



Trim Healthy Podcast with Serene and Pearl

Episode #155 - How To Close A Meal

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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

[00:00:00]

P Hey, have you ever wished that you could always have perfectly pressed clothes but you hate to iron and don't want to spend lots of money on dry-cleaning? Well, personally speaking, this is Pearl here, I don't iron and I don't spend money on dry-cleaning. You know what I would do in place of ironing? I would get my hair dryer and just while my clothes were on me try to dry the wrinkles out, it wasn't very effective. But the Conair Steamer is so effective it literally gets you freshed, pressed and out the door in minutes. It heats up in a hurry with five steam settings for everything from delicates to suits. The turbo setting smooths away even the toughest wrinkles on thick fabrics like sweaters, guys. This steamer has a dual-slotted ceramic plate that lets you press like an iron without any ironing board. Just try Conair's Turbo Extreme Steam handheld steamer and you'll be amazed at how great it makes your clothes look in such little time. It even works on curtains, your bed, your pet's bed, you name it. To buy go to conair.com and search, Extreme Steam. It's just going to change your life.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, P-O-D-D-Y.

D Women and men, boys and girls, welcome back to another episode of the Trim Healthy Podcast with Serene, Pearl, Danny and Annsie my daughter's in the house. What's up world? What's up with you today? What's up with you gals?

S What's up?

P Oh, you know what? I know we're going to bring some, actually, practical meat today on the PODdy and we're going to get right back to the nitty gritty of THM and do a whole deep dive into how to close a meal. It's easy to open a meal but sometimes it's hard to close a meal.

S Oh, it's huge. I think people forget there's a close.

P I do.

D What do we mean by a close?

P Well we'll get into that Dan-Dan.

[00:01:56]

D Oh, is this a secret?

P But, no...

D The big reveal?

P No, I think that there are some tricks, tips. Tips and tricks?

S Yes, tips and tricks.

P I wanted to read something to you, Serene, since you're not on social media. A really nice, I thought I would, not just to praise our own hearts or to glorify Serene, but I think it's good for you to know because I'm on social media and you're not. So on the Facebook groups I get a lot of, oh, I loved the PODdy today, girls. And, it's just what I needed to hear, but you never see that.

S No I don't.

P So, you come here and, I don't know if you receive feedback, Danny. You're on social media so you probably do.

D Only extremely positive feedback.

[00:02:32]

P Yes. Okay, and I do receive some negative too but mostly on the groups it's just, hey, that so blessed me. You don't know how much it blessed me.

S So I just come and plod along.

P You come and you let out things and you share things that are going on in your life but you never know if it affects anyone else. But you still come and do it so I wanted to come and read something to you.

S Ah, sweet.

P This came in and I wanted to read it to Serene because I saw it this morning. I thought, I could bring that to the PODdy. Dear PODdy crew, and a special word to Serene, I know the comments about the PODdy range from wild awe to underwhelmed eye-rolls sometimes.

D That's good. Good rate.

P But I wanted to give you a genuine thanks for what you have said and do bring that isn't food-related. And Serene always pushes things, I have to say this is Pearl talking, this is not the lady commenting. You know, I want to give this big insight and I'm like, okay but we can't have too many of those. We have to get practical again, Serene. Because Serene always comes with the deep insights and then I always try to get practical. But here's one for you, Serene.

P Back to reading, those are actually my favorite nuggets to take along on my daily thoughts. This past summer I was going through a lot of transition, struggling, not only with food but more so with faith. I believe in Jesus as the only true God but I'm only 21 and we must go through those times where we face reality and decide who God is and what we're going believe. I had questions and pains and anxieties that were all-consuming. I would run and listen to the PODdy and would be amazed at a spiritual snippet Serene would speak. I don't know if I was getting Graham Cooke or Serene but it worked either way.

[00:04:13]

P That were all of my questions, my longings, my hurts, healings and specific prayers and they were answered in simple sentences that I would just amen physically and verbally as I ran, I guess she was running. The passing cars maybe thought I was crazy. What how we think and choosing the tree of life not just good or best but life as our number one goal, that changed my whole life during that season. Finding healing from hospital inducing panic attacks, I was there too, Serene, and all the other truths that I can no longer put words too because they've just become a part of me now and how I do things. Thank you for these bunny trails. They have encouraged me so much.

S Oh, wow.

[00:04:52]

P Aside from the meat you maybe didn't even mean to bring, what I am most delighted you, but what I am most delighted to hear about each week, I literally laugh out loud while listening. In a car full of people while I've got my earbuds in. I also have a pretty specific sense of humour. But what I find funny I can't get over. Thank you for the laughs. I know I don't know either of you personally but our spirits are kindred through the podcast world at least, and through Jesus. So regardless of how you continue doing the PODdy, going off of all the other things people say, just know that I am so joyful to get to learn from both of you about the physical but also about the spiritual. Grace and peace, Rachel.

S Oh, wow.

P Yes.

S That was so sweet.

P So, there you go. But, Rachel, we're going to get practical today. Serene is sure to bring some deep insights next week.

D Was there any feedback for me?

P Not for you, Dan-Dan.

D No? Okay. That's fine.

P But next time there is one for you maybe I shall read it.

D Yes. Do you hide those or...?

[00:05:56]

P No.

D Where are they?

P I don't want the head to get too big, I mean, your hair is sticking up three inches today.

D I brought my three-inch piece.

P Yes, closing a meal, Serene. For me that has been a big thing for me to learn in my walk because my nature **was**, and I don't say **is**, because my nature is who I determine my nature to be with Christ in me. I'm a new creature, right, was to be a grazer. One of those people who just starts and then grabs a little something an hour later and, oh I just need a little something an hour later or grabs something half an hour... And never had meals that are open and then closed. And because of that my digestive system didn't handle that very well so I would get very, the term we use is fluffy. Like, a lot of digestive pops and raffles in my stomach. Like you're always throwing someone or something into the washing machine, right, and it's never done.

