



Trim Healthy Podcast with Serene and Pearl

Episode #320 – The Blue Necklace

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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

00:00:01

S This is the PODdy, with Serene.

P And Pearl.

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

D It's a magical day on the Hilltop at the Trim and Healthy Podcast, and Pearl's back. It's been Serene and I.

00:00:45

S Before that, just Pearl and you.

D No.

S Yes.

D No, first it was Les and I.

S Yes.

D Then it was Pearl and I.

S There, see.

D Then it was Serene and I.

S Yes.

D And now the... We're back to together.

00:00:57

P And we had a special guest. Last week we were back together, but we had Esther, but this is just us three.

D Yes.

S I've got to tell you, I love being with you guys. I missed you.

P I missed you, but I have some pod meat.

D Get it.

P And I saved it for this Poddy.

D Crockpot on.

P For when the three of us were back together, and the band.

D You've been stewing?

P With Leslie, Pops, John, and Ben.

D Carrots, potatoes?

P I've been stewing on this. It's a story I would like to share with you all about my sister.

00:01:31

S Oh.

P And the more I thought about it, I got some meat churning in that crockpot. It's kind of a funny story, and I'm going not make a leap. There's going to be the story about Serene, and then there's going to be an analogy, and then I'm going to bring some things for your life, and my life.

D Some mineral salt, if you will, sprinkle?

P Yes, we're going to season it up really nicely. When we were together in Mexico, us couples, we went to the pyramids, the ancient pyramids outside Mexico City.

S The pyramids.

P The pyramids.

S Yes, that's what our tour guide called...

D You're talking about you and Serene, and your husbands?

P Yes, when we were in Mexico.

D There's right. I [overtalking] being there.

P We go once a year, and we're couples, and we go, and it's our annual...

00:02:11

D Is it fun?

P Awesome.

S We had a guide, and he kept on talking about the pyramids. We did not know what he was talking about, and we were looking at the pyramids the whole time.

P They were incredible.

D Oh, he pronounced it pyramids.

S Yes.

P Pyramids, yes. And sorry about my voice, I've been in a lot of airplanes and stuff.

D Who are we to take away...

S She took up smoking. She didn't.

D She took it up.

P But anyway, on the way, part of this tour was we went to this... What would you call it? It was a place where they carved gems.

D A restaurant.

00:02:39

P Out of stones and rocks.

D A quarry?

P Kind of like that. They had cactuses around. Anyway, they had a lot of beautiful jewelry for sale. Part of the whole deal was you're supposed to go by there and buy some on the way. We all looked at some. I'm not much of a jewelry person. My husband didn't buy any, but that's fine. But we all saw this beautiful... Actually, Serene, how did I know...

S I haven't taken it off.

P I knew she would be wearing this today because she didn't take it off. So, look at her. I was about to describe it, but she's wearing it. We all looked at this beautiful opal necklace.

{ And it had earrings.

S It's Mexican fire opal. It had earrings.

D These are actual jewels from the Earth.

P This is real. Serene has never had real jewelry in her life, have you?

S No.

00:03:28

P Ever?

S No, never.

P Never. She wears a lot of jewelry, but it's all fake.

S It's all fake.

P She looked at it.

S And I'm allergic to fake metal, so I go to Hobby Lobby and just buy the sterling silver little bunk thing, the little hooks, and I go to Walmart and buy cheap junk, and just hang them on the...

D Oh, little custom creations.

S It's all cheap, yes.

D This looks fantastic.

P Yes, and we all looked at it. All of us, and we said, oh my goodness, that's so Serene because she's just so... Can you turn your phone off? So vivid. It was just something about it that spoke Serene.

00:03:58

D Just for the podcast, not for any other reason.

P And Serene said, oh, I do love it, but never thought... Because we looked at the price, it was real opals, it was several hundred dollars. She never had jewelry like that in her life. We all just looked and said yes, that's beautiful, but then we thought, well, we don't buy jewelry. No one in our family does that sort of thing. We grew up poor. We can't do that. It's a bit of a leap. After we saw it, we all got back in the van.

S Even my wedding ring was gold melted down from his grandmother's. I didn't have to buy it. We made it.

