



Trim Healthy Podcast with Serene and Pearl Episode #4 - Let's Talk About Fear (Part 2)

*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

[00:00:00]

S You guys are listening to the PODdy.

P This is Pearl.

S And Serene.

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

P Welcome to the PODdy. When Serene and I get going and talk we say stuff that just comes off the top of our heads, so don't... try not to hold it against us. Know that we're sitting here smiling. We're just sharing stuff that's just blurting out here, so.

S Brain fluffs.

P Yes, some of it you might not agree with and we would... When we write the books, like every sentence we're like now let's go over that, oh don't say that,

they'll take that wrong, put it this way, frame it this way. Serene, Serene, should we say it that way?

S Well we won't have any of those filters here.

P I'm determining this year I am not giving in to fear because it's been too long in my life. I've surrendered too much of my life to fear. I didn't really... I thought it was just normal, you know. I always said to Serene well I'm a worried person. And that's because I allowed myself to worry. I don't have to be a worried person.

S It's not your personality.

[00:01:00]

P That affects my whole physiological body. That worry, I mean it's... This is not just mumbo jumbo here. This is not just new age talk. This is science. Worry pulls down our health.

S It does. You know I got to the point... I went through a lot, you know. People have been through a lot more than me, but I went through a lot and there was just a decade where we adopted six children in a matter of 12 months and just there was a lot of issues with that. Reactive attachment disorders, a lot of stuff came into our home and I ended up with panic attacks, but I worried about everything. And I remember thinking okay I'm going to take back my health. So I got all these adrenal supplements and thyroid support supplements. I was getting my blood tested all the time. And what happened was the more I concentrated on it and worried about my condition I got so bad. Like I ended up in emergency rooms with panic attacks weekly.

P I remember you had this black thing over your eyes and you had to sleep. You had to go to sleep.

S I had to go to bed by eight wearing a mask so that no little bits of light from an alarm clock or anything... Because that would like pull down certain hormones. I had the science of it all, but the more I concentrated on the whole thing, the more I worried about it the sicker I became. And then I just remembered thinking I've got to give this whole thing to God. I've just got to give it to God. I'm going to go to bed at 10:30 if I want to. I'm not going to be worried about worrying and, do you know what, I completely turned my health around. I became so healthy. I'm not in adrenal fatigue at all.

[00:02:31]

P You're not. You're healthy.

S And I remember getting my blood tested and I was zero, I was baseline.

P You showed me the chart. Her cortisol was at zero and they recommended all these supplements for you.

S And I have retested my blood and I am in perfect health. But you know how I got there? Not by all the supplements. Not that they're bad. But you see I took the supplements and continued to worry, you see, so it over rid all of that. My best medicine was to relax and rest in God.

D So what about the person though that says yes but these worries are rooted in unsolved problems in my life, they're real and if I don't give heed to these and think about the solution... So I'm not worrying, I'm problem solving.

S But the practice as humans we cannot, we're not God, we're not in control. We think we are but we're not. The more we try and like bring certain solutions in our brains we all... I think we tie our minds up in more knots.

P Yes and it's so... I do think of course in everything there's a balance. We can problem solve in that we can give some credence to something, but when it becomes that anxiety that we feel, that high octane ping, you know you feel it, you can feel your shoulders tense, you feel it almost in your gut.

S It's like little fireworks that goes off in your bowels.

[00:03:44]

P That's when you know, okay leave this alone. There is nothing that I can problem solve to actually make this right because life throws us curve balls.

S But you know Pearl, what do you think Pearl? I think a lot of it is projection.

P Oh, yes.

S Well you know, yes we can't control people. People are going to hurt us. We're going to hurt people. We're all human, but I think a lot of our worries are like I know that they could do this to me or this situation could happen or we worry about tomorrow, we project evil into our future. It's not even real these things.

