



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #328 – Can You Be Underweight and Healthy?**

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

S = Serene · P = Pearl · D = Danny · L = Lesley

00:00:04

S This is the PODdy, with Serene.

P And Pearl.

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

D Now we're rolling on the Trim Healthy Podcast, and I'm so glad to see some of the brightest faces in the entertainment business. You know that, right? You're not in health, you're in entertainment.

P Are we? I don't even think of it that way.

D I know, I don't either.

P I wouldn't think of it that way. I don't think we're in entertainment.

00:00:21

S Well, so much for entertainment, I've got my little husband's jacket on here, trying to be, like...

P Your little husband's jacket.

S He's a big husband.

P He's 6 ft 5 in.

D Six five.

S But it's like, I don't know, I think I was meant to say I feel like a little old lady with a sleeping bag.

P Because it's chilly.

S Because it's usually freezing in here. It's not today, but it usually is, so I brought the prevention. It doesn't look like I'm thinking of entertainment.

00:00:42

P Take it off. It looks weird.

S No, it's cozy.

D It's, literally, the entertainment business. People come first to be entertained.

S I don't feel good anymore.

D Second, to be inspired.

P Really?

D And third, to be educated.

P You see, that's not me.

S Oh, no, I would say, first, to be educated.

D And then that's not what you think.

S No, first, to be inspired. Second, to be educated. Third, to be entertained.

D No. No.

00:01:03

P Everyone is disagreeing with you.

D Everyone is here for entertainment first.

P Really, you think?

D Yes, why do you think I'm so magical on camera.

S I never ever go anywhere to listen to any podcast or watch anything, except for the knowledge.

D No, no, you're brain thinks that. That's what you think. You think you're seeking education.

S Well, how come I don't even care if I see it?

D If you're seeking education, you get a way better one with books.

S I put them on in the shower and I don't look at the person, and I just listen.

P Yes? Still entertainment.

D It's entertainment.

P This podcast, it's only just recently on YouTube, but, I guess we were entertaining.

00:01:35

D Time will tell.

P Some people thought we were.

S Okay, I'm dispelling all of those because we're just fighting over...

D That's why I brought a magic trick today. No, I don't have a magic trick.

S Okay, so this Poddy, we're going to be talking about part two.

P Oh, what was part one? Can You Be Overweight and Healthy?

S Well, yes. Can You Be Overweight and Healthy? And so that was very, very conclusive in the end that we can't. We can't be overweight and healthy.

P I still feel weird saying it like that.

S No, no because you can celebrate your heavier size then your neighbor's. Or your lovely round behind than your neighbor's, and celebrate your heavier bones, and your thicker shape, and be very, very healthy. But don't celebrate overweight for you.

D Yes.

00:02:16

P Right.

S Because that's not healthy.

D Well, you don't compare yourself to others.

P Right.

D You find your, what was it called, body mass index.

P Yes, but then we decided that body mass index is not always applicable. Is always the case.

D It's a great guide, though.

P Yes, but some people could just have a lot more fat layers and less muscle, smaller bones, things like that.

D Yes, but isn't that the anomaly? Yes, okay, we've got bodybuilders who are going to be way high on the BMI, but that's all muscle.

S What about Isiah, my adopted awesome son, and he's not super-tall, and he's just solid muscle. So, for his height and his weight, he would be considered over, and he's not, at all.

P My son-in-law, Kendall, have you see him?

S He's trim

00:03:00

P He's built like a lumberjack, but he's trim. He doesn't look like he's got any fat on him.

S He looks like Gaston.

P He does.

S He doesn't have dark hair, but he has a Gaston body.

P Yes. He's a huge man. He's considered, on BMI, obese.

D But it's muscle.

S Yes, muscle and heavy bone.

P His frame, heavy bones.

D Does he have abs?

S He's a football player.

P No, he doesn't have a six-pack, but he's just straight up and down.

S He's straight up and down on the tum.

00:03:23

P But even his wide hips, everything about him...

S I would want him to lose 1 lb.

P No, but everything about him is wide. And he's like, yes, I'm considered obese on

the BMI, look at me, do I look obese? Not at all.

S I have seen some exotic cultured people, the islanders, the Māori, where we grew up, women.

P Women, especially, yes.

S That behind is muscle and it's all shape.

P And it's got some lovely fat, too.

S And they don't have excess. They're almost tight, but they're big and tight, and it's good, right? It's to be celebrated.

P Yes.

D Yes.

S But there is also an over that's excess, and that's what we were talking about. But I want to talk today about the flipside. And that you cannot be underweight.

00:04:08

P Well, ask the question.

S Can you be underweight and healthy? And I believe at the end of today, we will agree no. I'm just stating now, no.

P Okay.

D This is the Trim Healthy Podcast.

S Yes. Okay, so if you were born ectomorphic, and no matter what, you burn, you're a burner and you're always going to be little.

P Me. Me.

S I'm not talking about that. I am talking about an underweight that comes from different things. It could come from the fact that you would rather be light, and so, you are forcing your body to be that way. I'm going to put disease aside, and not include it, because that's not anyone's choice. Now, this next one, I'm going to say, could be slightly seen in the disease category, but I also think it's a very iffy category, and I want to address it today, and that is food sensitivity light. And that is about somebody who doesn't necessarily want to be super-skinny, but they have become super-skinny because, apparently, they have food sensitivity. So maybe they really do, but it has also become such a thing that they have not put in a good plan to eat the foods they can eat, or maybe try and walk out on some of their food sensitivities and they're super-super-dangerously malnourished. For instance, not that I think rice and beans has it all, because it doesn't, but there are cultures they've only got two foods, but they eat plenty and enough of it to not be thin.

