



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #333 – What Do We Think About The**  
**Glucose Goddess**

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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

- P This is The PODdy with Serene and Pearl. Get it right, P-O-D-D-Y.
- D What up, pod fam, it's us and you again. Hey, you know what? I always come in and I'm like, hey, girls, what are we talking about today? And, as usual, they don't tell me.
- P No.
- D So I can tee up nothing.
- P Right.
- S Pearl even told me to come brain-dead today.
- P I said, I will inform you when I'm good and ready what we're talking about today, and then you guys will just bring the conversation around it.
- 00:01:01
- D I love it.
- P I have a really good subject.
- D Launch it.
- P Because I have been asked so frequently lately, what do I think of the Glucose Goddess, and she had a book out, this one that I grabbed, because I...

S It's a good cover.

D She's the Glucose Goddess?

00:01:18

P She's the Glucose Goddess.

D Look at her.

P I've got a lot of great things to say about Glucose...

S I heard she's into glucose.

P Kind of.

D She's like a blond Joan Jett.

P She's French.

D Is Joan Jett blond?

P I don't know who Joan Jett is.

S I have no clue who Joan Jett is.

D No, she's got black hair, right?

S But he knows who Heidi is. He told me I look like Heidi today.

P Heidi who?

S Like Heidi of the Hills of Switzerland.

00:01:37

D You made her say Heidi.

P The little girl, Heidi from the book?

D No, just her outfit looks like she's like...

S Oh, when I walked in, I had my little skirt [overtalking].

D She's going to lead a bunch of orphans.

P This is a Heidi skirt?

S Yes, it is.

P I'm going to get into what I think, and you guys are going to help me. This is her second book, I think. The first one was called The Glucose Goddess Revolution maybe. This is the method; this is where she gives some recipes. The recipes are quite nice, I like them, but basically, there are so many messages...

S Are you going to be nice?

P And so many tags... I'm going to be nice.

S Good. Because that's the Christian way?

00:02:12

P No, I'm going to be nice because there are a lot of things to be nice about.

S Good.

P There are a couple of things I don't agree with, but we can strike those off. I feel like we can learn from everybody. What the heck? There are a couple of books that I haven't learned much from. I can learn from any health book because you always get nuggets of truth. People spend a long time writing books.

S Even if that nugget of truth is don't be like them?

P It makes you think. As an author, I can appreciate the time that goes into any book, and no one really knows what's involved in a book, right, Dan?

D It's complete torture.

P Oh, my goodness. I appreciate that she put this information in here, and some of it I really like. But because you guys keep asking me about it, our listeners, I'm going to tell you my thoughts, the good, the bad, the ugly, and I'm going to start with the good. Because so many people say, Pearl, have you seen the Glucose Goddess, do you agree with what she says, I would have to say that I agree with a lot of it. And some I don't, but that's okay. Here are her principles, and I'm going to go through each one, and you guys can help me and say what we think, is there merit in that, should we be doing that.

00:03:21

S I haven't drunk coffee. I'm going to be very nice.

P Good.

S Just be very gentle.

P And this is what I want to say. This is a young woman, she's 31, she's doing a lot of good, she's got millions of followers.

S She's got no metabolic issues at all in her life?

P No, but she did...

S She's never struggled?

P No, she has struggled.

S You thought I was going to be nice.

P She has struggled.

S She has struggled?

P Her story is that she was just feeling like crap and junk because she was not looking after her glucose. It was spiking.

00:03:53

S She can sing a good country song, then?

P Yes, she's got a story.

S She has had her heart broken?

P She was feeling like junk, but she's not into yet the hormonal and the metabolic struggles that happen once you're post-35, but actually, once you're post-40, but actually once you're post-45, but actually once you're post-50.

S That would be very different.

P Her book's going to be very different by then.

S It is.

P But that's okay, we all start somewhere. Serene, when we first...

S Our book was huge.

P Wrote our first Trim Healthy Mama book...

S We were a lot more carb-shy.

00:04:21

P We were premenopausal women. We didn't understand the need for carbs then because we hadn't lost our hormones. And we've learned as we've gone, right, and we've learned many things, and most of it is still there and foundational and still stands the test of time, but for sure we have tweaked some things.

S Oh, yes.

P I'm not expecting any person to come out and be perfect straightaway. We're not perfect still.

D Carbs fix hormones?

P When we lose estrogen, Danny, our cortisol hormone goes up. Why? Because estrogen in women is our biggest stressbuster. Estrogen carries the stress load that we as women have.

D What do carbs have to do with that, though?

P When we start losing our estrogen, and people think it just happens in menopause, no, it happens in perimenopause, too, but what happens is it doesn't go down, plummeting right at one point, it rises and then falls and then raises and falls. But it's

all going down like this, that if you could see me, those of you who are losing, it's still going downwards.

00:05:25

D It's like the stock market but down?

P It's stock market, absolutely, Dan.

S Perfect. That was a great analogy.

D But again, the carbs?

P Oh, the carbs, when you lose your estrogen, your cortisol goes up. Why, we've just established. Cortisol must deal with the stress then. It's the only one doing heavy lifting. Cortisol deals with your stress, as does estrogen. Estrogen goes down, cortisol has to go up because you've still got stress in your life. We all face stress. How do carbs help? Carbs dampen the cortisol rise in women. When you pull out carbs, your cortisol goes even higher. Carbs are our easiest food to burn.

S And cortisol puts fat on your middle.

P When your cortisol is high, you can't burn body fat. Cortisol is your fat-storing hormone. Cortisol is a necessary hormone, but we just don't want it elevated all the time, we just need it at the right amount for us. And carbs, because they provide us with glucose, they are our easiest fuel to burn, our body loves them.

