



## Trim Healthy Podcast with Serene and Pearl

### Episode #331 – Help I Feel Like Giving Up

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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 · L = Lesley

00:00:00

S This is The PODdy with Serene.

P And Pearl.

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

D We're rolling. Guys, we're here. Hey, are you still videotaping? They can't see the intro, can they? This is a top-secret intro. You want to see the intro?

00:00:44

S Yes, this is top-secret.

D Do you want me to give it to you?

S Yes, take a deep breath and do it really good, you're on stage now, Dan.

D You're listening to The Trim Healthy Podcast with Serene, Pearl, and I'm The Voice, Danny Valdes.

P He's got a lot of confidence today.

S The Voice of America I thought it was.

P He just called himself The Voice before we started this PODdy.

S He said I'm the voice of America.

00:01:06

D The voice of America.

S He said it wasn't conceited either, so...

D Hey, we're glad you tuned in. It's another banger day here in Tennessee on the Hilltop and yes, the weather's nice. What are you going to do about it, you know? Some of you are in Canada, and it's disgusting.

P Oh, no.

S That's mean.

P That's jolly mean. You're not the voice of Canada now.

D You guys, you didn't let me finish. You didn't let me finish.

P Okay, finish.

D For some people, the weather is bad where they are, and I'm saying even though the weather is disgusting.

P What if it's nice? I've been to many places in Canada, and this time of year it's lovely. I dare say probably, even more, lovelier than here. Get that out of my face, Serene. Turn it off now. Bye, hunters, she's going.

00:01:51

S You're just being mean.

D Yes, so because this isn't a video primary podcast we're going to keep saying things. Girls, can we start the show?

S We've already been started. This is on YouTube right now.

D I feel like I'm pulling all the weight though.

P Oh, okay.

S You're meant to pull the beginning, that's what we pay you for.

P And then you fade out.

S We don't pay you to just have that cool, high hair.

D To just look this cool.

P Hey, so I got two questions in, and I'm trying to choose, right now, which one to tackle because they're good ones. Serene, get that out of my face. So, for those of you, I'm sorry, who are not watching, but you're listening, she's putting a phone... She's doing a live, and it's very close to my face.

D I feel like it's after the swimming pool hang, and I'm not fully dressed yet. Serene, could you...

00:02:38

P Yes.

S Bye, Hunters, they're being rude to you, but I'm your real friend.

P I love you Hunters, but right now, as I'm umming and aahing, I'm figuring out which question to... They're both so good, and they're both going to take a full Poddy, yikes.

D Yikes.

P Okay, if I can't choose I have to go with the first one that's here, right?

D Jeepers creepers.

P It's from Tiffany. She says my walk with THM, which stands for Trim Healthy Mama, is ebbing and flowing right now. Danny, why am I doing your job?

D No, it's upsetting, actually. And I thought about it, but I didn't want to do the full, reach from your laptop.

P In front of me, oops.

D But I'll read it.

P I mean, earn your keep.

D Yes, I've got to do something.

00:03:24

P Get off your phone.

S I'm doing the right thing [overtalking].

D I've got to do something. I guess, other than completely hold down the energy of this show. Are we just reading right here on this?

P From Tiffany.

D From Tiffany, my walk with THM is ebbing and flowing right now. I'm being more relaxed with... Excuse me while I...

S Did you burp?

D The voice of America just burped.

S This is the worst podcast ever.

P No, we've had other bad ones.

D The voice of America.

P There's a lot of ones to contend with that are bad.

00:03:54

S We are. Not this is.

P We are the worst podcasters?

S The PODdy is the worst podcast ever.

D Girls, Tiffany is being more relaxed with off-planned foods only because I'm not making... I've transferred into her voice now. I'm not making time for me to plan my meals. I caught myself really thinking yesterday about leaving THM, and letting myself go back to eating whatever I want, and just making myself workout more, but I know deep down that this won't work for me. My body cannot handle the white flour and sugars that are considered off-plan. So, I'm pulling myself up by my bootstraps and making myself sit down after I eat my meal on my newly setup back porch. I thought that that was TMI. But I will grab my THM notebook and plan every single meal out for the week. It's graduation week for my oldest, and I'm turning 43 on Saturday. A little more TMI.

P We like TMI, Dan.

S Yes, the women like the details.

P I only feel I knew Tiffany at the end.

S I'd give a whole lot more details than that, believe me.

D Okay. Yes, in my head I'm more. I'm wanting a male-centric...

00:04:59

P You're male-brained, but just shove the male brain aside. And women listen to this podcast, so keep going.

S It's only 17 men, Dan.

D Yes. No, I mean I'll read the whole paragraph, chapter. She's turning 43 on Saturday, so lots of emotions will be felt.

S That's a very important thing to know the age. I'm glad she shared that. That's good. Keep going.

D Okay. Why emotions around 43 though?

P Her son's graduating, she's in her forties, it's a time of change of life. It's also perimenopause and there are emotions.

D Okay. All right. My goal is to feel the emotions not eat them. I love that. How's your walk with THM? What's your favorite thing on your plan that's keeping you coming

back every day?

00:05:42

P Yes, that was her Facebook question to the group. So, I saw this question and...

D Can I give this back or keep this?

P You give it to me because I need to...

D But there's another question.

P No, I need to respond to Tiffany first, and then I give it back to you. If we do not make this Tiffany's response a whole PODdy then you can read the next one.

D That's fair.

P But Serene, since you, I can tell, have a coffee personality right now.

S Yes.

P Because you had coffee, and you shouldn't, and you react badly to it.

S And I never do have coffee.

P I'm going to answer Tiffany because I fear...

S Well, you should answer Tiffany because this is your...

00:06:09

P I fear you're going to be very aggressive with your answer.

S Yes, I was getting ready to grab at that scruff.

D I felt the aggression earlier.

S I did.

P When she said I want to leave THM [overtalking].

S In love, I wanted to just grab her by the scruff and shove her against the blue butterfly.