[00:06:56]

D This is good insight. I'm learning immediately.

P Yes, because there's a time like, okay we're going to get spiritual again. Ecclesiastes says that there's a time to sow, a time to reap, a time to mourn, a time to laugh. There's a time for everything and there's times to start eating and there's times to stop eating.

S Yes.

P And I was never in that stop stage so I've had to learn to close meals down. You know?

D And you think that's bad for your digestive system?

P If you don't close meals down?

D Yes, if you, instead of having a proper meal because, boy, that has been the pattern of my life, is to be busy boy and just grab almond handfuls and if next to it is cornflakes, I've instantly made trail mix. In my mouth. I don't even take the time to make the trail mix.

P Yes, you're a handful guy.

D I combine it in my mouth and then I throw back some milk.

P I feel like it can be a harmful way of living. To me it was. My digestive system didn't like it and occasionally, hey, I'm not perfect, I'll still have my days where I'm, we call it Grazing Grace. You know? We're grabbing handfuls of this and that just because I see it, my mind sees it, means I think I get to grab it. I think because I'm seeing it, it means it deserves to go and stuff in my mouth.

[00:08:15]

D That's so insightful.

S And it doesn't mean that we're not into snacking because we really embrace a good time in snacks.

P No, but a snack is still, I've learned that a snack is an intensive small meal.

D It should be conscious, shouldn't it?

P Yes.

D Not this like, beast-like, ravenous...

P Yes, beast-like, out of control.

S And you never enjoy it. When you're a beast you never really enjoy.

P You don't.

[00:08:39]

S Especially when I'm on the phone, I never remember what I've eaten and I tell myself, don't open the fridge while you're on the phone because you'll start grabbing without even knowing you're grabbing.

P Well beasts are always in bad moods. Look at Beauty and the Beast, she had to tame him.

S Yes.

P I mean...

D His snarl is so distinct I feel like any time I'm doing the hangry thing, which is a result of probably that snack lifestyle, it's like I'm just rah, rah at everybody. The kids, the wife...

P Making beast snarls.

D Yes.

S And when I find that I close a meal, I feel like I start gaining control of my true hunger and full feelings because as I look for the finality of my meal I start questioning myself. I start asking myself questions like, are you satisfied? How are you feeling in there? Is there a little more room in there? Because I always like to leave a little room for a special closing event for me.

P Well let's save the closing event for a little bit later because that will be the practical, how to close, but I want to look at the science for a minute of why to close. Okay? So you just mentioned something, Serene. You mentioned leptin and ghrelin. If we don't close meals, we never get in tune with those hunger hormones.

[00:09:54]

P So you've got ghrelin, which is your hunger hormone. So always think of grr, I want to eat, growl, growl, growl. Tummy's growling. That's a good hormone, right? We need to get in touch with it. We need to feel it actually. And then there's leptin, which means, okay. You've had enough. It's what Serene was saying before. Now if you're scarfing every half-hour, or hour just grabbing these little handfuls, see-do, you don't get in touch with those hormones. They can't be heard. Okay? So there's that scientific thing. They're there for a purpose those things.

S Can I interrupt for one second, because there's another thing that's scientific in my body as a nursing mum. I've learnt to listen and ignore too. Take a listen to this, Pearl, and tell me what you think. I don't think I've ever really talked to you about this. But I agree that there's certain instincts in our human body created for us to keep us surviving and our children surviving, especially if they're dependent on your body. And so, I understand that when you nurse, there will be a consequential hunger hormone that's released so that it can remind you, you need to remember that you're feeding a baby. You need to remember to eat. And I agree with that but I find because I nurse a lot, I'm one of those nurses that nurse a lot, I find that it will... Maybe if people are more scheduled with their nursing, they may get that hunger hormone so many times a day but because I just nurse whenever I can get that hunger hormone just like clockwork. Even if I have just eaten and it comes. And I feel it.

[00:11:35]

S But I know that my body is trying to just remind me that, remember you've got a baby and remember you've got to survive and not die here. But I find that I have to ignore some of those and tell myself, I'm a nursing mother but I'm not nursing the whole of Africa. You can ignore it. And what I find is, if I sense that hormone come in and I tell myself, wait 10 minutes and if you still sense the hormone, yes, totally.

P Right, because we have different guidelines. We don't have rules for nursing Moms. Like, our guideline, which we'll talk about soon, is about three to four hours before you need to eat again. You close down and then you say, in three to four hours you'll probably need to eat again. Nursing women and even pregnant, we say it might be two and that's fine.

S Yes, but I can get that hormone hunger come 10 minutes, straight after...

P Half-hour.

S But I tell myself, especially because some, and I'm on the thinner side. You know, just my metabolism and sometimes because of, babies have growth spurts at different times, I tell myself, hey. I'm aware that that happened. I felt that ghrelin. I felt that hormone. Now if I'm still hungry after 10 minutes, I'll reconsider this thing but I'm going to ignore it for 10 minutes. And I find it goes away because it's, I realised, there's some signals to listen to and there's some signals to say, okay I'm also going to be intelligent about these signals.

[00:12:59]

P Just like we don't accept every thought that comes into our head.

S Yes.

P Yes, because it's a reminder, the ghrelin that you're feeling is just a reminder you're nursing so you do need to eat ...

S Yes, it's just a scientific thing.

P Now you never, as a nursing Mom, you never go more than two hours, though, do you?

S Never.

P Because you nurse a lot and so you're in a different season.

S Yes.

[00:13:15]

D Do you think that thirst ever pretends to be hunger?