S They basically tell a person, the harvest of the field is in, you don't need...

P We actually got a harvest and the sun is shining and we're actually singing Jubilee right now, we're not in the cave like a bear. It's like, don't stress, you don't...

00:06:46

D I want to understand that.

P You don't need to stress.

S Did you not get that analogy, you didn't get it?

D No.

S Most people won't get it.

P What I mean by that is it's like your body starts to feel the ease of... You know back when, when there was no Kroger, there was no Wally World, it was if that harvest was successful, and you can imagine the sunshine, the whole town came out, it was all banjoes and festival and the sheaves of wheat are coming in.

S And corn.

P And it's all excitement and celebration. Why? Because we've got the energy for our body. Basically, when we eat carbs, we're telling our body, rise and shine, baby cakes,

go get a banjo and burn fat and have a good time because...

S There's nothing to worry about?

00:07:28

P Right. When you pull away carbs, your body gets stressed. Why? Carbs are our preferred fuel. Everything slows down, your metabolism slows down, you go into the cave like a bear, and you hibernate. Hibernation metabolism.

D I always equated carbs with belly fat.

P We're going to get there. We're talking about two different types of rise.

[Overtalking].

D I feel like I'm in kindergarten today.

P There are carbs and then there are carbs. We've got healthy carbs and we've got junk carbs, and so...

S Junk carbs are devil carbs.

P There you go.

S I'm really politically correct. You're not allowed to call food bad these days, any food, but there, I just did it.

P You just call them devil instead.

D Can we call them the Lord's carbs?

00:08:04

S Yes, the Lord's carbs, the hallelujah carbs.

P And them Satan carbs.

S And Christian carbs.

D I'm sorry, I know I'm rabbit-trailing, but...

P I know. We've got so many messages about that lately.

D I'm specifically interested in this because I only gain fat in my belly.

S That's a nice ban. I didn't know it till I drank like that.

P Oh, by the way, we should say, and we do have a lot of messages lately about our rabbit-trailing, but I'm sorry, we have to say something about this.

S More power to the rabbit trails. Who else is going to do it?

D Who's going to do it for them?

P I know, but they do want us to stick to subject on some of our poddies.

S Who said?

P I thought this was going to be one, but I've got to say, look, see this, see behind us, those of you who are not watching but you're listening...

00:08:42

S Popsy's bought it for us.

P Lesley Pops bought us a lovely backsplash, as you call it, that background...

S Backdrop.

P Sheet, backdrop.

S The reason is because we didn't like the backsplash of the kitchen that was behind us.

P This is very Lesley flavored.

D Its vibe.

S It's matching, it's like you're dressed for it today.

P Yes. And next time, we're going to, what do you call it, get all the wrinkles out of it.

S What happens if I come with red and something obnoxiously clashing?

00:09:07

D It's teal and orange. It's a very cinematic vibe.

P You got it, yes?

D Yes, I think we should accent this. I'm going to note that.

P Danny, behind him, he needs one, too, because right now you've got just sun coming in and then...

S We don't mind the plain behind Dan, because Dan [overtalking].

P We need to be accentuated.

S He gets the better lighting.

P It's true.

S It's like the camera crew favor him, so we need all the help we can get.

D Guys, don't hate me because I'm beautiful, okay?

P Where are we? Cortisol.

D Cortisol.

P As your hormones drop, your cortisol goes up. Why is that bad? Because cortisol puts

fat on the tummy, and it stops you from burning your own fat. Getting back to this lovely lady called Jessie Inchauspé... And I just wrecked her name. That's probably not the way it's spelled.

00:09:51

S Inchauspé.

P Inchauspé?

D How is it said?

P I don't know how to say her name, and that's bad.

D Oh, no clue.

P She is 31. She does not yet have a decline of her hormone estrogen, and so the things that she does in here work superbly for her and for many probably other younger women. It is going to help a lot of younger women. She talks mostly to women.

S The younger women?

P Yes. But people that are older probably do this, too, because she's influencing many people, and I'm sure if you took anyone coming from a standard diet and they implemented her hacks, they would do better. It's definitely a step in the right direction or several steps in the right direction.

S Because she's starting to probably, I haven't read the book, but lead people away from the devil carbs, right?

00:10:39

P Oh, definitely.

S So anyone's going to do better.

P And she is leading people towards protein. She is all about protecting your blood sugar. But people are asking me more from a Trim Healthy Mama perspective, Pearl, what do you think about these things she's saying, do we need to do them?

S I think we have core values here. I haven't read any of her stuff but...

P I'm going to tell you.

S Our systems, we care about blood sugar balancing.

P These are her main hacks, and there are four of them. We're going to go through each one and say the good and the bad. The first hack is always, always, always have a savory breakfast. Don't talk about that yet, we'll talk about it next.

S I didn't have coffee so I'm good.

P The second one is to have vinegar every day, one tablespoon.



D Wait. How do...?

P No, we don't discuss it yet until we've told them all, and then we go and discuss each one.

00:11:29

S Pastor Pearl said no.

P The next is you always start most of your meals if you can but at least one meal a day with a veggie starter. You eat your veggies first, then you have your fiber, protein, and fats, followed by, if you want, sugar. You're allowed to eat sugar, but it has to be at the end of your meal. The last one is moving after eating, and we're going to talk about that because I jolly well love it. Let's go to the first one.

S Can you say them again? I need to be...

P We're going to do one at a time.

S Refired up.

P The first one is always, always have a savory breakfast. I'm going to tell you what she's trying to do here, then I'm going to tell you why I disagree with some of it but some of it I love.

S Am I allowed to talk, too?

P Yes, you are, after I...