P You don't know what's good for you, Tiffany. Okay, so there are some things that I wanted to respond to. And that was when you said, I caught myself really thinking, yesterday, about leaving THM, and letting myself go back to eating whatever I want, and just make myself workout more, but I know deep down that this is what works for me. My body can't handle the white flour and sugars that are considered off-plan. So, let's go deeper into that because when we have these thoughts and thoughts that are not good for us we have to be armed with knowledge because it's knowledge that pulls us out. Now, you did have some knowledge, Tiffany, because you said my body cannot handle the white flour and sugars that are considered off-

plan. But I want to bring a deeper knowledge so that next time you have the thoughts, and you will have the thoughts because we all have the thoughts. I had a thought this morning that I didn't ever want to workout again in my life.

00:07:19

S Did you have that thought during the workout?

P Right as I started, yes. And then in the midst of doing some reps...

S You don't think during the workout.

P I was like, yuck. Just yuck. Why should I do this? Other people don't have to do this.

S Yes, they do, but sufficient the day is the workout thereof.

P Yes.

S You don't think of the next workout, and you don't think of the fact that you have to do this for the rest of your life till you're 95. You don't think that.

P I did a 20-minute workout and afterwards I felt like the most fantastic woman, on top of the world. It was 20 minutes of my life. I could've sat there scrolling on jolly Facebook.

S Do you know what I tell myself? It's a very important thing, and I know it's a little bit sidetracking, but we have been told that we are pubescent cohosts with ADD.

00:08:02

P Okay, can I clarify that? Dan, I need to let you in on some things.

S Let me notebook in my mind what I want to say after this [overtalking].

P I told Serene this, and we get a lot of really, really, really, really kind, nice, good feedback.

S Like never change, we love you the way you are.

P Some women really love this podcast, they keep tuning in.

D Do you trust it when they're...

P Danny, they loved you. No, we get so much amazing feedback it makes me cry sometimes, but sometimes I remember the not so nice ones. So, we got a recent comment that says I tried to listen to your Poddy. It was the one on why do some foods cause such gas?

D Our best podcast.

S Somebody came up to me and said that that changed their life.

P So, we got a comment, and she said I was interested in the subject matter until I turned it on and heard you and your two prepubescent podcast hosts. So, I told

Serene...

00:08:57

S Yes, I would love to be prepubescent.

P You can't even punch.

D Without puberty.

P This has really sidetracked the productivity, but I wanted to let you know that you're prepubescent, Danny.

D Yes, what else did she say that sounded like this?

P She just said that we ramble, ramble, and don't stick to the point.

S And not just you, but Pearl and I are also confirmed ADD.

P No, that was another one, Serene.

S That was another one?

P That was another one, and that was actually a kind one where we were diagnosed with ADD. And I said well, don't worry, Danny is, he's diagnosed, but we're not.

D Can I get the full? I want to hear her words about the prepubescence.

00:09:36

S But I'm 46. I'm so happy to be prepubescent.

D What a compliment.

S How fun, I've just been given more years.

P You know what, I think poop and gas humor is funny to me. And I don't want to take life too seriously.

D She was, maybe, joking.

P No, she was very serious, Danny.

D She was frustrated.

P Very serious.

D But, what was the end though?

S That was the end.

P But not everyone should listen to our PODdy. Not everyone should.

S And if they don't want to, they will find a very proper podcast out there.

D Post-pubescent.

00:10:05

S Yes, they can find their post-pubescent POddy.

P This is not a post-pubescent PODdy.

S But, hey, I bookmarked what I wanted to say before I said I was going to fill the shoes of a prepubescent host. But I wanted to say that in the workouts you don't think of the reps that you're going to have to do for the rest of your life. You think about all the hours you're going to sit that day and how you're going to feel great sitting because you did this quick 20 minutes.

P Yes, it makes the sit so much sweeter when you've worked out you get to sit.

S But you're not allowed to think of future reps when you're in a rep. You think of the future sitting, that's what you do.

D I like the mind game, but when I'm doing, which my new thing is Mike Tyson pushups.

P Are you really?

D And by my new thing I mean once ever in the past three months.

P Remember when you ran on the beach?

00:10:53

S Let's just go there and be the rabbit trailers of the century. We went somewhere with Lesley.

D New Jersey.

S And good old John here, producer John, and we all went on a trip together for this show, the Unshow because this whole PODdy started as an Unshow. We talked about nothing.

D It was a radio show.

S Yes, so, of course, we're meant to rabbit trail, that was the foundation of this, but anyway, he decided to go on a run. He felt the need to exercise.

P No, he said I'm a runner.

S He woke up and said I'm a runner. He bought himself these green swish-swish shorts.

P Nylons. Tiny shorts.

S Tiny nylon ones. And he let his little, bare, white chest be showing to the world, and he ran along the beach with his nose facing more north than the moon.

P And he beat everybody.



00:11:38

S And in his Air Pods, what is that?

P Rocky?

S No, the one that has the Chariots of Fire.

P Yes.

S The Chariots of Fire song, I know that was in his ears.

P Yes, and he beat everyone on the beach, and his chest was sticking so straight out. And you were the fast, and you were the runner of America.

D When I saw you two ahead of me, I went, it's time to kick it into gear because these girls are serious about their work-ins. So, I jogged extra fast past you, and I remember cracking one of my earbuds open, just enough to be like, hey, girls, and then put it back in. And then zoom on past.

P Yes, that's what you did.

D I remember I was having a full-blown midlife crisis.

S Yes, so he woke up as Rocky Balboa.

P Yes, you woke up as a runner that day, but I've got to get back to Tiffany because that, right there, was the perfect example of prepubescent. That's why some people think our show is ADD, I guess.

00:12:36

S Yes, but I'm trying to fill the shoes today. Pops is going to keep filing it.

D Speaking of, do you want the mic?

P Okay, Pops, come on. Come on with your ADD self.

L I have to continue the rabbit trail ...

S That was such a good day-one, Pops.

