



## Trim Healthy Podcast with Serene and Pearl

### Episode #324 – The Manual Lift

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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 · J = John · M = Mike · B = Ben

00:00:00

S This is The PODdy with Serene

P And Pearl.

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

00:00:37

D It's the number one health podcast of all time in my opinion, the Trim Healthy Podcast. Thanks for tuning in today, it's going to be a real steamer.

S It is.

D Oh yes. Yes, today is going to be a sizzler.

P Why do you say that, Dan?

D Well, the gals are here.

P Oh. When you say, gals, in your head... I spell things in my head all the time. Are you saying G-A-L-S, when you're saying the gals or are you saying girls or gals?

00:01:03

D I mean gals.

S He doesn't spell in his head Pearl.

D No, I do. I do.

P And in your head, is it...?

D It's G H A E L S.

P Oh, okay. Yes.

D No, it's G-A L-S. The gals.

P The gals.

S The gals, yes.

D Yes, as opposed... You're saying I'm trying to say girls but I'm just pronouncing it gals?

P No, that's not...

S Yes, that's what she's saying.

D Oh, like an accent.

P People are more specific when they say. They either say girls or they say gals and one means slightly something different to the other.

00:01:28

D No, you're the gals and you've always been because you're from another country.

P Yes.

S Well they might be the girls.

D And the girls, I feel like you've got to be younger than me.

P Yes, okay. So we're the gals.

D Y'all are big sisters.

P We're the sisters.

D So the gals.

P So today, Serene, we only got one question in last week which was good. It needed the one question.

S Yes it did.

P But I've got quite a few more today. So maybe we'll get a few more in.

00:01:49

S Bring.

P And I wanted to start with this one because it's...

D Oh, I no longer read?

S What is this right here?

P It's near and dear to my own heart. What?

D I used to have value.

S You lift it up like it was a special little...

P Okay the one from Sharon.

D Oh I get to read?

P Yes. But then you must pass it back to me because I have to find another one.

D At this point I'm not sure if I want to.

P I just want to explain. These questions came in last night, they're fresh.

S Fresh questions, Dan.

P Otherwise I would've sent them to you. The fresh...

D Hold on.

00:02:15

P From Sharon.

D Thought I started at the top.

P No.

D I was like, man there's all... Oh that's MTHFR. I was like...

P Yes, but that's not the one I want.

D What are these people writing? Okay from Sharon.

P We've done a Poddy on MTFHFR. When will I see a [overtalking].

D Okay, can I also read it in the voice I think she typed in? I don't mean her voice personally. I think the typed voicing that I hear here.

S Yes.

P Not if you're going to insult her in any way.

D It's not going to be insulting.

00:02:43

P Okay.

D What causes some people to be so gassy with vegetables?

P Sharon, if that is not the way you speak, I am truly sorry.

S Yes, we will whack him for you after the...

D Anytime someone says gassy.

P Gassy.

D I feel like they say it really sassy.

S Gassy and sassy.

D You're so gassy today.

P Give me back my phone please?

D Have you ever heard anybody just like, I'm so gassy today?

P I say I'm gassy all the time.

D You don't articulate gassy. You...

P I don't say, gassy.

P Give me my phone now. I want to hold it.

D Was that the last one?

00:03:16

P No.

S I don't think you say you're so gassy, Pearl. You always say, I'm just so full of fluffs.

P Yes.

S I'm bloated.

D Fluffs.

P I wanted to answer the question. I know we've done another Poddy on this right.

S This was the question I said, Pearl, don't do this question.

P Yes, and I said...

S She's like, I love talking about gassy.

D Oh gas is fun.

00:03:32

P No, we've got to talk about it because some of us are more gas makers than others and I'm going to talk about why and why it might not be a bad thing.

S That's why you wanted to do it because this is your special AA meeting with the gassies.

P Yes, my fellow gassies gather around, come, come, come on, come on, come close, pull up the comfiest chair we'll leave the uncomfortable chairs for the non-gassy people.

D We might be gassy right here on the show.

P All the non-gassy people can go jump for a minute.

D We're going to have a gas.

S She hates non-gassy people.

P I really don't...

S She's actually not a hater but I think she has a secret.

P I don't love them as much.

D Gassy people?

P No, people that are not gassy.

00:04:05

S No she doesn't love them as much.

P Because they haven't gone through the gassiness.

D You mean they've not suffered in life.

S They're not part of Pearl's tribe.

D Gassing tempers you. Or no, it's the stress of life that causes...

P No, I don't get gas from stress, I get gas from food. Now let me talk to you. And now I've got gut biome proof. So I'm coming with a little more science when I answer this question.

S She's sassy and gassy.

P Discussed it with our doctor of science. Okay, so...

S But don't be crassy.

P No, I'll try not to, just let me explain. Why do some people get more gassy with vegetables? Why?

00:04:40

D They just gas out.

P It's to do with the microbes in your gut.

D Okay.

P It does not mean that you have bad microbes in your gut. In fact, it might mean that you have a lot of jolly good ones.

D Okay.

P Now I have had a lot of gas my whole life.

D Yes, indeed.

P I'm one of those people...

S She's like lock and load. When one's, cha cha, gone the other's in the lock.

D Yes, she's got one in the pipe.

P Depending, okay, on what I eat but most things can make me gassy, especially by the end of the night.

S Have you done special things where you have to make believe and had to let other people think it wasn't you?

00:05:16

D Oh, yes. You remake a sound.

S Like if you're in a grocery store and...

P You remake the sound? No I haven't done that one. What is that?

