



**Trim Healthy Podcast with Serene and Pearl**  
**Episode 51 - Knock Knock ! It's a Serene and Pearl**  
**Housecall. Checking in on you with a special remedy for**  
**your self sabotage.**

*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 · M = Monique · J = John

[00:00:00]

S This is the PODdy with Serene...

P And Pearl

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

D Hey, it's January, and welcome back to the Trim Healthy Podcast with Serene, Pearl, and Danny. How's everybody doing today?

S Danny, I just feel like you need to change and rearrange now

because we've been doing this PODdy for a while and people, I just feel like they're starting to love you. I think he could put his name first sometimes.

P Well he did say, hey, it's Danny, like I noticed he got that in. He didn't say, hey, welcome to the Serene and Pearl Show, and I'm here too, my name's Danny. He started off with, hey, it's Danny, and then...

S I didn't even catch that, that's true, yes.

P Yes, it was a total I'm here, I sort of am in charge now, and Serene and Pearl are kicked to the curb a little bit.

D I can't believe you caught that. I thought for sure I'm going to slide in.

S I didn't catch it. I was about to give him permission.

P Serene thought it was all humility, it wasn't.

D You caught it.

P This is a coup and I know it's going to happen.

D I was sliding in and coup-ing.

S He's just waiting for the new year when all our babies come. Pearl's grandbabies and my baby, and he's just going to say, hey, I'll take it from here.

P Yes, I'll take it from here.

D Hey, welcome back to the podcast with Danny and who else is

here?

P And nobody else.

D Oh yes, Serene and Pearl as well. Do you guys have anything valid to share?

P Look at him, and he looks so at ease doing this. The way he's sitting, he's got his leg up.

S Adjusting his microphone when it's already adjusted

P Yes.

S He already took...

P Just because it looks cool.

D Wow

P Anyway

S But you know how people do that, though?

P Yes, it's because it's like... I've done this for 30 years so let me make it just perfect.

D What it says is I know how to handle my gear.

S Yes, I know the equipment, and you know, my job is so important it has equipment that comes along with it. I'm not just the Danny Doll by itself, I'm Danny Doll plus a microphone.

P Yes. Danny Doll. You know there's going to be Danny Doll, "what if you could."

D A little pull string?

P Yes, anyway, let's get on with this. Actually, you know, speaking of Danny we were like, what shall we talk about today, because we usually like do a gut check, like do you have anything... Sometimes we have ideas and sometimes we... But hey, something on your heart trumps ideas that we already had.

S Well there's something on my heart just now that has got nothing to do with today's PODdy idea.

[00:01:41]

P Oh, what?

S But it was just, it just sparked because of the Danny's Doll, you know...Right now, it's half way through January and so sick of all the noisy toys you brought for your children.

D Oh my gosh.

P Oh

S You're wanting to kill all those noisy toys.

P I've always called them devil toys. And do you know what, who we have sitting here with us today listening in on the podcast, our sister-in-law, Monique.

S Yes, but she's queen of the devil toys.

P She's queen of the devil toys.

M I cannot believe that you said that.

P No one can hear you, Monique. You can come over and talk if you want. Come on.

D You want to say hi, Monique?

P This is... Monique is married to our brother.

S She's got long blonde hair and blue eyes and looks like an angel.

P Green eyes, not blue eyes, green eyes.

S Oh, sorry, I've known her my whole life and I got the colour of her eyes wrong.

P Serene and Monique were best friends growing up in Australia, and she married our brother. Here she is, our kids have all grown up together and welcome to the PODdy, Monique.

M Thank you, thank you.

P Speak right in there.

M Yes, speaking of devil toys, my five year old girl walks in with her Christmas present this morning and it's an electric guitar that flashes all these awesome lights. And it's so annoying. Oh my gosh, the sounds, the songs. I'm like, Georgia, please, is there like a different song that thing plays? She's like, oh, I think it has like a ballet song, mum. So she presses the ballet

thing. It's like not ballet. It was crazy.

S Ballet from hell

P But you, yes, but you know, Monique, you have allowed... You used to buy toys not only for your house that were devil toys full of loud music but for my house as well.

M I know, I know. Yes.

P And I never forgave you for that. So yes, I agree Serene, but...

S I just had an experience. I just... Because my daughter, Selah, just adopted, right? So her children went from three until six.

P Yes.

S And they're all very, very much around the same age. Some are twinning up now, you know?

P Yes.

S And I took all my nine over to see her the other night, and all the new Christmas toys were piled in one room with children like screaming down the banisters with their toys that make noise. And just...

P And you're in the pregnant cat mode, yes.

S I'm about to have my baby, about to have my baby, and I just said, Lord, I just pray, help me. And I just told my daughter, get them all, sit them all down and tell them a story while I go curl up in foetal position in the corner. It was that bad.

[00:03:52]

P I know. They know it's not the toys there are, the noises they make, but this is so off-topic, but yes, Serene, that was a little...

S Well it's a mid-January dilemma. It is.

P It is. But we're going to talk about another dilemma today, maybe you have... This is on Danny's heart. Because we always like, hey, let's... We've got an idea for today's PODdy, but do you have anything on your heart, and Danny was like, yes. Self-sabotage.

D Yes

P And so today basically we're going to check in with you because we know that you started January with gusto. We know you were like, oh yes, Trim Healthy Mama, it's the way to go, let me be on plan, I'm going to do this, I'm eating my S and E, I'm rocking it. But now we're mid-January and this can be when self-sabotage starts to creep its way in and it is a meanie monster that wants to destroy your journey.

