



## Trim Healthy Podcast with Serene and Pearl

### Episode #329 – Serene's Half Time Locker Rant

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

S = Serene · P = Pearl · D = Danny

00:00:00

S This is The PODdy with Serene.

P And Pearl.

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

D Young and old, thick and thin, it's the Trim Healthy Podcast and we're glad you're up in here. Hey, can I ask y'all's opinion before we start?

00:00:44

P Can I just go back before...? You can't move beyond thick and thin, sorry.

S I'm just offended already.

P No, these days you want to be thick. Thick is delightful.

S Oh yes, that's true.

D I mean, thick is a compliment.

S We were in a meeting the other day and this one guy said, if we ever take trim healthy to the both genders, not just the men by default. It's like, if my wife called me trim more than once, I'd get a complex. I want to be called stout.

D Oh yes, guys don't want trim...

P But hey, can we...? Before we go because... But go on... Those who watch me on YouTube, there needs to be an explanation for this today.

00:01:22

S Pearl said she stretched like a champion. She said she woke up so healthy she decided to stretch like a champion. While she stretched out of her natural-born shape, and she heard pops that shouldn't have popped.

P No, it was one pop in my neck. I just stretched because I felt so good in life. I got up at 5:30, ready for the day, tackle, stretched like I've never stretched in my life.

S Like you've never stretched like no human should stretch.

P Ping, something snapped, pulled, popped. I don't know what it is.

D You felt a thing in a moment.

P Oh, I felt it. And since then, I cannot move my neck. I've got a doctor's appointment tomorrow. So, I won't be my usual self today and that's why I'm sitting in Danny's seat.

D Yes.

P It's so weird that Danny you're on the love seat.

S So, if you hear an occasional weird scream, just know it's Pearl there.

00:02:06

D I feel like we also must address the elephant.

S Peculiar. Pearl, the peculiar.

P What elephant?

D The elephant in the room, Serene's torso's longer than mine.

S Hey, I'm not even sitting up straight. Are you sitting up straight?

D You're not taller. She's not taller.

S I don't know.

P You're not 5'11 and three-quarters, that's what Serene is.

S What are you?

D You're not 5'11 and three-quarters.

P Yes, she is.

S I'm 5'11 and three-quarters.

D Not without shoes.

P Yes, she is.

S No, without shoes, I am. With these shoes I'm 6' and a bit.

00:02:32

D But I'm taller than you.

S Do you know my Breezie is already...

P No you're not, Dan. You don't look taller than her either, it's just... That's the reality.

S Do you know my Breezy is almost 6'1? She's taller than me now.

P Yes, I know she is.

S My little 13-year-old. I'm shorty.

D I'm 5'10.

P Yes, Danny, you're taller than me.

S Dan, you're perfect.

P Dan, we measured. You forget you're mixing the sisters up. You're taller than me and I'm 5'9.

D And we measured?

P So there you go.

00:02:55

S He wants to change who he's sitting next to. He wants to sit next to you. Pearl's height's in her legs so you'll be just nice next to Pearl.

D My height's in my ankles.

P Okay.

S Hey, I want to take over and just... I'm going to bell it for Lesley and just say, bell and we're going to start. I'm sure Lesley's already belled five times and we just didn't hear.

D I hate this seat.

S But I've got a talk for you guys. Praise the Lord it happened on Pearl's hurt-neck day because I'm really going to take over a little bit. Because I was in a moment last night and...

P I'm sorry.

S Oh, sorry. Oh, poor girl.

D It hurts?

P Oh no, I pinged. Just keep going.

S I was in a moment last night, thinking about my life and think that, hey, I'm 46, I'm hitting near half time. It wasn't a depressing thought, but in the shower, I gave myself this little pep talk. And I thought to myself, hey, I wonder, a good deal of our poddy listeners are entering into half time or are already in their last half of their game.

00:03:56

P Do you mean...? Sorry. Last half of the trim healthy game...

S No.

P Or last half of their life?

S Life.

D She means they're going to die.

P Oh, life.

S I'm 46 mate, some people might call me middle-aged. I never thought about that before.

P Well if you're going to live to 98...

S I'm living to a 120, so I'm not really there yet.

P Okay.

S But anyway, just for the case of small, normal, cultural...

00:04:14

D Do you want too though?

S Expectations?

D Would you want to live to a 120?

S Yes. but hey, I've got a... Yes, totes I would. But that's another whole spiel and I'd take hours explaining life.

D And in any condition?

S Let's see... Just listen to my talk.

D Not sperato [?].

S Okay, you're ready. You ready? So, I was thinking to myself, I want to give our

listeners a halftime talk like I just gave myself in the shower.

P Good, I need to listen.

D Come on.

S And this is going to be a little bit longer than my shower one because I went into a little study and research. But I'm going to rant, and I've got it on my telly. I got it on my teleprompter because I felt like every passion word needed to be said and I didn't want to miss it.

00:04:51

P And will it help the likes of me who are feeling a little down today?

S Yes, it'll help the likes of you and it's sure going to help Dan because you're heading... You're not that far behind me, Dan.

D I'm way back.

P How old are you, Dan Dan?

S No, you're not. He's 42.

D It's over...

P He doesn't care to share his age.

D It's over 30.

S I'm so confident in the age.

P Why wouldn't you want to share your age? I love saying 52.

S You'll be shouting your age after I talk here today.

00:05:16

D We're actually not allowed to share our age.

P Who's we?

D We, actors.

P Oh, you're not... You, actors.