S After you?

00:12:13

P Have you read the book?

S No.

P No.

S But I just read that.

P She wants people to have a savory breakfast because most people in this world, she believes, are probably having naked starches. They're having cornflakes or cereal or they're having a donut or a pastry, right?

S Yes, a toaster strudel thing.

P She's getting so far away from that because she's like, stop it, have a savory breakfast, train yourself to not require that sweet in the morning, and have it paired with proteins and fats. That's what she's getting people to do. I have problems with it but it's also going to help some people.

S It's one of those things that's very broad. It's like a big paint stripe. You can go and you can help a bunch of people with it, just a broad paint stripe, because...

00:12:58

P That's what, she's broad.

S It's not dialing in anything, because can I just say this, when I did that kind of thing, I got stuck on savory breakfasts for years, and what that stuck me on was S, S, S. It was eggs and bacon, it was eggs, bacon, and coffee, it was quiche.

P And for new peeps in the room, our S is a low-carb meal.

S It's anchored with protein and heavier on the fat. And what happened was I did get in a little bit of a metabolic rut, because sometimes oatmeal's nice savory, sometimes, but...

P But it's not as.

S It's not as, and I really feel like my metabolism has fired up since I started putting back fruit and oatmeal in the morning. Of course, I anchor it around protein, I jolly well do.

P And here are the things. She is not against fruit, but that has to be your side, and she's not against a piece of bread, she likes rye but she said I don't even care if it's white, but it has to be the side part, your main part is your protein and your fats. But then there are some things that contradict later on. But, no, I agree with where you are, Serene. A lot of people, when they come from a standard American diet and they are eating a junky breakfast or skipping breakfast altogether, putting protein in your breakfast and some good fats, it helps. It stabilizes their blood sugar, and she's all about stabilizing people. Because her blood sugar, like you used to be, Danny, was spiking and crashing, and that's why she felt so horrible. When you wake up and you eat sugar, you're just ruined for the rest of the day, and that's what she's trying to get people away from.

S I get it's a stabilizing blood sugar plan and it's great for young, but I feel like how a person could really lose a lot of weight, too, because... Steve...

P You can't pick it up now, bubby. Sorry, Steve.

D Welcome back to the Trim Healthy Podcast. You were saying?

S Because, say, if we had a person do the savory breakfast, they had their big eggs and bacon and coffee with their cream but they're hungry people, we know a lot of hungry people that are trying to lose weight, and then they think, well, I can have my piece of bread now on the side and it doesn't matter if it's white. They have their big piece of white toast on the side, and they've just had it after all of that, but their body's going to burn that toast first. It just is.

P See, that's what she doesn't understand. She's like, have it on the side and it's not

the main thing, but it doesn't matter, your body goes and burns the carbs first because that's what it has to do.

00:15:25

S And they're hungry people, so they think, oh, I'll have a little bit of cut orange, too, on the side, and that's still going to be burned first. It becomes...

P But in her defense, Serene, she said she didn't design this for weight loss, although it happens to people.

S It's designed for Dannys, to stabilize their blood sugar, and it would work?

P Yes, but all I'm saying is when women get to a certain age, be careful about cutting carbs out of your breakfast. About oatmeal, let me read you what she says about oatmeal. Why are there no oats recipes? Because oats do not make a good savory breakfast. Unfortunately, they're mostly starch and create big glucose spikes. If you can't go without your oats, have them as a side for flavor along with a savory breakfast from the recipes. Here's what I want to say. If you're just going to have oats alone, that's not great. Oats are fantastic, and actually, there are [overtalking].

S But they don't cause a big, sharp rise.

P No, they don't cause a big, sharp rise.

00:16:16

S They don't.

P They're one of the slow grains. Seen any movies about ancient Scotland recently? They like oats, and oats have been a staple for millennia of civilizations.

S They weren't big people.

P Putting protein with oats, though, is far better, and what we recommend, putting our Optimized Plant Protein in. I have to tell you when I first started Trim Healthy Mama, I had my breakfast mostly like this, and it was good for me, but then as my hormones started to decline, I couldn't do that, it messed me up.

S But I want to say, just because something works when you're younger doesn't mean it's the best, best, best either. You see what I'm saying?

P Right.

S Because I feel like I've trained my children at home, even though they're still, most of them, under 20, to have good energy in the morning. Balance it around protein. If they want to have a fat because they're growing, add it in, too, but I feel there's something about the cortisol, learning from that young... I know you can't teach cortisol, but to get into the habit of having your body be blessed in the morning because it does launch cortisol. Even if you have your estrogen and you have your hormones and everything, I feel like it does stabilize the body more when you give it the energy, because it's designed for energy.

P We're right, and there's nothing wrong, with having what we would call S breakfasts, just where some of them are just proteins and fats. And for some people, they do well with them. But I'm at the point where I feel like people shouldn't do too many of them, because, like you're saying, Serene, it is our preferred form, of glucose, and our body with protein needs carbs.

S Tell me about that study, Pearl.

P I'm about to. There are two different studies. One is called the Second Meal Effect, where people who had carbs and protein in the morning responded far better to the second meal and even the third meal of carbs. Let's just say you don't have a breakfast with carbs, zero carbs, and you're just doing keto or a Trim Healthy Mama S, and that's okay occasionally, you lose your sensitivity to insulin if you're going to have carbs in your next meal. It's fascinating. Carbs in your first meal help you with insulin sensitivity for your next meal.

S Basically, help you stay sugar stable, blood sugar stable?

00:18:42

P Yes, and, Serene, it's a similar thing to what happens when women who are low-carb do a test in their pregnancy. Because they have not been practicing burning carbs, their body...

S They fail the test.