S Because we're human, right? And we're not going to be perfect every day. So then we're going to start beating ourselves up for our mistakes. Is that what you're talking about, peeps?

P Yes. I feel like it's when we actually do stuff to ourselves to,

you know, it is stuff we do to ourselves. It's like the whole Danny thing, "what if you could" There's no one else you can blame but you're sort of doing it to yourself because you think I can't, or you mess up and then it's like, well I messed up. I was so strong on this, January 1<sup>st</sup> I was gusto and I had been two weeks going solid, and I just caved and then there's the dilemma of what you're going to do, self-sabotage, or are you going to forgive and forget and move on? So I think we're going to talk about that today.

D A big chunky root of self-sabotage, especially with health, is you don't actually believe that you can achieve your goal weight, or your goal look or whatever your goal is.

P Or your goals, yes

D You don't deep down at the root believe you can do it and so you give up. You actually will do things...

P And then, yes, and then you do something and that reminds you that you can't because it looks like, oh yes, this is me, I don't stick to things.

D So you have a self-fulfilling prophesy.

P Yes.

D That you are the author of

P So true



S Danny, that whole position just matches the wisdom. The whole crossed leg.... it's working.

D Arm on chair

S Yes, it's so working.

D Yes, let me adjust my mic.

P Yes. It's so working.

P I think this is so true though, what we believe about ourselves and what God tells us that we are, that we are more than conquerors...

S Well that's the...

P I love that scripture because of our own selves and our lives and Serene I'm going to let you speak, so full of junk... You know what...

S Such a great...

D Maybe, maybe...

S You know, wasn't that a great hint, it's like, shut up, sister.

D Yes

S Yes

P You know what I've learned in the last couple of years that's just drastically changed my life and I want to impart this, if I could impart one thing...

S Thank you.

P It's that your brain's full of junk and you don't have to listen to it.

S Oh, Pearl, that's so good. And can I add to the impartation?

P Yes.

S Because so funny, because you called me a few hours before I came over here for the PODdy, and you're like, what have you got on your mind? You know, we just bring anything we've got on our mind. And we let Danny, you know, just rock 'n roll and start this whole thing, and I didn't know exactly what he was going to say, but what was on my mind was about the temptation of Jesus...

P Yes?

S And how when He was tempted with these crazy ideas that came from the enemy, what did he use?

P Scripture

S Scripture, scripture, scripture, scripture

P It's the only truth.

S Because everything in our mind is idiotic, because it's the wisdom of man

P It really is.

S But you know what I loved, even when the devil twisted scripture, used scripture against him, Jesus actually used

scripture to fix it back. He only ever used scripture. You read the temptation of Jesus in the desert and it was just scripture, scripture. And so that is so huge. And what does the Bible say? We are more than conquerors, like Pearl said, it's a great verse.

[00:07:28]

P Yes.

S And that...

P We are new creatures.

S Yes and all things...

P He renews our mind.

S Are passed away. All things are new.

P All things have become new. So even if you're not a believer, you know what, God made you in his creativity, he made you good. He made you to be healthy. He made you to be able to actually live a trim and healthy life, it's in you.

S That's the true wisdom. What is the wisdom? Man, you can't teach an old dog new tricks

P Yes.

S Well, I'm 76 and I've always been a pop-tart failure and I'm

always going to be...

P Or I've always failed and now I'm going to go back to it. Yes, I stick at something two weeks and then I mess up and I fall off the wagon and look at me go. Look at me, this is what I do.

D Yes

P And the shame and the self-defeat and is that what you're talking about, Danny?

D Oh, absolutely, and it, I think it really roots way back into how we were raised and brought up, what examples we saw. Most of us were not raised with empowering parents who said things... Who checked us when we said self-defeating things. They themselves were... may have been self-defeating, not only in their words they used recklessly, towards you, but also in their example of what they did in their life. What goals they hit. What type of healthy lifestyle they lived, what they ate. A lot of that really does kind of program us of what we should expect in our life, what's possible, what's not possible.

P I mean, I agree. I think that that really can cement things. But I have to add one thing to that. I was brought up with encouraging parents. Oh my goodness, my Mum, our Mum is the most positive person. She did not get down in the dumps. She's not perfect, our Mum is a feisty lady, but she encouraged

us. We were fed with the waters of the word growing up.

S Yes

P But let me tell you something...

D Even still, huh

P Even still, I have listened to lies coming from junk in my head, and that has robbed my joy and my can-do.

S Because everybody, everybody, when the fall of man happened, everybody's nature fell.

P Everybody's nature, so even if you had the most encouraging parents in the world, we all fight with this nature, Danny. I'll give you a really personal testimony that I feel like I'm ready to share. I haven't shared it here before. I've skirted around it.

D It's time for the goods.

P I had a... I have had a life-long fear of cancer, breast cancer. Well it came as a child. I just, especially when I started to develop, I thought development was, what I was developing, I thought it was breast cancer. I thought everything was breast cancer, my whole life. You know, even on my Trim Healthy journey I've done things to ward it off. I just had this foreboding sense that one day I would get breast cancer. You know, and then I struggled with estrogen dominance and

things, and I always had painful breasts, those things I have shared. But it was this deep fear that would wake me in the night. It was just a literal horrible fear of it, that I couldn't shake it.

