



Trim Healthy Podcast with Serene and Pearl
Episode 48 - Post Christmas Poddy. Let's Get Your Head in the Right Place.

*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]

S This is The PODdy with Serene.

P And Pearl

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

D Hello and welcome back to the Trim Healthy Podcast, we've had a blast with you all this year and it is the end of the year, this is the post-Christmas PODdy.

S Oh, mate

P Do you always get a little tad of, like, depression the day after

Christmas? Because you've looked forward to it all year and now it's gone.

S Yes, it's just like it was gone too soon, how can I get it back and just keep it with me for a little bit longer.

D Because we have expectational promises all year that are somehow embodied in Christmas and then Christmas comes and it's just not...

P No, mine's always great, Danny, what's wrong with yours?

D It might be great, but it doesn't replace the inner strength that must be there. You see, for a lot of families that...

S That's couch stuff and I'm confused.

P Yes, where are you going?

D So for a lot of people, right, like Christmas and gifts and that time, and this is why people are depressed around the holidays, is because instead of having an inner core and a strength and health throughout the year, we put a lot of that value...

P Yes, okay, but so you're saying because I said that, this is therapy for me, but I think I'm good. I think I just, you know, especially us women, I don't know about you Danny. You probably just sit there and twiddle your thumbs.

D Probably

P We do a lot of work.

S For Christmas, that's the thing.

P We have two ovens going, we are wrapping. Are you the wrapper for your house, Danny?

[00:00:59]

S Until three in the morning, Danny

P I think not.

D No

P Okay, we are the ones with the Christmas lists, we are pulling our hair out and then we make sure it all goes on Christmas morning. Man, we've got the special Christmas breakfast, we've got it all happening and then it's done and it's like, that was a lot of work, that was fabulous, that was so great. My kids had a great time, but it's just like, what do I do now?

S Yes and it's like you just want a lot of celebration for the lot of work, you know, you want a lot of something to show for it. And it's like me with makeup sometimes, if it's in the morning, I'll be like, hey, I can put this stuff on because it's going to last me for the day. But if my husband says hey, let's go out for coffee 10:30 at night, I'm thinking why am I going to put makeup on for five minutes? And have to wash it off, for five minutes.

P Half an hour for makeup doesn't seem like it's earned it's, you know, wage.

D So how does this tie in for Christmas?

[00:01:53]

S Well, it's just the time spent needs to have value and worth and time.

P Christmas, it's like it needs two days to celebrate, or three, for the amount of work we Mama's put in.

D What if you could make it a two to three day celebration?

P But then I'm thinking about it...

S The 12 days of Christmas, there you go.

P It's true, there'd be maybe double or triple the work, so.

D Well, but maybe day two is more like we just all go down and, you know, see the sights or something, you know, it's still Christmas.

S To me it is still Christmas, even right now, even now we're at the PODdy working, it's still Christmas to me. It's true, because I'm eating leftovers and all that stuff, the children aren't at school.

P So, you know, I don't want to sound really depressed, it's just that thing after it's done and I love it.

S I love it.

P It's leftover from childhood. When you wait every day of your life of that year for Christmas and then it happens and then it's done, but hey, we're going to spend some time and a little bit of reflection on this year. Come along with us because we want to get your mind in a good state if you're reflecting on things that maybe you shouldn't.

S Do you know what my whole new thing is?

P What?

S Just starting with a bit of a bang, this is my new thing, Serene, don't look back unless you're looking back for life. Don't look back into the past when you're looking back at negativity or you're looking back at pain or you're looking back at should have, could have or you're looking back at regrets. Look back for the memories you can bring that bring life, not the memories that bring death. But like, you know, I remember that and that was lovely. I think nostalgia and memory, remembrance, are a gift from God, they bring life, but regret and should have, could have and looking back, the past is something that can separate us from happiness.

P True, it depends upon our views upon the past and how much we bring them into our present.

S That's right, reflection and nostalgia and positive ways that

we're looking back to bring life into the future.

P Yes, so even had you had a full year last year, you know, this whole year, we're going to talk about this year. And you think hey man, I... Let's put it with Trim Healthy Mama, I sort of, I tried and I messed up and look how often I failed and right now I just got through this Christmas season and I caved. But when we look back, look at what you learned look at what you did do. Maybe you had some full days on plan that means you can totally do that again this year.

[00:04:19]

S And even all the yucky, five-day binges that you may have done that makes you feel gross, you learned then. You learned that you felt gross and you don't want to feel gross like that again. So take that into... Take that memory into life, but don't look back for shame, don't look back for guilt, because that's just... And just putting a little spiritual thing on this, you know, it's so soon to jump in like that, but I just feel like this is a huge revelation.

D It's never too soon for the waters of the Lord.

S You go Danny, I agree. You know I agree, but you know, there's probably lost of listeners who are just, like, you know, who aren't on the same page and they don't want to be

hounded and bounded on straight away. But I just want to say it's interesting, you know, that scripture that says nothing can keep us from the love of the Lord, and I'm paraphrasing on my own words, not death, not life, not principalities or powers. And it goes through every single human experience and it goes through all the tenses except for one, it says not present, nor future, can keep you from the love of the Lord.

