



Trim Healthy Podcast with Serene and Pearl

Episode #323 – Respect The Smoothie

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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 Ready to keep it sane. It's the Trim Healthy Podcast. Welcome, peeps. Before we started rolling Serene Dion did the greatest impression of Celine Dion.

P Then she was trying to come up with the name of a certain singer.

D No, that was captured, we saw it.

P Did we start with it?

D They just saw the Meatloaf moment.

P I know, but I don't know if John was recording the audio.

00:00:33

D We were. John, were we?

P Okay. I'm not sure if they're going to leave it in.

D Cut. Can we get someone else?

S Okay, well, if you didn't see it, I'm going to repeat the joke.

P No, they saw it, it wasn't even funny. It's only funny when I say it.

D It was said in 4K.

S Okay, let's go. Keep going.

D I think we're done here. I think we're done.

S Great, well, actually...

D No, but we didn't get to the point and that was that you have the most amazing Celine Dion impression.

00:01:06

S No, I do not.

P She doesn't. She looks like her in a way, but she doesn't necessarily sing like her.

S No, I don't.

D What you just did before we hit record really moved me, is what I'm saying.

S No, you just want to embarrass me. Listen, we have something to bring today. We don't have meat to bring. Oftentimes we have meat, but we thought that it's been enough of the barbeque. We want to bring some questions and answer some questions. So many questions get sent in and we don't really get to cover them all. So we thought it was important to just take a bunch of the questions and answer them here. But one really stood out to me. Well, there was a bunch that were on the same subject, but one woman in particular. And we're not going to say her name, but she was like, how do you stay on plan when life just gets beyond crazy? It's not just like, your mother-in-law's coming to visit, but your life is in a season of chaos and turmoil because of special needs children. Maybe you don't even get two hours of sleep a night and your life just feels like it's a never-ending rollercoaster. How do you maintain a healthy diet? How do you maintain focus? She was like, Serene and Pearl, tell me how? I just want to lush. Throw me a lifeline, so I can reach some kind of homeostasis in this rollercoaster, that I don't see an end to. It really touched my heart because I haven't been in a situation like hers, but I have been in some pretty tough situations.

00:02:38

P You were telling me, Serene, that her situation was very, very intense, with a child with a sickness that was kind of round the clock, that she has to attend to.

D Do you know what it was?

P Very little sleep. No, but I think involving seizures and involving very, very harmful things that can happen to the child. I just think their whole family's life is turned upside down and they don't see a foreseeable end right now.

S I haven't been in that situation, by any means, but just have been in some pretty tough situations. Where you think, okay, now is not the time to concentrate on my health or healthy recipes or fitting in any exercise. This is not the season. But I found, actually, that my sanity, besides from God, in that season was being anchored around healthy habits. Even when you think I can't even maintain habits, but there can be a way. And we want to talk about that today. Some of those situations, of course, was, for new people who are listening to the PODdy now. A lot of you already know that my eldest son battled cancer for about six years. There were times when he was in the hospital, at the same time when another one of my sons was a few flights above in Vanderbilt, in the trauma ward, because he had a head-on collision and they didn't know if he'd ever come out of the coma. I was visiting one in the trauma ward and then...

00:04:03

P And one in the critical ward because your son, Arden, had cancer at the time, but he was stage IV at the time, so it was very touch-and-go whether he'd live.

S At the same time, the baby I had at the time, couldn't just eat or drink because he aspirated on everything.

D What does that mean, aspirated?

S You couldn't even give him a teaspoon of water because he would just choke. It would go down the wrong... I don't know exactly but he would just...

D Struggle to swallow.

P He couldn't swallow normally.

S He couldn't. All the food had to be blended to a certain consistency.

D I didn't know this.

S All the water and all the drinks had to be fed through this little, tiny tube thing.

P Yes, that's Remy.

S This was all going on at the same time.

00:04:45

D I've always thought about asking, I always forget, but to ask you about, that's interesting we're doing this. Because food and stress are such an intertwined thing, and I've never asked you about what you do for food, did it affect your digestion? Is that what you're going to talk about?

S Well, we're just going to talk about the fact that it is possible to maintain some kind of healthy anchor.

P And I think, Serene, not only possible but crucial. Because during this time when we think... Sometimes our natural instincts, I've found this in my own life, our natural instincts are sometimes the most harmful ones for us. There's a higher way, but

sometimes we go... There's part of ourselves as human beings on this planet, that I don't want to call it an animal instinct, but we have these things called...

D Primal.

P Primal. Some of them are fear, some of their anxiety, they're very strong, and we feel ourselves go into them when sometimes they're not the best for us.

D I always go the low path. Caffeine-free Diet Coke every other day, consistently.

00:05:51

P The things that feel easiest, that's the path to go down right now. That's where it feels I just should go. But really, in reality, it's actually not the wisdom path for us, there's a higher one. And I've seen this even in my marriage, sometimes if I get offended, my straight away reaction, my natural reaction is just to close down or retaliate, either of those two. Like, passive-aggressive silent treatment or lash out, and like, how could you? The higher way is to try to understand, maybe to talk it out and say hey, what you did really hurt me, but without an accusatory tone. But there's something in us that goes this other path. And I've realized, there's another path always, that's wiser, that's higher, it's God's path for us.

S And we think it's going to be harder, but it's easier.

