



Trim Healthy Podcast with Serene and Pearl Episode 79 - The Gratitude Challenge

*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 · J=John

[00:00:00]

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

D Women and men, boys, girls, dogs, cats, chipmunks, horses and squirrels, we are back.

S Hey, you didn't say mice, or cockroaches, or other things people might have.

P We have some mice in The PODdy cabin, so please include them, Danny.

D No, that's actually fair, mice, cockroaches.

P No, cockroaches died in my fire. But keep going.

S Armadillos, we could have those in here.

D Armadillos and small snakes, hopefully not. Welcome back to the Trim Healthy Podcast, and today I'm feeling especially grateful.

P Yes, well, Danny never usually knows what we're going to talk about until like 30 seconds before. And he's like, what are going to talk about?

And we're like, we just said.

[00:00:46]

S Well I don't know if the mic's picking up Solly, but she has a lot to talk about this morning.

D She has plenty to say.

P But you know what guys, I think we should do today. I think we should try to stick on topic. There are some days for rabbit trails, and there are some days for just bringing it, right?

D Yes, today's not a rabbit trail day.

P And I'm just... I just feel to bring it. I woke up this morning with it.

S You felt it.

P Oh yes, but you know, I'll start off with...

S You've passed the feeling to me and I'm getting all like serious about life all of a sudden.

P You know, I've been doing something and then I didn't realize it was a thing until I thought about it this morning. And I realized, hey, this is probably a

thing that I should share about, not that I am anything. I mean, I'm nothing. But this is something that we're, I believe supposed to do. But this comes back and it's good for you.

[00:01:36]

P Okay, so in the morning when I wake up not every morning but lately I've tried to do this more and more, you know, at least you have to get straight out of bed. I just lie there, and I start deep breathing, because we're going to talk about breath today and how healing it is to your body, but deep breathing with gratefulness.

S I love it.

P And so, like this morning, it was just like, in with a breath, just as I'm lying there. My husband's asleep next to me. It's like, thank you Father for your healing, and then breathe out. Like, breathe in slowly, thank you Father for my family. Breathe out. And then breathe in, thank you for my husband, right here. And then I went on, you know, and thank you for the good things you've given me. I just... Everything that I think about it's a thanks. And you know, we're commanded to give thanks. Do you know that giving thanks is so good for our health?

S I love it, Pearl. And what I'm hearing is two things actually. It's so giving thanks is so good for our health, Amen, or if you're not an "Amenner" good on you mate. But the breath, and you're putting it together it's kind of something that I tend to do too, and I didn't know it was a thing either.

[00:03:01]

P Yes. No, no I didn't know it was a thing.

S When I go on my walk.

P Yes.

S I just ahh. just start calling out to the Lord, and I'm like, in you I live, I breathe, I have my being. The scripture, you know, in Him we live and move and have our being. And I'm just like, I personalise it. In you I live and breathe and have my being. So, I start to just breathe Him in, breathe life in, and so it's kind of like that gratefulness and the breath at the same time. Oh yes, Pearl, I think it is a thing.

P And I think we're going to get into the science of some of this today. So, I started looking it up today, and it's absolutely fascinating. But listen, if you're not a believer we always say this because not everyone believes the same way as we do, and we don't want this podcast just to be for Bible believers.

S No, and I want to say this too. Please don't think that we're trying to pour it down your throats, we're not. We're just so... This poddy is a lot of what overflows from our lives. And so, we're just overflowing.

P Yes.

[00:03:57]

S With that, so, that's all we're saying.

P And I think I want to officially name this PODdy though, "The Gratitude Challenge", because this is what we're going to be bringing today. A challenge

for us not to forget about being grateful, for us to practice it because it's going to transform our lives. And listen, if you're not, as we were saying, if you're not a Bible believer you can start your morning the same way, right? Take some time. You can just say, like Thanksgiving. Hey, I'm thankful for my family. I'm thankful for my health. But, I'm going too fast. Don't do that. Breathe in slowly, say it, and then breathe out.

S So, it's not a duty or a robotic thing you've learned to say every morning. But it's actually coming from the heart.

P No, no, no

S Now, I love it. And, yes, like Pearl said. You may not even be a Bible believer or whatever, you just do it because science backs up the scriptures anyway. So, there is a science to it.

P Yes.

[004:51]

S But hey, Pearl, just how you said, no matter how you want to start your morning, for me, please don't imagine this in your head everybody, but often times I'm on the loo when this is happening.

P The bathroom, yes, rush to the bathroom.

D Oh, yes, no, I can't picture that.

S And I peek out my window, right? I peek out the window of the bathroom and it's kind of like the sunset.