L I know, and [unclear] today. Such a flashback of memory there, so funny. And on the absolute opposite end of Danny and his running shorts, I had gone to check on the book signing place or something. Basically, a long story short, Danny had left the place that we were staying and so had I, and then two or three hours later we got back to Serene and Pearl, and they were so sad and depressed.

S I remember that.

P We were in depression.

L Because they missed their husbands and their children, and Danny and I had left them to...

P You were with Danny, and we were, why are we with this people?

L And they were in their pajamas wrapped in their duvets.

S I remember that, and I remember you got in our face too.

00:13:27

L And I was, what's wrong with you two?

S We were at the pool, and we refused to go to the beach.

L Yes, we were literally in paradise and you just were so sad because we'd left you, and you weren't going outside.

S Yes, because you got in our face too, and you were, you're having a holiday with the Bell and the Dan. You get your acts together.

P We did, we got our acts together. We needed a mother lecture from Lesley Pop. So, back to you, Tiffany, I am sorry about that prepubescent little trail there.

D This show is not for old hags.

S Ouch.

D It's not.

P Are we deleting that though?

S There are some people younger than me that are more mature, and they are post-pubescent and they...

P It's just that some people don't get... Danny, you were retaliating. You got hurt and so you retaliated with the hurt.

00:14:15

D I actually had the phrase, old hag, for five minutes.

P That was not kind. I want you to apologize right now.

D That's not going to happen.

P Because we respond with kindness.

S Danny.

P Danny.

D She's an old hag.

S Danny Valdez.

P No, she's not. Hey, whose podcast do you say it is all the time?

D It's yours.

P Okay, I want an apology.

D What's her name?

00:14:33

P I don't know, but she'll never listen again. She's not listening, but it still has to happen. Say dear lady who called me a prepubescent cohost.

D I just need her first, middle initial, and last name.

P This was your chance, Danny. You shall go to your grave thinking I had a chance to apologize, and I didn't.

D Think about it, if she's still listening though.

P She's not, but still just do it anyway.

D All right. Dear, young, moderately attractive...

P No, you've just gone down the wrong track. I'm getting back to Tiffany, you're not obeying me.

D I'll do it. Dear not terribly old, just a moderately aged.

P What is this old-agedism thing going on here?

S Yes.

D Great person with great taste in entertainment.

00:15:25

S Hey, look, my mum is 83, and she loved our fluff podcast, so it's not about age.

P Yes.

S It's just maturity and this lady is more mature than us, and that's okay. I don't want to be mature.

D Okay. Dear...

P Just say sorry and mean it. Goodness, does Les have to put up with this?

D I'll do it, and yes. Dear mature...

P Okay.

D More mature than us.

P Yes.

D Person.

P Yes.

D You have your tastes, and you are entitled to them.

P Yes.

00:16:02

D Bless you.

P I'm, what? There's a word.

D I am sorry that I said that to you.

P Thank you.

S Well done, Dan.

P Well done.

P Okay, now I must type in my password which was so long. Serene, I want you to help me with what happens when you go back to just eating whatever because there are repercussions, Tiffany, that I want you to keep in the back of your head. And once you know them and once that knowledge is deep inside your cells it will pop up, and it will prevent you from doing it because I love that scripture in the Bible story, and what does it say? It says with all thy might get understanding.

00:20:06

S Right.

P And I'm paraphrasing and pluralizing it. And then something like, and then when you have understanding get more of it and then get some more and then get wisdom.

S That's a great paraphrase.

P But it was really get understanding. And that's what we have to do because without understanding we will go back to doing whatever our thoughts and body says for us to do.

S Because it's not just about eating the whatever, eating the Chick-fil-A. Chick-fil-A, bless their hearts, they have some good things there.

P They have grilled chicken.

S And it's twice blessed by the lord.

P Right, twice blessed.

S Yes, twice blessed.

P And I like their South Western salad.

00:20:38

S Yes, but say it's their sandwich and fries, yes. It's not just going back and eating that. There is understanding. There needs to be an understanding of what that does

to the body.

P Okay, so let's talk about what that does to the body. You know, when you go, and I don't know if you've had a history of any yoyo dieting, Tiffany. I don't know if you had a history of gaining weight, losing it, doing extreme things to lose it, and then when you lose it your metabolism slows down. If, in the past, you have dieted, and I've got my fingers up in quotes here, you're lowering your leptin levels and that lowers your metabolism. You're lowering your thyroid levels and that lowers your metabolism. You lower your lean body mass any time you diet with insufficient protein. And most diets are insufficient because it's a lack of calories and such.

S You missed the fun, Ben, come in. He was trying to come in all quiet, but we're just going to make him known. Ben, welcome.

P So, anyway, you are lowering your lean body mass which is brutal, brutal, brutal for your metabolism. It's the worst thing you can do. You get rid of muscle, and you get rid of your metabolism. So, if you've had a history of that, if there is ever a time you go back to just eating whatever you want, Tiffany, there's something that happens to your fat cells. It's like an injury to them. So, when you gain the weight back, and that will happen if you're eating whatever, of course, because the whatever diet is the standard American diet, and it makes most people gain weight. It's calorie-abusive, it's trans-fat abusive...

S It's not a normal diet.

P It's sugar abusive. It's actually an extreme. It's not normal.

S Actually, can I just rabbit trail here for a second, it's not normal. People think I don't want to have to eat healthy.

P They don't want to think about it.

S I don't want to eat a special diet. I don't want to think about it. I just want to eat. Well, we don't have that, what's the word?

D Luxury.

S Luxury, thank you, Dan. We don't have that luxury these days because there is actually food out there that's not food. Food to buy, food to purchase out there that was never at the market hundreds of years ago.

P Or grown by ground.

00:22:49

S Right, it's not even food. It's poison. It's stuff you can't pronounce. It's devitalized, it's perverted, it's not food. It's poison. So, we have to think these days.