[00:05:18]

S Do you know the one thing that's left out? The past. It is so conspicuously left out.

P Of that verse

S Because the past is the one thing that can keep us from the love of the Lord why, our pain puts a wall between God, our shame, which he doesn't want us to wear, puts a wall between God. So as we reflect, we're not bringing the past back with the pain.

D Wow, that's really good. So do you have regrets ever?

S No, no, no because that's the cool thing, because I used to be, because I was very naturally perfectionistic person, I'm going to shut up soon because I hate talking too much.

P That's what the PODdy is all about.

[00:05:59]

S No, but I want to hear from the older, wiser two. Actually, I'm older than Danny, but I just feel like... I don't know why, I don't feel like...

P I feel older than Danny, I feel a good decade-and-a-half older than Danny.

S Danny and I are only a couple of years apart, three years apart. Are you 37?

D Is it my hair?

P Are you 37 Dan-Dan?

D I am.

S I'm 40.

P You feel like my much younger brother, we're three years apart.

S We're just pals, we're just pal-e-o pals.

P How much older am I than you, you're what?

D 37

P See, I'm 46, so...

S Yes, you're a decade apart, yes, you're a big sis.

P But I feel definitely a good 15. It's not necessarily because of your immaturity.

S But you see, Danny and my husband have been pals too and mates, so I consider him my peer, you know.

[00:06:39]

P That's true. And my husband's been more like your father.

S No, Danny and I, we're just... We went to school, I feel like we're in the same class, but anyway.

D Oh, yes, we've been immature together in the past.

S But anyway, your question, have I got any regrets. Well, I used to be a person who was very, very perfectionistic and I would worry if I messed up. But then I felt like the Lord dealt with me and said perfectionism is works, that's what it is, it's works, works, works. Works negates the cross.

P So true

S So opposite of the whole revelation of Christ, so hey, flush that one down the toilet, so no, no regrets.

D What about you, Pearl, do you have regrets?

P You know I've often thought of what's one thing I regret in my life? And I think there might have been things that I've said at the time, I wish I didn't say that, but I can't recall them. I can't think of... I don't know, I haven't had a...

S You're naturally not a dweller then.

P I'm not a dweller on that, I haven't had a perfect life at all and I'm definitely not a sinless person, but because there's such forgiveness and stuff, I don't know, I'm just...

S You're not wearing.

P I just feel forgiven, I feel clean, I don't, like I can't pull out a regret right now.

S You're not wearing the regret for when you like locked me up in the bird cage and squashed rotten quail eggs and put the sprinkler on me until Mum and Dad came home.

D Those were the days.

S And pulled me down the stairs by my hair.

P No, it was good growth for you, yes.

D And something about your clothing, was there an issue with the..

S With the clothing

D Yes, a dress or something happened, something stole...

[00:08:07]

P That was Serene she stole my special present my brother gave to me.

S Yes, I remember that.

P Do you regret that, Serene?

S No, I think it was all part of you knowing how to, you know, just growing with having a sister. You know, I think we're there to grow your character.

D And to take each other's dresses

P She was there for my character, I was there for her character, so no regrets there.

D Yes, even though she had to bear that burden of training you.

S I did steal all her bras when I was, like, seven years old.

P I was going to go there and I thought no, this is the PODdy, let's just keep the bra talk out of it. She did, she stole...

S I had a fantasy with bras when I was seven.

D Me too

P Okay, because she was... Let me just say, this is going to stay G-rated everybody. She wasn't wearing a bra yet, I had the same thing, maybe it's just, I don't know, maybe this is a normal thing. But when you're a very young child running around flat chested you just think bras are wonderful.

S Yes, they were wonderful. I used to go into her drawer and just stare at them and pat them

P One day I'm going to wear a bra. So one day I got in, I was just a teenager, and my Mum bought me these special bras, you know, and I go into my drawer and they're all gone.

S I've got my own special, precious corner.

P She was only, like, seven and she had a special corner for Pearl's...

S It was one of those things where you make a shrine. I probably

had a shrine to Pearl's bras.

P Oh my goodness that was so weird and off topic

D I'm just picturing this Zen shrine of bras. And so I took a moment to forget that I was recording a podcast.

S But you know what, they're from my mother, they weren't no Victoria's Secret bras, they're like skin coloured, like matronly.

[00:09:49]

P They were not.

D Flesh-coloured

P Flesh-coloured, man, they had nothing good about them.

D Public service announcement, go ahead any of you who are still wearing flesh-coloured spandex for your bottoms, just end it, it doesn't need to happen, we don't need to see it at Walmart, and not know if you...

P I've got some.

S Pearl is just cutting you off Danny

D I'm done.

P Well, I am done with this underwear thing. I'll talk about what has sort of... I mean I don't really have any monumental things to happen in this...

S Yes, you do.

P Yes, I do, I've got great things. Actually it's all great, I was going to talk about the fire, but that's great too.

S Yes, I know that monumental, that is good.

P I've come to the realisation that was great. But, you know, two new lives are coming, I mean I'm going to be a grandma to two. Meadow is having a baby very soon, in just the end of January and then Bowen and Kahoru, his wife, are having a baby. So that's two huge things that have happened this year.

