



Trim Healthy Podcast with Serene and Pearl Episode #330 – The Boring Question Poddy!

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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

D What's going on, babes and dudes? It's the Trim Healthy Podcast. That's Serene. There's Pearl. I'm Danny B. Hey, I wanted to ask y'all's opinion. I don't like saying y'all.

P I hate y'all.

D What do you say? I want to ask your opinion.

P Yes, or your guys'.

D You's guys?

P Your guys' opinion.

D So, everybody is starting to talk about digital detox.

00:01:04

S Did we say hi? We did say hi, didn't we?

P No, I wanted Serene to explain why I still look this way this week.

S Yes, I thought you were going to go on about Pearl first. You just ran ahead.

P It's the same for us. It's the same week as last week.

S This is why we're wearing the same thing and Danny and I are still sitting next to each other.

P They're on the love couch. I'm on Danny's seat because I still have a pinged neck. Not like she said for weeks.

S No, in the future.

P It's this one day with a pinged neck.

S In your time.

P My neck will be completely fixed, yes.

S As of now in my time it is pinging.

P Right.

00:01:35

D Here in the ethereal.

P Right.

D Okay.

P Okay, yes, back to you.

D So, I just want to know, what do you do with your teenagers in terms of their phones? Do you have limitations?

P I don't have any children left that are under my rule, but yes.

S Well, not teenagers, right because I don't even think of my children as teenagers. I just have children. Some are older and some are younger.

D Yes, yes.

S The younger ones that are all 13 and under, I just nicely yell at them all day when I see them on a screen. Get off the screen, you're rotting your brain. Get off the screen. You know mummy doesn't allow you to get on the screen. Why are you on the screen?

P But that's a lot of yelling when you could have just certain rules.

S No, it's happy, cute stuff. Oh, I have the rules but they're still on there. So, then I have to do that. I'm not mean about it. I'm just like get off the screen, blooming well. You're rotting your brain. You don't want to do that. My children 13 and over, they're a little bit more about it than me. They have kind of got a purpose and they want to learn the guitar and do this in their spare time. They don't want to be on the screen. They're on the screen for certain things that they need to be on it.

P I think that says a lot, Serene because, you know, you don't always emulate your parents, but if your parents do something well and seem happy in life, sometimes, not in every child, but a child kind of picks up on that. You've never been a screenperson, Serene. You have put your family first. You only do screens now because we have to, and you love it. You're on Treasure Hunter's group on Facebook.

- S Right, yes.
- P You love that, but that's all you do. I think your family has seen you just really invest in your life. So, your older ones are doing that. So, I think you're going to say this whole detox... It's not necessarily the children that have to do that, the teens, Danny, so much as those of us our age, right?
- D Well, let me read some things if I may very briefly. A study in the Journal of Psychiatric Research aimed to examine the association between screen time and developmental and behavioral problems of children in the United States. Took 101,000 children between 0 and 17 years old. 70% of preschoolers, zero to five, and 80% of children and adolescents, six to 17-years-old who had excessive screen time. Okay? It was positively associated with behavioral and conduct problems. Developmental delay, speech disorder, learning disability, autism spectrum disorder, attention deficit hyperactivity disorder. It was more exacerbated with boys. I've already been on for months now just this renewed aggression against screen time. I saw a fun video that was calling this the existential crisis rectangle because it was saying children are seeing things previously reserved for wartime. Like people that went to war and came back had to deal with things children see on Tuesday morning. So, I've had a zeal for a while now about screen time. Not just the content, because people are like we'll install a filter to make sure the content's right. With developing brains, and I've been talking to our kid's doctor about this as well. With developing brains, while they are learning social behavior, while they are learning what an authority figure is and how to let that person be correct and you to say I don't know. I'm young, I'm going to stop talking now. Those things are not connected. Instead, they're watching YouTubers, who aren't using foul language or anything morally inappropriate, simply respond a certain way to authority. So, I just started getting really conscious about this. Recently, with reading some of these studies and looking into this, there's Instagram groups where parents are banding together in support groups.
- S Are they're getting on the screen to band together about screens?
- D Yes, to band together. Well, what they're doing is packing. Some are saying our kids won't even have social media until they're 18. Like, parents are really doing this. We're not doing that, but it's caused me to say hey, people are talking about this now. This is kind of the first time in history that a powerful device, one that the inventor of the device, Steve Jobs, said would not be allowed in his household.
- P Yes, it's so interesting that you're saying that because I think this is kind of an epic crisis of people who are having babies right now. Like my children who are having children have to make huge decisions about how they will raise their children because there aren't screens. My children didn't have screens. So, they've done it both ways. They've allowed their little toddlers to have some screen time and then they are all let's take that away because that's all they want to do. You know, hugely addicting. I

look at my daughter-in-law, Kohuru, she doesn't allow screen time at all during the day. She let's there be like one hour before bed. You don't want to demonize something either. I mean even to read that study, Danny, you lifted a screen. We have to know as humans how to utilize the World Wide Web and things like that. With that in their hands, there's not their own imagination happening. There are not their own social skills happening. So, there can be like little computers instead of big computers. It's a little computer and we can get on and we can navigate for work. Students navigate research. So, I don't think they're evil. It's like a lot of things, there's evil parts and then there are parts that can be harnessed for good.

S Yes, there are good parts.

D So, what's happening to chemically on the dopamine level is that when this comes up, especially some boys develop mentally who would be categorized as ADHD. Their findings are simply low dopamine and serotonin. They're almost like a low hormone level, a low hormone profile. What happens with those types of boys and girls too but mostly boys especially, is these become dopamine machines. So, those types of boys, the reason for their hyperactivity, they're trying to get dopamine. They can get it instantly here. So, what these doctors are discovering, I learnt this one from Dr Andrew Huberman, not personally, but on my screen.