D You know. Yes, you have.

P No, I've done other things.

D It was my shoe.

P No, I haven't done that.

D It's not doing it now but it was definitely my shoe. If I could just turn, it will give me a moment. That's you at every wedding.

S My situation's, we're at the grocery store when that particular aisle gets to be crowded and you don't need it crowded that time, you can't hold it to the empty aisle so it just slips out. And you have to be like, oh, darling do I need to change your diaper? When you have a child there it really, really helps. If you don't have a child.

P Done that, I have done that.

00:05:53

D I've seen a mom...

S If you don't have a child you're like who...

D Oh I saw a mom blame a kid.

S You blame everybody else in the aisle.

D I knew it was her. She blamed the kid and the kid was way too small.

S What to have that...

P For that amount of stink?

D To produce what I heard.

P Oh the loudness.

D I mean she teargassed...

P The trumpet there had to be enough pipes. Yes?

D She ruined aisle three. It was the toothbrush aisle too which seemed to increase the offence.

S Yes, you just want to be smelling mint.

D Mint and thinking about clean smooth teeth. And she, I don't know.

00:06:27

P So I think that there are a lot of... I found out from Peter... Okay so I have had a...

S Tell who Peter is. Few peeps in the room.

P A scientist. Okay Dr. Peter, Dr. Peter.

S Who the heck is Peter?

D Like you're waiting on him to appear from behind the couch, oh, Peter.

P That's his name, Peter.

S Just explain yourself.

P So all my life I'd had trouble with a bloated stomach and I felt like was more gas than most people have. I've looked it up. Most people have between 18 to 25 gas events during the day.

D Events? This is what we call this?

P Just like...

S Do you want her to say the F word?

00:06:59

P Fluff. A fluff.

S No you can say fluff. You can't say F-A-R-T.

P You Americans say that.

D Is it coarse?

S It's coarse.

P We grew up thinking that was a bad word.

S Yes. F- A- R- T.

D Oh, you did. It was the F word.

S Yes.

P But it's not really. But now in my head...

D No, do you want to say it?

P No I don't like saying it. I feel bad.

D Say it just one time.

P I say fluff.

D The guys want to hear it.

00:07:16

P No I even feel gross when I say it. It takes...

D It's the hard R that really.

S It'd be like she started cigs. Started smoking cigs if she said...

D Can you try for big sis?

S No.

P I'd like to hear you say it.

S Because if I say F- A- R- T, it'd be like I'm... Cigs and in the miniskirt.

D Do you guys want me to say it?

S No, I don't want you to say it.

D I'll say it.

S I don't like the sound.

D I'll say it.

00:07:36

P I want you to say fluff.

D Just let me get comfortable.



P I want to hear you say fluff.

D I'm going to say, fart.

S Ew.

P It's such a hard R, isn't it?

S It's a hard R. Fluff is soft.

P Fluff is cute.

S Yes.

D Yes. Fart.

P It really is a strong word.

D I don't even want to be around myself. I know what you're saying. It's embarrassing to say.

S Yes.

P Okay. So all my life ever since a child, I felt like my stomach bloated up and got more gassy with certain foods than with other people. But I've come to find since the internet has been invented that there are many other people like me.

S I used to be on the dark side but I've come clean. I'm clean.

P I know I'm going to talk to you. Yes, but you've invented a new era of fluffing too. I'm going to talk about that, the good fluffing.

S Okay, yes I have.

P Okay. So I had a lot of gas, a lot of pain with it, so I tried so many supplements. I went on...

S Were yours silent but violent or they had the good trump sound?

P It depends upon what position you put your body in. You can make them silent or you can make them loud. If you've got a lot of...

D What do you prefer?

P If you've got a lot of fluffs or if you're even close to anyone else...

00:08:43

S Do you have to lift up to let a little bit out?

P The buttock cheek has to lift slightly or else there's trumpets.

D Yes, or trappage.

P Then you're playing the trombone.

S If you lift a little bit manually there's no sound.

D No. You don't manually lift.

S You should do it manually. If you do a little bit of a spreading the sound goes.

D When in the history of mankind does anyone reach down and manually lift?

P You can look like you're adjusting your jeans.

S If you adjust your jeans, all trumpet goes, you'll just have a silent. I've learned this.

D But if you get busted trying to manually lift and the sound comes out.

P It's like you got an itch.

D Yes, but if you have an itch. I mean...

S No, you can be like, oh, there was a bit of a stain.

D Yes, but if I hear it and I see movement, you've only amplified the situation.

00:09:27

P Well, Danny, you just didn't know stuff about me because I've been a person afflicted with the gas.

S And if you feel it's locked, the manual helps. I'm just telling you.

P Yes, if you feel like you're locked.

D You've manually lifted.

S Oh, of course. Yes I'm professional.

D I have never once manually lifted.

P Never?

D Now I have purposely sat in a chair with holes corrugated knowing that it was Sunday.

S No, when you're a part of the AA fluffing tribe, you learn a lot of things. You also learn to loosen the belt afterwards just to make sure there's nothing trapped.

P But I feel like the lady who asked this question really wants to answer so I'm trying to give them to her.

00:10:05

D I think she's...

S She does not appreciate the crassness that's going on.

P She wants to know. So okay, so things that...

D Quiet, Les...

P Like cauliflower, broccoli, cabbage.

S Prunes.

P Many things, they would give me...

S Lots of dried fruits.

P Lots of flatulence.

S Lentils, split peas.

P All the beans, all the things that they...

S We tried Beano it didn't help.

