



trim healthy Official

Trim Healthy Podcast with Serene and Pearl
Episode #317 – Special Guest Nadia Choosing Health During
The Hardest Of Times

(AIR DATE:02/22/23)

*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 · N = Nadia · 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 It's the Trim Healthy Podcast. But you knew that already. Today's cool because Pearl is gone. And we have a special guest, Nadia Mutana from Rwanda. Now I used to say Rowanda, but she corrected me. It's Rwanda.

N Yes, Rwanda.

D Nadia, how are you today?

N I am great.

00:00:25

S But before we start on Nadia Mutana. Now it's going to be in my head. She lives in my backyard. The poor girl!!!

D I'm never going to...

S That's how I'm going to greet her every morning. It's in there. But before we get there,

you move too quickly, Dan. You moved too quickly over there; Pearl is not here.

N Yes.

S Dan, this is what we've been waiting for.

D Oh, come on, girl.

S I know Pearl is the wisdom and I know Pearl is the sanity. And I know what she brings to this podcast all too well.

D Yes. Yes.

00:00:53

S She's big sister and I know that she pulls this thing together, but she keeps us very behaved.

D We are about to cut loose.

S And the rogue-ness that we have kept back.

D I feel my heartbeat like...

S You know why I've got this guest here. Not only because she's got an incredible testimony and story that people need to hear.

D Yes.

S But was to fill the space that we would wreck with our rogue-ness.

D Is she our wisdom balance now?

S She's going to get us onto a topic, so that we don't go down the politically incorrect slide down to losing all of our listeners.

D I'm not worried about that. I'm worried about yuma yum, yuma yum. I'm worried that... I'm about to get up now. Yuma yum, yuma yuma yum. Get into some African like...

N Maybe you watch too much Lion King.

D Let me tell you something though. My whole life, I have lamented that I don't talk with the power of the African man...

00:01:57

N That was pretty good.

D Because in my heart I am that. You know what I mean? But on the outside...

S What if you could, Dan? What if you could?

N He just did.

D On the outside I'm a feminine, fit little frame.

N Who did you hear that lie from?

S No. Yes. You're not feminine, Dan. You've just got to get some more calluses.

D Calluses?

S You could just come and work for Sam on the hilltop...

D I've been there. Done that.

S Building his broken fences, and you get the callus.

D Been there. Done that. Got fired. Yes. Hey, you know what they say. When the cat's away, Serene and Danny are going to rock the podcast.

00:02:30

S Oh, yes.

D Says that right in the encyclopedia.

S Yes, yes, yes. But I was a little bit scared of the rocking, and I was scared of Lesley's bell being a little bit too yellow and smiley. Have you ever...PODdy listeners who have heard it but haven't seen it. It has this little emoji smiling face. It's not scary to us.

D I'm going to ignore her bell so hard today. You're just going to hear it chiming and I'm not even going to acknowledge it, because I'm going to be doing African drum dances because I feel this energy.

S Well, she has an incredible story, so I would like us to just get straight into it. Nadia, she's one of my greatest friends in life. We started friends, yes, but we've had some rocky, good backyard, over the fence fights.

D Oh, nice.

S That's what you get for living close.

N I would call it more than rocky.

00:03:19

S But our friendship is super, super close. And I have observed this woman go through some really, really tough times. And what I want to just preface it with is this. So many times, Pearl and I hear from people via emails or when we go and do meet and greets. And we'll have people come and share their stories. And their stories are hard, and they'll say things like, well, I was on plan, but life got tough and now I'm off plan. My mother-in-law came, or my mum is living with us, and she has dementia. The stories will be hard, and they'll say, but it's been tough, so for right now I'm off plan. But when life gets a little bit normal, I'm going to get back on track. And why I've brought Nadia here is because in the face of tough stuff, she starts the plan and she rocks the plan, 30 pounds down, and Nadia is an example... Yes, clap, clap, clap.

D Studio audience? We have so many people here today.

S Nadia is an example that inspires us, that in tough times, that's when we really can bring our game. And that's when we really need our game. Serene, shut up. Bell me, Lesley. Nadia, you're on.

D How long have you been on plan?

N Honestly, started last August. And so...

D 30 pounds since last August, which we say last August. It's not been a year.

00:04:45

N Well, yes. No. Yes. Since summertime.

D I failed math. August, September, December, January, February. Four months.

N Well, we're in February.

D I told you I failed math. It's five months?

N Yes. Just five and a half months, yes.

S I didn't even work it out. My brain goes blank. Whenever I see numbers, I just get a blank...

D You didn't even go to school, did you?

S I see a black screen whenever I see numbers. It shuts down, computer shuts down.

D You were drinking goat milk from the goat.

S No, I was breastfeeding instead, at school, yes. Yes.

D Way too late.

S Okay, Nadia.

D Nadia, though. That's amazing. 30 pounds in five months.

N Yes. Praise God. Honestly, when I got on, weight was not my... Well, I mean, yes, obviously, I had weight to lose, but it was not my goal at that moment. More than anything, just going through a tough time. And I don't...

00:05:38

S You can share. I mean...

D And talk right here. These are your people.

N These are my people. I love people. Okay. Okay. I'm a single mom right now of seven children.

D Oh, wow.

N So, yes. Jeremiah is my...

D And one of them is our videographer, the guy that's making the videos.

