



Trim Healthy Podcast with Serene and Pearl
Episode 73 - IT IS IMPORTANT TO KNOW WHERE YOUR
PRODUCTS COME FROM

*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 · N = Nathan · J = John · L = Lesley

[00:00:00]

Announcer This is not a drink. This is the new cascara cold foam, cold brew. Craft liquified, delicately smooth. This is the strawberry Acai Starbucks refreshers beverage, tropics chilled by afternoon anew. This is the Teavana iced peach white tea infusion; steeped, shaken, excited to refresh. This is the new ultra-caramel Frappuccino-blended beverage, whipped cream layers; perfect. And this is your afternoon made at Starbucks.

J Hello good people of the THM community. Welcome to The Poddy, this is producer John filling in for the world-famous Danny Valdes, who for some reason I believe the girls allowed to go on vacation. So, we wish Danny and his family a very safe and eventful time in California. We have a great show for you today. I'm going to shut up, get out of the way and let the girls get to it. We've got a very special guest that I think you're going to enjoy a lot. Here we go.

S This is The PODdy with Serene and Pearl, get it right. P- O- D- D -Y.

P Thank you, John.

S So professional.

P It was. Danny, just... What, did Danny lose his job? I don't know.

S No, he's on rollercoaster rides, Pearl.

[00:01:17]

P What?

S He's on rollercoaster rides. He just...

P Oh they went to theme parks?

S Yes, he'll be coming back.

P He did go to California.

S He's on his paid leave.

P Oh paid leave. I know, but John just welcomed us so like professionally. Danny better start practicing.

S Oh I see, the heat's on. Okay, that's true.

P Hey, we are excited because we have with us Brother Nath. Now you all heard us share our adventures.

[00:01:44]

S Brother is his first name by the way.

P Brother. Nath. You'll have heard us share our adventures in Guatemala which we want to talk about with some of the sad stuff that's happening there right now. But, his name's actually Nathan Hardman, welcome Nathan.

N Thank you, it's great to be here in Tennessee with you guys.

P Yes. And as we said goodbye, such a sad time leaving that country and leaving you and your beautiful family. And then you said, well I'm there in a couple of weeks. And we're like, come, you must come to The PODdy. We got to pick your brain about so many things. And so here you are, turned up on the hilltop.

S Because we have a connection now with Guatemala that is so, coffee and cacao deep. But it's more than that. It's deep because brother Nath lives there with his family, and the ministry that they are doing, that's multigenerational now. It's just huge.

P Yes and we, we're just going to get to your story today Nath but, as we do that I'm sipping my, we don't know what we're going to call this coffee yet, Nathan, but we we're...

N From Huehuetenango up on the hilltop?

P Yes, remember we arrived there by helicopter and only monkeys should go there.

[00:02:50]

N Yes.

P And we dropped from the sky. Okay, Nathan, he heard our podcast right.

N Yes.

P And we were asking him like, we didn't really exaggerate did we? And he's like, Mm. So, you sort of have a different experience than Serene and me. But to us I felt like, Serene, we actually, didn't even share as much of the scariness as we could.

S We completely played it down.

P Yes.

S I really tried to play it down just so that I didn't scare people.

N Well, see I think I bounced more on the road up here in Tennessee than I did in the helicopter.

S What?

P No. And here's the thing. Okay, your parents... We didn't even share this in the podcast, This is what really freaks Serene and I out. You're the son of missionaries. You are a missionary. You do some hair-raising things,

we're going to get to this, but you work in the most dangerous part of Guatemala City with violent gangs, Okay? And, your parents know this.

[00:03:43]

N Yes.

P And they just leave you alone and they think he's a grown man, okay?

N Yes.

P But the first day after that helicopter ride.

S Yes.

P You got a call from your parents saying-

S It was a Mummy and Daddy call. Full on.

P It was like: Are you alive son?

N Yes.

S She's calling to see that your feet are...

N Are you Okay? Just making sure that you made it back on the ground.

[00:03:58]

S Yes.

P That freaked Serene and I out.

S I said, I nudged Pearl and I said, Pearl, something's wrong here. Something's wrong because this is like a hair-raising adventure family and they're checking up on him. I don't know if we should go back up in that helicopter.

N No, they're, just Mom wanting to make sure her boy was back on the ground is all.

S Yes, I know, but we all made it, and, but, before we get into some of your story now, I don't want to share about what you do and the exciting thing about what that means, Trim Healthy Mama and all our listeners are actually going to be making a huge difference, just...

P But, what just happened in Guatemala as we left? You sent us pictures on Sunday. The beautiful area where we stayed, we stayed beneath a volcano, and many of you know, it blew. And...

N So Guatemala, is a country about the size of the state of Georgia, and the bottom half of it has thirty-seven volcanoes in it, five of which are active. And so, one of those volcanoes that are constantly active is spewing gasses and ash, it's not active like the Hawaii volcano that just has this river of lava flowing. And so, the Fuego Volcano which translates Fire Volcano, had one of its major eruptions. Which, what I believe to have happened is that the fissure through which the lava comes up through shifted through some of the tremors we've had over the last few years. And it got plugged up, pressure built up and it blew out a new crater. And shot ash, instead of straight up into the air, which it usually does.