S Okay. Well, I'm just ignoring that whole thing.

P You have the Hollywood guilt?

D I've signed a contract.

P Oh, okay.

S Yes, but you didn't sign that with us.  
P Be that way.  
D I'm over 30. Actually, they told us to say over 18.  
S So, I'm going to do a bit of reading. Is that okay?  
P Go. And can you take the bottle off him? He keeps hitting it.  
D I hate this seat.

00:05:42

S Okay.  
D I hate it because...  
P Dan.  
D No, while you're going to do all this talking, the camera's on us. It's not on you, it's on us. And I'm normally over here...  
P That's true.  
D Just not saying anything and so now, I'm just going to be like...  
P Oh, my goodness, that's funny.  
S And he can't do his normal surf the internet.  
P That's so funny.  
D I can't look up my facts.  
S You can look really impressed about what I'm going to be saying.  
P I'm always engaged in what she's saying.

00:06:04

D You're very engaged and I'm normally over there just getting the easy ride.  
S He's normally over there eating all of Lesley-Pop's wonderful leftovers from her awesome English deli and [overtalking].  
D I get to eat and just have no responsibility.  
P You sure don't.  
S All right. Hush, I'm starting. This poddy is called, I don't know what John's going to call it, but I'm calling it now, Halfway Time.  
D Okay.  
S You'll have a better name. Okay?

P What about Halfway Locker Room Cheerleading Time?

S Well that... Okay, sheesh or whatever.

D I'm absolutely fascinated.

S All games have a halftime. Any awesome spine-tingling game, one to watch on replay or one that goes down in history as a great or goes viral usually have one thing in common. A halftime pivotal crossroad question, a moment where they take a breath to gather their wits. They either really play well from here on out...

D Well, yes.

00:06:54

S I got distracted from your interesting facials. They either play well from here on out and celebrate an awesome victory or they faceplant. A great game often is not an easy one. A great game has opposition, challenge, odds not in their favor, and maybe a handicap. A great game often has an awful or just plain non-magnificent first half. The part everyone cares about in a great game, the part that makes it great, is the last half. It is the epic comeback. Now a great game, from the beginning, is great and all and we won't complain about that, it's what we want for our children for sure. But we are here to encourage and to state the facts, that everybody loves an epic turnaround.

P I'm fully engaged. Danny, you don't even have to look engaged, right? Because you're engaged.

D Oh, I'm in this.

S A memorable story that gets retold and gets movies picking it up is always a story that has a struggling season where the chips turn against them.

D Let me read the second paragraph.

00:07:54

S Shut up.

D Can I read that?

S No.

D I will crush this.

S No, because...

D I do voiceovers.

S But listen.

D I'm a professional.

S But listen about it. This is not even written in proper English, half of it's got no

grammar.

D That's what would make it so fun.

P Just let him read one paragraph because whatever it is, it's really good and then he can be done and you can get back to it.

D You're afraid I'm going to do it better.

S No, I'm just afraid that... There's no grammar in that.

00:08:15

D Listen girls. If you are in that halfway point in your game of life. If you've been feeling like a bit of failure because the first half of your game sucked or that you are in the middle of a game slump. We're here to talk to you in your locker room and shoot straight with you. You might be feeling like some of your friends have it all together and just clean-sailed through the first half, they're rocking their midway point and look like they will go strong all the way to the last kickoff. Well, good for them and a round of applause, but don't even think that your lack of luster or even shocking start or now midpoint slump has got your game all figured out as a total loss with a capital L. Now, you get to have one of those glory stories that make the world stand in the stadiums and go nuts with cheering oblivion. You get to make one of those turnarounds that makes your game the one that inspires future generations and gets talked about in the annals of history. You get to come from behind, the one that maybe no one had their eyes on or bet hedges on. You get to slip in around the corner on the last lap or shoot at goal or bat a fastball when time is of the essence and win. Take the gold, even the record, you might even up the ante and set new, inspiring possibilities for those coming up behind you.

00:09:42

S Well done. You did it better than I little Dan.

P I have to say, I feel like I'm sitting here with a crooked neck, but I'm such a proud sister right now of two people. First of all, I'm really... I can't...

D Oh, you're hurt again. Oh, my goodness.

S I'm so sorry.

P I can't wait to hear more. I really need to hear more, but that was one of the most greatest pieces of writing. And Danny, that was so moving. The way you did that, you really are a...

S Danny, now because you are the actor, you can actually see this halftime locker room coach. Right? You really, really...

P No, that was well read but now I want to hear more and seeing Serene since she wrote it, read it.

S If this is you, all tapped out at halftime, let's go into the locker room and have a wee



passionate chat. We're not going to kick you when you're down, but we might kick you in the pants where you need it. For starters, forget about the first part, who cares if you sucked, failed, messed up, made an embarrassment of yourself, went out there on the field of life and faceplanted in the mud. Who cares? Don't care, it doesn't matter. The only game that matters is the one ahead of you, your final game.

S And you, my friend, are going to finish well and finish strong and finish with grit and be one who knows the future is for the taking. When your mind wants to go to that place of failure, you grab it by the scruff of the neck, and you place it back to the present where your game matters. You remember, you only look back to thank. The world is at your feet and the possibilities are endless. 60 is the new 40 and even God that gave us the possibility for 120, we have time yet to turn the tide and change our story. The last half is the half that counts.

