



Trim Healthy Podcast with Serene and Pearl Episode #326 – Is Sugar Really That Bad?

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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 · L = Lesley

00:00:28

- S This is the PODdy with Serene and Pearl. Get it right, P-O-D-D-Y.
- D It's the Trim Healthy Podcast, "The PODdy" you love to hate because we talk over each other. I've got some questions. Just one question.
- P I do know some people really do hate our show.
- D We suck.
- S Really. Haters.
- P We have haters.
- S Wow. Fun.
- P But somehow, they still listen. They still listen.
- D We're bad. We're bad.
- P They, I don't know why they still, I think because we do bring some meat, but it's in a lot of stew.

00:01:03

- S Yes. A lot of stew.
- D You got to get through.
- P The stew is our conversation style.

S Anyone like the stew?

P Lots of people love the stew.

D A lot of people like it.

P Because I just can't eat meat without stew. I like a lot of gravy and peas.

S Like I just, so if I'm going to be here on the podcast, I'm going to have to bring stew. And so, yes, no, we are who we are, people have realized that can't change us.

P Can't change us, because we used to get a lot of advice on how to do our PODdy. Like, could you just be that way? And then they realize, no you just can't be that way.

D And the answer is no.

P They just can't, but they still listen. I realize we're not for everyone, but there are people really that love our trails, and obviously we've got a lot of listeners, and it keeps growing.

00:01:39

S Well this came from the Pearl. And that was only trails.

P But we do have some people that listen in, but, but are very frustrated at us.

D Well, this I mean...

S I'm sorry.

P Yes.

D In real life, in family dynamics.

S I don't like frustrating people.

D People talk over each other, and it's in a living room setting, a lively thing.

P Yes.

D Especially if you're in a big family and you can't get a word in.

S Yes.

D You have to shout over your sister.

S We were trained in this.

00:02:05

P Yes, so it comes.

S Survival.

P You know a big family. And...

S We're the youngest.

P But I think what has helped is the people that really used to be frustrated at us, and now watching us, on YouTube and that, I've heard from a lot of them, I, like get you now, they say. Oh, I get what it is.

S Ah.

P Because a lot of podcasts are just kind of informational.

S I get bored.

P Well, I don't know, when I'm really researching a subject and I need to know facts and figures.

S Yes.

P I can kind of understand where they're coming from.

S Yes.

00:02:35

P Because I just want to know something that I want to know. And I keep fast forwarding, are they there yet? Are they there yet?

S Well, that's why they're going to read the books and stuff.

P Yes, no right. That's why we...

S Yes.

P So, we're conversational style, and we rabbit trail.

S We just are who we are. And that's just, when we talk, we...

P Yes. So, people...

D So, you're Celine Dion's little sister.

S Shoot.

D It is so spot on. I can't unsee that. Especially today.

S We try to not be my friend or something.

D I told you, when...

00:03:05

P It's so mean, when people say that you look like her, and then you say, oh.

S I just say, I'm Serene, not Celine. You know.

D You're Serene Dion.

S Yes. It's just traumatic slightly. People...

P She's had people all her life and told her the same thing.

S People come up to me and sing the song, like sing it in Costco. Because Nashville...

D They think you're her?

S There's lots of different music people that live. Or come into you know use the different studios. Or whatever, I don't know. But they come up to me in the Franklin, at Costco, I've had it many people come up especially there.

P Which song do they sing?

S They sing that Titanic one.

D They will just start singing to you?

S Yes.

00:03:35

P Especially, is it lately, or when you were younger more?

S It's been, like I don't go in Franklin as much now.

P Yes.

S But yes.

D You got to own it like...

S Five years ago.

D If, why don't you just lean in and start singing?

P Have you ever pretended that you're her and said, oh thank you.

D I would do it.

S No.

D You've got to do it.

S Well, I don't say much, it was like, you know, but I don't say anything.

D Hey, I've got a viral video idea to grow our brand.

P Yes.

00:04:00

D We take Serene Dion into Costco and you just like come, it's all coming back. Isn't

that the song she sings, it's all coming back to me?

S No, that's Meatloaf.

P No.

S It's not Celine Dion.

D Meatloaf.

P We've already established its Meatloaf.

S No.

D It's all coming back to me now.

S Hamburger is what I told you last time.

P She's already established its hamburger. It's not a hamburger, it's Celine Dion. Hamburger sings, I'd Do Anything for Love, or, Two Out of Three Ain't Bad. Okay. Is that the same song? But we need to get to some, right now, we're so off track, and that's why people hate us.

00:04:40

S We are really making the frustrated people, frustrated.

P They are lost at this point.

D Well they've tuned out. And that's because we suck.

S Or they've turned off to another podcast, you know.

P So, we better get the ones that are left and bring them something.

D I don't think they should listen at all. But they do. Three poor people on a brown couch. Talking about their ideas. This is the Trim and Healthy Podcast.

P It's not brown, it's...

S Grey.

P Sage grey green.

D Because we're hiding a doo-doo couch over there.

S It's grey. That's doo-doo brown.

D Who designed their set? A construction worker?

S They really double hate us, triple hate us. Okay, we have no meat to fry anyway on this podcast. We're taking questions, which get meaty.

00:05:24

D Okay.

S Which gets meaty.

D Lets go to Roberta. Let me go to her. As if we have like a million, we actually have a lot of questions that have come in.

P You are so mean. But we only choose the ones we want to answer.

S When I was in Mexico

D The ones that make us look good. When I was in Mexico eating breakfast at some joints that weren't as local, they were more touristy, they'd have the TVs up.

P Yes.

D Yes.

S You know the ones that have the TVs up for the westerners, you know.

D Blows my mind.

S But they don't watch the Western channels. They have their Spanish channels, and you just reminded me of that. Let's take a question from Roberta. The people on the TV, they have these very bright clothes, like that.

00:06:08

P Yes.

S And they look exactly like you.

D The Spanish people?

S Yes.

P Do you notice they're more dramatic on TV than westerners dramatic.

S They are way more...

D Telemundo.

P Larger than life.

S Larger than life.