[00:04:21]

P Serene, okay this is Serene and Pearl unplugged, right. Okay, our books are all Serene and Pearl groomed with our hair and ponytails. The PODdy is Serene and Pearl with bed hair and everything is going to come out of our mouths. So what's coming out of my mouth now is definitely an admission I would say. I think I have spent so much of my life projecting into the future things that, yes they could happen, but mostly they will not happen. I've been to my husband's funeral probably 10,000 times in my head.

S Oh, me too.

P I have been... This is sad.

S I've been crying by the grave.

P I have been to my own funeral. Think about that. What does that do to my body where I go to my own funeral and look at the people and some are sad and Serene you're like how can I live without my sister.

S Yes, I've been at your funeral too, Pearl. It's terrible.

P You know what that is? I refuse to go to my own funeral again ever in my life because God has numbered my days. I don't need to give half an hour of my day imagining my own funeral, my husband's funeral. Like okay, case in point, Charlie and I are going to... You know, for our anniversary we're going to be going on a cruise and it's 10 days. Have never been away from the children this long, 10 days. It's a long time. Now usually my brain would be projecting all the things that could happen. Okay, Rocky's going to cut his leg open and I'm going to get a call but they can't reach me on the cruise. So they're going to have to in flight this helicopter and pull us out of the cruise, you know I'm seeing all sorts of things.

[00:05:44]

S It's all like in the best like movie theatre, better than movie theatre special effects.

P Yes, Autumn is not going to know where I am. She's going to be crying all night and her mother's not there for her and she'll remember that the rest of her life. All these things are going on in my head and I'm inventing all this stuff, pulling down my health just giving time to junk where I can't even enjoy myself to go on that cruise. And you know what, I've worked hard and I deserve it, that I could just go and be happy. I have to choose it. I'm kicking this stuff out of my head. I'm not going to choose that anymore.

S Well, Pearl there was this... I love this verse in the bible that just says, it's Proverbs. It's in Proverbs 31 I believe and it says she smiles at tomorrow or she laughs at the days to come. I have never been able to do that. I've been a Christian my whole life but I've never known deep soul rest and it's not God's fault, it's mine. Because you know what, I just hugged on and nursed and nurtured the little evil thoughts, the little projectors about... Instead of thinking God will be there for me no matter what it will look like, whether it will be not what I've planned or what I've planned, but He is good. He's perfect love and it'll be the best but I just have to know, oh what if or what if that happened, what if my child chokes and what if the ambulance doesn't get there in time, all these terrible things. And I haven't been able to smile at the days to come. But that's my New Year's resolution. You know what, I'm going to give it over. I'm going to just give it over and really enjoy my life.

[00:07:14]

P So there you go guys. We're telling you our deepest, darkest secrets...

S But I want to say...

P But if you're on this journey with us, I mean we want you to do this too. Let go of these stupid fears because they're pulling down your health.

S Well I read something the other day, Pearl, and it was actually a book that you borrowed to me, a great book. And it was talking about how faith...

P I loaned it to you, but you borrowed it from me.

S Okay, faith and fear they're both self-fulfilling. They have to be... There's a demand on them and faith, you know...

P Faith is hope.

S ... It projects good, it's hope. And there's a demand on it. There's actually what would you call it...

P A demand to be fulfilled.

S And then fear also, but it projects evil and so they both have the demand. I want to have the fruit coming in the faith area, not in the fear area because you know many times they don't... Things that you fear don't happen, but often times just because of the nature that it's a demanding thing things can... You know, you can worry things into happening that would never happen before.

[00:08:13]

P You're a worrier by nature. Danny, because my husband, and I'm so blessed to have him, because I have been a worrier, I'm not saying I am anymore because I choose to get rid of that junk, but my husband is such a... Ah man he doesn't... He might've other issues. We all have other issues, but he does not worry a spec. He's just there. He just trusts God. It just doesn't overwhelm him like it does me. Are you a worrier or is it a man/women thing or what?