P They don't get used to it. It's like they're not very good at it anymore, they haven't been practicing.

S They become intolerant, they do, for a while. It's temporary but you become almost diabetic, in a way.

P And then there's another study that followed women for eight weeks, I think they were perimenopausal women, actually, those that ate carbs in the morning and those that didn't, actually their amount of carbs throughout the whole day and they were only doing healthy carbs like God carbs, not the devil ones. And that's a joke, guys, but... Then they tested their cortisol at the end of this eight-week period, and those who included their good carbs, their cortisol was beautiful. Those who didn't, all of the women had elevated cortisol.

00:22:07

S Can I just talk about me real quick? Not trying to be narcissistic, but this is before perimenopause. This is pre-menopause, this is when I had adequate hormones running through my body, so I thought, but I had got stuck on a low-carb train. I knew. We wrote the book.

P We knew we love carbs.

S E meals and the mental assent to them was great, but...

P You still had some, Serene.

S Yes, I did.

P But in the morning, you woke up and had eggs and chocolate.

S I did. It was just like I did not treat them as... They were second-class citizens. Carbs were, just in the way I treated them, but mentally, I was like, no, they're important. A whole lifestyle of that, and I love to exercise and train, I actually got my testosterone tested. My testosterone was tanked. It was 11. That is disgusting.

P That's low.

S Do you know what happens? When your cortisol is always up and always peaked and raging in your body, it will tank. The higher your cortisol, the lower your testosterone.

00:23:09

P It does.

S I tanked my own testosterone. I remember feeling, why do I feel so incapable in my workout, why am I putting so much effort in and I'm not seeing as many results? I didn't have the natural testosterone in there and I had tanked it by doing this kind of thing in my youth. I know you say we start to show it in our perimenopausal, that we need the carbs, but I feel like it's very important in youth, too.

D I have a question.

P Yes, Dan?

D Carbs in the morning, is it half and half protein/carbs?

S We just see it...

P And you need fat, too, because you're not trying to lose weight, right?

D Right.

S We don't see it like half, what we see it like is a number, in a way. We like to at least get 25 g of protein, right?

P Yes.

00:23:53

S But in that 25 g of protein, it has to be a quality kind of protein that has about 3 g of lutein in it.

P Serene, you know we did that poddy, and I heard back from that poddy where we started talking about 3 g of lutein, you and I were talking about our protein.

S Yes, because we're nerds.

P We're nerdy about it. So many women felt overwhelmed.

S Let's just say it [overtalking].

P They're like, look, I'm just trying to stay on plan, girls, now you're telling me I need this math and this stuff and...?

S You don't have to, just start, baby step, but when you really want to care, then...

P It's there for you.

S It's there for you. That's what we're trying to say, yes, but...

P No one has to be as nerdy as us.

S If you're having one egg in the morning, you are not getting 25 g of protein, you're definitely not getting enough lutein.

00:24:32

P Here's the problem, and, listen, some of her ones I'm just going to agree with wholeheartedly and worship at her feet, but this is the one that I'm having issues with. She's talking about the need for protein in the morning and fat, she says, but then some of her recipes...

S I agree with the need for protein. I'm telling you, wake up...

P She's like, if you want to have a fruit, put some clothes on it. She said, you need protein. One of her recipes is called An Apple with Some Clothes On. This is the recipe. One apple, juice of a quarter of a lemon, 1.5 oz of cheddar, and a small handful of walnuts. That is not giving you enough protein.

S No.

P That is your snack, that's...

S No. That's your breakfast? Oh, my goodness. Because breakfast, you need a bolus of protein. Even in a snack, I'm thinking, I haven't had protein for three hours, I need to get a bolus.

P But she's doing a broad stroke. She is helping people, Serene.

S Yes, she is.

00:25:23

P Because at least it's...

S They could have had...

P They could have had cornflakes.

S Kellogg's.

P And instead, they're having a very healthy apple, they're having some protein in the walnuts, a little bit, and a little bit of protein in the cheese. They're not near 20 g but

it's so much better, and I think that's what she's trying to do, is rather than dial in every little micro thing...

S See, we have to contend now. I think you should...

P That's not going to hold our muscle. That might hold a 31-year-old's muscle maybe.

S I don't think so. These days, you're starting to...

P It'll hold Mike's muscle. Mike, how old are you? 20? 19?

S But if you showed Mike that breakfast, he'd spit, he'd be like, where are my eggs, where's my whey shake?

D In fact, Mike just spit.

00:26:10

P I'm still trying to be nice, because I'm telling you, she's bringing some good stuff.

S She is a good person. She is.

P She's actually super smart. She's a young woman doing a lot of [overtalking].

S She's good, and I like number two and do that.

D Let's have her on the podcast.

P Number two... And I'm sure she would.

D Say it to her face.

S No, I really appreciate what she's done.

P That's what I mean, I would, because...

D You're being kind.

P I feel like she's doing so much good.

D She's doing good.

P So many people are coming to her because she's easy and broad and they're making these small changes and they're doing a lot of this.

00:26:39

S Good little tricks like make it savory.

P That's what she says. She says, "I've just got hacks for you, if you do these, you're going to improve your health. The second thing is to have vinegar once a day, at least a tablespoon.

D How do you do that?

S I make all my dressings with raw apple cider vinegar.

P Have you ever heard of a drink called Good Girl Moonshine, Danny?

D I have heard of it. I made some good...

P When we first started Trim Healthy Mama, Serene created this drink with vinegar. Why is she talking about vinegar?

S It lowers your blood sugar.