P I would say to my husband, talk to my husband about it, maybe this means I have breast cancer, you know, everything. And he was like, Pearl, it's not for you. Why are you speaking this? That's not it. You know? And but it got worse and worse and worse until I would literally my mind got so good at thinking this pattern about it that I would almost like become it, and waiting. It's a self-fulfilling thing, you know?

D Yes

P You know, my body was sort of getting sick and it was a fear/anxiety thing about this thing. And then I've shared this, I started learning not to fear and I spoke His word because His word, is spirit and life. But I tell you, I had to fight it with truth and the truth is that, you know, He was wounded for our transgressions, He was bruised for our iniquities. He took our pains, He took our sorrows, and by His stripes we are healed. Those of us who are believers, we have that. That He healed us. He heals us. We don't have to come down with these

things that we fear, and even if we come down with these things, you know, God is the healer. No matter what, Serene has faced cancer...

S And He is faithful.

P And He is faithful and we all have our own journeys, but I realised this self-fulfilling, this foreboding, this what I was saying in my head had to stop. So I completely over the last couple of years have fought it, as a warrior...

S But not with willpower

P With the word, not with the willpower

S Because it doesn't work

P Willpower doesn't work, but I fought it with the Word. And so I, you know, there's a couple of scriptures that every time these thoughts, and they were a pattern in my head, and the fears and the worrying about it would come and I would just quote the Word. And there's this one in Psalms, it says quicken me thou according to thy word. All right, that's a King James, I'm a King James person.

D Yes, could you interpret please?

P Well, it just means renew my whole body and mind according to your Word and what's in His Word, healing for us.

S And do you know how scientific that is? That's what I love

about the Bible.

P It's science, yes.

[00:12:26]

S The science is that what we... If we can renew our mind we can renew our body.

P Absolutely, this is total science that so many books are just backing up. But I, in the last couple of years, I would cry out in the night. I would speak it. Quicken me thou according to thy Word, I would stand on it. You know what I can say today, you know, and I'm out there and I'm a public figure now, and part of me thinks, but what if you do get breast cancer ten years down the track or whatever, you know? And you've gone out. But that path is not for me. The path for me is healing. The path for me is standing on his word...

S It's truth.

P The path for me is his truth. It's not sitting there at night being anxious about getting something and then everything have to look at me like, poor Pearl, she's a public figure, she's got breast cancer.

D Yes, yes.

S And the fact is, is that we put His word above our symptoms. People can have symptoms.



P Yes.

S But symptoms can also be what the Bible calls lying vanities.

P I know, but even if as I've done this, and I mean I eat healthy and I do all these things. As I've done this all those symptoms that I used to fret over, they've receded too.

S Yes

P I feel like I'm symptom-free though, too.

S It's so fantastic.

P And, you know, all the pain and the swelling that I would get.

S Yes

P And with my cycles, it's all gone down too. It's incredible. All that personal story to share, just because I thought that that was going to happen to me and I thought that that was a truth about myself, it wasn't a truth, it was a lie.

S Yes, even though it was so deeply impregnated into your brain.

P Deeply impregnated.

S So Danny, I agree with everything you've said. People can have these... Even though we said everybody fell, everybody's got the fallen nature and is susceptible to fear and anxiety and worry, and the enemy attack, and Danny, it is so true. If you've had parents that have been more negative or more of a

negative influence, an example on your life, yes, that is... The buck does not stop there, the buck stops at truth.

D Yes

S And the Heavenly Father is where we talk all of that identity from.

D Yes, and that's actually really important to say because who had a picture perfect super empowering cape-wearing set of parents? I mean, you know, so whether you did...

S And even if you did, I mean, I was breastfed until I was jolly four. That's another personal story.

P Oh, thanks for sharing that, Serene.

D There it is.

P There we go.

D Mom, I'm hungry. Can I drink?

P Actually, both Serene and I, that's why we're so fantastic...

S Yes, so Pearl's beating out, oh that's a personal story, but she has the same story.

P Yes. It's a strange story. My Mum, our Mother breastfed us until we were four.

S She was like the first like real true hippy granola Mum, right? That started like doing the homemaking and making her own, you know, bread and granola and yogurt and breastfeeding

until she was four and...

P And she always says this about Serene, I'm like Mum, why did you breastfeed us until we were four? Like, I don't have bad memories of it, it's not gross in my head, but I have memories of it.

D Yes

P But I'm like, Mum, why did you do that? It's a bit over the top, right? And our Mum will even say to us this day, oh, Pearly, Serene wasn't even ready to stop when I made her stop, she bit me.

D Did you punish mum? You punished mum for...

S You are really loving this personal stuff...

D Hey, but you know what, you make a good point, is...

S No, but I want, my point though, Danny, is I was breastfed until I was four.

D Yes

P She was nurtured.

S I was so nurtured.

D Yes, and encouraged

S And our house was such a haven of safety and encouragement, and I was never alone. But do you know it wasn't even enough to share a bedroom with Pearl. I had to go into her bed and

share the bed. Our friend Monique, who is here, grew up with us. I had to pay her an ice block, I'd say, she lived at the beginning of our street...

P A popsicle is what you mean to say...

S Yes, a popsicle, and I said to her, if you walk me home from your street to my street, because the bus stop would drop me off at her home, I'll pay you a popsicle. Like because I was that afraid in the sunshine, of the day, to walk a quarter of a mile.