P When you go on that...

D Chick-fil-A ice cream.

P And then so they say go on this diet. Now what's it called we've talked about it?

00:10:33

S GAPS.

P No, not GAPS. The one where you take away all the offenders.

D Just making up stuff.

S That's the GAPS diet.

P No, not the GAPS. It's the one where you...

D Oh, FODMAP.

P FODMAP, thank you.

S FODMAP, that's what I meant. It is what I meant.

D Don't be sassy.

S A lot of people do GAPS and FODMAP back and forth.

P I did FODMAP to see if I would become a non-fluffer.

00:10:52

D Yes.

P Now, yes much less fluffing.

D How'd you do?

P But guess what?

S You weren't as healthy.

P It wasn't as healthy for me and I started to really look into FODMAP and it's very dangerous to your health.

S It's very exclusive.

P You actually reduce your biome.

D FODMAP's dangerous.

P You reduce your gut biome because all those healthy fibers which are causing the gas are actually... Your good microbes actually start to die off and all your butyrate starts to diminish. And butyrate stops you from having diseases.

S There's no head-banging party going on with your bacteria anymore. They're not like in the mosh pit.

00:11:23

P Yes, of course, they're all quiet. They're all quiet because they have none of the fibers to eat on and so they just shut up. And just like, okay. But they start to not have enough food so they die off and then their health just decimates. Yes, Danny.

D When's the last time you've manually lifted?

P See, I'm trying to give meat here and you're returning to...

D I'm wondering...

S To the vomit.

D There's a reason because I want to know if this is a one off or something that's...

P No, I've manually lifted many times in my life. You're not in my AA club.

D But you could in the future.

P Yes.

D Okay.

S It helps reverse the locked feeling too.

P It does. Listen we grew up with similar biomes.

00:11:58

D What's wrong with just tilting a little bit?

S No because tilting, there's still a lot of pertness.

P You've got tears running down your face.

D Oh it's a Physics issue. I could see what you mean. I'm going to try and I'll report back.

S Just get on with your point. Lesley would you Bell? Do you have a vapor?

P She lost her Bell. We really need a Bell.

S Do I still have tears coming down my face?

P No you're great now.

D Thank God.

P Okay, so I'm getting back to this FODMAP. I really went into the deep research of FODMAP and even found FODMAP themselves say, please only do this on a temporary part of your life. Just for a temporary season and then add your foods back in.

D Kind of a reset.

P Yes, but if you add your foods back in, back comes the fluffs. So I longed to be rid of this problem.

S I embraced it.

00:12:41

P Yes you did.

S I did.

P But we're going to talk about how you really blessed your body and got through the worst of it.

D You just never know whose...

P And that you're doing something new now. But I just went with it. I thought, okay, I'm not going to diminish my health. I'm a bloater, I think it's healthy. So I'm just going to live with this.

S There you go talking over yourself. Calling yourself a bloater might be a bit of your problem.

P I know.

D I can't wait till the next wedding.

P Okay, so...

00:13:04

D I'm going to be watching.

P What happened was I eventually did our gut reset. Okay, which we're going to bring. And I thought... And our doctor Peter said, Pearl, this is going to diminish so much of your bloating. I have looked at your gut biome and you have some bad bloaters, you also have some good bloaters. I think you're going to notice...

S Bugs.

P Yes but there are certain bugs that bloat and certain bugs that don't.

S Look at them, imagine them in her colon and they're sitting on the sides like in those... What do you... At the games? The basketball games.

D The bleachers.

S The bleachers. They're sitting on the bleachers, and one has a cap that says, good bloater, one has a cap that says, bad bloater. Just so you can set the scene.

D Okay, that's a good analogy.

P So what happened is I went through our gut program and I'll tell you what changed. And this very sharing personal stuff.

D Besides your gas.

P No, I still had gas. But I'm talking about the difference in my gas, right?

S [Unclear].

00:14:00

P The noxious, very bad smells, all gone.

S They were the bad bloaters.

P So they were the ones that were the bad bloaters.

D Now, some people think that the foul smell means good digestion.

S Now it's just windy pops.

P I'm windy pops. I'm still windy. And I said, but, Peter, you said that my bloating will go down. And he asked me specific questions about it. And he's like, do you have a very strong smell? And I'm like, no I don't but I still get windy a lot.

S Are you no longer intrigued? You know when it's really bad, you have to give it a second sniff just to kind of understand it.

P No, I don't have that.

D When your dog's approaching you like, yes.

00:14:32

P So he looked again at my gut biome and all the things that I'm eating. Because I feed my gut biome with kefir and I feed it with so many fibers.

S Resistance starch.

P And I just feed it. And he's like, Pearl, from the beginning when I looked at your gut biome, you have really a lot of longevity bugs. You have disease fighting bugs in your gut and a lot of them are butyrate. Butyrate loves to be fluffy. He didn't say it in those words.

S Yes, they fluffs.

P They feed off the fiber. Butyrate's the most disease fighting thing that you can have in your gut and it does bloat up. And so he's like...

S Butyrate, there's B U T in the beginning of it.

D I see, yes.

P So I now I think to myself, I'm actually have less gas then I used to. It is not as bad. It's probably only maybe 55, 65, 60% as much as I used and it doesn't have the noxious foulness of it.

S No, is there even a pleasant...?

P No, it's just a nothing. It's just a noisy thing.

D Rose petals. Can feature certain scents?

P But I still do if I eat... I've tested myself. I'm like, I'm going to eat cauliflower now and maybe I won't get gassy. No, I still, Pearl gets gassy.