P Yes. That's true.

S Okay, and then, the third, and that's true eating disorder people. I want to talk to that.

P Actually, I do want to include one more, and that's the first one you glossed over, and that was ectomorphic people. Ectomorphic people who have to eat a lot to maintain a healthy weight.

S And are bored and can't be bothered doing the job.

P And can't be bothered doing it as a job. And so, they think, it's just like overweight people, well, sorry, I'm just genetically like this, so they don't try.

S It's like some of our cousin brothers. Not cousins, the cousins on the hilltop, but they're actually our nephews, born to our tall drink of water, Vange, and they're handsome and wonderful, but when they get married, they all fill out nicely. But when they're just bachelors, they can't be bothered eating, they're too excited about the things in their life, and they are just super-skinny.

00:06:26

P Yes, and it comes down to knowledge, Serene. If you're overweight, we always tell people to get the knowledge. You can trim it down. But it's the same thing to an underweight person who is just genetically like this. Here's the knowledge, you can trim up. And you can if you take the knowledge and you actually do your job to sustain your body properly, despite your genetic anomalies. Is that the word?

S Yes, just make it even... Throw a few more vowels in there.

D I don't know if it is a word. Anomaly.

S So, let's just touch on the topic as a whole, or should we go through all of those first? Or should we just touch on this being underweight, overall?

P Just touch on being underweight first.

S Okay, so, like Pearl last time, she was really super-nerd intelligent, she brought a teleprompter and she read statistics and facts. I'm not doing that. I'm just coming from all heart and passion. But underweight, first of all, you have low energy availability. You're not putting enough fuel to run your body, it's a very dangerous spot to be in in your body, and you have low leptin, and we'll talk about this.

00:07:28

P Can we go back to LEA?

S Yes.

P So, you guys, you should come to know it. Low Energy Available. It is a huge thing, and it's called LEA, for short. And a lot of women are in this state of LEA because, for many reasons, they want to be light. A certain size. And that's what we were

saying last Poddy, maybe light for you is not where you should be. You should be healthy for you. And maybe that is a few pounds over, but it's not excessive weight.

S Maybe that's not size six for you.

P Yes.

S Maybe it's size 12. Maybe it's where you're meant to be.

P And when we go onto this Low Energy Available because we're not having enough energy for food, it affects so many things.

S Energy for your organs.

00:08:11

P Yes, organs.

S Energy from food.

P Fertility. Brain function. There's depression.

S Oh, we have to go through them.

P Okay, you go.

S And you can come to them too. But we have to, also, talk about when you have Low Energy Availability, you're leptin tanks. Your leptin is a hormone that actually measures the available energy in your body. If you don't have that available energy, the leptin speaks up and says oh, my goodness, I'm going to go put your endocrine system in survival mode. So, you don't have enough energy. Your body says no, off the fertility. No, we can't afford that. And also, the brain. You don't actually have as clear firing in your brain because you're not actually fueling it properly. Your body just goes into very basics just to keep you alive. And even then, even at that point, being underweight for a longer season, and it can happen pretty quick, then, even, the basic functions can go down, and that is your organs start to fail.

P Your bones start demineralizing.

S Right.

00:09:12

P Your libido tanks

S Oh, totally. And what happens with your heart is you need potassium, sodium, and calcium to keep your heart functioning properly. But when you're not having the right nutrition, you're not having those right minerals, and you're not having that right nourishment, and your heart cannot be supported anymore.

P And that's much more extreme when you're in the form of anorexia, where you're failing to thrive. But there is a mild form of it, and that's what it's called, LEA, Low Energy Available. When you're walking around, you're doing your tasks, you look

like a normal person, but you are not supplying your body with enough food. You don't actually have to be underweight to be at that point.

S No. Right.

P And so, then there's that balance, well, how do I find my healthiest weight without reducing my food intake? And that's where Serene and I have spent the last ten years involving all macronutrients.

S Exactly. And lowered immunity. We've talked about that.

00:10:10

P That's huge.

S There's lowered mood. You know how you said lowered mood for overweight?

P Yes.

S And lowered immunity for overweight, basically, they all mirror each other. The same things apply to overweight, not all of them, but they often mirror on the other side. Why lower mood? Because you're not getting your serotonin, your dopamine. These happy chemicals do not function when you're not nourished properly. And then, of course, anemia, we touched on that, correct?

P We didn't.

S We didn't? Anemia is a huge thing, and then your hair falls out, your skin lacks luster, and you're cold on your extremities. It's not just for severe anorexia like Pearl was saying. Going back to Low Energy Availability, this last Olympics, was it, in... Where was the last Olympics?

P Where was the last...? Yes, the Summer Olympics? The last Summer Olympics?

00:10:59

S It was in an Asian country.

D Barcelona?

S No. No, was it Hong Kong?

P I don't know.

S I didn't watch it. But the last Olympics, apparently, they did a lot of studies on the athletes there, and a lot of the athletes, a lot of the teams that weren't winning, but they were training hard, they had Low Energy Availability. And so then, they started to think well, I wonder if this is just something in athletes. It's probably just in athletes because they're burning so many calories training, even though athletes are taught to fuel well for their sport. They said we're just going to test regular... This is women athletes in the Olympic Games they tested. We'll just test regular women. So, they just picked regular women, I can't remember the study, but I'm just telling



you off the top of my head, and regular women who weren't dieters, who were just regular women who wanted to just be light in life, obviously, Low Energy Availability. It is a common thread that's seen throughout females, and it's probably come from the decades and decades of the trend to be Twiggy, that light is better.