P But everyone's going to think that's because you were breastfed until you were four

S No, no, the point being is, is that

D Got to be the reason.

S Is that even if you have the perfect set of parents...

D Yes

S Without God's truth we're all susceptible to psycho-ness.

D So that's a fantastic point because one of the big, I guess, hallmarks where you can test and see am I self-sabotaging, is it me, blame. Blame is so a tenant of me and you and anybody who is actually actively hurting themselves and not letting themselves get to their goals. They will often... We, I should say, because I do it too, we will often have a little scapegoat that we can put it on, when in reality it's inside.

P Yes, or life got suddenly too busy.

D Whatever it is.

SP Or, you know, list the million things, the million reasons.

[00:16:59]

D There's always something that is a handy, convenient blame goat. Blame goat?

S Well blame is self-sabotaging. Let's just tick that one off.

P Oh, it totally is.

S Worry is self-sabotaging, tick that one. Fear is self-sabotaging, anxiety is self-sabotaging.

P Yes. They're all self-sabotaging.

S Shame is self-sabotaging.

P So the fact that we all do it...

S Guilt is self-sabotaging.

D Yes

P So how do we stop? And I've talked about this before, I...

D Shame, sorry, big one

P Just have this big stop sign that now goes up to my... Up in my head when I see it, you've got to see it for what it is.

S Yes

D Become aware of it.

P Some of us just think of it, think it, and think it's normal. It's

not normal, guys.

D A new... We need a new awareness, don't we?

P We have to be new creatures in our mind. So when you are doing blame, when you are doing worry, when you are doing anxiety, when you were just, okay, self-sabotaging in all these ways, put that big stop sign up in your brain, uh-uh, my brain isn't going there. I can, I am a new creature. I can, I am created in his image. I can. Yes, I'm going to start right now, but...

S His power, His strength is inside of me, yes.

P But yes, I can do this, yes, this is sort of not quite easy sometimes...

D Hey, you know what I say, and maybe...

P But yes, I can do this.

D Well, and maybe this is too harsh for the ladies, but what I say to myself is Danny, do you want this or not? Stop blaming. You've got your blame, that's real handy for you, but either you want it or you don't. So I kind of talk a little straight to myself.

P Straight's okay, I think.

S Straight's so good.

S Yes, in the shower is sometimes when I can do my shame,

right?

D Your shame shower?

S No, yes, shame shower, and I mean like, I don't know why I ate that second helping of such and such and now I feel so like filled to the gills and I just feel gross, right, and I'll be like talking to myself and then I'm like, first of all there's no condemnation to those that are Christ and especially no condemnation over a second bowl of chilli. Hush, psycho brain, hush

P Yes, I know.

[00:18:42]

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

S Serene

S If you're feeling shame mid-January because of you're not getting your food things straight?

P Yes

S There's no condemnation, number one, especially not over fuel.

P Right

S Okay

P But it doesn't mean, you know, I think the self-sabotage comes

in is when we do that exact thing, Serene.

S Yes

P But then it creates a sense of defeat.

S So that you have seven bowls of chilli every night just because.

P Yes. It's a defeat cycle. So I did that, that means I'm this, that means why try?

S And no condemnation doesn't mean that you don't teach yourself to respect yourself and teach yourself what's intelligent in eating.

P No

S You know, and what works and what gives you success. No, no condemnation just means that's the self-sabotaging part that doesn't help. It doesn't add a cubit to your life, to your strength.

P It doesn't and I would give a good... I'm going to pull out a percentage here and this is just a guess but if I go on the groups and people that are, you know, doing Trim Healthy Mama, and if I look at their struggles, and if I look at what sets them off and why, yes, there's a certain amount of my life got crazy, and all our lives get crazy, and yes, we're not going to be perfect at those times. But I would say that the self-sabotage and the defeat and the shame cycle is a good close to



70% of why people don't do this to goal.

S Yes

P Why they get knocked off and can't get back on.

S Yes

P I think it's the defeat, shame cycle.

D Yes

S Or if it's not happening fast enough

P Yes.

S Well, well obviously that shows you it's not going to work for me, blah, blah, blah, and then they just give up.

P Yes.

D Well, and you can take the same, not that this is what this show is about, but you can take these same principles and ideas about self-sabotaging your health and your eating and you can apply it to your relationships as well. It... You'll see it in... Once you start becoming aware of this and aware of who the author is over these things, you start to see it trickle into every area. All of the things that are frustrating you in your life in your relationships in what your vehicle that's constantly just breaking down, I mean, just little... It's everywhere.

S When you said everywhere, Danny, it just really sparked

something in me because it's something I tell myself all the time. We can self-sabotage ourselves, like you said, in relationships, and I keep reminding myself, this scripture again, a wise woman builds her house, a foolish one tears it down. And I'm thinking, what do I want more than anything, is just to have this strong family and to support my husband and to be encouraging and to be that beautiful example to my children. And what do I feel half the time? That I'm just like screaming and yelling at them, and nagging, and all that kind of stuff. But I have to remind myself of the scripture.

P Yes.

S Instead of feeling the condemnation and the shame...

P Right

S Uh-uh, worrying about it's not going to fix the mistake.

P Oh, good

S So let me just put the scripture in my head, a wise woman builds a house. So I just concentrate on the truth instead of where I failed.