P Oh, absolutely. It does. I fully believe that when you get dehydrated you're not drinking enough water, fluid...

D I feel like I have more...

P You're just Snackies. Nacky Snackies.

D Yes, I feel like I have more hunger pangs but not a positive like, I can't wait to eat, but more like a, I must eat. Like, if I'm dehydrated.

P Yes, and that's what we design Good Girl Moonshine and those sippers for because they just help you keep hydrated. Okay, so we talked about ghrelin and lectin...

S Can I just say one more thing just before we move on?

P Yes.

D It's your podcast.

S No, it's just because it goes along with what Danny said that do you ever think that thirst can represent hunger? Fake itself as hunger? I also think sedentary-ness, couch-sitting can fake itself as hungry.

P Oh, majorly.

[00:14:00]

S Because if I go for a walk it is scientifically a mini-meal because it starts getting all of the glucose out of your...

P Your cells.

S Your cells and starts putting them into your bloodstream and so you're actually fed while you're on a walk and you can come home and all that desirous, snacky, I-have-to-eat-the-whole-jar-of-peanut-butter that you get in the afternoon is gone.

P Yes, that's so true.

D Well, just to be 2020. It's the new year and all. Right now everybody is probably getting really pumped about getting back into exercise and I used to be so anti-New Years' resolution but now I'm, like, boy it is a great time to re-, just like you would for a business. You'd think about your marketing for the year or whatever. So, yes, why not for your body? Think about, yes, what are your goals. I think for me I need to re-up my morning exercise. I feel like I do everything, my whole day is just better when I'm doing them push-ups in the morning.

P Oh, absolutely.

D Like, for a male push-ups. I know the chicks don't do the push-ups.

[00:15:04]

P No. Absolutely.

S I pushed up on my kitchen counter before I came.

P Yes.

D You pushed up?

S Yes, I did like push-ups but I leaned against the kitchen counter. It was plenty, plenty of enough incline for me.

D Oh, doing inclines, because you don't want to bust that diastasis rectus.

S Yeah, I don't want to get big old guns but it felt good.

P Well, always saying yes so you don't want to over-exercise but exercise it is so true, Serene, and we'll talk about that but the couch can be an amazing place to feel hunger that's not true hunger.

S Yes, and that's why I feel like when I travel...

P Just sitting, sitting on the couch.

S Or sit in the car or sit in a plane, all I can think about is food.

P I know because you're not doing. Remember that podcast we talked about that you dance your way through the Trim Healthy Mama journey?

[00:15:45]

S Yes.

D I remember that.

P Yes, that one.

D That was a good one.

P Sitting on the couches is like, are we there yet? I mean, obviously sometimes you have to sit on a couch but when you're sitting on a couch I immediately think of food.

S Yes.

P Even if I'm full.

S Yes. That's so true.

P It's like, what can I be eating on this couch?

D How impractical is what I'm about to say but, have you ever, I always have this fantasy of those Asian homes with the rice paper walls and no furniture except for one table, thin, against the wall to support the one bonsai little plant. But in my mind when I picture that, I always picture this very...

[00:16:26]

P It's a thin person in that house, isn't it?

D Yes, it's just this new me is in this house with...

P I'd hate it thought, I love to, I think that there's a balance.

D You love your couch-sitting?

P Oh, yes. I love a comfy couch.

D Do you think about it when you're not doing it, like you want to get back to it?

P Yes, I think a couch is there for times in the day and at night but it shouldn't be abused, just like everything good in life. There's a time and a place for a good couch where your cortisol lowers but I like to have my meal before couch sit so at least I know I can tell myself, no you had your meal. You might now enjoy the closure to your meal, which we're going to talk about soon.

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

S I'm Serene.

S Everlane's timeless essentials are just what you're looking for. No frills just quality. Actually that's what I noticed, Pearl, when I looked at their whole catalogue online. It isn't all super, super fancy but it's just beautiful quality, classy quality. They make premium essentials, premium clothes using premium materials.

[00:17:33]

P And you don't overpay. Everlane wants you to know what you're paying for and why, so they tell you their real costs and are radically transparent about every step in their process from the materials they use to the ethical factories they work with. No matter your style or preference, Everlane's clothes look better, they cost less and they last longer. Because Everlane sells directly to you their prices are 30 to 50 percent lower than traditional retailers and I can vouch for that because I've done both. Essentials like their cotton crew t-shirt are exactly what they should be. They're versatile, they're simple...

S But their cotton feels softer, there's something about it.

P I know.

S Hey, 100 percent grade A cashmere you can get from Everlane. Cashmere, by the way, is one of the warmest fibres out there. It's so soft but it keeps you even warmer than sheep's wool.

P For winter, wow.

[00:18:24]

S And you know what? I was eyeing me some, Pearl, so that's what I want for Christmas from you. Thank you.

P Okay. They have quality cotton. Sustainable silks. They have wool. They have premium Japanese denim made at the world's cleanest denim factory. Italian-made leather shoes. I mean, this is the best from all over the world and outerwear made from recycled water bottles.

S There's one for us greenies.

P Yes. Perfectly fit Oxford shirts.

S Oxford shirts.

P And right now you can check out our personalised collection at everlane.com/trimhealthy. Plus, you're going to get free shipping off your first order. That's everlane.com/trimhealthy. Everlane.com/, you know it, it's trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P I still want to go into one more bit of science. We talked about lectin and ghrelin. Now I want to talk about how you metabolise your food. If you keep shoving something in there every hour, how does that fuel get completely used up and used for your body, right? There's a time when you put food in, it is used for fuel and then you're empty again. If you just keep shoving in you're never empty. There's always fuel in there so you can never get to the fuel in your fat cells.

[00:19:49]

S Right, exactly.

