agree. And it's your best, best mental health therapy.

D Lisa walks every morning.

S Yes.

P Yes.

D She does laps.

P That's awesome.

D Yes.

P I do want to go back to the topic, which is, how to feed teenagers. And now I want to talk about...

S Okay, let's say one thing about walking?

P Yes.

S I do feel like it's super important to walk high and walk tall...

P What do you mean?

00:26:08

S And what I mean by that, is I look and stare at a lot of walkers.

P Yes.

S They often are walking steady state like that. Sometimes when people are into walking, they'll walk at least an hour, right?

P Yes.

S And they lean into the wind, and they do not have this nice posture that you want to train your body in, right? So I think when we walk, we want to walk in a way that's training our posture.

P Yes.

S But because we're doing it for a long time, when we were in Mazatlán, Pearl...

P Yes.

S I saw this lady, it looked like that's what she did. She moved to the beach, she moved to Mazatlán, and she loved the weather and she just walked.

00:26:47

P Right.

S She would speed walk, up and down those miles there along the coast, right?

P Yes.

S She was the most bent-over thing I've ever seen in my life.

P Oh, right.

S And I thought she has just trained...

P She's practiced it.

S You practice, so if you're out there practicing a certain gait, a certain walk...

P Yes.

D That's a great point.

S Practice your best posture ever.

P Yes.

D Yes, that's a great point.

S Because you're going to do it over, and over, and over, and your thought pathways and all your body pathways are going to just start repeating it.

00:27:11

D It's the same with the motorcycles.

S Yes.

D A lot of older motorcycle dudes, they'll be like this, on their motorcycle...

S Oh, yes.

P Got a [overtalking] posture, from sitting here.

D They'll be squatting down, their neck will be like that.

P Yes.

D And sometimes you do that, if you ride in the cold, so you're trying escape the wind a little...

P Yes.

S Crunch.

D But you just get in this habit of... Just turn into a little turd on the seat, but then you see him get off the motorcycle...

00:27:33

P Oh, yes.

D And they walk over to do something...

S Oh, the same thing.

D So I've had to really be conscious of... Because I ride, I don't have a car. I have a motorcycle.

P Yes.

S Yes.

D And so, I ride everywhere, and I'm always just like... It feels like every minute and a half I'm like, posture.

P Yes.

D Posture right, shoulders back, sit up on the bike.

P So good, Dan.

S So, good, because that's what I say to myself when I walk. I think, okay, I want to walk at an invigorating speed. I don't walk on a speed walk, but I think to myself, I'm never going to walk faster than I keep a beautiful posture.

P Posture. I love that.

S Strong. I call it strong posture.

00:28:05

P Yes.

S I don't think straight, because that's so like, boarding school. I think strong. I think of that feeling I get when I walk out of the gym and I've been lifting weights and I feel like every postural muscle is...

P Is pumped out.

S Holding me up to its peak. So I think, walk strong, Serene.

P I love that.

D You know what else I see women do, that I see them do more than men, is they are trying to conceal themselves for modesty and I get, you put your shoulders back, you feel like you're pushing out there, but I've even encouraged my wife. It's a way better look.

S Yes.

D It doesn't look like you're showing off anything.

00:28:40

P No.

S No.

D It's just posture.

S Yes.

D But she, for a long time, would keep her stuff in order, you know?

P Well, I think that could be one thing, and that may have been her reason, but I think another reason is, us women who have had a lot of babies and nursed, we get a nursing posture.

S Yes.

P And you can...

D Oh, like, because you're...

P Well you're just of kind of in that cradling...

S Rounding.

P And then also, you use your... You tilt your pelvis forward to be like a place to lean your baby.

S Yes.

00:29:05

P But even in you're thin, have you seen women that...

D Yes, it's true.

P I have to stand up

S Yes.

D Yes, I've held a baby or two.

S And they've got flat butts, it's like going in and they're like...

D Yes.

P Yes.

S That is the worst posture you could ever have in your life for the pelvic floor stability, for your glutes to be activated, because...

P So it's not, you're not saying it's wrong to hold a baby, but when you're not holding a baby, practice the other way.

S No, I say it's wrong to hold a baby, holding it that way. I always tell myself, Serene, don't hold the baby like that, because you'll be one of those women.