P Yes. We get back into the van with the tour guide, and Sam hands Serene the beautiful opal necklace and the earrings.

D Oh, yes.

P It was precious because... How many years have you been married?

S Oh, a good 25, 26.

P Okay, she doesn't know.

S Yes, something like that.

D A long time.

00:04:51

S I could count it if you give me a chance.

P Serene was just so overcome. And I said to myself, in my head, I bet she won't take this off. Because whatever Serene does, she really does... She does. If she pours a little cumin in the soup, she pours a lot of cumin in the soup. I thought in my head, she's not going to take this jewelry off because it means so much to her that her husband would do this. She put it on... Have you taken...?

S I wear it in the shower.

P She wears her gym clothes.

D You've worn it since.

P Every day in Mexico she's in casual gear. She works out, the necklace and the earrings are still on. So, then I went home. Serene was still stuck in Mexico.

D Like a little kid when it gets this new thing, you carry it around.

P Yes. But I'm going to bring up a point soon, okay?

J.

00:05:43

P I was back here in America, Serene was there for another week with her family, and then they got stuck there for a few days. We've got this group, Treasure Hunters, it's a private group, but Serene was in there doing her LIVES every day, she was wearing that stinking jewelry. I'm like, oh, my goodness, she's still wearing it. At one point, I'm like, come on, Serene.

S Do you know the end of the story? That he brought me more?

P No, I did not know that.

S So, we went to this Mexican doctor... Not doctor. Mr. Lionso's. It's a very special place up there.

P He has a restaurant near....

S They had that silver factor on the outside. And so, we went in there, and Sam saw this ring.

P Oh, it matches.

S That matches, and a bracelet that matches, but I can't wear that yet because it had a clasp... It's fallen off me twice, and Sam's like, oh, we're going to get that clasp fixed.

But anyway, it means so much to me, this little ring and the bracelet, too, because it

was already above and beyond his personality to do the earrings and the necklace. It spoke to me of his, just, love.

00:06:54

And then, when he did this, this reminds me of the fullness of his whole heart because it wasn't enough.

D The completion.

S He said it's got to be something on the finger and the wrist. I want it all places. And so, whenever I look down, then I think of... Because right now in our life, we don't have money to throw around, either so it was just oh, my goodness, it was above and beyond. Anyway.

D I think the men listening, if they are, should just be taking notes because I am.

P Well, I think there's something special because Sam has not been a jewelry person and he buys it for you throughout.

S Or a flower buyer.

P He's not. I love watching Sam and Serene's relationship, it's something that is a very beautiful, precious marriage that they have both sparked into what it is. I think you were two young people, and you came together, and you just said we will love, and you have loved. And you believe in love. This represents it. I saw when Serene put that on, she's like, we're 26 years into marriage, and he hasn't been this person that's bought this all for me, and now after all these years, he buys it. I could just tell what was going on in Serene's head, and it said every time she wears it, it speaks of what they've built.

S Yes.

P It says I am loved. It says we are love and look who you are to me. Every time, I know that when you put that on, you know you are loved. It's a visual representation.

S Yes. It is. It is. You're totally right.

P And you shout it to the world.

S It's not just a necklace to me, it has so much meaning. And I told that to him about this it's not just a ring. I will not take it off. It's not a fashion statement. It's not a decoration to me.

P No, it's not. It is a visual representation of what you and Sam have built. And when you look at it and you're declaring it, you're declaring it to yourself all day long. When you look at that, I am loved. It speaks. It says. It's the banner over your head.

S Yes.

P It's the banner that you're wearing.

00:08:56

D Okay, I have a question because I need this now, okay? I already know that the price is irrelevant, but real jewelry just costs a lot more, it's more quality-build, the clasp won't break as easily. You can go and add to it later because it's an actual jewel that has a color that's set by nature, so you can be in a whole other country, and find opal. What is that?

S Mexican fire opal.

D Fire opal, yes. If you find Mexican fire opal, 20 years later, it's going to match that necklace. So obviously, price means quality, it means lasting, it means that this is going to look good with future outfits.

S I don't even care if it clashes. I usually wear clashing, usually.

D Right. But typically, something that nice...

S I don't even take it off if I wear a joke neck. It doesn't even show.