P And why have we always been crazy about vinegar? Because, as Serene said, it stops spiking. We need blood sugar, but we don't want it to spike. Here's what it also did. Studies have shown that one tablespoon of vinegar can reduce the glucose spikes of a meal by up to 30% and the insulin spike by 20%. With that, cravings are curbed. That's why we did Good Girl Moonshine because it curbs your cravings.

00:27:28

S And it's not just the vinegar. Vinegar is great. It's like anything sour fermented.

P That's why also kefir. Vinegar is acetic acid, kefir is lactic acid, they both do the same thing, and that's why we promote sourdough bread. Why? The sour, it's releasing less insulin in your body, less blood sugar spikes. The souring is burning more fat.

S That's why back in the good old days they had less good old guts. Because they didn't have refrigeration, a lot of their condiments were fermented. Their dairy was sour. They didn't have a fridge to stick their gallons of milk in, they put it in goatskins and curdled it.

P And that's why cultured veggies like sauerkraut, they're so good for us, because they are causing our blood sugar to remain stable, less insulin in our bodies, and with less insulin, we burn more fat.

S High-five to Jessie on that one. Number two, no complaints.

P Totally high-five her.

S It's great.

D Is that store-bought sauerkraut?

00:28:24

S You can do store-bought but buy it from the refrigerated section if you're going to live, raw.

P She also says that you can either do that tablespoon... And I have more than that per day...

S Me too.

P With all my sour foods. But she said, you can do it in your dressing or drink it beforehand or whatever. But I love that. It's just easy.



S I love it.

P Then the third one is your veggie starter, and here's where I think it's fantastic and here's where I don't agree, too, but overall, I like it.

S I think it's great for the average American.

P Why? Here's what I like. You'll be getting more veggies in. She makes you eat them before your meal, and that makes you eat them.

S Because if you wait till after, you'll fill up and you won't eat them.

D Eat them while you're hungry. I find that the easiest way to get veggies down is to be hungry and then do that.

00:29:14

S Yes, because, Dan, you're an Average American.

D I'm average, I'm an AA?

P Yes. Adding a vegetable-based dish to the beginning of your lunch or dinner is hack three. Why? She says because vegetables contain a powerful component called fiber. When eaten at the beginning of a meal, she believes fiber significantly reduces the glucoses spikes of any food that follows. And then she goes on to say you want this veggie starter to comprise about 30% of your meal. Here's what she's doing. She's smart. She's getting people to eat it before their meal because usually they wouldn't ordinarily eat it. If they're coming from a standard American diet, they're just not eating it, right?

S They're not.

P But if you get them to eat it before your meal, it tricks your brain, and then it's taking up 30%...

S The satiety.

P Of that whole meal, so the other 30% of what it would normally be, the fries or the burger or the something, is not there. Instead, there's a vegetable. Win-win.

00:30:05

S Exactly.

P But do you have to eat a veggie before a meal for Trim Healthy Mamas? You don't have to eat it before a meal.

S And the thing is, for me, there are different types of body types. I don't want to sidetrack with my body type, because most people who come to Trim Healthy Mama want to lose weight. I'm a trainer, I like to do athletic stuff. Not a trainer, I don't train people, but I just...

P You train your own self?

S Train my own body. And I found that I was just thinking, oh, I'm so healthy because I don't eat the rice, I eat the cauliflower rice, I eat more of the vegetables, and look at how many vegetables are on my plate. What I didn't realize is I didn't have a lot of fuel on my plate. Know who you are, and if you're a person...

P You needed to gain weight, so you had to take some of that less dense food and high-water-content food with the veggies and replace it with dense food. Get some brown rice on your plate, Serene, stop with the cauli rice.

S But even if somebody is trying to lose weight and they do train and they do exercise, make sure it's not all a bunch of bulk, non-starchy, because that's going to tank your metabolism because you're going to have low energy availability and your body's going to freak out and stress and get the cortisol.

00:31:08

P But for most people, Serene, they need more vegetables.

S I agree.

P And, Serene, your diet is full of veggies.

S Oh, full of veggies.

P For most people, I think it's a good thing. But for Trim Healthy Mamas, they ask me, Pearl, should I be eating my veggie at the beginning of my meal? For me, if that helps you, but if that brings a whole bunch of rigid restrictions and you can't just have a beautiful salad with your protein at the same time, no, you don't have to follow that. But, Dan, if you want to get your veggies in, you go eat them before a meal and have spinach before a meal, great.

D I'm going to eat them after like a big boy, though. I'm not bothered by the...

S And what about this, too. What about these people, get full quick and they get so full on veggies that they can't even finish their proper protein? You know what I'm saying?

P Yes.

00:31:55

D I get full quick.

S We know people that are bird/rabbit feeders and they don't eat enough protein because they so fill up on the plants.

P That would be a problem, if you're not eating your protein because you're eating more veggies. You've got to eat your protein. For that reason, I would say eat it together.

S That's what I'm saying.

P But for a lot of people, I think this is going to be a help. Don't you?

S Oh, I think it's great, yes.

D I'm basically just eating meat and vegetables now.

P What happened to your carbs?

S Where's your grain and your carbs?

P Aren't you eating potatoes?

D Potatoes.

P Oh, potatoes are good.

S Oh, good.

00:32:24

D Or rice.

P Perfect.

S And what about good fruit and stuff like that?

D Oh, yes.

P You just say something but it's not the truth. You're like, I'm basically eating meat and vegetables now. And we're like, what about potatoes? You're like...

D That's a vegetable.

S What about rice?

P It's also a starch.

S What she's trying to say here, the veggie starter, she's talking non-starchy.

D What's rice? Is it a vegetable?

P The veggie starter, she means celery, cabbage, broccoli.

00:32:46

S Broccoli.

D Lots of vegetables?