00:11:18

S Know that if you are halfway in your game, it's the perfect time to give yourself a halftime locker room talk. But you might want to listen to our locker room talk to you as well, the more, the merrier. Let's give you a halftime of hope. Every seven years, you are an entirely new collection of cells inside and out. If you change the environment of the cells emotionally, spiritually, physically and nutritionally, from degrading to nurturing, you will have created a healthier you. Pearl? And what's that called? Is it epigenetics?

P Well, epigenetics is... Yes, where your genes do not decide, but what you do to your genes decide.

S That's right.

P Because things turn off and then things turn on and you do the turning by what you put into your body.

S I knew it. She would...

P And thoughts. Thoughts, also.

00:12:05

S See? Change is science.

P Turn things on, turn things off.

S Change is biblical. It's the foundation of biblical belief to be renewed. We're going to talk about some things you need to know are in your favor as you go on to your last half. Some things are better now that we are in halftime. Let's take note, the mind. Right? Isn't that a shocker?

P Yes, because I'm shocked.

S Contrary to its reputation, the middle-aged brain is actually better than its younger version. It not only maintains many of the abilities of youth, but actually acquires some

new ones. The adult brain is capable of rewiring itself well into middle age and using it in its rewiring, decades of wisdom and experience. Research suggests the middle-aged mind is calmer, less neurotic and better able to sort through social situations. Some have also improved cognitive abilities.

D And as you age, Dr. Patricia Reuter-Lorenz, a cognitive neuroscientist says, there's an enduring potential for plasticity, reorganization and preservation of capacities. Of course, I want to but in her... I don't know what that says. To nurture all of this potential...

00:13:14

S Of course, I want to interrupt that quote and say, to nurture all this potential we need to prevent diseases of the brain with nutrition and a healthy lifestyle. Because that doctor was discovering the brain... She was a neuroscientist who said there's plasticity well into the elderly years. We can reorganize all of this wonderful stuff, but I'm saying you have to keep healthy too because you can actually... The disease can disrupt that.

P Hey, you're listening to The PODdy with Serene and Pearl. And I'm Pearl and who're you?

S Serene.

S Waking up feeling refreshed and being a parent to young children don't usually go hand in hand. But with the Hatch Rest, restful nights for the entire family can be your new reality. The new improved, second-generation Hatch Rest makes sleep better and more magical for your entire family. The all-in-one Hatch Rest is a smart, sleek device with a sound machine and night light that grows with your kids. Babies love the continuous sounds of white noise and lullabies for a soothing and comfortable sleep environment.

00:14:13

P Toddlers and big kids build sleep independence with color and sound cues. The times-of-bed pairing alerts them that it's time to wind down for the night and in the morning, a time-to-rise signal lets them know when it's okay to get out of bed for the day. Keeping those early risers in bed longer. Amen. The Rest has helped over 3 million babies and parents get restful sleep. It's no wonder that it's consistently a top baby registry item. Right now, Hatch is offering our listeners up to 15% off your purchase of a Hatch Rest and free shipping at [hatch.co/trimhealthy](http://hatch.co/trimhealthy). So, if you're ready for improved sleep for your children and yourself, go to [hatch.co/trimhealthy](http://hatch.co/trimhealthy) to get up to 15% off and free shipping. Look, I wish this was around when I had my babies but I'm going to buy it man. It's going to be my new grand-mommy little gift to my children. [Hatch.co/trimhealthy](http://Hatch.co/trimhealthy).

S This is The PODdy with Serene

P And Pearl.

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

P Can I interject about brain fog that so many of us, women, experience as our hormones decline. Do you go...?

S Oh yes, that's coming.

P Okay, great.

00:15:21

S That's the big... I'm actually opening it up for you and your expertise.

P Later?

S Oh yes.

P Okay, bring it to me later.

S I'm just going through some of the stuff.

P Poor Danny.

S Look, I'm a little bit concerned Dan.

D Listen, there's a bunch of studies now turning up with incredible and thorough data on the aging brain. One source of this is the Seattle Longitudinal Study, which has tracked the cognitive abilities of thousands of adults over the past years. The awesome news for this halftime locker room is that the results show that middle-aged adults perform better for four out of six cognitive tests than those same individuals did as young adults.

P Really?

00:15:55

S Now, this is where Pearl you'd be like, but, but and your hand up. I'm going to answer it because she's always like, I feel a little bit slower. Now memorization skills and perceptual speeds start to decline actually when you're a young adult. They start to decline in your young adult years and that's why it's easier to learn languages under 10.

P Okay.

S But the halftime hope that I have to share is that verbal abilities, abstract reasoning, simple math abilities, and spatial reasoning all improve in middle age or in other words, at the halftime.

P I can see that. I find myself more intelligent in many ways. The thing that I noticed was that when I let my hormones decline, the brain fog, the word recall.

S Right? But...

P I'm getting it back.

S You're getting it back. A study published in Neurology in 2007, researchers tested pilots aged 40 to 69 as they performed on flight simulators. Older pilots took longer to learn the simulating machines. Of course, right?

P Yes.

S But they did a better job than their younger colleagues at achieving their objective, which is avoiding collisions. They were actually better. So, they took longer to learn but they actually were more skilled. Research has shown that most adults perform better on mental tasks than they did as young adults. Researchers used to think that the brain would slow down with aging and would show less overall activity than younger ones, but newer emerging studies have overturned this thought.

00:17:17

S Several studies have shown that most adults tend to use both brain hemispheres... This is so interesting to me. For tasks that only activate one hemisphere for younger adults. And you think, maybe that's better, they could do it with one hand? Rueter-Lorenz says that older adults who use both hemispheres... It's a function called bilateralization and it makes for better performing adults. And the ones that only use one hemisphere do not perform as well.