P It's better. And so, I think sometimes when we go through extremely, extremely challenging situations in life, our natural way is to think this is not the time to concentrate on my health, that'll be for another day. What I think Serene and I are both going to bring, but Serene is going to bring it from first-hand experience, is, this is the time. This is the crucial time. You don't have to get obsessive about it. You're going to do it so quickly, so easily, but baby, it's the time.

D I feel like food is the last thing I can deal with when I'm stressed out.

S People think that. They think I cannot put one more bit of stress, bit of pressure on my...

00:07:20

D Or decision making, that's what it is for me. I'm like, I can't make any decisions today, therefore, I'm not eating.

P Not going to think about food. I shall not think about food, that is the one last thing I don't need to do right now.

S And I'm not coming at all with my little story and saying I've been through the valley, so I know. People have been in way harsher and harder situations than mine, but all that I learnt from mine is I just remember having a thought. And it was like, okay, it feels like both of my sons are dying and I have this... It was three sons, actually, and then there was the little one, who wasn't just like you could throw them a crust, peanut butter, jelly sandwich and say here, be happy. It was like, everything took extra time, everything took extra thought, and there was a lot of stress involved if he was going

to choke. We couldn't even train him properly as a child, like don't do that, because if he'd get too upset, he would choke on his own spit. Anyway, all that, I remember thinking, do you know what would make this whole thing worse? Me being sick. It was just this clarity that was like, okay, that would actually make the whole thing harder, if I just chose to let stress take me down. To let unhealthy food choices take me down.

00:08:32

S So now's the time I'm pulling up by big-girl socks. I'm going to think that it's going to be harder, but this is going to be the thing that's going to make me have enough energy to do this. I remember thinking okay, that's it, I'm going to be stricter than I've ever been.

P But what do you mean by strict?

S And it wasn't that it was more complicated but meaning I'm not going to miss a meal. Sometimes it'll be like, I'm running over to Pearl's, it's lunchtime.

P And missing a meal is huge when you're stressed, right?

D Yes.

S It's lunchtime, but I've got to go and we've got to do this meeting. And that was okay, just to be a couple of hours late for a meal. But I remember thinking no, it's going to be clockwork. I need nutrition, I need nourishment. And so, everything went in the blender. That was how I did it. Because a lot of the time I was going to be out of the house, running up to Vanderbilt and the hospital. I had this little, what I call my doctor's bag. And I've lost it, it makes me so sad, I had it for years.

P I remember that doctor's bag you carried around.

D Did all this make it easier or harder for you?

S Easier, and that's my point. My point is, is people think I can't do health because I'm going through this hard season. And maybe it's not even with sickness in the family. Maybe it's my husband, he just lost his job and we're moving right now and everything. It's just so hard, so extra hard will be trying to be healthy at this time. That's the myth that I'm trying to dispel here today. That is, it's easier when you are focused on health in those times. It's actually easier.

00:09:59

P I think when you uncomplicate it. Because you must be vigilant about making things so simple at the time.

D I will say that when I'm... I do best on protein in the form of meat, vegetables, and the perfect carb. That's just...

S Healthy fats.

D Yes, we're going to butter that potato and salt it with THM mineral salt, sold now at store.trimhealthymama.com. But I feel so much more... Less depressed, clearer if I do it, but I'm not saying I do. I'm just saying, that in the rare times that I have, it does make everything else feel a lot better.

S It's like when everything is going haywire, we think worry is going to be the best thing I can do right now.

00:10:50

D I always think I just don't have time to eat. I've got to fix and solve, that's where I'm always at, and I'm crashing.

S But have you been in a situation like that, Dan, where it's just like, finances, or whatever it is, everything just feels a bit tough. And you're like, I'm going to add worry to this, it's going to help.

P It's going to help me, I do it all the time.

D 100%, yes.

S I have to full-time worry.

P Yes, and I'm going to pick a fight with someone.

S If I don't, my life will fall apart.

P But guess what? I say I do that all the time, like I'm not a changed person. No, I am. What I used to do was worry, without observing the worry. It was so knee-jerk, that's just what you did. You hear something that's challenging, about family, life or work, or whatever. And you're like, now the worry kicks... It's just what it does, it's knee-jerk. Then I learned to observe myself doing that. I was like, you're worrying, so let's not do that. There's a better path. Your [unclear] peace, so learned to go into peace. Now I'm at the stage where I hear information or I'm faced with something, and I always get to this crossroads, I understand. Before, it was always knee-jerk worry, now I see two pathways. And sometimes, many times, I take the peace pathway. I'm still baby-stepping, sometimes I take that worry because so knee-jerk to the human experience. But I think we get better and better about taking the higher way.

00:12:06

S You know how I love talking about Graham Cook? He's one of my favorite speakers of all time. I just recently listened to one of his messages and he was like, I love self-control. Everybody thinks self-control is one of those fruits of the spirit, it's not like love or joy or peace. It's like, self-control, that's so... What a pain that is. That must be hard, striving, everything is... No, I've realized self-control is such a gift, it's such a gift

to me. Because self-control is that little place I go into that gives me a pause, like on the TV. You can just press pause when everything's going crazy and have a little think about it. He's like, it's my delightful place. Self-control is this little place I go into and I'm like, thank you, Lord, for self-control. I can just come inside for a while, pause everything, and think about how I'm going to go from here.

P I love that. What a new way to look at it.