P Oh.

D Yes.

S You hold that with strong posture. You let your biceps do the work.

P Oh.

S I keep my tummy, my core, I feel like the elevator should be in at like third level.

D You're right.

S And I'm, like, no, I've always concentrated on that.

D You're right.

S And when I have the ergo on, I don't dip into the ergo. I almost use the Ergo as like a strap, like it's a shoulder exercise.

D Exact. You know, I had the same thing. I was literally going to say everything you just said, from all the way to the ergo, because you all got me into the Ergo baby carriers, when that... I remember, at the time, it was at the \$100 baby carrier.

00:30:09

S Yes.

P Oh, yes.

D Which was life savings.

P But we were all poor, but we just shelled out the money, right?

S Another \$200, and yes...

D Yes. But I remember thinking consciously, this baby is wrecking your back, because I always did the... Like I'd poke a hip out, to try and give it a chair.

S Yes. Right.

P Yes.

D But men don't have chairs.

P Yes.

S Yes.

D You know, you can all at least stand a chance of having a little chair there, but it was harder, but I found myself engaging my biceps...

00:30:34

P Yes.

S Yes.

D To upper body, hold that baby, instead of using my back to hold the baby.

P Yes.

D And got fit. It was a free workout.

P Oh, yes, and that's the thing. We could blame it on, oh, it's just these motherhood years, and they're probably going to wreck my body, or we can say, no, these are the years that can train my body. In fact I miss holding weight all day long, because that was putting weight on my bones, and telling my bones to re-mineralize, and I'm burning less calories, because I'm not holding something all day.

S Yes, but you burn enough calories.

A Trim Healthy Mama. Product News and Notes.

S Pearl, we're going to talk here about our perfect Ph shampoo and conditioner, because there's nothing like them on the market.

P I know, and that kind of sounds like we're really being sell-sy. But there's a reason we brought these, it wasn't just so we could have a shampoo and conditioner too.

00:31:25

No. And the name says it all. Perfect Ph Shampoo and Conditioner. Serene, we had a huge need in our lives. Now let me talk about you, right?

S I was scared.

P You were such a purist about your hair, how many years did you only use an egg yolk to shampoo your hair?

S About seven. And then you smell a little eggy, right? So then you have to rinse with apple cider vinegar, but then you smell a little vinegary.

P Yes.

S And so you're always smelling like a salad. It's pretty bad.

P But why, I want to get to the bottom of that. Now most of us, like I would go, try to find healthy shampoos and conditioners, because even though I'm not as puristy as you, I knew, from my reading and knowledge, the chems... The artificial chemicals in those, not only do they go onto your scalp, Serene, they slide down your body, right?

S Oh, I know and then...

P And then make as you're shampooing, or conditioning, and they enter your cells.

00:32:17

S Oh, they do.

P Our skin is our biggest absorbing organ.

S Oh, yes, and so for that reason, and for the fact that I've really wanted to stop using egg yolk to wash my hair, we designed, with our scientist, an incredible shampoo and conditioner.

You say, hey, I've heard about pH-friendly shampoo and conditioners before. Yes, of course, we've all heard about them, but they're not pH-controlled. At the time of making, they may have a certain pH, but they are not controlled. That pH is going to change. By the time you open that up and start using it in your hair and last a week or two in the shower, that thing is not the right pH for your hair.

And so we have designed this shampoo and conditioner, so that it always has the perfect pH.

P It remains, and that's why, Serene, we are getting so many testimonies in right now, because of that pH.

S Yes.

P Not only that, but the beautiful plant botanicals there and the absolutely toxin-freeness of it. But so many women are saying, hey, I am no longer having flaking. I am no longer having dermatitis of my hair. I finally have volume. All of these things...

S Do you know why? Because it's not just treating the hair, it's treating the scalp.

P Yes.

S It's like medicine for the scalp, and shampoo for the hair. It's beautiful. And let's talk a little bit about the conditioner. A lot of people feel, oh, yes, I use a conditioner. My conditioner makes my hair feel smoother. It's a fake smoothness.

P Yes.

S And the inside of the hair shaft is actually screaming for moisture even more. It's a lot of the cones, it's from the silicones.

P Yes. And it gets coated.

S Yes.

P Yes. But it's not actually conditioned.

