



Trim Healthy Podcast with Serene and Pearl

Episode #327 – Can You Be Overweight 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

00:00:00

S This is the PODdy with Serene.

P And Pearl.

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

D We're in. We've already started.

S I have to redo.

P We can't redo. Have you ever noticed that when us three... Is it we three or us three, by the way? We three kings... It's we three.

D I like we three.

P Try to redo anything. Like if we Pre-PODdy and we're on fire, and then we're like, save it for the poddy and we repeat.

00:00:54

S Yes, it's started.

P There's no fire.

D Oh, we try to repeat it.

S Oh, I know. But she's just...

P That was fire right there, wasn't it?

D It is and was and has been for like a minute and a half, the Trim Healthy podcast.

P That was your best intro yet, Danny. But...

S What were you saying, Danny?

D We were saying about how we can't redo stuff because...

S But it was a good point. We have to be fast. We must be bell, bell, bell, and listen to Lesley's bell because you've got to go and pick up your children, right?

D Yes.

P Yes, and he was saying that... When you say...

D Oh yes, we got to...

P But this is not to do with the meat of the conversation.

D You got to suffer a little. You have to wait when you're getting picked up. You got to suffer a little bit when you're waiting on Dad to pick you up. You can't... My kids are in a world where they... 3:15. Their moms always there. She's on German time. I'm on Mexico time.

00:01:44

S Yes.

D Like 3:15 means around four-ish is...

P When we were kids though.

D Yes.

P That's what one did as a kid. You could wait. That was just your job.

D Just wait.

P You just wait and you.

S Or you just find your own way home. Planes, trains, and automobiles. I remember, cracking the whip and finding my way home. You took a few different buses.

D Resourcefulness.

00:02:05

P The times are different now though.

S I'd give the bus drivers some licorice if I didn't have a couple of coins.

D Times are different. There's always that balance between, okay, well, you're not in Africa in the 1800s, husband... Is my wife talking? And I'm well, fair enough, but it's okay if they don't get picked up on the dot.

P I think long as they're in a safe area and they're not in danger, then it's okay for a child to wait and not be, I think, waited on hand and foot.

D Yes.

P I think it's a good life.

D Yes. And I'm okay if there's no phone to wait with.

S That's good. That's the good stuff.

D Yes. That's the good stuff. How else are you going to pontificate eternity?

S I used to wait, no phone, no watch.

P Right.

D Do you remember, hey, did you...

S You just start looking at...

P You look at the sky, you do.

D You look at the sky and gone are the days of emptiness of mind... At first, you're bored for five minutes. I'm so bored. And then that turns into, why is it even blue up there?

00:03:13

P Yes.

D Because at night it's black.

P Right.

D You need to have that.

S Yes you do.

P You need to have vacant spaces to fill up.

S I always tell my children. They're like, oh, can we watch a movie while we're in the car? Because we have the van that has the two screens pulled down. I'm like, no way. When I was a child, I just stared out the window.

D And you picture that your eyes...

S You just stare out of the window.

D Your eyes are lasers and you're cutting down all the tree lines.

00:03:38

S Yes.

P Yes.

D I remember being that bored.

P I remember thinking in the backseat of the car, going to visit Nana and Grandad, my brain, all it was saying was trees, trees, trees, trees, trees, trees, trees, trees, trees.

D That's what your brain said.

P Having the most blissful time.

S That's why you're so genius today, right?

P Trees, trees. Hey, but I've got some good stuff to bring. Actually, not to bring, to ponder, a mixed betwixt ourselves. Okay. I got a message from a friend, a Facebook friend, and she's like Pearl, I'd really love to know your and Serene's thoughts on this. And so I started thinking about it because it does require some thought and conversation. And she said I'm seeing on a lot of my social media streams that a lot of women and men, but mostly in women, are going against fat shaming. Now, I think that's a good idea because I think nobody ever should be fat shamed.

S I agree.

P But it's going against... Not a current trend because I think that was a former trend to look a certain way. Now, I think there is...

S Twiggy.

00:04:41

P Yes. Now there is a trend to embrace whatever way you are looking.

D Is that in and of itself fat shaming to be skinny? What do we mean?

P Well, I think to be overweight, I think for many years, hundreds of years, except at times where actually that was the fashion to carry more pounds and less. I think people have been shamed for being overweight.

D In what way? What do you mean?

P Made to feel less.

D Like not people...

S Made to not feel beautiful.

P Yes.

S Made to not feel in the perfect shape.

D Like people would say it to you in your face?

P Well, I haven't been immensely overweight. I've carried a few pounds before, but from what I've seen and I experienced, I went to school all my life. I saw it.

00:05:27

D You're talking about middle school, high school?

P Yes, but I'm even talking about workplace. I'm talking about environment. I'm talking about grocery store. I'm talking about someone walking through Walmart who is overweight and getting looks of scorn.

D Okay.