D I just realized something, chest hair big time. Maybe I will put my glasses there.

S And just what you did just then, you were one of them. You are such a Spaniard.

D I'm a big, large Spanish man.

00:06:27

P Yes, get to the question.

S You've got quadruple hair.

P Enough with the den.

S It just reminded me, I thought it was...

P Golly.

D Let's go to Roberta. And she writes, "I would love to hear the negative effects of sugar on the body. And what happens when you get off sugar, or, fueling for pre and po..."

P No, I told you Danny, when I gave you this question, when I passed it to you. Stop, when it goes onto the next thing. I said, stop. And you couldn't even get that right. As a host, what on earth do we pay you for?

S There are loads of people listening to it. I said to Pearl as she wanted to pose that question, I thought it was a good question for this lady. She needs to know, but everybody else, already know the answer to this question. I thought it would be boring.

00:07:19

P No, it's not a boring question, it's good. I know it's fundamental Trim Healthy Mum, we're like, why not eat sugar. But there could have been someone who's been on this plan for nine years and kind of forgets. Like, why shouldn't I eat sugar now? But sugar is everywhere, shouldn't I just be so balanced and have sugar? I feel that way sometimes.

S What.

P Like, what am I doing? I should have a piece of that cake. So, I feel like we need to look at what sugar does.

S Wow, every grain is different.

P It is one of the natural food groups of the world. Is it so hideous and scary that we should never touch a grain of it ever again? Does it have a place somewhere. What does it do to our bodies. How can we all uniquely approach sugar on plan?

S You are good. You are on a role. It was good. You didn't say, um, you know you're good.

D Danny is asleep, wake him up, I don't know what's wrong.

S Okay, well we could just do it.

P He did not take his meds today.

S Okay. So, is it one of the food groups?

00:08:17

P Like no.

S Because if you're talking sugarcane, and you just want to chew on that. Have you every chewed on straight sugarcane? It's amazing, it's pretty delicious, but it's so

fibrous. You don't get much out, right?

D Where do you get straight sugarcane?

S Oh yes.

P You grow it in the fields.

D No.

S No, I've had it from the stink store here in town.

P Oh, we're going there again.

S It's the International Food Market, but my children and my husband call it the stink store.

P We've spent whole PODdy's trying to fix that word. Why is this always going downhill? I don't know how we can just get back on track.

S Anyway, I brought straight sugarcane, it's amazing. But I'm telling you it's more like a gentle carb, than the sugar that you find in your cake that you eat at Aunt Marge's house.

00:09:03

P Okay, so, yes, can I fix, can I try to fix things yes, Danny?

S So, sugar is grown on this earth, it's not a chemical that's manmade.

P That's fine when it's like that.

S It's the same thing as fruit, right? I made my children of the hilltop, grow up chewing it and running around the fields. I used to buy it weekly from the stink store.

P So, sugar cane itself, is not...

D I can run over, like...

S What is offensive?

D In the modern world.

S What is offensive about the stink store. I love the stink store.

D Why does it stink?

P The fact that it stinks is...

00:09:36

S No, other things too. But the fact that it stinks means there's real food in there. If you go into a store and you smell the smell of deodorants, I bet you Sovereign John is with me on this. The smell of cleaners, bleach, strong stuff like that, the smell of perfume. You know that the food in there is probably not real. Yes. But listen the stink

store, you smell that live fish. You smell that rotten pig.

P Intestines.

S If people buy that menudo stuff, you smell it. You smell alive...

D What's menudo?

S Live, fresh food. You smell the fresh mushrooms that aren't packaged in plastic and sealed.

P But I'm trying to talk about sugar. I'm trying to talk about sugar.

S Great, go for it.

P So...

D Is this question right?

00:10:23

P Yes, that was the question.

D Well I was reading it, and then you were like, no that's not it.

P No, but she asked more questions and I wanted to stop there, so we could...

D Oh, so this is a three-parter.

P Yes.

D See, if you would have explained that to me in the beginning.

S She did, she did.

P I did, even Leslie says I did.

D She said...

P Yes.

S Sugar.

D On the show, or before?

L Before.

D That doesn't even count, take your phone.

00:10:45

S Wow.

P So, yes, so, sugarcane is not an evil thing that man dreamed up to harm our bodies.

S It's brilliant.

P It's a natural plant from the earth. And we're all about eating foods from the earth, right. But it's what happens to it, and then with what happened to it, what occurs in your body when you eat it. It's a similar thing to

S I got it.

P No, you're going to let me...

S No, I, argh.

P Finish by Joves. I'm going to hush you up until I've finished.

S It's so important, it really goes there.

P Okay.

S Other things, foods on the earth, things of the earth, we can isolate stuff from.

P Yes.

00:11:13

S Other things, but certain foods become poison when we do that. Right. Certain foods where we find our bi-identical hormones, we can isolate stuff and get vitamin C to take when we've got the flu, right? But isolating just the sweet part of the sugarcane, taking all the wonderful fibrous, it's almost like wood, sugarcane. It's got so much fiber in there. When you isolate certain foods, you're just not meant to.

P That could have waited.

S No, it couldn't have.

P It's like fruit Serene.

S Yes, you should...

P We've always said from the beginning of our plan. So, at the beginning of Trim Healthy Mama, we're like, sugar is not actually on plan. Sugarcane is a great food. Fruit juice is not on plan. Why? Because it does very harmful things to your body.

S Pancreas in particular.

P Yes, and to your insulin levels and to your blood sugar levels. And the same thing happens with isolated sugar.

00:12:07

D Do you mean orange juice?

S I call orange juice sugar. It's not fruit to me. That's part of the sugar.

P The fastest thing to get a type one diabetic's sugar up, is when they are in a...

S Erin, Erin. Fellow grandma to Pearl. Right, she's been on this poddy before. What was her poddy called?

P I don't know, sorry.

S She is an incredible mum to special needs, two little special needs. Not rabbit trailing Pearl, but she has a beautiful daughter who is type one diabetic.

P Yes.

S She's married now. I will tell you all the details.

D She's married, they're struggling, in the area of communication.