S That is beyond monumental, that's life.

P The other thing that I would say about this year is I have learned to quite fearing. I know I had an episode last night, where I've got to tell you Serene, I ran out of my home.

S What happened?

P It was hilarious. Well, that's to do with being in our new home, but I will tell you about that, but overall, apart from last night.

S You tell me about that on the PODdy or just in private.

P No, I'll tell you about it on the PODdy.

S Good on you, mate.

[00:11:13]

P But I don't know if everyone wants to hear it.

D Yes, we want to hear.

P I just said I quit fearing and now I just had a little episode last night. But overall, I have quit the habit of fearing and projecting into the future of just junk and anxiety and fear and what if that and what if that and I've got that symptom, does that mean that? And no, it has stopped. Listen, it comes, it tries to infiltrate my life, but I have put this big stop sign there and I can see what it was now, I can see that it was destruction. Whereas before I thought it was a part of my personality, now I see those are the destructive thoughts that I don't have to wear, thank God.

S You almost thought that, and I did too, that we had a right to do it because we were humans.

P Yes, but I have no right and it was destruction and so man, that's huge. Man, it's been a year of growth.

S Yes, that's fantastic, Pearl, but just go back to the little bit of a slip fall, why did you run out of your house?

[00:12:06]

P Oh, the slip last night, okay. So Serene and I came back from an event and my husband and my boys had gone to basketball, my daughter was at my sister's. Okay, so I got dropped off at my son's house which is a good walk in the dark from our new house, I'll tell you about why we're in our new houses soon.

But Charlie had expected me to walk from Bowen's house to our new house in the dark, I don't know, he thought I was a real big girl or something, it was complete dark.

S That's big for you.

P That's big for me, right? So even though I quit fearing, I wasn't up to doing that so I got Bowen to walk me home. And we're in this new house, I have only been in there, you know, at this point just a few days, a couple, two days. And I'm not used to it and I go home and it's all dark, there's no one in there and I realise I don't have phone service for some reason, all the phones were out...

S Everything on the whole hilltop was off last night.

P Yes, that's what I found out later when I was at my parent's.

S You ran to Mum and Daddy's.

P Yes, well, so I go in there and it was just so quiet, I'm all by myself, no phone, no Internet, so I can't even call Bowen, you know, if a burglar comes, nothing. And this new house, it feels new, it feels foreign, you know, and I'm just there and, like, I made it to...

S Did you check under every bed and in every closet?

P I got Bowen to before he left.

S That's cute.

P Yes, and I made it, like, 15 minutes and then I heard this loud slam, like coming from the garage. I didn't even look around, I just ran, all the way from my house to Bowen, through the dark.

D Ran, through the woods.

P And I knew there was a mountain lion out there.

D Of course

S Yes, there is, there's a mountain lion on the side of the...

P Because that's why I didn't want to walk in the first place, we do have a mountain lion here, but I just ran in the dark.

S It shrieks like a dying woman.

P Stumbling to Bowen's house and I said take me to Mum and Dad's. So luckily I live on the hilltop, but that was a little slip back everybody.

[00:13:51]

D Tim, could you put a dying woman shriek sound effect right when she said shrieks like a dying woman there?

P So anyway, but the reason I am in the new house was, as many of you know, my husband and I, couple of weeks ago went on a little getaway together and...

S You'd been planning it for a full year.

P Yes, my husband was so excited about this. And we woke up

in the morning to, you know, turn on the phone, there was a bunch of texts, just so many texts, the phone had been on silent. Just going through and something was up, I knew, and so straight away the phone rang and it was my son and he was telling Charlie that there'd been a fire. And so I heard him say oh, the trailer had burned down? And I was like, the trailer, that's no good, you know, I wonder what was lost because the trailer was a little one that we'd renovated, it wasn't what I thought, I just... So anyway, and I knew that no one was in there at the time, I thought everything was good. And he said no, Pearl, our house burned down because I forgot that we live in a trailer, it was a double-wide trailer, but I never called it the trailer. Yes, so our house had burned down and I was like, what, no, and Nobel was on the phone, I knew he was okay and then I was like, Rocky, is Rocky okay? And he's like, yes, the boys are okay and then he was trying to get information out of Nobel about it and I said is Autumn okay? You know, because I knew that she was there that day, she was supposed to be staying at my sister's but she had said something about waiting for the boys at home, they were coming home to basketball that morning, the early morning, so I didn't know. And I said, is Autumn okay? And he sort of

waved his hand in front of me, I didn't know he was trying to get information from Nobel and he can only talk about one thing at a time. But I thought he was just, like, I'll tell you later, you know, I'm not going to tell you right now. And I thought oh no, you know, I didn't know if my daughter was alive. And I was, like, you get that in your heart. And so I shrieked, I just screamed, tell me everyone is okay, I lost it, like completely. And he's like, yes, she's fine, I'm like well, why didn't you tell me? But then I couldn't get over it, then I was like, but there was a trauma of thinking something had happened to her. So anyway, but she was fine, thank God my children were fine, they got there just as it was starting to burn and let the dogs out. But there's nothing, it burned to the ground and...