P Yes, non-starchy veggies. You were coupling both starchy and non-starchy veggies together, which is fine, because you're right, they're all veggies.

D I'm an average American. What is rice?

S She might have had to be clearer, then, because the Dannys are just going to put a bunch of white potatoes and eat 30% of their plate of them.

D Is rice a bean?

S No, rice is a grain.

P Rice is a plant food. But it is a plant food.

D It's a vegetable, then?

S It's a grain.

P Yes, it's a grain, but it's a plant food but a grain.

D Oh, grain has it own category?

P Yes.

00:33:15

D White rice is different than black rice. Can we say that in 2023, can we acknowledge the differences?

P Yes, it's different.

D I have some black rice.

P But the black rice is way better for you.

S Oh, I love the black rice.

D I have black rice in my fridge.

P Isn't it good?

D It's so good.

P I love it.

D Black rice is a hearty meal.

P Yes.

D I could be tempted to just eat that for a meal.

00:33:37

S You could, but you need to put a little bit of chicken or something, but it has got more protein, but yes.

D I'll throw butter and salt on black rice.

S Put some chicken in there.

P For your muscles, Danny.

S Four.

P Are we up to the fourth hack?

S Yes.

P We're up to the fourth hack, and I love it. Move after eating. And this is such a simple hack.

S What's her name again ?

P We're high-fiving you, Jessie.

[Overtalking].

D But aren't we going to get a cramp? We're not supposed to swim after we eat.

P Last but certainly not least...

00:34:04

D She does.

S She says, it's the constitutional kind of moving not the training, Dan.

P It's time to wake up your muscles to their newfound role. The more and the harder a muscles contracts, the more energy it needs, blah-blah-blah, and then we go into... Oh, she answers all your questions. She's goes into it somewhere. I'll go to page 216, why you eat after your meal.

S Why you move after your meal?

P Yes, why you move after your meal [overtalking].

D Pearl, while you're going to page 216, we need to take a commercial break.

P Okay.

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 is nothing like them on the market.

00:34:48

P I know, and that sounds like we're really being salesy, but there's a reason we brought these. It wasn't just so we could have a shampoo and conditioner, too, no. And the name says it all. Perfect pH shampoo and conditioner. Serene, we had a huge need in our lives. Let me talk about you.

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.

P Then you smell a little eggy, right, so then you have to rinse with apple cider vinegar, but then you smell a little vinegary, so you're always smelling like a salad.

S It's pretty bad.

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

S I know.

00:35:44

P And they make your shampooing or conditioning, and they enter your cells.

S They do.

P Our skin is our biggest absorbing organ.

S For that reason and for the fact that I really wanted to stop using egg yolk to wash my hair, we designed with our scientists 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 lasting a week or two in the shower, that thing is not the right pH for your hair. We have designed a shampoo and conditioner so that it always has the perfect pH.

P And that's why, Serene, we are getting so many testimonies in right now, because of that pH. Not only that but the beautiful plant botanicals in 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 You know why? Because it's not just treating the hair, it's treating the scalp. 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, they feel like, oh, yes, I use a conditioner, my conditioner makes my hair feel smooth. But it's a fake smoothness, and the inside of the hair shaft is actually screaming for moisture even more. A lot of the cones, from the silicones.

00:37:20

P And it gets coated but it's not actually conditioned.

S No.

P And when we decided to do this shampoo and conditioner thing, because it's been a lot of work, especially getting them bottled, oh, my goodness, but it's so worth it because there's actually nothing like... This is world-, ground-breaking here. Let me tell you about the noes. What do we not have in our...?

S No parabens, that's for sure.

P No phthalates, no dyes, no sulfates, no artificials. There's no con in this conditioner, right, no sham in this shampoo.

S Yes, that's right.

P That's what we're all about.

S 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.

00:38:10

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 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, 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 more lathery.

P But if you've only used toxified... I'll call them toxified. It's artificial chemicals in shampoos and conditioners, which the majority on the market are, sadly, they lather more. I do feel like for a natural kind of shampoo and conditioner, ours does well, but it's obviously not the same as one with chemicals. You've got to go in there knowing that and not expect this huge, bubbly lather that sits three feet off your head.

S But in that second wash, you get a pretty good lather. Hey, Pearl, I know you talked about all the noes, but we have to talk about this. We don't have preservatives, but what do we have, natural preservatives which are a proprietary blend of botanical extracts. They're from comfrey, they're from beets, they're from chamomile. We have not skipped any step to make this as natural as possible.

00:39:30

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, I just love it. Serene, I'm addicted to pink grapefruit now on my hair.

S It's a very spa-like experience.

P I can't go back.

S Very refreshing for sure, mates.

S Find this product and other Trim Healthy products at [store.trimhealthymama.com](http://store.trimhealthymama.com).

P Here we are on page 220 of her book Glucose Goddess Method. And I actually recommend the book. There are some nice recipes in there and stuff.

S But they don't have enough protein, Pearl.

P Some of them don't, some of them do. Serene, I was just pointing out one that didn't. But she's not a numbers person. She's a broad stroke, just get some protein, like what we used to be. Ask yourself the question, where's your protein? And that's a great baby step. Some protein is way better than no protein.

00:40:20

S But I wouldn't be that low in protein.

P No.

S I consider them all fats because you'd have to have so much of it to get protein.

P She's going on. Trying to pick the best stuff to read here. Imagine, e.g., you've just eaten a meal that leads to a glucose spike. As soon as this influx of glucose hits your body, two things can happen. If you stay sedentary as the spike reaches its peak, extra glucose will flood your cells and overwhelm your mitochondria. This increases inflammation and causes the excess glucose to be stored away in the liver, muscles, and fat. On the other hand, if you move after eating, some of the glucose you have just gets used up by your muscle cells. Your mitochondria turn the extra glucose into energy, to fuel, for your contracting muscles. What she's saying is many cultures do this. And she talks about it. After their meal, instead of just sitting, they get up, they go for a stroll around the little town square.