S They're not, but anyway, when she has a low blood sugar attack, they're quite serious.

P That's type one diabetics.

S It's dangerous, she has to have a special dog.

P This is, it's unthinkable.

00:12:55

D It's not fixable.

S A dog, and she has special monitors attached to her body. But listen, when she has the attack, they've tried everything. They've tried Snickers Bars. They have tried all kinds of things to get her sugar levels up. The fastest is fruit juice.

P My goodness, but that was what I was trying to say, that. You just didn't let me.

D She's got a beautiful English Australian Shepard, eats softer food, not the hard stuff. They water it down a little bit. Pees, in the afternoons mainly.

P Oh my goodness.

D Okay, but for, like orange juice, even if it's like 100% squeezed, no fillet right, just...

S What we're trying to say is, we're not picking on sugarcane.

D Yes.

S We're picking on all isolated sugars that have been taken, the fiber has been taken off it.

P And here is what I want to say to Roberta, she's like, what happens to your body when you eat sugar? It's a similar thing to what happens...

S Call her Roberta.

P I said, Roberta. It's a similar thing to...

D She goes back to her old habits.

P I can't even fix any of that. I feel like there is nothing in my head and that...

S When we started this poddy with Danny complaining about how frustrated we make...

P And it's coming true, what you....
D It's a prophecy.
P What you predicted.
S It's the placebo that killed it.
P It's happening.
S So many listeners, this might be their last poddy ever.
D Turn it off. Just turn it off. We promised you it would suck. And do we deliver?

00:14:19

P Oh my goodness, I've got so much to say though.
S Ask Pearl, when we used to tour, we used to sing, and once
P Sing, you shouldn't be here.
D What did you sing?
S Once we started giggling in the beginning and we were paid big bucks to sing at this place.
P I don't know why they paid big bucks.
S And they, I don't know why, but it was...
P Serene, big bucks then was like \$300.
D Oh yes, superstars.
S No, we drove our real cheap junk cars there, five hours, so we weren't flown in a jet there.
P See, it's the details that she....
S No but listen. Guess what, we started laughing in the beginning.

00:14:51

And never could fix it.
P We couldn't.
S An hour in, the people just kept on, just walking out, walking out. We were like this the whole time.
P Ah, it's bad.
S Sing a long note, we just stopped and crack and giggle.
P It was bad.

S I had to start thinking of people that had died and everything to try and fix it. I couldn't fix it.

D You would laugh through your show?

P It's just that I have a lot that I want to say. I would love too actually...

D Let's try.

S No one told me we're bad.

P No, you are. You are holding me back, because when I say something...

00:15:23

D Thank you, Lesley. Lesley, do you have anything for me?

P You've got something that you want to share, but it derails.

S You don't need any.

P Oh my goodness.

S So, where were we?

D So, you were saying.

P Okay, what it does to your blood sugar.

D Your blood sugar and orange juice.

S Okay, so what happens is, these things, like sugar, and like juice that is separated.

P They're not evil things in themselves. Really, it's the amounts. And you can say to yourself, well I'll just have a tiny bit of sugar, it won't hurt you. You know what I say to that? Sure, it's true. It depends upon who you are. I can have a tiny bit of sugar here and there in my life. Like, if someone brings over to my house, a muffin they've made, and it's my daughter-in-law, and she made it with sugar. I will totally accept that.

00:16:08

S She usually makes it with coconut sugar though.

P Yes, but I'll totally accept that with love. Because it's not my mainstay and every day, and it doesn't send me into huge derailment.

S You know you're only going to take a little cut of a knife and taste it and thank her.

P What if I had the whole thing, big deal. It's not a big deal.

S But it's not you, you don't usually do that.

P Hey stop speaking for me.

S I know, but I know you.

P Okay, but I could, I could have that sugary muffin, it will not derail me. I'm not going to do it every day. But let's say she brings one over, you bet I'm going to have one, because she made it with love, right.

S Yes, but hers is coconut sugar.

P No, no. Stop.

S No. I'm talking to the woman that's having the white refined stuff and she gets derailed.

00:16:44

P I'm about to get to her.

S But you had a muffin.

P Okay. So what happens is, it depends upon who you are.

D Yes, because I'm the opposite of that.

P Yes, that doesn't throw me off, but there are many people.

S Yes.

P It's a trigger in their brain from past sugar abuse.

S Yes.

P Or from just their genetic makeup.

D Yes, that's me.

P It sends them into a tailspin, it does much more extreme things to their body.

D If I have a sip of a Coca Cola, at a function. I'm like Ron Swanson going back to Tammy. Which if you don't understand the reference.

S No, I don't.

00:17:13

D You need to watch...

P Do I need to watch it?

D Parks and Recreation.

P Do I need to watch it? I've been told I need to watch that.

D You can YouTube Ron and Tammy.

P Noble told me I need to watch that.

S I don't think I need to watch that.

D I totally like have cornrows in my hair, and start, I'll get a face tattoo. If I have a sip of

coke.

P Now. Some people, it just sends them into a cycle where their body starts wanting more and more sugar.

S And some people, just one muffin, they're so metabolically ruined, for now. There's hope and there's healing. But they will start, they can get spiked quickly.

P Yes.

00:17:49

S Like Nadia. Because Jerimiah is sitting here, and his mum, if she has just a little bit of sugar, she can just take one cookie she'd think is Trim Healthy Mama. Somebody will leave some cookies on a bench, and she will come and say, oh Trim Healthy Mama, I'll taste. And she'll realize, oh my goodness, somebody dropped these off, and they're not. She will sat shaking. She gets affected by sugar.

D Do you know what Danish Wedding cookies are?

P Yes, you've talked about them several times on the podcast, yes.

S He is going to derail us a little bit more, yes.

D They, if I didn't stop it, I would have been a homeless crack addict.

P From Danish cookies?

D That's where it started, and I spiraled. That's during, that's when I broke and had a midlife crisis.

S Yes. I mean I even have a little sugar. Because I've got my 100% chocolate here, but I can eat 85%. That's got sugar in it, just pure cane sugar. But it's not enough to harm my body.