P You've got to get to a point, if you do want to lose weight, where the fuel in your body is used up and then you use the fuel from your fat cells that are there. They're storing.

D Wow, so looking at...

P It's a normal human being thing.

D Looking at fat as unused fuel is kind of revolutionary.

P That's what it is. And the reason it stores there is because there's no need to use it.

D So what's the body doing in that moment? Is it, like, we must store this for future use? What's the...?

[00:20:23]

P Yes, usually we go into it in our, if you ever read our books, Dan-Dan, you would understand the whole process. We even do an analogy of it how fat cells are partiers and muscle cells are like librarians, they shut down and they don't accept more.

D As long as you return my texts I will never read your book.

P Yes, that's true. But, okay, so you want to get to that point where a meal is shut down and closed for a while.

S Can I tell you why I love to have a closure too? Because it allows me to realise I have other purposes in the day.

P Yes.

S And to realise I may now open another hobby.

P Yes.

S Literally...

P I know.

S Because sometimes I eat...

P We love food so much.

[00:21:06]

S I finish the meal and I continue eating because I'm thinking to myself, I'm just... I haven't realised my next purpose in life. It just stuck. It's a little bit stuck and I need to just get moving into my next purpose.

D That's interesting.

S Yes.

P So can we get practical about how we close down meals here?

S Yes.

P I sometimes don't know when my meal is closed unless I do things. You know how you can have examples in life and like, baptism signifies, okay I'm going to follow the Lord and all that?

S Yes, old things have passed away.

P Well my cuppa at the end of my meal, whether it be like a Trimmly or something like that. I actually have, I have two ways to close a meal. I have my hot creamy drink or my chocolate milk or something like that or I can do a third of our Trim Healthy protein bar, but they are closure signals in my head. So I eat my meal and I might even drink some of the drink with my meal but I make sure I save a lot of it until the end and then I just sip it. And it's closing. It's telling me, you're shutting down now. You know when you warm down, it's not warm up what's it? Cool down after your exercise. You start going slower. And then you're stretching and then you're done.

[00:22:24]

S Yes. Slow is the key, Pearl. You just hit on it for me. I find my cool down, my finisher, my finale, final act, has to be slow. Has to take a long time. Even if you're in a busy day you can take that long time with you to the PODdy, in the car doing errands if you have to rush. But whatever I close my meal with for me, has to be a long time because I love eating and I love...

P Prolonging the eating.

S Prolonging the eating. Because then I tell myself, oh you really milked that.

D You sure ate today.

S You don't need to worry about that for another three hours.

P Yes, you really had a good one.

D Yes.

S Yes. There's nothing you left undone.

D You gave it a go.

[00:23:07]

P Yes.

S Yes.

P No wait, how does that work. I know a lot of people are thinking, but Serene and Pearl. Oh man, but you're supposed to wait three hours after you finish your meal. See that's where I think where you can get really bogged down with numbers and rules. To me, if you have a Trimmy Light at the end of your meal which is just the one teaspoon of oil and stuff...

S Oh, I don't think about that as nothing.

P I just think once I've closed my meal and I'm drinking a little Trimmy Light or having a third of a protein bar I'm not even counting it.

S No because this...

P I'm just closing.

S Yes. Because I can even do one teaspoon of MCT oil Trimmy at the two-hour mark and not consider it a food till I start eating at three.

[00:23:45]

P So now if you're going to have a really, really full, fatty, creamy coffee, let's just...

S Coffee like my husband has. I call it...

P Like a bulletproof.

S I call it ninny. Like breastmilk. It's so creamy.

P They put in one tablespoon of cream, one tablespoon of butter, one tablespoon of this and that, right? Now, I'd still consider that fuel so I...

S That's a meal.

P Yes.

S That's seven meals.

D Does Sam have coffee-flavored milk?

P Yes.

D Like sweet milk?

S No he hates sweetening it but it's just total cream. It's like you have a little hint of coffee.

D Yes.

S And, yes, but he just loves that and he and he knows...

[00:24:19]

D Yes, Sam and I have similar tastes.

P If you're going to do that, have that with the meal and then close down.

S Well, I wouldn't even have it.

P Yes, I know.

S I told Sam that's his beautiful problem.

P His beautiful problem.

S You know?

P If you're drinking cream all day.

D Well, if we're talking gallbladders.

P And he's not closing that down is he?

S No, that's not closed down.

D Hey, let me tell you, my dairy habit was a source, maybe the main source of all my health problems.

[00:24:41]

P Really?

D My heavy fat, just cheese and dairy cheese and dairy and cheese and dairy and cheese and dairy.

P Yes, but some people can thrive on dairy.

D Some people can and bless them.

P Bless their hearts.

D Can I tell you my finishing piece?

S Yes.

P Yes.

D For me...

S Don't say a fistful of spinach.

D No, I'm not going to do that. And I think this is good for digestion as well but an orange. So it's like a sweet...

P Really?

S For his metabolism it's good.

[00:25:08]

P Yes.

D I think it's, for me it's a sweet desert and it signifies that, because I always got them when I went to a sushi restaurant. They would give you, at the end they would bring you sliced oranges.

P That's true.

D And so in my head that became a finisher.

P And that's excellent for people like you who need cross-overs. Like if you had a bit of fat in your meal you know that's giving you more glucose and...

D From the orange, the sugar you mean?

P Yes. A lot of our ladies like that might've had an S Meal, they don't want to end with an orange because they're...

S It'll just make them store the fat.

P Yes...

D I need to store my fat.

[00:25:41]

P Or they don't want to end with a full another piece of fruit because they might've already had carbs in their E Meal. But for you, who needs more and more fuel, that's a great idea and that's actually great for children. Growing children.

D I should start a podcast for people who need to gain weight and then my three followers, we'll just have our little connection.