P So I think that there's a big movement turning against that. So it should be, but

with any movement comes extremes.

S And so I think it's a great idea. Like Pearl's saying, it's a good movement in a way. No one should be shamed no matter what, even if they are severely overweight to their detriment of their health. No one should look down on anybody. But I think the movement in the essence, in the beginning of it, is to not shame any different body shape. We should celebrate every single body shape because that perfect weight for somebody is going to be so different. Like your perfect weight, Sam, will be different than my husband's perfect weight, right? It'll be different.

D You called me Sam.

P You just called him Sam. You called Danny, Sam.

S Did I really?

P Yes, you said your perfect weight, Sam, will be different from my husband's.

D Different than my husband's weight.

S Dan, that is what I meant. Dan. That's hilarious. I didn't even catch myself.

00:06:39

P It's so true. But here's the question I want to ask then because my friend said... She said I'm seeing... And I'll do a verbatim what she said. I'm seeing a lot of people going against fatphobia. And instead of embracing being overweight, instead of aiming to lose weight. She said, what do you and Serene think of this? And so what do we think of this? This is going to require a conversation. I want us all to be honest today. And I think the question is, can you be overweight and be healthy?

S That's a great question.

P Because we are not just trim. We are trim and healthy. Our whole brand's Trim Healthy, right? So what is healthy trim? Or is trim healthy? Is overweight healthy?

S Well, I think the reason why we chose the word trim is because we didn't want to use the word skinny because skinny is oftentimes... Unless you are genetically skinny and that's just how you were born to be. Skinny is not healthy.

P No.

S And so we really went away from that word skinny because trim means without excess and excess is different for everybody. Because you got your mesomorph, which is just naturally going to be a little bit more muscular and got your endomorph naturally a little bit softer. And that's how people are made.

00:07:57

D Some people's bones are bigger.

P No, but even with endomorphs, they carry more muscle too, but they will have thicker layers of fat pads.

S And you got the ectomorph and they're just chowing down on McD's all day and

they're just bones.

D Have you heard the phrase big boned? Like I'm not fat, I'm big-boned. That's a joke. People laugh at that, but it's true. So people are big-boned.

P No, it's true.

S It's actually true on the scale and maybe on the width, but not on... You can always tell when it's unhealthy excess and when it's bone.

P Well, I think that's what we want to talk about today. What is unhealthy weight and what is healthy weight? And I think we're all going to look so different. Like we said in our very first book. As a woman, you could be... If you're short of stature, you could be a size two or four and be healthy, right? You might be that small, but if you're taller, you might be a 12 to 16 even and be healthy.

S There can be people five foot three and be healthy at a way above size 12.

P Yes, because...

S Because of their genetics, their shape, their muscle, but also just built to be glorious.

P Yes, gloriously round. And I think there's a trend these days. I see it in the last five years where women's curves are being celebrated more than ever. And I'm talking rear-end curves more like in the A S S department.

00:09:19

D I have always celebrated.

P Yes. So has my husband. But I think as a culture...

D In the what department?

P In the A- S- S department.

D In the A- S- S department.

P Yes. Okay. In the behind department.

S I would say I'm looking after my husband's assets.

P Yes.

D Oh gosh.

P Yes. But remember, it was five, ten years ago, all the women would say to their husbands, does my butt look big in this? And a husband could say anything, right? But now it's like, hey, does my butt look big enough? It's changed now where curviness... More in the lower end of a woman's body is something to be sought for. Right. Whereas even five or ten years ago, it was more like women were getting breast implants everywhere. And it's more the upper... Things have changed throughout history.

00:10:03

D It's like style trend, in body.

P Yes. It's a style trend. And so it will go out and it will come in again. We have to find the balance through all this because body shapes and styles and trends will come and go. Do you remember the bustle era? People are getting a fat pad put in their butts right now, right? Just to make them look bigger.

D Really?

P But the woman used to wear the big bustle behind her dress...

S Remember that? It was like...

P To accentuate the butt.

D Oh, the little thing around the...

S It looked like there were camels in the back.

P Yes. They put the big fat... It was supposed to look like a bum fat pad sticking out three feet.

S But it was very thick layers of tulle.

P Yes.

D Yes.

00:10:40

S Like a bunch of curtains.

P And then we had the padded bras.

S What about the shoulder pads? What was that meant to be?

P I don't know.

D Oh, the poor guys, man. And the shoulder pads.

P Here's what I think of today...

S No, but girls used to wear shoulder pads. Everything used to have shoulder pads in the 80s.

P I think there is a healthy and there's a trim for all of us. My trim might be different to your trim, which will be different to somebody else's trim. And I do believe that it's so good that people are going against a look that we all have to cater to.

S The funny thing is that they're going against the trends that have been dangerous, like the twiggy trends and almost the trends that try and make everybody look neutral gender, where the top models look like little boys.

00:11:24

P Right.