S I love it. And so, it makes me think. Pearl, it was always your knee-jerk, or it was the way that we think is going to be easiest, so we just rushed in. But if we can just pause for a little bit, press the remote, and just say, let's have a little self-control. Come inside and have a think about this.

00:13:15

S Okay, so my life is cray-cray. I've got these special needs in my family. I'm getting hardly any sleep at night. The cortisol must be worrying. Maybe this is the best time for healthy eating. And, like Pearl said, it must be simplified. And so, what I did was chuck everything in the blender. I had my little doctor's bag and a little icepack that went in there.

P When you say doctor's bag, it's not a doctor's bag, it looked like it. It was a black bag and it was square.

S It wasn't one of those pretty things that you take to work.

P And it was insulated.

D We're talking about a cheap cooler.

S Yes, but it was the ugliest, cheapest from Amazon that didn't sell, and it got sent to one of those Gimme A \$5 stores. And I got it for 50 cents on a 50-cent day.

P You were going to talk about what you did to keep things simple. Then I want us to talk about if people aren't into smoothies or whatever. Other, so simple things you can do when life is challenging. We're going to get practical, but Serene, talk about what you did. And get into details, please.

00:14:12

S It's not like I love smoothies. I've grown to respect smoothies. Because Pearl's like, I just love to chew, so why do you always have a smoothie?

D I'd rather be respected than loved.

S But smoothies, I have realized, are my superpower. Because I'm oftentimes, even though I'm not in the cray-cray season that I was describing, I'm still busy and having to get out of the house. Or I don't have time to chew because I have to go to a meeting. You've seen me at this podcast, I've always got my little Yuck Yum smoothie.

D Who has time to chew?

S Right? It's a superpower because I didn't have time to chew before I got there. Now I'm at the Poddy, I need to be having lunch, so I just sip it down. So, everything went into that blender.

P Can we talk about... People are listening, I know what they're thinking right now. Serene, tell me what went into the blender. Tell me about breakfast, lunch, and dinner.

D I think they're thinking...

00:15:03

S Okay. Well, that's where Yuck Yum was born. And I call it the Yuck Yum because I threw everything as yuck as I could possibly think of in there. Because I thought, my life is cray-cray. I need ashwagandha, an adaptogen herb. Oh boy, I need the good bugs, I need the kefir, I need the protein.

D Horny goat weed.

P She didn't need the horny goat weed. That's a male sexual stimulant.

D Oh, it is?

S And you know.

D No, I didn't.

S Yes, it's in your cupboard at home, we know that.

D I think the first word makes you think that, but I always thought to myself, it's not that.

P It is.

D Because it's at gas station, so I thought it was more like energy.

P It's at gas stations, Danny?

00:15:44

S Exactly, right? Anyway, so I would think, okay, so I need my protein. I always had it with a base of protein that was always kefir because good bugs helps you with stress. Because cortisol wreaks havoc on your gut.

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

S I'm Serene. Premium meals don't have to come at a premium price because ButcherBox provides you with the best meat and seafood on the planet, so you can whip up quality meals on a budget. And Pearl, it really is not that bad. I would say it's about, how much, six bucks per meal for this wonderful, high-quality meat.

P Yes, Serene, it is surprisingly less than going to your grocery store and getting it there. But not only is it grass-fed, I mean the beef, as we keep saying here, is not just grass-fed, but it's grass finish, and that's the difference. All of the meat is humanely sourced. And it fish, regarding the salmon, you bet that's properly wild. Not just like wild-caught, no, it's properly wild.

S I love that. The fish is my favorite.

P Butcher Box has a fun special going on for you guys right now. Where you can get their chicken nuggets, which are organic, gluten-free, they're slightly personal choice, but really clean ingredients.

00:17:10

S Very clean.

P And great for your family. Children are going to love these. And you get them free for a year.

S 22-ounce bag of gluten-free chicken nuggets in every order for a blooming year.

P Plus 10% off your first box, any Butcher Box, when you sign up today. So, hey, claim this deal. I think your children will love these chicken nuggets. And they're at butcherbox.com/trimhealthy. And use that code, TRIMHEALTHY.

S This is the PODdy with Serene.

P And Pearl.

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

P So, Serene, during that time of stress, and I remember it because I remember that time of your life. Because I'm close to your children too and it was heartbreaking for even me, let alone you. Your gut health didn't go down at the time. I think it even went up.

S Yes.

P Because that's when your Yuck Yum was born.

S Yes, that's when Yuck Yum was born.

00:18:03

P You'd done kefir before that. You'd been a kefir girl for years, but that's when you really focused on it.

S That's when it became an integral part of my day. It was like, there shall be a Yuck Yum at 12, a quart of Yuck Yum. Anyway, I based it around kefir and for me it was like, home, done. Because that was just easy for me. I had a farm down the road that had milk. Buy the jolly milk at the store, if that's what simplifies your life. Because it's not even dairy in the end. You're changing that lactose into lactic acid, it's a whole

different food at that point. You've fermented the heck out of it, and it's delicious. Then I'll be like, I need micronutrients from the berries. I'd chuck the raspberries in there and the blackberries. And what else do I need? I need some good fat. Sometimes half an avocado would go in there. I was at goal weight, so I didn't care about keeping in a particular fuel, like E or S, it was just crossover, I'd shove stuff in there. What else would I shove in, Pearl? Chia seeds, I'd shove in maybe some... I'd throw in maca, too.

00:18:58

P What was that vitamin C powder?