00:08:27

S Yes, you learnt on your screen.

D He was sharing that their dopamine baseline is being reset. So, when they're able to get dopamine quickly without having to make a phone call and schedule a time to hang out with friends, without having to get on a bike and get to the friends, they can just literally pull it up and there are no restrictions.

P Yes, I saw a study that young people these days said they would rather have screen relationships than real-person relationships.

D 100%.

P You know my son, Rocky, who has a similar personality to you. He's all about bettering his life so he completely turned his phone to black and white because he's like he gets too much dopamine. He doesn't want to get dopamine from a screen because they say if you turn it to black and white, you're not going to get the same hits.

D That's so smart.

P So, when I take his phone to look at something, it's always black and white. I'm like, what? Oh, that's right.

D He took the initiative to do that?

S Yes, it's not when you're researching and learning, right?

00:09:24

- P No, it's scrolling. It's the second hit of I need new. Oh, that's boring, I need new. Let's go to the next thing, I need new. It makes us instant people. We can't even focus. That's why people are reading less.
- S So, not when you're reading a screen to study?
- P No, it's nothing to do with the actual screen. It's what you do on that screen.
- S It's what you do on the screen? Okay.
- D It's different if you're over 25 for a lot of boys.
- P Is it different?
- D Yes, it is different.
- P So, it doesn't affect our brains the same way?
- D It does affect them, but if we're talking percentages, it's a much lower percentage that a mature brain who has already put in the work. See, when you're developing social skills at, I forget the age, but the real heavy social skills like five to ten, you were having to find a book.
- S I'm so glad we had this conversation. We're about to have a family special summit. You know, like, where everybody that's living under the roof, we're going to get together and put out family goals and things. New rules. Not to be all weird and big and heavy but what do we, as a family, want to do here so we function well and we all kind of reach our goals?
- D Yes, and even though the advent of the iPhone is really what brought this on, and so even the iPhone isn't brand new. The reels and the style of social media and engagement is new. There are, as of this year, new dings chimes, and rewards that are built into social media apps. I mean as parents; we should understand at a professional level what sort of marketing rewards have been built into the thing we're putting in our kid's hands.
- P They train us all. I mean they've even trained me. Like, I used to read long posts on my feed, and now if it's too long I just scroll and it's sad because I'm like oh, I can't read that long post. What junk. It's trained me out of concentration span. That's why I like a hard-covered book because then I can focus on it.
- S What about this. When I go somewhere and I haven't brought my phone, I feel vulnerable. I feel empty.
- D Yes, what are you going to do with your hands?
- 00:11:40
- S Not for me for that, it just feels like I don't feel secure. I think that's because I need to be able to call people. It's relational, but back then we never used to have that.
- P I know.

S That's a benefit. That's a good thing.

P Yes, but I think it's better. You didn't know how someone was fairing. I mean there was danger in that.

D I love the contact part.

S Yes, I think the contact part is incredible and I think technology can be used for bad and for good and there is good. Can you imagine if you had children in Africa as missionaries and just every night you could FaceTime them?

D You could FaceTime, yes.

S See your grandchildren growing up on the opposite side of the continent.

P When Meta was in Japan, I mean that's what we did can you imagine? So, listen, these screens aren't going away. We can't ban them.

S For knowledge they're incredible. Just think the knowledge that you can get.

P Nothing of Trim Healthy Mama would have formed without the internet.

00:12:26

S Libraries to me are like ancient flea-ridden old news. Old news. Do you know what I mean? Sometimes we're going to get a study published last week that's not in a book in the library.

P Library's are still beautiful. Like, Kahoru, my daughter-in-law takes her boys to the library.

S I know but for researchers.

P They come home with books for researchers.

S Oh, no, research, yes.

P Like, if you want the latest study on something you can't go the library because they're already printed.

S Oh, yes, you can't go the library.

00:13:08

D Serene, I don't even research anymore. I go to ChatGPT, and I tell the robot what to produce for me in a five-point easy to understand and I will even type I want the best of the internet and it will do it.

P Really? Do you know there's an AI? Our friend, Steve, is using, you know, the new AI that you can go and use.

D It's ChatGPT.

P Okay, and he said tell me about Trim Healthy Mama. So, it was so weird. The story

that they had they got it wrong.

D Really?

P It said Serene and Pearl, the authors, they got most of it right, started this blog called New Mercies. Was it called New Mercies?

S What? I don't know.

P Remember? Yes, and he's like they started this blog and from there it caught on and they wrote a book. I'm like we've never even written a blog. We wrote a book. We never had a blog, and it certainly wasn't called New Mercies, so it's really weird.

D Yes, it's kind of getting it wrong.

P So, AI is not the be-all and end-all.

00:14:00

S There is some Wikipedia's on my family that have all the children married to the wrong ones and all that. It's funny.

P Yes, well, I've got a couple of questions and I read them out to Serene. Are we done with that chat? That was a good chat, Dan.

D Thanks, guys.

S No, Dan, you really saved out Bums because Pearl, she's got a crook in her neck, right?

P I have a pinged neck.

S So, she was going to bring us some wonderful questions because we know that the question PODdy's, they really take a life of their own. They're fun, right? She couldn't even look at a screen to find the questions properly because she was in so much pain. So, she's like this first one I see is kind of a boring one and she's like, but it will be good because people love boring questions. I'm like no they don't. Don't do it.