S And so they're going against it and that's fantastic. But in a way, they've started their new trend.

P Yes.

S Which is going to make everybody maybe feel like they have to achieve all of those curves. And that may not be healthy for some.

P Right. And that's the thing. Even you and I, Serene, we're long, tall drinks of water, maybe not as curvy as some other woman. And because, there's a trend now to be very curvy, especially in the lower part of the body. You can feel less then. It's just like some woman that, five, ten years ago, 15 years ago felt over then. Many women now feel less than and go to the plastic surgeon and get butt implants.

S And now they're removing all their breast implants.

S I remember when I was a little girl, about six years old, jumping up on our Nana's bed there in Rotorua, New Zealand, and asking her questions about my mom. Tell me about my mom when she was a little girl. Tell me. And she used to tell me the stories about when mom was just so rambunctious.

P She was that little naughty redhead.

00:12:29

S Yes. She would just walk her dolls in her little pram all the way into the town, which was about three miles away, and cross little roads and everything. And she was so naughty, they'd have to tie her up into a clothesline, which would be terrible today. In those days, that's what you did. But I just love those stories. And now our Nana's gone. And so we have to ask her ourselves, right? So oftentimes I'll ask Mom, tell me what your thoughts were when you were my age. And, you had all of your children around. You were deep into your own family. And just tell me your thoughts of motherhood. And I just try and pick her brain. But she's almost 83 now, and she's not going to be always there to pick her brain. And I really want her wisdom to go down the generations to my daughters and to my daughter's daughters. And so that's why I want to give her. And, Pearl, if you don't give it to her first.

P I have already told her I am. Well, you'll get to share in it.

S Yes, exactly. I love Storyworth for those reasons. It's not just a gift for you, right? It's a gift for your generations that come after you. And Storyworth is an online service that helps you and your loved ones preserve precious memories and stories for years to come. It's a thoughtful and meaningful gift that connects you to those who matter most. And every week, Storyworth, this is how it works. They email your loved one, the one you gifted the Storyworth to, a thought-provoking question of your choice or from their vast pool of options. And these are questions that you may have never had the chance to ask. And maybe one day, sadly, you don't want to talk about, but when they're gone, you wished that you had asked maybe, what's the bravest thing you've ever done in your life? I don't even think I've even asked that to Mom.

P I know.

S I know once I talked about what was the most adventurous. And apparently, she

rode bareback on some horse with her sister, in the middle of what was it? Up near the Yukon border in Alaska.

P Really?

S Yes. After that, eating branded prunes in a cabin. But I want to know these things and I know that I won't get all the questions I want to ask before she's no longer here, but let's not talk about that. That's making me upset. But anyway, after one year, Storyworth will compile your loved one's stories, including photos into a beautiful keepsake book that you'll be able to share and revisit for generations to come. The book's going to be amazing. I know.

P And it's going to be something that will be passed down. It'd be probably the most treasured thing out of anything that I would have to pass down. Really. If you're looking for a unique Mother's gift, a heartfelt gift for Mother's Day that you all will cherish for years, it's Storyworth. You can look no further. And right now, for a limited time, you'll save \$10 off on your first purchase when you go to storyworth.com/trimhealthy. That's S-T-O-R-Y-W-O-R-T-H dot com slash trimhealthy and save \$10 on your first purchase. [Storyworth.com/trimhealthy](https://storyworth.com/trimhealthy).

00:15:36

P So there are trends. So, what stands the test of time, and what is healthy for a human? I think we need to get back to that. So, I was just jotting down some notes, right? So can you be overweight and healthy? I was looking at the facts today.

S And it's so interesting because I believe you can be heavier than another person and be healthy, but the word overweight. I think if it's a standard set up for everybody.

P No, it's true.

S That's dangerous. But, if it's over your weight...

P Yes, your perfect weight. So let's look at BMI. Standard weight of what's healthy is looked at BMI, which is body mass index.

00:16:20

D So there's actual numbers here.

P Yes, numbers.

S I loathe them numbers.

P But there is some truth to BMI, right?

D Well, there's probably some play there.

P Yes, but there's play because... You can get a lot of women and men that are overweight on BMI, right? Body mass index, but they have more muscle and they're just metabolically healthier because it's the distribution of muscle to fat. So they might be overweight in BMI, but it's not overweight with inflammatory fat layers. It's overweight because they have more muscle. They have bigger bones.

S Or just denser bones.

P Denser bones. And they're just denser people.

D So the BMI rule changes if we're talking muscle.

P Yes, it does. It really does. Cause you've got a lot of... Especially people that work out, they get heavier. As I've worked out, I've gotten heavier, but I'm definitely healthier and I'm higher on the BMI scale.

S And maybe your jeans can zip up easier, even though you're heavier.

P Yes.

S Because it's a metabolic...

00:17:16

P Although they fill up now differently because I was probably maybe a little bit on the thin side.