S It's a miracle, I'll just take two seconds here to just tell you, because I saw it from my window. I was actually out of my home because my husband went to Sudan and he left me a going away present, he knows that I hate chemicals, being the purist I am, and he...

P You're being sarcastic now?

S Yes, he sealed our concrete floor in our basement with an aggregate driveway sealer made for outside. And yes,

needless to say everything in our house basically had to get
chucked out.

[00:16:57]

D I know the sealer.

P It was so toxic, the stink.

S Yes, the stink, you could smell it like through the hills.

D No, it'll stain your clothes with that smell, forever.

S I washed them four times and I couldn't get them out.
Anyway, so I was staying at my mother's.

P So you moved you and all the children, into Mum and Dad's.

S Yes, for this whole... I just moved back last night.

D I didn't know that.

S But anyway, all that to say was I had noticed Pearl and
Charlie's children coming down the driveway.

P This was late at night.

S Like at 11:00 at night. I went ha, oh well, they must've just
been having, like, some fun, youth group stuff after
basketball. And then two minutes later I see them running up
the driveway with flashlights and I go oh, that's weird, I don't
know why they're doing that. But I saw no fire through the

woods, like there was obviously nothing really blazing at that point, but then they were, like, trying to throw stones at windows and everything. And I lifted up my window and they're like we can't get through to granddad, the Barrett's house is on fire, because the cousins were all there helping at that point. So I woke up mum and dad and, you know, they're almost 80 and they're like running down there and Dad's got this tiny little fire extinguisher, it's like the size of a pencil case.

P Oh, that's funny.

S And he's running down there, but the terrible thing is, is that the electricity at Pearl's house, because of the fire, had all gone out so they could not get the water system going. The fire department are all volunteer because we live out in the stickies.

P The hilltop

S And so there's no real...

P So it took 45 minutes for the fire department to get there.

[00:18:22]

S But anyway, apparently when those boys walked home they didn't see a fire. They opened the front door and the gust of smoke from one breath of it took the cousin who opened the

door, it took him five days to stop the pain in his lungs.

P Yes, and thankfully our dogs were okay, but they were...

S That would've asphyxiated Pearl's children in their sleep and they're deep sleepers.

D Totally

P And this was late, I think it was a little after 11:00. I think they got home more towards midnight, if they... You know, they could've easily been at home in their beds, my teenagers sleep... My two boys, my teenage boys, sleep like the dead, they don't wake for anything.

S Autumn had actually planned a seven...

P A sleepover

S A seven-girl sleepover there with all the cousins from the hilltop and last minute our sister Vange is like, I just have a strange feeling about it, you just need to come all to our house.

D No way

S It was like a God intervention. But anyway, that girl's bedroom is right where the fire started, it started by accident by air-conditioning.

P The heat pump we think.

S Yes, but all they had to say is when they opened the door, the oxygen kind of, like, infernoed this little camp fire that had

started in the heat pump underneath the boy's bedroom. And I tell you what, from then on, it was a blaze in five minutes. The whole house, so you could see it from the whole hilltop. And then 45 minutes later nothing was there, nothing.

P Yes, tell about your, while this was all going on and Charlie and I were asleep, I have to tell you I had one thing to get over, I felt like I deserved the worst Mama of the year award because I was gone and my children, they're watching their house... The house they've known, you know, Autumn's never known another house, burn.

S All their memories, all their pictures, all their...

P Well, all their memories and, you know, we say that it was a double-wide trailer, but it was a great house growing up for them, you know, they'd... I don't know, it was a humble home, but we had such good memories there.

[00:20:04]

S And Charlie loved his father's memorabilia and it had all his father's like everything, everything he'd passed on to his son.

P Yes, we lost everything in there, but you know, my children are okay, so that was the main thing. But I felt like, that morning, I did feel like the worst mother, that my children had to go through that. They couldn't get through to us in the

morning, we were dead asleep, our phones were on no volume. And so, you know, I sort of had to go to get over that. But I don't, you know, they're all fine, I don't like talking about regrets, I don't regret that we left, but...

S But guess what's so exiting about it?

P I got over that.

S Pearl didn't want me to talk about this, she hates it.

D The insurance check, I know.

S No, she hates me to bring this up... We brought it up at different times and she's like... But they, my Mum, you know, has a ministry and a lot of boxes, cardboard boxes, come to my mother's house.

P Oh goodness' sake, Serene

S And cockroaches like cardboard and cardboard boxes.

[00:20:58]

P She has to bring it up, every PODdy.

S And Mum would, like, send to the grandchildren little gifts in these cardboard boxes, little things that she wanted to send. And, like, so Autumn would carry back a couple of boxes every day of stuff, little cute stuff, that Nanny saved for her. Well, there were cockroach eggs obviously in those boxes and Pearl's double-wide trailer became a cockroach haven, right.

P Hey, listen, it sounded really worse.

S This is a celebration, the cockroaches are gone.

P You're making me feel like a hillbilly, white trash...

S No, I had cockroaches at my house for the same box reason.

P We had someone come out and spray every month.

D We've all had cockroaches, Pearl.

P But it was healthy spray because I didn't want to do the toxins, but the healthy spray didn't seem to kill them.