[00:05:31]

S Yes

N Which would have harmlessly fallen back on top of the volcano, it shot it straight out the side. At extreme force. From my calculations probably a fourth of the volcano was blown out the side of it.

S Oh my goodness.

N And all that force and all that dirt and rock and lava went down towards where we were staying at that golf resort...

P Yes.

N And also to a couple of villages down there.

P And that's the most tragic thing, hundreds of those villages apparently still missing. There's over seventy dead now. And you know just a couple of weeks ago we were all just sitting there eating lunch.

S And the peace at that place...

P We were thinking, this is the most beautiful spot on planet earth.

S This was a piece of heaven, this was as close to heaven as we'd ever gotten.

[00:06:13]

P And it is burned and charred now and you, know Serene, Serene said to me yesterday, Pearl, I don't know, you know. We only, we're never promised tomorrow. You know God was watching out for us, but you know for many of those people that...

N That was it.

P They were taken.

N Yes.

S And, I also said to Pearl, you know, we grew up, well we're talking to a missionary here so, you know, he works in district 18 in a very poor area, but we grew up like, you know, just ragamuffins.

P Oh not much money, yes well our Dad is a pastor right so...

S Yes, exactly. So, we grew up just you know, on the smell of an oily rag. But, it was a beautiful experience sitting there, at that resort, eating breakfast with linen napkins on our lap.

[00:06:56]

P Yes, yes, great service...

S And, I said to Pearl yesterday...

P We felt sort of rich, you know we were like, this is amazing.

S For the first time in my life I'm like, wow. This is a time to remember. This is like pinch yourself moment. And I'm like, Pearl, none of it matters, it's all that we do for the kingdom and for eternal souls here on this earth, because riches fly away like birds. You know, anything physical, mansions that people can build for themselves, anything like that can just be gone in a...

P That hotel, that exquisite hotel that we stayed at.

N La Reunion.

P Buried. Beneath...

N Completely buried.

P Beneath ash, buried completely. So, we, Serene and I said, we're going back to Guatemala and we're going to go stay in that same place, well we can't stay there now, so things are so temporary, and we want to talk about what you do Nath.

N Okay.

P Because, as our mama's come to buy this coffee and this chocolate, and you know, maybe these baked corn chips and all these things that we're going to bring in from Guatemala. Which is, I love, the name Guatemala means Eternal Spring right? And the reason it has so much to offer is because the climate.

[00:07:57]

N Yes. Well, Guatemala's known as the land of eternal Spring time,

P Yes.

N And it's just a beautiful climate, a beautiful country.

P And the things that grow.

N Extremely rich and fertile. And we grow all year round all sorts of good things.

P Yes, so that's amazing, we feel like this has just been a God thing with us. Just coming in contact with you, and so as, you know, we bring these products. You know, that financial impact is going to go back in some ways to Guatemala and to where you work. So, I want our women who are the most, I fully believe our group, our THM Community are the most generous

people in the world. We have seen amazing things. Their mama hearts are huge, they want to help.

S Mama Bears

[00:08:40]

P They love children.

N Yes.

P They love, they love people, and they have the hugest hearts. So, they want to know what buying these products, what it means and what it will mean. So, can we talk about your Ministry? And you are a second-generation missionary. I mean your parents, you grew up, you're white, but you grew up in Guatemala. Can we just, I'm just going to stop talking.

S He can introduce himself in his, in his real language.

N Well let me back up a little bit and explain a little bit about Guatemala.

S Yes

N Because Guatemala is such a beautiful, rich nation, we're, like I said we're kind of shaped, kind of like the state of Georgia, and about that same size. But in that small area we have fourteen different ecological zones. So, we have dry desert like west Texas. We have tropical rainforest like the Amazon. We have high pine forests like you find in Colorado. All in this small little package. In that package you have twenty-one different Mayan languages spoken. Twenty-one different Mayan tribes. We have an Olmec

tribe and then we have a people group called the Garifunas. Garifunas were the Africans, that were brought over on ships. And before they got shipped to South Carolina and Georgia some of them escaped some of those ships and washed ashore in Guatemala. And so, there's an African culture called Garifuna on the Caribbean side of Guatemala. All packaged into this small little bottle. Just extremely diverse. We have the rural poor people, which you guys got to meet, where we went to that mountain top in Huehuetenango. Which is a totally different scenario from the urban poor people...

[00:10:20]

S Yes, we noticed that.

N That we work with, that my wife Claudia and I work with in Guatemala City. So, my parents moved to Guatemala in 1972 with the Southern Baptist, and they were church planters among the K'iche' speaking Mayan language group, that's one of the twenty-one Mayan languages. So, at twenty-six years of age my parents learned Spanish and learned the K'ichean Mayan language.