D Well, it's certainly I think a little bit a mix of personality coupled with upbringing. In fact not to go too terribly unplugged here, but when I was around seven, and I grew up without a dad, but when I was around seven I remember going into my closet and I would do this often, I would shut the door, I would hide under blankets or teddy bears and I would picture... And this is you touched on this and it was like whoa I forgot all about this... I would picture my mom's funeral. I was there in my mind. I saw her lying in a casket. There were my loved ones and I really I would cry as a young boy. And that sounds a little maybe off topic, but from childhood I very much was aware of my environment, the reality of loss and I think a lot of people knit those things in their head so that when they become adults, you know, there's a little mild form of PTSD to where, you know, picturing deep loss and pain can almost be a negative therapy to constantly revisit, constantly hash it over in your head as a way to maybe prevent it from happening or to go ahead and grieve so that when it does happen...

[00:10:07]

P That's true, to almost say hey I'd better feel this grief now because when it does happen then I'll know, then I'd just better prepare myself.

D Then I'll be able to handle it.

S I'll be practiced.

D It's a way to...

P Yes, I'll be a practiced griever.

D Yes, it's a way to medicate and possibly even escape the pain.

S And, you know, there is truth... Hugely more than the truth that we can see, more than our hand in front of our face that it's a spiritual world out there, you know. And just as much as we can have the Holy Spirit there to comfort us, you

know, the devil is out there to seek whom he can destroy and I think that he wants us to... He plants these scary things into our brain.

P Oh, he certainly doesn't want us to be happy. And let me ask you this; when you are fearful, when you're worrying, are you happy?

S No, you're tormented.

[00:10:53]

P Because I don't think... Worry and happy I do not think those two words can coexist. There is no way. So when if we're going to be happy and happiness obviously is good for our health, I mean that builds our health more than anything.

S More than food.

P Absolutely.

S More than exercise

P We absolutely have to kick out the worry.

[00:11:10]

Honest Tea Advertisement

S I have great news! The Honest Tea Company... have you heard of that before??... They have come out with these zero calorie teas and Honest Fizz Sodas. That is what they are called - Honest Fizz. They have Trim Healthy Mama approved sweeteners.

P So, they use stevia and erythritol, which we are cool with.

S You can check out the ingredient list and they even pass my approval, Mrs. Purist...

P They are all USDA Organic and Fair Trade certified... And the best of all, Serene, they actually taste fantastic.

S And the cool thing is for people like me, if sweet is not your thing, they also have unsweetened tea flavors with like a little bit of lemon...

P Ooo... I love it!

S But it is great... because now you have the option when you are out and about of chugging something healthy instead of going thirsty or giving in to junk.

P No, exactly... And they are growing, they are like every where. Now they are in most grocery stores, and of course on Amazon, you can go to [Amazon.com/honesttea](https://www.amazon.com/honesttea)...

S We are joining Honest Tea and celebrating being refreshingly honest.

P Yeah. And in the ways that we are less than perfect. Because... look, we might be authors and you know we got the picture on the back of our book and all that...

S All poised...

P We look like we have it together, but we don't...

S Noooo...

P We don't have it together. So, hey, here we go. We are going to be honest.

S Pearl [laughing], this is honesty for me. I used to think that matching socks were like all important, right? When I first started having children. But now, if I can find two clean ones of any kind, I'm like...

P Oh, you're celebrating...

S I'm like 4th of July. It's fireworks. It's celebration!

P Oh, me, too. Matching socks... they don't exist in my drawers.

P Are you refreshingly honest? Share the fun and funny ways that you are also less than perfect. On social media, use the hashtag #refreshinglyhonest, and learn more by visiting [honesttea.com/podcast](https://www.honesttea.com/podcast).

[00:12:54]

P And so guys, I mean if you're with us, kick out the worry this year with us.

S But there's only one way though.

P Yes, trusting in God.

P To trust in God, to rest that He's perfect love and perfect love casts out all fear.

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

S Serene. A few of you, this whole subject, what has it got related to healthy living, what is it related...

P Huge.

