



Trim Healthy Podcast with Serene and Pearl
Episode #65 - You Have a New Title. Oh, You Didn't Know
Your Name is "Healer". This Changes Everything.

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene • P = Pearl • D = Danny

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Trim Healthy Mama's and men welcome back to another great episode. I know it's going to be of the Trim Healthy Podcast. And, you know, we really want to welcome you into our living room because that's where we are. We're in a living room and we've always felt connected with you guys here and we want to say right upfront at our house you can disagree, you cannot like what we say.

P Hey, we're probably going to disagree with one another, Danny.

D I hope so.

P And Serene is going to breastfeed. Hey it's all going to happen.

D As we speak?

S Yeah, Mate, in fact don't worry I got the nursing shawl on.

P That's true, but you know yes nursing shawl is on, come on.

[00:00:49]

S So come on in. It's safe.

D That's actually kind of new. I remember about ten years ago I don't remember any shawls on the hill top.

S No, there weren't. There twaint weren't.

D Twaint not, I mean...

P No, there weren't shawls because I don't think shawls were a big thing back then, but we tried to stay covered with the shirts.

S We did.

D No, you didn't. No.

P Oh, you have bad memories. Don't tell people that.

[00:01:09]

D No, they're not bad by any means.

P Well Lisa was doing it with us.

D Yes, my wife was right in the mix.

P Okay, listen I want to tell you something before you start thinking we're perverted...

S I know what's coming out...

D Welcome to the PODdy

P We're from New Zealand. Down in New Zealand those of you who listen in New Zealand and Australia back when we were there breastfeeding is so normal you barely cover yourself. In fact you don't.

S You don't have nursing rooms.

D You so barely cover yourself that you don't.

S You have the front seat pew at church.

P Yes in church we grew up on the bosom. It is happening, babies on bosoms but that's a natural thing. Now we've learned...

[00:01:45]

S Hey, go to Africa if you're getting scared, Mate.

D Yes.

P We've learned to cover up. Serene's a "full on" coverer now.

S Full on.

D You know what though, this falls right in line with America being spazzers about things they shouldn't spaz about and making everything twisted and backwards.

P Send all your email to Serene and Danny about this.

D Serene and Danny at Trim Healthy Mama dot com.
(Support@TrimHealthyMama.com)

S Pearl doesn't want to be bothered.

P I don't want to be bothered with it, Mate. Hey, but you know what, we actually have a pretty intense subject today. I think we're going to be pretty blunt. It's on our hearts, it's burning and Serene and I had the same thing. She called me, she said what do you feel for the PODdy and I said what I felt and she's like oh my goodness Pearl, it's been on my heart. I was about to tell you the same thing. And tonight, today, whenever you're listening, maybe you're up at six, maybe you're listening in the bath at night, ten, we're going to talk about making your home a healing home.

[00:02:42]

S Oh, it's just so huge in my brain right now. Hah, like it's something that Pearl and I have just tried to do, right. Danny, I'm sure you've tried to do that but, you know, sometimes to hear something very profound which we're about to tell you just resets it and just makes the electrical charge to that desire so much stronger.

P And having it as an understanding, talking through it like we're going to do tonight and then making it a priority. Sometimes we think things and we go about our lives and we're just going about our lives rather than really focusing on something that maybe we've been leaving out.

S And this is so simple and it's so profound and there happens to be a lot of things in the Bible that's just so simple and it's so profound. So we're actually going to bring the foundation of what we're about to say from the Bible. And those of you listening who aren't necessarily believers, hey it works anyway.

P It still works...

S It still works.

P Hugely on a health level for our bodies, for our minds.

S And very hugely on an emotional level, so anyway, in Luke 12:42 there's a verse that says this is the TPT translation, the Passion translation but it's the same word in any translation, but it says: "*A trustworthy and thoughtful manager*". The Lord said, "*A trustworthy and thoughtful manager who understands the ways of his Master will be given a ministry of responsibility in his Master's house or household serving others exactly what they need at just the right time.*"

[00:04:21]

S Now that word household in the Greek is therapeuo and that's where we get the word therapeutic from. And therapeuo is used a couple of other times in the Bible and do you know when it's used, only...