P Do you take it off when you sleep, though?

S No, most time, I forget.

P Yes, I think it's something to do with it was... Danny, it's not that it was... Obviously, you can buy jewelry for a lot more than several hundred dollars, right? Sometimes it's thousands. But I think because it is quality and it's real, it's also another layer of what they've built.

00:10:12

D But I want to know the price... You knew that it was frivolous, too much for where we're at right now, budget-wise.

P It shouldn't be spent at the time, yes.

D Exactly.

S Yes, it shouldn't have been spent at the time.

D Has that impacted, at all, how you feel about it, is what I want to [overtalking]?

S It shouldn't have, but yes, it felt sacrificial.

D Okay, that's what I wanted to know.

S Yes, it felt sacrificial.

D Because that is the data I'm looking for.

S It felt sacrificial, but it's not really the main thing. The main thing is that he actually took the second thought to go ahead and do it. You might have a bucket thought, maybe, oh, that would be nice to buy that for somebody, but then it's just that bucket thought, it flew in, and it flew out. He actually acted on the thought.

00:10:53

D Yes, but if it was ten bucks, and you were like, oh yes, get it, I don't know that the impact would be the same. I think you had to walk away from it. That what I'm trying to make sure I...

S I never even asked him to buy it for me. He had the idea himself.

D He just noticed you like it?

S Yes.

P Yes.

D Okay, notes taken.

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

S I'm Serene.

00:11:36

S This is the PODdy, with Serene.

P And Pearl.

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

P And I think it wouldn't have even meant as much if he was a jewelry buyer, or if he did this periodically, this is the first time he's ever done this. I think that's why it spoke so much because at this time of the season of their life, when they've been through... We all go through things, every relationship, and they've been through that, and what they've built is strong, and they've built is something that love has built. You built it, Serene.

S We did, together.

P Together, you and Sam have built this beautiful thing. When I watch you and Sam and you've built... Romance, it's like you're young honeymooners in love. But that's something that you've cultivated, too. And so, where's where I want to make the leap, when I saw you, and was back at home, here, on one of the lives with your crazy necklace on, still on, I thought to myself, but you know what, that is powerful. Because you are telling yourself every day, declaring something to yourself, about your marriage, about how you are. You're saying I am loved.

S I also leave it on for him, too.

00:12:53

P Yes, to him, to see that you appreciate it, of course.

S Yes.

P And to saying I am loved. Our marriage has worth. You declare it all day long to everyone you meet. This is a declaration. I thought to myself showing ourselves things is very powerful. And now I want to make the leap and bring it back to Trim Healthy, and our lives, and our health.

D Make that leap.

P We have to look at the good in our lives and show it. So, Serene, honestly, you could have received that jewelry and put it somewhere, and just thought oh, how nice, right? But you actually use it. You make it a powerful, powerful exclamation point in your life.

S Well, I was. When I'm writing the book, up in my room writing a book right now, I'll even touch it, and there's messages going to my brain about our marriage. Not about the jewelry, about our marriage.

P Yes. No. It's not about the jewelry.

00:13:58

S Yes.

P And that's what I'm trying to say. It can be a relationship. It can be many things, but what we focus on what we declare, and what we choose to highlight, right? You've chosen to highlight this to say our love is strong. I am loved. Look what we've built. It is beautiful, and I will show it to everyone. I'll declare it to myself. All the cells in my body will know I am loved because I'm wearing this shiny blue thing every day that represents something so beautiful. I thought to myself what are we showing ourselves all day long? If we want something in our lives, like a strong marriage, but let's say we want a strong life of health, strength, and vigor, what are we showing ourselves about it? When you open your fridge, are the things in there shouting things to you? Are they saying something about your life? Or are they just hiding in the background? That's just what I thought when we see things about ourselves, it's like what that guy James Clear, who wrote the book Atomic Habits, he calls it... What does he call it? He calls it environment design. When we design our environment with visual clues about who we are and about our habits. And about what we would do, it becomes incredibly more powerful than when our lives just look humdrum, and we don't see what we're about.

S It's so interesting you're saying that because I love to open my fridge from time to time, look at the homemade kraut, look at the special tahini that I know is first...