P We have to, but anyway, let me get back to what happens, okay? So, if you've had a history of this, and then you go back, right? So, you're going to eat whatever which means sugar and devitalized stuff, okay? Your fat cells are going to become

inflamed and there's an inflammation that happens. So, there's something that's called your extracellular matrix in your fat cells they start putting band aids on your fat cells. I share this in our new book, Trim Healthy Wisdom.

P So, what your body does is it's like you have an owie, right? And so your body is, you poor you, here's a little Band-Aid on your fat cell. And it starts to thicken your fat cells as they get inflamed with all that toxic food. So, scientists were looking at that and they thought no, this is really bad. People should not eat junk food and put on weight, this is really bad because when your fat cells get this thicker extracellular matrix they stiffen, and they cannot release fat. So, you know how we all eat fat in our S meals?

S Yes.

P We eat fat, and then it has to come out of our stores once our carbs are eaten it will go back into the bloodstream to be used as fuel if we S and E meals, you know. But your fat cells, when they're too thick they can't even release their fat. So, then another thing happened, scientists looked at it and said well, let's see what happens when you lose weight, surely, that's going to be good, right? Well, they found out, especially with fast weight loss, it's actually brutal for the body, and fat cells get more owie Band-Aids on them because the body sees the fast weight loss as an injury. So, it's more Band-Aids for you, more Band-Aids for you. And the cycle of yo-yoing caused just these thick fat cells that are stiff. They don't act normally. They're not pliable. So, Tiffany, that's a really good thing to think of. What do you call it, Serene? A memory peg?

S Yes.

P Think of these little fat cells with all these bandages on top of one another whenever you do something that is not sustainable. Whenever you go off and say well, I don't care anymore, and you know what is going to happen, right? There will be weight gain. And then you'll think, no, what have I done? In six months you're going to look at yourself and like, I don't feel comfortable, I feel rotten, let me do something. So, you're going to choose something that is extreme because you've got yourself into this state, and you're, don't worry about Trim Healthy Mama. I need something quick. What's going to help me? I choose intermittent fasting, I'll choose carnivore, something, I need to shred this stuff off. And then your fat cells get injured once again. So, it's the slow plod. It's the good food. It's the unsexy way to just get to that healthy weight. We're not looking for vast amounts of pounds every week or every month. That is dangerous. That causes this injury to your fat cells. So, I want you to think of that. And what are some other things that happened when you go to just eating whatever? Well, it really affects your hormones.

00:25:59

S Yes, it does.

P Because the blood sugar, right, Serene?

S Yes, your hormones are just absolutely topsy-turvy and undone with the sugar and the inflammation.

P Yes, and that's why so many women, it's not always why, but it's a huge, huge reason why there's so much PCOS, one out of every ten women in this country have PCOS.

S And why a lot of people when they've come to Trim Healthy have had infertility problems, and they were, Serene and Pearl, I was finally able to get pregnant and have a baby.

P Yes.

S That's because they brought their sugars down and controlled their sugars. So, their hormones just really came into line once their sugars got stabilized.

00:26:33

P Okay, now I want to look at some of the other things. So, yes, when your sugar gets elevated it affects your adrenalin, it affects your cortisol levels, your adrenals get stressed, you can walk into adrenal fatigue and all of those sorts of things. And it affects your sex hormones, as we just talked about. It affects jolly everything. Your inflammation levels, all your markers for disease go up, so when you think about, [overtalking] I'm just going to eat whatever [overtalking].

S You're putting poison in, so, of course, it's going to affect everything.

P How about you think... It's really like thinking, how can I make my disease risk go up?

S Yes.

P Eating whatever is making my disease risk go up.

D And long-term it's actually harder work.

P Yes, it is harder work, Danny.

D Because I would always think, when I first started trying to change the way I eat, was that I don't want to think about it and do this work. And life is short anyways, and I'm busy, and I've got four kids after all, which means nothing to you guys, but for a lot of people that's... Everybody is suddenly shocked out there in the city. And that was my thing, but I started discovering that thinking a little bit every day was actually much less work than the spiking and crashing lifestyle I was living.

00:27:54

D And what it did relationally, you could go through, probably, at least 16 points of your life that is going to get trashed. Not even your body. Just outside of your body, the other things, your mindset, your problem-solving abilities. Yes, I was an up-and-down, neurotic person. Now, I'm sort of used to it, but I've just never been more stable.

P Do you feel like you apologize better now?

D No, I'm still very prepubescent in my ability to apologize.

P We just kind of proved it today what we are, right?

S You were the terrible twos before, right? Now, at least you're prepubescent.

D No, I will poop my pants on camera.

S He's come so far, Pearl, we have to remember from whence he came.

D But in terms of family relationships, and money, I am a much more sober person. I am a level person when it comes to discipline and focusing on work and not getting too excited about some whim idea that I need to go chase into poverty. Do you know what I mean? So, there are so many benefits of stability. For me, I am always just thinking, meat, potatoes, and vegetables.

00:29:13

P Because you need your healthy cars.

S He just hit it on the head there, Pearl. And that's what you, and I have been talking about, and we even talked to our hunters about it, treasure hunters, which is an online group we have. But, my goodness, we were saying there are so many foods that we have decided are going to put our game into high gear. Now we're perimenopause, menopause, we have a vision, and we have a goal, and we have our mind on where we want our body to be.

P Which is to age fantastically.

S Right, we're going to be contending for muscle, we're going to be contending for collagen, we're going to be contending for vitality, so we have put our mind and our sights on certain foods that are going to help to get us there. So, it's really good quality sources of protein that are high in leucine because that's what helps trigger muscle synthesis as we get older.

P And that doesn't mean massive amounts. It just means you need sufficient amounts, which is your 20 to 25 grams of smart protein with each meal.

00:30:12

S And I'm a nerd about it. I'm a nerd, so every three hours I have that sufficient amount of protein because I'm, I've got to get muscle, I've got to get muscle at this point because that's my metabolic tissue. Especially people who are not going to think about adding back bioidentical hormones, they even need to be more nerdy



about it because the muscles is what going to keep them insulin resistant.

D So, you're saying 20 grams per meal?

P 20 to 25, really.

