



Trim Healthy Podcast with Serene and Pearl Episode 52 - The THM Poddy is One Year Old Today !

*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 · C = Charlie · 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 Boys, girls, men, women, friends of the Trim Healthy
Podcast...

S And even enemies, we'll accept you.

P Even enemies, hey, but it should have started with girls, boys
but okay.

D Yes, yes.

P Next time you can try harder.

D Either way, one and all, welcome back to the Trim Healthy Podcast with Serene, Pearl and Danny and we are just bursting with passion and excitement and great things for you today.

P Because... today...

D Why, Pearl

P Today is a huge day. Today is the one year anniversary of The PODdy.

S Where is the big fat candle, Danny? You were meant to create a cake, a Trim Healthy cake.

D A THC, a Trim Healthy Cake

P You said you were going to be the TH Cake-Baker and where is it Danny?

D I should take that on as my mantra

P Well you already said you would and you didn't.

S This time I remember you were going to be the one to bring it.

D Was I supposed to do something...

S No, you were going to go to all your Christmas parties with a healthy thing.

D And show up, be that guy.

P Be that guy, so you weren't that guy today

D Well you know what happened is, from that time I said that, I didn't go to any more Christmas parties.

P Okay, so right yes.

S No, so you see he came to this party. You see, and he's been fired...

P Serene he has six weeks off from firing, we said, because of how sweet he was on the last PODdy.

S But just say, he didn't have that six weeks, he came to this event not very obviously in tune with the excitement or he would have brought the cake.

P True, but since it's the one year anniversary of the THM PODdy, all is forgiven.

S See, your jubilee.

P Your jubilee, all Danny's debts are forgiven.

D Yes, all my debts are forgiven

[00:01:11]

P Today though, I felt like Serene has got some good meat to share with you, she was just talking about it before the PODdy.

D Some carn'e

P Serene is going to bring something for you guys that... it blessed me, it made me feel like, yes Pearl. You can do this. So we're going to get to that, but first of all, I feel like we should just talk about the history of the PODdy and where it's going and where we are now and all you guys have made this what it is...

D Yes

P It's been a crazy thing, because we didn't know what the heck we were doing when we started.

D It's our PODdiversary.

P Yes, it's our PODdiversary.

S We didn't even know if we wanted to do this thing. When we were first approached with this idea, we were like, no. Like why would we want to do that?

P Yes, like who's going to listen? We were totally like nobody will listen. And then that first PODdy, if you guys who are listening have not listened to our first PODdy, you will find out how it started there because it wasn't even a PODdy, we just recorded Danny, John, Serene and I talking about what this PODdy should be.

D And what it could be.

P Yes, what it could be. And that's when we came up with the

word PODdy.

D That's true, yes.

P And Sne and I said, no let's definitely call it podcast.

S We shortened everything, just so you know it's really not, it doesn't come from anything to do with toilets or loos or, you know, restrooms.

D No, no

S No, it's the fact that if we're having a good Christmas, we're having a good Chrissy. How's your arvo Pearl? What did you eat for brekkie? You know.

P That's awesie

[00:02:39]

S Yes

P Yes, so it's the PODdy and it has stuck, so.

D It's a PODdy.

P I mean, we started without any topics. We thought well Danny's fun, and our little bro. And let's keep him around and Danny has brought so much. And honestly, I know we fire you a lot Danny, but you have endeared yourself to hundreds of thousands of women, I don't know how you did it.

S They'd fire us if we fired you.

P I've heard that very thing

D Is that true? Well I've feel like the leverage has just shifted in this company.

P Yes.

S I know. You know what, if we fired you, you'd go out and get your petition papers...

P Well she didn't say that, she's exaggerating a bit.

D I would round up the women.

S And come back, or you would actually like, do the Mutiny of the Bounty and just take over Trim Healthy Mama.

P The coup... The coup, he's started the coup before.

D If you ever did really fire me I would well produce some videos using iMovie on my Mac and just of me just homeless out there and then I would just make money on that.

P You with your four kids, and Lisa

D Yes, we'd all be in a tent and I'd monetize it somehow.

P So then somehow you just started, you were added somehow. We don't know how Danny was added to... Everyone was like, what's Danny doing there and we were like, we don't know.

D When I was added to the podcast?

P Yes, but then...

D Well because no one knew what to do with me

P And then somehow...

D You know they had me...

P Somehow you were adding content. Somehow there was like this male perspective and then somehow it was beyond a male perspective. You were bringing it, like “**what if you could**” was born.