00:15:34

P It tells you who you are.

S Yes, and I look at the things in there, and I'm like, oh, that's right, I'm about all this.

P Yes, we don't all have to be kefir makers, but when I see my kefir fermenting in my cupboard, I'm like, oh, yes, I'm a girl who looks after her gut. Man, that's great. I love

that I look after my gut. I love that I'm about that. Another thing is our cart. We've talked about, we've had episodes, here, on the PODdy about grocery carts, and trying not to be too judgmental when our cart is so awesome. But I think putting things in our cart and being proud of them, not having to be perfect. Of course, some corn chips go in sometimes for that party, or what do you have to buy, something for your husband, I'm not talking about that. I'm talking when you've got beautiful greens and bright berries, and you've got proteins in your cart. And you walk around. Have you ever felt pride of it, Dan?

D Swelling my chest.

P And it's a good pride, right?

D Oh, yes.

00:16:29

P It's like, this is who I am, I look after my body.

D Yes, at first, I judged everyone.

P Yes, that comes first.

D But when you're a rookie, when you're first getting in the grocery store and your cart is bursting with greens, and blues from the blueberries, and all this color, and then you see mama taupe over there.

P Yes, everything taupe.

D And it's all taupe.

S Diet Coke, bread, pasta, cereal. Potato chips.

D Taupe, taupe, taupe. It's like the bar at the hotel, when the food is free in the morning, what do they call that?

S Breakfast.

D The continental.

P Yes, the continental.

D What is that, the continental?

00:17:00

P It's taupe, yes.

D What's that word mean?

S Bagel, waffle.

D It's an attempt at saying taste of the world. Continental. Intercontinental. Global spread of a feast.

P I think it means not cooked.

D And it's all taupe. It's just this taupe Cheerio stuff. Anyways, yes, I was judgy at first.

P I know, but yes, once you get over that judgy and you just do it for your identity, you do it because it's part of you, how does it feel?

D You know what, it's the secret discipline, too, because if I put the wrong stuff in the car, and then it ends up in the fridge, or in the cupboard, and I'm feeling peckish at eleven, I'm never going to grab that carrot. I find it's very helpful to just not even have the options in the house.

P It is.

00:17:44

D Because you think in your head, I'm going to have these options and rarely will I just dip into the stuff that's not best for me. But the truth is the carrots go bad.

P I know that carrots go bad [overtalking].

D It's just brain chemistry, you're always going to grab the easier, quicker, carbier, fattier, nuttier.

P Have you ever put your stuff through the checkout, and whoever the person is doing it, comments on your food?

D Oh, the commenters. Sometimes I like it.

P It's beautiful, right? It's beautiful.

D It can be. Sometimes, I'm not in the mood for it. I don't want to hear it.

P Really? Because I love it when they say oh, you eat really healthy.

D It's sort of like looking in my underwear drawer.

P Really? I love it.

S Oh, no, I don't mind it at all. I don't mind it.

D Typically, I'm like, bring it on because I feel like I'm impressing them.

S Yes.

00:18:29

D They'll be like, oh, where's this? I'm like, you wouldn't know.

P I think it's fine. I don't think we have to be prideful. I just think we're declaring to the world that we're someone who loves our health journey. And we're saying to ourselves, and we're saying to the world. And it's like Serene wearing that jolly necklace every day, I love my husband, I am loved by my husband. It's the same thing. Unless you have an area of your house dedicated to where you would do

some exercise, you're not going to. You have to see it.

S You have got to see it.

D Yes. That's true.

P I've got a bunch of weights upstairs, and I know they're there, I see them, they tell me things.

D They can't be in the closet.

P No. They tell me what I do.

S And also, I've so made the jump with you, Pearl, because I totally am a prop person, props speak to me about my lifestyles. If I put on my special shoes that I weightlift I in the morning on my days that I know I'm going to be lifting, they're speaking to my cells the whole time. I feel like a weightlifter. I look down, I look like one.

00:19:30

It's like in my head, I'm part of the gang, the tribe of people that do this, and I'm wearing the... I know you don't have to wear the stuff.

P No, but it helps. It's declaring something.

S It helps.

D It really does, yes.