P They do.

S No one wants a boring question. Don't do it.

D Sorry to the person who wrote this question we're about to read publicly.

00:14:52

P Well, Serene said it was boring. I thought it was quite good.

S No, it's a great question.

P Then I said you said it's boring. I said they love boring.

S No, I love boring questions.

D You're boring.

S No.

D That's what she hears. She's boring, but you're not.

S I love boring questions in the right place. This lady that wrote the question, or this guy, I think it's a woman.

D She's not boring.

S No, it was a boring place. A place where you can just write any question you want, but to do a whole poddy on this question...

P I didn't say whole poddy. I said I want to take some practical questions and you were like that is so boring. No one's going to want to listen. I said I'll surprise you.

S Okay, surprise me.

00:15:28

P Okay, Jennifer.

D Jennifer, real name, public, internet.

P Wholewheat gluten, wholewheat vital gluten. You know, all that stuff.

S We'll have to look at the screen.

P Wholewheat vital gluten.

D What's more boring that gluten, by the way?

P Is it okay to put in bread? I want to tackle that subject because you can go into any grocery store, and you can go to a section of the bread area that is low carb breads, right? You will look and often you will see vital wheat gluten as one of the first ingredients. What do we all think of that? Then sometimes they do homemade bread. They put vital wheat gluten in, or they try to do their own low carb bread at home, and they put vital wheat gluten in. What do we think of it? Let's talk.

S Well, I mean I'm just looking it up right now just to start reading the wonderful screens.

D Drunk Pearl's the best.

P I promise you he keeps calling me drunk Pearl this PODdy and last. I am on no medication and no alcohol. I just look drunk.

00:16:26

S See, I'm looking it up right now because I have been making bread for years and I've heard of it before as people put it in there. Especially home-schooling mums have put it in their first...

P You're a home-schooling mum.

S Put it in their first attempts at making bread.

P Why are there pointed fingers at homeschooling mums? Where does that come from?

S I'm just saying a lot of women that go to work they don't make the bread but there's the mums that stay home and point the fingers at the working mum now.

P No, I'm just saying I've heard of it. Back in the day when I first bought my grinder, I had heard of it as something people put in bread to kind of keep it soft. I'm not sure exactly what, but I haven't ever used it. I'm just saying the real-world bread makers from yore, from the past, didn't use vital wheat gluten. They used the real ancient way and they raised it the traditional artistic way.

S Yes, so what you're saying is it's not ultimate if you're a purist bread maker, but I want to talk about the health aspects of it. There's nothing that's in vital wheat gluten that's oh my goodness. That's disgusting. It's toxic. It's poison. It should never go in a body. It's off-plan. I do want to talk about the amount of it. Let's talk about that word.

00:17:46

P All it is pure gluten.

S Gluten. I was about to say that.

P Improves the elasticity and rise.

S Yes, so that's why people put it in bread, but I want to talk about if it's first ingredient in a low carb bread or you're using a lot of it in your home-made breads, let's think about that, okay? So, now God put gluten in the ancient grains, but in the ancient grains it's in much smaller than it is in modern grains. They certainly weren't isolated.

P It's what we call God's gluten, right? It's what didn't inflame the body. Now, Monsanto has kind of jumped up the grains these days. They have much higher amounts of gluten in modern wheat.

S Yes, that's to make fluffy loaves of bread.

P Right, and that's what people are starting to react to. Now why do so many people have gluten sensitivities? I'll tell you why. Overuse of gluten. Do you know if you take an allergy test to certain foods if you've been eating a lot of that food, often the food will show up. It's just showing that your body's had a lot of it. A lot of people do feel a bit nasty when they have gluten.

00:18:48

S A lot of it, you mean a lot of it, because you're isolating gluten and you're having it in incredible amounts.

P Well, you're using modern wheat.

S If you're having a lot of ancient grains, that's fine because it's in the amounts God designed?

P Exactly.

S Yes.

P Some people get very sensitive. There are those who are so sensitive they can't even do ancient grains. Well, that's established, okay. Let's look at using just vital wheat gluten. Isolating it using that very extreme amount of gluten and putting it in a healthy bread and labeling it good for you, low carb. I would say let's think again. So, no, not putting it off plan but I would say be wise about that. I wouldn't go to the store and buy bread with an ingredient with the first one whole vital wheat gluten. I wouldn't put a huge amount in my bread.

S I probably wouldn't even eat it unless you had to survive because you're actually adding something that shouldn't be multiplied in your bread.

00:19:44

P Yes, that's what I think but Dan, you had something to say, and I kept talking.

S Well, this is Dan who was eating a white bread sandwich when we first started the poddy earlier.

P That's true.

D What do I have to say at this point?

P Did you have something to say, Dan?

D Well, I was going to ask about the quantity, but you covered it.

P Oh, okay. Yes, if someone made an on-plan bread and they put a bit of vital wheat gluten, I don't mind.

D So, it's a choice.

S I love your hair like that.

P What? I didn't even do my hair.

S No, I really do. No, it's height, and then bangs swept to the side. It's your wrecked neck hair.

P Yes, it's the wrecked neck. I can't even look in the mirror to do it.

00:20:20

D It's drunk Pearl hair.

P Would you do that more often? Do you like it?

D Yes, I do.

S I like it.

P Wrecked neck hair is a thing?

S Yes, I love wrecked neck hair.

D I mean she's being Christian. It's drunk hair. That's what it is.

S It's Pearl at the bar hair.

D Yes, it's just like you scraped in here after a long night down on Broadway with the bachelorettes.