P Interesting.

S So many adults think they think slower, but this does not mean that they think not as well. Quite the opposite, speed changes but mental ability and reasoning gets better. I love it. The white matter in the brain which forms the connections among nerve cells keeps increasing well into middle age. Dr. Grady, a neuroscientist, says that this suggests that there are some developmental changes that really don't hit their peak until somewhere in the middle age. We're not even at our peak and you're just a little young lad.

P You don't qualify basically.

D Just a tiny...

00:18:16

S Still in brain diapers.

D Just a baby.

P Brain diapers?

S And I'm going to open it up here, but I'm almost done with a little bit of...

P Serene is delightful, please keep reading.

D It's so delightful. That's the name of John and I's next band, Brain Diapers.

P Brain Diapers.

S John and I's. See, you're not middle-aged yet because I would have said mine and John's.

P Which one's...? Hold on. Let me see.

D Which is right.

S John and I's, is not right.

00:18:35

P John and I's, is wrong. Mine and... This is mine. This is...

D Me and John's.

S John and mine.

D John and mine.

P John and mine. Who knows?

S Anyway, research by psychologist...

D Our banter...

S Dr. Mara Mather showed that older adults tend to focus more... This is so interesting. On positive information and less negative information than their younger counterparts. And I've seen this overall with my parents. As they get older, they get more positive, and more delightful to talk to, everything has a rosy glass. The amygdala, which is the emotional center of the brain, in older adults responds less to negative stimuli. Beginning at around 40, people also show a better memory for positive images than for negative ones and this brain trend continues until at least age 80. And it's still there after that but it continues to rise.

P I just love this. I'm so happy to be older now.

00:19:27

S Just wait, it gets better. This happens more strongly in those who are doing exceptionally well cognitively. Because a lot of people think their brain's declining, and they can't see the full picture of how dark the world can be. But it's from a positive shift to the brain of older adults that are cognitively... Their brain is functioning well. Those whose brains are cognitively functioning at their best, they're the ones that this positive shift is working. So, it's not a decline of the brain, it's just a gift. It's a gift that

God gives elderly people. We get better at focusing on the good as we age. I was looking at Pearl but let me nod to you too.

D Thank you.

S A 2008 survey of 340,000 Americans aged 18 to 85 found that by age 50, participants were much less likely to report holding on to stress and anger. You've got a lot to look forward to. Feelings of happiness, pleasure, and wellbeing actually increase with age. Another study shows that negative emotions become less frequent, even amping up to this positivity through the age of 60.

P I just wonder though, Serene. You know I always play devil's advocate.

S We're coming to that.

00:20:32

P You know how as women age, the rise of anti-anxiety meds increases. I know it's to do with lack of hormones but how does that correlate? The antidepressant rise medications use.

S Well, I think they're at the season where people go through their lack of hormones and they ride it out.

P The season. And it's after that then they do better.

S They feel like they're not going to ride it out. We're going to put it back in because then we don't have to pull our big socks up. But I think, people as they age, once they get to... My dad's not any testosterone or anything like that, he just pulled his big socks up. And he's been at calm just with the wisdom of years and experience and the gift that happens with the brain where he's just happier than he was in his prime with his testosterone. But we're going to do the both.

P Okay. Good job.

D I'm enjoying drunk Pearl right now. This is fun.

S Now we are halftime.

P I promise I have not had alcohol, it's just...

00:21:16

S We are halftime. Pearl, I'm halftime, your halftime. I'm almost halftime, but I'm going to be a 120, so not quite. But you're still... You're getting there.

P Baby diapers that boy.

S We are better at regulating our emotions now. We are less impulsive. We make better decisions. We are more resilient. We are wiser, for sure. Dr. Davangere Devanand, Director of Geriatric Psychiatry and Neurology says older people have less emotional

volatility and a better understanding of relationships and have figured out strategies for different situations. That's what we call wisdom, she says. What else gets better? Let's look at this. And this is where the...

P But can I interject about something that I've noticed with you Serene?

S Yes.

P You are definitely more intelligent than you used to be. You used to...

D She was a dumb baby.

P You were always a creative, very talented woman. But I would say that you have a flow these days with your words that I see it. Your brain is... I don't know. It's just super sharp. Like, when you sit down to write, it just oozes out of you.

S Is it because she's in pain that she's being so sweet?

00:22:13

P No, I always think this lately. I'm like, how is she so smart? I do think I've seen it as you've aged.

D Drunk Pearl is sweet.

S I might have been a slow... What do you call it?

P Developer.

S A slow bloomer, but that's cool. If you're a slow bloomer and you're halfway and you're only just getting started, let me talk more about it. What else gets better? Marriage and relationships. This excites me so much. They are not only better with age and time. Like we know, right? But as older adults, we are better at them. Research shows this three times. Over a 13-year period, researchers watched and coded the interactions of two groups of couples. One group was composed of couples who were 40 to 50 years old and had been married at least 15 years. The second group included couples who were 60 to 70 years old and had been married at least 35 years. Research has interestingly shown that negative emotional behavior like defensiveness, belligerence, fear, tension, and whining decreases with age. In these relationships they saw this, it happened with a decrease with age. But the beautiful thing to note was that positive emotional behavior like humor... I saw it with my parents. Enthusiasm and validation increased with age. This happened in both groups' research and just kept on getting better and better. This research showed that long-term married couples that stick with it get better and get more beautiful, even if they were pretty rough at the beginning.