S And we even fell in that trap, Pearl, just oh, light, I just want to feel light. But now we've changed that whole thing in our heads to want to feel strong, and it's so much more of a healthy mantra to have in the head. But let's talk, let's go through now, Pearl, the things that I said. Trying to be light, that's a danger. I feel like if we listened to your poddy, the week before, and realized all bodies, all body types are so different, and to celebrate the one you have, you can't necessarily have to force yourself to be a size two and be miserable. But the thing that I'm really concerned about now is this food sensitivity thing, where people are thinking I can't eat certain food groups. Jump in, please, and help me out here because I'm just talking off the top of my head. I don't know what the full answer is because I know it's a fallen world, and there is food sensitivities, but I know that the enemy, I'm just speaking spiritual here... There is an enemy out there, there is a devil, and he loves to take things from people, and he loves to be a thief. I feel like it's sad that people with food sensitivities, when you start down that track, things start being taken away from you, almost month after month after month. You know how cancer almost has a chain and the chains keep going, the cells keep multiplying, and feel like with food sensitivities, once you start down that track, more foods, all of a sudden, it's like I can't have that, and the list grows. What started out, maybe, with a simple food sensitivity can almost come to food aversions and it becomes, almost, a mental thing in the head. It can become an eating disorder form.

00:13:52

P It can. I've seen it happen over and over again.

S Now I've just been having... Sometimes we travel, Pearl, and we speak at different places, and I had quite a few youths, young teens, come to me, and some of their mothers come to me and say hey, can you talk to my daughter, or the actual daughter, herself, is talking. And saying hey, it started because, at first, I was just wanting to treat some psoriasis on my skin, or I was just trying to treat eczema, I was just trying to treat some headaches, I was just trying to treat blah, blah, blah. And now they're very skin and gone. It just started because they felt, well, maybe I'm allergic to dairy, so I'll take out that. I had one girl come and say now I can't eat tomatoes, and now I can't eat beans, and of course, I can't eat eggs. The only thing they weren't allergic to was meat.

P Corn? A lot of people still eat corn.

S Yes, exactly. And of course, I said all these foods that they could eat. But it can almost become a mindset. I'm just trying to speak to you. If you're here, and you're listening, and you're becoming malnourished and underweight because of food sensitivities, then it needs to become your job, like Pearl speaking to the natural ectomorphic, who is like... If an overweight person can learn tips and tricks to get to the right weight, an underweight person needs to learn tips and tricks.

00:15:12

S And if you are in the world of food sensitivities, first of all, don't wear it as a box. Don't wear it as the title says. It's not yours, don't sign the UPS, don't sign the check, don't sign it, and receive the package. Walk out of it, and just really repel the fear that comes with it.

00:17:40

P I've watched Autumn, my daughter, go through this. So, she had psoriasis. She went on that path. She couldn't eat certain foods, or it would flare. She couldn't eat dairy, at first, and gluten, so there were two things she went off. And she did fantastically. She created all these recipes. She's even going to write a book. Then, after that, she went off chicken. Then she went off beef. What were some other things she went off? All eggs.

S Yes.

P So, she was left with less food. Mostly vegan but had some fish. She did get very skinny. She lost her period. Her psoriasis got to a certain level where it was better.

S It never went away.

P But then, it never went away, and her period went away. So, she worked on her gut, and she did some things, but she never thought that it would be forever. The more she studied, she realized, well, I've got myself into a place where I've half-healed my psoriasis because I've done things exactly as I'm supposed to, but I'm not getting any better. She did this for a year. It's not getting better, and I'm the ultimate off all the things I should be. And so, she decided to start including the best form of the foods she wasn't supposed to eat. So, she wasn't supposed to eat any dairy, she said well, hey, I'm reading about fermented kefir, that it's actually incredible for the body.

00:18:59

P I didn't do this. I didn't tell her to do this. She went and got goat's milk and made herself kefir. Then she realized she started doing so well, she was like, I can eat certain animal foods. I'm doing well on kefir. So, then she went, found a farm, and she went and got organic eggs. She put them in, and she's like, I can eat organic

eggs. I'm not getting worse with my psoriasis. She started including foods. She still does not eat any form of gluten.

S And she got her cycle back.

P She got her cycle back.

S And the hormone doctor she went to, that also encouraged her, after she came to her own revelation about it, said you need your estrogen. If you stop your cycle, you've stopped your estrogen, and you need your estrogen to beat autoimmune conditions. If you have food sensitivities, that's autoimmune.

P Yes, oftentimes, it is.

S Yes. Sometimes it can just be GI tract sensitivities. But oftentimes, it's autoimmune, and you need your cycle, you need your hormones in there full surge to be able to deal. To be able to deal with autoimmune conditions.

00:20:02

S And so, there can be ways of being inclusive, and that's what I want to encourage today. Like Pearl said, find the whole, clean, ancient ways of these foods that God gave as a gift. And of course, it's a fallen world, and maybe it's going to be a little journey, maybe you just add them a little at a time, or one at a time, and you add it with faith, and with prayer, and you don't be silly and just throw it all in at once, and if you've got strong symptoms, keep it in. You would do it wisely. But say you're the one, and it's a really hard situation and you feel like they're still giving you issues, all these foods, even in the purest way, I reckon, you take the handful of foods you can eat, and it's, obviously, probably, going to be more than just two. Some of the cultures that live aren't just two. Make it your job, and you're going to find some fat out there that you can have. Most people aren't allergic to meat.

P Yes, most aren't.