S Wow.

N And my dad lived in Guatemala for forty-five years and still speaks Spanish with a southern drawl.

P Oh does he?

[00:10:48]

N Yes.

P So he sounds nothing like, when you speak it you cannot tell the difference between you and a Guatemalan.

N No, he sounds like a redneck speaking Spanish.

P Oh that's hilarious.

N So, and he speaks it very well because he's been there forty-five years, but he still has that southern drawl.

S You know he's listening.

N Yes, I'm sure he will be. Dad you know I love you. But, the, for twenty years they planted churches around the Quetzaltenango region and worked in Totonicapán and Cantel and other parts over there. And for the last twenty-five years of his career in Guatemala, he worked as a logistics coordinator for the Southern Baptist, both in Guatemala, Central America, and eventually all of Latin America. Right towards the end, we jokingly say he was in charge of the Americas from Santa Clause to the penguins. But, through that, I learned the life of the Mayan Indians in Guatemala. The twenty years that they worked there.

P So that's where you grew up.

[00:11:44]

N That's where I grew up. I grew up among the, in Guatemala the second largest metropolitan area, which is only two hundred and fifty thousand

people, but we worked in a lot of the villages out there. So, I got to know some of the rural people. I got to understand how they work, how they function. But the last, I guess twenty-two years of my life, since 1996, I've focused, or God's focused me on working with the urban poor people. And so, I started off working with a church in Guatemala City, on the northern side of Guatemala City. And one thing you need to understand, Guatemala City, and most cities in Guatemala are broken up into zones.

S Right.

N And so these zones function like zip codes, it's not like the Hunger Game districts or anything like that. So, they're just different parts of town. And zone eighteen is in the north-east corner of Guatemala City. It's known for, well it is the biggest geographical zone, it's the biggest population density zone, and it's also known as one of the more dangerous zones. Just because there's so many poor neighborhoods in the area. And just like within a zip code here in the States, within a zone you have multiple neighbourhoods. And one neighbourhood in that zone that we work with is called Paraiso. And so, I started working in the area in 1996.

[00:13:00]

P Yes, let's talk about what didn't work. Because you, you told us you were there for years and years and years and you learned, and that's what I

wanted to bring out today. You learned some huge things about working with these people.

N And so one of the things I learned is, you can't beat them over the head with a Bible.

S Right.

N Now I'm all about people coming to Christ, and understanding the truth of his word, but just getting them saved doesn't really help them. You have to go in there and serve them. You have to go in there and...

S And that's the truth.

N Yes

P Gospel

N And that's the true gospel, Jesus came in and healed the blind man and raised the lame to walk and then saved, and then talked about faith. He healed the sick and then talked about faith. And so, we have to go into these neighbourhoods and serve them and help them and be a part of their lives. We have to understand that we're in their house. We're guests in their neighbourhood.

[00:13:59]

S Right.

N I don't live in the neighbourhood, I stick out like a sore thumb. And they know I'm the white guy in the neighbourhood. But they allow us to come in because they know that we're there to serve them in their...

P But what...

N ...on their level.

P But what, go back to, I mean you talked to us about; you're doing something different now. For a long time, you worked with the actual gangs right? Trying to...

N So for a long time we worked, I worked with the church and we worked with anybody and everybody.

P Yes, right.

N And we, you, know tried to share the gospel with the gangs and we tried to share the gospel with the families. And every now and then you'd find a family that would accept the Lord and maybe start to change and get ahead. Well because they were doing better than everyone else they would have to leave the neighborhoods, because they were being threatened.

[00:14:42]

S Right.

N And in nineteen years of working in these areas., or I guess now twenty-two years, I've only seen one gang member leave the gangs, and it's just so hard...

S And, and you were telling us down there that these gangs are a huge draw for the teens down there, that the young guys usually end up in a gang.

N Yes, it's a huge draw because the people in these neighbourhoods are, live in a situation of, a family situation that's so dysfunctional it's just horrendous. And so, I'll apologise ahead of time, this is the disclaimer: if anyone's name is Leah, I'm sorry. I don't mean any insult from this but, if you Google Leah, the Archamaic language of the time in which Leah, if you remember the story of Rachel and Leah, they married Jacob. And so, Jacob loved...

S Rachel.

N Rachel, and he didn't love...

S Leah

P Leah

[00:15:42]

N Leah, and Leah. The Bible says that Rachel was beautiful, and she was wonderful, and she was all these things and that Leah was...

P Yes, something wrong with her eyes.

N She had something wrong with her eyes and that's all the Bible says.

P Right.

N Euphemism for, she was ugly.

P Yes, poor thing.

N And if you Google the word Leah. The Archamaic language of that time, in that region of the world, Leah means cow.

P Oh, really.