D It's the truth.

P It's good stuff man.

S I was reading an article heading the other day that said, Love Like You're Middle-Aged. It's true, that middle-aged people are better at relationships. Another article

header, Why Middle Age Is the Best Time to Fall in Love. Now, I'm not thinking we need to wait till this age to fall in love and begin a relationships. I'm thinking this is when we can use our more-developed social skills, wisdom and more positive-focused brain to fall in love with our spouse and our children again and this time, even more completely.

S Our end game is going to be better than our first. We are now honing all our love skills and bringing in the best of our smooches. We have saved the best smooches for last, the best conversations, listening skills, the best of ourselves for last, the wine has aged well.

P Oh man, that's good.

00:24:16

D And Serene, here's a goody and a shocker, Pearl. We wonder why older people want to retire early. Well, you're about to find out. Your sex gets better as you age.

P No wonder he grabbed it for this one.

S He was reading on and he could tell, this is my turn.

D Bet you didn't know that your sex got better ladies.

P I do know.

D John? I feel weird saying that to the girls. Now that I did it, it's like... God, I know their husbands. According to a study in the Journal of Sexual Medicine... The fact that that exists, by the way.

P It's very important. Keep going.

D That's great. Sexual satisfaction can get better with age. A study done in Sweden over three decades... I'm not sure how they did the study. Long found that over time men's sexual activity increased 47 to 66%, while women's activity increased from 12 to 34%. They had more positive outlooks on sexuality than younger groups and had a more fulfilling sexual life. Research is showing that we stand to gain much more than we lose by aging. And what we lose, we can decide to put the brakes on and keep much of it.

00:25:28

S So, you know that last line? I would've had a break between that first, but you did well. You did well. That was separate from that but that was great. But, fist pump it, yes?

P Hey, you're listening to The Poddy with Serene and Pearl. And I'm Pearl and who're you?

S Serene.

S Get a head start on spring cleaning with Caraway. Their thoughtfully designed sets and complimentary storage makes getting and staying organized easier than ever.



You can now save 10% off the full suite of Caraway products. From their internet-famous cookware to their newly-launched Food Storage Set. Caraway's ceramic-coated kitchenware is free of all the nasties, the PTFEs, Teflon, lead, cadmium and all the other toxic materials that I absolutely hate.

P And that's what I love about Caraway because not only is it natural, but their ceramic coating, it doesn't chip off. Most non-stick ware, it chips off and then you end up eating all of that junk. Disgusting. I don't know what they've done, but it is incredible and it never chips. And comes in a variety of chic shades and all sets include complimentary easy-access storage solutions. The ceramic's naturally sleek service means minimal oil or butter for slide-off-the-pan eggs and easy cleaning for e-Meals [?], it's just wonderful.

00:26:48

S Caraway products are made without any toxic materials like I said, no PFAs, PTFEs, PFOAs. All of that nasty alphabet soup, it's not in the Caraway products. Over 40 000 people have raved about their Caraway kitchen, now it's time to try it for yourself. Visit [carawayhome.com/trimhealthy](http://carawayhome.com/trimhealthy) to take advantage of this limited-time offer. For 10% off your next purchase. This deal's exclusive for our listeners here at The Poddy. So, visit [carawayhome.com/trimhealthy](http://carawayhome.com/trimhealthy) or use code trimhealthy at checkout. That's Caraway non-toxic cookware made modern.

S This is The PODdy with Serene.

P And Pearl.

S Get it right. It's P-O-D-D-Y.

S But it's so true. Because of a lot of things, my hormones, I have less of a drive. And we're going to talk about what we can do in our last-half game. Pearl's going to really shine here.

P Am I going to shine like this though?

S But I'm just trying to say...

D You're not.

S It's what they were saying was, fulfilling sexual life gets better.

00:27:49

P Fulfilling. Doesn't mean it's easier for people.

S See, they're not trying to say you're just as hot to char. They're trying to say that actually you're more fulfilled in that way and it is better when it happens, it's better. And so, Pearl's going to talk about how later on, on how we can contend for that.

P I wish that I didn't have a crook neck when I talked about that.

D Drunk Pearl is going to be great on this topic.

S Did you like that line though Dan that you read? That, we stand to gain much more than we lose by aging and what we lose, we can decide to put the brakes on and keep much of it. Right?

P With knowledge.

S But we stand to gain, even if we lost all the way. But we're going to show you right here how to put the brakes on some stuff. But even if we couldn't, we'll still stand to gain more than we lose.

P Yes, I fully believe that Serene. Because before even it took my hormones I was going through menopause and it was stinking tough. I was losing my hormones. It feels tough today too. But just the hot flashes all night, the lack of sleep, all of it going away. And yet, I discovered such joy in my life too. With the birth of my first grandchild and just the growing wine, aging or maturing of our marriage.

00:28:59

P Just looking at the world in a completely new lens of passing from motherhood to grand motherhood and all of that. Even without hormones at that time, and now it's better, I just thought, this is the best time of my life. Okay, that was my interjection, Drunk Pearl's going back to sleep.

S Okay, let's just look at some biblical example, Moses.

D Drunk Pearl. Drunk Pearl. Drunk... Sorry.

S Moses, when he was an elderly man, like old. He said, my bones are still full of sap, and we're going to talk about how to keep ourselves full of sap. Joshua, in Joshua chapter 14 verse 11 says, I'm still as strong today as the day Moses sent me out, I'm just as vigorous to go out to battle as I was then. When he said that he was 40 when Moses sent him out and 80 while he was saying it, 80.