S Apparently. So, you're going to anchor it around protein. You're going to shove that fat in there, you're going to find the one carb you're not allergic to, and you're going to have it as your job, and you're going to eat a fat, and a carb, and protein at every meal, and at every snack. And that's your job. You lived in a third-world country, but it was a rich third-world country, that had their supply of these three food groups in surplus.

00:21:24

P Yes. And that is if you're underweight.

S Yes. No, because there is a thing, Pearl, I'm seeing it, in young girls that are food aversioning themselves skinny.

P I know. That's because food aversions have been very prevalent in the last five to ten years.

D And it's educationally online, everyone...

P Yes, it is. You take a quiz.

D You can take a quiz. And everyone's an expert on a very niche here's what you could be allergic to, and it's causing a bit of a neurosis in young girls.

P It is. It really is.

S Yes. And I want to say, yes, it can start out being a physical complaint.

P It can.

S But I think it gets very placebo too. I'm not saying that that's with everybody, so I don't want to be offensive here, but I'm just saying it's a careful road to walk, food sensitivities. And be careful of, also, the professionals in your life, who are telling you that you're allergic to stuff.

00:22:21

P Yes, that's very prevalent.

S Because God gave us food, and He made our human body, and I believe He's a god that wants us to be able to walk this Earth and eat His gifts. And that's the goal. I feel like it's just a trap to think that that's not possible for you.

P Yes.

D I had several MDs telling me the exact opposite. These weren't homeopathic chiropractors, which those guys are great, but these were medical doctors at mainstream places, at clinics in town, and they were like, man, you're not even allergic to anything. I'm diagnosing you with an anxiety disorder. And the other one, PTSD.

P And you thought you were allergic to dairy, too, all of this stuff, right?

D And my body...

S A lot of these are self-diagnoses that people have. They just say it.

D Yes.

P But a lot of people have been diagnosed in a quiz or on a test.

00:23:22

D Well, my body was showing that I was allergic to these things. It was when I ate them, it would send off a cascade of terrible symptoms, from pain to bathroom problems.

P Yes, and where are you now with that in your journey with those things that were doing that to you?

D I finally went and had all the deep-dive tests done, colonoscopy, etc., and from that

point on, I started to believe that a lot of this was in my head. Not in my head as in not real, I mean the solution was in my head. The solution was managing my stress. And so, where I'm at now is years past that. And sometimes I have major anxiety flareups, and it'll shut down my ability to feel hunger.

P But can you eat dairy now without running to the bathroom with a diarrhea attack?

D Yes, I just don't abuse it.

S Yes, and I want to say that about dairy, if you can eat regular pasteurized dairy, and you can keep relatively healthy, more power to you. But I think that just because you can't eat store-bought dairy does not mean that you can say I'm dairy intolerant.

P Yes.

D Yes.

00:24:27

S Because I love how the Bible says enough goats milk for the maintenance of the maiden, and that word maintenance means for the refreshment for maintaining health. I believe that there's a form of dairy out there, the original form, it doesn't have to be goat's milk, it can be cow's milk, maybe you want to go extreme, do the A2, or whatever you want to do... Or fermenting. A way of doing it where you can have it.

P Well, my case in point. As I got to menopause, your gut diversity changes, even though I'm optimized on hormones now so I believe it's back to being more robust, I found that I could not do those common forms of dairy I used to have for years on Trim Healthy Mama. I would eat yogurt, Greek yogurt, and have terrible GI symptoms. Even cottage cheese, whey, our whey protein, I couldn't do anymore. My gut changed, I couldn't tolerate them anymore, but I didn't say I couldn't do dairy, I became very dairy-light and used it very sparingly. But then I realized, once I saw Autumn do well on fermented milks, kefir, home fermented, I started doing it myself. I just used store-bought milk, lean, skim, or 1%, and just fermented it. I do so well on it. And guess what has happened to me, I can now do those other forms of dairy, as well. I don't abuse them. I don't really have them very much because I've got my kefir, but I can do them now. It's like something happened to my gut, where I tolerate them so well because I started feeding the diversity of my gut in a way that I didn't have a lot of symptoms and reactions. So, I think that's incredible.

00:26:03

S And some people have these sensitivities because of histamine reactions. Kefir, even though it does have histidine in it, it actually can heal. And if you do it in little amounts, like a teaspoon a day, and totally build up to a tablespoon, a couple of

tablespoons, until you do shot, until, eventually, you can have a smoothie out of it, that actually can heal those histamines. Usually, fermented foods will give a histamine response for somebody who's sensitive, but actually, the kefir will be healing.

P Serene, did you see me today, after my lunch, I had a bunch of whey with almond milk?

S Yes. And your tummy's not even hurting.

P Vanilla whey. No, I'm doing great. So that's healing. It's healing to dairy from dairy but taking the best form of dairy and healing my gut with it.

S And it's the same with grain. There are true celiacs out there, it is a fallen world.

P Yes.

00:26:49

S But a lot of people are just...

D It's a fallen world, there are celiacs out there. That's a T-shirt.

S Yes, there are. But most people are not true celiacs, those who are gluten sensitive, oftentimes, they're gluten sensitive because it's the glyphosates on the grain. A lot of people that are gluten sensitive can do organic grain. However, let's got a step back. Let's do the ancient grains. Before science and Monsanto went and messed them all up, they had God's gluten in them, the amount that the body can process.

P And I think because some people have lived on years of gluten, it overtook their body. Their body started reacting because they had too much gluten in their world.

D That was me with dairy. It's not that dairy was the problem, it was that every time I went through any restaurant, and they had a little pack of creamer, I would open it and drink it, like a psycho. Any time there was milk or cheese, or anything, I would sit at midnight, I'd pull a stool up to an open fridge, open the top of some grated parmesan cheese, and just... Pinchfuls of parmesan cheese.