P This is huge.

S In reference to besides from this verse here, only in reference to Jesus healing all who need healing.

P So that word household means...

S A place of healing.

P Home means a place of healing.

D Wow, even if you hate...

[00:04:51]

S Home means healing, Danny.

D Even if you hate the Bible, like even if you look at it like just another like ancient book, like you know Buddhism or something like that, I mean hear the ancient texts, right.

S "Home is healing."

P So let's...

S It actually means healing, house, household.

P So I want to discuss just the enormosity of that and then ways we can make our homes places of healing.

S First of all can I just say the first thing that's just chopping off my brain, like just trying to run off of my tongue. I have fallen into the trap that maybe many women have fallen into where when they think home is feeling chaotic, when they think home is where they've got to do all their duty and their must do's and their tick off list. Now people that work outside the home may feel differently, but because mainly, you know, the home is my hub of the day...

P It's your workplace.

[00:05:44]

S Sometimes I think... Yes, it's my workplace. Sometimes I think ah, to get healing I need to go away, right. To get healing I need to go and have that coffee alone. To get healing I need to go to the spa, not that I ever have.

D Never been to a spa?

S But guess what...

D Going tomorrow, sorry...

S The household which is really not talking about the bricks and mortar, it's talking about the people, the household, a household, is a place of healing. To me the first thing that jumps into my brain is because that's where the oxytocin flows, because when you've got other people there to touch, to encourage, to...

P But before we go there, before we say it is a place of healing and that's where the oxytocin flows, Serene, like we always do, no we decided to make it that. The Bible scriptures also say a wise woman builds her house. And so we are the ones that make this home a place of healing. Danny, I know you're sitting there and you have a word for the men, but...

D No, no I'm listening.

P Actually we have this mandate as women, and I know we have so many women saying well, you know, I just want to give up. My husband doesn't want to follow this and my children won't have nothing to do with it and you know what they don't care if I'm healthy. A home of healing starts with the mother.

[00:07:00]

S Well just say the other part of that scripture, Pearl, which is very powerful. You said the first part which is very encouraging, a wise woman builds her home, but the second part is a foolish woman destroys it, she tears it down. The actual text is tears it down. Now listen this is interesting. Okay, so today in this day and age we have many women that have to work outside the home. They have to. They're either single and that's just totally cool. You can't just sit at home and do nothing with nobody there. Or you have to provide because you're a single mother and you've got to go out and that is totally understandable, but there are...

P Well, there's different seasons.

S There's different seasons too, but there are many times where a woman maybe just running out of a home and maybe she needs to be there, you know. And so the first home was the Garden of Eden and God made all the animals and everything and the plants and everything and the man and He said it was good. And then he turned around and said hang on here, it's not good. Then He made Eve to dwell on that first home and he said ah, now it's very good.

P Is that actual the literal... It went from good to very good.

S Yes, yes.

[00:08:08]

P Yes and so I think today we just want to encourage ourselves because actually we've been talking to our Mum about it this week and Mum was the one who shared us with that scripture and it blew our minds.

S Yes, that was her. That was her. That did not... That verse and that...

P No, but it blew our minds and then we just thought oh my goodness we related this to Trim Healthy Mama in all sorts on many levels. But our homes are literal are supposed to be the places of healing. Not so much the doctor's office. Not so much the school. Not so much the counsellor's office and all these things have a place, but our homes are where we heal ourselves body, soul and spirit.

S You know it's great to go out to a restaurant.

P Oh, yes, mate.

S It's so fun, but guess what, it's the meals that you have at home that are going to be more of the bricks and mortar. It's going to be more of the... You know, it's a majority I'm sure unless you're like very, very wealthy and can eat out constantly.

P Right.

[00:09:04]

S So, the home is where you can make it a place of healing.

P Yes, so...

S Or even if you're out because you're working, home's going to be where you prepare to take that food out.

P Yes, absolutely. So let's start with body, let's do... Danny, you've got your thinking finger and thinking eyes on.

D It doesn't happen every podcast. I feel every podcast is great, but from time to time you both just bring heaven to earth and I just want to sit in it.