P 80.

S He says I'm just as strong now I'm 80, that when I was 40 for battle, just as strong. So, let's get some simple main pointers said, here in the locker room, for your best play on the last half. Pointer number one, exercise, walk and lift. Lifting lengthens your telomeres and greatly slams on the brakes of aging. Lifting reverses, the aging process at the cellular and genetic level. It increases energy. Improves insulin resistance which is the catalyst of inflammation and many diseases. Improves your brain. Strength training actually reverses aging. Would you like to read this darling heart?

00:30:23

D Yes.

P Darling heart.

S I didn't write it with any grammar because when I flow, I flow.

P They're on the love couch and she's calling you darling heart.

D Evidence suggests that mitochondrial dysfunction is associated with sarcopenia. Loss of strength and muscle as you age, that's what sarcopenia is. In every cell in the body there are hundreds or sometimes thousands of mitochondria. So, you wanted me to read this because you misspelled everything here.

S Oh yes, I was just flowing.

D This is a test.

P It's amazing.

D The most active organs or tissues of the body have the most... For example, brain, heart, muscle. The reason we age is the insult... It's the insult?

00:31:00

S Yes. Or degradation of the mitochondria.

D Simply, mitochondria are the...

S Organelles in our body responsible for energy production.

D One thorough study, which is far too long to explain in detail, but I will just quickly brush on one of the highlights. The authors of the study identified 576 genes differently expressed between the group studied. Of the 576 genes identified, they found a 179 associated with age and exercise, that showed a remarkable reversal in their expression profile after six months of resistance training.

P See, that's epigenetics right there.

S Oh, yes.

P And let's just clarify what epigenetics is again.

S Can we finish that study and then you can go?

P Yes.

00:31:43

S They found that resistance training not only can slow down, but also reverse the aging process at the genetic level. The genetic expression of the elderly individuals became similar to those of the younger group. The researchers also found that the mitochondrial dysfunction, closely related to physical inactivity began to reverse after

six months of training.

P It's so amazing, right? Genetics is what we're born with and what our cells are programmed to do in our life. Epigenetics is when we do things that changes all of that. So, if we were born with a predisposition in our genes, perhaps towards arthritis or perhaps towards dementia or perhaps towards cancer, epigenetics and strength training as being a powerful one at turning epigenetics on, changes our genetics.

P They used to think, well, you're born with what you're born with, my genes are just like this. But now that we know, genetics now only account for about 15% of what happens to us, they used to think it was a 100. Epigenetics is 85%. What we can do changes things.

D I think this is the power of knowledge and motivation, because we're saying this and if... A lot of times, I think people think... Vitamin C helps the immune system, for example. And people will say, yes, sort of, maybe a fraction or percent it'll increase, but nothing to really think about. But in fact, vitamin C, I've taken when a sickness comes on and people around me are dropping and I don't get sick. I've used vitamin C almost like you would use... What are those? I don't know.

S Class break?

00:33:24

P You keep saying, uh, but I don't know.

D No, I know. No, it's bad for your gut and they...

S Probiotic?

D Antibiotic.

S Antibiotic.

P Antibiotic.

D Not that it works anything like that, but I've taken it almost like medicine and I feel, anecdotally, yes, but I have experienced that it staves off.

P So much scientific research for that Dan.

D So, what I'm saying is we have all this scientific research and as I hear this, I'm like working out and exercise, strength training sort of kind of staves off things that you're predisposed to getting like disease, for example, or cancers. My lazy side of my brain is going, yes, yes, but sort of kind of. But if it's anything not sort of kind of...

S It's not sort of kind of anymore.

D If it actually does it...

00:34:16

P That's just what that study says.

S That was just one study and I didn't have time to list all those sources and everything like that but I'm telling you what, I just chose one out of so many studies because I was just writing that.

D Right? And it's like, why would this not make national headline news? Why would news anchors not be absurdly passionate?

S Well I think it's out there and it's easy to find. I think there have been many articles written about how exercise truly does, factually does reverse aging. But the thing is, it takes motivation and it takes energy from a person. They have to get off the couch.

D And I found that to do one push-up for me is absolutely... It's so hard. But when I start doing it, I felt amazing on push-up number two. Hey, we're going to talk about more, but we've got to take a break. I did it, it was me.

P Good for you because I completely forgot.

S I forgot too.

Trim Healthy Mama Product News and Notes.

S Pearl, we're going to talk here about our Perfect pH Shampoo and Conditioner because there is nothing like them on the market.

00:35:25

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

S I'm scared.

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

S That's 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. And so, you're always smelling like a salad, it's pretty bad.

P But why I wanted to get to the bottom of that, now most of us... Like, I would go try to find healthy shampoos and conditioners. Because even though I'm not as a purist-y as you, I knew from my reading and knowledge the chems, the artificial chemicals in those... Not only do they go onto your scalp, Serene, they slide down your body. Right?

00:36:22

S And make your...

P It's your shampooing or conditioning. And they enter your cells.

S Oh, they do.

P Our skin is our biggest absorbing organ.

S Oh yes. And so, for that reason and for the fact that I really wanted to stop using egg yolk to wash my hair. We designed, with our scientists, an incredible shampoo and conditioner. You say, hey, I've heard about pH-friendly shampoo and conditioners before. Yes, of course, we've all heard about them but they're not pH-controlled. So, at the time of making they may have a certain pH, but they are not controlled, that pH is going to change. By the time you open that up and start using it in your hair and lasting a week or two in the shower, that thing is not the right pH for your hair. And so, we have designed this shampoo and conditioner so that it always has the perfect pH.