S Yes. But what I'm just saying on people in a general.

P Yes. But if we want to go BMI, right, basically everyone in the world goes by is BMI. And underweight is considered anything below 18.5 on the BMI.

D How do we find that number?

P Well, you can go onto anywhere, just type in BMI and you calculate your BMI.

D But can I do it just with a calculator?

P Yes, do it right now.

D I want to do it right now.

P Put in your height, and put in your weight, Danny, and find out if you're under 18.5.

D No, but I can't do it on my calculator.

00:17:47

S But they would always tell me...

P No, just look up BMI and find out your BMI.

S But, Pearl, if I go in, I bet you that'd say underweight and I'm not underweight at this point.

P Not now.

S Sometimes.

P So here's how we go. And now some people are going to be that 18.5 because no matter what they do, maybe Danny will find out what he is because he's a burner. He's an ectomorph, right? But okay. So, anything overweight is considered 25 BMI to 30 and then obese is 30 and over.

D Shoes off, right?

P Yes. Shoes off. Two-thirds of the world, right now... Two-thirds of America, at least

the Western world are either overweight or obese. So that's why there's this pushback. Everyone's saying, are we really this way? If two-thirds of us are like this, well, maybe we need to change things.

S It's because of more than two-thirds of the diet is deranged.

P I know. Right. Exactly. And, Serene, this is what we've been looking at.

S He's not.

P What are you, Danny?

D I'm normal weight.

00:18:46

P What are you normal... What's your BMI?

D 21.5.

P Oh, that's perfect. Okay. So, they've changed things.

D I'm glad it's not 18 too.

S Yes.

D Because 18.5 to 24.9 is considered normal weight.

P Yes.

D And if I was 18, I was going to be like, oh, I just made it.

P You're 21, Dan, good for you.

D I'm a healthy 21.

P I knew you were medium, Dan. I knew it. But guess what? I'm glad you're 21 because that's what I'm shooting for now. Because they've just come out...

00:19:11

D Like right in the middle.

P Yes. They've come up with a new thing, Serene.

D And I've done nothing to earn it.

P And this is what you and I... No, you have.

D Other than stop drinking Coke.

P And you're not on the sugar lifestyle, Dan.

S Yes.

D I'm not. You know what else? Before I met the tall drinks of water, as you refreshingly referred to yourself in a refreshing manner, I was a fat little porker.

P But you were skinny fat.

D Yes. But when I look back at some pictures, it's like I was a little porker. For me, I

was a little porker.

P Right. For your trim. Yes. Because now you're focusing on the protein and you're not drinking your Coke.

S You probably changed, right?

P And you got more muscle.

S That weight that you're standing on the scale is all in the biceps and in the chest and then some legs and it's not on the little pooch.

D It was all in the pooch and here.

00:19:54

P I'm telling you, if you're 21, because you are thin, that means you've developed muscle. Now I want to talk about something for us women. Listen up.

D So happy.

P Listen up. Danny, you're going to want to listen to this too.

D I'll try.

P They used to say anything above 18.5 is healthy. Now they're changing it. They're saying, you need to be, if you're a woman, it's better to be 21.

S Oh yes.

P Now why?

D I'm the perfect family...

P Well, you're good for a male too, but below 20, you have risk for osteoporosis because you don't have enough weight on your frame to build minerals in your bones. Now I am an ectomorph. I am a thin person who eats healthy. It is hard for me to be above 20 on the BMI. But guess how I'm trying to do it? Because I don't want to eat junk. I'm having a lot of crossovers, but I'm doing it with weight training.

00:20:43

S And with protein.

P And with protein like you are. So when I'm going up, I was 19. I'm up to 20 now.

S So good. I bet you I'm up there now too.

P Yes. And you might be thinking, oh my goodness, that's so low, Pearl, but we're different.

S Yes.

D Yes.

P You look at my tiny little...

D Your little bird bones.

P My bird bones.

S How many fingers can you fit also in there?

D Look at this. Look, it's going to get gross.

P Right. And then some of you guys looking at us are like, yes. And look at mine and you have strong bones and we're so different. Right?

S Even your daughter who is so thin, you would think that if she got any thinner, it would be dangerous. Right?

P Autumn?

S Autumn. Her bones are just so beautiful and strong. And it's why she's such an athlete.

00:21:28

P Yes. Because she's got more of my husband's bones.

S Not fantastic.

P Not mine.

S They're not big bones, but they're not scrawny bones.

P So I think that we can all establish that even though there are outliers there with BMI, I think we can establish that there is too low and too high when it comes to our health.

S And I want to talk about too low and you're going to talk about too high.

P Okay. So I'm going to talk about too high first and let's just get to the reality because we can live in a fantasy world where we say, my weight is okay. Anywhere it wants to put itself.

00:21:57

S And it can also make people think it's okay to keep unhealthy habits going that are killing you.