D Doesn't work.

S But the fire did, but guess what? The aggregate drive sealer killed mine.

P Oh, did it?

S Our fish died in the fish tank.

P You're kidding, it killed the cockroaches?

S And it killed the fish.

P Oh my goodness

D This has been a year of renewal, Serene and Pearl's year of renewal.

P So all that to say, I have other things to be thankful for, a lot of people lose their homes and they have nowhere to go, they have to move into, you know, relatives or go get motels.

D Yes, you moved into your new custom home.

P We had been... You know, we've never owned a home, we've always rented, so we had been building for the last almost two years our home, it's taken a long time out here on the hilltop. And it was almost ready to go in, I mean we hadn't moved our stuff over, but the house was sitting there and we were planning to move, you know, right before Christmas in a couple of weeks, so when...

[00:22:27]

D Just moved in early.

P Yes, we moved in early. So when we got home there was no other home, but we had a home to move into, I just had to get everything for the home, you know, so that was a crazy time. But blessed, God protected my children, I mean I cried over the photos and all of that, but then I just realised I don't know, about three or four days after the fire I just got this joy and it's been bubbling ever since.

S A gift

P It is, it's just been this joy bubbling, I can't even stop it, it's just like... It's just shown me what counts in life and that stuff is stuff and even photos, we can't take them with us when we go.

S You know I have boxes of pictures that I never ever, ever look at and I've never put them in albums and I just never look at them, but my prayer for you that night when I was rushing to the hospital, my side of the story.

P You're going to tell that side of the story.

S My prayer was that God make all those beautiful memories so clear in her mind that she has her own photograph album in her mind and all the children do. But then I was thinking, you've got two new beautiful grandbabies coming, you've got beautiful memories coming, it's all about the future, it's all about life, you know.

P It is and that's what I feel, I feel like the future is before me, God has just given me unspeakable joy through this. Honestly, I don't... Even though I cried about the pictures, I can't even find the grief for that anymore, can't find it, it's gone.

S That's so good.

P It's just gone, I mean wow, so good, He is so good.

S He is.

[00:23:48]

S We are so excited – well, I am, Pearl...

P I'm double.

S Okay, we're so excited about this new air-purifier called Molekule.

P Molekule introduced a breakthrough science that is finally capable of destroying these air pollutants, and it does it at a molecular level, absolutely destroys harmful pollutants like bacteria, viruses, mould, allergens and airborne chemicals...

S Which is huge, because most of us are sitting inside our homes or offices, stuck in there with that stale, stagnant, poisonous air. This stuff gets rid of it at the molecular level, hence the name Molekule. I'm excited about this because it's new technology. Remember when phones were those old, like, things you had to, like...

P Dial!

S Yes, dial around with your finger?

P I do remember.

S And then they sprang back.

P Yes.

S Aren't you glad of your iPhone?

P I am.

S Well, this is new technology with the air-purifying system. The first air-purifying system was back in the

1940s, but we're in the 2000's and stuff people.

P But guess what, for 50 years all air-purifiers had been on that same old model until now. They even did studies – there was a study presented at the American College of Asthma Allergy and Immunology, and they found that those that used Molekule, even after one week had symptom reduction of all these things.

S One customer even said that she was able to breathe through her nose for the first time in 15 years. This is huge, people!

P We have an awesome offer for you. So for a full \$75 off your first offer, visit Molekule.com, and that's M O L E K U L E.com, Molekule.com, and at the checkout enter Trimhealthy, T R I M H E A L T H Y.

[00:25:33]

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

S I'm Serene.

D So speaking of good and moving forward, do you... I'll start with Pearl, do you have for 2018 any grandiose goals, dreams, what do you hope to see by July, you know, is there projects

in your head, what's coming up?

P No, I'm not, I've never been a New Year's goal setter, ever.

S Funny that you ask her that Danny, because she's actually beyond... You get feisty when I've said what's your New Year's resolutions, Pearl?

D Like she's actually against it.

P I'm against it.

D No, I don't mean your New Year's resolutions, but sometimes a blocking of an end of a year does denote the next chapter.

P True.

D So that's really what I mean, it's the season, not so much...

P Well, I'm getting two new babies into my life, I just want to spend time with them. You know, this year too I have found, I guess we're revealing everything that was sort of close to our hearts, but this year too, when I said I lost my anxiety, I lost my worry, my deep worry, over this business that God gave us. Because God gave Serene and I this platform and it grew exponentially bigger than we ever thought it could. But I wore it, I, up until this year, you know, as it was growing, I would stress about everything. And we'd get more and more employees and I thought, but what if something happens, what if this business all goes downhill? What about those

families, how are they going to afford to feed their children, how's Danny going to afford to feed his children, what are we going to do?

S So basically she felt like if we didn't come up trumps, Pearl and I, all these people are going to be stiffed.

P If Serene and I don't do things right, there's you know, hundreds of people relying on us and, you know, I just, I would go to bed and stress about all of it, it was junk, man. Because God gives and God gave us this, you know, and he's in control. So I learned to put that away. Having said that, this year, you know, I really want to focus on my grandchildren and my family and yes, I'm going to do my part for Trim Health Mama, I'm going to do all that I need to do. But I'm going to do it with joy and not out of a place of fear. And we've hired so many great people, we have such an incredible team, I feel like maybe I can pull back even a little bit.