S Camu Camu, I'd throw in Camu Camu.

P All the powders.

S Yes, all the powders. They'd be different every day. I'd throw in turmeric, everything. Anti-inflammatory stuff. Whizz it up, stick it in my doctor's bag, chuck some carrots in there, and throw a handful of almonds. Sometimes I wouldn't even zippy them up, just chuck them.

P Into the bag.

S What else was in my fridge? What else is in there? Cucumber, chuck, wouldn't even cut it up. It goes with me to the hospital, and I'd eat all day, I'd eat on it. And I didn't miss a meal, everything was anchored around protein. And I had nutrients. I didn't have to go all stressed and...

P What about when sometimes you would get to come home in the evenings? I think that is also when your Trimmy Bisques were born. Your huge pots of soup would make huge amounts.

S I would have a cauldron this big and I would make the Trimmy Bisque for the week, for the family for the week, not just me. It was humongous. I got a particular refrigerator that would house the pot. Because I'm like, it's going to be stressful to put this into a bunch of little zippies and a bunch of little Tupperware. Once the soup was cooked and cooled, I shoved it into the fridge, the whole big pot, and people would just reheat whatever they wanted.

00:20:16

P I think we've got two meals done. I remember always your Yuck Yum at lunch, always your big soup at night, and then you had nuts and vegetables to snack on throughout the day. So simple.

S In the morning it was eggs or oatmeal, every morning. I chucked veggies in my eggs.

P Your life was simple, you remained healthy. Did you love your food?

S I loved my food, but at the time, I didn't even care. Because, as I said, it wasn't my love of smoothies that made me do that, it was my respect for them. It was like, okay,

I must bring my game. I can't get sick. If I get sick, then I can't help my family. And, also, wouldn't that be depressing? To add 15 pounds onto this year... or

P Or wreck your blood sugar or pull down your immune system.

D That is so spot-on.

S Should I just pull myself down because all this stuff feels spiraling out of control? Should I spiral out of control too?

00:21:07

P I think it's so good, Serene. I want to take it from you, who's more like a purist, and go to someone else who might be in a similar situation. And we've had her on the podcast. Nadia came on this podcast and shared her story. It cold, yes.

S It's like the Nordic winds doth blow.

P It's freezing, right on us.

D That's my next book.

S I need a Ricola.

D You need a what?

P Ricola.

S The Nordic winds just made me want to do the yodel. Have you seen the Ricola ad, is that the one with the...

P Yes, that was back when you used to watch TV in the 90s.

D Yes, when Ricola was an ad.

S We've touched on all of this before. I've told you about my story, I've told you about my doctor's bag and I've told you about Nadia before too, but it's important. And I said to Pearl on the phone, I'm like, I want to address this question, but guess what? We've addressed it a million times, but Pearl's like, the point is not crispy enough.

00:21:58

D It's not crispy enough.

P You've got to crisp points and I'm telling you, as humans, we need reminders.

D Crisp the point.

P I need reminders every single day.

D Like what kind of blender you use. Sorry, I've been....

S Can I interrupt just there for one second?

P No.

S No, you go ahead.

P I'm finishing my point, Danny and Serene.

D Can you put a reminder, we'll put a pin, I need to know the blender and what model.

00:22:18

P I need reminders every single day to choose light in my thoughts and my words and my choices. Otherwise, I'm going to this animalistic part of my body, whatever you call that.

D Primal.

P Primal. That wants to run and hide or retaliate and do all the things that animals do.

D Just sabotage your whole life.

P Yes. I think when we remind ourselves, it's good. We're going to crisp this point, baby.

D Crisp it. Let's get the crisper out.

S First of all, a blender.

D Please.

S Don't think you have to have a Vitamix.

D I think you do.

P But you do.

S No.

P I have a Vitamix.

D I think you do.

S Yes, but what I'm saying is...

D I don't have one, but I think I need one.

00:22:55

S Somebody whose life is spiraling out of control, the last thing they must think of is...

P Is a \$500 purchase.

S Well, I can't do this, what she's talking about, because I don't have the Vitamix. I went to Walmart. I have a Vitamix, but to me, that was too much time because that meant I'd have to wash the Vitamix.

D Don't talk about the Ninja.

S You see, everything went into the quart jar and I'd just stick a lid on top. I just got a hand-held blender.

D That's not going to work.
S Yes, I did because I didn't have to wash the blender.

00:23:19

D Carrots.
S No, the carrots went into the doctor's bag, darling.
D I thought you were chucking them in the blender.
S I didn't even de-end them, I just chucked them in the doctor's bag.
P Okay, let's revisit that topic. When she was throwing in carrots and cucumbers, they went into the doctor's bag, and the nuts, weren't into the smoothie.
D This was a supplemental item.
S This was like, I needed to fill my doctor's bag up.
P With food for the day. Let's clarify. All the powders were going in the smoothie with the kefir and all of that.
S The berries.
P The berries and the greens.
S Maybe an avocado.
D The blendables.
P The nuts and the veggies and maybe a piece of fruit or two, were just being thrown in the doctor's bag. Got it?

00:23:58

S But I did do handfuls of spinach and handfuls of lettuce and stuff like that.
P In the smoothie.
S I did that in the smoothie.
D And a hand-held blender would handle that?
S Yes.
D Okay. I don't think that's optimum.
P I don't think the hand-held blender would do a frozen banana.
S Yes, it will.
P Will it?