D Well, “**what if you could**”. Well, you know they had me working under an ex-marine accountant.

P Yes, our cousin Cal.

D Which is, we’re great friends, right.

P He fires you every two minutes.

D Cal

P He was serious.

D Yes, but it was serious. See I am the... Whatever the opposite of an ex-marine accountant is, is Danny.

P Yes.

D Like I am all on the other side of the spectrum in terms of conversation and creative stuff. And so I was in the wrong department.

P Yes we had my-our Cal, well actually, Melissa is our cousin. He is an ex-marine and he tucks his shirt in tight.

S He’s a tucker more than your husband’s a tucker.

P He works... Yes, even more than my husband. And my

husband is a tucker.

S Because your husband is more of a cowboy tucker and there's some give and take to that, being a cowboy tucker, but a marine tucker ...

D Ah!

S Ah you've got to bounce a quarter off of that tuck!

P Yeah became our head... he started to head the Trim Healthy Mama financial department because we had to really, you know, ship-shape ourselves up.

D Yeah and he's brilliant.

P He's brilliant.

S Here's Charlie Barrett here at the door, pressing his nose to the door.

P My husband just turned up to the door. We'll just take a little pause here we'll be right back...

P We're going to take a little pause. Okay, we're not taking a pause.

[00:05:16]

S No, we're not going to edit anything. Charlie, it's the anniversary today of the podcast!

P We're reminiscing.

S They've all come to give us a hundred buck bill.

P Speak in there, speak in there, husband.

C Well congratulations on the one year anniversary of the podcast, that's a phenomenal landmark and I'm proud of you all.

P Thank you. Would you like to say something special about your wife?

C Of course, there is no one like my Pearl anywhere in the world. And I'm the luckiest man in the world.

P Oh, points, that wasn't forced at all!

D As he started to say there's no one like Pearl, Pearl grabbed her hair and started playing with her hair and became a twelve year old.

P Oh, I did!

S She's blushing.

P I'm not a blusher.

D She's like, oh me?

D Now we don't know what to do now that Charlie's here, we're all waiting for his command.

P Bye honey.

S Bye

P Where were we?

D I mean Charlie's kind of...

S We were talking about Marines. He got us in ship-shape, bounce a quarter off of his tuck.

D Quarter bounce

P Cal... Danny was working under Cal at Trim Healthy Mama accounting department.

D Yeah we were just kind of rehearsing, revisiting how this came to be and how I got here and got to be part of the team.

S Yeah, he was kicked to the curb by the Marine.

P You were seriously fired right?

D No, it was... serious

S It was serious.

P My husband and Serene's husband would have a bit of mercy and bring you back but Cal kept firing you for real.

D Oh yeah, yeah, yeah so

S I think John fired you a few times too.

P John's sitting right here. He fired, how many times did you fire Danny for real? Here you go.

D In your heart, John

P No for real, he fired you for "realsies". We fire you for "jokesies" here. How many times for realises did you fire Danny?

J Firing Danny would be far too painless. It's more painful to keep him around.

D For us all

[00:07:17]

J No, well while I've got the mic, I want to say that I'm really proud of you three. We didn't have any idea of what this was going to be like, this podcast was kind of a secondary thought to a radio initiative that we were trying to do and that will see the light of day when the time is right. But this thing just kind of took off and I'm really proud. Pearl's dead-on, we had no idea, we just literally started recording and we wanted to see what happened. And I think the thing I'm most proud of is, this wasn't an entertainment podcast. This has turned into a big like, therapy couch, for I think for everybody, for us as well.

S For me too

J Yes so I mean, really for those of you who are long time THM community members and fans, you guys should know that Pearl and Serene, like no matter what they do they always want it to have some sort of purpose, some sort of take-away. They always want there to be something learned or something gained, they don't ever want to be gross and market-y. They

really do want people to walk away with something tangible, from everything, all of our products, all of the books, all everything. And this podcast has just, I'm really, really proud of it. I'm proud of what the three of you do, each time we do this. Nothing is ever scripted which, nobody in this room could possibly ever be scripted, even if there was a script. I'm just really proud of you guys, so congratulations. 52 episodes one year!

S And we couldn't do it without John. We're really proud of our John boy.

P We are, so much.

S Yeah, that's, yeah.

P Were we still telling your story Danny? Because you're taking up a lot of the air in the room.

D I'm just sitting here. Listening to you.