D And three grams of leucine is the trigger.

P But that's a whole other party.

D But wait, but what does that look like on your plate? Is that piece of steak?

P A four to six ounce, which is not a lot.

D Of meat?

P Yes.

D Chicken?

P Yes.

S Two eggs and maybe half a cup of egg whites.

00:30:51

D Two eggs?

S But have half a cup of egg whites. You need three grams of leucine.

P Or you can add our Optimized Plant Protein to everything, which is what I do.

S Fantastic, or get amino acids. We're coming out with [overtalking] amino acids, and that's just a little bit...

D I wanted to talk about that.

S There's hardly any calories.

P Because we're going to have a whole protein PODdy, you nerd. You're just ruining my Poddy.

S No, just wait. I'm just going to say it's the greens, and it's the berries, and it's those foods with the micronutrients, right? We care about those. We care about sufficient, almost more than sufficient gentle carbohydrates because we're training, right? We're contending for that muscle, and we want to feel energetic, and that's something that puts the fire into our metabolism. In this season, gentle carbs, we don't miss out on them. We have to put them on our plate.

D Yes.

00:31:32

- S And then we thought, okay, healthy fats, we've got to have those in there, and we've got to celebrate that.
- D Of course.
- S Our hair, skin, and nails, so that we have a sheen to our skin. We don't want to be dried up. No wizen prunes here.
- D You'll turn into an old hag.
- S So, that's just the basics, right? Of what we need to contend and what we think of when it comes to every meal. And we're thinking, okay, which one of those are we going to stick in here? Pearl and I say well, we don't even have room for our THM treats let alone cheats.
- P I would have to make a date for a THM treat.
- S We go to the café once a month, and we're, we haven't had that for so long. Our days are so full. My daughter who works at the café, she brought home some cinnamon rolls and some lemon pie and some things, and she put it up in my room, and I'm a little bit nervous because I don't know when to eat them because I'm so filled with all the stuff I'm contending for.
- P And I'm addicted to our Trim Healthy cookie mix. No, I'm telling you, it's the best.
- 00:32:23
- D Can you just eat it out of the bag?
- P Well, no, you've got to make it into a mix. It's so easy, but I love those cookies. But I've been thinking about them and like you, Serene, I'm, when do I put them in because my meals are just so infused with the things like the protein, the greens, the carbs, or I have a fats meal. So, it's really about Tiffany, it's not so much about those off-plan foods that I could eat. It's really about what do I get to put on my plate.
- S I want to know when she has time for the off-plan because I don't even have time for the treats, so when do we have time off-plan?
- P Well, you see, it's mindset because we're teaching Tiffany this right now. Now, Tiffany, you're saying...
- D It's lifestyle too because different settings, different people's work days. We don't know if she's working, etc.
- S But I want to ask Tiffany a question.
- P And your hand is raised.
- S My coffee personality is really intense, but I want to ask you, Tiffany, what are your goals? Let's start with goals. Let's put goals out ahead of you because goals are going to guide you.

00:33:22

P And we do not mean a specific number for weight loss goals because we're not about that.

S No, what are your goals for health? What are your goals for body composition? What are your goals? Put that goal out there. You're not going to have time for off-plan foods because you've got a goal. You've got somewhere you're heading. You have direction, you have vision. You have it in your eyes, it's there before you, and you don't have time for all this mucking around. I've got to go pee.

D That's good timing. When we come back we're talking to Tiffany, don't you go anywhere.

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 it on the market. I know, and that kind of sounds like we're really being salesy, but there's a reason we bought 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.

P Serene, we had a huge need in our lives. Now, let me talk about you, right? I'm scared. You were such a purist about your hair, how many years did you only use an egg yolk to shampoo your hair? 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. Yes. So, you're always smelling like a salad, it's pretty bad.

00:34:48

P But I want to get to the bottom of that. Now, I would try and go to find healthy shampoos and conditioners because even though I'm not as puristy 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, as you're shampooing or conditioning? Yes. And they enter your cells. Our skin is our biggest absorbing organ. Yes? Oh, yes.

S So, 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 shampoos and conditioners before. Yes, of course, we've all heard about them, but they're not PH controlled. So, at the time of making they may have a certain PH, but they are not controlled, and that PH is going to change.

P By the time you open that up and start using it in your hair and it lasting a week or two in the shower that thing is not the right PH for your hair. So, we have designed

this shampoo and conditioner so that it always have the perfect PH. 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.

00:36:17

S Do 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. Let's talk a little bit about the conditioner. A lot of people feel that yes, I use conditioner and my conditioner makes my hair feel smooth. But it's a fake smoothness and inside of the hair shaft is actually screaming for moisture even more. It's a lot of the cones from the silicones. And it gets coated. Yes. Yes, but it's not actually conditioned. No.

P So, 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 is nothing. This is world groundbreaking here. Let me tell you about the no's, what do you not have? No parabens, that's for sure. No phytates, no dyes, no sulfates, no artificials. There's no con in this conditioner, right? Yes. No sham in this shampoo. That's right. That's what we're all about.

00:37:18

P Yes. And the other thing I love about this shampoo and this conditioner is if you're the one that wants to wash daily you can wash daily. You know you're not, actually, doing something very harsh to your hair. Tip though, when you wash, when I do it I just use a small amount at first. I've got kind of long hair I do two shampoos. 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 washed your hair you do the two-step process.

S You do the first, and like Pearl said, you use a little bit, and you lather us with a lot of water. And then you'll find that the second wash, you're using the same amount of shampoo, you're breaking it up into two washes. The second shampoo will get really, way more latherly. But if you've only used toxified, I'll call them toxified, it's kind of like artificial chemicals in shampoos and conditioners which the majority on the market are, sadly. They lather more.

P I do feel like for a natural shampoo and conditioner ours does well, but it's obviously not the same as one with chemicals. So, you've got to go in there knowing that and not expect this huge, bubbly lather that sits three feet off your head. Right, but in that second wash, you get a pretty good lather. Hey, Pearl, I know you've talked about all the no's, but we have to talk about this. We don't have preservatives, but what do we have?