S It really looks good though, Pearl.

P Oh my goodness. Oh, my goodness.

D Hey, I did have a thing though. When you're making bread, you can sort of decide how much gluten to put in?

00:20:49

P Well, you don't have to put in any. Some people just do like it's in a recipe because you get a better rise. If I was going to be a bread maker which I'm not. I make my No Carb Easy Bread, or I buy a sourdough Bavarian bread off of Amazon.

S Or your daughter is the best baker in the world.

P My daughter makes bread, but I can't rely on that when she runs out or when Serene gives me bread. Those are my sources. I certainly wouldn't buy one with vital wheat gluten in it and do it as my regular. No way. You know and why do you want it? It's just my opinion of it anyway. I'm just trying to say let's teach ourselves to eat the bread that's healthy for you. The bread that's actually healthy for you is not really the super fluffy elastic bread. It's not.

D I regret eating that sandwich.

S I know.

P Well, you should.

D It was white bread that like...

P It's still in there, Dan. It's swirling around inside you.

D My stomach's been rumbling. It's swirling. It's been rumbling for two podcasts now.

00:21:48

P Yes.

S Pearl, what's your other boring question?

P Well, I'm going to go...

D Hey, that wasn't really boring though. I thought that was great.

S No, it was interesting.

P It was so good. What did I tell you?

S Jennifer, it was great. It was super interesting.

D Sorry, about Serene.

S It's just that Pearl's like let's do a poddy on whether or not vital wheat gluten and I'm like argh.

00:22:19

P It's the wrecked neck poddy.

S Jennifer didn't even mean to do it like a poddy.

P Serene, you can't climb out of the hole you dug. Okay, this one that I want to talk about gluten again, and this is one I want to address. Oh, my goodness. I was supposed to have a Facebook post about this because we just got the results. Is your conditioner considered gluten-free?

S This is a boring question.

P No, just allow me.

S I mean it's okay because you want to answer a question on the Facebook page but for the world?

P Is your conditioner considered gluten-free and your shampoo too actually? I noticed it has wheat and soy amino acids in the ingredients. Just not sure if those should be a concern for a person with celiac, thank you.

S Oh, okay.

P So, no, that's a very good question and really it does. On the ingredients on both of our conditioner, I think our shampoo too, it says may contain wheat and soy from amino acids. So, that questions started to come...

00:23:11

D Oh, there it is.

P Ping, ping. Okay. That question started to come through on the group slot so I would like to take the time to address that.

S Do you need your neck thing reheated?

P Would you? Would you, Lesley?

S Could you Lesley

D Les, let's go.

S She's like the nurse coming in the war battle fields. She looks like that too with her pretty little face.

D Les, I'll take an espresso when you get a chance.

P So, I talked to Peter, Dr Peter Cicero, our formulator. I'm like what the heck. Why do we have wheat and soy in our formula? Is this true? He's like no, that's not true at all. He's like I don't even know why it was listed on our ingredients. Now amino acids are sometimes taken from wheat and soy but he's like I will get this tested straight away because no, it doesn't have wheat and soy. Sometimes amino acids come from wheat and soy. So, who knows? I signed off. I didn't notice it, but we try to be compliant with the FDA. We do not want to get shut down or in trouble or have things removed or cease and desist or anything. So, we go overboard to be transparent. So, that's why it was written. We just didn't want to hide anything in case it was amino acid. I don't know just because sometimes amino acids come from there. So, Peter got both our shampoo and conditioner tested. Absolutely free and clear of any trace of wheat and soy.

S Okay, and will you keep that source of those amino acids?

P Oh yes, that's the official answer and our packaging will reflect that. No wheat, no soy in either our conditioner or shampoo and I'm very happy to say that.

S Brilliant. That's good. What's your third boring question?

P Oh no, somebody did not take my...

S Your despicable screen?

P My despicable screen, yes. Well, let me see if I can find another boring question. Oh, more ideas please on how to incorporate Creamy Dreamy plant protein and recipes. I've not seen many recipes for this other than drinks.

00:25:14

S Oh, it's in here, mate. It's in my Yuck Yum.

P You put it in your Yuck Yum.

S Yes, it's really great in my Yuck Yum. It thickens it. You're going to hate it.

P Oh, Dan, Dan, Dan. Have you ever had a Yuck Yum, Dan?

D I've never had a sip.

S Yes, this is not a Yuck. This is a Yuck Yum. It has nothing delicious in it.

D Can I mouth your bottle here?

P Thank you Les. Thank you, Lesley.

S It has really crazy stuff in it, Dan.

D Don't make excuses.

S It's a bad example.

P Serene will taste it and tell you if you're good.

S It's a bad example. It's got acai, which is a very, very...

00:25:43

P I love acai.

S I know.

D Ooh.

S Yuck. Now at first yuck but yes.

D Yes, it's yuck. That's why you call it yuck yum?

S Yes.

P This is a yuck yuck for everybody else.

S No, there's a yum aspect, right?

D No, it hits you like a tangy, bitter, earthy.

S Bitter, earthy, tangy. This is a bit gritty today though.

D It's satisfying like a cigar. Hold on.

S A cigar, yes. And then you're like I want more. Don't take it away, right? That's so good.

D Yes, I'm using that as a straw block.

00:26:11

S Yes, the straw doesn't work.

D Serene, I could subscribe to that. Like, I want it monthly.

S Once you're a Yuck Yummer you are always a Yuck Yummer. Just let it sit, Lesley. Let it sit for a while.

D What's the tangy?

P It's double fermented kefir.

D Key fruit is what it is.

S And baobab.