P Oh, okay.

D This is your show.

P Well let's get that done though. Oh, true. So then you got fired there and so then we sort of knew that we liked you.

D Well here's the thing, outside of the company.

P Yeah

D We have always just gelled as friends. When we go to a wedding, we would sit and find each other.

S We would end up sitting on the couch and just talking.

D And sit down and we'd do this.

S And we'd do this.

P And we'd do this, exactly. So we're like, we're going to do this podcast thing. It looks like a dangerous, you know, we got you there the first week to sort of, be there. And you just remained.

D I remained.

P And you do bring, you brought content. You brought a perspective from, as a beginner at THM, you brought questions to us. Like hey, Serene and Pearl, what the heck are you talking about?

[00:9:47]

D It's true.

S He's brought like the one and only Danny personality.

P That's true.

S You know, that is just one of those things I think that lightens everybody's day.

D Thank you.

P And he's brought a story. Danny has made himself something

out of hard times.

S Yeah, he's a "**what if you could**".

P He is a "**what if you could**", so thank you for being with us, Danny, on this 52 episode journey.

S Yes

D I actually, everybody thinks I'm cool because I get to hang with you two. You know, all our friend groups are like, man, how did you get in the club?

P And you tell them we're dorks right?

S Yes, we're so dorks.

D I'm like guys, I'm the cool one.

S Yes he is.

D They all don't even know.

S Yes he is.

D But it is, it's an odd pairing in a way, but it's totally, I think it was ordained.

P Yes, and even though I think some of the things we've talked about here, a lot of female things, you know, even the Big Foxy Mama PODdy.

D Which if you haven't heard.

P Where we talk about marital intimacy. It's like well why are

you two women sitting and speaking on a couch with a guy about that, however.

S We weren't speaking to a guy like that.

P No, we were speaking to a woman. But however, because of our history with Danny, because of the trust factor and because we know his wife and because we're like, you know, I feel like this has been a safe place.

S Yes

P Yes, and a respectful place. You know, for female stuff that so many are going through, and when Danny has to remain quiet, he shuts his mouth.

S He does.

D Cricket

P But what do we see with the future of this?

S Do you know what I see? It's just, I see a future and I'll tell you why because it's something that Pearl and I really enjoy. Danny, do you enjoy this?

D Absolutely

S I really enjoy it. And I think that there's nothing sustainable that's not enjoyable.

P So true

S And so I just feel like...

P I do look forward to this every week. I'm like PODdy? Oh good.

S Yeah and it just doesn't feel like work, it's not work.

[00:11:42]

D Yes, it's definitely the best way I've ever made money.

S And if my children know that you know, I'm not going into town to some meeting, I'm just going across to the cabin. And that's... I still feel like I'm a part of my family.

D Can I share what I see as the future of the podcast?

P Yes, because you were talking about a few things this morning. I was like, maybe not Danny but okay, go ahead.

D Well, whatever happens, obviously there's the book-specific stuff that we talk about, the Trim Healthy Mama Lifestyle, what an S-Meal is, helping women really. This podcast has been a compliment to that. I think if I've, what I've tried to bring in the past and hopefully will continue to bring in the future is, all I want to see is, and forgive me if this sounds cheesy, I want to see women empowered to do what they can do. And I never want to see anybody saying I can't and not achieving their goals and not doing all that God has for their life.

S **“What if you could”, “what if you could”, “what if you could”**

D Well, in episode 10 or 11, we started talking about, “**what if you could**”, and that became a big thing. You know, there’s people online right now, printing metal decals that say but “**what if you could**”...

S I’ve got to get those dolls.

P Have you seen those T-shirts out with what if you could?

D There’s T-shirts out?

P We’re not making any money on those.

D So for those of you who don’t know

P I think it’s copyrighted isn’t it Danny?

D I don’t think so, around episode 10 or 11 we kind of all, for me it was the first really, kind of a launch episode. Even though we have said a lot of good things before, that episode was very special because we really did a deep dive on the false things that limit people from accomplishing their desires.

S This is going to go straight into the meat].

P Okay so let’s finish the PODdy by talking about the future. Serene, bring your meat here because Serene’s meat goes along with this.

[00:13:50]

D No I want to hear the meat. And that’s really all I wanted to

say was I want to say thank you to all the people who, so many people have written in and encouraged me and said wow your words have changed my life. I was like, really? No way. Like that is so encouraging to hear that people are getting set free from their addictions to whatever or being able to accomplish things that were previously impossible because of a little question we would ask or something we said. So I just want to say thank you to everybody.