00:15:43

S Because I don't stink. I don't stink.

P No.

S I don't.

D You know I...

S But I fluff.

P That's why we probably fluffed in your presence and you didn't know.

D No, because you can know if it's going to stink or not.

S We just don't stink. Because it's only the good bloaters with the good caps.

D I'm going to have a vulnerability moment. But my...

P Okay. Because I thought you'd already been vulnerable.

00:16:02

D Oh, no. That I know of. But my whole life I'm known for not smelling.

P Oh, really? So your fluffs do not stink?

D And never have.

P Never have.

D Unless under very certain...

P Well, then you didn't have those particular bugs in your gut then. I had some.

D Yes. Sometimes I would come home from work, I would announce my coming. And the family would say, oh no, dad. And I would always say, don't worry, it's not going to smell.

P Really, and it didn't?

D And I was right. And you can ask them.

P Yes. Though that means that you don't have really those particular ones. He told me what they are, wish I would know their names.

D Now my grandfather...

P He told me the names of the ones that are stinking up a storm.

00:16:45

S Yes, we need to know those villains.

D Pearl.

P Yes.

D My grandfather, it's like he's cooking rotten eggs.

S And was he slightly deaf too?

D I don't think so.

S Because it matters. Because the ones that are slightly deaf...

P Oh they don't know when the...

S They don't know when it's coming and they keep... They don't even pause in their conversation.

D They don't feel it?

S They don't feel it because they're losing other things too.

D Sensation.

00:17:06

S Yes. And so...

P They definitely don't hear it.



S They don't hear it. And that's the big deal.

D They're just honking it out right on the park bench.

S I have been around some wonderful elderly people that just honk it out.

D And keep chatting.

S Keep chatting. Not even a pause.

D And that's when we met.

P But hey, if they're not bothered by it, then that's okay.

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

S Serene.

S Get a head start on spring cleaning with Caraway. Their thoughtfully designed sets and complimentary storage makes getting and staying organized easier than ever. It's literally true, Pearl. I mean, normal pots and pans don't stack right, I'm telling you. Open my kitchen cupboard, everything falls out. Sounds like a burglar's in the house. Someone was very smart at Caraway. And you can now save 10% of the full suite of Caraway products from their internet-famous cookware to the newly launched food storage set.

00:18:00

S And Caraway's high quality ceramic coated kitchenware is free of PTFE such as Teflon, Lead, Cadmium, and other toxic materials. And that's why we're here talking about Caraway. No, it's so true. I didn't want to fry my egg up on Teflon no way, we're trying to all eat healthy food as Trim Healthy Mamas, right? Yes. And then you cook it in a toxic pot? No. Do you know what I hate? Going to Airbnb's that only have Teflon pans. And they're scratched. They're all scratched. And you look at the underside of your egg and you see bits of gray. You know you're going to eat Teflon. I know. You don't want to do that. That's never going to happen with Caraway kitchenware.

00:18:40

P That's not going to happen with Caraway because all of their products, they come in a variety of chic shades and all sets include complimentary, easy-access storage solutions like Serene said. Ceramics' naturally slick surface means minimal oil or butter for slide-off-the-pan eggs and easy cleaning. I'm telling you, Caraway makes our e-meals so easy. Because I've tried to make egg white like little yummy, yummy, yummy fried-up things with just the tiniest little bit of spray on the normal pans you can buy at your grocery store. Yes, they stick. They stick and you have to keep spraying more and more and more. I know, so in the end you're not an E. No. I know.

S So over 40,000 people have raved about their Caraway kitchen and now it's time to try it for yourself. Because when you try it, you know you won't be getting any of the toxins like PFAS and the PTFE's and all those other hard-to-pronounce PFOA's. Chemicals, I don't want them in my house.

P Visit [carawayhome.com/trimhealthy](http://carawayhome.com/trimhealthy) to take advantage of this limited-time offer for 10% off your next purchase. And this deal is exclusive for our Trim Healthy listeners so visit [carawayhome.com/trimhealthy](http://carawayhome.com/trimhealthy) or just use the code TRIMHEALTHY at the checkout. That's Caraway non-toxic cook wear made modern.

00:19:59

S This is The PODdy with Serene.

P And Pearl.

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

P So in my life right now, I know I don't have... I got rid of the bad bugs and they were also disease-forming. And so I'm happy with where I'm at.

S I've always told you, Pearl, and I think you've come to my way of thinking too. To just embrace the fluff, that you got rid of the bad bugs right? The ones that stank, but you embrace the fact that you are a human and humans lock and load 18 to 20 times a day, right.

P Right.

S And that fact is that's just being called a human. You're not an angelic spirit, you're human.

P I know, I wanted to become that.

00:20:40

S And I'm like, look at the cows, they could power whole factories.

D Behold the cows.

P I know, but I live with a man who doesn't have my problem.

S But that's...

P He does not a fluffer or a bloater.

D Really?

P Yes, he's not. He does not.

S As long as it doesn't stink, it's fine. As long as it doesn't stink and you've learned the little ways of taking away the horn, so it's just perfect. There should be no worries anyway.

P Okay, so I want to hear your... You said... And then I want to hear Serene's about...

She used to be even more of a fluffer than me.

S I used to be a stinker. I used to be a stinker.

P And a fluffer.

S When I was a raw food vegan, I think I just had way too much fermentation going on with too much high sugar fruit. Because when you don't eat meat, you don't eat proteins, you don't eat... Your fruit is your meat, you just eat it all day and it was...