S Amen, sister

P If Serene wants me to.

S Amen, sister, yes

P I feel like it's time for me to pull back just a little bit. We've sown a lot, so much in, it's been incredibly busy to say the least.

D Do you mean to kind of release the people you've hired to do their thing and not feel like...

P I feel like they're already doing their thing, I'm...

S Well, Pearl will be just... Nobody else will know she's being released, like out there, like, you know, the mamas, they'll still feel her presence.

P I'll still be on Facebook and we'll still be doing our PODdy, but yes.

S The behind the scenes worry and tick tack, nit-nat, going over every detail.

P I feel like it's already happening, we've got so many people, like even Lesley here, I mean all of you.

D Because you trust the system that's here

P I am trusting the system.

S Will you introduce Lesley, I know we have, but you've said Lesley here a few times today

P Yes, we have never introduced Lesley, Lesley is always sitting here in the PODdy now.

D But that's the nature of the Lesley, that's where she likes to be.

P And she's actually not my assistant and I don't have one and I'm not going to have one, but she's actually not John's

assistant, you have your own... What is your work here, Lesley? Come here, come here you little red-headed self. John, our... You've all met John who has been with us from the very beginning and all of the pieces of Trim Healthy Mama are put together by John and kept going. But there's a lot, thousands, thousands of rolling balls that have to be kept in place and Lesley helps those balls roll along with...

[00:29:07]

L Hello

P Speak right in there, Lesley.

L Hello everybody, oh yes, I'm working directly with John Gusty and my title is... this is so nerve wrecking.

D Closer to the mike

P Speak your good old Cockney, Lesley.

L I am a Senior Brand Strategist. We're working on developing Serene and Pearl's brand and the Trim Healthy Mama brand and just the big picture that the girls have created.

D She organizes the parties.

L Yes and Pearl's husband Charlie, he has crowned me with all eyes on deck, so I kind of keep an eye on everything and anything that's going on and try and glue some things together and loop people in. And that's the end of me talking.

P No, it's not the end.

S No, it's not.

P Think about things, like even little things like our packaging, okay, on all the new products and things like that, you know, Serene and I would look at them and obviously Serene's husband Sam, would look at them and, you know, everything has to be on there right. But somehow things would fall through the cracks.

S We've still got stevis on the back of our chocolate chips.

P It's stevia.

S Stevia's called stevis.

P And we have all the wrong numbers.

D Actually I saw that.

P And like, I'm sure I checked that, but I think I'm the world's worst proof reader and so is Serene. But I don't know now, Lesley makes sure it goes through the whole chain, she makes sure Sam talks to us, she makes sure all the people involved and there's so many people.

S She's so intelligent and so creative and so, like, right on, hands-on amazing, but she's so humble, she even asks us if

we want water from time to time.

[00:30:42]

P Say water

L Water

P So yes, she's a humble servant and she's got an amazing resume and yet she's just a humble, lovely lady, so hey.

S And she's always here at our PODdys.

D Hey, wait, Lesley, I have a joke for you. What do you get when you cross a red-head and an English ninja? A ginja.

P Did you make that up?

D I just made that up.

S Good boy Danny, Danny is good, man, you're good when there's no pressure Danny, because that was good.

P He looks so proud of that. You think that's good, Serene?

S That's awesome.

P Serene likes your jokes.

D That was solid.

S No, I like that because that wasn't dark and...

P Yes, she doesn't like your dark jokes.

S He does a lot of dark sometimes.

P So that's my thing, you want to... Let's go and then, yes, we've got about ten mini's and Serene can do hers, Danny you could

do yours and we can close.

S You go, you go Danny. I feel like sometimes that I can get on a roll and just like be an abusive talkaholic, so let's let Danny go.

D You know, I share that gift, I feel like I want to extrapolate every nook and cranny of everything, like we can't just glaze over topics.

S Yes, well this is one of my New Year's resolutions, because I'm fine with New Year's resolutions.

P Oh it is, well go, you go Serene then.

S No, one of my New Year's resolutions is to listen more and speak less. So Danny, let's hear your wisdom.

[00:32:04]

P We won't have a PODdy because you'll be speaking less.

S No, half the time you send me to the potty so that you can talk on the PODdy.

P That's true, but you and I have always fought for our say, you know.

D If your job is to talk on a podcast, isn't speaking less getting out of work?

S Danny I want to hear your wisdom, go for it.

D So yes, we're talking about goals and...

P You came out with this whole idea, Dan.

S That's why I'm preferring you, Dan.

D I want to be Oprah though, I want to ask you.

P You said you want to be Doprah?

D Doprah, yes, that was good.

P Was it?

D We're going to write jokes all day.

P I don't know if it was good or not.

D That was solid.

S You just came up with that?

P Yes.

S You're awesome.

D 8.2

S Yes, I'd give it a... Yes.

P But what was the question you asked me? I said, yes, I don't do New Year's resolutions, but then I said not any regrets, I said no and then I said, yes, I want to release and not worry.

