



Trim Healthy Podcast with Serene & Pearl
Bonus Series #8 ~ How to Be Crunchy without Being Toxic
with
Emily Morrow

Air Date 3/25/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “‘Crunchy’ is a spectrum.” – Emily Morrow
- “It would be a difficult world to live in if you’re fear-based crunchy!” – Serene
- “I’ve seen the crunchy couples. They are scary. They don’t have any balance!!” – Serene
- “Take it from me. A wool bathing suit is itchy.” – Emily Morrow
- “We have a friend that will go without water until they have their special copper vessel and special filtration system.” – Serene
- “Try making food with 5 ingredients or less. That was a great start for me.” – Emily Morrow
- “Frantic Googling might be a sign you’re crunchy. I do it 20-30 times a day.” – Pearl
- “When I feel anxiety, I just surrender it to God.” – Emily Morrow

Introducing Emily Morrow from Pearl and Serene

Emily Morrow is an EXPERT at being funny about “crunchy.” She is also an expert on the balance of being crunchy! We wish Emily had been around for us about 2 decades ago... sometimes we made ourselves miserable with our crunchiness (especially Serene the Purist), she could have saved us the pain.

Now for our proper introduction. Emily is known as the creator of the “Really Very Crunchy” channel – whose sketch comedy videos about being a crunchy mom have gained millions of followers and over two billion views. Before launching the “Really Very Crunchy” channel, she spent the prior decade delving into all things “crunchy” ... from food to chemicals in household products to lifestyle... you name it and she’s probably got a perspective to share. And usually, those perspectives are with a good dose of humor on her channel. She lives in Western Kentucky with her husband, Jason, and their two children.

Most recently, she has authored [“Really Very Crunchy: A Beginner's Guide to Removing Toxins from Your Life Without Adding Them to Your Personality.”](#)

“Tell us about your story of getting to where you are now.” – Pearl

- I started to be a little toxic myself in all my crunchiness which my husband called out. He said, “We’re going to have to tone this down a bit. But you’re also hilarious. Can I film you?!” That’s how things got started. Jason loved content creation, and we wanted to entertain and make people laugh (not necessarily educate). But because there are so many things that people haven’t heard of in my videos, it naturally lends itself to education too!
- People started to send me messages... asking me how to live toxin-free and crunchy, and someone suggested that I write a book to get all my thoughts on paper. And here we are now. I feel blessed for the opportunity.

A “Really Very Crunchy” Q&A interview with Emily Morrow and Pearl & Serene!

“Where did your journey start?” – Pearl

- “I didn’t grow up crunchy at all. My journey started with a gift I gave to a friend - Mrs. Meyer’s hand soap. When I gave it to her, she told me that it was very toxic, like 8/10 TOXIC... and that started me on the journey! While the way she had approached it wasn’t necessarily very kind, I knew that she meant well, and it ultimately started a research kick that led to our channel and the book. It did, however, cause me to feel real fear.
- Fear is one of the reasons I wrote the book. It is very unhealthy to constantly live in fear! We can live healthy and crunchy without a fear-based mindset.

“When did the crunchy balance come for you?” –Pearl

- Struggling with anxiety and having daily panic attacks were things I had to walk through. I had to recognize that wasn’t a healthy way to live. Jason, my husband, is also into tough love. He has consistently pulled me back to reality. When I recognized that I was starting to be judgmental toward others less crunchy, I had to back up from that precipice.

- The book is also for people who aren't CRUNCHY but are curious! It's a crash course. It's simple... but at the same time, it's not simple if you don't know the pathway to get there.

“Once you found balance, did living a holistic life become a bit of a love affair?” – Pearl

- For sure! When I realized I could make healthy, nourishing meals for my family, I got a lot of pleasure out of that. I enjoy growing flowers and spending time outside. You all are kind of a “scientific crunchy.” I’m more on the “let's go outside and forage for mushrooms” side of the crunchy spectrum. I love being barefoot! I’m not sure I live up to your nerdy standards.

“Now that you’re THE Official Crunchy Person of the world, are all your friends crunchy too?” – Pearl

- Most of my friends are not at all. They're more how I grew up. One of my friends appreciates crunchy aesthetics and wooden toys and wears linen and wool... but most people I'm with are not crunchy. Paducah, Kentucky where I live feels like the fast-food capital of the world. It's harder to make healthy choices. People do tend to be crunchier when they're around me now though, which doesn't make me complain.
- I'm just so grateful for the platform to speak about this. I want to steward it well.

Our Perspective on Emily's Book “Really Very Crunchy”

Emily's book is a wonderful guidebook to keep people out of the crunchy weeds and lead them into a flourishing form of crunchiness. It is also wonderful for people just starting on a healthier life journey. But it brings a lot of HUMOR along the way. People just need to laugh more! It's going to heal you because it'll make you laugh.

More About Emily Morrow

Website: www.reallyverycrunchy.com

Book: [“Really Very Crunchy: A Beginner's Guide to Removing Toxins from Your Life Without Adding Them to Your Personality.”](#)

YouTube: www.Youtube.com/ReallyVeryCrunchy

Facebook: www.Facebook.com/ReallyVeryCrunchy

Instagram: www.Instagram.com/ReallyVeryCrunchy

Podcast: [Really Very Crunchy Podcast](#)