P So, let's talk about what happens when sugar goes into the body. You know, more than, what's 85%.

S I'd say, it's straight grape juice.

P Yes, of course. So, we're not talking about these little things. We're talking about a daily dose of sugar, where it's bigger amounts than in your 85% chocolate. Because that's really insignificant.

S Yes.

P We're talking about moderate to significant amounts of sugar here. What happens to the body? So, it goes into the body, and whenever we eat something that involves protein, and healthy carbs, we get a blood sugar rise. Now, that is supposed to happen. And we're supposed to get a blood sugar rise, which signifies our insulin to come out and remove that blood sugar rise, remove the sugar, and put it into our cells. The glucose, it's now called. So, the sugar becomes glucose. And that's the way we're

created. But you see, sugar causes a much faster and much higher rise.

S It's more like a shock.

P Yes. And so, what happens is insulin, the hormone insulin has to come out to deal with it but insulin can typically, usually not deal with the amount that is currently in the bloodstream. So, it isn't built big and strong enough to deal with that amount of blood sugar in the bloodstream.

S It's not a natural form of it, because it's deranged.

P So, it does its job. It puts some in the muscle cells, whatever they can open to receive, and if you've got insulin resistance, your muscle cells aren't open very wide. They can receive a certain amount.

S Can I derail you.

P Yes.

S Insulin resistance can come from a lifestyle of eating a lot of foods like Pearl is describing, or it can come from a sedentary, and now being in a situation part. Post-menopausal, where you don't have hormones that keep you insulin sensitive.

00:21:40

P It can come from a low-carb diet.

S Right. So, you can be insulin resistant and not have a diet like you had when you were a child.

P So, what happens is, you've still got blood sugar in your bloodstream. There was too much. Because it's not a normal rise. So, insulin must come out again. Now you've got double insulin. That's never a good thing, because insulin then becomes a fat-storing hormone. How does it become a fat-storing hormone? Insulin is not a big bad hormone. People sneer at insulin.

S It's the good vibe.

P You want to keep your insulin down. No, you want insulin.

S It's the chimney sweeper. It's the street sweeper. It's trying to clean up all the junk in the bloodstream that can't sit there. It's dangerous for insulin to sit there in the bloodstream.

P But how does it become a fat-storing hormone?

S It has to go somewhere.

P It's when your muscle cells are full. They cannot accept any more glucose from the fact that you've got insulin resistance, or you've just packed yourself too much with too much sugar anyway, and they're so full. Either way. So, your blood sugar must go out of your bloodstream, you will die if it remains there and it's too high. So, the only

other place it can go is in your fat cells.

S It's like the hoarders. Right? They have no more room in their bedrooms. That could be the muscles, the bedrooms, right?

D That's a good analogy.

S So, they have to make big old lumps elsewhere. It just starts coming out. Because their bedrooms are full.

D I have a question.

P Yes, and fat cells will never say no. Fat cells are never resistant. They are always welcoming.

D They're kind of like, the life of the party.

P Yes. But what was your question, Dan?

D Big old life of the party. Is it the same with foods that turn into sugars later, like macaroni and cheese?

00:23:18

P Yes, that is like white sugar because they devitalize, they don't have fiber and they cause faster, stronger, more venomous rises in your bloodstream.

S Can I be totally frustrated and just talk over the top of you and say this?

P Yes, you can now because I just wanted to get us onto a plane where we're giving some meat.

S Good point. And we've tried to touch on that today, but good bringing it up again Danny, when you said is mac and cheese kind of like whatever. Yes, like I said before, we're not picking on cane sugar itself. Sugar, what we're talking about, is anything that does that dangerous rise, right? And so, this could be fruit juice that has no cane sugar in it. It could be 100% fruit juice, oh great, this is natural. Let me drink it down. And you will be a person that doesn't eat sugar. Well, you might as well have had the 85% chocolate with real cane sugar in it.

P Yes, right.

S So, it's not necessarily about picking on sugar. Because anything, mac and cheese, that sort of thing.

00:24:14

P So, you're saying, anything, white bread, white rolls. Have a cuppa before your dinner at Oh Charlies.

D Because the body converts it sugar.

S Yes.

P It does.

D Is it converting it to sugar or fat or what?

P No, blood sugar, it converts it to blood sugar, and then your insulin hormone has to put it places. So, it's only got two places to put it.

S The glucose and the muscles.

P Muscles, if the muscles are closed, then it's a fat.

D Can I tell you something my daughter came up to me and shared with me and then I answered her as best as I could. And I want you to sort of grade me.

P Okay.

00:24:40

D So, she's nine. Okay?

S Is she your baby?

D My youngest baby. She can do no wrong, unfortunately. For the world. And she came up and unprompted, there is body shaming in my house or anything. She came up to me all by herself, and she grabbed her little belly pooch, and she was like, Daddy, how do I get rid of this?

P Oh really.

D This is a nine-year-old. I don't talk Trim Healthy Mama at home by the way.

P No, right, right.

D This isn't my, at home I'm grilling or something, or we're playing basketball.

S Yes.

D And she was like, I need to get rid of this you know. And I was like, oh, I said, well first, you're beautiful just the way you are. Why do you want to get rid of that, what made you think? I did all the positive things, like getting rid of that doesn't make you beautiful or important or anything like that. It's your heart. We went through because I want to make sure she's...

S Yes, confident in who she is.

00:25:38

D Sane.

P Right.

S Yes.

D You have got to be sane. Like, you can get zealous, and lose your sanity.

S Yes.

P Oh yes.

D Even as a kid. So, I don't want her to go down that dark...

S For sure.

P Especially.

D Anorexia path right. And so, I said, well, I'll just tell you how, I said, first of all daddy's got one too. So, here's why I said. I've been eating more mac and cheese than I have steak. And I said, what usually happens is carb, this is exactly what I told her. I said when on our plate, we have way more carbohydrates than we do like protein and vegetables. We're going to get little pooches. We'll get pooches here, we'll get pooches here, we'll get pooches here. It's just that the body turns it into sugar, and it stores it in our fat. And it's not about who we are, or any of our beauty or anything like that. It's just what are your goals. So, if your goals are to see that go away, then the way to do that is just science, you would just have more protein than you would carbs on your plate.