S Can I just tell you one thing about what you said, not to confuse everything. I hope it doesn't confuse. But I know people who did an S Meal and thought well, what we're talking about, closure, is not dessert people. That's still a meal. Okay. So we need to clarify that because dessert is still mega fuel, right?

P Well, it depends what sort of dessert it is, Serene.

S Yes, no exactly but if it's a mega fuel, because some people might be in an S meal and say, well I've had my S Meal and now I'm going to close with a cream, a cheesecake, whatever. That's fine if you've thought it out that you're not having steak and cheese and blah, blah, blah. And now a cream cheese cheesecake and you're doing it every night like Dan. To close you're having your cheesecake.

P Smart closers. We're talking about smart closers here.

S Yes.

P Cheesecake it a nice indulgent, celebratory close.

[00:26:50]

S Yes, great.

P And do it as often as you can do it for your journey. If I ate even Trim Healthy cheesecake every single night as my closure, I don't think I'd be at my super happy weight.

S No. Yes, I think that for me to...

P Maybe if I wanted to put on a few pounds maybe I'd do that but if I ate the sugar one, well yes I'd be at a very non-healthy weight. But even a Trim Healthy one. So we're talking about smart closures, aren't we?

S Yes.

P The way you close your meal in a smart way that you want to do whenever you want. If you want to close it at lunch. You want to close it at dinner. That's why the Trimmy is, if you don't know what the Trimmy is and you're a newbie just look it up, Google it.

S And you don't put a whole scoop of collagen in it.

P No.

S It's just one teaspoon.

[00:27:38]

P Yes.

S One teaspoon is all you need and then the one teaspoon of MCT oil. MCT oil will have even less calories than the one teaspoon of coconut oil.

P Yes, because your closure, you've already had all your fuel in the meal. You don't need this for your body's needs at all, you need it psychologically.

S You totally do.

P You close up your mind and say, I gave that meal all my best.

S It's your hot bath and your lullaby and your special book that your mum reads just at night-time. It's psychological closures that tell the baby, time to sleep. It tells your hunger and your whole eating frenzy thing, go to sleep, monster.

P Yes. That's what it does, it soothes the beast. Soothes the beast with a precious lullaby. Yes, Danny.

S Now if I don't end with a Trimmy I find that I am a little bit senile and I do things like...

D Do you often end with a Trimmy?

S I end my breakfast with a coffee Trimmy or an Earth Mug Trimmy, soon to come out.

[00:28:41]

D You both really take the time to not only make your meals but also your finishers.

P Oh, yes.

S Oh, yes. But it's quick though. It's all quick.

P Yes, they don't take long but finishers are key or else I'll be going back to Grazing Grace who I used to be and I don't want to be her.

S I leave room for my finisher. If I'm too full for my finisher I overate. And that's what it is good for me. Leaving room for a very light finisher makes me never get to that uncomfortable, stuffed, rib pain stage because it tells me it's always looking for the satisfied but the not overly full. Because you know when you're overly full water is even repulsive. It's like I'm too full for one drop of anything.

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

S I'm Serene.

[00:29:26]

P Living healthy is more than just eating right. It's about ridding potentially harmful chemicals wherever you can. From inside your house, not just your food but what you're using to clean your home.

S Your skin is your biggest organ. It's absorbing everything that you're putting on your, slathering on your body or even what you're cleaning your home with. It's going in.

P So get your house ready for the holidays with a free healthy cleaning set. You can choose from three limited edition scents from Mrs Meyer's like peppermint, orange, clove and Iowa pine.

S We want to introduce you to Grove Collaborative because this whole cleaning up your cleaning supplies, it sounds daunting but not at Grove.

P You can relax this holiday season knowing Grove's got your back. Save the time and money this holiday season by shopping with Grove. Order all of your holiday essentials in one place because you know what happens in the holidays? Your house gets extra messy so you want your cleaning supplies to sort of celebrate the holidays too, right? And Grove has amazing, limited-time festive scents, all natural, to make your house clean and smell amazing. Grove Collaborative is the online marketplace that delivers all natural home, beauty and personal care products directly to you.

S It takes all the guesswork out of going green. Every Grove product, this is it, it's awesome, it's guaranteed to be good for you, your family, your home and the planet.

[00:30:54]

P When you have children in your home and you're making meals, you guys know what it's like making Trim Healthy Mama meals, you got dishes. The one thing I refuse to do these days is have toxic chemicals in my dishwasher especially because my children are going to be helping doing the dishwashing.

S Especially when those toxic chemicals are in warm, hot water.

P It's really important to me to have a natural dish soap and Grove has it all there. Grove delivers all your home essentials right to your front door and they have a huge selection of sustainable and plant-based products, including all the big brands that we love. You can choose your brands. Whichever you research and find to be the most effective and the cleanest, Grove has them there so it's not like you can only have a certain one. All the natural brands are there and you choose and you use your own brand.

S They offer recurring shipments and they deliver everything right to your front door so you don't have to worry about running out of things and having to take a sudden trip to the store. Join over half a million families who trust Grove Collaborative to make their homes happier and healthier.

[00:32:01]

P Plus, shipping is fast and free on your first order and guess what I like? The site is easy to use. For a limited time when our listeners go to grove.co/trimhealthy you will get a free five-piece gift set from Mrs Meyer's in a festive holiday scents like peppermint or Iowa pine. And that is grove.co. That's G-R-O-V-E dot C-O. And you know you've got to put in Trim Healthy to get this exclusive holiday offer. So that's grove.co/trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P We're talking about smart closures here. Now maybe you're sitting here and you go, girls I don't need a smart closure. Well goody for you. That's awesome.

S Goody for you.

D Aren't you the best person in the world?

P I need one. I need one.