00:21:21

P You got an imbalance in your gut.

S Yes, I got an imbalance. There was something wrong. There was something wrong.

D You ever leave a party and just blast your car on the way home?

S No.

P Yes.

D With the car though, you've got to pitch forward. It's the bucket seat.

S No because I've just learned so well how to just... You do it at the party.

P Yes, but if you're alone. Serene's never alone in the car.

S Anyway.

D You know that phrase you walk around like your stuff don't stink?

S Anyway.

D If somebody were to ask you that you could be like, actually no in fact it doesn't stink.

00:21:47

S So, but once I got my diet balanced and got into the health, they didn't smell anymore. But they were locking and loading more than anybody in the world.

D Volume.

S There was no room to even breathe, to even extend the belly to take a breath because it was so bloated.

D Yes.

S Because I went hard and heavy with all the resistance starches, with all the kefir. And I'm not one of those people that takes anything gentle. So I knew it was all this bloating me, it was all the excess fiber, but I'm like, I'm just going with it. And I went with it...

P Yes, you did Baobab like three to four tablespoons a day and kefir.

S Yes, so I just did hardcore navy seal boot camp. But I got over it real quick. And now...

P No, it was a couple years.

S Yes, but...

P That's kind of quick in the scheme of life, right?

D Yes, yes.

S It's quick in the scheme of fluffs. You know people have it with them till 80.

P And then what happened is you didn't fluff it hardly at all then.

00:22:34

S No. Then I just hardly... It just might be the 18 to 20 that you don't even know you have.

P Yes. It's when it's over that, that it bothers me.

D Can I tell you a funny story about this?

P Okay, but she didn't finish. But yes, Danny, you interject with your story.

D Well, no you can finish. It's your podcast.

S No, you go. You go.

D So there we were. Young married couples. And we had babies, and they were playing on the ground.

S Couples. Couples. Couples?

D Yes, it was a hang.

P Okay, hang.

00:22:58

S Okay, you guys hang.

D And so my friend, I won't say her name.

S I know who it is. I'm just guessing.

D It rhymes with Bedelia.

P Yes, I know.

S Yes, I know, yes.

D And so she was sitting on the couch, right? Talking to my wife on the next couch. The dads were on the floor playing with the kids. I was sort of in front of her, retrieving a toddler or something and she was pregnant. And you know how pregnant women don't have as much control.

S No what?

D She went, she was sitting with her...

S That's so racist.

D It's just the facts.

P Ben's living with pregnant women now.

D Because you produce the same gas, right, but less room to hold.

P Yes, it's true. It is the truth, Serene.

00:23:40

D And less control mind you.

P Especially after you have a baby. Oh my goodness, yes.

D So she's here. I'm there. She goes to re-cross her legs and mid... Obviously she is on the couch. It's the couch I promise, I promise it's the couch. I can reproduce it. She goes to cross and I'm talking 50% perfect mid-air like the wind of Hades. Pregnant wind, dude.

P And the loud, loud noise.

D Oh it was so big and voluminous. As a man, you got to use the toilet to get that level of sound. Boom. You get the round tone. Man, I mean...

S And what did you all do? Did you...?

D I could be wrong but it felt like my hair blew a little. That's probably made up, but it felt that way.

P Did you guys recognize it or did you all ignore it?

00:24:33

D Oh, we screamed. Hyena laughed to the heavens. We died.

P Yes, she would have laughed at that.

D We died. I looked at her in shock. And she was just like, no. I don't know what that meant, no. But she was just doing it and crying. She was laughing but it was a painful laugh. It was bad.

P That's good times.

S My recent...

D But Bedelia would remember if she heard this.

P Yes.

S So, that was so hilarious. What Pearl wanted me to finish just a little bit ago was I have actually started introducing more resistance starches. Because I'm just like...

P I want to know your reason behind that, Serene. Because you've got such a good place in your gut. You got it tested even and Peter said, epitome of guts. This should shine on some sort of... above a city.

D If somebody caught this one episode, they would think we were psychotic.

P I know. But...

D But you're getting tests like, that's all we know. We tune in for the first time and...

00:25:31

P Okay, so her doctor tested her. It was just Stella had never...

S This doctor we call him... On my phone he's called Poop For Pete.

P He's a poop doctor.

S Well, he's more than that. But we keep giving him samples for him to test.

P Yes, so Serene had the epitome, epitome of gut diversity and whole families of good longevity weight loss bugs, energy bugs, she had it all. So I don't know why you're doing this.

S You know why? I go big or go home and there was a little bit of pride that started welling up that says, if I can do... If I've got the record-holding gut bugs, I have to just keep on with this. This is my area of strength.

P Oh, you want to get more gold.

D You're quite proud.

S This is my area that I'm shining. This is what I was born for.

00:26:15

P Okay.

D This is your gift to the world.

S Yes, this is my special powers. And also writing Trim Healthy Growth, which I keep on putting on hold because of all the business, but when I write the part that I'm up to is gut health for pregnancy and how those matters. And so I'm just immersing myself in the research of how this helps. This is the best thing you can do, gut health is the basics of all health, right, the basis. And so I'm like, ooh, yes. And I'm researching all of the fibers that promote the best resistance starches out there. So I order the Tiger nuts and I order the special kind of this green banana flower. But it's not the normal kind, it's the special kind. It says, ten times stronger than all other green banana flowers, and I add that to my smoothie. And then I add the Akkermansia producing the red apple peel powder. And all of this stuff and I've been adding it in very strong amounts.

P And you've been putting Tiger nuts on your oatmeal, right?