S It was because it wasn't the best form, right? Because you've got young children that run around, and their parents buy A2 raw milk from the farm, and they drink it all day, and they're healthy. And I drink a quart of kefir a day, that's a lot of dairy, but it's the right kind.

00:28:05

D I could have even handled processed, the worst kind, if it was in moderation. Literally, any time, every meal choice was cheesy white sauce all over the pasta. It was just loaded.

P Your body had enough.

D Enough. I don't even know if it was even the dairy, as much as the fat that's in the

dairy. I was having gall bladder shut down and stuff. Gall bladder insufficiency, the doctor said. And that was, what he said, from abusing fat.

P Yes, and so people can, to my point, become sensitive to gluten, it is a real thing, because of abuse.

D From abuse.

P And then they decide, well, I'm sensitive to gluten, I can't do grains. There's a book called Against All Grain I think. The Brain Grain? But you see, there are aspects to those books, where you can find gems and truths, and you can find things. But it is not true.

S It's not true.

00:29:00

P Because grains have some amazing, incredible things in them. The B12, there's so nutrient full.

S It feeds serotonin.

P Fortifying to our bodies, and civilizations have lived on them for thousands of years. But I want to say this, if you're gluten sensitive, you don't have to be chowing down on bread every day, but don't say I can't do grains. Find the ones that work for you.

S Right, like her daughter, Autumn, has made the most incredible sourdough bread out of teff.

P It is a grain. It's kind of like a seed, but it's gluten-free.

S But it's incredible, and it's amazing. But I do want to say that the Bible... Pearl says that the world says all this stuff about the grains, but the Bible says that the grains were a gift. The priests, even, offered them up as a special gift, a sacrifice, in the Bible. But also, the Lord was called the Bread of Life. Why, out of all the foods in the whole entire Earth, did he choose bread to be the example of such an amazing provision, as our Savior. And I really believe that bread has been evilized, and it's not bread itself, it's modern bread. Yes, it's crazy.

00:30:12

P It's what's been done to bread.

S Right, but the real, true source of it is incredible and it's amazing, and it feeds the diversity of the microbiome. It's incredible. So, just speaking to that, we spoke to the people that are trying to be light, through excessive exercise, through excessive lightening up of calories.

P We didn't speak to excessive exercise. You thought you did, but we didn't speak to it.

S Well, I suppose I thought about that that when I said the people that are trying to be

light, and they're not really meant to be that light.

P It goes hand-in-hand, I think. Yes.

S How did they get there? They excessively exercise, and they eat lots and lots of rabbit food without protein and foods inside of it. They'll eat a salad for lunch. It'll just be a salad.

D Oh, that's torture.

P Where's the protein.

S But there's nothing on it.

00:30:52

D That is torture.

S Yes, and it'll always be cauliflower rice instead of rice. They removed the fuel.

D Do you think salad is a complete meal, just leaves?

P No.

S No.

P No, it can't be.

D I feel starved when I do that. I might even feel for a second oh, I ate, back to work, but...

P Well, you're giving yourself micronutrients but no macronutrients.

S No bricks.

P We require macronutrients. But with that, we need a Poddy break.

D You just tried to race me to it. It's at 29 minutes.

P Were you about to? Were you about to?

D Yes, in 40 seconds.

00:31:22

P Because, you see, Serene has no idea of the time.

S No, I've been watching. I've watched 26 minutes.

P Oh, you have?

S I've watched 28 minutes, but I wanted to go for the three [overtalking].

D You did it just to beat me.

Trim Healthy Mama Product News and Notes.



- S Pearl, we're going to talk here about Perfect PH Shampoo and Conditioner because there is nothing like them on the market.
- P I know. And that kind of sounds like we're really being salesy, but there's a reason we brought these, it wasn't just so we could have a shampoo and conditioner too. No. And the name says it all. Perfect PH Shampoo and Conditioner. Serene, we had a huge need in our lives. Now. let me talk about you, right?
- S I'm scared.
- P You are such a purist about your hair, how many years did you only use an egg yolk to shampoo your hair?
- 00:32:10
- S About seven. And then you smell a little eggy, so then you have to rinse with apple cider vinegar, but then you smell a little vinegary, so you're always smelling like a salad. It's pretty bad.
- P But why? I want to get to the bottom of that. Now, I would go try to find healthy shampoos and conditioners. Because even though I'm not as puristy as you, I knew from my reading and knowledge, the chems, the artificial chemicals, in those, not only do they go onto your scalp, Serene, they slide down your body [overtalking] shampooing.
- S Yes.
- P 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 flake, I am no longer having dermatitis of my hair. I finally have volume. All of these things.
- S You know why? Because it's not just treating the hair, it's treating the scalp.

P Yes.

S It's like medicine for the scalp and shampoo for the hair. It's beautiful. Let's talk a little bit about the conditioner. A lot of people, they feel like oh, yes, I use a conditioner that... My conditioner makes my hair feel smooth, but it's a fake smoothness. The inside of the hair shaft is actually screaming for moisture even more. A lot of the cones, from the silicones.

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

00:34:20

S No.

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

S No parabens, that's for sure.

P No phytates, no dyes, no sulphates, no artificials, no con. There's no con in this conditioner, right?

S Yes.

P No sham in the shampoo.

S That's right.

P That's what we're all about.

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

00:35:07

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, use a little bit, and you lather up with a lot of water. And then you'll find that the second wash, you're using the same amount of shampoo, you're just breaking it up into two washes. The second shampoo will get really way more lathery.