S Hey, what you're doing right there is what one of my New Year's resolutions are. I've done that in the past where I've gone through conversations with my husband and I or gone through conversations that I wish I had said better or I thought... And I've gone through the weirdness in my head,

then he said that and I said that, no actually he said that, but then I said... You know, it gets so confusing and you're in this mental gymnastics and it's like, it's the past, like let's move on and be nicer to each other in conversations, let's move on.

P Right, forget that one.

S But is all that mental gymnastics fixing it?

P No

S No, so that's one of my New Year's resolutions too, to stop doing the mental gymnastics of the past so when I look back, I'm looking back to bring life into the future, I'm not looking back for guilt.

D To find guilt

S I'm not looking back for shame.

P Love it.

S To find guilt

D No, you're not looking back to find or locate guilt, yes.

S Right, so yes, that's it, keep going Danny.

[00:33:55]

D Yes, you know, I'm also against New Year's resolutions, I think.

P You're aginn it.

D I'm against it, I'm aginn it. Yes, not for you, not for others, not for those listening, I'm against it for myself. I don't really have this identity of, like, looking back over any past year with failure and regret and I didn't do it again, so now let's jumpstart it again. You know, it's kind of like I'm not going to go out and buy an expensive home gym weight system when I can do a push-up now. The weights aren't going to make me fit, I can do push-ups, I just won't. So let's not... So to me that's kind of like a New Year's resolution.

S To not have to do the props

D Yes, the props, leave all the props away, just a cold audition, blank screen behind you, speak to the camera. And yes, but you know at the same time, like I said...

P What about the New Year's? What about, you know, that's like the past, okay, this year is gone now, what about the new year, what are you looking forward to this year? What do you feel joy about, I mean what do you feel is living?

D Well, for me, I'm really into science, because I'm kind of a science nerd. And I really, the more you learn about real science, like the quantum world, the tiny, that's what quantum means, the tiny particles and how things in your mind actually do affect things around you in your life.

[00:35:24]

S Right, yes, true.

D I've been on this kick lately and I want to go deeper into that this year. I'm finding that it's like God has put us in this world that we truly have... We're like His children and so we truly have unlimited potential, we can do anything we want to do, we can create any future, any designed future that we want. We can make happen in our life, it's kind of like the “what if you could” question, you know, when you're like, I can't do this and it's not me. Well, what if you could? What would it be like, what would you have in your life if you could do that and you could rewrite your identity? So I know that's kind of a theme.

P And it's like the scriptures, a man thinketh in his heart, so is he.

D Yes

S And I completely agree with that to a point, you know, because you know, a man has plans, but God has plans for the man's plans basically.

D To make God laugh, yes

S You know and sometimes we are in complete out of control-ness, like with that fire, when we watched Pearl's house burn down, all of us except for Pearl and Charlie. And we're like we

are completely out of control it was such a frustrating feeling. God is sovereign and He is in control, but I agree with you, He is the Father of creativity and look what He created and we are made in His image. And I don't think we've picked up that creative bent that we're meant to have in our DNA and used it to the best of our potential. So I see your point.

D Yes, see that's a great add, because I feel like we've all got the weight on God thing down and I feel like there is a screaming message that we're not hearing. And that is often God and the earth itself is waiting on us, waiting on us to take action.

P So true Dan.

S And Dan, it's "what if you could"? Everyone's like why, if there's really a God out there, why all this and why all that and why all this pain? His measure of love was the cross, but He wants to walk through our feet, He wants to serve through our hands, He wants to bless through our tongue and He is waiting on us too. So even in that area of life it's like we have to step up to the mark in many, many areas, not just creativity, but in... God didn't want to do the whole show by Himself, he loves relationship and He's waiting on us.

[00:37:39]

D And I'll say one more thing, is when we have pain or frustration or stress in our life, it's often it's like the body's little red flag system to alert you to take action, to actually change that not to sit there and wallow in grief. So I have a little rule that I keep and that is either change it or change your perspective. And you can always do one of the two. If you can't change it, if this won't change, this is fixed and no one else can do it, I can't do it, there's no one to pay, there's no one to hire, it's not changing. Then your perspective has to change.

P But don't wallow in misery and don't wallow in bitterness and don't wallow in grief.

S That's so good, Danny change it or change your perspective, that's good.

P Yes, you're right. Yes, okay, so you do yours Serene.

S I didn't do... I mean I added a few things because I always butt in, that's my thing I try not to do.

P The floor is yours, you've got three minutes.

S So I've got a new baby coming in the new year, so you know, that's my major number one. And, you know, some people might think oh, you know, you've got so many children and so,

you know, it's just another thing that you've done so many times. But the thing is, to me it's so fresh, it's so fresh, never before has the earth been kissed with this new individual, you know. God has never created a human just like this one that's coming and it's going to be bearing an image of Him, like we all bear something of Him, something.

D And we need to see it.

S Yes, so we need to see it and I can't wait. But what I find is the hormones of pregnancy they always make me fall in love with all my other children again. So I'm looking forward to a new stage of just loving being a Mum.

D So you get to kind of steal the hormones from the love for the baby that are naturally there and they kind of ooze on to everyone.