S Our natural preservatives are a 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. But I think we need to end with the fragrance, and if you

want the hint of pink grapefruit lingering in your shower, and you do it. I just love it, Serene. I'm addicted to pink grapefruit now on my hair. I cannot go back. it's very refreshing for sure. Find this product and other Trim Health products at [store.trimhealthymama.com](http://store.trimhealthymama.com).

00:39:13

D We're back.

P Tiffany, whoever that lady was, she was right. We are worse than prepubescent, I've just realized that.

D Listen.

P We should not have gotten our feathers ruffled at all.

D No, listen, there's a lot of pros and cons in any relationship, okay? Yes, we might ramble. Yes, we might talk over each other, but you know what?

P What?

D I'm glad you asked.

P What? Is there a good coming?

D We have information that nobody else has, people.

S Amen, Dan.

00:39:49

D We are getting you off the roller coaster. As she tosses an apple.

S Pearl, it's your turn.

P No, I don't want your freaking germs.

D We're getting you off the roller coaster that seems to define every area of your life. And you want to have relationships, and you want to be sane, but you don't want to hear the [unclear]. Well, let me tell you something people, you can't have everything.

P Oh, my goodness.

S Take a bite.

P No.

S You aren't on the team unless you take a bite.

D Drink from the cup.

P Do you know that she didn't actually call me prepubescent.

D Bite.

S Or you're not part of us. Bite it rough.

P No, I don't want to. Back to Tiffany.

00:40:54

D Welcome to the serenity.

P Okay, Tiffany said... Man, no one likes to hear us chew either.

D It's a cooking show now. It's fine in a cooking show, right? Tacos of Mexico and everybody applauds, but on a podcast it's a problem.

P No, they're, get your saliva away from me. So, Tiffany said this, and I want to address this, Serene, so I would like you to stop eating on that apple. She said, so, I'm pulling up my bootstraps and making myself sit down after I eat my meal, on my newly setup back porch, which I love, thank you for that. That was not too much TMI. I liked the TMI there. And I'll grab my THM notebook and plan every single meal out for the week. I've got something to say for this. Tiffany, pulling up your bootstraps, it kind of has to be done when you first start something, and Ben has a name for it. Ben, it is when you are doing something like you were supposed to, and you're getting from a wrong track onto a right track, what's your name for it now? Yes, it's called behavior modification.

D It's not a special, proprietary phrase from Ben.

S He's got a son called Poet, people. He comes up with the right words.

00:42:18

P Yes.

S They're deep.

D Okay.

P All I'm saying is I didn't use it before Ben talked to me about behavior modification. Behavior modification is a good thing. Sometimes people are, that's just behavior modification.

D Ben, what's that special thing you get in? Oh, a car. Yes, unprecedented.

P But it's a good thing for you, right now, Tiffany, and sometimes pulling up your bootstraps. But then after that, because you've kind of got into a little habit of something. It has to become love because if it remains pulling up your bootstraps it won't remain.

S Yes, you've got to delight in this.

P And how you do that is you think loving thoughts. You know how in a marriage, if you start thinking kind of dissatisfied thoughts, a little bit bitter thoughts, a little bit this and that, and he didn't treat me right...

D Serene, the camera is on.

S I know, but I have apple in my teeth and I've just got to fix it.

00:43:05

P Oh, my goodness.

D Sorry, marriage and love, Pearl.

P If you go there you can really go there and pretty soon you're, and why did I marry him again anyway?

S So, you got into that once because you decided you were a hiker, and he decided he wasn't a hiker, and you were, we don't have the same interests.

P And then from that hiking then, everything that he ever did wrong in my life I had a list, and I can remember it.

S Just because one day he decided not to go on a hike 12 miles up in the heat of Arizona.

P But the point is we cultivate good thoughts for our marriage, good thoughts for our spouse, right? If we don't, other thoughts fill our minds. I don't know, maybe that's just me, but I do cultivate good thoughts about my husband.

S No, it's true.

P I decide to think great thoughts about him and our marriage. I think our marriage is awesome, and I like to think of it that way. When we have to address something we do, we're not perfect, but I love to think really great thoughts about it. And it's going to be the same, Tiffany, with your health journey. If you're thinking really encouraging thoughts to yourself, if you be your own best cheerleader rather than, come on, I've just got to do this now, I better buckle in.

00:44:11

S It's like a delight when you have your goal set before you and you get to work on that goal because then it's not a drudge, and it's not somebody is giving you a job. It's as though you have a passion, and you have a purpose, and you have something that's your dream and your goal. And when it's out there, tell me if I'm wrong, Tiffany, but you decided to do THM at the beginning because you have a goal.

P Yes.

S Obviously, you have a reason why you decided that what was working for you wasn't working for you, right? So, you take this goal, this purpose, and you put passion and love behind it like Pearl said. And these Olympic Games people, one time I heard this podcast about how this one person was interviewing them, and I'm just going to do my own paraphrasing of this whole thing, but interviewing them and saying how is it like? I suppose you guys are such disciplined athletes to get up at

04:30, and do so many hours of training because these were the best of the best of the best athletes.

00:45:10

S And a lot of them answered and said no, that's not discipline. That's my love because I'm going for the gold and that's what's going to get me there. And it was so interesting that the threat that ran through all of their mindsets was more of a delight. That they saw those things that got them to the gold as loves because that was how they were going to get there.

P Yes, so, Tiffany, you don't have to do this. You get to do this. And there's a difference. You delight in doing this, and it's the way you tell yourself. It's your self-talk. And then I do want to give you a really good tip. You say you're going to go and plan every single meal out for the week. Well, that to me...

S Is drudgery.

P That's hard. You're making it a bit hard.

S Unless you're one that loves that.

P Yes, if you love that then more power to you because there's some people that jolly well love that, and it brings them delight.

D Well, it's easier for some people.

S The post-pubescent, they love it.