N And so, maybe your dad called you Leah, but he didn't know what Leah meant. But I am sure that Laban, her dad, knew exactly what Leah meant, and he still called his daughter a cow. And so, dad didn't love her. Her husband didn't love her. Her brothers didn't love her, and I'm not going into why the brothers didn't love her but basically, they chased down the sister because money was missing, not because he cared about her. But, so what we've come to call as the Leah Syndrome, and so what it is, is that if you read the story, Leah gets pregnant. God remembers Leah and she conceived, and had a son, and she says, maybe now my husband, talking about Jacob, will love me.

[00:16:47]

P Yes, she did.

N But he doesn't. And she conceived a second time and she said, maybe now my husband will be joined in harmony with me. And he isn't; Jacob still doesn't love her. And then she sells herself for some mandrake fruit and gets pregnant again, and she prostitutes herself to her husband. Just to get pregnant, just so maybe her husband will love her. And he doesn't. And so that's what we call the Leah Syndrome. So, half of these young girls in these neighbourhoods that we work in; now these are demographics for

urban poor neighbourhoods in Guatemala City, this is not demographics for the whole country.

P No, which we noticed was different on the mountain top.

N It's extremely different on the mountain top. So, this is...

P This is where you work and...

N This is where we work.

P And this is where hopefully the finances are going to flow. So how is that relating the Leah Syndrome with the gangs and these women?

[00:17:38]

N Well these young girls, about half of them are sexually abused by the age of fifteen. The force of them, whether willingly or through abuse end up pregnant by the age of seventeen with their first child. The average twenty-five-year-old lady in these poor, urban neighbourhoods have four kids from three different dads. And it's, that's the Leah Syndrome. So, she gets impregnated by this one guy. Things get difficult, he gets tired of dealing with babies.

S He's in a gang probably.

N He might be in a gang.

S Yes

N He kicks her out. He gets tired of her. So, she goes and she shacks up with this next guy, and says, well maybe if I have a kid with him, he'll love me. But he doesn't. And two kids later, three mouths to feed, something

younger and prettier walks by and he's out the door and she's alone again. Maybe if I shack up with this guy. And so one of the extreme examples is a family with eleven kids, six different fathers represented. Some of the kids don't even have their Dad's last name because he didn't sign the birth certificate. So how unloved does that kid feel? How un-belonging to family does that kid feel?

[00:18:49]

P Oh, so this is where the gangs are coming in.

N And so that's where the gangs come in, because now they have a sense of belonging. They have a sense of family. These are my buddies that are going to take care of me, and that's the lie that the gang tells them. Now that's not the reality, because then they exploit you, and abuse you, and use you, and put you in positions of, where ever the gang wants to put you so that you can do the dirty work for the gang. And once one of these boys join a gang, which most of them will join it by the age of fourteen, their life expectancy drops to twenty-four years of age.

S Wow

P Oh my goodness

N And in those ten short years of life, the average gang member will sexually abuse three girls, will father six kids out of wedlock, and will murder ten people.

P Wow. And this is basically. The pathway for almost all young men in that district that you're working in.

N Most of the young men in these rough neighbourhoods will probably, sixty, seventy percent of them will more than likely join a gang and that'll be their fate.

S So, you were working with them for many years, working with the gangs to try and encourage them to get out of a gang and just to make a better life for themselves, but you were telling us it didn't work.

[00:20:08]

N It didn't work. Yes, we were working with families in general, and anyone that would listen to us basically. But it just wouldn't work. We've gone in to do prison ministry in the high security prisons, share the gospel with people. Worked in the neighbourhoods, we built homes, we built a school, we even started a partnership with an organization in Franklin that is now called the Shalom Foundation which they ended up developing a partnership with Vanderbilt Children's Hospital that then built the Paediatric Surgical Centre in Guatemala. Doing amazing things.

P So all of these are good, beautiful, amazing things, and yet it didn't.

N Yet it didn't change the neighbourhood because the families who did change had to leave the neighbourhood, and the neighbourhood stayed the same. So, in 1996, one of the first times I went in the neighbourhood, I took a picture of a bunch of kids playing soccer. And now this is like a real picture, with a camera and you had to wind the thing back, and then take it to Walmart and wait two weeks for it to come back. And then in 2009, I happened to be in the same neighborhood at about the same angle and I took a digital picture. And I was, a week later or so I was back at my office and I was just going through some papers, and that printed picture fell out of a folder. And I was looking at the digital picture on my screen. And as I looked at that printed picture, there was about eight kids in the picture and I started mentally, well that kid died from a drug overdose in 98. This kid disappeared in 1999. That kid was shot right there on that corner around from the school. This kid was stabbed around the other corner. I think out of the eight kids in that picture, there was one kid that I could still remember being alive. And I looked at the digital picture. Of another

eight kids. And I said, I cannot repeat that story again. I have to do something to reach these boys before they join the gangs. And my wife Claudia and I said, that's it, that's what we're going to do. I don't know how. But that's when we started Engadi Ministries, and said, whatever we do, we have to help boys in rough situations reach their full potential in Christ. And that comes in a variety of ways.