S No.

P And so, when we decided to do this shampoo and conditioner thing, because it's been a lot of work, especially getting them bottled.

00:33:58

Oh, my goodness. But, it's so worth it, because there's actually nothing...

- S Right.
- P This is world groundbreaking here. Let me tell you about the nos. What do we not have in it?
- S No parabens, that's for sure.
- P No phytates, no dyes, no sulphates, no artificials, no con. There's no con in this conditioner, right?
- S Yes.
- P No sham in this shampoo.
- S That's right.
- P That's what we're all about.
- S Yes. And the other thing I love about this shampoo, and this conditioner is, if you're the type that wants to wash daily, you can wash daily. You know you're not actually doing something very harsh to your hair.
- 00:34:38
- P Tip though, when you wash. When I do it, I just use a small amount at first. I've got long hair. I do two shampoos.
- S Oh, I always do two shampoos. Because this is natural, natural, natural, I find if you have oily hair, or if it's been quite a few days since you've washed your hair, you do the two-step process. You do the first, like Pearl said, you use a little bit and you lather up with a lot of water. And then you'll find that the second wash, you're using the same amount of shampoo, you're just breaking it up into two washes, the second shampoo will get really way latherier.
- P But if you've only used toxifieds... I'll call them toxifieds, kind of like artificial chemicals in shampoos and conditioners which, the majority on the market are, sadly, lather more. I do feel for a natural kind of shampoo and conditioner ours does well, but it's obviously not the same as one with chemicals.
- S Oh. Yes.
- P So you've go in there knowing that, and not expect this huge, bubbly lather that sits three feet off your head.
- S Right, but in that second wash, you get a pretty good lather. Hey, Pearl, I know you've talked about all the nos, but we have to talk about this. We don't have preservatives, but what do we have? Our natural preservatives, which are a proprietary blend of botanical extracts, they're from comfrey, beets, they're from chamomile. We have not skipped any step to make this as natural as possible.
- P But, I think we need to end with the fragrance, and if you want the hint of pink grapefruit lingering in your shower as you do it... I just love it, Serene. I'm addicted to pink

grapefruit now on my hair.

S Yes, it's a very spa-like experience.

P I cannot go back.

S Very refreshing, for sure, mates.

A Find this product, and other Trim Healthy products at store.trimhealthymama.com.

P Back to the topic at hand on how to feed teenagers.

D Back to the topic at hand. That's...

P So what about, like she says, she has a daughter who has a little good, healthy padding and she's like, I don't know what to say to her that's appropriate, because we definitely don't want to put, oh, don't eat that, you're going to get... We don't want to do the wrong thing. But then some of us are too scared to even encourage good healthy habits too.

S Right.

P And then, sometimes, people have sons, and they're just genetically different. They're not burning fuels all day long.

S Yes.

P Right? Their bodies just burn differently, and so they carry some extra padding, and it's the way their insulin works, it's the way their blood sugar works. Sometimes they have genetic differences.

S Do you know what works for it? It's a thing that I love, I believe in it, especially today when the world is so crazy and strange, I think homeschooling is a wonderful thing. But home-schooling children have it hardest in this area.

P Yes.

S Why? Because they're always around the kitchen, and their classroom is the kitchen, oftentimes.

00:37:15

P Yes.

D Yes.

S And it's just so easy. If they're stumped on a math problem, or something, they think, oh, the fridge is going to fix it, or I'm going to have a bowl of chips to help me with my math problem.

P Right, right, right.

D That's true.

S And you just can't leave class to go get a snack whenever you want, when you're at school, and also at school, there is physical education.

P Yes.

S There is. You're part of this team, you're part of that, and...

P And they train you hard. If you're going to be in a sports team at school, they train you so hard.

D 6 AM before school starts, you practice.

S So this is not pro-school. I'm just saying, be pro-...

P I'm pro-whatever, it's best, but...

00:37:43

S But I'm just saying, for me, because I knew that homeschooling was what I wanted to choose for my children, I decided, I can't just... It's not okay for me to let them educate themselves in the kitchen, and that's it. So I've told my girls lately, it's not okay that you don't have a sport. You're going to do kettlebells. So get and breathe. I took them into the gym the other day, and I'm like, okay, every day you're going to do this little deal, unless you want to go out for a walk, but if the weather's bad, you come in and you're going to do kettlebells. Because you can't just sit down on the couch, and read your life away, it's not...