S Well that's the thing I love about you Danny, is you've never let the negatives set you back. You've never let them label you, you've never let the negative things or experiences or the people in your life, you've never let them hold you down. You've always risen above. With Christ's strength, you've always risen above. And that's just, he is the true "**what if you could**" live doll.

P GI Joe doll

D The pull-string, little afro-doll, little Mexican man with the brillo pad for hair

S So this is like, easing itself right into this thing that's burning, the subject that's burning on my heart and Pearl and I, we attend the church of our Father

[00:15:08]

D Can we build a sign and hang it outside the front of the Church of Our Father?

S Yes, let's just lay the whole picture out for you. So our parents are almost 80. And so, we went to the, in Franklin, drive for an hour and a bit.

P Wait, can we go back? Okay, so our dad has been a pastor. So we are PK's. Serene and I are PK's, we grew up as Pastor's Kids.

S Naughty PK's, we had to line up, after Church, the whole lot of us to get our weekly spank because we were brats at Church that ran around.

P We weren't well behaved.

D You all were bratty PK's. That's why we get along.

P Yes, with good hearts though. We were unruly, we never obeyed the Sunday school teachers and stuff.

S Do you want to hear a funny story?

D Yes

S You know Rocklyn right, Rocklyn is our brother, but he's the brother that's out-there. One day he just decided that there hadn't been enough tithing to the church, so he got him and his friends and formed a locked arm circle in front of the door

and wouldn't let anyone leave until he found out if everyone had paid their tithes or not today. That's the kind of naughty brats we were, so he was lined up for a spank for that.

D Oh, he got some justice on that one, from Dad?

P Dad liked to bring the justice to us and we're all here, we all made it and we're all good. Isn't that amazing?

D Your Dad is one of the greatest men on earth. He wrote a book, what was the book called about being a wimp? Not Diary of a Wimp.

P No, it was called.

D It was all about the wimp, he was talking about how the wimp didn't like to get his hands dirty. It was just this battle about being a man.

P Dad's a good old-fashioned preacher. Okay, so we grew up as PK's. Serene, tell them the rest, tell them why we go to the church of Our Father.

S Okay, yes so he basically pastored 800 people, big churches. But he wanted to be an itinerate minister and be free to travel and not you know, travel and minister where God led.

[00:17:04]

D Wait a minute, I'm name dropping. Can I name drop?

P Yes.

D He was co-pastor with Michael W. Smith, the cherub of Christendom.

S Yes, there you go name-dropper that was good. So anyway, he just wanted to be free to be led by God and just to not be locked into one place.

P In his older age

S And so he basically just started having a Sunday service in his house for whoever wanted to turn up. We used to drive into Franklin, an hour and a half drive and do all that schmoozing and it was great.

P All that church schmoozing.

S Back-slapping Church schmoozing. And but then we just decided, our parents are getting older. He has so much wisdom. My mother has so much wisdom and we have all these beautiful grandchildren. Why don't we just sit under their wisdom for a while? We're not going to have them forever. And so we just walk across the road and sit in their basement, with all their grandchildren.

D So that's where the basement Church started?

S He basically does it for the grandchildren. He's like, I just want to share what I have for them. But I remember, when my husband and I buried my husband's father, we called him

Saba which is Hebrew for Granddad. I remember, my husband, you know, putting the dirt on top of the coffin, he was like, I wish I could get inside his brain. If only I had sat at his feet more, he had so much wisdom. And his greatest regret was that there was so much going in that grave that he did not have. And so that's what I feel like, with our father we don't want to make the same mistake. We're like, he has so much to give.

D Wow

P I know we've got a lot of people listening that aren't believers such as we are, but we love you listening and we just share from our hearts. We hope we don't Bible-bash. But our Dad has such a fervor for the things of the Lord and every week he wants to bring to us and the grandchildren something special. So we don't really call it the Church of Our Father, we just call it Hilltop Church. All the grandchildren are there and all of us and then some people from around the hilltops so it's packed. It's packed in the basement but it is fine. It's so non-politically correct man. You come to our church and you hear all the things that no other Churches would say.

D Don't come with some romantic idea..

[00:19:21]

P You're probably going to be offended.

D I'm not even going to start with the stories and fun because it is total, it's like.

S An open platform

P Oh yes, anyone can pick it up and speak.