S I can make it in a hand-held blender.

D What kind of hand-held blender, a chainsaw?

P Serene can make things happen.

00:24:18

S I'm telling you what, the last thing you want to do is wash a blender or have fruit flies swimming in it when you get back from your cray-cray life.

D From leaving it out?

S Yes.

P She's saying if you don't have money for a \$500 blender, buy a \$16 hand-held blender.

D Since no one's getting a hand-held blender, is there an alternative to... But you can't replace the blender.

S Listen, I would rather have a hand-held blender than those other things that aren't Vitamix or Blendtec or whatever, like that. Because I broke one every two weeks.

D That's what I used to say.

P I don't have Vitamix, I have a Blendtec.

D Have you ever caught one on fire?

S Those are the big tops, right?

D You ever caught it on fire?

S No.

D I've caught a blender on fire.

00:24:59

P Why are you calling Danny...? Okay, she calls her children darling when she's instructing them and right now, she's calling you darling two times.

D She's not happy with my resistance to the hand-held blender.

P She's telling you what for and that's why she's using the word darling.

S He's got pink glasses, the darling matches.

D This is messing with you today.

P Can I go now and talk about maybe Nadia because I want to bring maybe more of a Drive Thru Sue person, who's in a very... A state of trial, a state of I don't have time for this. I know many of you listened to her podcast, but if you didn't...

S That podcast, that rocked.

P I know.

S Because it met a lot of people where they were and we had somebody message us on our Treasure Hunters group, our private group. It's about to go...

00:25:47

P Public. It's not public yet, you can't find it.

S No, you can't find it, but anyway. And they're like, if Nadia can do it, I can do it. I tell you, that's such a true statement because if you haven't listened to the Poddy about Nadia... What is it called?

P Well, I was about to explain it and you sort of took over, once again, but let me try. Nadia, that was the Poddy I was gone for, but I listened to it and I cried.

S Didn't I do well without you?

P You did amazing, I was proud of you. I was proud of you too, Danny. It was an incredible PODdy. She shared about her life right now, where she's not a cook, she hates to think about food. She hates to do all that, it's not part of her thing in life. She just likes to get stuff done outside the kitchen. But she was in a very serious time with her own health, and, at the same time, her daughter had cancer, and had to be in Vanderbilt for many, many treatments.

S Can I paint the picture properly?

P Yes, go ahead.

S This woman is a mother of seven and her husband recently left her, so she has seven children, she's a single mother. Basically, she didn't have a job. Her husband left her, so she has no income. She's stranded. And you think she can go get a job and get a life, but then she has...

D That's way harder than it...

00:27:04

S She has her youngest, which was three at the time.

P Three when diagnosed, almost four when she was still in treatment.

S Yes, just turned five now. If diagnosed with neuroblastoma such-and-such cancer, you don't find out until it's the fourth stage. But that was on top of CLOVES syndrome. She was born with CLOVES syndrome, which is one of the rarest genetic conditions. I didn't even know anything about it, I had to look it up. But this girl is the most beautiful soul, she's the sweetest, most incredible little girl. She's a fighter. Anyway, but then on top of CLOVES syndrome, she gets this fourth-stage cancer and it's desperate.

They had to, I think, ambulance her from the pediatric appointment where they went and took her in, she couldn't even drive her there, it was bad.

P What we're saying is Nadia couldn't work full-time, she had to be with her daughter, and there's no one else.

S And it was massive times in the hospital. It wasn't just going for a little appointment coming up. It was like months on end with stem cell treatments and radiation.

00:28:04

P To bring it around, Serene and Sam had a tiny little place on their property, that they all moved into, this one-bedroom little place.

S 600 square feet.

D Nadia and the kids.

S The seven children and her, eight of them.

P They live right there, but they love it because all the children play. And Nadia's getting on her feet and now she works part-time.

S She works full-time, actually. She works even when she goes to the hospital.

P Let me talk about what she did. I know she explained it here, but I've got a little more of a side thing to bring about Nadia. Because she talked to me a lot, too, about starting. I was so frustrated with Nadia because not only did she [overtalking]. I love her now. I loved her then too, but I was frustrated with her. Because she'd come to me, she was having health issues at the time, she'd ask about Trim Healthy Mama. She'd ask and then I would start talking and she would just look around the room, kind of listening, but kind of not.

S She did that to me, it's why I had the big fight in my yard.

D Yes, you guys fought it out.

00:28:59

P I said to Serene, after I talked to her, she wants to know, but she certainly doesn't want to know.

S I said to her, this is what I said if I didn't make it clear in the last podcast, I'll say it again. I said Nadia, you're one of the smartest women. She is, she could run the whole nation, she's one of those nation-changers. I'm like, you could do anything you wanted to do, you are such a capable woman, but when it comes to health, as soon as you ask about it and I start talking about it, the curtains close. I see them pull and, really, what you're saying is you do it for me. I'm like, I'm not.

P That's what she wanted. But many of us are like that when we first start something. But in the end, her health became such a big deal, she had to address it, and she did. And she does it for herself now, but I want to talk...

S No, but she did it for herself too because she had to stay healthy for the rest of the children.

P Her health became such an issue, she couldn't function as a mother to look after all that she needed to do.

S She couldn't even function at the hospital to look after her youngest because it was 24... You don't sleep.