P Oh, so you're just swooning with the idea of this right now.

D This is really big.

S To me it was just when Mum shared the understanding that household means healing it was huge to me because I feel like I was buying into a lie.

D No, because the whole country is ravaged and it has started in the home, in broken homes, in disconnected mothers, in disconnected fathers not tuned into their highest job.

[00:10:08]

S You just think of men who are maybe in pain, you know, because they've got stuff going in their lives that isn't right and maybe they're not believers and they're just going down a wrong path. Where do they go to healing? The pub, out of the home.

D Yes.

S I got to go be by myself and get to the drink, but home is the place of healing.

D Man, I can tell you when I walk through the door proverbially speaking because sometimes I work from home but I do work in my back office, it's disconnected from the house, but when I walk through the door and for whatever reason if my wife has had a bad day or she's just stressed or whatever it's like a cloud... Somehow I feel like a failure. Somehow I feel just an instant like oh no, just upset. But when I come through and you can see the glow and that, you know, she's bringing that life...

P It's a balm of healing, right.

D It's totally a balm of healing.

P Now we're all going to have our bad days...

D Absolutely.

P But just for women, men too obviously Danny you'll take this, but for women to grasp this, that we can be the initiators of healing to our homes, body, mind and spirit, we're going to go through these three things, it is so huge. Serene, you just mentioned you felt duped or you felt...

[00:11:28]

S Well and can I say this really quick just to enlarge the thought that I was feeling deceived is the fact that I think there is an enemy out there, you know,

the devil, who basically hates the home.

P Oh, yes.

S And wants to tell everybody out there that home is painful, that home is where you're just going to get, you know, home is a place to stay away from. Children run away. Mothers even if they're in the home to just vacate it in their heads, to not even want to be there in their heads, you know, in their head space, and men to want to stay away from the home, to just finish work and go be with the buds, right.

P Everything is an attack on the home.

S Right, now I was thinking as something I mother my children I feel sometimes, I'm just being honest here, totally vulnerable with you, sometimes I get this overwhelmed sense of ah everybody's talking at once, ah.

D Yes.

[00:12:25]

S Like this is just chaotic, ah.

D Totally, totally...

S This is just so noisy, ah. Nervous overload, but guess what, I believe that I get these pricks because the devil doesn't want me to thrive in the home and because I know people, I know women who have such strong nerves around animals. I walk past this house to go to my home like on our little country lane and this lady looks after about 50 yapping psychopathic, demon possessed dogs.

D I know this house. And what else, what's the other creature?

P A couple of donkeys.

S Yes, a couple of those spitting things.

D No, it's like an exotic bird. What's it called?

S Peacocks?

D A peacock.

[00:13:04]

S Yes, but those other spitting things too, they are camelly things....

P No, Tie Dye Mary, that's our other neighbour, she's awesome. She's got peacocks.

D No, no but there is a peacock...

P Oh, the other one.

D And I thought it was like an omen from heaven or something when I first saw it. It was like why is there a peacock.

S Now listen...

D Sorry.

S These women never lose their temper, never lose their cool and they're not like angelic, perfect women because the devil and the enemy doesn't have to come, like she's not doing anything that powerful looking after all these animals. It's great don't write me CPS letters, don't write me all that stuff.

P Oh, there's more emails coming, Serene.

D Serene and Pearl...

[00:13:35]

S No, but what I'm trying to say is when there's something powerful like eternal souls, humans that can be torn apart or healed I believe there's a great deception that people can fall into. I don't know, I'm just trying to say why am I overwhelmed with children and there's people looking after dogs that won't shut up all day long and they're not overwhelmed.

D That's true and it's cute.

S There's something to it. It's cute to them.

D That's true.

P Well I do believe there's a big agenda here that so much is against us having our homes as homes of healing.

S By the way I love my children and I feel incredible joy. I'm just saying there are just times... I'm being vulnerable...

D No, that's right. That's right.

S Times where I'm pulling my hair out.

D Yes.

S But the dog lovers never pull their hair out.

[00:14:13]

D No, it's cute.

S They don't have ten children in their home. They have 70 demon possessed dogs and they love it.