D Right

P So you never know what's going to happen.

D Yes it's like so if you get something burning on your heart or if you disagree, you're able in this Church to stand up and share and it is welcome. And it may not be agreed with.

P Yes, my sister is very vocal and loud, she'll just stand up right where she is and say, well I actually don't agree with that.

D Just in her seat

S Yes

D Just from her seat, I mean?

P Oh totally, but Serene, bring the meat.

S So we were there last Sunday and our Dad usually shares, but anybody can share. So our Mum got up and she just shares this revelation she had and it blew me away. I think Pearl, it blew you away. And I just want to share a little bit of that

because I feel like it really can parallel to our Trim Healthy Mama journey. She was getting up and saying okay so, the Promised Land was this amazing place that they were just on this journey to inherit.

P Yes, if you don't know much about the Bible, the Israelites were on their way, and most of us do know that, to the Promised Land. It took them 40 years but they had to get there.

S Right, okay so Mum was like, well what was so great about the Promised Land? Well, it was just a land with a promise attached to it. Alright, just because there was a promise attached to it. And she was saying how there are a lot of promises in the Bible. There are a lot of promises and there are lands that we can inherit, that we can dwell. But let's parallel it to the children of Israel to the Promised Land. Did they just sit back and say, yes I can't wait until you give it to me God? No, they had to slay the giants. They had to send spies in. They had to fight, they had to battle, so inherit to them wasn't just sitting back on the couch, inherit to them was action. And there are promises like with healing, Jehovah Rapha, God is our healer. That is a promise. But do we sit back and get filled with all the doubts and all the what-ifs and

sit back on the couch and eat McDonald's and not care? No, we have to slay the giants of doubt and fear, we have to get up and fight the battle for our health too. We have to inherit that promise. So it was very inspiring to me that so many, even rest, the promise of rest, that He is our rest, we can't just sit there filled with anxiety all day and nurture these feelings and these fears.

P We've got to slay the fear giant.

S Slay the fear giant and get out there and be proactive in your mind and so, it was just so inspiring. So in your Trim Healthy Mama journey, there is a promise. That He wants us to prosper and be in good health even as our soul prospers. This is a promise He desires for us to be in good health. But you aren't going to get there if you're just sitting there like Danny, not like Danny, is what I meant, and being like, no I can't. But you've got to be a "**what if you could**". You've got to slay those giants, you've got to say, I'm not accepting labels, I'm not accepting that I am adrenal fatigued and I'm going to be like that forever or I have fibromyalgia forever

P Or that I'm a binge eater. I'm an emotional eater, that's just what I am. Slay it.

[00:22:41]

S I'm going to slay the giant. I've got PCOS so I'll never really be able to lose the weight or I'll never have a baby. No, slay the giant. In your mind and in the physical, they had to get out with swords. You might have to get out with the sword of healthy food, or the sword of healthy sweeteners instead of sugar. The different swords out there to do practical ways of eating healthy

P The sword of protein in your breakfast in the morning, that's a sword. That is slaying the sugar monster. These are practical things but you've got to get up and do it. See, I'm preaching sermons here.

S I love it. No, go for it Pearl. But that was the meat that I felt like, Pearl, we've just got to share because it's so good

P But we don't inherit promises without the battle. The battle and battles are full of faith, if you go into a battle thinking, well I'm losing anyway, I'm not going to win, you don't win. So this battle that you're in for your health, for that trim waistline which is your health, you go in there and hey, I'm ready for the battle. I'm up for this. Maybe I'll get pushed back a few times but I am going to come again. I'm bringing it. I'm

bringing the sword, I'm bringing the tools and these arsenals that Trim Mama gives me, the big guns. They brought me the tools and now I'm going to fight.

[00:23:57]

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

S Serene

S Now the other thing is the battle is faith. The battle is not mental gymnastics. These promises are too wonderful, they're too amazing, and they're lofty, incredible thoughts, okay. And so I was reading Psalms this morning and it really touched me. It said Lord, my heart is not haughty, nor my eyes lofty, neither do I exercise myself in matters too great or in things too wonderful for me. Surely I have calmed and quieted my soul like a weaned child with his mother, like a weaned child is my soul within me, cease from fretting. Oh Israel, hope in the Lord from this time forth and forever.