P It remains and that's why Serene, we are getting so many testimonies in right now because of that pH. 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 off my hair, I finally have volume, all of these things.

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

P Yes.

00:37:36

S It's like medicine for the scalp and shampoo for the hair. It's beautiful. And let's talk a little bit about the conditioner. You know a lot of people, feel like, oh yes, I used a conditioner, my conditioner makes my hair feel smooth. But it's a fake smoothness and the inside of the hair shaft is screaming for moisture even more. It's a lot of the cones from the silicones.

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

S No.

P And so, we decided to do this shampoo and conditioner thing because it's a lot of work, especially getting them bottled. Oh, my goodness. But it's so worth it because there's nothing like... This is world groundbreaking here. Let me tell you about the no's, what do we not have in it.

S No parabens, that's for sure.

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

S That's right.

P That's what we're all about.

00:38:34

S And the other thing I love about this shampoo and this conditioner is, if you're the type that wants to wash daily, you can wash daily. You know you're not actually doing something very harsh to your hair.

P Tip, though, when you wash... When I do it, I just use a small amount at first. I've got long hair, I do two shampoos.

S Oh, I always do two shampoos because this is natural, natural, natural. I find if you have oily hair or if it's been quite a few days since you've washed your hair, you do the two-step process. You do the first, like Pearl said, we use a little bit and you lather up with lot of water and then you'll find that the second wash, with just a little... You're using the same amount of shampoo; you're just breaking it up into two washes. The second shampoo will get really, way latherier.

P But if you've only used toxified, I'll call them toxified. It's like artificial chemicals in shampoos and conditioners which the majority on the market are, sadly. They lather more. I do feel like for a natural shampoo or conditioner, ours does well. But it's obviously not the same as one with chemicals.

S Oh yes.

P So you have to go in there knowing that and not expect this huge bubbly lather that could sit 3 ft off your head.

00:39:44

S Right. But in that second wash, you get a pretty good lather. Hey Pearl, I know you talked about all the no's, but we have to talk about this. We don't have preservatives, but we have natural preservatives, which are a proprietary blend of botanical extracts. They're from comfrey, they're from beets, they're from chamomile. I mean we have not skipped any step to make this as natural as possible.

P But I think we need to end with a fragrance. And if you want the hint of pink grapefruit lingering or in your shower as you do... I just love it, Serene. I'm addicted to pink grapefruit now on my hair.

S It's a very spa-like experience.

P I can't go back now.

S Very refreshing for sure mates.

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

S That was pointer number one, exercise.

P How many points because this is a two-part PODdy?

S Three. No, three points.

00:40:34

P I want to get... It's so good.

S Exercise, right? Walk, that's a no-brainer. Lift, that is the true key. As we age, the last half... You walk because you're a human, but when you go to exercise, you put those weights in your hand. Otherwise, you're just wasting time.

D So you're saying when you walk, carry weights or are you saying just [overtalking] do both?

S No, whatever. I'm just saying walking is...

P She's saying walking is fundamental, everyone should walk. We're not here to say for your exercise, walk. You should be walking. Because walking is a long... That means studies show, that walking lengthens your life, walking is an antidepressant, walking is anti-anxiety, it helps your heart. All the things, yes, a thousand times, but everyone knows that. But you can't just walk as you age.

S Walking is our day off, it's our relaxing, it's our Saturday, it's our rest days from training. But lifting is going to change those mitochondria on a much stronger side.

P So we're not saying just stop walking.

S No.

00:41:30

P Walking's fantastic. We're just saying start lifting.

S Pointer two. And this, we're just going to go through in three seconds. What we do here at Trim Healthy, anchoring your meals around protein, eat gentle carbs. Please don't do the keto and the carnivore and stop eating carbs.

D What's a gentle carb?

S Gentle carbs are the ones that God gave.

D Potatoes?

S They're not the spiking-white...

P Let's list them. Fruit because it's whole fruit. Beans and legumes.

S Lentils.

P Any starchy one that grows in the ground like potatoes.

S Tubers.



P Sweet potato. All of those ones.

S All the ancient grains.

00:42:07

P Ancient grains?

S Yes.

P And some corn.

S A little honey. A little raw honey.

P Like corn, do we consider that? Do we consider corn an ancient grain? Yes, we do.

S Yes, sure, especially if it's GMO.

P Non-GMO.

S I mean we just got to get real. We're not getting weird here, we're just getting real. It's real food from the earth.

P But Serene, you so totally skipped over, anchor meals around protein. That's because that would take a whole poddy.

S We've done so much, we have to just move. This is locker room talk. We're just yelling out and saying, here's what you're going to do, you're going to get out there and you're going to do this.

P So true.

00:42:34

D Wait. I never saw beans as a carb.

P Yes.

S Oh yes, they are.

D Is it too much to do beans...?

S They're more carb than protein.

D Is it too much to do beans and rice then?

S No.

D Because rice is a carb.

P Depends upon who you are. It's definitely not too much for you Dan Dan.

S Stick your meat in there too Dan. So, anchor your meals around protein. Why? Because if you're going to lift, you need protein and if you're going to age, you need protein.

P Exactly.

S You know children can get away with... They actually can build muscle on bread. They do.

D Wow.