S And I think I want you to answer that too Pearl, but I think you said that so beautifully and I think it was amazing. But...

D It is healthy, like I don't want to create a complex.

S No, you did not create a complex. You were so amazing.

D Okay.

S The only thing I would say is, it's the type of carbohydrates too.

P Yes.

S Because a little girl was running around.

P Not all carbs are bad carbs.

S She needs carbohydrates and protein is so dense.

00:27:05

D Yes.

S That it's going to look smaller sometimes. Like a little chicken breast, which gives all the protein that she would need, at nine.

D A small portion.

P Four to six ounces gives everybody what they need.

S So, I mean not everybody. You could have a big body-building man that...

P Right, right.

S But a nine-year-old girl, a little chicken breast is, it's going to look smaller than maybe a couple of sweet potatoes, she wants on the side. You know good gentle slow burning carbs is going to be fine.

D Okay.

S Especially, so, I agree with you. She needs to bounce it out with protein and bounce it out with veggies. But it's okay for the carbohydrate portion to be big on the plate for a child running around, as long as it's gentle. But also, to encourage outdoor fun. Or indoor activity.

D Well, she runs fulltime.

S Brilliant.

00:27:50

S So, that's fantastic.

P And also...

S I like what you said Danny, it's amazing.

P If she's nine, and yes...

D Thank you.

P I think it's good. And if she's nine, I was a pretty trim kid, but at nine, you haven't developed a woman's figure where it goes and then goes out, and the different fat dispersions.

D Yes.

P So, your belly will just stick out, that's normal for a nine-year-old.

D Yes, that's the thing, it's not...

S Well there is normal and then there's not normal.

P Right of course.

00:28:14

S I have seen diabetic nine-year-olds, have you?

D 100%

P Yes for sure, but she's not that.

D She doesn't have that overweight look.

S No, no.

D She's got a pooch.

P Yes, right.

D And she isn't ashamed of it. She's just like, you, and she shows it off like any other day she would be....

P But no, the fact is a child is eating more Mac and Cheese, and not enough protein and stuff like that, that will happen.

D Yes.

P And that's probably not the healthiest thing for her growth. So, it's good for children to learn what's healthy.

S Yes.

00:28:42

P But not of course, and I don't think you shamed her or anything.

S You did it so beautifully.

D Yes, I want to nail that balance of like, because I'm her dad and you are all fair. My beautiful, little queen.

P Of course. Yes. Do You know what I mean? And so, I want to make, to me I'd almost take the overweight kid, not that the balance is good. So, you don't have to pick, but if I must pick.

S Yes if you must pick. I agree with that. Then there's the other thing is that, if you can do it in kindness, show her healthy habits, that is a beautiful gift too. Because you know that when she is 19, 20 and maybe wanting to find somebody, it can make her feel insecure if it's not a healthy curve.

If it's actually a curve that's....

D An overweight curve.

P Inflammatory.

S It's inflammatory to her.

00:29:31

P But you know, next time you get the chance, if it comes up, because you don't need to go to her and say, now we're going to learn about good and bad carbohydrates. But if it comes up, I don't think I don't want any of my children, and my grandchildren, now that they're around, to think that carbs are the ones to look down on.

D Right.

P Because carbs are the...

S Carbs don't necessarily turn into the sugar we're talking about.

P Yes, it's the refined...

S It's the refined ones, the spikers.

D What do you mean spikers?

S Fruit juice that's had the fiber removed. Right? Cane sugar is anything that's had all of its sub-deranges, not like sugarcane.

D Pasta?

S Or the white bread. Yes, the white pasta. We eat white potatoes at our house. That's not what I'm talking about.

00:30:08

P No, because it's still got fiber in it, it's still ripe.

S Yes.

D So, you mean almost like man-concocted stuff. Pasta, breads?

S Well you can have pasta, like brown rice pasta that's healthier.

P Yes.

S I'm not saying it's perfectly on plan for a woman who is trying to lose weight. But it's healthy for raising children.

P Yes.

D And what about bread or pasta, but in such a balanced moderation?

S That's great.

P Yes, and that's what...

S My children live on bread, they have like 12 slices a day, but it's ancient wholegrain. Like it's as dead to the house.

P But Lisa does wholegrains in your home though, doesn't she?

00:30:38

D Not homemade bread.

P No, you guys buy white bread?

D No, we get like, I guess it's called wholegrain bread.

P Yes.

D Dave's bread.

S Dave's bread. Some regular 100% wholewheat, some children can do fine on it. Others, it will...

P Yes, it depends on where they are metabolically...

S Yes.

P So, we covered the basis of what.

S Oatmeal is great.

P Yes.

D Yes.

P Of what kind of sugar does to the body. But we didn't go further. Okay, so there are some further things what happen with our adrenaline and then our cortisol.

00:31:09

S Can I say something?

P Yes.

S When you talk about adrenaline, a lot of people think the hyperactivity of children that are, they're like, ah. I've heard that it's not necessarily just sugar high. It's an adrenalin rush. Because it's a fight or flight moment. It's a shocking moment to the body. It's like, I need to fix this situation. And adrenaline comes into the body.

D To burn?

S No, just to, it's part of the, this is a dangerous situation for the body.

P Because the blood sugar got so high. So, adrenaline is pushed out, and then...

S And cortisol.

P So, we've heard, those of us who follow health, we've heard that adrenal can get very squashed, can get very tired without enough carbs. So, we know that carbs are important for our adrenal health. So, a lot of people with adrenal problems think, oh I need my carbs, so they go, I've even seen this.

S Yes.

00:32:06

P Have ice cream at night. You have your orange juice; you need to soothe your adrenals. But here's what happens.

S Yes, they even see it as part of their treatment.

P Yes. And the same for the thyroid. The carbs are good. But it makes things worse. Only the good gentle carbs from the earth, like your sweet potatoes, like your fruit, like your oats.

S Oatmeal.