N Yes, that's my oldest, Jeremiah. He's right here. And I just became a single mom a year and a half ago. Backing track my youngest, who just turned five in January. She was four then. Got diagnosed at three with Stage 4 Neuroblastoma Cancer, so, we went through initially 18- 19 months of cancer treatments, all kinds, from radiation, chemo, immunotherapy, all that. So, you're in and out constantly. Two stem cell transplant which...

00:06:28

S All this time she really becomes homeless.

N My husband leaves.

S So she's trying to...

N I had no home, no car, no income.

S Feed and look after and home-school seven children, and then there's the youngest, who's fighting for her life every day.

N Yes.

S Yes.

N While we're fighting for her life, they still have to eat. They still need a place to... All that has to be done, so.

D Where were you living?

N Initially?

D Well, in the past...

N Oh, actually, we used to live in Carl's house in Collinwood back then, but we had moved, and so my husband left in the middle of where we were staying. We had two weeks left in that house.

D Where though? Where was that?

00:07:09

N In Bon Aqua.

D In Bon Aqua.

N And so he took off at that time. And in two weeks I needed to find a place. And in two weeks my daughter was going in for a second stem cell transplant, which is a month to six weeks stay at the hospital.

D Were you working?

N No.

D Okay, yes.

N Just literally lived at the hospital... Because when they have a stem cell transplant, you wipe out everything, every immune system. So, you don't come home and you're like, we're back. No. There is a lot of food they can't eat. There's a lot of throwing up. And now having six other children, they can't even... Wash your hands before you touch her. I'm changing bed sheets every day.

D Because the immune system is compromised.

00:07:42

N Yes, she has no immune system, so it's a full-time job. You're back and forth to hospital. Sometimes emergencies because of infections, stuff like that. So, it is like...

S And this is on top of also another condition that she had been fighting since birth, right?

N Yes, she was born with another, which they think connects to that, so. Yes, so it was quite a busy, busy time, and so yes, being left... And Serene was like, hey, because when she got diagnosed, the day she got diagnosed, which you never want to ever hear your child being diagnosed. I never went to hospital, but she went, and Serene called me. My first question was like, oh my goodness, what do I do with six other children, because they gave me only one day to prepare, because that's how bad she was. And Serene, had the phone she's like, never mind. I've sent a team. I'm picking up your children. They're moving into my house. She put her work aside. For the first two weeks, they stayed with you. She didn't work. So, thank you. And she just watched my children.

D So the Allison family took you guys' in.

S No, they took us in. These guys have rocked my family's world. Their two boys are my little Remy's age and they're all close as anything. And then her little girl is the same age as my... It's been the best blessing of our life. So don't look at me like anyone special. It's been a blessing.

00:09:04

N But it is special though.

D Don't you worry, Serene Dion.

N But it was special because I couldn't have done anything without her help. And now, with her husband gone, no car, no place to stay. What in the world? And no income, no time to even work.

D I love that though, Serene. You don't know who the angels are, or who you're entertaining. You know what I mean?

S Oh yes, but literally though. I'm not just saying it. You know how people can say, oh no, the blessing's been mine. I'm not even trying to put that on. It really has. The

blessing has come back upon us so much. But back to your story though. This is the amazing thing.

N So this is happening. When I'm focused and so busy, I don't eat. Serene says, how could you ever forget to eat?

D I can relate to that. Yes.

N But me, I was literally... I lived for a year, just getting in one meal a day just because life is so busy. And so, my iron levels were tanking. I was borderline transfusion, but then I started having heart... Of course, there's a broken marriage. There are children who are weeping, crying for their dad. There's a sick child. Diagnosis upon diagnosis does not look good. It's just, you know what I mean? So, my heart started having issues and I was just hurt and I couldn't move. It was just bad. My sugar levels sky... Because of course, I'm going for so long not eating. And when I'm eating, I'm not eating the best thing. I'm just grabbing whatever I can grab on the way. So, a lot of bread, a lot of whatever, pizza, whatever I could grab. And I have no energy. I'm struggling with energy, yet I have to be up a lot at the hospital. I have to be up at home, and so I never did any health anything. I've never dieted in my life. So, it's not like I came with knowledge of anything. I was raised by a single dad with brothers. Shotguns and played with cars and fought. I mean, I never really considered eating anything better. And I'd known about THM over the years, but I was just like, yes, I don't care about that. And Serene would be like, you're not eating. I'm like, no. But then I went to Serene when... I remember specifically, we were in Nashville, and we had to stay in a hotel for, I think... Sometimes her scans were so early. It was six of them.

00:11:26

N To travel there early, I would keep them in there, and if they're going to have her all day long, so I could go back and forth to hospital. So, we went there, and I just thought honestly, physically, I was dying. I was going to die in this hotel with seven children and no dad around, because my heart was just completely acting up. And I was dizzy. My sugar levels were so high... When we did my blood work my numbers were 294 or something, my blood sugar, so. And I was like, oh my goodness, I'm going to die in here. So, I'm like, I pray God get me out of here. So, when I got home, I said to Serene for the first time, okay, I think I need help. I do need help with my iron levels. Well, coming to Serene, I don't know if that was... Serene is not like Pearl. Pearl would have locked me, baby step, and take this and take that and then... Serene's like, oh, Nadia, you just need to stop this stuff you're eating, and do this, and. And it got a little heated.