P Serene, I've got such lightbulbs going off in my head about what you said just then.

D Shine the light, sister.

P About in putting it to our Trim Healthy journey, Serene. I feel

like so many times I've failed during the day with my children, or even my husband, right? But do I wake up the next morning saying well I'm a horrible, shocking mother...

S I thought you were going to say...

P I might as well just yell at the children...

S I thought you were going to swear and I've never heard you swear in my life.

P No, I might as well just yell at the kids as soon as I see them because this is who I am, right?

D Yes

P As soon as I see my kids, you know, what's wrong? You didn't brush your hair. Oh what, just yell, have you made your beds? Imagine if I said that the first thing in the morning, right?

D Yes

P Because this is who I am

S Right

P Don't we do that to ourselves with our Trim, with our Healthy journeys?

SP Yes.

SP Yes.

P Oh, I messed up yesterday, well this is who I am, give me a pop-tart.

[00:22:22]

S Yes, that's so true, Pearl.

P But if we did that in our... If we were really that intense in our motherhood, you know, I'm this mother now.

D Yes

S Yes

P But we do that with our health journeys. But this is just me, bring on the candy, bring on the fast food, this is me.

S Yes

D Yes

P But no, we forgive ourselves, and we try again.

S Yes, that's so true, yes.

P Knowing that we're going to mess up.

S Yes

P But most of the time we aspire to be who god wanted us to be, as a mother.

S Yes, and the more we inspire the more we see ourselves as the beautiful mother as that He is through us, then we actually become that identity, we reflect the identity because we're actually seeing who we are in the light of what He is in us.

P Absolutely

D Yes, seeing who... You're really hitting it with the who we are

thing that this is me and I am this way. Those are things you're creating and you've got to be... You need a new awareness.

S That we want Him to create in us, create in us a clean heart, create in us, you know, a clean mind free of guilt and shame and all of that stuff, but it's so true, Danny, you're just right on it. We either create or we let Him create. There's only two ways.

D We're space people, man. We have like unlimited like we serve an unlimited God who has made us out of unlimited invisible things.

P Atoms that yes I mean

D We could be what we want.

P Exactly, and then once again it comes down to "what if you could"? We need that little doll, "what if you could"?

D "What if you could".

P To remind us that, yes, there, the potential here is what we take hold of...

S But I want a noise shut-off on that, like so you can turn it down.

P Yes, because you don't want it to be a devil toy.

D What's that?

S What if you could? What if you could?

D Oh, yes, it needs a switch?

S Yes

D You're talking about the doll that we're going to create and sell on the website?

S Yes

P Which we never will, we're just talking about it.

S My little two year old got a little car for Christmas...

P Danny's really excited. Because look at his eyes. The doll we're going to create, the Danny Doll.

[00:24:07]

D The Danny Doll

S Well my two year old got this broom-broom little car with lights and it's little, it looked like it would be just not a bother in the home...

P Did you pick it out for him, Serene?

S No, no, I don't ever pick devil toys out.

D Your sister was going to shut you down.

S But it was given, given. And you don't feel like you can throw away gifts, you know, from family members.

P No

D Well I do.

S But anyway, it doesn't have a volume, it just has off and on.

P Oh no

S So he only likes it when it's on. But it's just like...

P Of course

S Blaring psycho honk-horning, you know?

D Someone gifted it to you?

S Yes

D Are they not conscious, do they not know you after all these years? I would know better.

P Yes, but it was from a child, right, another sibling?

S Yes

P Oh yes, so, you know, siblings don't know better, Danny. And they don't care what noises...

D That's true, that's different.

P They like the toys.

D No, a kid, yes, yes

P Hey, I wanted to talk about self-sabotage in one way and this is sort of a we've all done it way, okay? But Serene, I know Serene was talking to me, because we were talking about this before, had some good ideas about this. What do you...? We've all done it, we eat something and it's sort of good. We've done this probably over Chrisy and New Year and we hurt, we eat

so much of it that we hurt and we have a stomach ache. But we go back and we have another...

[00:25:20]

S Through the pain, we eat through the pain.

D Do other people do that?

P Yes.

S And it's almost like, well I've got the stomach ache now, why not just make it...

D Hold on, this is a big deal. This is a big deal.

P And this might be happening because you're two weeks into your journey now and you're like, the momentum of January might be just stopping a little bit, so you might be starting to hurt again.

D Can I start confessing now?

P Yes.

D Okay, I do this at night especially. This is... During the day I'm focused on work. I'll throw a tiny... Like just today, little tiny salad.

P Yes, look, what's with the tiny salad? That's the problem with that.

D I'm focused. I'm focused, I'm focused.

P No, Danny



S That's starvation...

D I know, it's totally wrong

P That's starvation salad.

D Yes, but you know it had some meat.

S He's not even finished. It was like a half boiled egg.

P I'm going to... We're going to listen to you share, but I'm telling you...

D And then shut me down, good.

P Half the reason why you're doing this eating until hurt at night is because your salad's tiny.

D Not rocking it in the day.

P It's for a little bird.

S Yes, your body's desperate at night.

P But anyway, go ahead.

D Okay, so good, I'm working with the right people. So at night occasionally I won't know I'm doing it. It's like looking back I'm like, wait, I just did that last night. But in the moment I'm like, I'm visibly distended in my belly.

P Yes.