S We called it the constitutional walk when we were on vacay together, remember [overtalking]?

00:41:18

P That's right, whenever we're on vacay. I don't always do this at night, but I like to do it in the day if I can. It's dark by the time I'm eating, so I can't go outside for a walk, but she says even if you get up and do the dishes afterwards, within that 60-minute window, move. Don't just sit there with the food in your belly. Because it's really important, with the way your blood sugar is going to roll in your body, movement gets it being used, sitting just lets it sit there [overtalking].

S We're not talking about post-exercise protein meals here, we're not talking about having to do your shake before you work out here, we're just clarifying, because you never know.

P I don't know what you're saying.

S It just says, always eat before you move. I'm just trying to say, just because we're talking about movement...

P Oh, of course.

S We're not talking here because you want that to sit and flood your muscles, you don't want to burn that off, you've just burned, and your muscles are so...



P Your protein post-workout, that's different.

00:42:16

S We're not talking about that, we're just talking about every other meal.

P She's just talking about a regular meal, and she says you don't have to do this after every meal but she'd like people to do it after one meal a day if they can.

S I think that's brilliant.

P And she makes it very simple. Hey, just doing dishes or just cleaning up your house, you're moving, you're not sitting there.

S Jessie...

P We're high-fiving you.

S High five.

P Now I want to give you a not-so-much high-five, Jessie, but I can understand why you're saying this. This is where I disagree with her. Jessie says it's okay to eat sugar, and she says to people, hey, I eat sugar every single day. But here's what I want to say to our Trim Healthy Mamas. And she's like, as long as you eat it at the end of your meal, do my hacks first, you'll be okay. But here's what I want to say. You're 31, Jessie, and you're already trim, you're already thin, you move a lot, and you're from jolly France. I've been to...

S It's in the genetics to be able to have the wine and the chocolate and stay thin.

00:43:10

P They're French. Eat a little chocolate. But I'm going to tell you, I went to Italy, and I couldn't understand why everyone was thin. Everyone was thin in Italy because they walk.

S Jessie's skinny.

P They were too skinny, actually.

S It wasn't good.

P And they're having their little sugar here and there.

D These are my people now?

P Right, and I love the culture, but it's little. You live in America, sugar is big here. You can't say to someone, eat sugar every day, it's fine, I do it, you'll be fine. That's a different culture.

S Just talk about it. When you'd see them for breakfast, right, they would walk miles to the café. They wouldn't even sit down, they'd stand up at these espresso bars.

P They stand, they shoot their espresso, they have their little pastry. Things were so little over there. Oh, my goodness, it's like a bite.

D Cute little pastry?

00:43:51

P Yes. We were like, where's my food? And the French...

S And then they would move after work.

P The French do the same thing.

S And that was that. That's all they had in the morning.

P The French have a lot of butter, they have their bread, they drink their wine, they have their chocolate, but it's not in huge amounts, and it's a different culture, and it's not American-sized. If you tell Americans...

S The meals, they would always bring the antipasti, the salad, the everything first. The noodles, which were so al dente they were hardly starchy, were at the end.

P And they weren't huge portions.

S They were at the end of everything.

P They were very small portions. It's different. I feel like...

D It's really interesting, because even Italians over here can tend to swell.

00:44:25

P Because it's a different kind of American-Italian food-eating approach. It's very different to Italy. You've been there, right, Lesley? They were walking everywhere, and they eat their little bits of food but they make it last so long and they're really enjoying it. They have several courses, but it's fresh and it's...

D But that's so interesting, how as a country they've not descended into more and more sugar and bigger portions and more sugar.

P No, they haven't.

D How have they avoided that? We don't know.

P I don't know. I think they've really kept the culture of their fresh food and the love that goes into making something from scratch.

S Because they love their Roma tomatoes, too, and they love their orchard fruit, they're so veggie-infused, so they just don't say I'm only going to love sugar.

D I wonder if it follows their economy or work practices. Do they work the same way we work, do they clock in at jobs like we clock in?

S Yes and they have a nap.

D Oh, they've got a nap built in?

00:45:23

S They don't need a sugar snack.

P And you know what? They have less stress and cortisol because they're...

D I wonder if they're as got to grind and be productive.

P It's not the same.

D Because there's a certain type of eating that goes along with an approach to work and lifestyle.

P Yes, it is, and because we're all so stressed and we're pushing through, we need the sugar. So many Americans are like, I've got to get my sugar hit and I've got to eat my anxiety and I need my huge bowl of ice cream. And it's because of lifestyle. It's a different lifestyle over there. But I'm going to find you...

D I've got to go.

P A really good example.

D That's my first goal for overseas or destination I want to go to overseas.

P Where? Italy or France?

D Italy.

00:46:03

P Italy is just amazing.

D Is Spain close?

S Sam and I are going to go to Greece, we decided, for our anniversary.

P Oh, we were going to go to Greece and then COVID hit.

S Our 26th anniversary.

P Oh, you've got to.

D Really? When is it?

S We're going to go. We have Hyatt points. There's a whole nice Hyatt there in Greece.

P Oh, you've got to.

S We're going to.

P I want to show you a picture, to those watching. Those listening, oh, you better watch next time. I'm going to show you one of her recipes that to me is so Mediterranean.

D We're going to lose ad revenue.

S Is that arugula, because I love arugula.

00:46:28

S And there's avocado and it's sardines.