P It's not healthy.

S And then I told, because I have some girls that just burn the heck out of food and others that are not big, but if they got bad habits, they could end up that way.

P Yes.

S And so, what I've told them is, I'm not telling them to do S or E, and anything, I just say, eat your Crossovers, but I'm like, make sure everything has protein. And then after, I'm like, and once you're filled on your portion, if you're still hungry, because I have children that are just naturally hungry...

00:38:43

P Yes.

S I said, then it's time to get out your carrots and your celery and your humus dip and everything, but you don't need to have another piece of toast. You don't need to have another serving of that brown rice. You don't need to. Like, once you've had your good 45 window carb, you've had your good, whatever, fat going on...

P Do you limit them to that though?

S Not necessarily, but I don't say the number, I just say, once you've had your good portion, you see Mommy's plate, you see the amount of sweet potato I have, or the

amount of rice. I'm like, once you've had your good portion that's provided for you, then just have some more protein, have some more veggies.

P What if they're growing? No that's different. You're talking about your teenagers that have kind of already finished growing, right?

S Yes.

P The girls that stop early...

S Well...

P Because there's such a fine line, right?

S But even with my ones that are growing, if I can tell that they're growing, is not burning as much as what they're eating, you can tell. You can see it on them.

00:39:33

P Yes.

S You can see when the growing is using it up, and you can see when the growing not using it up. And if I see that the growing is not using it up...

P But you don't want to underfeed them, either right?

S No, I don't say that they ever stop, like, that's enough. I'm just saying, you've had all the fuel you need, just have more protein and veggies now.

P Yes.

S If you're hungry, now is the time to have crudites and a protein dip. Or go and have some more chicken, or go and have...

P No, that makes sense. Okay, if you're still hungry, the protein and the veg are there for you.

S That's what I'm saying.

P Because sometime it is, even though we love carbs, we have to protect our carbs. There's a point where you get to too many, and that's when your insulin really goes crazy.

00:40:14

S I had one daughter that would be like Mom, I... She's already had two pieces of my sour dough bread, two, and four eggs on it?

P Yes.

S And she's had a Muncher, or something on the side, and she just... To me, I can hardly finish it and she's still hungry after it. I'm like, oh, now it's time to make yourself a salad.

P Yes.

S There's a whole, big bag of big bunny rabbit carrots in there, you know. This is the time to fill up now on, because that's important, to teach them the love of veggie too.

P It is.

D I would love to do a whole podcast specifically on food and teenage girls, but how to speak to them about it...

P Yes.

D Because I have a... My daughter is 12 and even my younger, nine-year-old, they're starting to talk about... They'll show they're a little pooch on... They're skinny girls, but then everybody's got a pooch, right?

00:41:02

P Yes, everybody sits down, you grab something.

D Exactly, you feel something there, and they'll come show it to me, the health podcast dad, and sort of say, I'm fat, or something like that. I'm thinking, you're definitely not fat. I don't know if this is right, but I'm saying this, because I would personally love how to guide them with food, without giving them a neurotic complex about their body.

S Yes.

P I don't think we ever, ever say the word fat. I have a child who is perfect, but if she gained any more, it wouldn't be as healthy, and so I'm keeping an eye. And I'll let you speak, but I basically never use the fat around her, and when she says she's fat, I'm like, no, you're not. You're absolutely perfect, but you're so...

D Yes, I always say perfect.

P You're so perfect, you just want to celebrate this.

D Yes.

P And so, let's get some great, healthy habits going that keep the perfection that you...

D I told my daughter the other day, A, you're not fat. But what does even that mean? And to you, and about your identity? I started talking about what she sees online too, like, what are you seeing? Are you watching these gym girls? We try to monitor content, but stuff will just come up in the feed and...

P Yes.

D Yes, I'm trying to guide her in saying things like... What I said was now, I said, for me, I'm not fat, but when I start going too heavy on certain types of food, my belly talks to me. My belly starts to tell me, hey, Dan, you're eating in excess in a certain way. Or you're favoring the carbs. You're starting to love...

P Yes. The starchy ones, like Mac and Cheese.