P All the fur baby lovers right now write to Serene. But hey, you know what, you've got a point there Serene. Sometimes we... I don't know if it's we allow ourselves, but I just honestly think it's because we don't have this picture of what we can be in our homes and what our homes can be for our families., and since I've downloaded this into my brain I'm like oh my goodness, my home is a house of healing. I can facilitate that. Let's go about it. Let's talk about how our homes can be healing for our bodies, all the members of our bodies in our families, in our homes. And of course, you know, we've got Trim Healthy Mama here, we've got this basic plan. It's simple. It's not throwing any food groups out. It's just, you know, sanity.

S So can you imagine if you went to a resort and it was the healing resort and you went in there and you were going to stay there for a while and they furnished the room you're staying in with food in the cupboard.

P Right.

S If you open up the cupboard and saw Pringles and Gold Fish and crazy stuff you'd be like well this isn't a healing resort.

P No, I know.

D It's true.

[00:15:28]

S So what's in your cupboards, ladies?

P I know and, you know, it's hard to come down. Okay, we're always I feel like we're pretty soft on people, you know.

S Well, I just said it, Pearl. You can do all the softies you want.

P Oh, right.

S What's in your cupboards, ladies?

P You just said it, but sometimes men, husbands, they're allowed to bring in what they want, but I want to say this, sometimes we hear people I just fall off plan, I just cave, I just cave. But if we had a bigger understanding of how powerful we are for our children and our families, if your children are watching you drink sodas and binge of bags of Doritos and just stop at the drive through all the time how is that, you know, being a facilitator of a healing home.

S And I think it's understanding who you are, like you are not just a person living at the home. You are the administrator of this healing home.

[00:16:20]

P Yes, you are.

S You are one of the leaders.

P So yes, we're all going to have bad days and yes we're going to make silly mistakes. Listen I'm not perfect. I will eat off plan things sometimes, but I do have this picture of no, I bring healing foods into my home, I eat healing foods in front of my children, I serve healing foods to my husband. You know, I can't control what he does, he's a grown man, but I'm certainly going to be as much of a healer as I can to him, to myself because my children need me as the healer of the home, you know.

S And I don't think it's a waste of time to take a few extra minutes if it takes that to make a healthy meal, not that it really takes it with Trim Healthy Mama. We've tried to keep things very quick and quick things to make. But it shouldn't make us upset if we had to take an extra time, because we're realizing we're not just any old place. We're the healing home. That takes a little bit of extra purposeful forethought. I got tongue tied.

[00:17:22]

P It truly does. So I think when we ask ourselves well why should I stay on plan when I just feel like it's just hard and I just... You know and maybe we've got a background of completely different foods and all these things fighting at us, right, because as we said the enemy doesn't want our homes to be healing places. If we just think but hold on I'm a healer in my home, why would I bring that in, why would I cave to that. I'm going to stand. I'm going to stand for healing.

S Wipe the wrinkle off your brow, like the furrow off your brow and lift your head up high because women and men, you are doctors. You are doctors in your home. You're not only doctors, you are... We could go further now. You are counselors you are so many things, so many things. So let's talk about that. You are encouragers. You are cheerleaders. So when Pearl after we got this kind of jolt from the scripture I feel like I've got to reset in the way I speak to my children, because a healing home has to have healing words. And the tongue is the most powerful and so...

P Okay, so you're onto mind and spirit here.

S Yes, so I used to think wonderful thoughts about my children, but now I've just decided whenever I see them it's going to come out. It's got to come out.

P And you know what, healing foods, healing words, healing expressions. My thing has been and now I am so more mindful to literally smile at my husband. You know, I don't know but life is stressed. You know, sometimes he'd come out and it's like what you're talking about Danny, and I've just had a stressful day, I want to let him know that by the look on my face. Argh, hhm, yes, you know you can't see my face people listening, but it's just a little bit of a tense face.

[00:19:19]

S I'll describe it. It's this face you see at certain mothers at grocery stores and they can't say the words out loud to the children, so their purse their lips and that's the face.

P But you know what, even the words so much, words are so important but it's... I don't even think our children and our husbands remember them so much and tell me Danny if this is true, but the look on our faces.