P Like your beans and legumes. They are perfection for your adrenals. Because they stimulate serotonin.

S And the right kind of bread.

P Yes. Serotonin is the feel-good chemical in your brain. And it soothes your body. It says everything is okay. It soothes your mood, but it also soothes your adrenal glands. It says, your okay baby girl. You're just fine. You know, I'm not going to churn out a whole bunch of cortisol here. So, cortisol is our stress hormone. And when cortisol goes up, we can't shed weight, so it's this vicious cycle. So, then people go, and they think, okay I really need my carbs, my adrenals, I got told by this naturopathic doctor that my adrenals are just tanked. So, I'm going to go and eat my carbs and so, therefore sugar is good for me in my current state. I need sugar. I've actually heard women tell me this.

S Yes.

P But you see, sugar undoes it all. It's, it's like polar opposite of no carbs. No carbs hurt your adrenals, but too many carbs hurt your adrenals, the carbs that are spiky, like sugar, like mac and cheese. Because they do that thing.

S So, when she says too many carbs, I really want people to hear that. It's the type of carbs. And of course, you want to sit down to eight apples in a row, or seven sweet potatoes. But Pearl and I are not afraid of gentle carbs.

P No, no we love them.

D Potatoes are good carbs. What if you add butter?

S It's just a crossover.

S Good for growing children, yes.

D Okay, so it doesn't turn it into a back carb?

00:33:52

P No, it doesn't turn it into anything. It is just another fuel source.

S It slows down the rise of sugar of that potato. Natural sugar.

P But it's just more for your body to burn. If your body is compromised on burning, then that's the whole premise of Trim Healthy Mama. You burn one fuel at a time.

S So you just make a luscious onion and tomato gravy and pour it into the center of the potato.

P Or you just add one teaspoon of butter.

S And I think you can do both.

D Have you ever put salsa in a potato? It works.

S I love it.

P Hot sauce, love it. But anyway, I was getting to that. So, if you want to soothe your adrenals, and you also want to have carbs, you don't need the spiking ones. Just the regular good carbs will be all that you need to create that serotonin and to create that soothing ability on your adrenals, so they can stop churning out so much harmful cortisol. Because cortisol does harm us. But here's the thing.

S It puts the weight on the middle, cortisol.

P If you do orange juice, if you do sugar, try to think well I'm going to help heal my adrenals. It does it all, because the rise of sugar is so high, it is a stressor.

S Yes.

P So, what does your body do? Sends out the cortisol. Which is what you wanted to stop. So, it's undoing what you were trying to fix. So, it is not, what is that word, a panacea?

S Yes.

P It's not the panacea, it's not the fix for it, it's making things worse. So, if you've been told by someone to fix your adrenals, you need sugar. You don't.

S Yes. And I've heard too, for pregnant women, you know I've just been tired and so my midwife told me to start drinking some juice. To give me some energy. You get a crash after you get a spike. It's better to just do those slow-burning carbs, the oatmeal, sweet potatoes, the beans. Everything that we've said that's slow burning.

00:35:41

P Now, honey is a little faster, but it's not nearly as fast as sugar. And there is room for some honey, because it's teeming with minerals and stuff.

S Yes, but people don't really drink a glass of honey.

P No, they don't. Anything drinkable goes to your blood sugar so much faster.

S A little in a smoothie, a little on toast. And you know who you are you can take honey.

D My daughter stopped me after dinner because there was honey on the counter and I was just like, bam. People don't drink that. I'm like, well some people do. I like took this shot of honey.

S I'll take a tablespoon just straight. Before I work out.

D She said, because I told her I'll join her in making our carb portions smaller. Because I was like, daddy has been thinking about it too. Funny you brought that up. So, I said I'll do it with you. So, you're not the only one, because kids feel all deprived now because their teen brothers who are skinny as rails.

S Yes, and they have to actually have more carbohydrates.

00:36:32

D Right. And they are vacuuming the mac and cheese.

S The carbs are building their muscles too when they're teens.

D Yes.

S Like literally.

D Well, she shut me down. She said, hey dad that's not what we're doing. And I was like, yes, yes, good. And she was like, but now I want some. But it's so interesting that the example is a thing too. I've not been Mr. portion control either.

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

S I'm Serene. This is The PODdy with Serene.

P And Pearl.

S Get it right, it's P-O-D-D-Y. Let's talk about what sugar looks like in some of our houses. Because we're Trim Healthy Mama. What does it look like in our house? Do we ever have it in our cupboards? You know, so what does it look like in my house? So, I don't eat sugar personally. I don't spoon it onto my oatmeal. But I have 85% chocolate occasionally.

P Occasionally. You buy 100% because you like the taste better.

S Sure, I don't have anything against that. Of course, I take communion on Sunday which is grape juice. I have no problem with, oh, it shan't touch my lips. No. It's fine. I have brown sugar in my cupboard.

P Yes, what do you use that for?

S Why, because my children make kombucha. So, they use that.

P And there's sugar in kombucha.

S It is fermented, but not all of it gets fermented out. I still think of kombucha, like if you drink a whole glass as an eat.

P Yes. Sometimes I totally get sugar. Christmas time, maybe Easter. My children get the organic sugar, which is just as bad, but the organic word makes them sleep at night.

S At least it doesn't have the chemicals and the colors in it and junk.

P But, it's still the same spike.

S It really is still the same spike.

P Probably yes, it is the same spike, Serene.

00:38:21

S But I'm just like, I don't want to be the weirdo that makes them leave my house and just go and look for a candy store to burgle.

P Yes. I know right?

S So, we don't buy it as a regular, they don't have candy but at Christmas time and Easter. But we give it to them. It's the organic kind and I also have the sugar in my cupboard, because sometimes I'll make for them that traditional minty that we grew up on, our nana would make for us. They call them minty's and it's like milk powder, honey, and brown sugar and you boil it up and it becomes sticky and put essential oils and mint, or mint essence in it.

P Yes.

S So, delicious. And I'll make that for them like once or twice a year. But it's not sugar; it's the skull and crossbones at our house. My children live on stevia and honey. Honey and dunk is what we call it. I think it's expensive for the amount of children that we have.