S Well, no, because every time she'd come and talk to me about her health, I would answer her question and then she'd get this glazed look over her face. Now this woman is super, super intelligent and there's nothing she can't do. She's like one of those nation changing personalities. She can really move and shake mountains. And so, whenever I talk to her, like the answers about health, I could see this glaze over. She just shut down like I shut down with math. Just the screen would go blank, and I

said, nope, I'm not going to help you until you realize how smart you are and how you can figure this out. So, when I talk to you about health, I want to have that curtain stay open because you can do this. It is easy. She goes, no, it's complicated. No, it is easy. Then a fight.

00:13:09

N And it was complicated when you're first here, don't you think?

D So you guys had a... Your fuss was over this plan. You were wanting her to really get on and commit to this.

S Well, I had seen her struggling.

D Yes.

N Well, I would barely walk down the... And I'd have to lift. My baby was now 50 pounds. I mean, as she could just see me sluggishly getting by.

D And Serene's just screaming, its physics, or.

N Yes, she's just, yes.

S She's such a godly woman. She's like, I just need to fast more. I'm like, no, you need to eat.

D Yes.

S Stop the fasting. God wants you to take care of yourself.

D Well and what a crazy person to cross paths with...

N Oh my goodness, yes, yes.

D As you're going through that. And your nutrition and diet is at the center of cracking up, and then you bust into Serene.

00:13:53

N Oh, yes. And Serene brings it all.

D All of it.

N She's not giving me the ABCs. It's just like...

D No. She's pouring...

N No, no. No, what does that even mean, and she's like, Nadia, you're smart. You can get this. I'm like, listen, my life is so busy. I just can't add anything. She's like, you make time for whatever you want. And I'm like...

D Oh, you even made her face. That face she makes when she's aghast that...

N Oh yes. Oh, I finally had enough of it. And I was like, Serene, guess what? You have not walked in my shoes, so you don't get to talk. We had the attitude happening.

D Yes.

00:14:27

N And she didn't stand back. She's like, I might not have not... She brought in her...She's like, everything...

D That's a candle kid, dude.

S No I said, I may not have walked...

N Really?

S I said to her, I may not have walked in your shoes, but listen, sister. I got my neck back and forth. I'm a woman. I went to hear Nadia Matanya Rwandan speak. I said, hey listen, I was visiting...

N Yes.

S Two dying children in the hospital...

N In the same hospital.

S One in the critical care with four days to live with cancer, and the other one in a coma in a trauma...

N With my smoothie. And she's like, and I would have my smoothies with me.

S And what did I eat? My Yuck Yums. Why? Because this is the most important time when tough times are there...

D Yes.

S That's when you bring your game, Nadia.

00:15:06

N But she wasn't saying I didn't start this now. She's been doing it, but anyway. So, I'm like, whatever. So, we literally parted our ways, went and slammed both of our doors hard. And we thought we were just...

D You thought she's fighting you.

S In love. We slammed in love. I said, I love you Nadia, but you're going to have to bring this game. I can't help you by just letting you... Eyes glazed over. I saw the glazed overlook, but you can do this. This is your hour to shine in health.

N So I went in, and I was like, man, still struggling health wise. And I thought about it. I'm like, okay, honestly, I need help. I need energy. More than that. Actually more, I need to live. I need to be here for my children. I just realized I do need to change because I'm the only parent they have.

D Yes.

N And my daughter is struggling for her life. And so...

00:15:58

D Was that the main thing, I've got to show up for my kids?

N That's what made me... It was nothing to do with weight. I lost weight before. People were telling me...I'm like, yes. I didn't even...

My goal was, I need to be here. I need to stay alive for my children.

S And I think that's why I was so harsh...

N And I need my strength to take care of her, period.

S That's why I was so harsh with her too, because it was a... It was it was like, now's the time. We don't have time for ABC's. We don't have time to like hold hands as we walk through the shallows of nutrition training, and we go up. Like, no, no, it's now. It's Navy Seals drop you in the deep, cold, icy water...

N Literally.

S And shine.

D That's amazing.

N So that's what we did. And I was like, Okay. Okay, I've got to start somewhere because I do need to show up for my children.

D How did you start? What were some of the first things you did?

N First thing I did is stay away from her because Serene is a purist. So, if you've never done this...

00:16:53

D Yes.

N Coming in... I'm like, I'm not going to have hours to do this stuff. So, guess what I did?

S From my kitchen window, I can peer into her kitchen window.

D And judge her food?

N Oh no. She will watch my children carry... Someone has given me donuts, and they walk past her door.

D Serene's like Rambo with a flaming arrow.

N And her son is like, oh, I'm coming over. And then she's like, ah.

D Did you send a kid over to intervene?

S Oh, literally. I've watched some of those, because single mothers get blessings from people.

N Oh, yes. Oh, yes.

00:17:23

D Yes.

S And I've seen the white bread trash...

N Yes.

S Coming into her home.

D What's up there, dude?

S Oh, yes. I'm getting Rambo plans.

N And I told her. I told her, if you see your sons on my car, they're not just being gentlemen. They've come to search for...

D Yes, they've come to confiscate. Arden shows up on a four-wheeler, mowing down pizza delivery guys.

N So what I did... Because I honestly could not comprehend the plan. And I didn't feel like I had time to read through the book. That's what I thought at that time. So, what I did... Sweet Breeze. Because Breeze is good friends with my daughter. They're the same age actually. Although I always think Breeze is older. So, Breeze is always... She hangs out with my daughter, so they're back in and out and Breeze life's good.