D Oh, yes, oh yes... I can take the pulse the minute I walk in the door. Nothing has to be said. There's something on the face that just tells me what the evening is going to be like.

S And you know we cannot even change our circumstances. We cannot change the spilled milk. Let's just say we're going to keep all the spilled milk coming. We're going to keep a little bit of the chaos and the muddy shoes going everywhere and keep all of the cray-cray.

P Because there's going to be cray-cray, oh my goodness

S Just keep it, but change the pulling down words to healing words and that the healing smile instead of the frown. Guess what, we're going to feel a million bucks ourselves. Not only the people around us.

[00:20:26]

D Wow, I would love to see thousands of women take on a title just like a doctor would take on the title of doctor, take on the title of Healer, almost see themselves as the called Healer.

S Yes, oh that's good, Danny.

P And I think it is a calling for all of us. If God gave us this beautiful gift of being mothers, being wives, maybe you're single, you're still... You know, you can still minister to people, but Trim Healthy Mama, you know, as a Mama it's huge.

S Maybe there's a bunch of other single women that just need to be invited over for a cup of tea and healing.

P Yes and your home could be a healing home.

D Totally.

S For a cup of tea and healing foods and healing words.

P I'm saying this is a mantel and let's wear it, and as we wear it, you know what, we're going to walk more powerfully in it. When we like... Questions like why are we doing this and we don't even know why and we don't have a purpose, our purpose becomes so clear. It's not just for us, it's for others I heal myself first and then as I'm getting healed I heal others in my family.

[00:21:29]

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

S Serene.

[00:21:36]

S So I have found since I have had this reset which I've always had like I said before a desire to have a healing home obviously because I'm into health and everything.

P But she didn't really know it was called a healing home.

S Yes and I didn't really know that that was my title.

P Yes.

S So now I know it's my title I've been doing this for a day, okay, with the title.

P Okay, one day.

S. Wearing it for a day with the title, I tell you what, there was a lot of stuff that went on, you know.

P Cray-cray stuff.

S Cray-cray, today was the day I chose to clean all the freezers and refrigerators.

P Oh, that is enough to put me in the worst mood in the world.

S We were washing mold, moldy old salsa.

P I'm sorry.

S You know, old junk and then...

P How were you healing through that.

S And then the baby is in the ergo nursing at the same time and toddler's like slipping in the junk that fell out of the fridge and stuff like that.

P Nice.

S This is the fridge that's been not touched since the whole end of pregnancy and post-partum. Gross, right.

P Gross.

S I found that even though there may have been even more cray-cray stuff than usual today, just with my change of knowing my title and speaking healing words out instead of speaking I told you to do that, look go back and do it again and blah, blah, blah, now I've been today like wow I'm so thankful that you helped me with that, so wonderful. Hey do you mind just because you're so good at that if you just take one more wipe across that shelf again. Ah awesome, mate. You know, change the way I spoke, spoke healing instead of degrading, my energy level is huge tonight.

P Really.

S I don't feel like oh I just can't wait to get to bed. Now I'm like hey what are we doing tonight, family fun night or something.

P Awesome, and do you know what, another thing that's healing and is scientifically healing – laughter.

[00:23:18]

D Oh, yes.

S Yes.

P And that's what I've been trying to do too because laughter in the home even heals.

D Take your medicine.

P But as my husband and I have I think got closer, we've definitely had our time. You know, with every couple no matter, no couple's perfect, but we've grown closer over the years. Now after 24 years...

S Little Chucky Cheese.

P Yes, good old husband.

S Chuckster.

P You know, our relationship is so much about laughter now. Even if it's not very funny we laugh together and that has healed us. I'm not even very funny.

S I find you funny, Pearl.

P But I mean I'll laugh at him, not in a cruel way but in a kind way and then he'll laugh at me and it's just like it's healed us. And I laugh at my children. I mean things they do that I might could even ridicule or I just find them so quirky and funny and it's just beautiful.

[00:24:12]

S You have touched on something that is so huge and it starts with laughter and it ends with this thought; why are we taking it all so seriously? I've just decided with my first day of wearing the title that to be a healer in my home...

P We'll have to come back next week say how you're doing, yes.