None of our children have any trouble.

P Like issue.

00:39:18

S Yes. So, they could have honey in everything, but it's expensive. So, I am like, cut that honey in half and add a dunk of stevia. But it's probably good for them that way.

P So, I think in our home, raising my children, I was probably a little bit more lenient. I didn't have, I wasn't baking it with sugar.

S But we have no juice in our house. No juice, never juice.

P I didn't do juice.

S Except for Shabbat, they have grape juice.

P But my husband would take my children out, like once a week for fast food, and I'm sure, I knew, to McDonalds, it was their big thing, with their dad. And there was probably like milkshakes involved and things like that.

D All the horrible things.

P Yes, and we let them do, which Serene never did, but we let them do Fall Festival. I'm not going to say the word Halloween. I don't want to make Serene mad.

S I love you, Pearl.

00:40:03

P Yes. They would get candy and what would happen was, I wouldn't let it stay around. They could eat it that day, and the next day, and then mother was finding it.

D You would chuck.

P I'd chuck it.

D Serene, how...

P Because it undid their health and that's when the flu season starts, and colds.

D Of course. It sounds almost by design. No conspiracy here. Serene, how hard did you judge her during those days?

S In what days?

P When my children dressed up and went trick a treating.

D Dressing up and going to get candy.

P Trick a treating.

D The double whammy.

S She did, and I know Pearl's heart. And I know that her and I meet at Jesus.

P That's right.

00:40:37

S And so we're fine.

P And even the TV, they didn't have the TV.

D Oh so you were praying that she came to the light?

S No.

P I never actually felt one scrap of judgement.

S No. No.

P From her. But you see, it's a combined PODdy. So, when I say that my children did trick treating, it might be many people listening and thinking, we don't let our children do that. Well, they've got Serene to be on their side. And then all the others can side with me.

S Yes.

D So, where would you trick a treat out here?

00:41:04

P No, we wouldn't do it out here. We'll go into the neighborhoods. We would go into West Haven.

D Are you serious?

P Yes. Walk around there.

D That is a gold mine.

S That is a gold mine.

D We slipped into West Haven last year.

S For all those listening, West Haven is the wealthiest neighborhood.

P One of them, yes.

S In our local.

P And all the houses are so close to one another. So, you know you are going to get a big haul.

D Oh yes, they're tight packed together. Everyone believes...

S You've got what they call, you could chuck away.

P I know. But it was the fun thing of getting as many as they could.

D So you need to let your kids come out this year. We'll all go to West Haven.

00:41:33

S No. No, no, no, my children, because they grew up with my brain, and my husband's brain, who is the same on this particular subject, they wouldn't want to. It's just not in their, but they love their cousins.

D Well unless they confess to us. So, just so you know.

P But so, we talked about cortisol. We talked about its effect on adrenaline.

S The inflammation.

P Oh, let's talk about inflammation. Why Serene? Why does sugar cause inflammation in the body? Because I don't eat a lot of sugar, but if I do go on a cruise and I have a dessert or something. I don't get the aches and pains that people do. But a lot of people feel it.

S Yes.

P Like it literally tears up their body with pain and bloating and stuff. So, why is this?

S Well sugar in doses like that, anything that spikes your blood sugar like that, it's harmful to your organs.

P Yes.

S It is harmful to your organs and especially your pancreas. And when your organs can, themselves become inflamed. And so, Pearl may be able to say a bunch of more science than me about that, but I've always seen it as the fact that it's a poison that is poisoning your organs first.

00:42:47

P Yes. And when you say poison, why you are saying that is poison? Because it's not acting naturally in your body, right?

S Well because it's causing a whole, domino or cascade, better said, effect. That is a fight or flight that is a cortisol situation. That is a situation that should not be happening. Like Pearl said, it is a beautiful thing. We want a rise in blood sugar. We do. We want the rise. And the fall. The rise and the fall. The rise and the fall. Like we see in nature. Like the ebb and flow of the tide, right. Like the rise and fall of the moon. It's a beautiful thing, when there's a rhythm to things.

P Except the moon doesn't fall, but yes.

S Well, whatever.

P Good.

S Great you got my point.

P It's the rise and setting of the sun.

00:43:27

S Great, right.

D I mean technically speaking, the sun doesn't rise or fall.

S I just meant the switchover.

P Yes.

S My point is.

D Have to go all Bill Nigh.

S Okay, but it's natural in life for there to be a rise and fall, a rise and a fall. And we want that. We don't want a flatline dirge in our body. That is dangerous.

P No.

S We do not want that. Because in a situation like that then our bodies forget how to clear sugar at all. And then you become carbohydrate intolerant. You become intolerant to foods that you actually need to flourish and survive well. But anyway, my point being, when is not a natural little rise, that our body knows how to clear lovely. Then it is a dramatic tsunami. And your body says, freak out, this is stress. This is not right. So, it sends out insulin, and insulin can't, like Pearl said, it can't actually clear it properly. So, it sends it out again. And that usually can't even clear it properly. And the body is like, weird, like things are happening to my body. I've got what I see now is a poison in my bloodstream. Something that I cannot clear. And you cannot have sugar just running around in your bloodstream. That's why you always burn glucose first, when you burn fuels. You always burn glucose first, before you burn the fat. Because your body has to clear it out of the bloodstream. So, if it's stuck there and it can't go anywhere, it's seen as a danger.

P It's funny, when you're saying all that, and I'm imagining it happening in the body, but I'm staring at that piece of cake, or that something that I walk into Starbucks, and I'm hungry. So, I've got my egg white bites, right? But sometimes, even Pearl walks into Starbucks and she's in the mood for something sweet. I don't do it. I don't do it, but sometimes I look at it and think why would that lemon cake be so bad for me? It looks delicious. And it looks so harmless. It looks little. Why would that be. And then my knowledge comes back and I just, my sanity arrives and I'm like, oh yes.

S No, Pearl, it looks innocent, but it's not. It's like the wolf in sheep's clothing. It does a lot of times, things in life. The things that are going to harm us look pretty innocent.