D And I'll look, and I'll go and I'll look in the mirror, and I'll push it out even more just to go, yes, you fool. You know? And then I'll go back and it's like, okay, okay Danny, you cannot stick

an item of food in your mouth. Oh, but the gummy vitamins, those are good for you. And then I'll have... And after all, you've only had one, and it says right on the bottle that the recommended is two. You can have your second little peach-flavoured gummy vitamin which is really adult candy, I wonder if there's even any nutritional value in those things.

P Hold on, you're not telling me you go take ten gummy...

D No, no, no, don't... No, no, no, because then I'd need to...

S Are you stealing these from your children?

D No, no, these are like adult gummies. And, you know, I think I've got a prenatal one in there, with folic acid and such. And I'll eat this thing and I'll chew it up and I'm like, it say to chew it thoroughly so, you know? And I'll chew it and I'm like, and afterwards I'm like, you, you, you shameful man. You should of all people...

P So you're having shame and you're having like...

D And gut bloat, and I'm hurting, and the next morning it's toilet time. Because we...

P Can we not go into that or...?

D I mean we're hey.

S But I hear you, Danny, I can do the same thing. It can be like, you know what, I just want a little snack before I go to bed...

P I think this is a human issue.

S A little paci...

D A little snack.

S Like a little something to just settle my nerves

D I want my paci.

[00:27:48]

S So I thought to myself, I'll just... I've thought to myself before, I'll just have like half a teaspoon of peanut butter.

D Yes

S And celery.

D That's another one I'll do, peanut butter. Yes.

S But once the peanut butter has gone to two teaspoons, I think, well throw in the towel. Just sit down with the jar at this point.

D No, and Serene, I have it on spoon, and I'm licking it like a pop and I'm so comforted by it, and I'm just like, oh, peanut butter pop.

S But you know, you're in control once you get to your certain thing you've got in your head. Like okay, teaspoon or two, but once you pass that point it's self-sabotage.

P Yes, because then you think, I've done it already.

S I've failed.

P Let's have five tablespoons of peanut butter.

D That's it, we've ruined it.

S Yes I've already ruined it.

D And then run to bed, dive into bed before I can feel my heart anymore.

S Yes

D Sorry, I let that out.

P So now let's... We're all just admitting we've all done it, we all do it, how do we...? How do we not do this to ourselves so much?

S Okay, well I've got a little thought.

P Serene has a thing.

S I've got this little thought. I've taught myself this, and it's a Biblical principle...

P And this has helped you, hasn't it, Serene?

S Yes

P Because I know you used to do the peanut butter thing way more.

S Oh yes, it was crack and it was dangerous, but I tell myself now, anything good that is separated from its foundational purpose, when you take that foundational purpose away and you just leave the pleasure of it, it's perverted. Like the

beautiful intimacy in marriage, right? When it's to do with the main purpose of communion and intimacy...

P You mean communion, you mean relationship and love and...?

S Yes, yes, I just mean the oneness and the giving and the bestowing a gift onto your spouse and just that beautiful unity, when you remove that away and it's just about your need and your pleasure, psycho, repulsion and perversion.

P Yes, when sex is removed from marriage, yes, it becomes...

S Yes so let's remove food from nourishment and fuel.

P Okay.

S And only keep the pleasure. Now pleasure should be in sex and pleasure should be in food.

P I agree.

S It's a God-given part of it. But you remove the foundational other anchors...

[00:29:43]

P Like this food will sustain me, this food is good for me, this...

S Nourishment and fuel, right?

P Food will, right.

S And then you just leave the pleasure. Then it's perverted.

P Ooh, so true.

S So I tell myself, Serene, what are the other foundational

reasons for this peanut butter tonight? Is it your nourishment? No, I'm nourished to the gills. Is it your fuel?

D My gills have been nourished.

S You're over-fuelled, Serene. Is it just pleasure? Yes. Okay, Serene, just x that box and go to bed.

P Yes, oh I love that, Serene. I get... That makes... I can use that. That makes so much sense to me because I have found myself... Can we nix this tip?

S No, it's good.

D You've found yourself what?

S No nix, this is a non-edit PODdy, Pearl. It's fine, I know what you're saying though, because sometimes a nursing woman can say, you know what, it's 12 o'clock at night, and I feel these hunger pangs Is it for nourishment? Yes. I've been nursing the baby for the last three hours, it's teething and it won't go to sleep, and I've been walking the floors, right?

P Yes.

S Is it fuel? Yes, I need this extra fuel. And it's going to give me pleasure, that's fine. I can have this little snack, right, at 12:00 at night. But you could ask yourself, I've just come back from the movies and I've had popcorn and it's 12:00 at night and I feel like I just need to look in the fridge and have

something from my own house before I go to bed.

P Yes.

S You think nourishment and fuel's not there, so...

P I feel like, no, I feel like when you said the whole sex thing about outside a marriage and outside of love and outside that relationship, it's just a pleasure, right? So that's when perversion starts to step in and that's when people ruin lives. That's when things get messed up.

D Yes

P Okay, and the same with food. But you take a look, okay, I'll admit it. Over Christmas, right, we did this first Christmas breakfast at our house. And it was just, you know, first house, all at the table, and I'm like what do you want? I'll give you everything, guys, because I was going to be the Mother who made the beautiful Christmas breakfast.

D Yes

P And so I did, I made, you know, eggs and all the sausage meats and I was so good and the children said they wanted Cinnabon rolls. I'm like, this is Christmas, I bring my children Cinnabon rolls, you know, I shall do it and so...