So, I remember one day she was eating something and I'm like, what is that? And she's like, I can show you. Breeze likes to share and she's so sweet. Oh my God, why don't you show me? And she's like...

00:18:18

One of the first things that I still eat almost and make every week is the pancakes, because I say, Breeze... When I told her I'm ready to start, I think you were away when I started. And I said, Breeze, I'm ready to start. Give me three recipes.

S Well that's where you started, was breakfast because you never ate breakfast.

N Yes. Oh, yes. So, Serene went on me about eating breakfast because I just skipped. She would just see me walk out in the morning. Early morning, seven o'clock, I've got to drive my baby to the hospital. I just went and I wouldn't eat until I came back. Serene's like, you need to eat. And I'm like, Serene some of these appointments, my daughter is having to fuss, because you have scans, they don't eat. And she's four. I feel guilty eating and drinking when my own child is not going to eat and drink until noon. And Serene is like, you're not the patient. So that was hard for me to separate.

She's like, Nadia, you don't take the chemo like her. Where I'm like, well, if I could take it for her. But Serene's like, you are not the patient. You need to eat to take care of her. And that took a while for me to comprehend. So now you'll see me dash out and there's a plate of food and I'm gone. So, I started first, you're right, eating

breakfast. And that was the pancake and the oatmeal.

00:19:29

S The pancake...

N And the...

S Meaning the Trim Healthy pancakes with the cottage cheese oatmeal that...

N Yes, yes.

S Those ones?

N Actually, first it was the oatmeal, because I didn't have time for pancake. It was Pearl's Oatmeal.

S The sweatpants oats.

N Yes. So, I just did those every day, and that was my first step that I started with. And then I went to Breeze, okay, what else do I do? I've got that one in. And just the oatmeal, just every day is... It's amazing what the changes were. Literally within a month...

D Because you can do what could never be done. It's circle of life. Oh, that's why I'm... I'm in this rhythm of you right now.

N We went from The Lion King to the Circle of Life...Yes.

D Yes, sorry, keep going.

S Same movie, by the way.

N Yes. I just realized.

S No, yes.

00:20:15

N It's just the beat is different.

D I'm hearing this song as you're talking.

N Yes.

D I'm here just...

S Lion King brings me to the altar call of life...

D Oh, dude.

S Every time. There's some spiritual stuff in The Lion King.

D Spiritual.

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

you?

00:20:30

S Serene.

P Hey, did you know that only 9% of plastic actually gets recycled no matter how much we put in our recycling bin? I know that is depressing. I've heard it before and I just... I don't know what to do about it, but Grove does. At Grove Collaborative they believe it's time to ditch single-use plastics for good.

S Grove carries hundreds of product aimed at replacing single-use plastics across your home and personal care routine, and by 2025 Grove will be 100% plastic free. Like Grove companies, concentrated cleaners, and refillable glass bottles, they're friendly to the planet and twice as effective as the leading natural brands.

P So switch to sustainable products for every room in your home, from laundry care to hand soaps, and more. Grove Co. has you covered with safe formulas and refillable packaging that never compromise on performance.

S I'm all about the health, really. That's my number one requirement for when I use a product in my kitchen and my bathroom, because I don't want toxins. I don't want chemicals leaching into my skin or the skin of my family members. But that all aside, Grove has that covered. What I love is the smell it brings to my home. This citrus sense that it just... When you use these products from Grove Collaborative your house not only smells clean, it smells beautiful and it's all done naturally. So join over 2 million households already shopping sustainably at Grove.

P Go to [grove.com/trim healthy](https://grove.com/trimhealthy) today to get a free gift set worth up to \$50 with your first order. Plus shipping is fast and it's free. Get started right now at [grove.com/trim healthy](https://grove.com/trimhealthy), grove.com/trimhealthy.

00:22:17

S This is the PODdy with Serene.

P And Pearl.

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

So, breakfast was the thing.

N Yes, so obviously, I did breakfast consistently for a month and I was better. I wasn't fighting for... Because my iron was so low, and I got on some supplements, Serene, to get iron supplements just... But I wasn't fighting for energy as I was a month before. The heart stuff completely stopped right away. I didn't have heart problems. And the dizziness, which was a sugar thing, just completely stopped the first month. So, I was like, okay, well, let's stick on. But I didn't check my clothes, I didn't weigh myself. I didn't ever check any of that.

And so, we moved on, okay, what's the next thing I can do? So literally, I lived on the

pancake, the oh, and then I just learned that if I had a meat and a vegetable or...So, I just did that.

00:23:19

S For lunch.

N Yes.

S Yes.

N So if I'm going to pick something I'm out of even at the hospital, oh yes, order the burger, throw the bun out and have that at least.

S So you told me you even eat on plan from the hospital menu, which people would say would be impossible.

N I'll send you my pictures. They're beautiful.

S See? Yes. And now you are so in... You batch cook, right?

N Well, yes. I have, again, seven children busy, and I home school. And I have a child in treatment, and I work to earn income, so I don't have time. So, I batch cook. I take one day, usually Sunday afternoon, and we just cook all the meals for the week. That includes my teacher. Otherwise, I will skip eating. So, I just throw the pancakes in there. The kefir is made throughout the day.

S Oh, yes.