D Oh, the baobab. That's what I taste. It's so good.

S Then I like the bitter of the cocoa added and then the acai dip.

D Do you like it?

L Yes, I love it.

D Les loves it.

P Les loves it.

00:26:34

S Then, of course, the protein in it is the Creamy Dreamy.

P Yes, and sometimes you do what? Either whey or you do...?

S It has a little whey in the Creamy Dreamy and the natural protein.

P So, I want to take the time to talk about our Creamy Dreamy. This is such a good opportunity because pretty soon something is happening to it.

D I'd pay for it every party. I would pay for it.

P First of all we'll talk about ways to include Creamy Dreamy. What did you used to call it?

D Treamie? The treamies.

P You used to call it treamies.

S The tweamies.

P Breast feeding, that's what Danny's family used to call it. The tweamies.

S I know then I did it for Solly because remember?

D You did, yes.

00:27:06

P Tweamies.

S Remember when you told me. I thought I'm going to change it from Ninny because that's what my last five in the row children called it Ninny and I felt that it needed a freshen-up.

D A little update.

S A little update. So, Dan said well, you've got to call it the tweamy's coming from the creamy's and it ended up as the tweamy's.

P So, just quickly for new peeps in the room, I've told the story before, do you mind a

little side track?

D Please.

S I would love one.

P So, my daughter, as she got older, they can start breastfeeding and still starting to speak. Is that weird? Do we breastfeed once they're starting to speak?

S No, hey, if we're weird that's okay.

P So, she couldn't say tweamy, she would just way weewee.

00:27:45

S Oh, weewee's.

P Then she would want a change so weewee sad.

D My 12-year-old just started calling it milk.

P Hold on. Don't make me laugh, it's going to hurt. Hold on.

S Not the boob now.

P Not the boob now, just milk. Okay.

D That was a breastfeeding joke.

P Oh, okay. Well, it's not a joke to us because we breastfeed till we were four, so we took it real.

D I know you all did. I'm hungry mom.

S Yes, exactly.

D Mom, my voice is developing and I'm hungry.

P Okay, so the way I use Creamy Dreamy is in my oatmeal every single morning. Now, maybe this is sacrilegious, but I have a way to do it.

00:28:25

S Tell us your way. Do you have to clutch?

D She's getting old folks. She's breaking down.

S She ain't. She ain't.

P It's something when I'm moving.

S She just felt so spectacular she stretched too harshly.

P Oh my goodness. There are literal endorphins after the ping. Endorphins from going through it.

S I know you are extra, extra happy after the ping.

D You're going to sleep well when your Advil.

P You know how after you work out you feel endorphins because it was so brutal after the ping. Life is great, okay.

S I just burped in the microphone.

D I did that on the last podcast.

S It was a Yuck Yum burp.

00:29:02

D I didn't hear it.

P Don't make me laugh it hurts. It hurts.

S I just felt so terrible.

P I noticed your chigger bites.

S I know. It's my hairy legs.

D I didn't want to say anything.

P I wish was noticing chigger bites. I don't have many... Listen...

D I never sit this close, and I was like oh, okay.

S No, it's just I think I haven't even shaved yet.

P How often do you shave your legs?

S It's not summer and I wear long, long yoga tights right, that are fully to the ankle and now it's three-quarters. The sun's shining, you go three-quarters.

P You've got to shave more in summer. Now listen, I don't think the mic was on when we started this PODdy, and we were talking about how many times a day we brush our teeth. Danny, we shunned him. We were like shaming him and judging him.

00:29:45

D Yes, old hairy legs was shunning me about brushing my teeth.

P We said oh, we brush our teeth twice a day and he was like some days I don't. We were like shameful, Dan.

D I don't mean to not.

S It's just how can you not? How does that happen? Even ten minutes ago I had a little look at my legs and then I saw the camera and I started to try and lay the hairs flat.

D You tried to brush them down. They just go ping. The more you try the more static

electricity is applied.

P No, hold on we can't be very judging here.

S They're like a centimeter long.

P I don't know about you, but I only shave my legs, like in the summer I shave my legs maybe at the most twice a week but probably once. In the winter it's like once a month.

S No, in the winter it's like once every three months. I used to have yoga pants, it's dark at night. So, no one knows.

P Didn't your husband care about the little spikeys?

00:30:35

S They are not spikeys by then. There's no spikeys. It's just a lovely furry bush. It's soft.

D All husbands' care. They just don't want to ruin the moment because if you're feeling hairy legs.

P Hold on. My goodness, I can't.

D When I first noticed on podcast one I was like oh look, go girl. Look at Serene. I heard the song in my head, you make me feel like a natural woman.

P I'm going home, straight to the shower, and get my razor.

S I do shave under my arms almost twice a week.

D Yes, prove it. Prove it.

S Twice a week under arms.

P What? Only twice a week?

S I'm a slow underarm grower.

P Oh, I shave my underarms every day.

S Oh yes. I'm actually a slow-leg grower. This is about a year's worth of growth. I've got that Billie razor on subscription. It just keeps piling up. I've got so many razor heads.

00:31:28

D You get it automatic every month?

S Everyone just come to me. I can start reselling them.

P This is a bad day to get the laughter.

D She got a subscription to razors, but she doesn't use them.

P My goodness I was about to describe how I use my Creamy Dreamy. How did we get on to hairy legs.

D No, we're going to get back to that but after the break.

A Trim Healthy Mama Product, News and Notes.

S Brownies are an old American love language, Pearl. I know we love them down under, but nobody loves brownies like the USA people.

