



## Trim Healthy Podcast with Serene & Pearl

### Episode 353 – Once Upon a Time There Was a First-Gen Crunchy

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#### Quotables

- My children are 4<sup>th</sup> Gen Crunchies, I see this incredible thing happening now, I mean I have grandchildren, and they are 5th Gen.... I can see them growing up in the ways of the knowledge of health and they are going to embrace it! – Pearl
- Train them up in the way they should go... it's the Scripture in the Bible and when they're old they won't depart from it...but not when they're teens sometimes they'll have a little rebellion, but they do come back, and some more than others! – Serene
- Our Nana loved food, she loved to share about food, and she was a foodie researcher too she was one of those originals. I don't know where she got the books, but her bookshelves were lined with health books! – Pearl
- This can be you too, whether you see it or not and you may not see it but it's going to impact your children and your grandchildren one day, they're going to watch you. I mean you can change generations; you can be the change. – Pearl

#### Pearl and Serene Reminisce About Their Crazy Crunchy Nana

**From Pearl and Serene...** “Our Nana was a revolutionary.” We are looking at our children and grandchildren and we see 4th and 5th Generation healthy eating (“*crunchy*”). What an amazing thing! And many of our listeners are 1st Generation crunchy and we want to encourage them that they are making decisions now that will reverberate for generations to come.

We remember having the most amazing conversations with her about the goodness of food. Whenever we were with her, back in New Zealand, we would see her in her living room with her Bible, of course, but her shelves would also be lined with the healthy eating books of that time and every night she'd be reading one. So, we would see her reading these books, and it instilled a passion in our hearts for health knowledge (and books!).

But it didn't stop there... Nana would be baking bread and would be making these incredible healthy things and growing her garden. A lot of people did have gardens back then, but they were also really into white flour and white sugar. Our Nana, on the other hand, just thought devitalized flour and sugar were *terrible* for your health—and we don't know how she knew it!!

The example she set was so memorable. We remember that our Nana very often had millet porridge and dandelion root coffee for breakfast! To put it in perspective, in those days, a lot of people thought smoking was good for you. Pregnant women were told to smoke for their health... and infant formula was supposedly "better" than breastmilk.

By then our Nana influenced our Mum. In our home, we would always have homemade yogurt, homemade granola, homemade bread... And we are SO thankful for our "Crazy Crunchy Nana" and our "Crazy Crunchy Mum.", their journey was imparted to *us*. They are the foundation of ancient wisdom to build upon, and now we have been able to share that with multitudes of people.

But it wasn't just food for our Nana...It was exercise too! And though she was ahead of her time and maintained fantastic health, she died in her late 80s with osteoporosis (as happens when women lose their hormones). She wasn't knowledgeable in maintaining the proper amount of protein and she couldn't restore her hormones then.

Nana was so full of vitality, that she would take us along to the elderly care center and love other folks who were doing less well in their health (when she was quite elderly herself!). And on top of that, her husband, our Grandad Bowen, lived longer than any of his other siblings... He outlived all his brothers who all died of the health issues that run rampant in our days, but our Grandad lived into his 90s full of health. Because his wife was committed to feeding him healthy food for decades! And so, at 92 years of age, he was jumping out of planes and doing all sorts of incredible, adventurous things.

What's the gist? It all started when our Nana decided to be a "First Gen Crunchy" and that's a HUGE reason we have progressed to where we are today.

One area where you can see the generational impact of poor food decisions is when you look at a community that is poorer than a wealthy one. There is a stark difference between wealthier folks with greater access to healthier foods and health information...and the communities that lack that understanding. But much of this disparity is ultimately due to the generational impact of peoples' individual decisions! Someone started making healthy lifestyle decisions and then passed it on to their children.

YOU can be the one that pioneers health for your future generations. So, remember that the decisions that you're making *are* going to have a generational impact... Those decisions are going to impact your children and grandchildren because they are watching you! You could break the cycle of disease and illness by embracing a healthy food lifestyle.

### Trim Healthy Future

Welcome Trim Healthy Future into your kitchen! In this book we have joined forces with our niece, Rashida Simpson, part of the next Trim Healthy generation. This young mother of three amps up our trusted plan with fresh creativity and incredible yumminess!

- ✓ Inside these 408 pages, you will find more than 200 all-new, scrumptious, and time-saving recipes, designed to catapult you and your family's future into easy and abundant health! Rashida has created over 170 homestyle and family-friendly recipes with lots of dairy-free options and easy-to-find ingredients.
- ✓ We're excited to give you 12 of our latest recipes that have been rocking our world. They're great for gathering the family around the table but many are also extremely effective for those who have stubborn weight to drop or are in difficult weight loss seasons.

### Trim Healthy Indulgence

If you dream of indulgent baking flowing from your kitchen, this book is your guide. Esther Allison, Serene's daughter-in-law is the author of this delightful book! It contains over 50 gluten and sugar-free recipes (including some dairy-free options) to celebrate life's most memorable moments. Whether you're an adept baker who wants to bake more healthfully or just a beginner, Esther's recipes will bring your healthy baked creations to life!

- ✓ Every delicious and healthful creation has step-by-step, full-color instructional photos to hold your hand as you create your own sweet artistry in your kitchen!
- ✓ Your cakes, cookies, tarts, and other baked goods will begin to look as beautiful as they taste.

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