00:45:36

P They look innocent, they look lovely.

D Have you ever questioned God about the lemon cake though? Why can't this be right?

S Because we can make it right. This way.

P And that's why we've done this whole Trim Healthy Mama thing to make those things delicious, healthy and not inflammatory for our body.

S Yes, take the grain, take the emmer wheat, take the grain that was ancient, the one that He put on the earth before people messed it up, like Monsanto right? And then you grind that. And then you make that, you add a little honey. Because they didn't have the way we can produce stevia. And isolate just that sweet stevia side. But you put a little honey in that. It's not going to do the spike that is causing that dangerous situation I've been describing, okay. So, you've got this poison now in your bloodstream, and your body does not know how to clear it. So, it tries to put it in the

fat cells. But this whole scenario, that whole stressor, is inflammatory. Because the organs, especially the pancreas, is the one that really gets out of sorts in that scenario.

00:46:37

D So, if you just want sweets, you...

S Because the pancreas is the one that's responsible for sending out the insulin.

D You need to make time and work for it and make them.

P Well buy them, there are so many things available these days.

S Oh, they are sold everywhere.

P I mean what do we do? Don't we sell stuff? Don't we sell, we just sell brownie mix and we just sell cookie mix.

D Like the café yes.

S No, you can go onto, any place you're going into feel the pulse, any big city. There are things you can get there.

D Healthy cakes?

P Well.

D Like whole foods, you can get what you're talking about.

P Well you can get a protein bar. Hey, but listen. I don't usually do this, but I have to say something about our cookie mix, okay? Because Autumn invented it, and I'm hearing from people they've sold out right now. It should be coming back, I don't know when this launch is that they're back. That cookie mix, Serene, have you had the cookies?

S They're delicious.

P So, have you had them?

D No one has ever brought any into the podcast.

S When you get that sweet like I have to have sweet now.

P But it's not too sweet.

S Like, five minutes, it's done. It's the quickest thing to make.

D Can I just eat the powder?

P I don't know about the powder. But I'm telling you, Autumn makes a maple walnut version. And then there's this other peanut version.

S I love her one with peanuts. I tasted that.

00:47:47

P Well, some of our admins made those, and she just made them because she had to take photos all around our house.

S So good.

P Oh my goodness, better than a regular sugar-sweet cookie, and I don't usually say that. Because I love a real thing of something.

S You actually had a cookie issue once in your life, before Trim Healthy.

D Who hasn't?

S Serene.

P Like you know Esther, Serene? Your daughter-in-law made our Trim Healthy Indulgence book.

S Yes.

P You know how her things, traditional they taste right.

S Oh yes, they do.

P Some of the things you and I have made, it's just because we want something sweet. Hey, this is sweet, this is good.

S Yes.

00:48:18

P But this cookie mix. It tastes right.

S Yes.

P It's so good. So, when it comes back, all I'm saying is, there are things, there are ways to get that sweet fix, and do it healthily. And do it, that it doesn't harm your body.

S Right. Yes.

A Trim Healthy Mama Product News and Notes.

P You know Serene, sometimes I just have to have pancakes in the morning. It's not an everyday thing for me. I can go with my oatmeal, I can go with my eggs and I'm happy. And then suddenly it hits me. Pearl, you need some pancakes.

S Yes. But the good thing about our Trim Healthy Pancakes Pearl, or waffles, so if you're a waffle type.

P Yes, so simple as waffles.

S Of girl, you just put them in the waffle machine instead. But a lot of natural pancake mixes, taste like bricks, that sink into your stomach. They are not light and fluffy like the white naughty kind.

P No, I know. There's something about the white fluffy pancakes. Now, of course, since this is protein-rich, gluten-free, you can't go into it thinking this is going to be gluten-rich and sugar-full. Right? Because that gives you the wrong impression. But I dare you to find a gluten-free low-carb protein-rich mix that comes up. I know I'm being a little bit boastful right now, but we worked on this for two years.

S Oh yes.

P Like, trial after trial to try to make them as pancake-ish as you possibly can. And doing it so super healthily Serene.

S Oh, you know what I love about them, is because they're actually a fuel pull.

P I know but you can make them serve.

S But that's the beauty. Because if they're a fuel pull, you can go either way baby.

P I know.

S You can put a little bit of bacon on the side. Top them with butter.

P Yes, butter on them.

S Like just go for the succulent, all the way.

P Yes. Or, you can just go, E with them and get some carbs, get you some fruit and chopped banana.

00:50:12

S Or some yoghurt.

P Chopped banana on top.

S Or, you just heat up those blueberries and they get all syrupy on their own. Oh, it's delicious.

P I tell you what's really cool about the actual ingredients in there, okay. So, none of those fillers, you're not going to see the things there in other pancake mixes, like the tapioca starch. Like the inulin. Like all those things. What you're going to see is the real ingredients. We have the first ingredient lupin flour. I love. It is so stable on your blood sugar, and it is kind to your waistline. And it is naturally protein rich.

S Satiating because the fiber is so, it doesn't bloat you, but the fiber is such a wonderful healing fiber to your gut.

P Oh yes. Guys you have got to locate, before you purchase these, go on our website and just look at the ingredients. And you'll just get the feeling of, okay I can trust these. So, what have we got? We've got non-GMO, we've got gluten-free, we've got dairy free. And I mean dairy-free guys. And they've only got three net carbs, so do with them whatever you want, whatever your body needs, or is craving. And fuel yourself up in the right way.

- S So, when you're craving that pile of pancakes, or waffles, no shame. You get to indulge and feel great about yourself.
- P Hey you know Serene, not only for breakfast, but I have also had these as waffles for lunch.
- S Waffle sandwiches are a thing.
- P Yes, no, no, just put them in your little, I've got one of those really quick mini-waffle makers.
- S So do I.
- P Yes. A Dash I think they're called or something.
- S Yes, but mine's a four-dash.
- P Oh yes. And they make the best sandwich casings, and once again they are Fuel Pull. So, you can make an S sandwich, an E sandwich, or stay Fuel Pull. Whatever you want. They are yummy.