P So now, and this is the ministry that you're doing as we speak, you are reaching those boys before they get into the gangs, because otherwise there's basically no hope for them. And when we walked, when you showed us around your area where you work, you had all their faces on this board and we were like, well what's that one doing? And you were like, you were able to say, he's doing good, you know, he hasn't joined yet, and this is just such an incredible...

S Well they were his...

P Incredible solution

[00:23:02]

S Well they were his spiritual children. It wasn't just like a bunch of faces that you're like, well let me look up in the folder whose name it was, no they were like on his heart.

P And in this District, and so this is so incredible because...

S And the reason why...

P Because it is making a difference.

S Right

P And these, and then when these boys, and you're working with families too, but basically these boys, they're going to shape and change their communities right? Because then there won't be the rape and the getting pregnant the six times and a...

N Exactly, and that's the goal.

P Ah that's my phone. It's usually Serene, I'll turn it off.

S Now, I now remember. Yes, I'm the good girl today, I left my phone at home.

P But, Serene you're calling me.

[00:23:41]

S No I'm not.

P One of your kids has it. One of your kids has the phone.

S But you were telling, hopefully it's not an emergency, but you were telling us how you work with the boys, first of all, before they get in the gang because once they get into the gang you said only one you got to help get out. But then for the rest of his, the time that you knew him he was looking over his shoulder, completely petrified that someone was going to have his head.

P Or his family's head yes.

N So, the only way out of a gang, they say is, is that they have a tattoo of three dots on their, between their thumb and their first finger, and it's the casket, the hospital, or prison.

P So, there's no other way.

N So you either die, or if you try to leave they kill you. Or you're in the hospital dying from a terminal illness like AIDS or something like that. Or you're in prison with a life sentence. And that's their goal. To go out on a blaze of glory, or to be left alone to die, or to graduate, as they say, to prison. And it's hard, and so, this one young man, nicknamed Bullwinkle. He finally left the gang. So, we would go into this neighborhood; now these are really rough neighbourhoods that the police leave at four o'clock.

[00:24:57]

P In the afternoon?

N In the afternoon. So, the police leave at four o'clock. So, if you have an emergency, you, there's no, no help. And so, we would go in at four o'clock and we would set up these big screens. Now we didn't have really good Christian movies back then. We had this wonderful film called the Jesus Film, which I advocate. But after you see it a hundred times it can get repetitive. We didn't have, you know...

P They're making good movies these days but, yes...

N They're making good movies these days, there's one coming out called, Small Group, eventually.

P Oh yes, that was done...

S Yes, we'll talk about that.

P Yes, we'll talk about that.

N

But we have, we had the next best thing back then and that was Veggie Tales. So, we would set up in this, in these alleyways of these gang infested neighbourhoods and would put up this big screen, and then would project Veggie Tales onto the screen and use that as a way to draw kids in to share the gospel with them. So, I'd set up the screen, and here's something key. I told you before this is their house, and so we only go when we've been invited. So, I'd go into Alma Marina's house because she had invited us to her house, and we would plug into her electricity the projector. And her son was a gang member. So, we'd go into his house and we'd set everything up and when we got done, Alma Marina would say, now Bullwinkle, you need to go and talk to pastor Nathan. And he would come and he would talk to me. He'd cross his arms in front of his chest, he'd just kind of glare at me. And I'd be like, hey, it's good to see you, we're going to have, you know, a soccer tournament this weekend at church, you should come. Nothing. Crickets you know. We're going to go to the beach next weekend, and we're going to have lots of fun. Nothing. We're going to do this, and we're going to do that, and there's going to be this activity. Nothing. And then finally, he would, I would say, all right, well good to talk to you, and he'd just kind of nod his head at me and turn around and walk away. And then we'd show the Veggie Tales film and it was kind of cool because you would see all these gang members tattooed up, and they'd be out there singing, you know, where is my hairbrush? We'd share the gospel with the kids, and then we'd

leave at seven, eight o'clock at night. But, Bullwinkle was always just kind of stand-offish. And one year he got shot in the leg, because of gang violence, and I went by his house and I sat on the edge of his bed and told him, you're still alive because God has a purpose for you. And I prayed for Bullwinkle. I said, listen I'm going to go to the States for a couple of years. You won't see me, so it's not because I don't love you or care about you. But Jesus loves you even more. And I left, and about eighteen months later, I went back to, I was in Athens, Georgia for two years at that time. About eighteen months later I came back to Guatemala, and I was at the church there in Zone 18 and here comes Bullwinkle walking up. Now, doctors said he was never going to be able to walk. And he walks across the basketball court at church and gives me a big hug and he says, I accepted Christ. He says, I left the gang and I moved two hours away because my life is in danger, but I heard you were here and had to come and tell you that I'd accepted Jesus.

P That's amazing, do you know if he's alive today?

N He is alive, he is married, and he has two kids, and he's still in church.

P Beautiful.

S That's so beautiful.

P That's amazing.