P Well, brownies weren't a huge thing down in New Zealand and Australia where we grew up.

S We loved Lamingtons, remember?

P Yes, that was our kind of brownie in Australia. It's called a Lamington. It's got coconut around it, but it is like brownies.

S Not as ooey and gooey.

P It's not. You Americans, even though we kind of consider ourselves Americans now, you really perfected the ooey gooeyness.

S They know how to do chocolate ooey gooey. Oh yes they do. But you know our brownies...

P Our Trim Healthy ones?

S Yes, what I love about them is you get that ooey gooey. You get all that you love about the brownie, but you don't get an offended waistline.

P No, and you get stable blood sugar.

S Yes, yes, yes.

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

S There's no real life without a brownie.

P Yes and you are like hey, I just want to open my packet. I just want to put liquids and egg with it please. So, we did this.

00:32:56

S Because the best brownies are the ones that come out hot from your oven because they are the real ooey gooey ones.

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

S But for the ones that love the ooey gooey, you know, you don't want to do the long where you have to measure everything. That's why we made this mix so that having that beautiful smell coming out of your oven and having the ooey gooey home-made brownies you can do in a flash.

P Yes, and so let's hit the highlights. Of course, as we said, blood sugar and waistline friendly.

S Easy to whip up. That's another highlight.

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

00:33:51

S Do you know, Pearl, that they're not only delicious, but they are healing to your gut? They are high in probiotic and prebiotic fibers. They contain five grams of protein for a metabolic boost. These things are like a treat to your health, not just a treat to your tastebuds.

P Yes, the mix is dairy-free. Of course, it's gluten-free, but it's dairy-free and I actually like making these. You can use butter for a traditional brownie. You can use the same amount of coconut oil, add a pinch of salt though. I prefer them that way. Autumn has been making them with coconut oil, my daughter and I'm kind of partial to that. I love it. Then you can make up a yummy, handy, Easy Chocolate Syrup which if you have the Trim Healthy Mama Cookbook, it's on page 479.

S Yes, and on our website, we're coming up with a whole bunch of new recipes to do with the brownies too. So, you can really get creative.

P I saw somebody who did like a brownie cheesecake. They did the brownie as the base, and they did a cheesecake topping. Oh, delicious.

S It just makes that two-step process so much easier.

00:34:55

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

D And we're back.

P I'm literally crying from happiness, joy, and pain as well. Hey, but okay, how I use my Creamy Dreamy is yes. I can't do it.

D Someone wheelbarrow Pearl back to her house.

S What if you lay flat, and we put the microphone down?

P It's getting worse because this is two PODdy's in.

S Well, what are you going to do when you get home?

P It was the laughter.

S How are you going to position yourself when you get home?

P Can we just think about sad things for a minute?

D Yes.

S Why?

P The laughter moves my head too much.

D I ran over my dog.

00:35:37

P Oh, don't.

D No, I did.

P Nothing too sad and nothing too happy.

D It was years ago. Her name was June.

P Okay, Brenda asked this question. So, I put it in my oatmeal every single day that I have oatmeal. Here's what I do. I do always more water than the oatmeal calls for because whose appetite is small enough to eat the amounts of oatmeal that's a standard serving size?

S I don't even read the serving size. I just know. It's just my size.

P I mean I use half a cup of oatmeal.

D That's the serving size half a cup?

P I mean or sprouted oatmeal says it's a third of a cup. Occasionally if I'm going to really load it up with a load of toppings I'll do a third of a cup, but I always do at least one and a half cups of water. I put my three tablespoons of Creamy Dreamy in my water and I cook it with one teaspoon of psyllium or half. I do a dunk of stevia.

00:36:31

S Does Autumn do it this way too?

P No, she puts her Creamy Dreamy at the end once she's finished because she's a purist like you. She's like why am I cooking it? I don't want to cook it if it has health benefits, but I'm only using it for protein. The protein is still intact. I mean yes, maybe it's still anti-inflammatory in a way after cooking, but I've got all the goodness in my toppings. I've got my goji berries, my blueberries, my cinnamon, my Gentle Sweet, my walnuts. I've got all those micronutrients coming in.

S Yes, but there are heaps of micronutrients in your Gentle Sweet.

P Yes, well all I'm saying is sweet and the cinnamon has got micronutrients so why am I worrying about that coming through my hemp. So, I cannot literally eat oatmeal without it. So, then I've got over 20 grams of protein in my oatmeal. What a great way to start the day. I mean how else do you use it? I put it in almond milk sometimes.

S Yes.

P I love it if I don't make a Yuck Yum sometimes in the afternoon I'll just come and I'll put Creamy Dreamy in a cup and I'll just pour straight kefir over the top of it and then throw in a few walnuts and goji berries. Then the Creamy Dreamy thickens the kefir up to almost like a Greek yogurt and it's an earthy Greek yogurt taste. It's so delicious.

00:37:41

S Yes, I love it in kefir. It's amazing.

P It's so delicious.

S In my kefir bowls, I always put Creamy Dreamy.

D Would I get full on something like that?

P You would.

D I would feel like I had a meal?

P Kefir fills me up because it fills me up not only with the nutrients, the protein and everything but it has a little bit of air. Like it has a bit of effervescence that kind of like swells.

D I've tried drinkable anything like even heavy, thick protein.

P I'm telling you. If you had a quart of my yuck yum you could hardly move after it.

S I don't love to drink my meals the same thing that's why I don't do yuck yums, but I spoon my kefir in it, and I thicken it slightly with some gelatine so it's never super runny.

D You're not hungry like an hour later?

00:38:14

S No.