S Yes.

P Tiger nuts are the highest food in resistance starch, right? So just to put that out there. I'm only just learning about this.

S On top of all the kefir, on top of all of it. And I've started to do the tooting again, big time, but no smell. But I'm telling you there is a whole lot more than 18 to 20. And the other day... And I didn't prepare my husband that I was doing this kind of stuff. He doesn't know I fluff. He has no clue in the world because to him I'm from some planet.

00:27:35

P Angelic planet that doesn't fluff.

S Yes, yes. I don't even use the restroom.

P In front of him?

S No, he doesn't think I use the...

P What?

S I'm just teasing. No, I want him to think that. You know how some couples use the restroom in front of each other? I would rather die before I ever... I would rather die. If entered the restroom and I was going to the bathroom, I would actually scream and have a freakout and want to run away and go.

D I like to bust in on my wife.

P Do you?

S Oh no way.

00:28:01

D Yes, because she hates it.

P Even if she's doing number twos?

D Whatever it is. She mortified, when anyone is even near the room. She'll lock the master bedroom door so that no one can even get in the bedroom.

P It's because she can't relax. I understand that.

S No, but you know what. I think she's got this special syndrome she's never gotten over that two-year-old syndrome that they go under the table to poop. You find them hiding in the corner. They know...

D They do.

P That's when you know it's potty training time. They become aware...

S They know something's ooky and pooky.

P They become aware that this is a privacy time.

D Yes, they're going to do it either way.

S She's never gotten over it but it's actually...

D It's true, it's her inner child.

S It's become more powerful inside of her, that instinct, so she locks door and door.

00:28:39

D So I won't just open and come in. I want to hit the door. I want it to go, poof, and then the door opens.

P Oh, I'm so glad I'm not married to you.

S Oh, yes that would be bad.

D And I'll bust it open and I'll be like, just looking for my toothbrush. And then I'll grab something in slow motion while I eye-contact her. And then I'll slowly shut the door.

S No, that's so bad.

D That's my gift.

S I would leave for a time. Just so he can get the memory taken out.

D Yes, go stay in a hotel.

S And there's nothing that makes the thighs fatter than a toilet seat.

D Squashed.

P My thighs never look good on a toilet seat. They don't, they just don't.

00:29:11

S This podcast is from hell. It's bad. We are usually so much more polite. But anyway, my husband wasn't aware of my new inventions and my new experience.

P He does not know you were doing Tiger nuts.

S No. And so I thought I would just go around the corner...

P Of the room?

S And the room and just like...

P Let it out.

S But I didn't do the manual lift because I thought I've been... My gas is really tame these days. Phaa, it was like the rapture was coming.

P The trumpets of the sky...

S Like the heavens were peeling apart and all the Christians were going up in the sky.



D Yes.

P If you believe in the rapture.

S And he was like...

D All the people who believe the...

S Serene.

P He heard it?

00:29:56

S He heard it. And it was like all the revelations that I was human.

D What'd he say? What did he say?

S I don't remember. Because I just ran and I ran and I ran.

P You ran?

S I ran.

P You ran?

S I ran.

P That's hilarious.

S Yes.

D You ran so far away.

S I ran so far away.

00:30:07

P Oh my goodness. So the moral to the story, poor Sharon, is...

S There is no moral.

P I think it's okay to have gas but there are different types of gasses.

D All God's children have gas.

P Yes, all God's children have gas. I feel like if it's very sulphur-smelling, there might be some stuff going on that you need to attend to. Now you can do it two ways. You can do many... It doesn't necessarily take many years, but kefir does help.

S It does.

P Kefir repopulates...

S It doesn't help in the beginning but helps in the long run.

P It repopulates your bug with good bugs, especially putting baobab in there which

makes the fluffing worse at first. But after a while, it gets better.

S It gets better.

P And then once they take over, I think everything goes down but it can take a while. Or you can.

S It's darkest before the dawn.

D Amen.

P Or, like me, you can do the gut overhaul that we'll be bringing but it's not here yet.

00:31:03

S Yes, but it's only about what, ten days?

P A few months. Ten days...

S No, the gut overhaul.

P When we bring it?

S It's not like you have to do this big, long...

P No, it take ten days.

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

S Serene.

This is The PODdy with Serene.

P And Pearl.

00:31:22

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

D Les, do you have gas, big time?

P Yes, she's just okay with her gift. We can't hear her. Come here, Lesley, you have to answer.

D 18 to 20 at times a day. Where are you at on your quotient?

P I would like to know from everyone in this room if it's more than 18 to 20.

S Well I don't count.

P Because I read that that's the average.

D Come sit by Uncle Dan.

L I'm not...

D You're not on camera. Get in.

P Go by Uncle Dan Dan. Be on the camera, because people love our Lesley parts.

D Get it in. Here, let me just get this going.

S She's getting hives. She's getting hives.

P When you talk about gas, you have to have your face there talking about it.

00:32:00

D Now, Lesley.

D Let's start at the top. Now you look taller than me. Let's start at the top. How many times I would say... Let's say the quotient, 15 to 20, where are you at on a daily basis?

L I mean...

D Take your time.

L I've never counted.

D Feel it out.

L But I'm going to count. I am going to count. That was the funniest podcast ever. And I'm so glad I'm part of your team. I am your team.

S You know what she's putting you off.

L I know all the things. I know all the tricks.

S See the nervous putter.

00:32:41

L The manual lift. I was crying back there. The manual like... No standup comedian has even gone there.

P So you are on my team then?

L I'm so in your team.