S It's the foundational point. It is the foundational point. We recently ran into a friend of ours who went through a terrible battle with cancer, now completely in victory with it and I ran up to her and like I need to talk to you, because my son, you know, had a season with cancer last year. And I ran up to her and said what was the most helpful thing. You know, you went through everything, you did the whole, you know, health alternative thing, you also... You know you went down to Mexico, you did that, but you also did the chemo, you did surgery, you did everything. What was the most helpful? I need to pick your brain. She goes, you know what, health's great, it's a no brainer. Health helps. But you know what helped me the most? Getting rid of my emotional like sludge in my head and all the bitterness, all the worry, all the stress. She said I believe that my sickness was related to my mind, more than... So you know, yes I'm into health, but you know what, it's not an idol to me. I feel like I need to worry more about health in my brain, health in my mind that I'm not... You know.

[00:14:23]

P And obviously we're not saying well you have cancer because you thought this.

S No.

S I mean we look at your son, Serene...

S No, but she said...

P A beautiful 18-year-old boy, he doesn't have cancer because of what he did. However...

S But what helped her and even Arden, he's the sweetest thing...

P Your son.

S The most amazing. Yes, my son, the most sweetest, like he could do no wrong in my brain. Like I can't even remember him doing anything wrong. He never had a teenage stage. But he came up to me, I remember in some of the darkest days of the whole battle and we were in the hospital and he's like mum, I'm so sorry that I was a bad kid. I'm like, bad kid, you weren't a bad kid, you were amazing. He was like well I just feel like I need to get it off my chest. He knew even instinctively that he did need to release everything from his... Just for him to release it mentally, just say sorry to everybody he needed to say sorry from, it helped him. I'm like don't do that. He's like Mum, I need to. I need to, let me. Yes, so I learnt from that woman that I ran into the store that, yes, of course it's a no brainer, do the health stuff, do whatever you need to do that you're lead to medically, but we have to take care of the stuff that's kind of in our heads kind of poisoning us.

[00:15:29]

P It's numero uno.

D Well I think practice makes perfect. In fact my wife has helped me to learn a little practice she does and that is anytime I have a negative, anxious feeling, which is really a false way to tackle a problem, it's really... You don't really make great decisions when you're so anxious and in knots. You actually aren't... You're not in the best spot to problem solve.

P And you're not creative, no.

S You're paralysed.

D You're not creative, you get paralysed even though you feel like you're doing the work. And what her and I have both come to do is okay there's that gut, you know, send you to the bathroom upset, you know, anxious feeling about whatever it is, the simple conscious acknowledgement that the anxiousness about it ought not be there and that it's off and it has no place in your life, consciously processing that and then just going, you know what, it's all okay and I'm going to ultimately believe that it will all be okay no matter what happens. Let's move the anxiety off the table for a minute. Is there something that I can actively do to solve this problem? If not, the worry... I'm okay now to let the worry go because it's not true problem solving and that's what's really helped us out a lot.

[00:16:51]

S That's so true.

P It's absolutely a choice. Like you get up in the morning, you know, every day on this plan it's like we choose before each meal, you know, are we going to eat health and life here or are we going to eat junk to pull down our bodies. And it's the same choice in our mind. Am I going to feed on this junk all day long or am I going to feed on the truth and the happiness? And it's a choice both ways. We can't do one without the other.

S And God wants to bless us. He wants us to prosper in health, you know, in our minds and be happy and joyful but it's up to us. He didn't create robots. He gave us the choice to choose and we can't really receive the blessing unless we open it up and enjoy joy.

[00:17:21]

P Enjoy joy. Take it. I'm enjoying joy today, okay.

D Do you all have any practical takeaways with fear that you have found really changes the game for you in the moment?

S Well I think you named it before, Danny, and I'll just reiterate it is naming it, realising like okay that's not truth, that's fear and that fear is your enemy and just naming it and realising it so that you're aware of what you're doing. Because before I used to do it all day and just thought it was part of life and now I'm like no it's odd. Like you said, that's off.

D Something's off.

S That's off, you know.

P Yes, and then physically walking it out. Like fear takes a hold of you physically, it does me. I feel it in my shoulders. If it's just... Even if it's anxiousness or worry I feel it all over my body. To change my posture. I mean I'll be drooping or I'll be [inaudible] or I'll be holding my arms like this I'll find myself or I'll be rubbing my neck and then I know I'm in stress. I'm in worry.