D I feel like I'd be hungry an hour later.

S You wouldn't I promise. You've never tried it so don't speak about what you don't know about young man.

D That's true. Can I buy it? I'll buy it from you.

S No, I'll bring you a Yuck Yum next week.

D I would buy it like every week at Target.

S No, it would be like selling my soul. You know, like Yuck Yums are a part of me.

P It's a jolly lot of work. Make your own. It's not too hard.

S No, I'll give him one poddy.

P No, you'll give him one week but you're not going to make him one every week because it's a lot of work.

D How do you get to tell her what she can do?

P Because I have a big, crooked neck, girl. I'm allowed to say what I want.

00:38:44

D You're like an old maid with a broken neck giving orders to little sister.

P I just know how busy she is.

S What's your next boring question?

P Oh no, I want to talk about our Optimized Plant Protein, Serene.

S Oh, yes.

P So, our Creamy Dreamy as it stands, in a couple of weeks, I don't know when this PODdy airs, maybe it will only be a week or two from this PODdy, will be completely changed. The essence of it as it stands today will have all the currently what it is.

S Are we saying that we're optimizing all of our proteins? Are we going to say that?

P Yes, we are, babby.

S Are we going to say that right now?

P We're declaring something and the two of us together are going to announce something huge here.

S Okay. This is not a boring PODdy, peeps.

00:39:20

P Well, we're the only company that we know that's going to be doing this.

S Well, we decided one day because in the beginning we were one of the first companies that had really beautiful whey and collagen and we were just like this is awesome. Now that words got out, you can find it anywhere. Now, we don't want to be part of the competition. We want to bring to people stuff you can't find.

P And breakthroughs.

S Breakthrough stuff.

P We didn't just think oh what can we do to change it? Serene and I, now that we've studied so much about muscle synthesis and what happens as we age and how our muscles... Even though we need more protein as we age, we need significantly more. The sad thing is we can't utilize more. We can utilize less so it's a conundrum. We need more protein. We can't take in as much protein. It sits in our body sometimes as

excess and gets either put to fat or has by-products like ammonia.

S Now that's particularly for people who haven't kept their muscle around and are sedentary. If you've kept your muscle around or contended for a lot of muscle, you can use the protein.

P Okay, so in the case about hemp protein, we decided to get a plant protein because some people don't do well with whey. Hemp, when we looked at all of them was the absolute best because it has the full amino acids. It's anti-inflammatory. It has less carbs. Even though it has the full amino acids, they're not in the amount that really build muscle.

P Well, I'm getting to that.

S Oh, good girl.

P So, Serene and I started realizing okay, every meal we need this bolus of 3 grams of leucine.

S We need a bolus because that's the trigger that synthesizes muscle growth.

P Yes, like I said I don't know if it was in this poddy or the poddy before that a young child, early teenager, can build muscles on bread, on apples, because they build muscle also through carbohydrates. Through the insulin pathway. When we get older we only build it through the leucine pathway.

D Tell them about what age can young people build muscle with carbs and is it always?

P Well, I think they can always add protein. You are upping the ante of course.

S I mean children need protein too, of course.

00:41:25

P They need less than us adults.

D Until about when?

P Well, see I used to know that, but I think it's 20s when it starts to change.

D So, about when metabolism slows down? Okay.

S Yes, it's just things change anyway. We need a bolus of about three grams of leucine to tell the muscles to actually trigger growth. So, we want to trigger growth because it's not like we're trying to be big incredible hulks, but because we just want to not lose muscle.

P We want to keep a lean body mass around because it's our metabolic tissue. So, think well, I don't want to build muscle. Yes, you do because you are losing muscle. If you don't want to build muscle, you don't want a metabolism because you've already had declining muscle. It's happened. If you're on the edge of 30 your muscle has declined unless you have very, very wisely and smartly strength trained with weights and have

enough protein in your life. Otherwise, you have less lean not muscle.

S It's sarcopenia. It's just the fat, but you don't have it as fat.

P Okay, so getting back to our Creamy Dreamy. So, we're like oh my goodness, this Creamy Dreamy's great, but it's not fuelling our muscles to full synthesis.

00:42:31

S Yes, it didn't have the three-gram bolus per serving.

P Plants just can't do it as well as animal products.

S Whey does. Whey has the three grams threshold.

P So, you know, we talked to our scientists about this, Dr Peter Cicero. We were actually talking to him about our essential amino acid supplement. We were like why can't we put the bolus of leucine inside our plant protein and make it optimized so that it has all these anti-inflammatory benefits but also fuels our lean body mass? Why can we do that? He's like no, give me a few months and I'll figure it out.

S It's not just adding leucine because the body is smarter than that. It's like you've just put leucine in here and it's not seen as where you digest it. You've got to digest it at the same time. People that take branched-chain amino acids which is leucine, valine, and isoleucine, that is actually not stimulating proper muscle synthesis because you're putting those amino acids in separately. Especially leucine is the trigger, but it needs all the other amino acids that make up the nine essential amino acids to build the muscle. So, if you trigger building but you don't have all the tools to build, what your body is going to do is break down muscles to get those other amino acids. So, it's catabolic. So, people that do the branched-chain amino acids it actually can be catabolic. So, we don't want that so add just a bolus of leucine and if it's digested at a different time because the amino acid is more quickly absorbed and then the protein is sitting there, he had to combine it in a hack, so the body saw it as one protein.