D Aren't you above us? Aren't you getting everything you want for Christmas?

P I bet you Sovereign John doesn't need a closure here?

S I don't need no closure.

[00:33:02]

P He doesn't. Yes.

D Isn't your Christmas tree spilling over with an avalanche of presents? Isn't your Dad rich?

P It was good for a while, Danny, now you're just...

S You just broke that toast. Now it's just so burnt.

D I like to take a joke until no-one has any idea what's happening.

S That's what happened to us. We were just away. Can I just rabbit trail.

P You can.

S We were just going off. We were doing some...

P Rachel loves your rabbit trails by the way.

S We were doing some, what were we doing? Some kind of, ads I've seen on TV for our orange cream something or other?

P Yes. That was last week.

[00:33:32]

S We flew to Florida and my little baby girl, she's almost two now but she's my

baby, but she loves bips and dandy. I could put fresh papaya on her high chair, little bits of goats' cheese, some pasture-raised milk in a sippy cup trying to be the healthy Mum. She's pointing up to the cupboard where my teenage boys have their corn chips.

P Serene told me this, I got to tell you the full story. I brought...

S Can I just say that she's pointing up yelling the whole breakfast, bips, bips.

D Baps?

S Bips, B-I-P-S.

P Bips. Guys you can't call chips, chips anymore. Bips is that not the best word?

D Bips, that's the best. That's an upgrade.

P And this is just so funny because Serene's like the health food Mother of America, of the world, right? She's a purist and her child is yelling bips, chips and dandy, candy.

D Yes.

S Because on the way to ALDI's to get groceries on our shopping day I will buy her those organic fruit juice-sweetened gummies, right?

D Oh, yes.

[00:34:27]

S They're not a health food but they're not poison, right? So on the way in we skip on the way in and I'm like, I'm going to buy you candy. I'm going to buy you candy. Everyone's listening to me like, oh she's a bad food mum. She doesn't know how to raise a child. Where is the vegetables!!!

P Puts Coke in a bottle, yes.

D They don't know the pro-level human that's in front of them.

S Right, but I'm like going for it, I'm going to buy you dandy. And she gets so excited and so she's yelling on the way in, dandy. Dandy. Bips and dandy. Bips and dandy. Dandy, dandy.

P I just think it's the best expression in the world. I can't call chips, chips anymore. It's bips.

D No, bips. I could even go dips.

P Yes.

S Oh bips, no it's got to be with a B.

[00:35:01]

D Yes, because dips signifies a dip for the chip.

S It's got to be the...

D I yield.

P And we were singing bips and dandy, dandy and bips.

D Did you make a song?

S Well, the whole plane trip to Florida...

D You all were that family singing?

P Yes.

S I had little zippies of little dried fruit, little balls for her and things that were really good for her metabolism.

P Lesley-Pops was singing dandy and bips, yes.

L Bips and dandy...

S Yes.

P Yes.

S She was screaming for bips and dandy so we would just say bips and dandy the whole time but then we got some turbulence and we were like, bips. And Pearl was like, bips and dandy. It was like everything of the whole trip became bips and dandy.

[00:35:38]

D Yes. It became kind of like, what was the word from...?

P Fittyanger.

D Fittyanger.

S Yes, totally so...

P We always have word of the week.

D Totes.

P Expression of the week.

S And even good old Scotty boy from Trim Healthy Naturals...

D Was he with you?

P Yes, he was with us.

S Yes, he was there. He was going to help...

[00:35:52]

P Oh, he was bips and dandying too.

S Help us say the right thing for the cream.

D Does Scot get to go on trips?

P He got to go on that one. He pushed his way in there.

D I remember when we did a trip?

P Yes.

S Well, he has to tell us the right things that we have to say for his special amazing cream.

D That's true.

S But I tell you what, he was even bips and dandy. And then we lost our, we were late for one of our flights because of a delay and we were running like freaking psychopaths through...

D That's the worst.

S And we were just basically all saying, bips and dandy.

D Late for a flight is the worst an American will ever know of suffering.

S We missed it. The reason why we mention this whole thing, bips and dandy...

[00:36:29]

P Yes why, Serene?

S Was because he had burnt his joke. He was like, yes, isn't your dad rich and don't you have overflowing Christmas presents under your tree. It was so funny at first and then it was just burnt and I was saying how we burned bips and dandy.

P Oh, so that had nothing to with actually the topic of this PODdy?

S No.

P Oh that was that rabbit trail.

S That was my rabbit trail.

P That was 10 rabbit trails removed.

D I felt a slight a downgrade to my person.

S No, it was awesome. I really love to crisp every joke until it's totally done.

D The good old crispy. Get it all crispy.

S Get it all crispy.

[00:37:01]

P Where were we? Closing a meal.

S Well, we were just talking about how, well if you don't need a closure well goody for you but we certainly do.

P Oh, yes.

D Speaking of closure...

S No, I'm not ready to close this PODdy down yet.

D I can't see the clock anymore. Why have I been banned from the clock?

P 30 minutes. We're 30 minutes in. It's only Pearl clock now.

D Oh okay.

P See now, no-one can see this clock except me because who's the boss of the Poddy? Pearl.

D Yes, but see typically I'm looking at it and then we start to vibe like the feeling of, oh here it comes. But now I'm stuck.

P You're allowed to vibe. [Inaudible] I'll just tell you, Danny.

D I'll let you lead.

[00:37:33]

P I'll just tell you when it's time.

D You be the boss.

S No but so let me just recap. It's important for me to know how to contain the beast to, okay I'm ended here. I can go off and do another purpose in life. But like I said, it's also important for me because if I don't start asking my questions, ooh, ooh, ooh. You got to leave room for the finishing, right Serene? If I don't ask that I will always overeat and I always leave lunch just uncomfortable. Of leave breakfast uncomfortable.