P I do have to say something about yoga pants. Okay, you can go to the supermarket, in Franklin, Tennessee, every woman is in the yoga pants, but guess what... And some people think, oh, it's a little bit immodest because they're showing their butt. But guess what?

S Well, wear something around that we can go to the store in.

P They just went, and they worked... You see, they are saying something about themselves, even though you can wear yoga pants and not work out, a lot of them do. They just came from the gym, or they just came from their home, and they did a workout, and they're wearing their yoga pants because they're declaring something to themselves. I look after my body.

S Yes. Well, it's interesting, I'm the type that if I'm going to go out to the store, I'll just get a long-sleeved shirt and tie it around, whatever, all people to their own selves. But at home, when I wear those yoga pants, oh, I know I'm going to exercise. When I wear jeans, I might or might not.

00:20:30

P I won't. If I'm wearing jeans, I'm not.

S Yes.

D They're the new stockings, though, right?

S Yes.

D Women used to wear... I'm talking, which means the camera's cut on me, and then I scratch my nose, and now I'm really aware of it.

S Well, I've been chewing all the little bits in my yuck yum. All the little bit of [unclear], so I've been getting them out of my teeth.

D Typically, now that we're videoing, when either of you are talking, it's my time to be... But then, I just did it while I was talking, and this whole show is ruined. I don't even know what I was going to say. Pearl?

S It was about the new stockings, you said.

00:20:59

D Women used to wear stockings to slim the legs, to perfect the legs, and now I think the yoga pant has taken over that.

P Yes, the yoga pant has taken over.

D I really feel like, there are some things that women get to do that, I know better, would be cool if men could do it.

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

P I'm Serene.

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S This is the Poddy, with Serene.

P And Pearl.

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

00:22:07

S You see, I thought I was the only one. I thought I was an absolute strange bird because I would, during the day, open out my cupboards to just appreciate how healthy they looked, or open up my fridge to appreciate it. And I'd even have little fantasies, and I would fantasize that I was not there, and I had some home-repair person come in, and was just repairing the house, or whatever, the family was gone.

And then, they just decided to open the fridge and cupboards because I would do that. It tells you a lot about people. I saw them opening and saying oh, my goodness, these people are the healthiest people on Earth. These people, oh, I'm so inspired. I fantasize about that whole thing.

D They are doing life right.

S No, but it's just like it speaks to me about what we do. I like to get the visual of my life. I do.

P Yes, the visual is so strong. What do we call it? And the memory peg, Serene. Memory pegs help us know who we are, and they really cement something in us.

S Is that way you've become a bed maker? Because when you make that bed, and you walk in, and you see that beautiful marriage bed all decked out with its romantic duvet cover, and it doesn't look like you've just...

00:23:21

P Rot.

D Bachelor pad in college.

P No, there are cot sheets on the [overtalking].

S But when it looks like this is the honeymoon suite, it holds good memories, and it speaks to you. It's the visual of...

P Well, I never thought of it like that because I always thought of making my bed as more of an organized peaceful thing. When my bed's unmade, I don't feel at peace.

S Oh, when I see my bed made, I'm like love, boudoir of heaven.

P You think oh, the Psalm of Solomon.

S Oh, straightaway.

D I'm still taking notes.

P Yes, I'm more so. More so, perhaps, I think so.

S Yes.

D Do you have, at the corners, the posts that go up?

S Oh, no. No.

00:23:57

D A bit much.

P That would definitely be Serene.

S No, I would love that.

D But you would?

S I have had my mattress on the floor so it's more Bedouin style, and then hung linens from the top, draping down, so it's only this little opening. It's almost like a Bedouin tent within the room. And then I tattooed, with black Sharpie, all the Psalms of Solomon scriptures.

P But it all fell down, though, didn't it?

S No, that was another.

D Why isn't it... Oh, is that the one you caught on fire?

S No, that was another situation. Another situation.

D Yes, go back, what, four years ago and listen to our Foxy Mama Podcast.

00:24:27

P Yes, when Serene caught something on fire. No, but think of it, even just little simple things you can do to remind yourself of who you are and what you're doing.

S Hey, I really want to bring that point.

P Okay, what?