[00:28:16]

S That's a great story, and I just want to say too. The reason why he works with the young boys and not the young girls is because he was telling us that it's the, it's the whole patriarchal thing that shapes the society. It the guys that grow up and end up getting these girls pregnant and, and so it's like he thinks that the whole success of those zones are to get the guys to, into Christ and into a job instead of a gang and into...

N Yes, it's the guys fault right? If we can get the guys to stop, give the guys opportunity to get a good job, to provide for their family, get them good spiritual training to be good men. I mean, we as men have been called to be the spiritual leaders of our home. Now that doesn't mean that we have a title that we lord over our wives, but when we get to heaven if my wife and I are standing side by side before God, he's not going to ask Claudia if she led our children correctly.

S Right

N If she taught our children the Bible, he's going to ask me. And it's going to be my responsibility to say, yes I taught my kids the Bible and, yes I taught them how to pray and, yes I taught them... It's not her responsibility. Her responsibility is to be nurturing and loving and caring. So, it is the guys that have to grow up to be the men they're supposed to be. So, that our hope is that these young boys that come through our program will become men that don't sexually abuse girls. That don't mistreat the women. That

don't abandon their home. That don't beat their wives, and that love their children and raise a family like it should be.

[00:29:53]

P That's so beautiful and it's so full of hope. Hey, you're listening to The Poddy with Serene and Pearl and I'm Pearl and who are you?

S Serene.

P I'm so excited so, we've got so much more to ask you though. So, we're going to do a part two. I want to hear about so many of the things that you feel maybe...toxic charity, things like that.

S And, I want to say though.

P We'll come back but, yes Serene.

S Just in closing really quickly.

P Okay.

[00:30:21]

S You know like I was saying in the other story of our Guatemalan trip and adventures how I always enjoyed coffee, thought of myself as a coffee snob, but when I drank coffee it was for the coffee's sake. It was never, I never had a picture behind the coffee, but I was so excited because I pictured now

the tribe and the mountain. Not the tribe, but the little community up there in the Huehuetenango mountain and just, I had, I had a visual that was so, that so made every sip more delicious right.

P Oh I know, when I'm drinking my coffee right here there's a feeling with it...

S But now... knowing that prayerfully there will be this connection. Proceeds from the coffee and the cacao will go to brother Nath's ministry, there's another picture. There's the picture of those young boys you know, and so it's...

P I know, I see them in my head, from his wall, I see them.

N So, in my office above my desk I have eight by ten little plaques with the pictures of all the boys. Their names and their birthday; just general information. That's what you guys are talking about.

P You know we have to come back because I want to talk about so much missions. I'm not saying it's a bad thing, and you're also not saying it's a bad thing, people just send money every month to sponsor a child right? We need to talk about that because you've seen so much and you, obviously you're not doing this in that way. You're not doing that in that way, let's sponsor a child, let's give them food and things like that. I know that can be such a good thing, but part two we need to talk about that because you've seen...

[00:31:55]

N Okay.

P so much, you...

S What really works.

P You've seen what really works.

N Yes

P Can you tell us where our ladies can get involved, or see what's going on with your ministry? Where do they go?

N So, our website is engadiministries.org. That's e-n-g-a-d-iministries.org and Facebook, it's also just [Facebook.com\engadiministries](https://www.facebook.com/engadiministries) as well. So, you can...

P Yes go like the page ladies, see what's happening there.

S I might even go like it.

[00:32:23]

P You, you'll have to get on Sam's Facebook to do it. I liked it. I love, I love seeing what's going on there because it's just amazing.

N Yes we'd love to hear from you guys and appreciate your prayers, and being a part of what we're doing.

P Serene, should you and I do a Superfood Spotlight really quick? Our mama's, our mama's show.

Announcer Trim Healthy Mama Superfood Spotlight

S And in honour of both Nath today, our superfood spotlight is of course on coffee. It is such a superfood and I never even knew it. Because for most of my life I thought it was akin to smoking cigars.

P Yes, coffee got such a bad rep. However, I'd say in this day and age it is pretty well vindicated. People are realising the health. Incredible benefits of coffee, but so many people do coffee wrong. Not us Trim Healthy Mama's, we do it right but...

S But it's like people thought coffee was wrong the same way they thought butter was wrong and they thought margarine was great.

[00:33:33]

P Yes.

S You know what I'm saying?

P Let's go through, I want you to feel good about your cup of joe. Although I've got some things about what I've discovered from my body with coffee. And I'm actually going to go into them. I'm actually going to do a whole podcast, Serene, soon on how I overcame estrogen dominance.

S Please

P Oh it's huge, but I want to talk about coffee in that. Because we've found this amazing source of coffee. Which I believe is the healthiest coffee in the world, hey Nath? On that mountain in Huehuetenango.

N Yes, I would too. On top of that mountain, away from any contamination.

P It's full of antioxidants. Now, but coffee in general. I believe now, now that we've looked into a lot of coffee though, me, the Drive-Through Sue is pro-organic coffee rather than non-organic coffee.

S Yes thank you Pearl, thank you for coming to my side.