00:30:00

P But here's the thing, and her simplicity has been very different from yours, Serene. She found out that the most basic, most simple things she could do involved one afternoon of prep and that's all it was. She came across our Trim Healthy pancake recipe. It's three ingredients. It's cottage cheese, it's egg whites and it's oats. Basically, you put a little sweetener in there if you want, so she's kept it to...

S All the way to the plan, she does E and S. She keeps it very strict because she did have weight to lose. Yes, Danny, darling?

D You said for the pancake recipe, cottage cheese...?

P One cup egg whites, one cup cottage cheese, one cup oats. You whizz it together.

S And then our on-plan sweetener. And she put baking soda.

P No, there's a bit of baking powder.

D How does that equal a pancake?

S You will freak.

P You blend it up and they make the fluffiest, most wonderful pancakes.

S The best.

00:30:50

P She started making these and they became her breakfast. She'd make them once on a Sunday, her and her children, and make piles of them, so they were there all week. Not only can you have them for breakfast, she found out she can use them as sandwiches for lunch. There are so many different things you can do. The other day, she attended Hilltop Church. She says Pearl, I've got to go to the hospital this week and she was having all these challenges. She's like, and I'm out of egg whites, I don't know what to do without my pancakes. She came to my house, and I gave her some egg whites. Because her life is so intense that if she doesn't make these pancakes for breakfast, she basically can't function.

D What if the yellow gets in?

P It's all right, mate. You could do full eggs.

S Yes, you can do it.

D I'm concerned I'm going to have to strain eggs.

P No, we buy the carton of egg whites.

S But he's going to be doing the whole egg because he wants to gain weight.

00:31:42

P She does these for E. They're an E, they're a weight loss for her. You could do full eggs.

S I don't want to down her when I said she wanted us to do it for her, she didn't, because she is such a hard-working person. It's just that it was a mentality of I've got too much on my plate, I can't even add one more thing. But what she has learned is this particular aspect has actually given back more energy than it takes, way more energy than it takes. She keeps losing before our eyes.

P She's never felt better, but anyway. So her breakfast is always pancakes. On the days that she doesn't have any, she'll quickly whip up some oatmeal. But she's found out that good carbs with protein help her. It gets her.

S She found out that the worst thing for her stress was skipping meals.

P She was the hugest meal-skipper, Danny.

S If your life is hectic, we want to encourage you. If your life is hectic, the worst thing you could do is skip meals.

P And it was brutal on her weight, the skipping meals because it raised up her cortisol, especially women.

S And lowered her leptin.

00:32:46

P When you have elevated cortisol, especially through a stressful time in life, your cortisol is already elevated. When you skip a meal, it is intensified. Do you know what brings cortisol down for women?

S Breakfast.

P Breakfast, especially with a protein and a healthy carb. That's what brings it down.

D Which is the opposite is what most people think. What about intermittent fasting? Everyone's skipping breakfast.

S That's a whole nother Poddy.

P I've done studies, and I've got them in my book, showing what happens to women, specifically women, when they skip breakfast, and they test their cortisol all day. It literally will not come down until evening. But for the women that had a breakfast and included a carb and a healthy protein, the cortisol, it just went down to perfect baseline.

- D Is the same true for men?
- P I don't know, I haven't seen the studies for men.
- S This is what I've heard, some of the research says, I don't believe it's totally optimal for either of the genders, but it's way worse for women because harsh things are harsher on them.

00:33:52

- P We have totally different, even our hippocampus, I've got all this information in my book.
- S Wing it, Pearl, wing it.
- P We have two sensors for food deprivation, men have one. We have double, so that's why fasting hits us in a much, much more brutal way. Because the body, it's double the effect of, oh my goodness, you're not going to get food. Well, I'm going to start storing, I'm going to start raising your cortisol. You are here to procreate the species, girl, get some food in you.
- S And your cortisol rises and then your leptin tanks. When your leptin tanks, your body says I am going to change this whole endocrine system into survival mode, and so, the metabolism screeches to a halt. It's basically like I must hang onto every calorie because I'm in survival mode.
- P But getting back to... I know we're conversation style, but I want to get back to the other things that she eats.
- S Practical. Sweet potato. She loves them, she batch-cooks them and then she'll just reheat them, which is great for resistant starch.

00:35:00

- P She had two lunches, as far as I know, and you can tell me if I'm wrong, Nadia. I know you're going to listen to this and we're talking all about you. But I remember her one lunch is so simple and she does it to this day. Greek yogurt, stevia-sweetened chocolate chips and berries.
- S That was her dinner.
- P That was her dinner, and she wasn't small-sized either.
- S Big bowl of Greek yogurt, shove a big number of berries on top, a little bit of coconut, and a little bit of dark chocolate chips.
- P That was kind of like an S. Then her other one was she always batch-cooked protein for either dinner or lunch, with a sweet potato or a salad, so she could have an S or an E, and that was it. I'm telling you, there was nothing else. It was four or five meals she just kept repeating, and she just loves them. You don't need variety when you're in survival mode, right? You just need to survive.

S Then the other thing. She batch cooks everything, with her children, so basically she doesn't have to think for the week. One afternoon, they all help, they batch cook.

P It's because there's no time for thinking.

00:36:02

S Then she sent me a picture the other day. She goes, Serene, what have I turned into? I never thought I'd be this way. She sent me a picture of her in the hospital room. She has to go still, her little daughters in treatment and she has to go for a whole week, every three weeks. Anyway, she's got her blender in there and all her powders and she has her kefir fermenting, that she brings to the hospital.