P Yes, and so by the time you get this, I don't know if we will have launched this but it's going to be called Optimized Plant Protein now. We're putting a big sticker over our current Creamy Dreamy hemp. So, if you have the sticker, you've got the new one. When you get the new one, know that this goes straight to your lean body mass and fuels it. It has three times the power of regular protein. Not just three times the power of the plant protein, of the most optimized protein. Even whey protein. So, now when you're using this, it is going to enhance your body and raise your metabolism by fuelling your lean body mass. As we get older that's what we're seeking and it's so exciting. Here's what it stops from happening. It stops it from being a fuel just sitting in your bloodstream not entering your cells. So, the way Dr Peter has designed it is it forces your muscle cells to open up and accept it from the amino acid formula and so therefore it's just a fast action fuel that doesn't rely on your digestion. Yes, you must swallow it, but it doesn't have to do all these other pathways that everything else does.

00:45:19

S Yes but leaves a lot of ammonia.

P The hard thing when you're adding any amino acid to a food is the taste. Some amino acids taste so foul...

S It's like donkey butt.

P They're really good for you but they're disgusting especially histidine right, Serene?

S Leucine is not that delicious itself.

P Oh my goodness, now we were testing a lot of formulas. We were testing so many things, but he has got this protein tasting delicious. He used glycine. Our plant protein which is formerly Creamy Dreamy and now Optimized Plant Protein is so good.

D That reminds me to tell Lisa to get some.

S I do want to say this too...

P No, Danny, get it when it changes. I don't know how many weeks we're away, but I think just two or three weeks and by the time this poddy drops it might be out.

S We want to say we're optimizing all our protein. We will not have one protein on the market under the Trim Healthy label that isn't optimized. Now, whey already has the three-gram leucine threshold like we said. Some people they don't do well taking the whole amount like if they are sedentary and haven't built a lot of muscle yet. While they are contending for muscle and they haven't got there yet, that means their muscles aren't really going to want the protein. The optimized protein will be a smaller scoop and they're getting just as much.

P Yes, well, here's the deal. We noticed a lot of women when they first started on our plan did well with whey protein, and as they got older and went through perimenopause or menopause when their estrogen lowered, right? What happens? You get less insulin sensitivity.

S I've got my insulin coming in the mail. I mean my estrogen.

P You know, when you get less sensitive to insulin, it's terrible. Your whole metabolism slows down, right? Your cells don't open up to receive the fuel. Well, so now our whey protein, I think that's the next and then collagen. We've got to talk about collagen. Whey protein, it would sit in a woman's body sometimes as they got older, and they wouldn't burn it. So, now that it's optimized and it has these right amino acids that target your muscles, it no longer sits. It has no choice but to go and fuel your muscles. It's just incredible no one else is doing this.

00:47:26

S It's amazing and we're doing it with collagen too because everyone was like well, I know you say to eat breakfast and I'm trying but sometimes I'm in a rush. I just want coffee, but I put collagen in it. We're like well, sadly, collagen does nothing for your

muscles. It's a beauty protein. It beautifies. It's so wonderful for your ligaments and everything.

P Well, it's great for your joints, skin, your hair, your joints but it does not trigger muscle synthesis.

S It's missing tryptophan. It's missing an essential amino acid. It can't fuel your muscles.

P Also it doesn't have the right amount of leucine.

S Yes, and so we're so excited because we have optimized that. So, we still say eat a good breakfast, but if you're on the run one morning and it's a while before you can get breakfast, but you got your coffee in, you will know if you put your collagen in your coffee you've triggered your muscle synthesis. It's very important, as we age, and we go into sarcopenia which we can totally put the brakes on and even reverse. It's very important as soon as you get up, within half an hour, to put a bolus of leucine in your body. You've been breaking down through the night because you've been a while without any protein in your system.

00:48:28

P Serene, you and I take that a little bit differently. I mean you always eat straight away when you get up. Honestly, I just can't.

S No, but the first meal you have should have protein.

P Oh, the first meal, absolutely, but I can't eat within half an hour.

S Well, that's fine.

P I don't think that's a rule that we have to keep up.

S That's fine but I'm saying it's a beautiful thing if you can get the protein pretty much as soon as you wake up. I'm just saying for altruists, like for a utopian diet.

P Yes, for protein nerds, sure.

S Right, and for protein nerds. That's people that eat their coffee pretty much.

P Yes, they do eat coffee, definitely.

S They drink their coffee. So, they can put their collagen in this. Optimized now, were going to do it to our gelatin and then we're optimizing all of our sweeteners. Not for protein, can we talk about that?

P No, they're not ready yet, Serene.

00:49:12

S Yes, but we're optimizing in a different way. Not with protein but with this special thing.

P Yes, but you know even our peanut flour, which has protein in. that's going to be optimized. We're trying to do a nutritional yeast because that's a protein too but it's a

very mild protein, but I don't know if you would use it for taste.

S Can you imagine if you just put nutritional yeast on your popcorn which makes it so delicious, and it could be like a protein popcorn?

P Now it's a full snack because it's protein. Can you imagine that?

S Oh, I'm so excited.

D That's epic.

P We're just deciding as a company to take protein very seriously. We always have. We've always said protein is our anchor, but now we're not only taking it seriously, but we're also taking it to science and we're saying everything else in life, they're looking for the new and the breakthrough and the hack and how science can actually elevate our experience as humans. Well, we're going to do that with protein. Why live in the dark ages of protein?

S Yes, why when you have the knowledge to change something and make it better you are like oh no, let's keep it as it is. I'm just so all about enhancing and optimizing. That's our whole protein line that's coming called Optimize. So, Optimized Collagen, Optimize Hemp. We're going to call it Plant Optimized Whey. All of it. We're done.

00:50:42