N I bake all my meats and veggies.

S Let's talk about the kefir because that's when you really notice your biggest weight loss.

00:24:10

N In August, yes, yes. So, towards the end...So, I began at the beginning of... End of August, you introduced me to kefir before we went to Florida. And I mean, I was in your room, in your house talking about something else.

S Because it's such a quick way... That's what kept me going when my sons were in hospital. And I was like, this is going to be great for Nadia because, first of all, kefir doesn't rot. It just ferments a little bit better, so you don't have to worry about, where's the refrigerator? Where can I put it in, right? So, you make a big key for Yuck Yum. You go on your way to the hospital, you've got sustenance, you've got super food, you've got...

D You've got a to-go solution.

N I put it in the fridge at the hospital.

D Yes.

N Yes. But you introduced me to kefir because you were searching it for your son. Right? And so, you were like, hey, this would be good for Grace. So, I started making kefir, not for me, but for my daughter, who's going through cancer treatment for her gut health. And then you're like, this is good for you too, if you put baobab and all that. So, I'm like, okay. And my daughter wasn't so inclined to take it, so I thought, okay, if I take it with her, she'll be fine.

00:25:07

So, I consistently did just a week of kefir smoothies, when we were at the Above Rubies retreat in the summer. And people thought I was like this expert THM person because every evening meeting I came with my kefir smoothie, but I was just beginning, because you introduced to me before I went. And I traveled with my kefir. I went from...When I'm in, I'm in.

D Serene's got a convert.

N I went in with that, and we drove down Cedar, your son, drove us.

S She took grains with you.

N I said, Cedar, please drive because I'm too tired to drive. So, he drove us, and we put the... When we got there, I called Serene on video. I said, I think I killed my kefir, because he was just like... And she's like, Nadia, it takes superpowers to kill kefir. I'm like, I have the superpowers. I thought it was dead. But then it turns out to be like, see, you shake it, and it works well. So, the whole week I did it. I had all these women coming in my cabin, saying, show us how. I'm like, I'm just new at this thing. But within that week I dropped significant. Isn't that crazy?

00:26:07

D Oh, yes.

S Wow, you just need those good bugs.

N It just started working.

S And it was a satiating meal that you didn't have to think about. It's one meal you didn't have to think about...

N Yes.

S Because you're like, okay, I've got the breakfast down. I do oats or I do the pancakes, right? Okay, and I know one of my meals is going to be vegetables with the meat. But what's another meal that I don't have to think about, because for your life, you don't have time to think.

N No, I do have fancy... I know people cook... So, I do these THM dinners once a month, where I invite other ladies for support, and we get together and everybody...And they bring all this amazing stuff. They go after me because I don't bring anything. I just bring dark chocolate. This is my contribution. I don't have time to cook, but they cook.

I haven't explored all the fancy meals. I just have basic, critical meals and that's it...

D I think...

00:26:52

N Because I'm so busy.

D A lot of women do that though is they... I mean, there are these fat cookbooks with all the things, right?

And I think a lot of women are like, here are my standard go-to's like my sweatpants oatmeal, we call it. For Pearl, hers is her sweatpants oatmeal. When she's in her sweatpants and she doesn't have time, she's just throwing this same oatmeal down. For me, it's eggs over toast.

S Yes.

D I'm busy. I don't have time, but I can scramble an egg in a hot pan in a minute, and it's quicker than driving to a drive-through, even. So, you have your four standards.

N Obviously, if I go the week, I just will pick up piece of a certain kind of meat when I'm batch cooking, whether it's chicken or beef. And I'm just going to make that, a bunch of it. Throw tons of veggies, all kinds of veggies in.

D Yes.

N That's it. So, then I could do quinoa, I could do brown rice with it, but we're good to go. That's one meal. And then I have the kefir, and then I have my breakfast.

D And are you loving the food? When you're making food, do you feel stress? Do you feel like you don't have time or are you enjoying this new process?

00:27:55

N No, because it's a family thing. That's our Sunday afternoon family... We come home from church, everybody's hands-on. So, I'm going to make their food and my food for the week.

D Oh, nice. So, you're making bulk.

N Oh, yes because there's no way I'm going to make any food in the week.

S Another food that you said that you enjoy too is the eggs on toast, but you do the egg whites.

N I do, yes.

S And you do them in a nonstick pan, make those nice nutrition yeast...

N Nutrition, yes.

S Egg whites and you put them on the toast, and it's filling and satiating and, yes.

N That's if I have to have a late-night snack.

S Yes.

00:28:25

D Before Trim Healthy Mama, your life was going wild. Not that I'm teeing up Trim Healthy Mama as that solution, but I'm just... Your mindset was one way during this time. And so how has that changed from when you started getting control of what you were eating, which comes with good fuel for your mind to work right. I'm wondering, how has your mindset changed from that time until now?

N Well...

D Microphone check.

N I don't know.

S Is it too low for her, or.

N I don't know if I've thought about the mindset. I guess I'm just at the point... Before it would be like, I thought health or eating healthy is something you needed a lot of work put in, a lot of research done. It would take quite a lot of effort. That was my mindset. You just have to be in a season where you have that time for that. And that's why I was against it because I just couldn't add one more thing in my life. And whenever you look at anything health wise, you're just like, okay, it's a whole life change and it's going to take a lot. I guess now my mindset is like, no, just because something is good doesn't have to take me all day.