S Yes and Danny we're not that too far into this PODdy, I want you to bring it to the men. I'm so excited. But to be a healer in the home I've just decided why am I constantly rushing around looking at the clock ready to tick the next box. Why can I not even take a break and listen to the sweet little things my children want to tell me because I want to move onto the next "have to be done" so I can tick list. That's crazy. I was taking it so seriously. Why did I still think that I was like on the clock racing for what? I don't know, racing so I could be 70 year old wrinkle faced like old battle axe because I just set my...

P I'm sorry, we have a lot of 70 year olds listening, but they're not battle axes.

S No, I'm not talking about that. My Mum is almost 80 and she's an Empress Queen of joy and glow.

[00:25:15]

P All battle axe emails go to Serene.

S I'm not talking about that.

P I know.

S I'm imagining myself rushing through my life and reaching the pinnacle where I should be filled with joy and laughter lines, but they're not beautiful laughter lines like my Mum. What are they? They're battle axe frown lines. That's what a battle axe is, someone who spent their life frowning and being upset because they're rushing around and making everyone else rush and not stopping to smell the flowers.

P I'm at you alter call, Serene.

S My children have beautiful flower words to say to me, they have beautiful flower drawings that yes are annoying because they're little pieces of paper just want to clutter up my place, but guess what, I'm going to let them clutter and I'm going to let them hang and I'm going to let my little boy keep the lint that comes out of my dryer because he wants to use it as a fire starter and I'm always saying no throw it away, it's going to be a mess. I'm going to find it in the corner, throw it away. But now I'm like hey life is fun, it's not so serious. That's right, keep it.

P I know and that's healing. And guess what else is healing before you bring it Danny.

D You all are teeing me up.

[00:26:10]

P Healing touch and as a wife and a mother it's how we touch our children, how we touch our husband. A big part of that healing for husbands is the intimacy, the beautiful purity of married sex. That's healing in a marriage.

S It is.

P That is a healing home when the parents...

S And it doesn't have to be when you've got the energy to put the high heels and the lipstick on, no, just good old simple meat and potatoes.

P Yes, that's healing man. I'm telling you if there ever was something to heal the home that would be Mama and Dad in the bedroom getting healed together.

S Amen

D And you've heard it first here, folks.

S And I want to say one more thing before Danny takes it away.

P Danny, take the wheel.

[00:27:00]

S I wanted to say one more thing. Pearl, I want to honour you. I just want to say,

you know, we grew up with this poem “With Pleasure.” I’m a healing home right now. This is sister, she’s in my household.

P Okay, aw.

S If with pleasure you are viewing any work a man is doing, if you like him or you love him tell him now. Don’t withhold... I’m not going to say the whole thing. Don’t withhold your approbation till the parson makes oration. And he lies with snowy lilies on his brow. And it goes on and on and on, a poem that my Mum put on our toilet wall because our home was a healing home as we grew up. And she put up poems and that was to encourage us to tell each other how good we were. Like Pearl you’re awesome. Like Mum you’re awesome.

S So anyway, Pearl you’re awesome. I want to say you have this beautiful thing, you do hug your children a lot, your older children. And because of that they hug you and you’re a very huggy home. And I’ve watched you lately and I’ve decided even though I’m very cuddly to my younger children, some of my older children don’t act like they need it, but I’ve just decided so I feel like now it feels weird and nerdy to hug them, you know.

P Oh, right, right, yes.

[00:28:01]

S But I’ve just decided who cares, I like what Pearl’s doing. And so as of today because of the title Healer, I have been doing that and it’s really they’ve got an extra twinkle in their eye.

P Aw, sweet.

S And I really feel like there’s something kind of like... There’s some new sparks to my older teenagers and me. New sparks.

P Oh, well thank you Serene, that’s beautiful. But I know when children are in the home no matter how old they are we all need touch, right. All of us bloom under touch and even though some of us think we don’t need touch, we do need it, even scientifically. And we need loving touch to thrive and, yes, I do, I love touching my children and healing. Thank you Serene, though.

S Danny, we’re at 29 minutes.

P Danny, take the wheel.

S I think you could give us a good ten.