P Yes. Because a lot of times I understand. Someone was saying, I'm so glad I'm free from that pressure to be a certain weight. Okay. I agree about being a certain weight, but...

S Or a certain body shape you weren't designed to be.

P And that's why I'm no longer depressed. I feel more confident. I don't feel oppressed by the constraints of the society. Okay. I see the point, but don't live in a fantasy world where you think that you can be optimally healthy at any weight, because I'm sorry, the facts are that you cannot.

D That's fair to say. And that's only loving. There's no shame in that.

P I'm the last person to fat shame because someone could skinny shame me.

S Yes.

P But I'm seeking health.

D You know what? On that note, I was skinny-shamed my entire life.

P Yes.

D When I was younger, it was like, man, this sucks, I'm a little scrawny wimp. And I felt it too, even physical strength. I'd wrestle other guys and just... It's like we had fun, but if they tried, I couldn't do it. You know the bar at the gym? When I was in high school, I could not bench the bar.

00:23:03

S Pearl and I used to be teased because we went to high school, people that are shorter, they develop sooner. It's just when you reach a certain height and you finish...

D You start going out.

S And well, your hormones start kicking into play. Not all the time, but you'll reach where you're going to be in height before you even start cycling as a woman.

D You know what?

S So we were called the pirate's favourite treasure, a sunken chest. So you can get shamed either way, right?

P You can get shamed either way.

D And middle schoolers and high... There's time to grow up too, right? But middle schoolers and high schoolers that age, maybe college, even who knows, even at the workplace afterwards. If shame comes your way though, you've got to respond to that appropriately too. I started doing my push-ups and taking my powders and choosing to not do that. And I'm all for it. Man, yes, absolutely. Nobody needs to put somebody down, but at the same time, celebrate if the world puts you down. Maybe? I probably needed to hear a little bit, that motivated me.

00:24:04

P Well, yes, I can see what you're saying...

D What are you going to do with that?

P But, Danny, you have a person that has gone back through your life and you've taken the hard moments and made them work for you. Now I must applaud that because I think that's what all of us have to do. Some people aren't there yet.

D Yes, fair.

P But here's what I want to say. So let's go to the realities and the facts and let's not live in fantasy land. And I hope that's not coming across as cruel and brutal.

S No, it's not because we've spent 19 minutes and 45 seconds saying, everybody, there are so many different shapes to rule the world.

P Okay. So let's talk about what severe obesity does at first. And that's, basically anything over 30, probably severe obesity is well over that, does to a person's

lifespan. It is the same as having a long, a full life of smoking cigarettes per day, of chronically smoking, being severely obese.

D Which is 30% BMI.

P More than that. Severely obese would be more than that, above 30. And what it does is on average, it takes a full decade off your longevity. So if you were going to die at 75, you'll die at 65, on average. That's just what the statistics say.

D Hey, that's real talk. Ten years is...

P That's ten years of not having a grandparent or a grandchild.

00:25:18

S Well, we can just say, if we're going to start celebrating, hey, if two-thirds of the world... Sorry, I'm not trying to interrupt, Pearl, but if two-thirds of the population are like this, isn't this how we're meant to be? Let's celebrate. Let's just be happy where we are. Well, let's look at the stats of how they're dying.

D Well, and let's look at how that affects real lives. That is graduations missed. That is not seeing that second baby.

S That's not being able to enjoy the season of retirement together as a couple because one's gone.

P What if it's not just severe obesity? What if it is not finding a very healthy weight for us? So they looked at statistics on health span and people who were able to maintain a stable, healthy weight throughout their lives, live longer on average, nine years for men and seven years for women. Those are powerful statistics.

D I wish I had my cat back today.

S Shouldn't have fed him so much ketchup.

00:26:16

P And so why does this happen? I'm not saying you cannot be healthy when you're carrying a few pounds, but it starts to add up on different things. Even if you don't get type two diabetes, right? Even if you don't have risk of heart disease and stroke, and they all go up once you are in those overweight BMIs, you get things like weight on your knees and...

S Joint issues.

P Joints. And things like that, because your frame is very heavy.

S How many people do you know that are 65 and older? I can just count them who have all had their knees replaced.

D We call my grandmother Robo Nana. Yes. Because she has more robotic parts than... But she's maintained a healthy weight. She played tennis into her 70s.

P Very aggressive sports.

D Yes, like daily.

P So, yes. So it's not just overweight, but that is a big contributor. That's one of the biggest contributors for knee replacement. So, okay. So all causes of death, and mortality go up when you reach an overweight BMI.

S Can I interrupt?

P Yes.

S It just made me think about that. When you said, it's not just about the diseases. Let's just think about the joints themselves. When I look around in certain shopping plazas, I don't want to say the ones starting with W, I look around and there are people that, according to social media, should be celebrating that weight. They can hardly walk. Now, is that a point to celebrate?