S If you want your marriage intimacy to go from a B to an A, or a D to a C, whatever you want, I feel like the more little visuals you put off this is what we do here in this room...

P Yes, that's true.

S I feel like it helps.

D So, a smoke machine?

P But an unmade bed can be very sexy, too.

D An unmade bed?

S If it's very clean and white and hotel-looking.

D Yes, that's a good point.

S Because I've got one checkered sheet at the bottom, and one floral one at the top, it's not working.

00:25:10

D Yes, but 80s floral unmade bed is stinky. Do you smoke?

S What?

D That's what it says to me, a floral unmade bed.

S I thought you were asking me. I'm like, shock.

D No. No. The floral unmade bed is for smokers.

P That is hilarious.

S Yes, it is.

P Listen, if you do want to... Because you said listen, if you want to spice your marriage up, I'm just saying, you need to get on some hormones.

D Wait.

S Well, talk.

D How long have you been saying that?

00:25:37

P Quite a while.

S We must preface, we're only 27 minutes in.

P No, we'll have different talks about that. But I was going to say, before you stopped me...

S Oh, that was such a runoff.

D Yes.

P No, I'm just saying that there are hormones... All right, I'll go into it.

S Go for it.

P I'm just saying that we've been talking about bioidentical hormone replacement therapy, and we've been talking about how we plan to launch our own Trim Healthy medical place, where a woman can come, men can come, get trustworthy proper effective help for hormones. It's a huge, huge need.

D Men and women?

P Men and women.

S Oh, yes.

D Before you have the facility, are you going to have products?

P It's not a facility.

00:26:19

D It's a system.

P It's a system. It's going to be online doctors, everything.

S Tele-med.

D How soon? Because we're good, but the clock's ticking, right?

P Yes, the clock's ticking. Soon, this year.

D We're ways off, but you know

P People say to me all the time... Because Serene and I, especially in our Treasure Hunters' group, now, we get so many questions that we answer. So many of them are hormone questions. Some of them are like, but, Pearl, I'm on BHRT already, and I'm not really feeling different, or I have this problem. There's bioidentical hormone replacement therapy, and so many practitioners are prescribing it, and it's like they don't know what they're doing.

P It's like Trim Healthy Mama, right, you can do Trim Healthy Mama, and all you might eat is cream cheese cheesecakes, and you call it Trim Healthy Mama.

S You do the sensuous version.

00:27:06

P It's not Trim Healthy Mama.

S No, it's not.

P Trim Healthy Mama is wholefoods from the earth, where you're getting your carbs and you're getting the best of your proteins, and you're getting your veggies, and it's plant-strong, and it's wonderful protein-strong, and it's smart, and it's a whole...

S Yes, and the Crossovers when you need them are so smarty-pants.

P Yes. And it's a whole world away. I understand when you first start, you might come to Trim Healthy Mama, and have some cheesecake, and you're like, I'm doing Trim Healthy Mama, and that's fine. That's a great entranceway. And it's the same thing with bioidentical hormones, there's an entrance to it, where you first must get optimized, and that can take a while. If you don't have the right practitioner, it can never happen. And so, all I'm saying is I've been on bioidentical hormones, now, for, is it, two and a half years, and there's layer upon layer of optimizing them. I'm just saying for a spicy marriage, you can get to certain places where it's so fantastic when you get your estrogen optimized, and your testosterone optimized. You can go back to when you were 18 and so can your husband and be on honeymoon forever.

S Then you have this special hobby between you.

00:28:14

D Now, is it special... I know about this hobby. Now, I've worked with men's clinics.

P Yes, you have, okay. You've been like a spokesperson or an [overtalking].

D Yes, helping them with media, and things like that. I've learned about they just do

shots, and things like that, is this what you're talking about? Is it like T shots?

P Well, for men, it would be T shots or T creams, or any way to optimize the testosterone when it's not in great range.

S There's different mediums.

D So there's creams and shots, but you're going to do classic what's happening now for...?

P Yes.

S Above what's happening now.

P Yes, the very cutting-edge things. Very cutting-edge.

D Yes, okay, but we're talking needles.

00:28:50

S No, not necessarily.

P We're talking what, sorry?

S It can be a capsule, it can be a cream, you don't have to do a needle.