P Oh yes

S Sorry, sunrise, and it's all just kind of like cloudy, misty up on our hilltop and I peek out. And that's when it's like, oh God, thank you. And one of my lines is I want to be alive to you today. Help me to be alive. Not to me, alive to you. To what you are blessing me to your goodness today, so, it's kind of like preparing myself for the thanks. Like what... Let me be alive to what you're going to pour out in my life so I can be...

P Oh, absolutely, and you know how science backs up scriptures. So, I want to bring some science, but I want to start with these couple of scriptures. Psalm 92, it is a good thing, good, to give thanks unto the Lord. It's good, right? It's actually good for us science says. And then, but this is an interesting, Luke 6: 38, give and it shall be given back unto you.

[00:05:56]

P Good measure, press down, shaken together and running over. What are we supposed to do? Give. What are we supposed to give? Give thanks, ha! And then what happens? So, it's like, we don't give thanks because of what we're going to get, we give thanks because we're grateful. But there's a sowing and a reaping all the stuff comes back to us.

S In everything, there's a sowing and a reaping in good, and there's a sowing and bad. When we sow fear, when we sow anxiety.

P And 1 Thessalonians 5:18 says in everything, everything. So, it doesn't just mean on the good days. Actually, the reason I started out today, my brain went to awful places. You know how your brain just goes there? When I was first

waking up it was like I have to do that today, and I've got to do that. And remember that? And then I was like, that's junk. Let me be grateful in everything, give thanks for this is the will of God for you. This is actually God's will for us, 1 Thessalonians 5:18, when we don't do it we're out of His will and we're going to mess up our lives, okay? I'm going to go two more scriptures and then, Serene, we get into science. You've got something to bring?

[00:07:00]

S Yes, but I just wanted to... I just read this the other day, and as we're talking and as your bringing scripture, I just thought that it so went. Some of the passion translation which I love, and it's Proverbs, I think it's Proverbs, let me see, yes 15. Proverbs 15, getting back to where I was, 13, a cheerful heart puts a smile on your face. But a broken spirit leads to depression. And you can't be thankful and not be cheerful.

P No, no, no, you're right.

S Lovers of God hunger after truth. But those without understanding feast on foolishness and don't even realise it. Like you were waking up, Pearl, and just wanting to feast on foolishness.

P I was.

S You don't even realize it. But if we did it God's way or the science way that backs up scripture, we're going to hunger after truth. And the truth is we have so much to be thankful for even when we are having a rotten day to American standards. We're not being beheaded by Isis.

P No, exactly, everything seems to go wrong, this is verse 15 when you feel weak and depressed.

S But when you choose to be cheerful and choose...

P Hashtag thankful

S Yes, every day will bring you more and more joy and fullness.

[00:08:15]

P I love it, and I see that word, when you choose. Actually, it's always a choice to be thankful. It's a choice. I didn't wake up and my heart just bursting with thankfulness. But as soon as I started being thankful it started to burst, let me tell you.

S I reckon it's a muscle.

P It started to burst.

S It's a muscle and you have to train that cheerful muscle and that thankful muscle.

P Oh my goodness, you do Serene, and I think that's what were bringing with this challenge, Danny. We're going to start training ourselves.

D So, I'm thinking here. We're saying to be grateful, is gratitude a choice.

P That's what we just said. The Bible just says it is. Choose.

S Choose to be grateful.

D What if somebody's like, I just don't feel grateful?

P But it's a feeling. Our feelings actually rob and destroy us. I was going to get to... Robert Emmons ...

[00:09:02]

S Well hey, if you don't feel like that way you're going to get the sowing and reaping part of that right? You're going to feel the depression, the negativity, the, my life S,U,C,K,S's, right?

D But you know, I think we often think that our feelings are us.

P Right

S Yes

D Like it's part of our identity. Like, I hate to hear people say, I'm depressed. And I don't mean like right now for ten minutes and then I'm going to be happy. But people who are chronically depressed, I hate to hear that because it's almost an identity they take on.

P It is.

D But they are a depressed person... Like it's in them and it's part of them. And in reality, it's something they're experiencing.

P Yes, this is mine.

D Yes, they own it.

[00:09:39]

P Now we're not saying here that if you've been diagnosed with clinical depression or something, we're not saying, oh, what a lot of baloney, we wouldn't be like that because, you know....

S Well there's different levels and some people have synaptical issues that are

hormone based, where they're actually fighting against heavier things than a choice.

P Yes.

S But still there's choice involved in that.

P Yes, even still. And this is interesting because I want to bring some science now. But before, because this sort of instigated this, Danny, Robert Emmons is a leading researcher in this gratefulness health research. But I've got a quote here from him and it sounds like the Bible, but it's some latest cutting-edge research, right?