00:27:44

You can tell their knees are hurting. You can tell the way that... You look at their shoes and where the soles are wearing out, just the weight distribution, just so that they can actually take a... They kind of pro... What do you call it?

D Pronate.

S Pronate out. And all of the shoes are worn down on one side because just of the weight wearing down just with each step.

P Serene, this is why we're here, right? Because we want to bring help to people that feel like they can't find a way to do it, to find this stable, healthy weight. It feels impossible to them. So that's why we're going to keep being here.

D And it feels like, why start? I can tell when I'm starting to bloat and get that, because for me, it goes all chin and belly, even two weeks into going, I'm seeing it. And I remember the Coke and I remember the pie and I know why this is here. We're talking body mass index still in check probably, but I feel hopeless. I feel like, I'm not even going to start. And that's with weighing 150. So I think when people do begin to get the BMI really high, it's beyond hopeless.

00:28:58

P Well, it feels that way because here's the things that happen. I've got the facts down here.

S I don't think we're just beating up because we're going to beat up the other way.

P We're going to beat up the other way too. So all causes of death go up. High blood pressure goes up as soon as the BMI usually hits the overweight point. High LDL cholesterol and low HDL cholesterol, high levels of triglycerides, type two diabetes, is rampant, it's an epidemic, coronary heart disease, stroke, gallbladder disease, osteoarthritis, as I said, sleep, apnoea and breathing problems, a huge thing.

S My husband, he wasn't severely overweight.

P No he wasn't.

S He was just carrying an extra 25-ish. And I would wake up to this. Literally, I was scared I was going to lose him. It was just, he would stop breathing in the night.

D Why is that?

S He doesn't do that anymore.

D Like internal weight happens too? Is there clogging or...

S Visceral.

P Visceral. Here's the other thing. And many types of cancer. And they did this poll recently, I think it was at Oxford University. And they asked people, what do you think happens when you're overweight? And many people said, well, stroke, heart attack, things like that. Only 5% of people realise that being overweight raises the risk of cancers significantly.

D Do we have a percentage?

00:30:08

P No, because each cancer is different.

D Okay.

P So the other thing that is greatly impacted, and the other way too, when we get to the underweight, this is severely impacted too. But fertility, the very thing that we are here, the basic function, not all of us get to do it, but it's such a privilege to bring life into this world, is significantly impacted by being overweight. And that...

D You could add to that, erectile dysfunction.

P Yes, huge.

S Yes, that's huge.

D Big deal.

P Type 2 diabetes in men and erectile dysfunction, yes.

00:30:45

D [Overtalking].

P There are so many studies supporting the connection between miscarriage and high blood sugar, which correlated with high weight.

D You haven't even mentioned the mental aspect.

P Well, it was my next one. Mental illnesses such as clinical depression, anxiety, and other mental disorders all go on the rise once the BMI is actually overweight.

P Premium meals don't have to come at a premium price, and Butcher Box provides you with the best meat and seafood on the planet so you can whip up quality meals on your budget. Listen, I love some good grass-fed meat, but if you go to the grocery store, you're not going to get fully grass-fed. You're not going to get grass-finished. It's going to say grass-fed, but at the end, typically, they are fed with grain, and the prices on it are even more expensive than what you can get at Butcher

Box. And then you get fully grass-fed and grass-finished high-quality beef and other meats and seafood that you can trust. Butcher Box takes the guesswork out of you to find high-quality meat. 100% grass-fed and grass-finished beef, as I mentioned, free-range organic chicken, pork-raised crate-free, and wild-caught seafood. I am in love with their wild-caught salmon. I find our frozen salmon hard to deal with. It gives a bit of a frozen taste, right? You can taste that difference. But there's something about this wild-caught salmon from Butcher Box. It bakes up incredibly for me.

00:32:25

S Humanely raised, no antibiotics, no added hormones. Get just what you want delivered right to your doorstep. Free shipping for the continental US and no surprise fees. Choose from a variety of box plan options from curated to customize and change your plan whenever you want. You can get free chicken thighs for a year and \$20 off your first box when you sign up today. That's three pounds of bone-in chicken thighs free in every box for a year plus \$20 off your first order when you sign up at ButcherBox.com/TrimHealthy and use code TrimHealthy.

P Claim the steal at ButcherBox.com/TrimHealthy and use code TrimHealthy.

S This is the poddy with Serene.

P And Pearl.

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

D When I was overweight, I don't know on the BMI if I was overweight, but I was overweight for me for sure. It wasn't just that I was eating tons of healthy food. For me, I was eating a lot of sugar and bad food and I was spiking and crashing and not treating my family right.

00:33:30

P Yes, right. And that's right. And then...

S People think it's just wine.

D Thinking I needed to...

S People think it's just wine or whisky that makes dads blow up at their children.

P No, it's not.

D No, it's hypoglycaemia.

P Yes.

D From Coca-Cola and dessert.