S That was the whole chapter, Psalm 131 and what it spoke to me was, I'm not going to do mental gymnastics and say, okay, the promise is, God you are my healer. Alright well hang on, I'm going to exercise myself on this matter. Well you know, through my experiences, I don't know about that. I'm feeling

pretty shoddy and I've prayed and that cousin over there well they actually died and blah blah. That's exercising your brain with your own mental gymnastics, with your own wisdom of man. But, it says, let's not have haughty minds and hearts, let's not exercise ourselves and let's just accept through faith these promises. The battle is not going around and around in your head introspectively on these things. Because then it says, surely I have calmed and quieted my soul. The only way we can really accept them is to be like a calmed weaned child, stopping the fretting and just accepting.

P Yes, absolutely. Yes, we fight but we fight with faith.

S Yes, there you go.

P I love that, that's good meat.

D Man, when you believe that you can do something and then you take action on that belief, it can shake the world.

S That's what I said to my son, Arden when he came in this morning. He was like, you know, if I have this clear skin, I don't want to.

P Serene, history please

S Oh, I thought most people knew

P Serene is talking to the same 20 people every week

S Okay so my son battled a huge giant. He had an aggressive

form of cancer that was trying to take him down quick.

D What was, what was it called?

S It was Hodgkin's Lymphoma, which is not Non-Hodgkins Lymphoma wait, I forgot now.

P It was Hodgkin's Lymphoma. Usually Hodgkin's Lymphoma is slow-growing, but this was an aggressive, fast growing type, a rare thing.

S It was like a three month thing and it was fourth stage, crazy.

D His neck was, like, four times the size of normal.

S And he couldn't put his arms to the side. The tumours were on the inside pressing against his lungs and heart. He was in the critical ward in the hospital and stuff.

D It was a big deal.

S But, you know, we trusted in God. I mean, we did our duty. We didn't just sit back and do nothing in the practical. We did practical and the health practical and the medical. But our trust was not in those chariots. Our trust was in God. But now he's just, God has just done major amazing things. And he looks so healthy and so wonderful, he feels so great. And like, he still has a port in his arm because he's still going through some final stuff. But he's like, Mum, when I get that clear scan, I want to just live in faith and do practical things, eat

healthy, do cleanses, do all that. But I don't want to keep on going at it for like what if? Well let's do stem cell transplants because what if it might come back? Let's do this, let's do radiation because what if, what if, what if? And I'm like, you're hearing from God, Arden and that's awesome because it's like I just read with Psalm 131, I shared with him this this morning, let's not exercise our brain in matters too lofty for us. It's so beautiful it's such an incredible thought that He is our healer. Let's not go well, what if? He is our healer but what if you know? And start doing that, well I better go and get a university degree because my husband could die in a car accident tonight so what if, because of the what if, I'm going to just start fretting and start being anxious and start making decisions for crazy things.

P Not that there's anything wrong with a university degree

S No, there's nothing wrong with a university degree. But what I'm saying is, it's not for me. Like I'm 40, well 41 now I just had my birthday. And I'm not going to necessarily.

D But for you that's like your what if place.

S Yeah, it's my what-if place. Like so many people have told me you have so many children....what if something happens to you

D My wife's done the same. She's actually said that out loud. If something happens to you, maybe I need to go get my business degree or something, it's a place of intense fear.

S Well if that happens then you make those choices then but I'm not going to rearrange my life out of a fear. And so I said to him, I love that, Arden. You're just trusting, you're just resting in the promise. And you're not like, starting to exercise your brain with the mental gymnastics and do the fretting. But as a weaned child within you, being that rested person, you're hoping in God, and you can say, I'm resting. I just take that wonderful promise and I'm just resting in it. So that was this morning what my musings were, so I thought I'd bring that to you guys.

P I loved it. It really blessed me, it's where I'm at too.

S Pearl, can you just sum even that part up for the Trim Healthy Mama thing? I know that you can just bring that full circle. Just how it's like God has given us, He made our bodies in such an incredible way, He made our bodies to renew themselves. Every seven years, every cell in our body gets changed over and so He doesn't mean for us to have to just stay in these boxes and these prisons of labels and negativity.

P I think that there are a lot of thoughts like well that's great

that it's happened to them but it can't like happen to me. I don't think I could ever have that testimony. I've done a million diets and I've always quit.

S That's not resting in the wonderfulness.

[00:30:02]

P There's something wonderful for you.

S God made our bodies wonderful. We are fearfully and wonderfully made and we have to rest in that, and not think...

P Not resting in it like Serene says like eating McDonald's on the couch. That's a different rest.

D That's a different kind of rest.