P She started with kefir later, but she didn't start with it, but now she does kefir too because it's just easy. I think so many people think kefir is for purists who have a lot of time. Kefir makes things so much easier and quicker because you know it's...

S We take kefir with us through our suitcase in the plane. You can take it cross-country, you can take it anywhere.

P It simplifies your life. If you're a Trim Healthy Mama, you know that one of your meals through that day is going to be a kefir-based meal. And I don't like smoothies, as Serene said, I don't like chewing my meal. I make kefir bowls, so I use a spoon. I put stuff in it, I don't want to drink. It doesn't even matter if it's still runny, I want to spoon it.

D Just kefir?

P No, I put stuff.

S She shoves all these superfood things that crunch.

00:37:10

P I like crunch, I put toasted oats on there.

D But you said you don't like chewing your meal.

P I love chewing my meal, I don't like drinking my meal.

D That's such a weird phobia.

P No, I want to chew. It doesn't feel like I've eaten if I just drink a smoothie.

S But for people that think they don't have time, shove it and just respect it.

P Respect the smoothie, I like that. That maybe should be the name of this podcast, Respect the Smoothie.

D Respect beats love.

S If you're thinking healthy is going to take so much time and I'm going to have to rotate

certain different recipes and I'm going to have to make. I'm going to have to make all those sippers those girls say and I'm going to have to make all these treats, then I'm really going to have to dabble in the cheesecakes and the desserts because I don't want to get tempted by the bad stuff. No, you just don't do any of that, you just keep it simple.

00:38:02

P You have 85% dark chocolate for your sweet needs and don't worry about anything else.

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.

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

P Here are some things not to do when you're in an extremely stressful situation. Here's what not to do. Don't try to make a two-week menu plan. Forget all that. Forget about trying stuff from all the cookbooks.

D Don't go to the Chip & Joanna section at Target.

P No, don't. Just keep it simple. Here's another thing not to do. Do not over-exercise, you can't.

S Do not. Because that can be more of a stress. For some people, a good amount of exercise, if they're not too exhausted, takes care of stress, and relieves stress, but if you're exhausted.

P And you're not getting enough sleep, you can't take that energy and put it into anything.

00:39:00

S But we're not talking about walking, walking is good for everybody.

P Walking is good because it is a stress relief. Just walking, if you can get a chance to just be by yourself, without the children, and just take a half-hour walk. That would be brilliant, but we're talking about training, you can't during that time.

S I would say if you're in season and you're getting two to three hours of sleep a night.

P Yes, or even four.

S It's not your season to weightlift. That is not your season to get into resistance training. People will be like; it'd be a great stress relief. No, it's too much. Walking, fantastic, stretching, fantastic. Moving, not being sedentary, yes, yes, yes. Massage, all those

wonderful things, great.

P Even if you're at the hospital and you're in an intense situation, you must be there for multiple hours. Serene and I must do meetings for hours and hours or write books for hours and hours, even now. You never stay sitting for more than an hour. You've got to get up, maybe do a few air squats, maybe do a few legs raises.

S Nadia does air squats in the hospital. She has little exercises she does in there and she goes for walks, but now is not the season. I have not had an argument over the fence, trying to get her to start weightlifting.

00:40:05

D I want to hear some more don'ts, what don't we do?

S I would think if you're in a season and you feel like you can't sleep properly, like have a good seven hours in a night, I think that's not the season to stay up late on purpose. Some people, it hits 10 o'clock at night and that's when they start texting all their friends and that's when...

D I stay up late as an act of rebellion.

S Right, that's when it's just their life.

D To my wife.

S Or maybe a lot of their responsibilities are over, and they can just start to have their downtime. But I think if you're in a stressful season, you can't afford to not be in bed. You need to be in bed when you can.

P When you can.

D There are studies on sleep that will blow your mind.

S Sleep is so important, it's just as important as food. And so, if you have trouble sleeping.

00:40:56

P I would like to say something about that, may I?

S No, you cannot. You go, of course you can.

D It's your podcast.

P I saw a study yesterday that the lack of sleep... But I kind of want to preface this with another angle.

S And I have to go to the potty.

P Go, I'm going to speak while you're gone.

D Go right in the middle of the show.

S But what if I don't know what you said while I'm gone and I'm out of the.

D That's the price, Serene.

P You dropped your tea.

D It's water-based. It's not the oil-based tea you're used to.

P Bye, Amy.

D What's up, crew?

00:41:30

P What were we talking about? Sleep, we were talking about sleep. I saw a study yesterday, that found out that the lack of sleep is an actual carcinogen, meaning it promotes cancer. If you don't have enough sleep, it puts your immune system down, it goes down, so your cancer risk goes up. I do have to say, though, that I believe so much of our health is the way we think about our health and the way we train our body to think about our health and we tell ourselves and our body how to behave, that's science.

P I think if you literally cannot get sleep and it's beyond your control, and you're not just staying up late and being a bit of a fool about it, I believe that you can take that situation and say, this is a season of my life. No matter what the challenges, and they are hard, I'm going to thrive here. This lack of sleep right now, you know what? It's good for me, I'm doing well.

S What did you say?

D Welcome back, Serene.

P I was going to say, that the lack of sleep they found out is a carcinogen, it promotes so many things. But if that is your only choice right now, you're up with a baby or you're up with a child and it's a season, I say no. Do not believe those studies, you tell your body differently.