D You're talking about the homemade cinnamon rolls?

S No, she's talking about the store-bought crack.

D Oh, the store, the brand Cinnabon

P The store-bought, that we went and bought the night before, they were just steaming and they said put them in the microwave, right?

D Okay

S So we've gone from Cinnabon store-bought to microwave, okay.

P Yes, store-bought Cinnabon the night before, you heat them up... They were cooked the night before, you heat them up for 20 seconds. I'm the author of Trim Healthy Mama, I can have Cinnabons in my house and let my children eat them. Well...

S They won't tempt you, will they?

P Nono

D That won't pose a problem.

S There shan't be a temptation.

P No problem I was sure of it.

D You were positive.

P I was absolutely positive. Those things are crack.

D They are straight crack, in a bun form.

P They're so sweet they hurt, but it's the sweet that has no nutrition.



S Yes

P It doesn't have any love for your body, right?

D No love

P It's like Serene, it's...

S So there's no intelligence coming in with that sweet.

P There's no fuel.

D Those aren't Agape buns.

P They're not Agape, they're not sustaining me like all the things that Serene said, are they giving me fuel? Are they giving me sustenance?

S Nourishment

P Nourishment, three no's, right and so that's why my body got a little taste and it was like just the pleasure, Pearl, just the pleasure.

D Yes

SP And the pleasure doesn't care about pain.

[00:32:55]

P No

S Or what it hurts.

P Because I ate my breakfast, I didn't have a Cinnabon. I'm

good, I'm like the author of Trim Healthy Mama. So then I just cut a little bit off. You know, just had a little bit.

D I do what I want.

P Little bit. And I was already fuelled and satisfied. And after that it was like, this stomach hurts. This whole Cinnabon went in the stomach and it hurt. And guess why these things are toxic for us? Because they're removed from what Serene said. They're removed...

S Yes, they're removed from the foundational other anchors. Like with sex, it's removed from marriage, it's removed from communion and intimacy, and bestowing...

P Giving and love yes

S It's just your need, your pleasure.

D It's a take.

S It's a take.

P And so these Cinnabons were my take, my... And I realised, okay, this particular food's not good for you, Pearl, because they weren't doing those three things for me, and I had no control over them. So I feel like those questions are so good to ask yourself, Serene. Why do we stay away from the white sugar and the white flour on Trim Healthy Mama? It's just come full circle for me, I've got lightbulbs going off

everywhere.

S Yes, it's a perverted, twisted form of food.

P That perversion, the perversion of foods

D Perverted food

P They don't offer us fuel. They don't offer us sustenance.

S Nourishment

P They don't offer us nourishment and that's why we go psycho with them.

S Yes and do you know the psycho, watch the psycho, because when you said, I'll just slice myself a little tiny slither, have you ever slithered yourself to a full hunk and two pieces?

P Yes, that's what I did. No, I slithered myself. And these were big. And I slithered myself to a full one. I'm like, oh good on you, author of Trim Healthy Mama.

D I'll just have a bite...

P Yes. And you know, I can eat my other Trim Healthy foods and all the delicious treats. I don't do that with them.

S Because I feel like there's... When you're fueled you see it. When it has all of the pieces that God meant for something to have, there is that balance and you don't get the out of control psycho-ness that goes with it because your body knows, is not triggered into psycho... What is the word, when you're

craving, psycho-cravings, you know, your body has that knowing when to stop...

D Addiction is the word.

S Knowing when it's nourished

P I agree.

S And you have all the turn-off switches that go off in your body. But when you...

P Well, they come over time, too. I feel like when a lot of us start the journey we're...

S Yes, that's true.

P Fighting sugar addictions, we don't know when to stop. And that can come, that takes a couple of years sometimes.

S That's because the whole system is messed at that point.

P The system is broken, it takes time to heal.

D Hey, what about having a bucket of spinach in the fridge so you can really like, all right, let's test this out. Drop a couple leaves in and be like, no, I'm not hungry. I'm going to go to bed. I'm clearly not hungry.

P Yes, but we don't... Yes, I don't like eating nasty food, because like Serene said, it's got to have some pleasure. So now it's difficult when you take spinach and dress it with a delicious dressing and...

D Throw some berries down and...

P Have it with some chicken. Then it's good.

D Hey, what about this, Gentle Sweet, you know how when you open your bag of Gentle Sweet it has the little... Which by the way, those listening, if you haven't tried Gentle Sweet, I mean, if you like funnel cake powder, you're going to love Gentle Sweet. It forms little like quarter size to dime sized...

[00:35:54]

S You pick them out and just eat them straight, do you?

D Like candy

S That's so funny.

D But listen, here's what I'm wondering. Is that...? That's like a late night... Can that be like a late night curb of appetite? You know, because...

S It's so strange, Danny, I just don't even know how to contemplate the question.

P Bizarre

S But bless you and it's not a Cinnabon.

D Yes, but think about this, like last night I did this, I took the little ball, little coagulated Gentle Sweet ball...

P We need to get you the Trim Healthy Chocolate chips. Then you can do it with those.

D Yes, I don't have them in stock. But I ate it and as I was eating it I was like, you know whatever world, you all just take this and turn it into candies and then it feels better because it's in gummy bear form, but why can't I just go straight?

P I mean, you can and this is a bizarre way to end the whole poddy...