P My husband used to get that same way after cookies after every... Before we did Trim Healthy Mama and before I got him on plan, after each meal, he'd eat four Toll House chocolate chip cookies. And he...

D Which four isn't even...

P It's quite...

D No, it's not even a lot.

P But this is after a dinner, okay? And they were significant size and he would be so happy and play with the kids for about 20 minutes and be so kind.

D And the...

P And the grumpiest of the grump grumps about one hour later.

00:34:11

D I was going to say after about an hour.

S The troll comes out.

P Oh my goodness. And once he stopped, he's just even Charlie.

D And I'll tell you this, as someone who just blew it for so many years like this, you actually think that your family's giving you problems. You actually think that your son's bucking up to you. You're hallucinating on sugar or the lack of sugar, the crash.

S Yes. And I can tell what things go into your system, how they affect, because I'm not a sugar person, but I can't handle caffeine. I just can't. Whenever I have coffee...

D I'm freaking out right now on half a cup of tea.

S Unless I'm at a holiday and the adrenaline and the fun of the holiday eating up that caffeine or unless I go workout to that caffeine...

00:34:53

D You got to be swimming in the ocean.

S If I'm just in the kitchen with my children on that caffeine, I am nasty.

D Are you nasty?

S I don't mean to be. And I keep on having to say sorry every three seconds, because I'm just agitated. I'm huffing and I'm puffing.

D Everything's amped, right?

S Everything is amped, every noise. I think I just keep telling them, you got to stop being so loud. Just stop being so quiet. And I feel like everybody's asking me a question at once and nobody is.

P But you know what? I've got one last one and I want to do a personal experience. Then we're going to go the other extreme. And Serene's going to bring the underweight because I feel like it needs to be addressed, right?

S I haven't done a big special teleprompter, but I'm just going to bring it from the heart.

P No, that's okay.

D I like this one.

P Body pain and difficulty with functioning on a basic level. I want to bring my own experience. Before I started Trim Healthy Mama I'd been on many health journeys. I'd been vegan for 11 years and then I went low carb and then I just like, enough of this. I'm putting everything back together. So basically I was just eating crossovers and crossovers. And for me at that point in my life, they were very packed crossovers.

S You were celebrating?

00:35:54

P I was celebrating food. And I felt better.

S You could have decided I'm just celebrating my special weight.

P I could have, but at first, I felt good after denying myself a certain nutrient the whole time, a certain food group. I've always taken one out, whether it was meat, whether it was carbs. Finally, I'd pour cream over bananas and I'd have rice and I'd put so much butter in there and I just celebrated food and I felt better. I felt good for the first time. I felt good. And then I didn't. I woke up and I got to about 15 pounds beyond probably my trim. My trim, is what I should be as an ectomorph. I'm just there. No one really could see it. No one would have ever said, Pearl, you're overweight. They wouldn't have said that. But I woke up in the morning and every day I put my feet down out of my bed and walked to the bathroom, my feet would burn. It was this, oh, I don't know what it was, but there was this pain in my feet. It was so weird. And then I couldn't get my ring on and off. My fingers and hands would swell. I started to feel... At first I felt so full of energy because I was replenishing my body, after denying it things for so long.

00:37:07

P But then as excess fat layers started accumulating, other things started happening and it went the wrong direction again. So I'm like, oh my goodness, just when I'm feeling good, enough of this. How can I just find a stable, healthy weight for me? And then, Trim Healthy Mama was born and Serene was going through a similar journey and we learnt to try and find this balance and we did. And we haven't been perfect. Serene, I have probably, even as a Trim Healthy Mama, been underweight probably. I needed to bring some weight training. I needed to probably up my fuels. And for a while we got stuck in having too many S meals versus carbs. We haven't been perfect examples as leaders.

S No.

P But hopefully we've always been honest and hopefully we are still trying to be honest and show the path forward.

S Yes.

P When all the world goes crazy and gets stuck into fads and says, this is the right way to be, maybe we want to find the truth still. Right?

S Right. So it's not about where the river flows, whether it's twiggy, whether it's embracing the big bums, embrace it if that's the way God made your genetics, right? And that's not excess for you. But what we're here to say today is, don't go

making yourself be a size two when you were born to rock a size ten or 12, right? And don't go trying to make yourself and celebrate and say, this is where I should be at a size 12 if you were really meant to be a size six.

00:38:36

P It's so good, Serene. We should take a break now, a little PODdy break, and we'll come back in a minute.

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.

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

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 About seven.

00:39:21

P 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.

S Yes.

P And so you're always smelling like a salad.

S It's pretty bad.

P But why? I want 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 as you, I knew from my reading and knowledge, the chems, the artificial chemicals in those, not only do they go into your scalp, Serene, they slide down your body, right?

S Oh, I know and they make...

P As you're shampooing or conditioning and they enter your cells. Our skin is our biggest absorbing organ.