D Yes.

00:29:47

S Right, and see that's... What would you say to somebody out there who, the very thing that stops them from keeping on the wagon, so to speak, or even starting it is because their life is not easy, or they've never found that perfect time? What would you like to say to them?

N Honestly? So, walking this journey of cancer, right, with all the stuff, it's continual... I'm a planner naturally, generally, but walking through the journey of cancer, there's so much unknown and so much change. So, I've learned, and you've reminded me over to just live daily.

S Live daily, yes.

N Daily, because I can't control tomorrow. So, I have schedules but so many times it would change because she had to go, something happened, so live daily. So, with that, I think I've also applied that to my eating, instead of being overwhelmed, oh can I continue this? Can I honestly be consistent with this down the road? I just, daily, what can I do today?

D Did you have any foods that were really difficult to give up? My favorite was Coca-

Cola.

00:30:57

N I think my bread.

D Bread for you?

S But you haven't had to give up bread. It's just that you haven't been able to...

N It took me a while to find bread that I could eat.

S Right. You can eat my bread.

N But bread... Yes. Oh, yes.

S Yes.

N Your children will have none. But yes, I love my bread, so I couldn't... I didn't have time to make her bread, and I didn't know which bread I could eat. So, I just went for a while without it. But bread was my staple. Just grab bread, not pizza.

D Because you could grab it and eat it.

N And I'll go to church and there's pizza right there. Now I don't think pizza crosses my mind, seriously. But the first few months like, pizza there. That was hard to give up.

S Right.

N Yes, so I didn't drink coke. So, I thought I didn't eat bad...

D Yes.

00:31:35

N At the beginning because I'm not an ice cream, sugary person. But my wrongs were my grains. I just...

S And carbs.

N Yes.

S Because we love grains and you've learned that with E's. We keep on saying, keep those E Meals in. Keep those gentle carbs.

N Yes. Oh yes, I eat those.

S But an easy food that you have found really handy has been sweet potatoes during this journey too.

N Oh, I love sweet potatoes.

S Yes.

N I love sweet potatoes. I have them for breakfast.

S Yes, and tuna because it's just a very, very easy, cheap protein.

00:32:00

N Yes.

S It's easy. And then the other thing you said you went through a season, especially before we introduced you to kefir, you did, for dessert too, your Greek yogurt, the berries.

N Yes. So, I would get...

S Berries and nuts.

N So I did the oatmeal, and then I moved on to lunch and my lunch was consistent for another month to two months. It was just the Greek yogurt, and I cut in frozen strawberries. And I threw in a few sliced almonds and unsweetened shredded coconut.

D Oh, yes.

N And dark chocolate. That I thought it was a treat. I wasn't missing out. That helped me not go back to my white breads and all the other stuff I wanted.

D Yes.

N So whenever everybody was pulling out their dessert or their lunch, that gave me my... That's what I ate every lunch.

00:32:43

S See, I love this. I love this inspiration for people because every single meal that you got a hold of you got a hold of it, you took the bull by the horns for a good month or two, and they were simple and easy. So, this is not a complicated program for people in tough times to get a hold of. It's just simple.

N No, it wasn't complicated. And even when I came in... So, I would just make sure, okay, when I added the lunch, I just had to add that extra shopping in when I went shopping. But even when I came in, I was so busy. I showed my girls, hey, can you just slice those frozen strawberries, and we'll just throw it in. And it was a quick meal you can make in a few minutes.

D Do you have a favorite on plan meal?

N Oh my goodness. Right now, I'm really loving my pancakes.

D Yes.

N And with the blueberry sauce on it and Greek yogurt side, that's like...

D And chocolate chips? You seem like you do nothing without chocolate.

N I do dark chocolate. I do like dark... That's my only dessert I do. I love dark chocolate.

D Yes.

00:33:37

N So I don't really bake or do THM. I just go to Aldi's, and I pick up my extra, extra dark chocolate to 90% and above, and 85% and above, and that's what I do for dessert.

S 85% and above, yes.

N So simple.

S And I do want to say this, Danny. I do want to say. See, she is on a budget, budget, budget, budget.

N Yes.

S Totally. She doesn't do special ingredients.

N Yes, although I forgot, in my Greek yogurt, sometimes I'll add the whey.

S Yes, yes.

N That's it. The special ingredients I have is the whey protein and the baobab, because I needed that for my iron.

D Yes.

N And then recently, for my kefir's I've added the super, the green...

S Yes, but all this is coming from the slash goods, right. So, our factory, right...

N So, I don't.

S They open the boxes with the Stanley Knives.

00:34:29

D Yes, of course, of course.

S And the top packages...

N And I'm like, I'm there.

D I used to live on this.

S A lot of them get slit, right? They get slit. We can't sell them.

D No.

S So they come to whoever in the hilltop wants to take a slit bag.

D Yes.

S Nadia says, I'll take a slit bag.

N Yes.

D Just a little oil from the razor blade.

00:34:44

S Yes.

N But that's what I did. I knew I couldn't... I wasn't going to spend tons of money on something, so I just had to work with what I had.

D So you can't be from Africa and not have baobab in your life.

N Well, actually, I've never had baobab before.

D But I bet your body wants it.

N I thought you were going to say, you can't be from Africa, and not have fried food. I'm like...

D Oh, is that the... Well, I actually wanted to ask you...