S Yes.

D Yes, you're starting to love your favorites and you're not really eating in a balanced way.

P Right.

D I said, so look at your belly not as your big identity of are you fat, or are you not fat? Because it's not you and who you are. Our body just has indicators. When we're tired, we get fussy and we want to find a pillow for some weird reason. When we are eating a certain way, our belly starts to stick out differently.

P Yes.

00:43:17

D You can change it any time you want.

S I think that's so wise because I do think we do have to address it, because I do think it is a crime when people don't address it and the children don't have the wisdom yet.

P Yes.

S They don't have the know-how and the tips and tricks, and it's kindness, so that they don't become that 21-year-old woman who is looking, like feeling lost and overwhelmed.

P Feeling lost and feeling that they just don't feel the...

D Like they are fat, like they are born fat, and they are destined... They're one of the fat ones.

P I think, yes... I think we have such power to equip our children with knowledge.

S It's not okay to not address it and let them get that way.

P No.

D Yes.

00:43:54

P And then provide healthy foods in our homes. Provide those proteins that are already cooked, in the fridge. Provide quick access veggies and provide fruits and the grapes. So they're already in there, and they're quick snacks. But I think we wrote that program, Trim Healthy You, for kids and teens. It's really fantastic, honestly.

S It is.

P The way it teaches whole, sound nutrition, rather than focusing on, hey, am I fat, or I'm not? But it teaches just nutrition, and I think every family should take their children through it, whether you're home-schooled or not.

S And I also think, not pinpointing the ones that look like they have a problem.

P Yes.

S I have really, skinny ones, too, and I, in front of the ones that I'm more watching, I address their diet too. I'm like, hey, hey, hey, hey, where's your protein?

P Yes.

S So that it's not one person you're picking on.

P No.

S Pick on them all.

00:44:42

P Yes, pick on them all.

D My wife is what we would call big-boned and that's like...

S She's beautiful.

D That's like a joke people have used to explain it, like, yes, I'm overweight. No, I'm big-boned. But there are people with bigger bones.

S Yes.

D She has the ankles of my dreams, in fact the first thing I was drawn to...

S Oh, because you want big ankles...

D Oh, yes. The first thing...

P Hey, are we supposed to stop and take a break? And then you're going to talk about big bones when we come back.

D When we talk about bones, when we come back from the break.

D So, ankles.

P Yes. Ankles.

D The first thing I was drawn to in my wife...

S Was her ankles.

D Was her ankles. We were all making lunch in this...

S Skinny little ankles are repulsive to you?

D Not repulsive.

S Yes.

D No, those are... When we start talking about art, okay...

S Yes, art.

D We get into the many array of colors of beauty.

S That's it.

00:45:49

D We don't choose...

P Yes. Danny doesn't despise other types.

D No. They're all the flavors of the rainbow are welcome, you know?

P Yes.

D But I was drawn to her ankles, and I was not supposed to be drawn to anyone's ankles, because I was in this...

S Oh, that's right, because you're in youth group.

D Discipleship training type of thing... But we were in this kitchen, and she was busting suds, right? Which is probably like this ancient art typical calling to my masculine desires, anyways, you know, someone doing dishes. So there was a lot of subconscious...

P She was doing dishes and you spotted her ankles, and you were like, this is the woman of my dreams.

S Oh, no.

00:46:30

D I was like, dishes, ankles, what more do we need? Yes, and she is not the tall, skinny body type, and so I think she and I have talked a lot about acceptance.

S Yes.

D And about comparison and that's kind of what I meant about not giving our children neurotic complexes.

S Yes.

D And again, this deserves a whole podcast.

S It does.

P It does.

D Especially for daughters.

P I know.

S Yes.

D But, we were in a restaurant and across from us was this huge table, where they'd pulled tables together and at this huge, now mega-table, were the biggest human beings you have ever seen. Football-level size people, but not for bluffing. These were people in their 50s and 60s. A whole family of ancient Vikings. They were so...

00:47:27

S Oh. They weren't overweight... They were just huge.

D They were also a little overweight...

S Yes, but they were big people.

D But if they weren't overweight, they would have been giant-sized people and they looked like they were from Viking country. Big yellow beards and one of them had it braided, and I was like, oh, my... These were the warriors of old, right?