D Men, you too are healers in your home. Do not orphan your children. I can't stress enough the importance you have in your house, the God-like admiration your sons have for you, the mesmerized heart your daughters have for you. You have the highest calling and responsibility ever given to Kings. It's yours. Don't look through your sons. Look right into their eyes. Don't forget how pliable your children are. You know, I have come through the door so wrong so many times. You know, I just talked about my wife as I come through the door, she's wrong in her spirit, that happens. But you know what, I've done it way more than her after a big, long, hard, stressful day, you know, that temptation to come in and, you know, dump all your problems out. Let me tell you, you bring the same energy that you bring at seven in the morning when you clock in at work, you are clocking into your more important job when you get home. I don't care how long it's been. I don't care how hard it is. You take yourself 10 minutes, you get your mind right and you walk in like a king bringing gifts to your family. And I just can't stress enough how important you are and how needed you are. Look your sons in the eyes, touch them, tell them that they're amazing and strong and brave. Look at your daughter's, tell them that they are beautiful and rare and priceless. If they want to kiss you, let them kiss you and be what you're called to be.

P Huge.

S Danny, that was huge. That was so huge.

D Let me tell you, you men, you have the power to change the world. Every word you say, the countenance on your face, the spirit you bring is all being recorded by very important people called your children, your wife. You have such a calling and you can make beautiful gardens grow or you can ravage the earth with your neglect.

P Thanks Danny, I mean you spoke it and you know what, you know what this all boils down to, it starts with us, right. So whether you're a Mother in the home or you're a Father in the home, it starts with you. So I know right now that there's so many people listening right now that may be struggling with their marriage, struggling in their family home, but you are called to be a Healer and just let it start in your heart, bring the title to your mind and let it just start working in you in little ways. And who knows the miracles that can come from this.

S So huge.

[00:32:35]

P And not just for now but for generations to come, you being the healer.

S That's so huge and you know I've actually called you up on the phone before, Pearl, and said to spew or not to spew, Pearl. I mean I really have the right, it's been a really tough day, so Sam's about to come home and walk in the door, shouldn't I tell him just how hard it is I have it here, you know. And I'm about to leave and do a radio thing and I just... This is hard and we didn't really have an answer. We were like well either way, you know, it's like but now we know who we are, we have a title, Healer.

P We're Healers.

S Well guess what, we don't have the right because Healers are going to crumble things if they spew. So men walking in the door with the spew of their day, women spewing on their husbands when they come home, children spewing at each other, you took my video game, blah, blah, blah, spewing. No one has the right in the home to spew anymore because the household is a place of healing.

D You know one thing men need to learn, a couple of days ago I teared up and was very vulnerable and cried in front of my wife and shared some things in a very great way, because what I usually do is hold those things in. I'm not vulnerable. I want to protect my ego and myself and instead I'm just fussy and angry, and I haven't shed a tear in like 16 years.

P You're not a crier.

D No, no.

P My husband is not a crier either.

S Can I interrupt and say one thing, Danny, because I just don't want to forget it.

D Yes, it's your show.

S And then you just take it away, but this is something I struggle with and I don't know why because people might think well I'm not very shy, they might think that, but it's so funny because I feel like, and it's probably the devil, that I'm shy to show good emotion and I feel that that's natural in humans. Like do you ever stop and think this will be embarrassing if I do a hissy fit at the house?

D Yes.

[00:34:42]

P No.

S Do you ever stop and think like if I scream at my children for spilling the milk and have all kinds of witch like faces on, like contorted and grow warts at the end of my nose while I'm saying it, do I feel embarrassed? No, but sometimes it's like when I take my teenager by the shoulder and give them a good pat and put my arm around them and look in their eyes and say do you know how much you mean to me, sometimes that can be embarrassing.

P You get embarrassed, yes.

S But is that the enemy or what, because we're not embarrassed to show the worst of ourselves but we're embarrassed to be healers.

P You're embarrassed and that's what you were saying, Danny.

D That's exactly what I'm talking about and again 16 years or more I have not shed a tear in front of my wife. I'm not saying that we need to all be balling now. I'm just saying the reason I haven't shed a tear in front of my wife is because I haven't been vulnerable and honest with her. I've held things in.