S No, exactly.

P And that's the greater truth.

00:42:48

S Let me just tell you about that. When it comes to nursing, let me tell you about that.

D Are you breaking the fourth wall?

P Yes, she's looking at the camera.

S Let me tell you about that.

P You did it before.

D I kind of feel like it's my thing.

S Listen, let me just say this. They have done studies that nursing mothers, Dan, you're a nursing mother, listen.

D I'm talking to someone right now.

S Nursing mothers, I know that it's broken up a lot and they're up and they're aware, but the hours that they get to sleep are way more REM and way more rejuvenating.

00:43:24

P Restoring, yes.

D Interesting.

S They're way more restorative. They've done studies, it's Dr Sears's Nighttime Parenting book. He was like, a lot of women say it's just such a hard season, I'm not getting that much sleep. The hours that you're getting are more restorative than other people's hours, nursing mothers. Be encouraged. And my point is, don't listen to your mind saying my health's going to go down because I'm not getting enough sleep. Actually, no, nursing mothers, that you in that certain you're actually getting more restorative hours. If you can't get sleep at all, you're not a nursing mother and you really know that you're not getting any restorative sleep, just tell yourself that you're amazing.

P I would say tell your body these four hours of sleep I'm getting are more restorative than anyone else on this planet.

S And you can pray into it. You may not be a believer, listening to this podcast, but if you are, you can pray into it. I don't get as many hours as I want to, to write, to do the things I want to because I've still got so many children in the house. Business-wise, I don't get as much time as I want to pour in, so I always pray and I'm like, Lord, take these two hours and make it eight, make it more productive. There's a faith that goes into that and then I believe, and I believe those two hours are more productive. And I believe there's truth to that.

D That's what counts, sister.

00:44:44

S But I say that with the phone too, if I'm on the phone, like cell phones. I'm a purist, so that freaks me out. I'm like, 5G, this is all radiating my brains out. When I must use the phone, I'm like, this technology, I know it's doing something amazing for my body. I bet they'll find out in ten years that this is doing something incredible. This is a superfood machine that I've got here.

D And I receive...

S But when I don't need to use it, Danny, I chuck it four feet away and then it's from the devil.

D And I need to pick up what you're doing because I'm always... I even wonder, because our bodies are electromagnetic. I've even wondered, does it make me pick it up? Does it decide it's Instagram time? Because I'll tell you this, I was on Instagram one time, and I was like...

S I'm giving you ten seconds and I'm telling you.

D Just give me a second. I was like, what am I doing here? Because I was just mindlessly there. I closed the app, I started doing something, and I looked back at my phone, the app was open, and I was on Instagram. And I'm not saying it did it automatically, I'm saying my thumb selected Instagram without my consent.

00:45:57

P Well, its dopamine, you need time to get back on, the dopamine fix. But here is what I would say.

S No, but can I say one more thing about this thing before you move on from sleep?

P Yes, you may.

S Was it about sleep?

P It was about sleep.

D My search page is not indicative of my values.

P [Overtalking] last time and now it's my turn, we've got to go round the room. Because you were doing the big talk, then Danny, then me and now it'll be your turn after me.

S Yes, we can do...

P Yes, share. John's saying hurry up. Okay, I'll be super quick. This happened to me when I went through menopause...

D Don't tell them how to do their show, first.

P We do obey John, he's the producer of the PODdy.

00:46:33

D He doesn't have a mic, I'm just taking advantage of linear [overtalking].

P I do think like you say, when you can control something, Serene, then you do. When I went through menopause, and had hot flashes, I lost two years of sleep. Literally every hour and a half I was hot flashing.

D Waking up?

P Yes, it was so bad. I was going on so little sleep because my body did not like not having hormones. Then I restored my hormones and I sleep better than a child. I think that's how I pulled my shoulder; I don't even know when I'm... My sleep is so deep.

S She doesn't know what wonky position she gets into and stays asleep.

P But apart from that, I'm having the most restorative sleep of my life because my hormones are so optimized. I do think when you can control something the studies show lack of sleep gives rise to other diseases. Now if you're only getting four, you pray over them, they're good. But if you can get more, you do something about it and you get those optimized sleep hours.

D Because women will hormonally... Maybe men too, people hormonally won't get sleep, like you can't sleep. Your habits are good...

00:47:34

P You can't sleep when you're hot flashing all night. Or it's an anxious feeling, the lack of progesterone, it wakes your body up.

S Or it's cortisol that's just surging through your body.

P The lack of those hormones does things to a woman's body.

S And estrogen antagonizes cortisol. But I do want to say, what if you can only get two hours, what if? And then you're blessing those two hours, but there might be times in the day where you can try, even if your brain doesn't fully shut down, I think there are times where you could be like if your child is napping, then you nap too and don't worry about the dishes at that point. It's a discipline, who cares about even no dinner done. Just put it all in a smoothie...respect the smoothie, and just get those bits of sleep. So, that was the point of the whole thing, is it's not...

P You're...

S Yes, it's not something extra hard that you're going to put on yourself. It's going to be like, I need to treat myself gently right now and I'm just not going to do the Trim Healthy thing or any of that right now, I'm just going to be gentle on myself. I'm going to give myself a little grace, this is a hard season, if you want to give yourself grace. If you want to be truly gentle with yourself, but health is your anchor. This is what you need at this time.

00:49:12