P Our rest is a battle with faith. But it's a rest knowing that He actually has this good thing for us, there's a promise out there.

S We rest in the wisdom of God and we don't start exercising our brains with the wisdom of man and then putting it above God.

P Yes, like the wisdom of man would be like my PCOS tells me that I can never get the goal weight. My PCOS says I'll never have a baby.

D Right or my thyroid

P My thyroid means I'll always be tired for the rest of my life.

S Or my mother just died of breast cancer and I just had a

miscarriage and we're just moving house and so my adrenal's are tanked. And because of that, now I just feel like my adrenals will be tanked for life. But what about the people who went through the concentration camps, came out the other side, lived until 100 and never thought about adrenal fatigue.

P There's always seasons where we can't do as well, right? But what about okay, my life is too crazy right now because my Mum just moved in with us and you know I have to look after that. The boys are in basketball and all these things so I can't really take care of my health right now, that's out the window.

S That's just exercising your own wisdom of man and your own wisdom of man might be bunk.

D You're verbalizing the thoughts that we tell ourselves subconsciously. We don't hear the voice. It's so small and so inside that we just take action on it. But that's actually, what you all are talking about is actual sentences that people say to themselves. Obesity runs in my family, is another example. You know?

P But it all comes back to "**what if you could**"? And God gave us that "**what if you could**", because he says you are fearfully and wonderfully made. He's the creator, we're the

created. Nothing is impossible and you are a new creature. I mean, we have all of this but we've got to take it up and start having that as our identity, rather than the lies and the defeat.

D Yes

P The absolute defeat that, the defeat is what holds people back because it's all starting in the mind anyway.

S That was my new year's resolution. And I love how Zadok our nephew, our sister Vange's son, he's like I'm not into New Year's resolutions, I'm into New Year's resurrections. I'm going to resurrect these places of death in my life, these places of negativity and this year is going to be a year for life, a year for truth. And so that's what I, whenever I find myself slightly slipping into a what-if-I-can't? Well "what if I could"? Let me read the promises about this and I'm just going to speak truth over my life. I am not going back.

P And it doesn't mean guys, that we're saying that you have to be perfect here and you have to do this freaking THM menu maker and you have to go be writing out all of your S and E Meals. No, it doesn't mean that. Maybe that is doing it for you. It's not for me. For me it just means that at every meal, I say where is my protein

S I've never written a list in my life.

P It just means, it's as simple as this. Every meal, Pearl, where's your protein? Okay, you're going to put veggies with that, are you going to do a healthy carb or a healthy fat, it's as simple as that. It doesn't have to be.

S Or it's as simple as you messed up, shove that shame. Three hours later get back on that horse.

P Yes, you don't have to go insane with this. It's really practical. Simplify it if you feel too overwhelmed. You can do this.

D Yes

S And those who aren't Christians or whatever and you're listening, there's science in this too.

P I think there was a whole bunch of science we just shared.

D This is a science program.

S So yes, just take it for science.

D Seriously

P There's still places in our head where it's light or dark, I mean it is life or truth. It is death or it is life.

[00:33:53]

S Yes

P That's it and who you listen to.

S And if it's death or life when it comes to your mind, it is death

and life when it comes to your plate, there are choices in everything.

D You cannot only do what's possible, you can do what's impossible. The things that you have designated impossibilities in your mind, in your life, in your health, those things can actually be accomplished as well. Total impossibility right now there's a, you've got a medical condition, you know and it's preventing you. Man, let me talk to you about the neuroplasticity of the brain, to actually change. There are books out there, a book that I read called *The Brain That Changes Itself*. And it was people who could not physically use their right arm and it was done. There were no nerves built that were going down to their right arm and they'd, you've got to get the book, but they did these things where they made this mirror-box for this person to wear and what it did was, when they looked down, it, when they moved their left arm, it would appear in that box so they could see that and then the right arm was moving and the brain started to believe that the nerves were working on the right arm, it began to reinforce those strengths.

P Didn't they do that with vision too, I read that, yes, that people blind were...

D Blind people seeing again because when the brain was convinced that this person could see, though they couldn't, they began to see

P And obviously, we're not saying there are no limits but obviously you know if you were in war and maybe your arm got chopped up there is this thing. We're not going around saying, we're not being silly but we're saying faith is huge.

D What we're saying is, if a man can get new nerves built in his right arm, you can do this thyroid thing. You can do this obesity runs in my family thing. That's what we're saying.