P Yes, yes, yes, yes.

D But they found themselves in America, in 2023.

P Yes.

S Yes.

D And they're struggling in ways that I will never struggle.

S Yes.

D And so, what Lisa said was, she goes, oh, I'm the cutest, tiniest Viking in all the land, because compared to these... She's like, that's the person I come from. And it was just this revelation for her.

S Yes.

P No, but we must talk about this. Lisa, whenever I'm with her, I'm not with her as much as I would like to be, but she always seems confident in herself. She's very voluptuous, but she's not what people would call unhealthy overweight.

S Not at all.

P She eats so healthy, but she's voluptuous, and she's gorgeous right?

S Yes.

P But some, like, if she compared herself to little YouTubers...

D Little Italians?

P She might... Yes, but...

D She's going to be upset in Italy.

P Yes, she would be upset.

S Yes.

D Yes.

00:48:30

P But, I'm asking you, because to me she always comes across as very self-accepting. She eats well, this is just her. Does she feel that? She feels very happy?

D 1,000%.

S Yes.

P Yes, okay, good. But here's what I want to tell you, Serene...

D And she contends for it.

P Yes. I sense that.

D She's very aware of like, we're not getting neurotic up in here.

P We were in Hawaii, my daughter's graduation, 18th trip.

S Yes.

P I wanted to call you on the phone when it was happening, Serene.

S Yes.

P We went to this luau, our first luau. And I just love the Polynesian culture, because we grew up in New Zealand, and you know what the Māoris and the haka and they cook their food...

S Yes, they all sway their hips, and...

P Oh, totally.

D They have some of the best sauce, Polynesian from Chick-fil-A.

P Yes, but I love the music, the culture, the dancing, the way they talk, everything. I just felt so proud of the Polynesian culture when I was there.

S Well, it's part of your blood.

P It is. But anyway, so out come the warriors. They did the haka, but then these two came out and they were the champions of the world with...

S Guys?

P Yes, two guys, with spear, with the hot flames on either side of them...

D Oh, yes.

S Yes.

00:49:34

P And they do all this dancing. These were Polynesian guys from Hawaii, but they looked just like the Samoans and the New Zealanders.

S Yes. Did they have guts?

P We grew up with Māoris who are just big people.

D Oh, yes.

P They're big and they have...

D Like, ankle bones.

S No, but they even have guts.

P They're strong and they're muscular but they have tummies.

D Yes, yes.

P So these two, and they said, welcome the handsome this, and the handsome that, and they were handsome, but they weren't super tall. Maybe they'd be like five ten, but they were wide. They had big bellies, but they were fit.

D Yes.

S They had muscles too, probably.

00:50:06

P Muscles galore and they would pat their bellies and they were part of the whole show.

D Yes.

P They were part of the dance, they would hold them. And they were the handsome places. It was just so interesting to me, and then all the Polynesian women were like, isn't he so. They were doing this whole thing. These men were considered the epitome of handsome masculinity...

D Of strength. Yes.

S Yes.

P And they didn't have washboard bellies.

D Yes.

P They had large bellies, large arms, large legs, but they were... I looked at them and thought, what a beautiful specimen of a human, it's a different culture to mine, but I can appreciate that. We don't have to have washboard bellies.

D Yes.

P We just must be healthy for what we are, and they were healthy men, you know?

S Yes.

D Yes.

00:50:45

P Sure, they ate a lot, but they were fit. Oh, my goodness.

S Yes.

P Fit and strong and agile.

S Oh, my goodness. Yes.

P And you could look at them and think, wow.

S Yes.

D Yes.

P We don't have to look like one another.

S Why is there one type, that's considered this is the only healthy way. If you don't have washboard abs, your fat.

P I know.

D Yes, with the V...

00:51:02

S Not true.

D The man has to have a V down to his washboard...

P That's not true.

S Yes.

P These men were the opposite of that and yet they were handsome, and they were incredible specimens of physical fitness.

D Yes.

P How, so intriguing. Oh, have we covered it all?

D We said it all.

S I had something to say, but it's gone. It's gone from me.

D It's gone...

P I started to call you, Serene, I was that excited to say...

S Yes.

P Fit doesn't have to look a certain way.

00:51:29