N Or from the South and not have your fried food.

D Because you used to live in Africa?

N Yes. Oh, yes. I was born and raised.

D So how is the diet in Africa?

N Starch, a lot. So that was the hard part for me to give up. You're raised on the bread, you're raised on the white rice, you raised on the plantain. It's just starch based, so...

S That was your comfort.

00:35:24

N Yes.

S The heavy starch, yes.

N It's what I've known my whole life.

D Yes.

P 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.

But tell everybody how you're feeling now. You're sitting here and you thought, okay, I can't add one more thing to my life, but look how your life is rearranged now. It's like the energy that you have, it wasn't like adding something to your life. It took a bunch

of burden away.

00:36:00

N Oh, yes, because... I mean, I was, again, I was so weak. I was spending too much time in bed having to not feel well, or sick or just sluggishly getting by. So, I wasn't getting a lot done. Now I have a very full schedule. I'm here. I've already been to business meetings today, already have work to go to do. I've already done home schooling today and we're half the day, so I'll be able to do a lot more and I will just be able... Like the other day, I took them to the Tennessee Science Museum. But I mean, I had the energy to do that.

D Wow.

N Before, I wouldn't have that, or coming from the hospital with her. She was just there for five days. We came out Tuesday. Being able to carry a 50-pound baby all around, I mean...

S See, this is the deal. So, she's still in the treatment. So, for a while there, she was in the hospital with the stem cell transplant, six weeks at a time. And then when she'd get home, a fever might spike...

N Spike. She'd turn around.

S And she'd go in the next night and turn around. But right now, she's still a week out of every month in the hospital for a full week, night and day. And so...

00:37:01

N So somebody asked me at church on Sunday, they like, hey, so are you feeling a little uncomfortable from eating different things from the hospital? I'm like, what are you talking about? And they're like, don't you eat? I'm like, no I'm still on plan. Now it doesn't make... I didn't even sit and plan it. When I'm there, I'm going to be on plan. It's just my life.

D Yes.

N I didn't think about it, so when it was breakfast, I was like, oh sure. I'll order from your menu. I got like an omelet with spinach and mushroom and cheese and that was my breakfast.

D See that's going from...

N So it's no longer like I'm... It didn't even cross my mind until somebody stayed on at church, and they're like, and you mean you eat on plan at the hospital? And I'm like, what else was I supposed to do?

D Yes. That's when it becomes like, you feel the wind in your sails. When it's not diet, it's lifestyle. Where you're not really consciously... You don't need to take five minutes to get a checklist out or anything. You just become... It's like your reach changes. The things that are just impulse change. And at first, I think people feel like, oh, I got to

keep up with stuff, but even four months later you're already in lifestyle mode.

00:38:13

N Oh yes. Oh, I mean, I've... My children, oh, do you want to try that? I've tried over time, like, well let me take a bite of that. My body can't anymore because my sugars were so bad, my sugar levels... If I take, I just feel sick.

D Yes.

N I can't even like swallow and bite even if I want to.

D It's almost non-edible.

N So now I just get sick. It's no longer attracting.

D Yes.

N At all.

D Isn't that interesting?

N I know. I never would have thought that I could look at pizza and be like...

D Right. And associate it with nausea.

N Yes, or sick. Just...

D Yes.

00:38:47

N Dizziness. Now I don't even like... A church is always there or even at the house. But it just passes me. It doesn't even cross my mind, thankfully. I never thought that would happen. But I want to talk about when I... So, I didn't notice weight loss. I know, people were like, how didn't you notice? I was just so busy doing my life.

D Yes.

N I was just grateful for energy to do what I needed to do. So, I didn't notice I was losing weight. So, Pearl will come, oh, Nadia, wow. You look good, are you losing... I'm like, yes, that's just Pearl, just...

D Being nice, yes.

N Just because you're on the plan trying to... Yes, yes. Say something good. So, I didn't take it. Or you would say, oh Nadia, you're looking... I'm like, yes, yes. And so, one day, I took her to appointment and I'm wearing some pants. And I come home and I'm so annoyed by those pants. And I got to mention, I don't know. I think the slim of the pants, it needs to be re-sewed because they keep grabbing on the floor.

And I'm at the hospital, I don't want my pants touching the floor. So, I thought I needed to re-sew it or something. And I'm just like, what's wrong? What happened? I'm like, take them off. I want to see... So, I picked it up like this and then I'm like, something

happened. And I'm like, no, everything's still okay, and then one of my children comes and says, Mama. They pull on the side, I'm like, oh.

00:40:04

D That's what we call a non-scale victory.

N It took me months. It took me months. I hadn't realized. I just thought something was wrong with my pants.

D Yes.

S And all your pants were falling down.

N Well this one wasn't falling because the way you buckle it, but it was reaching... And I hated it touching the hospital floors.

D Yes

N So when my child went to this, from the side, I'm like, oh I have room there that's why it's...

D Nice dude.

S Wow.

N And then all my pants started falling, and I was like...

D So you weren't weighing yourself, checking in, trying to lose weight?

00:40:31

N No. I just told Serene I weighed myself this time at the hospital last week, and that's when I was like, oh, total over 30 pounds.

D Wow. Did that motivate you or are you just like, whatever. I'm here to show up for my family anyway, so.

N Oh, I think at this stage in life, I was like, wow, awesome. I mean, I didn't even like... I hadn't been able to lose weight for years.