S But listen Danny and I were...

P So you reckon it's probably more than 18 to 25.

L Probably.

S Are you sure?

L And it doesn't smell.

D Now I'm not trying to be an investigative journalist here. But you said...

L Pearl.

D Usually no smell?

L No smell.

D No smell. And would your husband agree?

L No, he doesn't know. The manual lift. The manual lift.

S See, you're on my team.

D You're private about it.

00:33:11

P Okay, even at night. If you're on my team what happens at night...

L He sleeps so heavy. He sleeps so heavy.

P After three, I have gas in the night under the blankets. And you have to have ways.

S Do you keep the blankets tight till the morning?

P You cannot let an event happen...

L Well, I can't sleep under covers. I have to like...

P And then fluff the blankets. You have to keep them tight for a while for it to dissipate into itself.

S Or you have to do a programmed timed fluffing moment throughout the night. Like lifting of the airing of the duvet.

D Now, Lesley...

00:33:44

S You must do that because if you keep too tight till morning and it's not dissipated then as he awakes it's too shocking.

P No you must never lift the blanket towards him. You let it go on the blanket towards the side of the bed.

D Don't move.

S You lift to the side?

P Yes.

S And let it...

P Just slowly, you don't do a big lift. A little lift and it can go out slowly, carefully.

S No, but you know what the one good thing though is that the husband or the wife, the spouse doth usually become immune. Because you know you don't smell your own perfume. Everyone tells me, ah, you smell so lovely what is that, patchouli? And I

have no smell of it and I put it thick and heavy every day.

D Now it's gas.

S I can't smell it but everybody who meets me in the day smells it, right, I can't. And I believe if you're sleeping in the same room as the spouse, they can't smell it. I believe it.

P You believe, you want to believe it?

S Because I know it, because it's a science because of our mother and father.

00:34:39

P Dad's a fluffer.

S Dad had a bad fluffing situation, there must have been bad bugs. Because it was noxious, it was bad. I remember opening the door to ask if I could have \$20 from him or something in the morning. You open the door, you get hit.

D The whole room was shot, yes.

S It's like nuclear and Mum's just...

D Nuclear.

S How are you doing today, darling? You should get up and make breakfast. Already thinking food. She's not having any nausea. She has no...

D It's smells like feet and roast fish.

L Okay, I'm leaving.

P No, we need to hear more.

00:35:06

S You're not done.

D I have another question. And we're going to deepen the vulnerability.

P Ooh, boy.

D Have you ever had to manually lift?

L Yes. Every day.

P Yay, Lesley.

L And I have... It's all about the booty. There's a lot of... I have more.

P Oh, yes.

L I have more acoustic sounds.

S So you have to do a very dramatic manual lift. There's more pressing.

L I have more of it to trumpet.

S Yes, so you have to be more dramatic with the manual lift. You have to really get in there.

P So you're a curvy girl.

L There's more to lift.

P There's more to lift. There's more to lift with a beautiful booty.

00:35:50

S So you can't do the little quick?

L No.

S Yes. Because some people with the tiny bums, they can just do the little right or left.

L Yes, they can just do it without... Oh my God, I have to go, Danny.

P So all the curvy girls are laughing right now.

L Oh, they are laughing.

S Oh this is good.

L Can we go?

P I'm so glad we're on the same team, Les.

L We're in the team. We've got our own special team now.

P I know. Serene you're out...

00:36:14

S No I'm part of the team. I was the one who brought up manual lifting. I designed it. I taught the world.

P Danny's just decided to just leave, completely.

L Can we go? Can we be done? I think we're done.

P For 32 minutes and what... Oh Danny's coming back.

L He's being dramatic.

P I would like to know... I want to take...

S He went to privately expel.

P So far we have three people. Serene, I, and Lesley who are more than 18 to 25 a day. We're in this club together. So I want to know, maybe this whole 18 to 25 a day is wrong. Maybe the rest of us are right.

S No, the one that have 18 to 25 a day, they don't even know they fluff. It's under the radar at that point.

Because it says the average person does this, but the average person doesn't even know they fluff.

P Why am I holding you?

S I don't know.

P I'm holding your shoulder.

00:36:56

S The average person doesn't know they fluff. But they do because every human does.

P Okay. So I'm going to go John. I want to know if John has more than 18 to 25.

J Goodness.

P And I want to know about Dawn.

J This is like flatulence confessions.

P Yes, it is. It is, it's confession time. It's making it real, people.

J All right, well, I'm sure everyone is dying to know this information.

P Yes we want to know.

J In full disclosure, I'm almost 100% carnivore.

P Yes, I know. Oh, that you've stopped, oh, you're good.

J So I am probably five or less a day.

00:37:33

P Yes.

S That's what happens to carnivores.

J And I do pay attention to this kind of stuff. So yes.

P Yes, okay. You're a carnivore fiver. Okay, now we're... You don't want to be in on this do you, Mikey? Oh yes, he's open to... Oh, he's a Harrison, they're open with these things.

S Oh, their mother, fellow grandmother of Pearl, they both share the same grandchild.

J But this is flatulence...

S She doesn't even manually lift she likes the noise.

P Yes. You grew up in a house with her, Mike.

J But this is flatulence... Father Dan needs to be back here for flatulence confessions.

P Okay come on back but let's hear one of our cameramen, Mikey. I want to know, so you're well below but you're a carnivore. So, let's ask Mikey if he's more than 18 to 25.

S And what's your diet like, Mikey?

P He likes pizza.

M Oh, yes. Pizza is great.