D So there's all sorts of approaches.

P Oh, so many. We're going to have so many options.

S And for women, if it's ever a needle, it's just sub-q., it's like a little pin prick.

D A tiny sub., yes.

P It depends on budget, it depends upon your lifestyle, it depends upon what you want.

D But all bioidenticals.

S Exactly. The body knows exactly what to do with it. The body says these are normal, healthy hormones.

P But think about it, when Serene and I first wrote our Trim Healthy Book over ten years ago, now, hormones were a big part of it, even then.

S Yes.

00:29:23

P This is just coming full circle for us because one of the biggest... Several chapters of that book were about hormones and about bioidentical hormones, even though we really... We just loved them, but we hadn't really applied them in our own lives.

But now, we're all starting to get to those ages, where our hormones are declining, so they're in the neighborhood [?]. I don't even know how we got to that.

- S Well, I do want to say this because we're talking about a visual of your bedroom, the visuals are good.
- P Okay. Danny just is no longer on camera. Our cameras are heating up, people.
- S But I do want to say this... What was I going to say? It was going to be good.
- D It was about the bedroom.
- S No, actually, it wasn't, it was about, oh, yes. People, if you're listening and you're a first-time listener to the Trim Healthy PODdy, and freak out, what are they talking about, this sounds so unnatural, well, we just want to be good farmers of our soil of health. What does a farmer do? He amends the soil. If it's lacking a certain thing, he's like, okay, well, I'm going to enrich it with this. I'm going to put some lime in the soil, or I'm going to put some fish compost, or whatever, to really enrich it. When there's been depletion of that soil, by jingoes, he's going to get it back up to snuff. And so that what we do with our bodies.
- D By jingoes, yes.
- S It's like, okay, if our body has become depleted in a very important thing that keeps us in our prime, hormones are what keep you in your prime. You can be 70-odd and feel like you're in your prime when you have your hormones optimized.
- P Well, people say to me, sometimes, well, isn't it natural? We women, we go through menopause, isn't it more natural to just go with that and let our hormones decline at that time, Pearl? Why would you put them back in when they actually run out? Well, I'm saying...
- S I've got a cap on my tooth, should I have left it?
- P Okay, but I say this, especially after menopause, but perimenopause, especially after the age of 30, our muscle mass declines every single year, so should we just go with it and allow our muscles to atrophy, not strength train. Because that's the natural way of things, that they will get atrophied, and we will break a hip and we will die. Or do we contend, baby? And do we contend, just strength train and bring them back, and put things back in that we're losing? I say contend.
- P Yes, I say contend, too. And men weren't born with a razor for their beard, you know what I mean? If you're going to go just the natural route, don't shave your beard, don't color your hair, and don't put an implant in if your front tooth falls out because it's not natural. Maybe you shouldn't wear clothes either.

00:31:57

- P Yes. Hey, but back to the whole visual thing, I had one more thing to say. Setting things up in your kitchen that remind you of who you are. I'm not trying to sell our products, you could use other products, but things on your counter. Like, okay, My Trim Healthy bags of stuff are all in a basket, but it works for me, I like my basket. Some people put them in beautiful canisters. So, they're right there, they say how

you cook, who you are, what you do to your body. It's the same thing, Serene, when you open your cupboard, and you see all your ferments. These things are visual for us.

D I wish they could flow out of... If you ever go to an ice cream shop, and they have these flow containers that are all gravity fed, and you twist the knob and jellybeans come out, and then you just add the topping. That would be so dope to have a kitchen...

P Yes, but it wouldn't be good for a baker because you need to scoop your one teaspoon or your one tablespoon.

D But can't you just put a teaspoon under and go blink?

00:32:53

P And then you'll waste so much product.

D Because it'll flow over?

P Yes, it will.

S I think you guys should have a fight.

P Yes, thanks for the bad, bad suggestion.

D No, I'm suggesting a potential...

S We have to end better now. Now we must go back to a point.

D A product.

P Oh, we don't need a point, we're done, 34 minutes in, and our cameras are getting too hot. Anyway, you and your necklace, you're cute, and I leaped, and it was all good.

D And blah, blah, blah.

00:33:15