S And let's say this, none of this has been exercise.

N No.

D Oh, wow.

S She doesn't have the time. So, this is all diet change.

N I would love to, but I don't have time.

S Oh yes, she's going to get there. We've got plans on this girl. We've got another over the fence...

00:41:04

D Oh yes.

S Argument coming.

D And so there's another fight coming from the food prophet.

N Oh, my goodness.

D Yes, Serene hears people say things like, I don't have enough time. On the outside she's like, she has that sweet smile. On the inside she's like, we'll see about that.

N I would love to be able to, but honestly. Oh my God. After I got in a walk...

S You have come to me though.

D They're going to fight right now. They're going to do it now.

N I got in a walk on Sunday, and I hadn't done it for months.

S But you've come to me though.

N Michelle came over.

D Got to pop some popcorn.

N I think she just texted me and she came over, Let's go work out. I said, listen...

S Michelle is a friend from church.

00:41:32

N Carrying my Grace, I do weightlifting all day long.

S Grace is her five-year-old, yes, yes.

D See, that was me in construction. I was like, I work construction and I don't need to exercise...

N But I would love to walk. I just...

D Yes.

N I haven't figured that one yet.

S Oh. No, no, no, no. Nadia...

N Get a treadmill.

S I'm so sorry.

N Get a treadmill. I'll come over to your house.

S Stop this treadmill stuff. Nadia...

00:41:50

N It's too cold.

S I'm coming to you with the weights.
N I'm going to come over.
S I'm coming to you with weights.
N No. I have Grace for weights.
S We have an over the fence...
D Fight, fight, fight, fight, fight, fight.
S Conversation yet to be had.
N We don't want to record our fight.
D I want to catch a fight on camera.
N Especially if it includes weights.
S No. It's so fantastic...
N But I'm there and she's like, because I got to... I share a lot of my appointments with her, because she watches my children back and forth, so. I go, okay, Serene, I got to run out and do this. And she's like... I'm like, okay, keep up the good job and I went outside, and she stays working out.

00:42:21

S Oh yes, she comes up and asks me to... That' she's leaving and I'm in the middle of my weight workout, yes.
N But I've enjoyed it.
S It's going to happen. You don't realize you've got a gym in your backyard.
N I know.
D Yes, because you're living out here, right?
N Yes.
S She's living in our yard.
N Well, our doors are a few steps apart.
D Kick a ball down the mountain, go get the ball. Walk the ball back up the mountain, you're done. Some of these mountains are mountains.
S Well, we're 41 minutes in, but do you have some more inspiration, anything more that we haven't covered that you would love to share? You're talking to your old you, okay. People that are listening, that are saying, my life is just too tough. I can't add one more thing. Like, what are you talking about? Or look, I can't learn new recipes or it's all too complicated and... Talk to your old you.

00:43:11

D Yuma yum, yuma yuma yum.

N All right, so again for me, my motivation was that Nadia, you have a purpose. You need it. Your children need you. So, every excuse went out. Find a purpose to live for and that would motivate you.

And two, I like things simple, so I didn't go for it like huge. I just one thing at a time.

S Breakfast.

N Because in Africa, we live off the same thing every day. I know, yes, everybody likes variety. I just picked one, and I was going to master that. But if that was going to get me...

S Hey, that's life changing for me. Let's just pause there. That is life changing. In Africa, we just lived off the same thing. I feel like in America, here in our Western society, we're so spoiled. And it's like we have to feel like every second day...

N It has to be different.

S We have to flip things around...

D Yes, yes.

S And have four new recipes and keep things fresh. No, no, no, no, no.

00:44:01

N Check other cultures, yes.

S Half the world just lives on the same jolly thing day in, day out, and they're happy.

N Well, you go to a Mexican... It's the same thing, yes.

D That's true.

S Beans. Grass.

N So it's just the Americans that... So, I was just like, I'm just going to pick one that becomes my regular and pick that. And that was easier other than... I haven't gone to the... I don't know what the recipe books look like.

S I don't even think you've looked in those recipe books.

N No, no, no. So, if I could find one that works, make it simple and take it by day, because I think I could get overwhelmed... Would I consistent? No, just today make that choice. And to me being busy, I found that if I already have the food in the fridge, it takes away.

00:44:38

D Nadia Mutana. This has been our best show.

S Wow. Don't say that to Pearl.

D Oh, Pearl's cool.

S Them are fighting words, Dan. You might get fired.

N And I think...

D It's the circle, the circle of life.

S My favorite song of that I think is... I love Hakuna Matata.

N Hakuna Matata. Hakuna Matata.

S Oh, I love it.

D We do Hakuna Matata karaoke at my house. And my daughter sings the, I'm going to be a mighty king. Is that the right one?

S Oh, that's it. Oh yes, that's it.

D So enemies beware. She nails it.

S You sound like you're actually the one on the...

D And I do the parrot. I'm like, I've never seen a king or beast with quite so little hair.

00:45:26

S You guys.

D I'm going to be the main event...

S You have watched this too many times.

D Like no king was before. Well, not yet.

S Now we know what's going on in the Valdes household.

D I'm working on my roar. This child is getting...

N Okay, you hear the bell.

D Out of wing.

N You heard the...

D Oh, I just can't wait to be king. Stop.

N Oh, we're missing Pearl.

S Love it.

N This is awesome.

00:46:16