S And often times it's what comes out of our mind, it's like a sigh.

[00:18:33]

P Yes and because we're having to self-soothe, you know, because of this anxiousness, I mean just... And not by being the big, okay shoulders back, head up, push through this. That's not it, but just I believe, like I said, I force myself to smile, I force myself to push it out, just standing up straight and saying, okay God, You got it, I give it to You, pushing it out of my body and just acknowledging it and then stepping, stepping out of it.

S And it doesn't mean that your circumstances are going to change, because like it says in the scriptures it says, you know, peace I give to you not as the world giveth. To get peace in the world's mind is to make everything perfect, to make everything like all the waves go down, the sea calm, but you know he wants us to have faith when it's raging, when the waves are high. You know, and He rebuked the disciples, He said ye of little faith, you know. So when it's all crazy, when you know you've got a family member who's still like absolutely antagonising you and, you know, it's just almost emotional or verbal abuse or whatever your situation is, doesn't necessarily mean that your situation is going to go away but it's just resting in God that He is the only one in control and that, you know, all things work together for good for those that love the Lord. So I just really feel like it's just not trying to make everything perfect, but just taking a deep breath and just resting in the storm, resting in the only one who can control the storm. We can't.

[00:19:59]

P I know and I mean you are sort of looking at that right now. So I mean, let's be honest, we're going to talk about what's real life. Serene's son went through a cancer battle last year, stage four, that's pretty something that's...

S Well it went from noting to stage four in months. In just a couple of months.

P Very aggressive thing. And, you know, he's still fighting and you could be completely churned up about it but you came here today and you had a smile on your face. Is that a choice for you?

S It's a choice. Even last night, you know, I feel like in the day I'm better at it but in the night watch I feel like I'm not as aware to watch over my thoughts. And I work up and I'd obviously been wrestling in the night and I had to make the choice afresh today that you know what I'm not going to be anxious about it because I'd want to think oh is he taking all the supplements, oh I don't think he's timing them right or maybe I should be telling him about this and I get all worked up about the do, do, do, do, do and the list and what I would do and how I want to help him. But God loves him more than I love him and I had to realise no matter what happens He knows the scope. He's got eternal vision. We don't.

We're just so... You know we look through a glass dimly. And when I just rest that God. You're good no matter what, You're perfect love, then I can rest. I can rest and I can just obey Him and trusting in His promises. So it's rest and obeying and all the other stuff in my brain is just it's miserable anyway. It's miserable junk, you know.

[00:21:35]

P Yes, so obviously circumstances are going to be hard. I mean we're not saying just...

S We're not saying that we've got candy lives and you can have a candy life and that's how you can be restful. But in...

P In the storm.

S In the storm we can find joy. We can. It was like the other day, if you don't mind me just talking on, talking on, talking on... I'll shut up here in a second. But we were walking out in the country, we live out in the country, and my little four year old and I were taking a walk probably going over to visit you Pearl, and we came upon one of my bulls that had escaped from our land. And my little Haven freaked out. She was freaking out, screaming at the top of her lungs, she was so worried that this bull was going to come and attack her. And I said Haven, I'm holding your hand, just rest in the fact that I'm here. Your mummy's here. We're going to walk past it. I'm going to walk past with this... You know, we're going to walk past this together, everything's going to be fine. Well she yanked her hand out of my hand and started running directly for the bull, completely mindless, completely just not knowing what she was doing, right into danger. But if she'd only rested in me we could've had just a nice walk.

S And it was like I felt like God saying that's what you do when you fear. You freak out, you take the situation into your hand, you're going directly into the wrong way, directly into defeat, all you're thinking about is the problem. I have your hand. Yes, life is throwing you a hard ball, there's a bull out there with horns, but I got you. So it was a real picture for me in that.

S This is the PODdy, the unfiltered PODdy where we just brain fluff. We just let all the thoughts escape from our head the way they are. It's the uncensored Serene and Pearl PODdy.

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