S Yes. 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 conditions 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 the shampoo and conditioner so

that it always has the perfect pH.

P 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 absolute toxin freeness of it. But so many women are saying, hey, I am no longer having flaking. I am no longer having dermatitis of my hair. I finally have volume, all of these things.

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

P Yes.

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. A lot of people, feel like, oh yes, I use 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 Yes. And it gets coated.

S Yes.

00:41:29

P Yes, but it's not actually conditioned.

S No.

P And so, when we decided to do the 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... This is world groundbreaking here. Let me tell you about the nose. 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 this shampoo.

S That's right.

P That's what we're all about.

S Yes. And the other thing I love about the 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 do, I've got long hair. I do two shampoos.

00:42:24

S Oh, I always do two shampoos because this is 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 a 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 conditions, 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 bubbly 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 talked about all the no's, 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.

P But I think we need to end with the fragrance. And 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. I can't go back.

00:43:48

S And it's a very spa-like experience. Very refreshing for sure, mates.

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

S So I think we've established the fact that you can be overweight for you, even if that weight can be celebrated as healthy for somebody else, right? It's so individual. And I think we feel it. I think deep down, we can really feel it. Don't you think? Or maybe, Pearl, do you think that's true? Or maybe if somebody hasn't ever been in their zinging, healthy, trim, perfect for them state that they don't know what they're missing?

P Yes, I think that could be true too. Some people have not since perhaps teenagerhood have not experienced their true healthy weight.

S Right. Interesting. But we don't want to act like we're beating up on the overweight because underweight is equally as dangerous.

D Why is there a wolf breathing?

P What is is?

S It's the refrigerator. I'm a professional at realizing it's the refrigerator because we have different... We have peeing refrigerators. We have interesting refrigerators-like creatures in our house. They pee.

D Oh, because you got 12 kids. You got that like commercial fridge.

00:45:00

S Well, it's just, I don't know, but there's a spot that we like to have a refrigerator. And no matter how many times we get rid of the peeing fridge to buy a new one that won't pee. Yes. They always pee in their spot.

D Oh, like it leaks?

S Yes. But it's like a pee because it just...

P Hey, Leslie, you got a bell? Yes. Ring that bell. I don't think anyone listening is hearing the refrigerator.

S Like Pearl said, we have probably been underweight in much of... In quite a few of the years that we have been heading up Trim Healthy Mama, not because I think that we were celebrating underweight, but because it was easy for us to stay there.

P With our body types.

S With our body types. But like Dan said, sometimes you just must get in there. We had to start lifting some weights and strengthen our little, tiny bones, and put some healthy metabolic tissue on us muscles so that we can age well. And so it's not just the overweight that need to try, the underweight too. And so I want to speak to that. But I also want to speak to those who think they're underweight because of years and years and years.

00:46:01

S Now it's not so trendy, but it's, how people can get stuck in the hairstyle. Like our mom has the hairstyle she's always had since we were born. And it's she's stuck in that. That's the cool hairstyle, right? Well, people can get stuck that being skinny is the way to go. No matter what culture says, they're just still beating themselves up and wanting to be size two.

P Yes.

D Well, I get the why behind how people get overweight. It's just gravity, physics, like it's...

P And the food available.

D The food available too. The rush lifestyle, but you literally got to make changes in every corner of your life from when you drop kids off to what you do at night before work the next day. It's super hard to not be overweight. But what was the why for you? Why were you underweight? Because that sounds hard.

S Well, I beg to differ in a friendly way that it's super hard to not be overweight because I feel like there can be a celebratory, really happy, really easy approach. It's just a mindset.

D Well, yes, you're right. I agree with that.

S That's why it's all about shove the shame. Do this food freedom, do it the same way.

00:47:11

P Do you know, I have a really good idea because I want to dig deep into this because it's a good conversation. We took a whole poddy on why it's actually... Can you be healthy and overweight? Let's look at this again. Let's look at the reality. The reality says, if you're overweight, you're not as healthy as you can be.

D So the answer is no.

P So the answer, oh, that was hard to say. There's a lot of people going to hear me and say, ouch, Pearl, that's brutal.

S That's true.

P But the answer is no.

S Because we're going to go to the other side and say something too.

P Unless your body metabolic composition is lean muscle mass. If it's excess inflammatory layers, the answer is no, but there are exceptions for bones and for muscle.

S And it doesn't mean if you've got a nice big bum that that's excess inflammatory layers, because sometimes there's places genetically woman in certain family generational lines or cultural lines that they put it there and they can be very thin in the tummy.

00:48:10

P But that's their trim.

S That's their trim.

P But I think we should take a whole new poddy because we're basically 40 minutes in and dig deep into the other. It doesn't serve us right to just spend five minutes on why I'm overweight.

S No. And we have to stop the refrigerator from yowling. That's why we have to stop.

P Hey, see you guys' back here next week, right?

D Peace, homies.

S Love it, bye bye.