00:46:04

D Yes, 100%. We're not bitter at all.

P I can think of nothing worse than to do that for myself, but we're kind of different. But I have these things called sweatpants meals, and we've had a whole Poddy on them, so if you could go back and find our Poddy on sweatpants meals it would be so great for you, Tiffany. It's just like... She's pulling the apple out of her teeth.

D You can't hide from the lens.

S I just wish it wasn't there.

P My goodness, this PODdy is going to new lows. I would listen to that Poddy, and there we talked about I have about seven to ten meals at night, and I only have three or four breakfasts and about three to five lunches. The seven to ten meals, probably less than that now because I'm at home, probably five. I just rotate them. They're the ones I love, and they do well for my body.

S They're in the memory, right? You don't even have to think about them.



P I don't have to buy different ingredients. I think they're awesome and I just place them on repeat. And they're so easy. They take no effort and no stress.

S I don't think I've ever made a casserole or any recipe. We wrote those recipes in the book, and I haven't made one since I printed them.

00:47:11

P No, some of those are your sweatpants meals.

S Yes, exactly, but I haven't followed the recipes yet.

P Right, but all I'm saying is you can find the ones in the book that are your sweatpants meals. Don't make it hard. Don't try a whole bunch of different recipes this week and have to buy a whole bunch of new ingredients and special ingredients. Just do what you know works for you. Okay, so my approach is so simple, I'm having oatmeal or quinoa for breakfast. I am having some sort of sprouted bread for lunch with lean protein on it because I like to do two E meals in the day.

D Like what?

S She puts protein in her breakfast too.

P Yes, I put my Optimized Plant Protein with those, but for lunch, for my lean protein, I usually sauté up egg whites. I do my egg white trick with just nutritional yeast and salt and pepper, and I flip it. It's like a meat.

S It's like a crusted chicken wing.

P Yes.

D But you use a device that separates the yolk.

00:48:05

P No, I pour egg whites out of a cup.

S And it's so easy to do that too.

P Go put them in a cup. You don't need a machine. What are my other proteins? I love a pouch of tuna for my bread.

D Yes, I do that a lot.

P I do sourdough bread. I buy it off Amazon, it's a Bavarian type. And because I always do a salad at night, I do cultured veggies in the day. So, I do some sort of sauerkraut, that's my veggie for my lunch. And do, maybe, a side of kefir, I don't know. Supper is pretty much almost always, with the exception of a couple of nights a week...

S Your afternoon tea is always kefir.

P A kefir bowl, usually.

S Afternoon snack, we call it tea in Australia, yes.

P Sometimes, I change up and that's when I like to put a treat in. If I do have the THM cookies or something that's when I'll change up and I do a treat, but then I need to get some protein. But my dinner, I just love huge S salads, big S salads.

00:48:59

S Big S salads.

P I said big S salads, but the prepubescent in me thought that you were going to pick up on that, yes.

D T-shirts, big S salads.

S Dan's going to make a T-shirt now.

D Well, I didn't get it until you looked at me, and it was, huh?

S See, the pubescent self of her, she had to.

D You know what, just to revisit that, the truth is I'm actually just joshing with you because it doesn't make me upset. It's actually a compliment because I had to break through my midlife crisis and become a child again I had to let go of my serious. I was a contractor and butt-kicking, tough contractor, and nobody pulled the wool over these eyes.

P You look nothing like that in your orchid T-shirt.

D Orchid, is that what that is? Oh, the purple, very nice. I almost don't like this shirt. It's one of the few T's I own.

P So, you wear it on the PODdy.

00:49:49

D Yes, I actually am not insulted by this person.

S It's funny that you keep bringing her up though.

D No, for the record, I just want it to be known that the old hag thing, I didn't mean it. I didn't mean it, and I should've said sauerkraut when I heard you say sauerkraut I thought...

P So, then...

S That's so ADD, when you said sauerkraut it brought him back.

P Yes, but at dinner I'm having a lovely piece of salmon on my salad. I love some goat cheese, and I like blueberries on it, or I have some chicken on it, occasionally I have a little beef.

D Yes, goat cheese and blueberries.

P It's so easy, who can go wrong with that lifestyle? How easy is that?

S I have, every morning, it's either oatmeal with the Optimized Plant Protein or it's the full three grams of leucine eggs on my sourdough toast. And I cross everything over right now, so two pieces of sourdough toast, and I do two eggs with half a cup of egg whites. Or sometimes I'll just do the whole blimming whole eggs.

00:50:51

D Hey, you know. Sorry.

S I am in the middle, Dan Valdez.

D No, you took a breath and that's my cue.

S And then mid-morning, 10:30, I've exercised, so I do my big protein, amino drink afterwards.

P You don't exercise every day though.

S No, but even if I go for a walk. At church is the only day I do nothing but sit.

P Do you notice her coffee personality is much more aggressive?

S No, he loves it, we share apples together.

D Yes, we're apple friends.

P I got forced into it.

00:51:20

S You wouldn't let me finish my...

D Serene?

S Yes, Danneth?

D No, you go ahead, it's your podcast.

S You go ahead, Dan.

P All right I'll go ahead, anyway [overtalking]...

D Let me go. Listen, I find the battle is won for me at the grocery store. I just don't put it in the cart. If put it in the cart it's going to get eaten at midnight in volumes. So, if that option just isn't there I find I'm a much happier prepubescent boy.

P My goodness, we're 43 minutes in, and I've got so much to address for Tiffany.

S Okay, well don't hear about my day then.

P Can you do it in 30 seconds?

S No, let's just leave it. You had a good example, go for it, Pearl.

00:52:23

P Okay, so I wanted to get back to this because we're going to make your meals easy, Tiffany. Now, I want to address a couple more things. It's graduation week for my eldest and I'm turning 43 on Saturday, so lots of emotions will be felt. My goal, feel the emotions and not eat them. Now, I know what you're saying because a lot of people say to themselves I eat my emotions. And I don't want to step on toes here, but sometimes the current, cultural, hip thing to do is feel your emotions. If you're angry feel them. If you're sad feel them.