P Just because when we went to that mountain and saw how the bees pollinate. We saw how the natural environment was so important. We saw those red berries of the coffee.

[00:34:26]

S And we ate of them.

P We understood how this beautiful process, the fermentation, we understood how all of that is so important for the health of the coffee bean.

N It is.

P And none of this fertilizer stuff that's artificial, none of these sprays for bugs, none of that's necessary when it's done properly.

N When it's done right, you have the natural trees growing around the coffee that provide the shade that it needs. Those trees also provide homes for the birds, which the birds eat a lot of the insects, which then become a natural...

P And their droppings fertilize...

N And then their droppings fertilize it.

P Isn't it great?

N I mean it's a whole life cycle. It's the way it's intended.

S Bird-drop coffee, come on people.

P Oh is that the name? Bird-drop? No it's not. No, it's not the name. But let's just go onto some benefits of coffee Okay. When you drink your cup of joe, you are getting amazing, amazing cancer prevention. Studies upon studies, they come out every-day. Just Google cancer prevention and coffee. It's the anti-oxidants, it's not just the anti-oxidants, there are other things, unique things they are finding in coffee. Breast cancer, liver cancer.

[00:35:31]

S Colon cancer.

P Colon cancer, all of these things. And here's the other thing: blood sugar and coffee.

S Oh it's huge, and an incredible helper with Type 2 Diabetes.

P It's a preventative, it's even a healer.

S And you know what else? Fighting depression, the dopamine just kick to coffee.

P I saw a study just the other day because I keep up on my coffee studies, it makes me feel good right? It said that it's actually undisputed now, people that drink coffee are happier. And it is to do with the dopamine.

N I would believe it.

S I tell you what, I've never drunk as much coffee in my life than in Guatemala.

[00:36:06]

P I know, we drank so much coffee.

S With brother Nath and we were almost dying every day, but I was a happy die-er.

P Happy die-er.

N Almost dying every day.

P Yes.

N I, I would...

P Hey, your parents called you Nath. It was driving, we were almost dying.

N Well that might be true, my driving in Guatemala is notorious.

S Oh man that was...

N My wife has to remind me, you're not in Guatemala, you're in Tennessee. You got to drive differently.

P But what else do we love about coffee?

S Parkinson's. Massive.

P Just huge.

[00:36:36]

S Massive.

P Preventative of Alzheimer's. It just came out, it is huge, that people that drink coffee, over all, Alzheimer's is much less prevalent in coffee drinkers than not.

S And you know I find that it helps just soothe the bloot.

P Yes, well it helps to go to the bathroom and things. But I want to talk about how to include, listen you don't have to be a coffee lover if you're not, but if you are I want you to feel good about it, and I want you to do it right.

S And there's ways to do it that it's not acidic.

P Yes.

P Now the coffee that we're going to get, I read that mountain top coffee has half the acid of regular coffee.

N Yes.

P Do you know why that is Nath?

N I don't know why it is.

[00:37:15]

S But, you could make it up.

P Yes, you could. You're supposed to be the Guatemalan know-it-all.

S He's got green coffee, in a huge sack sitting right next to him on the couch.

N Yes, it's, I understand that it has to do with the elevation and the way in which the minerals are absorbed into the plant...

P I think some of that is...

N But, I think it has a lot to do with, again going back to this hilltop village that we visited, the way in which it's grown. The way in which the community's a healthy community, a vibrant community that's natural. They don't even have electricity in that one village.

P I know.

N They don't have cars that are leaking oil or gas into the soil.

P No, nothing. As we mentioned in the, in the podcast, they brought in those trucks.

S And I just knew that there was something wrong with those roads and those trucks, they won't measured for each other.

N Yes, exactly.

[00:38:00]

P But you have to go out right, you have to go visit these people, because now we decided this is our place. And you were saying to us, I don't even know how I'm going to get there, this place is cut off. You can't get there.

N So, we took what an hour and a half helicopter flight to get there? To drive close to the place is a ten-hour drive for us. Just to get close to where it is. And then I have to take another...

P You're going to have to go in on foot.

S You're getting yourself a donkey?

N I'm going to use a donkey or a motorcycle or hopefully they'll have those pick-up trucks that can get us out there.

P The things that Nath is going to do for you ladies. You have better come to love brother Nath man, because he is going on wild adventures for you, to bring you amazing stuff.

N The absolutely best coffee in the world.

P No it is, I'm drinking it now. I want to talk to you guys though about something I've discovered about my body. All you ladies with estrogen dominance, can you listen up. Any of you who have had like bad periods, sorry Nath we talk about stuff like this all the time, women audience. Hey Claudia must okay.

[00:38:56]

S No, she might be just the polite kind.