P Bring your mic, bring it to you.

00:38:20

M Pizza is great.

P And you're young, you're like 20 something, 20?

M 19.

P 19.

M Yes. So, what was the question?

P So you are a young man in your prime, 19. Lot of young man aren't as bloaty. Do you have more than 18 to 25 or less? Right into the Mike, darling.

M I would say less. I would say less, honestly.

P Okay, less. Okay, we're not your friend exactly, but we'll go over here.

M I'm not in the group with you guys, no.

P No, we love you, Mike.

00:38:44

S No, this guy here, this guy. Jonathan, his mother we call Viking.

P Yes, that's our cousin.

S Because she has a steel tummy, and nothing makes her bloat.

P Your mom, yes, she has a steel cast stomach. We always want to be like her. So who are you like, more like your day or your mom? Because I know your dad has some fluffs he's told us. Put your mic...

J I don't know, I don't keep track of it.

P Less than 18 to 25?

J I would say less.

S I'm feeling like there's some people untouched with their years.



P No I think they just have different gut bugs. Now we're going to ask Ben.

S No, I'm very aware.

P Are you more or less? Come on, Ben. I want to know what the...

S Sit in the disclosure couch.

P So far we've got three less and I haven't heard from Danny yet.

00:39:31

B It's time to get gaslighted.

P Yes, this is gas.

B I don't know the count but I think that it's less.

P Oh man. Is it...? They don't count on...

B But I celebrate farting though.

P Okay you do?

B Yes, I'm like...

P Well you do if you have less, you think it's great, but if you have more than you don't.

B Yes to the point, and this is kind of offensive. But yes I'll... You guys are going to foo foo this. But my daughter and I will play a game, pull the finger game. Where it's like she'll come and pull a finger and I'll...

S And you'll fluff.

B I'll let one go.

00:40:06

S Well that means you've got it in there. So maybe you're just too good at holding it all day. Because I can't bring one out.

B I don't feel it though. I don't feel...

P I can't bring one out if it's not there it has to be locked at loaded.

S So you can bring one out? You have a special gift.

P Yes.

S You should feel very special.

P Okay, Danny, just come and... We offered nothing here today. Except we normalized things.

S No we did offer the fact that people need to realize it's normal and they don't have to feel like they have to be some kind of angelic spiritual being.

P And we want to tell people to keep eating your veggies.

S I think God likes the humor of it. I believe that he likes the... He made a sound to it, I think that he enjoys the funny side of it.

P Danny, are you more than 18 to 25 or less?

D I can't even remember the last time I broke wind.

00:40:53

P Really? That's sad.

D You know my grandmother, we were all using the F word and she...

S He's going to get on the couch.

D And she said...

S Tout it up.

D Yes, that's my go-to. She said, ooh, it sounds so horrible. She said I prefer to break wind or toot. And we as kids just died laughing. We thought that was the greatest thing in the world.

I wanted to share some science with you.

P Sounds like he's a pastor and he's wrapping up the church service. And the music starts right now.

D Humans pass gas between 13 to 21 times a day on average.

S See those are the ones that don't know it. I believe it.

00:41:31

D It says here they can be flammable if they contain hydrogen methane. I have a story for you. Went on a church trip to El Salvador, and this was the mission trip, right. And it was out and I was at the time a gassy young man.

P Oh, okay.

D And I could do it on command. So there I was about midnight in the streets of, where was I. It was a Latin American country, San Salvador, El Salvador.

S It's getting all like...

D I would lay on my back and I would throw my legs up over my head. And I would light them on fire. And you would see the glow of their faces in pure wonder.

P What?

D As if I had just invented fire.

S Like you were...

P You were on a church mission trip. And you went there to help out and instead what you did...

S You thought you were the god of fire.

D God of fire.

P Would you lit your fluffs on fire for them?

D I would light it and I could do it all night.

00:42:44

S Because you would need the campfire and it would just kind of like...

D No, I got a lighter. And I'd hold the lighter up to it. And we would...

P I do need to ask you because you were obviously on junk food at the time.

D They would go whoosh.

P Because a lot of people, they come to us on Trim Healthy and they say, when I was on sugar, I had terrible gas and now it's a lot better. A lot of people come and say, well now I'm on Trim Healthy Mama, it's worse because I'm eating all these veggies. So in your case you're saying now that you've cleaned up your diet, you don't have as much gas, right?

D Almost none.

P Yes. And I wish I could say that about myself.

D But you have a great gut.

00:43:14

P But I have a lot of the good bugs.

D I'm in this neutral place.

S I think things can be genetic though. I think there can be genetics to bloating. We call it the Bowen Bloat. That's our mother's side. And I remember all our older aunties saying, I just want to bear down.

P I want to bear down.

D To bear down. That's what they meant?

P Yes, to fluff.

S Yes, we need to get them all out.

D I need to bear down.

S The Bowen bloat. My children we born fluffers. They were born to me fluffers.

P Yes, they were. Well they had to pass through your digestive tract.

D I feel like the podcast is over.

P Yes, I'm worried about the content.

S I feel like we have to clean it up.

P I feel like I'm trying to fix...

D That's why I think we're stalling. We're trying to be like, and, therefore.

S I feel like we're stalling because we have to fix it.

00:43:55

D I mean I brought a... You know. We got nothing.

S You brought a scripture.

P You went all pastor on us.

D I tried to sober up.

P Ah, wow. It is what it is.

S Yes, I feel like that two-year-old that needs to go under the table and just hide. Wait for Mommy to rescue me.

00:44:35