D Hey, I agree with that.

S The only thing we're allowed to feel is God's emotions. Those are sanctified ones.

P All I'm saying, and I don't even know if Tiffany is a Christ follower, perhaps she is, and perhaps she's not. We've got all sorts following us of different faiths and stuff.

S Yes, all sorts.

P But I'm saying, scientifically, yes, we can feel our emotion. We're emotional people, and we're created to have emotions, and they're good.

S Yes.

P But when we allow ourselves to be dictated by them that's when bad things happen because emotions actually change our cells. They are what we call epigenetic inspirers. They can switch on certain cells in our body and switch them off. Of course, to cry if something sad happened it's good. It's not good to bury, but I love that the Bible says, blessed those who mourn for they will be comforted. We are not supposed to stay in states of depression or sadness.

00:53:50

S It's not bad to mourn.

P No, but it's good that we're going to be comforted and move out of that. So, there is sadness, and it's okay to feel that loss of your son's graduation. It's good to feel that, but then we have to look on, as they say, the bright side. It's such an old saying, but looking on the bright side is so important and fantastic for our health. So, we're not going to bury things. We're, actually, going to put off sadness and put on gladness. And that is what...

S Get your hanky out, hallelujah.

P It is so good for your health, Tiffany. I'm just bringing you another perspective of feeling your emotions, yes, but make sure the ones that you're feeling are really helpful for your progress, for your health, for your fantastic aging. You're in your 40s now, and you're probably on your way to perimenopause, and that's what I would say.

00:54:37

S And you know what, it's okay to eat your emotions too. And I just want to backlash that because every time I eat I eat with a lot of joy and excitement, and I suppose the whole thing was don't eat your emotions is if you're feeling angry don't eat out of that.

P If you're feeling tense. I agree with that.

P It's like eating as a replacement for the emotion.

S I agree, and I see that point, but I also want to encourage it. It doesn't mean that we just to eat numb and remove emotions and remove joy and remove, I don't want anything to be a part of eating. Eating is separate. We can't separate because the whole Bible is full of feasting and joy, and eating is around celebrations.

P And eating does give us endorphins and serotonin and all those things. We're created to delight in eating.

S Do you wake up super excited about breakfast?

P Always.

D That's wild.

P I go to bed super excited about breakfast.

00:55:31

S Wake up super excited about eating and then my coffee personality is going to tell you well, just do it, wake up excited. Just tell yourself to do it, right, Lesley Pops? Because some people don't want that, but that doesn't mean they aren't allowed to stay there.

P Yes, that's true, I'm not hungry straight away, but I'm still excited at the thought of when I will eat. I wait a while.

D Really?

P Yes, I know I'm not going to eat straight away, but I'm still excited that I will get to eat.

S Do you want to taste what I've got here?

P Yes, what is it?

S It started off as goat kefir, but then I added a scoop of amino acids.

D I think I just realized I have anxiety around breakfast. I didn't know it until this moment.

P Just the idea of it?

D Just I'm, at some point, I'm going to have to eat.

00:56:10

P Is it before you don't know what you're having? Do you have three or four breakfasts in mind that you know are going to be so good for your goals?

D No, I just have no food in mind. I just want to race into the day.

P That's your problem. So, we're going to help you, Danny, right now. What are your goals as you get older? What's your goals for your health?

D I want to optimize my relationships.

P No, I'm talking about your physical health. Your physical health goals.

D Oh, I don't want to be ripped, but like Brad Pitt in Fight Club, I think.

S So, contend for muscles. That's pretty ripped.

D Pretty ripped. Maybe, Brad Pitt in Fight Club, and then we take the slider down to 75.

S Okay, so this guy behind you is going to help you out. You've got to eat for a job, Dan. Eat for a job.

P No, but how do we get him over the anxiety of it? It's the passion and the love. So, once you have a goal the things that you do for the goal are kind of like Serene talked about the Olympians, they're the love. So, when you get up you think, my goodness, I get to heal my body with protein, and I'm going to put some good carbs in there. So, you can look forward to it because it is taking you to a certain thing that you want for life. And Danny, I know you, you attain your goals. So, I think this has been a little hump that you can get over because now you're going to love getting up because you're going to know what you're going to eat. So, if you had no idea, of course, you're going to hate it.

S Do you love eggs? You used to be one-egg Dan.

D Yes, I could do two and three.

S How about four?

D For sure.

S We need at least four for you.

D Five.

S Four you can scramble on some really, really healthy bread, a sourdough, or something.

D Yes.

00:57:50

P Or you like potatoes. Always have some steamed potatoes in the fridge. I do golden potatoes, and they take two minutes in a non-stick, healthy ceramic thing to heat up.

D So, you chop potatoes up and then put it in a pan?

P Yes, they're already cooked. They're already steamed, so they take, literally, two minutes to brown up.

S You steam them in your pot.

D Like the night before?

S Yes.

P And then they're always in the fridge for every meal you want.

D And when you say steam them in a pot, do you mean boil it in water?

P No, steam. You get a little steamer, it sits in your pot, and you put water in, and then the potatoes steam and they retain so much of their goodness.

D How long we do steam it?

P Just until tender, 20, 15 minutes.

S Because you want a car at every meal.

00:58:29

D Yes, I do.

S With your protein and with a good fat.

P So, potatoes and eggs, my goodness, Dan, you would love that.

D That's my jam, but I've microwaved the potato.

P No, but they crisp up in the pan. It takes exactly, I went to two minutes, but really it's one. You put a little butter in that pan, you turn it to high, they are crispy, and then you've got your eggs. And that combination would be something for you to look forward to when you got up.

D How do we know if it's time to close the podcast? Ben, do you have any magical device that determines the Earth's position around the sun? Oh, a wristwatch, okay, we're there.

P I think we need to go.

S All prepubescents don't know when to go to bed and don't know when to close a podcast.

D            That's part of my problem, I don't go to bed.

00:59:15

S            Bye, people.

00:59:59