P But if you've only used toxified, I'll call them toxified, it's 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 kind of shampoo and conditioner, ours does well. but it's obviously not the same as one with chemicals. So, you've got to go in there

knowing that and not expect this huge bubble lather that sits three feet off your head.

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

00:36:27

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

S It's a very star-like experience.

P I can't go back.

S Very refreshing, for sure, mates.

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

P Back.

S Back.

D Oh, we're back. They were back.

S We were talking about the people trying to be light. There's danger in that. They try to be light by excessive exercise, eating too few calories, and removing fuels from their diet. Then we're talking about the food sensitivity people, who aren't, necessarily, trying to be thin, but are becoming thin by default, and this is happening to a lot of teenagers, that I'm noticing. Teenage girls and food sensitivities are morphing into food aversions. Food aversions is morphing into a skinniness that borders on a certain kind of anorexia. It's not trying to be skinny, but there's a certain kind of an eating disorder that's linked to anorexia, it's food aversion anorexia.

P It's becoming prevalent.

S You know how mono can morph into a certain kind of cancer, some things can morph into things. Hodgkin's Lymphoma. I've seen with young teenage girls, how food sensitivities morph into food aversions, food aversions morphing into a form of anorexia, and it's very scary. And then, the third one we need to talk about, anorexia. And some people think well, I don't have anorexia because I'm not too underweight. Anorexia starts in the mind before you are underweight. I've been

there before in my life and that's why I can see it. Sometimes, when I see it in young girls, I'm like, aah, because it's like a control thing.

D Because I know that look, the skin-and-bone girl thing.

S But a lot of people are there before they get it.

D Is there ever a woman that can be that without having an eating disorder? Are some women just super-gaunt and skinny?

00:38:32

P Are just skin and bone because...?

S Not as gaunt as anorexics get, no. No.

P But you can look like a normal body type and still have an anorexic brain. Because anorexia is an eating disorder, and it has a voice. There's that book I read called Life Without ED, and ED is Eating Disorder. And it has an actual voice in the brain.

D What's the book?

P I've heard the ED's voice. All of us have at certain things. An eating disorder could be bingeing and purging. Or it could be just emotional eating for stress eating. Or it could be denying yourself of eating. And the voice is like you wake up and you get on the scale and it's like, oh, well, you're 2 lbs. over today, Pearl, so you better lighten up your meals because you don't need to be over 130, come on. You're letting yourself go.

D Can it even sound like a coach giving you a game plan? Like, all right, today, we're going to not eat.

P Yes. It doesn't mean like an evil demon voice, like you shall be skinny, it's just a harmful voice.

00:39:35

S Sometimes it feels like a coach. How I've had anorexia in my head was it kind of came in in a façade of like, I'm a special coach that's going to help you in life.

P That's when you were young, right?

S We're going to today, and it would come up with a plan. Today, because you only ate half of your bowl yesterday, today we'll only eat half of our bowl. It likes to have a continuum. I feel like eating disorder voice with me like to have something that had a track record. I think that can be a danger too.

P I think it really does, and especially with women. I have not suffered with anorexia, but I think most women have had voices that they realize, okay, this might be harmful for me, and have stopped it. But some people, they don't recognize it as harmful and allow it to keep going.

S And they don't recognize the voice as outside of a sane thought.

P I think it definitely sticks to, like Serene says, metrics. It doesn't like certain weights that are over what they think should be, and sometimes that becomes lighter and lighter. But sometimes it could be just a person who's now in menopause and will refuse to be a different weight than when they were 35. Just refuse and won't be happy. So, they eat lighter and lighter. Yes, Danny?

00:40:58

D Do anorexics, typically, have anxiety? Are those always together?

P It's not all anxiety. My thing was never anxiety, with anorexia. My thing was I had a natural bent to control. I was good at control. It almost morphed, a little bit, when I started Trim Healthy because I never needed to be on S and E. I needed to be on crossovers, and I really want to speak to that. You are on Trim Healthy when you're on crossovers. Crossovers are a safe non-inflaming way to eat carbs and celebrate them. They are a beautiful design to eat a very nourishing meal with never spiking your blood sugar dangerously, and never allowing your body to feel abused, and your organs to feel abused. Your pancreas never has to feel abused. It's beautiful. And that's where I should have stayed, but my brain was like, the S and E, it's a little step harder, it's a little step advanced, and I like advanced, and I like spartan, and if it's hard, it must be better for me. And because I teach that approach, I should example it. So, I was S and E most of the time when my body was screaming for crossovers.

P I do want to say, though... Sorry, Danny, I haven't let you speak enough.

D It's your show. It's not my show.

00:42:10

P But I just want to put in right here, and we've touched on this before, with anorexia, some people come to anorexia because they don't know a balance of eating. And it's a fear that if they just let themselves eat healthily, they will be overweight, and that's something they do not want. So, they don't understand a balanced way to do it. We have had anorexics come to Trim Healthy and say, ah, peace, finally. I actually don't have to be overweight over here, like my fear was. But I don't have to be that skinny person, too, because I can have all my nutrients and supply my body without the fear of ballooning up.

S And that's crossovers.

P Yes.

S It's safe land.

P Yes, but what if someone is not your genetics, and they can still go anorexic because they were prone to getting overweight?

S Okay, got it.

P So, they can come to Trim Healthy Mama, and even do S and E, and find a peace. But it is when it comes to the point, where ooh, I don't like that 129 on the scale.

00:43:14

S Yes.

P And maybe they're weight training at the same time, and they think I've gone up 3 lbs., I'm going to eat lighter. But really, it's because they're weight training.

S And their muscle weighs more.

P Sorry, Dan, what were you going to say?