P A lot of arugula. It's very Mediterranean.

D That looks very nice.

P Look at that. This is a breakfast.

D Those are sardines?

P Yes.

S But that's not enough protein.

D I've never had a sardine. Are they good?

P Hold on.

S No, that's not enough.

P I just want to show you...

S One can of sardines is like 18 g.

00:46:42

P This is proving my point. Those of you who can't see... But it's pretty good, Serene.

S 18 g.

P You're being too nerdy, you're putting people off. Nerdy. Not good enough for you, good enough for most people.

S You wouldn't just do 18, not now in your stage.

P But I'm more nerdy these days.

S Thank you.

D Big-time nerd.

P But we've all got... Baby step. But I want to show you. This proves my point, that she's saying I eat sugar every day and I'm fine. And then she puts recipes in the book. And this one, it's got half an avocado, juice of a quarter of a lemon, one 4.2 oz can of sardines in olive oil, a small handful of arugula, and one tablespoon of chili oil. To me, it looks delicious, right?

S Me too.

00:47:23

P But this person who's creating that recipe is not chowing down on bowls of huge American ice cream, she is not driving through...

S It's a different palate.

P For a Frosty after she's all done the other things, she is not eating five tollhouse cookies after her dinner. This is a different culture, person, that creates that beautiful recipe right there. I feel, Jessie, you're helping so many people. But American culture's a bit different. Saying you can eat sugar every day, I do, it's fine, just know who you're speaking to. That's all I want to say.

S That's so true.

D I want to say or ask, how do sardines taste?

P I love sardines.

S They're delicious.

D Do they taste like fish?

S Do you know, they don't have to. Do you know how I really love sardines? I Africanize my sweet potatoes, because my African children, they really love sardines, they came loving sardines, and I knew how healthy they were but I'd never got into them because they me out, they were a bit too much.

P They smell strong.

00:48:22

D They have a tail.

P They do.

S You take your sardines, you drain the olive oil off, right, so healthy, and you smash them into your sweet potato. Then you put curry and cumin and you put apple cider vinegar and you make it tangy.

D Interesting.

S And you make it earthy. And it's spicy. It's a little hot, too. I'm telling you, it's delicious.

D Do you eat the tail?

S You don't know there's a tail. There's no tail. Is there a tail?

P Her ones, she had a tail.

D Some shrimp, you eat the tail.

S Those ones have a tail, but most of them don't have a tail.

D But when you bite into the fish... I almost feel like looking at it on that plate it's raw somehow.

00:49:05

S No.

D These are cooked fish?

S No, this is cooked.

P They're cooked, I think, or steamed or something.

S It's beautiful, it's cooked, it's gorgeous.

D And on the inside it looks like a white cooked fish?

S No, it's not white, it's gray.

D Have you ever seen that 80s Batman movie with the Penguin?

P No, it's not gray, but it's not white.

D Remember he bit into the fish and it was just like... And it was...?

P You have to try sardines for yourself. They're really good.

S I love them. I can do a pack a day when I do a sweet potato lunch.

D Does anyone have any now?

S I got into a little bit of a kick of sweet potato lunches.

00:49:33

P I think I've got sardines in my house.

P But, see, look. Here is another of her... This looks yummy. Avocado Accident, that's yummy. It's got tuna and hummus and avocado. It's an S meal.

D I like the name.

00:53:04

P I would say you could use some of her recipes, but make sure to include your carbs in the morning, too. I don't want to read all her recipes because that would start being copyrighted, but this is a breakfast salad one, but I'm seeing... Oh, the protein she has, it's basically a salad for breakfast.

S Is it just feta or is that tuna?

P No, it's just feta and pumpkin seeds.

S What's this red stuff here?

P That's pepper. No, radishes.

S Oh, that's just not enough.

P No.

S And it's salad for breakfast with no protein?

P Right, so there are some that do not have enough protein, but then she's got egg cups, she's got chickpea stew.

S The chickpea stew, what kind of meat has she got in there, because the chickpeas aren't enough.

00:53:42

P She doesn't have any meat, but she's got three-quarters of a cup... Three-quarters of a can... No, she's got half a can of chickpeas.

S Sorry, it's not enough.

P No, it's definitely not enough for protein nerds, but it's better than cornflakes.

S It's better than cornflakes.

D Let's go to France, let's end the episode with flying to France.

P What I would like to say is much treasure, gems, in here. That's what I want to say. Do some hacks.

S She's got this bowtie pasta in the corner so that people pick up the plate and say I don't need to stay away from that. That's fantastic.

D Pearl, you just jerked the book back like a fussy sister.

S But she's thinking about it in the French way, you see, of this [overtalking].

P She even looks French.

D Little sister tried to take your toy.

S She's saying you can have the chocolate chip.

00:54:29

D You jerked it back.

P But who has one chocolate chip cookie, people?

D Let little brother see, let me see.

S Let little brother see.

D Let me, Jessie.

P But anyway, that is my... If you want to know, you really want to [overtalking].

S I feel like we were nice to Jessie. I feel like she is a beautiful, smart girl.

P She is beautiful.

S And she has taken control of her blood sugar, and she's got some fantastic tips and tricks, and they're broad strokes so they're going to help people, but if you want to dial in...

P There's more to be dialed in, but she's admitting it. She's saying, I'm not dialing things in for you, I'm just giving you hacks.

00:55:01

S But if you are at all concerned with muscle at, which you very much should be, there needs to be more protein in that book.

P For sure. But there we go. I loved that wrap-up, Serene. And we'll see you all, guys. I'm looking in the camera, Danny, I'm doing it.

D Please don't.

P I'm just saying see you next week.

D I'm going to lose all my value.

00:56:00