00:42:09

S They build muscle by the insulin growth-like factor, it's anabolic. But as we age, we don't grow muscle by that, we grow muscle by the leucine trigger which is found in protein. Don't fast unless you're fasting for spiritual reasons. This is if you just want to grow and do well on your last race. Eat grains and plants, it's simple. Decorate with healthy fats in all meals for crossovers like people like Dan or certain meals if you're juggling S and E, but you don't abuse fats. Ditch the sugar. You know all of the above. Right? So, it's just simple. We've done PODdies and PODdies, they know all of that stuff. Pointer number three, is bioidentical hormones. And Pearl's going to give a passionate speech for two minutes. This is locker room speech.

P Yes but look at this giving this speech.

D Drunk Pearl. Drunk Pearl. Drunk Pearl.

S You can do it Pearl. Two-minute speech on bioidentical hormones. Why? They might be interested in their last half.

P Okay, true. But I don't look the part.

00:43:52

S No, it's all right.

P But that's okay, most people listen rather than look at this podcast still. As we age, we decline, our hormones decline. So, someone might say, well, is there a reason? Maybe there's a reason God made our hormones decline and when we mess with it and we try to put it back, bad things can happen. But I would say, we're here to contend. Things happen and we're supposed to get knowledge and then do things to make them stop happening. Like Serene said before, our eyesight goes as we age. So, should we say, well, that's the way it's supposed to be, I'm going to stop driving now.

S God had a reason why my eyes were meant to go.

P I'm going to stop reading. God knows best. Or do we? I mean get proactive, get our glasses or get our contacts or get our laser surgery or whatever and we do something about it. And it's the same with our vitamin D levels, they decline. Okay, it pinged. I cannot be the person talking about this.

S You're doing great. That's why you should be the person to talk about it because...

D Now the contrast is great. The fact that you're telling us how to age wonderfully and you're basically crippled.

00:45:04

P [Unclear]. I'm crippled, look at me.

S No, it's because she felt so great, she stretched so crazily.

P Look at me. Yesterday... You should have seen me.

S Yesterday she was doing the best workout in the world.

P Oh my goodness. So, what we go through as our hormones decline, we lose our brain function. Sadly, Serene. I know that our brain works in different ways but as our hormones decline, the recall ability goes away.

D Why are your eyes closed for five minutes?

S Because she was still in agony.

D Oh my gosh.

S She's breathing through the contraction.

D Pearl, go home.

P Heart protection, all of that, it dwindles. But as we put them back, we stop that decline. So, aging fantastically, to me, is putting all that back in wisely. Not doing it in unlearned ways that many people are putting hormones back in right now, but doing it very wisely, without extremes. I believe it's the way of the future. I believe that women have been very unattended with this, and we've just been told that's what happens. Get on an antidepressant because they're going through... When you lose your estrogen, it's as almost as if your very essence is squeezed out of you. I mean I felt that way and then, as I said, I came around that corner and I just decided to grab life in my new season. But man, it's hard.

S To go through that [overtalking].

P And not every woman finds it as hard but some of us do. And along with, for women especially, goes the libido, goes the actual sexual function. I mean, things dry up, people, they dry up. And that does not have to happen. In fact, we can be our best and ripest of... We're talking about dry to ripe.

D I was on the edge of my seat waiting for your choice.

P Waiting for the word? I had another word and I decided not to use it.

S I love that word. Luscious?

P No, it was worse, so I just went with ripe. I'm just saying...

S I know the word that you were going to say.

D We all know the word.

00:47:07

S Orange...

P Okay, yes. So anyway...

S Juicy?

P Yes, we could be juicier selves or just go there. All I'm saying is, we can gain more muscle. I look decrepit today, but I've gained muscle since I have put back my hormones. So, all I'm saying... That was my big rah-rah story and you asked for it.

S I love it. It's fantastic. It's brilliant and it's not contradicting what we said before.

P It's just contradicting this.

S No, I'm just saying.

D It was comical.

S Because God has given this positive out-like [?] to the brain and things do improve in the brain, yes. But there are some things that get lost, but we're saying, we don't even have to lose those with bioidentical hormones.

P No, we don't.

00:47:46

S And we're saying in that season that is hard, that crux that a lot of people have to turn the corner around before they get a new perspective. You don't even have to do that. And why? Because it's the same reason why you're not going to not wear glasses when your eyes run out. Because that's silly because God wants you to read books and wants you to drive.

P Yes, it's silly. It's just silly.

S And God wants you to have sex when you're 83 if you're still married. Pointer four, last but not least, practice peace.

P Oh yes.

S I think there's only your truly one source. Right? Love deeply, shove fear, tap into joy, be creative, flush every negative thought down the loo. And this is my final little locker room passionate part, now go out and rock your last rodeo, make it an epic ride. Put all your passion and zeal into it. It is a privilege to walk on this earth as one blessed with many years. You may have messed up a bit or a lot on your first half, but now you are going to make most of the half where the winners make the win. No matter how big your comeback and if it is from total flop to flipping fantastic, then your story will inspire others around you who could have easily thrown in the towel if not for your example. Get out there and play well, it's not only your future that waits to be won.

And that's so true, right? People are watching our lives and by example, some people when they have it all together, that's not really an example for some. They need to see...

P Well, it's not what movies are made of, Serene. Movies are... In anything that we want to watch, is the turnaround. The one that struggled in the beginning and then epically made it in the end.

S Even for your marriage, right?

P Yes.

S If you are halfway point and your marriage feels a little dry, you've got a great last half for that story. Even for your health, for all things.

P I love your points. I love everything about it. I'm locker room cheerleader up.

D Keep it juicy friends. Tune in next time.

00:50:22