S I was going to ask why Serene felt the need to find control at that time.

P Serene's always had a lot of self-control, it's been her brilliant... You know how sometimes what is your most brilliant talent can also be your undoing?

D For sure.

S Yes.

D That's the thing you struggle with and suffer from the most.

S Well, yes, I just feel like it's easy for me to do the strictest things.

D Still, to this day, you're still this way?

S Yes, it's easy for me to do strict things, even though I'm a free spirit.

00:43:55

P If she has a child, why buy diapers when you can scrape the poof off into the bath and hang them on the line? And do it all. She likes the hard way.

S But I get thrills out of all that.

D Even with 12 other kids and a podcast.

S Yes, the more the better.

D I don't understand.

S I don't feel like I've been very succinct. You guys have helped me out just to try to

bring this message a little bit clearer. I don't feel like I really did a good job about it. But my point is as much as people have shamed overweightness, and as much as people have feared overweight, people don't really fear thin. I'm saying it is to be equally feared.

D And they don't usually shame thin or anything.

P Yes.

S Thin is to be equally feared. It's dangerous.

P I think, well, let's not say fear, but concerned. Because I don't want to live in fear.

00:44:47

S No, I don't want to live in fear either.

P But I agree with you.

S It should be a concern. And so, I feel like people need to realize and ask themselves am I trying to be light, lighter than what is healthy for me. And so, we were speaking to people that were a little heavier last time. We're speaking to people who tend to try and be thinner and go to that direction, today. And I think you should really ask yourself am I meant to be this miserable in life to be this number, or am I meant to be this thin, this gaunt, is this healthy for me? I'm saying if you're under what your genetics want you to be, you're not going to live as long as you're not going to be as healthy.

P Yes, because sometimes it is a mindset of what you've thought you should look like is what you think you should look like. Maybe it's not right.

D Now, everyone I know that I would consider underweight, 100% of them have serious anxiety, that they told me about. None of them are trying to be underweight. None of them are thinking... Now, for all the people I personally...

S But you might be talking about men.

D No, I'm talking about women.

00:45:58

P Wow.

D Yes, women. Now, for the three I'm thinking of, there might be, probably, thousands of others who are thinking some sort of Instagram standard, or something like that, and that's probably most people who are underweight. But again, just personally, I've probably connected on that level because that's the reason I was underweight, so maybe that's the ones that are like me.

P Are they overprocessing people and anxiety, and so, they skip meals because they're stressed, and things like that?

D Yes.

P There are people that are stressed and don't eat when they are stressed.

D Yes.

P And that can manifest as underweight, too.

D That's in my family line, anxiety and stress and not eating.

S That would be the people that you talked about, Pearl. The kind of people that need to make it their job.

00:46:42

P Yes.

S Their job to be heavier.

P Some people stress, and they overeat. Some people stress, and they undereat. And so, I think we've established that both underweight and overweight is not healthy, and that we're here in these bodies, and we're supposed to honor them. And so, even if we have genetic tendencies to certain overweight or under, we might not need to look like a certain thing that we think, but we should be a healthy weight for ourselves. We can find the knowledge and make it our job to do so.

D Yes, I discovered that hypoglycemia doesn't run in my family, anxiety does. And so, anxiety is the root that leads to hypoglycemia, and spiking and crashing. Needing to always keep a pack of crackers, in the car, to save you, to rescue you from this nosedive, which is really insane.

P But really, you should have just put more protein in your last meal.

D Yes and do the work to get out of your dang bed and eat your dang eggs, and eat your oatmeal, or whatever. And for me, in my case, here's what I've had to come to in my push-ups, even if it's just five, just knock out five today, instead of I don't have time to spend 30 minutes doing push-ups until muscle failure. I can't do that today so therefore I shall do none. I find if I do five, it's enough.

00:48:01

P Yes.

D It's enough to not become a big bodybuilder, but it's enough for me to stay healthy and eat and keep my appetite.

P And you keep your mindset, as well.

S If you feel like, okay, I'm busy, I'm one of those people that undereat when I get busy, but I'll just grab a banana and a spoonful of almond butter as I run out the door. It's better. It's not like the soundest breakfast, but it's better than nothing.

D Exactly. If you can do something, and that can get you on the path, at least. That



little crack will open the door for me, and now I'm at ten push-ups, and I'm like, if I did ten, why not fifteen? So, again, that book Atomic Habits, which talks about just making tiny adjustments. I hate all books right now, currently.

S You do? Hey?

D Yes, I'm just tired of another, sorry, message.

P Oh, man.

D It's just like the messages are already there.

00:48:50

P I hope people read my upcoming book, that's Serene's joining me in, Trim Healthy Wisdom because I think it's going to be huge.

D It better be good or I'm going to start an online campaign.

P It's really all out what we've learned the last ten years, Serene.

S Yes.

D Oh, are you going to wrap the show?

S Yes.

D This is the first in five years.

00:49:23

S Yes.

S I don't really feel like I did justice on this.

D No, no, go away.

S Because I feel like there's a burning something inside of me.

D What is it?

S It's a burning warning, especially to young, to young girls.

D Say it.

S And to older women who just think light is the loveliest. It's burning, and I feel like I didn't quite get it out and do it justice.

P Well, let's go back to what we...

D Let's make a sign.

P If someone's listening to this part two and never listened to part one, in part one, we just glossed over the fact that if you're under 20 of the BMI, you likely do not have enough bone mineral density.

00:50:03

S Or you have osteoporosis. You could be 16 and be forming osteoporosis in your bones.

D And so, just Google BMI calculator.

S You could be becoming crippled at 17.

