



Trim Healthy Podcast with Serene & Pearl

Episode 360 – How to Deal with Flatulence in Your Relationship

Air Date: 12/20/23 - [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

The Shortest Podcast Summary of the Year..... The Christmas Edition

Quotables

- “Without things that are fermented or fermentable like kefir, yogurt, kombucha, baobab, your microbiome diminishes... Fermentable fibers feed your microbiome.” – Pearl
- “Nothing fazes Charlie, my husband. He doesn’t care what people think of him. But he told me something the other day, *‘But you’re the person I do care about—you can hurt my feelings.’* It was a revelation.” – Pearl
- “It’s in a man’s nature to show you we slay the lion and protect you.” – Danny
- “I would so recommend ‘The Empowered Wife’ to everyone married to a man.” – Pearl
- “The wise woman builds her house, the foolish pulls it down with her hands.” -Serene

From Pearl...Not apologizing for the content of this Poddy. It is Christmas week so Serene and I are on vacation from mature Poddy behavior. However, there's some seriously helpful marriage stuff at the end that is a must-listen!!

Top 5 Hot Topics of The Year Mentioned on The Poddy In 2023!

1. Flatulence
2. Protein (Nerd Level)
3. GLP-1
4. Hormones
5. Microbiome/Gut Health



IGNITE YOUR BODY'S TRIMMING HORMONE...

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