D So as practice, you're both quite conscious about your food and that's what I'm hearing today. That's actually personally for me, a takeaway is to become a little more conscious of what is going into my body.

S Yes, that's totally right.

P Absolutely because otherwise you're snatch and grabbing with no thought.

D No, when there's no thought it's all, I've never had a no-thought meal and went, I don't regret that. It's always a regret sandwich.

[00:38:26]

P Right. I regret all my no-thought meals because you can't remember what you had. You're half full, half not full. You don't know what your, your next meal is not as exciting.

D You're never satisfied.

S Yes.

D It's not satisfying.

P No, it's not.

S And it's less social I find. When I'm snacking all day then my husband will come home and say, hey let's all go out for dinner. Or let's, you know? And I'm just like, well I'm full. I just...

P Yes.

D Yes.

P What did you eat? I don't know.

S Yes. Just been...

P Bready cheesy all afternoon.

D The beast doesn't want to go out to dinner.

[00:38:54]

P No.

S But I do want to excuse everybody...

P The beast has to stay in the lair.

S I do want to, I am a bit of a beast right now but that's okay, I've given myself a Christmas present to be the beast for a month.

P Oh, Serene.

S No, it's healthy.

D What kind of beast?

S No, it's healthy I'm not...

P Don't give license to other people to beast up for a month because your beasting is different.

S My beasting is totally different. My beasting means, after the closure of dinner-time, about six and it's been two or three hours later and it's 9 'o clock and we're watching Dick Van Dyke with the family. Good old...

[00:39:23]

P Of course it's Dick Van Dyke.

S I love an old Dick Van Dyke.

D Good old safe...

S I love him. He's hilarious.

D He's good.

S He's hilarious but during my normal year, it'll just be a bit of some papaya or a nice light Trimmy at that time of night but it's Christmas and I'm like, oh I could just go and have a cottage berry whip or something a little more [overtalking].

P Oh you sound like you're a Nazi eater. Just saying.

S No, I'm just saying...

P I'm allowed cottage berry whip.

S No, but after nine I don't consider that deep fuel time that you go fuel it out. I consider that, just keep on with some more finishers, darling. That's lovely. Finish off, just keep finishing.

P Light finishing at night.

S Have an encore to a finish.

[00:40:03]

P Yes.

S I believe in encore to finishes because if you're staying up later, you just need another encore sometimes. But I don't mean crank up the oven again, open the fridge and hold the doors wide and let's see what else is in there. I don't do that after nine. But in the Christmas month I do.

P Okay.

S That's what I'm trying to say. I'm like, okay where are those other treeces? I knew there was five more and Dick van Dyke, I've got another couple of episodes. That's what I'm trying to say.

P Right. I know, I hear you. I'm about that over Christmas season too but we're now in the new year.

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

S I'm Serene.

[00:40:40]

S We love Molekule because it destroys pollutants that other filters either let slip through...

P Yes, or they collect.

S Or they just collect and don't destroy.

P Yes, outdated HEPA filters have been the way filters have been forever until Molekule. Okay, but they collect the larger ones, pollutants, but smaller ones like viruses, which are small, and other...

S Like, the VOCs, the volatile organic chemicals, yes.

P The chemicals. Yes, they slip right through those HEPA filters.

S And while they may seem so small and tiny they're not a big deal, they're a huge deal to asthma and allergy sufferers. But Molekule uses breakthrough science, new, amazing breakthrough, to break down these pollutants on a molecular level hence, Molekule.

P Yes, and that's the difference, destroy rather than just try and trap. Big difference. Since Molekule launched we've heard from hundreds of stories of parents, pet lovers and severe allergy and asthma sufferers and we've heard how Molekule technology has transformed their lives.

S One customer said that she was able to breathe through her nose for the first time in 15 years.

[00:41:55]

P One thing I love and, of course we have Molekules right here, is that these air purifiers, they don't look like traditional air purifiers.

S No.

P They're beautiful.

S Remember we used to have one of those air purifiers, Pearl, back when we first moved to Tennessee. It looked like a refrigerator in the corner of the house.

P Yes, and loud.

S These actually look like the smart-looking technology.

P Slick.

S Yes.

P Not only is the technology inside revolutionary but the units themselves, so modern, so slick, so unobtrusive, right? They're made with premium materials and minimalist sensibilities which, Serene being a minimalist, you love. And fits into any room of your home.

[00:42:38]

S Okay so Molekule's verified by science. There's so much study and research to back up the way it works and why it works but most importantly, it's tested by real people.

P Molekule offers air purification for the whole home and now offers the breakthrough P-E-C-O technology across a range of products. Providing a solution for the entire home when it comes to air purification.

S Whether you need the Molekule Air for large rooms or the Molekule Air Mini for smaller rooms, you get to choose now the unit that's best for your space. Or maybe you have a situation where you want to a whole home and then one maybefor the pet area as well. I loved how we had a little Molekule Mini in the Poddy cam and before we came to this new one. The older Poddy cam and it kind of smelled like rats when we first went in there. Hey, the Molekule Air just cleaned that whole thing up.

P The Mini cleaned it up.

S It changed the whole scent of the room for good.

P So for 10 percent off your first air purifier order visit molekule.com that's M-O-L-E-K-U-L-E dot com and enter Trim Healthy 10 at checkout. That's 10 percent off your first air purifier order.

S This is the PODdy with Serene...

P And Pearl.

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

[00:44:00]

S So Pearl and Danny, I feel like we don't know how to tame this Poddy beast. We need a closure and...

P Yes, the closure would be...

S Like what?

P Do you have any other practical ways to close your meals, Serene, because this is a, I don't know if Danny's got anything good for us because he's just learning.

D We could all eat an orange and let them hear the noise of it.