S That nesting thing, yes, so me, like Pearl, I want to make sure that family is priority and of course I'm going to do...

P You had that really well though, I mean I think.

S Yes, exactly, but you know, with the new baby will come new responsibilities and so at the PODdy I'll be bringing my baby.

P Oh yes, she will.

D Yes, that's going to be fun.

S If it starts to scream and do tantrums as it gets older I'll take

it out, don't worry.

P Yes, they end up going out of here when they're about two.

D Yes, we're going to have the next two years with a little buddy.

[00:39:47]

Announcer Hey Mamas, do you have a question for Serene and Pearl?

Send your email to support@trimhealthymama.com.

D Serene and Pearl

S Yes

D Got a question for you. This comes from a little lovely audience member who we shall call Anoni.

P Anonymous

D How is this food freedom when I keep having to think about food all day?

S I'll tell you how. Do you want me to start and then you do all the intelligent parts after I just brain, like, just blurt?

P Yes.

S The brain blurt that comes to mind immediately is when you're having cravings from your normal, like bad food and sugar addiction and everything, that is slavery to food thinking. You know, it's like until you get your afternoon Snickers fix or things like that, so I feel like this is food

freedom in the way that it sets you free from that kind of food bondage. But guess what? We're not meant to be set free from the celebration of food, we should still think about food because Jesus came to the world and thought about food, right, he came eating and drinking, we're meant to celebrate food. He didn't give us, like, our lifestyle where we're meant to just pop a poo... Pill. Pop a pill, that's what I meant. Pop a poo.

D Just one

S That too, listen, you know, I forgot what I was about to say now.

P You were saying, listen, we celebrate food.

S Yes, no God didn't mean us to pop a pill and be, like, not think about food and be, like, okay, that's it, I've got all my nutrition met, I'm not going to think about food. No, He destined us to eat three meals a day plus snacks in between, which meant...

[00:41:23]

P You're talking so fast.

S He meant us to have brain space for food.

P Okay, you really blurted and you were talking at a thousand miles an hour.

S Am I red, I feel like my ears are hot red because I'm really

feisty on the subject, I don't think we're meant to not think about food, I think we're meant to.

P I agree, but I think what Anoni is saying is, when she first starts the plan it can be more overwhelming where you constantly think well hold on, I've got to get my E, what's an E now? Oh, that means I have to have how much fat now? Okay, because it's new.

S It's just because it's new.

P And anything new, like when a baby is learning to walk, they really have to practice that walking a lot and they keep falling down and it's...

S But walking is freedom.

P Yes, that's so true, it is freedom. Because once you get the ropes and once you're walking it becomes like breathing in and breathing out. And then you're still thinking about food, but it's in a good way, it's in a celebration way. It's like when I go to bed at night, honestly I'm thinking about my breakfast and my coffee the next morning.

S I'm excited about it.

P I'm like, I get to wake up and have cream in my coffee and I get to... I'm going to have my eggs tomorrow, yay, and then after breakfast, you know, a couple of hours goes by and I'm

thinking lunch, oh yes.

S If I am late to lunch, like if I don't hit my kitchen by 12:00, I'm thinking what was so important in my life that I, like, missed lunch? Food is... I love food, I just love it.

P I don't think there's anything wrong with thinking about it, just as long as you're not thinking about it with stress. Now I think when you first start the plan there is a little bit, let's not call it stress, let's just call it a challenging, bumpy time because it's new, anything new is challenging, anything new is bumpy. So it requires more thought, but as it becomes second nature, we don't want you to stop thinking about food, just think about it with peace and joy and, okay, what's my next meal? Let's plan it out, that's going to be good.

[00:43:18]

Announcer Trim Healthy Mama Product News and Notes.

P Hey, we need to talk about peanut flour because it is one of the yummiest products, Serene, I think that we carry. We carried it because we like it so much.

S We carry it because we're peanut butter addicted, like...

P Freaks.

S Freaks, you know, we're just consuming our weight in calories in peanut butter.

P Yes and then we needed a little bit of a lighter alternative with all the flavour.

S I love to stick it in a shake.

P Peanut butter is one of the most calorie-dense thing you can eat and so you can easily abuse it. Like nuts are great on the Trim Healthy Mama plan, but you don't abuse them and Serene and I were into this abuse where we just like want to peanut butter ourselves.

S Oh man, we're like, peanut butter's on plan, all right, go through a jar a day.

P And so peanut flour is so great because you can make sauces out of it, like Thai sauces, you know, just some peanut flour, some chicken broth, thicken it with a little gluccie and put your flavourings in there put that on chicken, that rocks.

S And what is that peanut junky, nutty, bunty, what's that name we gave it? Chunky butter, chunky nutty butter?

P We don't know the names of our own recipes in the cookbook.

S It's because we've got a billion.

P Chunky nutter butter... Peanut Junkie Butter, that's it.

S Those who are listening will probably know without saying the name perfectly.

P It's like peanut butter, but you just add a little water and just

a tiny bit of MCT oil and some sweetener and it's like perfect with apples. Like then you can eat your carb with, like, apples with peanut butter.

S You don't just have to have one teaspoon, you can go for tablespoons.

P Yes, so that's why we women love it.

[00:44:53]