P You'd rather get hissy.

D Yes, I hold things in. I'm angry. I look through her and what I learnt to do is to instead of that share with her where I'm at and that she can handle it. And I've actually had to say to her I've not shared because I don't want you to be insecure. I don't want you to feel nervous about my stresses. I want you to be happy, you know. And so I'll share more with you if you will tell me that when I'm vulnerable you're going to stay strong and you're not going to fall apart and feel like we're not solid and secure. And so that open communication is so needed. That vulnerability is needed. To not be vulnerable is to complicate your relationship.

P So true, so just homes of healing. I just love this mantel we can take. As Serene said, listen we don't want to get all judgmental about... You can go see my shopping cart sometimes at Kroger or Wal-Mart. It might have some corn chips in it because whatever, my children eat corn chips and salsa sometimes.

D Crisp corn chips are awesome.

[00:36:38]

P Let's not judge each other, but still let's... Trim Healthy Mama has never been go to your cupboards right now and throw out all the junk food and only have organic in there and just... But when we do something with this mantel oh my home is a home of healing, let's fill our grocery carts with healing foods, let's put them in our cupboards, let's not try to be absolutely perfect and stress ourselves out, but let's be healers.

S Yes and it's not about works and it's not about like Pearl said the perfectionism of it. Oh, I slipped up. No, it's about when you have a title you will live in those shoes.

D Yes, yes.

P Yes.

S And it doesn't mean... You can take a vacation from those shoes occasionally. Like sometimes I make Gentle Sweet treats for my teenage girls.

D I just eat Gentle Sweet.

S And they're all healthy, but other times I go to Whole Foods and buy organic cane sugar junk because I take a vacation occasionally from my shoes.

D That's great.

S But because they're there and they fit me...

P They're your real shoes.

S They're my real shoes I easily slide back into them.

D That's right.

P Oh my goodness, this is good. And you know what, I don't even think we have to continue. I don't want to do a food spotlight today. I don't want to take questions.

D No, we're done here.

P This is too powerful. I want to end with this mantel that we all are going to wear. We are home... We have homes of healing. We are the Healers in our home. Let's walk in it. Let's wear the mantel. Let's practice it. Let's do it together.

D Thanks for hanging with us again. We love you. We hope you felt like you're in our living room because we sure do see you all right here with us.

[00:38:08]

PODCAST SPONSOR FOR Episode #65 ~ [NUTRAFOL](#)

S I love this product Nutrafol because it truly is natural and it is a hair nurturer. Basically it's not some magic pill, but it is something that you can take to make your hair happy from within the little root and grow again.

P We're exposed to many supplements here that people want us to promote and usually we don't, but we looked at just the quality and what is in this formulation, it's absolutely incredible. Serene and I were yes we can get behind this, because it was absolutely pure, absolutely potent and man these scientists worked on this for years and there hasn't been any breakthroughs in hair restoration for a long time.

S No, in fact many of the well, you call it chemically medicinal things for hair these days they can really wreak havoc on the hormones of men especially.

P Yes and women. They mess up your sexual health, but this product is all natural. It doesn't. It actually supports your health in many ways, not just your hair. So if you have thinning hair or hair that's falling out, listen we all go through stages of our life right and hair has different shedding and then growing in stages and sometimes when you lose weight for no matter the reason your hair may start to thin. There are other reasons; stress, cortisol, sometimes thyroid.

S And that season right after pregnancy and then during the early stages of nursing. There are just different seasons and we can support our hair and make it happy. Like I said this is not a drug, it's not a magic pill. It's completely natural and it just makes your hair happy. It gives it what it needs like a plant. You know, you give a plant water and sunshine and it grows. Well you give your hair Nutrafol and it's happy and it grows.

P I love that it doesn't have soy, gluten, I mean anything artificial or anything like that. And so go check their website out and that is Nutrafol.com.

P N U T R A F O L dot com. If you want to get your first month's supply with a subscription for just \$10 enter the promo code Trim Healthy.

S And a good head of hair is worth fighting for.

P And that is Nutrafol.com. Enter the promo code Trim Healthy.