S No, but that's your lovely closure that only matches a very small percentage of...

P It only matches the Danny Plan.

D Well let's all sip a Trimmy.

S Yes, there we go.

P Yes. Sip a Trimmy.

[00:44:33]

S And let's just talk about the different Trimmy's that you could make. Okay? So I love in the evening, in the morning of course it's a coffee Trimmachino, but I really, she's going to draw on Pearl's couch again my love.

P When I say, Trimmy too, I often mean at night-time, my night-time one which I'm calling a type of Trimmy. My Hit-The-Spot Hot Chocolate. You can Google that our video will come up. That's another good closure.

S Yes, people, let me let you in on my secret.

P Okay.

S The beast gets so snarly and sly at night for me, it tells me, you don't even have five minutes to make a drink.

D You don't even have five minutes.

S Yes, Trimmy sounds a nice idea but that's five minutes till gratification.

D No gratification.

P Yes.

S Yes, and it says to me, go and have quarter of a Treece because a quarter of a Treece is the same calories as a whole Trimmy.

[00:45:30]

P Treeces, yes.

S But you see, I know that a quarter of a Treece is one second of pleasure and I would prefer...

P I hate one second of pleasure.

S I would prefer 40 minutes of a slow sip Trimmy in a double-walled stainless steel thing so it stays warm to the very last sip and it's just such incredible pleasure. But my brain just says...

P No the beast.

S Yes, the beast. The beast of the eating brain says...

D What does he say?

S He says, no. Grab that little quarter of a Treece. But guess what? That starts the whole...

D Danny didn't do it.

S It starts the whole batch is gone.

[00:46:05]

D Grab the quarter of a Treece.

P Yes.

S Then I'm left feeling like slime. Laying on my mattress feeling like one giant treece. A shower couldn't wash the guilt off. That kind of thing.

D What's a treece by the way?

S It's the chocolate peanut butter...

P Serene, it's way better than the real, what are they called? The Reece's.

S I know but it's no closure. It's a baby shower celebration or whatever. Okay, but listen, but guess what I do?

D What do you do?

S And Pearl, I taught you and you did it for your trip. You get these little Zippies. They're like pill Zippies you get from Wal-Mart. They're a little tiny size for pills.

P Yes.

S And it fits one teaspoon of collagen, it fits...

P It fits your Trimmy base.

[00:46:45]

S It fits a teaspoon of MCT powder if you ever want to order off the internet. And so you can make a whole Trimmy and all you have to do is pour your boiling water in. So I have a whole basket. I have Chaga Trimmy. I have Matcha Trimmy. I have all kinds of Trimmys there I can just pick and choose. And it's just this, it's like my brain doesn't have to be, five minutes you can't last. It's just, like, pour the hot water in.

P Can I talk about our protein bar, though Serene?

D Yes.

P And we've got some more coming in and I know people get so mad when we talk about it because oftentimes it's out of stock.

S Yes.

P But I think we're slowly starting to get better at that. I find it such a good closure. Not to eat a whole protein bar after the meal because ours is like a Tootsie Roll. I know I've said this so many times but people, you've got to try it if you can buy it.

S If you keep it in the fridge it's, this is what we want for you to do after dinner because it takes a longer time to eat it.

[00:47:38]

P I used to have it in the fridge and now it doesn't even matter. I used to pre-cut it and have it in little bits. Like little candies and I'd eat a third, right? It was my closure ending, precious Pearl you're getting to eat sweet Tootsie Rolls and go to sleep.

S Yes.

P Okay. It was like that. And now, but now I can just pull pieces off it and I'm just ever so happy. But it's a good closure because it's a feel-good...

S Yes, well good for you that you can just pull pieces off because I'll pull it till the whole bar's done.

P Yes. Okay.

S Yes. Good for you.

P Yes, I know. Hey, we're done because Danny's talking to Sovereign John...

D Oh, it's been good.

P And you boys are being naughty.

D No, it's just been good.

S Yes, the boys are making up band names. They always do that.

[00:48:21]

D It's time to close.

P Yes, it's time to close.

D It's kind of like the Grinch, though. Like the Jim Carey Grinch.

P Yes, a little bit.

D Do you ever, did everybody watch this Christmas movie, Elf and the Grinch?

L We're in the new year.

P We're in the new year though, Danny.

D I know. I'm saying last time. Last couple of weeks.

P We're going.

S Sometimes let me not...

P You're not closing. You're eating it out...

S And this is what happens sometimes. Sometimes you just have to, well first of all, you never take full bags with you to sit down on couches. Ever.

[00:48:52]

D We're not closing.

P Oh, full bags, no.

S You take your portion and when you've eaten to your satisfaction you take your plate and you have it removed because if you will sit there...

P With an open plate?

S No, with your plate still there with whatever you can't eat or whether you decided not to.

P I always eat what's on my plate.

D With a wanting plate.

S I know, but what if you're at a buffet, Pearl.

P Oh, yes.

D What would you be doing in a buffet.

S Eating and you were looking at the plate and it's, like, you're so uncomfortable and you keep adding another little red-skinned potato in there with garlic, you will pop another thing and you'll keep popping.

[00:49:23]

P Yes.

D When did the buffet start? Like all you can eat?

P I thought that we were done.

S No, but I've got a point. I'm just saying that's what we're saying to the Poddy...

P Oh.

S Because we haven't closed it properly, we're popping in another potato here and there but here's another potato for you, okay?

P Okay.

S Sometimes, if the Trimmy doesn't work, just a good old dong on the head. And that's what we need. Somebody needs to dong on the head and say...

P Are we really going to do this?

S PODdy go to sleep. PODdy go to sleep. Dong, you're out.

D Just fade, Tim.

S Just dong.

[00:49:53]