P No, I'm saying some people might be 20. I'm 19, almost 20 on the BMI. But because I'm such a narrow frame, I feel like that's okay, I don't look unhealthy, I don't think. I am strength training, and I am eating a lot.

S But, Pearl, who do they say is the highest risk for osteoporosis?

P Thin white tall woman.

S Thin white tall women. We can't say hey, let's celebrate being thin and tall. We're not allowed to celebrate that, even if it's our genetics. So, there is a point, yes, celebrate it if it's your genetics, but you've got to fight them sometimes.

P Yes.

S Because that means that we could fall, break a hip, and die early, and we don't want that, so we have to step out of our genetics and say let's contend the strength.

00:51:03

P That's right. So, knowledge empowers us. When I discovered that women under 20 BMI are at greater risk for breaking a hip, and thus, dying earlier... When you're overweight, you die earlier, but when you're underweight, you die earlier, too, of different things. You break a hip. Okay, I've realized, oh, my goodness, Pearl, sure, you might be an ectomorph, but let's get you to, at least, 20 BMI. Let's do it.

S Overweight people don't break a hip.

P Well, actually, they can once they've gone through menopause and lost all their estrogen.

S Yes, right.

P And then their hip breaks, and more mortifying...

S But before they go through that, they're actually quite strong because they're carrying the weight around.

P Yes. That's so true, too. But there are studies for and against.

D If I break a hip, I'm going skydiving.

P We can't.

00:51:45

S No, but these ladies, you know that's the end of them. That's what kills a lot of them.

P Yes, break a hip.

S I've heard so many times, what happened to old Aunt Marge? Well, the last thing was she broke a hip, and she never got up again.

D Yes, it's serious.

P But the hip break is not on the death certificate. It's stroke, which quadruples after breaking a hip. Or it's a heart attack, which goes up after breaking a hip. Or it's pneumonia. Break a hip, you get pneumonia.

S Because they can't get up. They can't get out.

P But Here's the deal, so I decided I'm not going to have that happen. I am working to get to 20.

S Do you remember you and mum laying in bed, and once you started near menopause, and I remember mum saying it the years before she got onto bioidenticals, my hips hurt in bed? Even laying on a mattress, your hips would hurt.

P Yes, mine did hurt, too. So, I realized, okay, well, Pearl, I could have the excuse, well, I'm just a genetic ectomorph, and all of that, and I still know I am, but I can jolly well get to 20 BMI, can I not?

00:52:34

P Yes, I densify my meals up a bit, and I can strength-train, those two things together. I don't have to accumulate a lot of excess fat pounds. If I get a little bit more fat, that's okay. That's okay. So, I think all of us, no matter where our body tendencies want to do, can fight the harm that our bodies want to do on their own, and fight against it with knowledge and with making different practices in our lives.

S Right.

P I'm glad I read that information.

S Whether it's your genetic, whether it's food sensitivities.

P Yes.

S And so, I love it. I love it. Let's find our trim, let's celebrate it, but it's not necessarily the way that it just naturally falls.

D Take us to the close, Serene.

S Yes, because you were really doing a bad job. We're going to try again.

D I thought you were about to do it then, but then you... You're not used to it yet.

00:53:22

- S No, it's just the reason is because still feel like the warning hasn't been said enough on the light business. I don't know how to get it across. Because there's so much warning out there on the heavy. I know it's a trend, and it's a fad now, to celebrate heaviness. I know. But it's just been around for a little bit.
- P Yes.
- D Do you want me to give you a little coaching because you're struggling?
- S It's been around for a little bit. Just hang on, Dan.
- D Okay. Just keep going.
- S It's been around for a little bit.
- P She's going to get there.
- S But most people are still heavy-phobic, and in the back of their minds, there's been more years of you've got to be light, you've got to be light.
- P Right. And especially... Oh, I see where you're going on this. If it's been inground in you for decades, let's say...
- S Yes. You might think, oh, I'll celebrate it for a while, it's all right being heavy for a while, or whatever, but it's in there, and I just want to speak to it. I want to just put the little amber light on the traffic light saying warning, warning, warning. Whether you don't even look underweight, but you're starting to get those thoughts in your head, which aren't great thoughts, going into your aging years, we're gifted in years, where you need to start thinking dense bones. Strong muscles, which aren't going to happen on no fuel.

00:54:34

- P No.
- S Right? And so, I want people who are aging, helpfully, to think strong, not think light. And I want young teenagers, stop thinking light is the thing to fancy and to glory in.
- D This is the Serene and Pearl show, something.
- S No, I'm not ending it. I'm still trying to get my point across.
- D Oh, you're not?
- P Try it again, Serene.
- S You can end it. You can end it, but I'm just trying to say I wasn't trying to end it. I'm just belaboring the point, it's not there yet.
- P Oh, you still don't think you've given it?
- D I think you nailed it.

00:55:07

S I did such a slack job on getting across.

D Who watching doesn't know that you shouldn't be underweight? I don't see any hands. End the show.

S It's your job. It's what we pay you for.

D You can't do it.

S No. I'm not an ender, I'm a keep-on-goinger. End it, please, Dan.

D Try. You can do this. Try with hey, guys, thanks for watching, and then improv something.

S Hey, guys, thanks for watching the... You see, it's not coming. I blanked out.

D Thanks for watching and listening, we'll see you next time. Just say it.

S You see? You just do it. You do it.

00:55:41

D You can't physically do it.

S I don't end anything.

P This is painful. Just turn us off.

S Yes, I don't end stuff.

D I think, by now, hopefully, our producer should have faded it to dark.

P I have to tell her to quit.

S Yes. There you go.

D Fade to black.

00:56:03