P She might, well Serene and I aren't polite. All the things like sore breasts, you know they tell you that if you have anything bad like endometriosis, or bad periods, or sore breasts, all those things that come along with it - estrogen dominance, the first thing they say is don't drink coffee. Because I've dealt with all of those things, you know I'm the high estrogen type, it's just been something I've worked through my whole life, and I've walked out of it. Thank you God. But I have gone through times in my life when I've thought, okay I'll finally obey you and stop drinking coffee. Because what is it in this coffee, and there's this thing about caffeine and estrogen dominance, but something inside me would always say, but this is a healthy food, come on, come on God made this, come on it's got all these health benefits. Why? Why is it making my estrogen go up? I read different studies. There was one study, I think it was from the eighties that said it causes higher estrogen, but that was refuted okay, with a much more recent study to say no it doesn't. So, I kept thinking to myself, man these

people are just saying this because they want to just smear coffee right.
And when I went off coffee I actually didn't find that it, that I was any
better. Well, when our house burned down...

S And you weren't happier either...

[00:40:10]

P No. When our house burned down, recently, I used to have a drip coffee
maker. I got one of these Keurig's, where you have the little thing and it's
all in plastic. Okay?

S Are you...? Is this a huge big spiel for like, sell a Keurig? Are you on a
multi-level Keurig...

P Serene

S business?

P I'm telling you something I've discovered about my body. When I started
using, I love my Dunkin Donuts coffee, although this is way better this
new... I was buying the little K-Cups of it. Okay? What I didn't know why
my breast pain...

S Plastic estrogen.

P Was getting so much worse. I was in so much pain and I'm like...

S Did I just tell the ending?

[00:40:49]

P Yes could you hush?

S Yes.

P All right and so I'm like, I even went off coffee and thought, I can't do this. Why? Why? I'm so healthy, I thought I'd beat this, or at least I'd beat it down somewhat. My breast pain got so bad you guys, and then, I was looking into things and was like, why? Is it coffee? That's all I changed. Well I stopped doing that. Now that I'm on my Huehuetenango coffee I still have that Keurig thing, but I don't put it in a little plastic K-Cup. I just, I buy one of those things and it's a regular filter that lets the water go through. Well I do believe, and there's studies now, and I've studied deep into it that women who have these high estrogen, oestrogen dominance issues have a problem with their Glutathione, that they cannot properly metabolise the estrogens in their body, especially plastics.

S Yes.

P Things that come from plastics. Well, I haven't been using those plastic K-Cups anymore.

S Is it the xenoestrogen?

P Have completely got rid of them. Xenoestrogens, and I've been back on this coffee. I've been drinking more coffee than I ever have because this coffee's so good.

S Yes you have, you talk to me about it every-day.

[00:41:54]

P And not one breast pain.

S Hallelujah

P No one estrogen dominant thing and I fully believe it's how we drink our coffee.

S Hey those...

P I fully believe it's the source of the coffee.

S Those Huehuetenango ladies up there, they didn't have any plastic K-Cups.

P No they didn't.

S And they...

P They start on coffee early in their life...

S Yes

[00:42:12]

P Just breastfeeding naturally. Anyway, this is just my experience but I fully believe looking back my pains got worse when I was doing those little plastic things, and it's not a natural way to have hot water flushed through that plastic. It just doesn't make sense and I think I was harming my body. So, you know, we're going to bring coffee to you and we're going to bring it in grounds and we're going to bring it in beans, whichever you want, but I will not put it in those plastic cups for you, you're going to have to buy one of those, I will not do it to you people. Let's talk about how you can have your coffee, maybe with a little half and half or cream.

S Or you can Trimmy it up.

P Or Trimmy it up with coconut oil

S Thank you people

P Or something like that. That's how I drank mine today. Of course you know not to do sugar.

S And if you want it sweet you just put in some yummy Gentle Sweet.

P Yes.

S Doonks don't work, it tastes like kerosene.

P Yes, doonks of stevia, but I think we're done now. You have anything more to say about coffee Nath or are you done?

N I'd say the best way to drink coffee is hot and black and just...

[00:43:09]

P Yay he said black.

N And nothing else so...

P And you're drinking our Huehuetenango coffee now.

N I'm drinking your Huehuetenango now.

S Hey it's not ours, it's his too.

P It is his. It was his before it was ours. It was Nath's. Nath lead us to the coffee.

S Brother Nath's coffee.

P Is that the name?

S I just don't know,

P I don't know yet.

S But it isn't bird-dropping coffee.

[00:43:27]

P Guess what someone wrote in and said? This is the name. She said that you were describing the mountain top and then you all live on a hilltop. She said you need to call your coffee hilltop coffee. Hey, throw it in the hat. We'll see you here next week because brother Nath's coming back, and we have some serious questions about just missionary work itself.

S Throw it in the hat. But the hill, I think it was a mountain.

P I know, but we live on a hilltop.

N It was a ridged top, it was the edge of a sword that we landed the helicopter on. It went down into the ravine on either side.

S And my husband was about to be thrown off that truck and into the ravine.

N That's because he didn't know how to ride in the back of a truck.

P Yes, that's you, you Guatemalan self. Okay, see you here next week, brother Nath's back.

[00:44:18