D I'm sorry.

S Yes, that whole last sentence, I wasn't even following.

D I know.

S But I just love you Danny, you started so good.

P Bless your heart.

S Bless your heart.

D Does no one else...?

S We're still going to bring a doll out with your little...

P The what if you could Danny Doll still coming.

D Okay, you know what? I would love an email from someone out there who horses Gentle Sweet into their mouth late at night. Thank you. Because I know I'm not alone.

P But anyway, today has been a day of sort of stories that really...

D Empowerment, hey, could I end...

P True, but we've been like divulging...

S Confessions

P A lot of confessions

D Can I end with an empowering poem?

S Well, you know, breastfed until four, eating coagulated Gentle Sweet late at night, that's not much of a difference.

P And the Cinnabon story which I wasn't going to...

D It's been the variety show. Hey, this poem...

P I hope people can take away stuff though, because I feel empowered by what Serene gave.

S Oh, I feel empowered by what you gave.

P What did I give?

S You gave everything, your whole story about the breast cancer and...

P Oh yes

S And the whole about you create in your head what was self-fulfilling prophecies and about you put the truth in and you don't listen to what you think is truth, even if these symptoms are feeling real because that's just self and wisdom and man but you're going to put the truth in there, people.

P Go Pearl. Okay.

D Go Pearl. Hey, and you can edit this out if you don't like this poem, but I think this poem is very empowering.

P What, Tim's going to edit it out?

D Tim will.

S Coagulated Gentle Sweet, Coagulated Gentle Sweet.

P How I love thee. You keep me in my night times.

D Doctor Benjamin...

P Okay, go.

D Carson shared a poem that his mother recited to him all the time growing up. Some might take shame from this, but this is an empowering poem that is totally in context...

P Okay, well we'll decide that, read it.

D For what we're talking about. It's called Yourself to Blame. If things go bad for you and make you a bit ashamed, often you will find out you have yourself to blame. Swiftly we ran to mischief and then the bad luck came. Why do we fault others? We have ourselves to blame. Whatever happens to us, here's what we say. Had it not been for so-and-so, things wouldn't have gone that way. And if you're short of friends I'll tell you what to do, make an examination, you'll find the fault's in you. You're the captain of your ship, so agree with the same. If you



travel downward, you have yourself to blame.

S I agree with 99% except for we're not the captain of our ship.  
But I believe that if we let God be the captain of our ship we  
won't be blaming others.

P I totally believe that. I like... The poem comes from a more  
negative place.

D That's why I said, it has a tendency to feel shameful if you  
take it the wrong way...

P Yes.

D But for me it's empowering.

[00:39:07]

P But however it's truth.

D It's very empowering.

S There's a lot of truth.

D Yes

S Even if... This sounds so terrible, and I'm not saying this in a  
cold-hearted way, but even if you had the worst of childhoods  
and the worst of abuses and the worst, it's still your choice to  
live under the heaviness or receive the freedom that god  
wants to give you through that.

D Yes

S And it's still even though those things were done for you, and

it's done to you, and it's terrible and it's awful, and I can't even speak to that, but God can. And you still can come out of that.

P And it's a choice the way we think, what we allow our minds to dwell on. because it's the dwelling. We all have bucket thoughts, we all have crazy thoughts, mine started as a child that I was going to get breast cancer and then I let it go.

D Sure

P And just using that as an example

D Straight cray-cray

P But cray-cray stuff, but we let them grow, we choose to dwell, we choose not to dwell, we choose to dwell, I know John, we're going to quit now. He's looking at the time.

D You, you are the first mate of your ship. You have yourself to blame.

P Yes, absolutely.

S It is true because you know how...

P I'm trying to end on a positive point.

D I'm sorry, I revert...

S It is true though, you said that we're the captain of our ships in that poem, and I said we're not. Well, it is true, because...

P God gives us...

S God doesn't force us...

P No

S He is... He doesn't want robots, he wants people to choose.  
He's a gentle knocker. He knocks gently at our door.

C All right, we're the captain of ship, God's the wind. Is that fair?

P Yes, I don't know about that theory too...

S He wants to be the captain in the end. He wants to be the captain in the end but we have to choose Him.

P Are we ever going to finish this PODdy?

S We have to give it over. We have to give the wheel over.

P Let's try to do a round-up.

D All right, I'm the...

S There is no roundup to this variety show.

D We're the carpenters on the ship.

S Hey, just give us a poem about your Gentle Sweet and then we'll be done.

P Oh, my goodness

D Hey, this has been fun though, and hopefully it has been really empowering and...

S Sing us a song, the piano man...

D A good reminder for us to become more aware of our sabotaging tendencies

[00:40:53]

P Was that a good ending? I don't know.

S I want a song from Danny, quickly, Danny.

P I don't think that was a good ending.

S On the spot

P She wants a song...

S In season and out of season...

P And it's getting late. It's 41 minutes in, people are tuning out.

End us with a song, Danny. Your job is on the line.

S The dolls aren't coming unless the song comes.

P The dolls are not being made unless the song is good.

D You can't hide those lying eyes...

J I can't stand it. I know you planned it. [screaming]

D These women have never heard that song.

P She made you make up a song.

D John did that to me.

P She wanted you to write one on the spot.

D Listen all y'all, "It's a Sabotage by Beastie Boys, look it up.

S I'm lost.

P That was pathetic.

[00:41:38]