S And in the natural and spiritual, I believe that there is power in God's, in the cross of God, which is above and beyond positive thinking. It is way above, it is way more power, but in the natural too, faith, just in the natural, in the science you can have healing just in the science of positivity.

P You can. Just in the fact that... it's a shadow, just like you're feeling down, science says when you actually force yourself to smile, you get a whole surge of serotonin, okay. So that's science. I mean this is just what we're talking about. These are spiritual things but the physical things go right along with it.

S Right, so God is our healer. I believe that He is just, He is

healing. But, He's put a little bit of that healing in the plants, in the herbs, in the everything. So we take natural things.

[00:36:35]

P We take it all. I want it all. Let's talk about the future of the PODdy.

S There has got to be a "**What-If-You-Could**" doll now Danny.

P Two minutes, you know I don't know and you guys are the ones who have made, like our books. Us three sitting here like big whoop, like you guys are the ones who are tuning in, you're giving us your questions, you're sharing this podcast with your friends, it's growing like nutso. So thank you for that.

S Yeah

P So we've been learning as we go.

S So bake a cake, would you and blow out a candle for yourself even.

D Nobody's even around, just blow it out.

P Where are we going with this? We don't know, there's lots of things, I mean we could make it broader like, you know, we've thought of what do we do with this PODdy? Bring in other topics? Like that aren't health and trim related and we're like, but this is what you tune in for.

D Hey, let's put it out there. Why don't you guys write in? I

would love to hear from the audience. If you could, what not only has been most powerful for you up until this point, but also what would you like to hear in the future?

S Yes, because Danny is waiting people, he's waiting to see if he's the only one who puts his fingers in the Gentle Sweet container and picks out the lumps to eat them before he goes to sleep. He wants feedback.

P Yes Danny wants feedback, and he wants to know if we can broaden and Serene and I are more like, okay, ladies are tuning in because they want to get trim and healthy, they want us to give them something every week, and Danny's like, no ladies want to hear more.

D For example, would some of you like to hear us on the topic of relationships?

P We've done that.

D Of course, but would you like more of that, what kind of things do you want?

S John wants to speak.

P Oh John, speak.

J While you're writing in to Danny, I'm curious because we've got kind of a question to throw out there to everybody. We've obviously been blessed to have a very vibrant listenership. I'm

curious how many people would be interested in not only listening to this PODdy, but maybe watching it as well.

S Well then I'd have to actually brush my hair.

D Oh, you're already looking crisp, what are you talking about?

S That's probably because I'm going out after this.

J Serene, both of you guys look like supermodels.

P That's hilarious.

J All the time

S He wants a raise.

J And isn't Danny's hair still looking good?

S Danny always looks trendy. But I want to be able to come in my PJs.

J No, but I'm curious if anybody would be interested in actually seeing the PODdy as well.

[00:39:01]

D Like a, basically having a camera in here while we're recording?

J I'm not talking about, there's no plans, there's nothing specific. We just, back behind the scenes there's some ideas we're throwing around. Maybe it wouldn't be every episode. Maybe we would do some special video podcasts.

D Yes, give us ideas... what do you want?

J I would be interested in that feedback.

D This is your podcast.

P Oh, and do you want special guests? Like because Serene and I, for example, are not good at telling you how to organize your pantry. And there's a million bloggers who do it.

S Don't look at Pearl's or my pantry.

P But do you want and obviously if you hate it we won't do it

S We don't even wash whites separately.

P We don't. So we do not have many organisational tips to give you .

S My daughter-in-law, she has asked if she can take some of our clothes to wash them for me, our water pipes all froze just a little bit back. I can tell you what, just being washed at her house, the same soap, the same kind of brand washing machine, everything just looked like it was freshly bought from the store. I don't know what's wrong with me but everything comes out grey and disgusting.

P I just throw everything in, but those sorts of things you can't learn anything from Serene and I but there are some things we can give you, Danny can give you. But if you want more, we're going to have to bring in special guests.

D Special guests or anything, what, I mean, whatever,

something you may have seen somewhere else that you love, some other thing that you're tuning into that's really rocking your world.

P But we've got to be who we are though.

D Yes, I've got that but we can bring who we are into video format. The special guest format, maybe you want to see us all take a trip to California. Could you please write in and talk about how important that would be to your growth?

P Okay guys, thanks for hanging with this PODdy episode with us and see you next week.

D Peace out

S See you mates.

[00:40:58]