S All truth comes from the Bible, sorry everybody, I just had to put that in there.

P Yes, the Bible says gird up the loins of your mind, which means throw the junk out, the poisoned stuff, which I woke up with today. But he says, left to ourselves our minds tend to hijack every opportunity for happiness.

[00:10:39]

S So true

P Like what you're saying Danny, okay, gratitude is our best weapon, an ally to counter these threats that rob us of sustainable joy.

S And it's all the way we look at things. It's completely all the way we look at it. Because there was another scripture, and I can't quite find it right now, but it was talking about how it's a continual feast basically when you see something through the lens of joy. Whereas your life is always just a meagre, just the doldrums when you look through your regular lens. And I wish I could quote it

right now, but I can't. But it's so true in the fact that... You can be going through awful situations. You can be going through death situations in your family. You could be going through situations where there's a broken home, there's all kinds of things. But I've seen people walk through it with a lens of an eternal scope with a lens of joy. And I've seen people walk through it, and constantly pound on how every day how awful... Like beat it into their heads how awful their situation is. And even if it wasn't scriptural, just watching it anecdotally how it turns out for them, it's so much more enjoyable to go through, even an awful situation, with joy.

P Yes, well Serene, you don't want to praise yourself, but I've watched you go through extremely hard situations with joy. And sometimes you were tossed to and fro, and sometimes you cried out to God, and sometimes you cried. But you never... you chose to always see the joy and still to be grateful.

[00:12:20]

S Well, yes, and it's not anything about myself, because in myself and in my own strength I was a lunatic. It was only God sustaining me and His word. But the amazing this is, is in that I'm thankful that we walked through it.

P Yes.

S Because of all the things that God has taught us, and all just the appreciation I have of my son who went through even more, just the preciousness and all that stuff.

P Yes.

S But we can be can be going through... My baby's really interested.

P Yes, Solace is really loud today. And I think this is her loudest day, isn't it?

S Well, I think she cares about the subject. She's like, yes, be thankful, rattle those rattles! Shake those baby rattles, we're happy. But I do... So, it's really hard for me to concentrate actually. So, I'm losing my point all the time. But I do really feel like life does not have to be perfect for us to be thankful.

[00:13:16]

P Okay, so case in point, Serene. So, I'm going to go through some studies now. One of them is gratitude causes greater happiness and lowers depression, scientifically lowers depression. Well documented, even controlled group study was done by some researchers at a University, you can look it up, on subjects. And they had three groups. And they had to write down... One group had to write down things of gratitude on five lines every day, things that they were grateful for. They had to find out in their head, what am I grateful for? Things that are really help... What's great in my life? Okay, be thankful for them. The other group just had to write down completely things that were not very grateful for, just facts about their life, just certain facts that didn't bring a happy emotion, just facts. The other group had to write down hassles in their life. Like, my kitchen never stays clean. My husband will not help around the home. My boys do not listen to me, you know, work is a chore, I hate going to work. And so, then they tested these people. They tested for their health, they tested on... They have all these ways to test depression markers and

everything.

J Chemicals and such

P Oh, yes, and it was incredible. The people that were in the gratefulness group scored way higher on happiness. Their depression was lower. Health markers were way off the charts. They improved their health. In certain studies, Robert Emmons, that researcher, and he's continued, he's done a lot of research, he has even found that gratitude lowers blood pressure, it lowers cortisol, even cholesterol, even the bad cholesterol. Can you believe it?

D You know, I have a friend who believes in his heart that he is going to... And let me finish all of this because it sounds absurd at first, and it actually... I don't believe this, but it's an interesting point I want to make. He believes in his heart that he is mentally not going to die at the normal age. Like he's going go until he'll be 150 and beyond. He really believes this, and whereas I don't... You know, I'm not opposed to it, but I don't really believe that's possible. I know I'm the, but what if you could, guy. But at the same time, I'm....

P You're not there yet.

D The What if you Could guy, in the bounds of the earth. And so, my thought is though, okay, well what's the alternative? The alternative is believing... Because as I started thinking about it, I believe I'm going to die in my 80s. That's a thought I had for...

P You're telling your body.

D Yes, that's a thought I've had subconsciously.

S So I think it starts shutting down at 70, so by the time you're 80...

D Well, yes, it's like, after all, you're going in your 80s, sir, as I talk to myself. But I was thinking it's like if you're going to pick one, you know, maybe err on the side of 150.

[00:16:12]

P Because what's going to make you happier? What...?

D What will make you...? Yes.

S That's what I was saying anecdotally before, it's just you're going to be miserable if you pick the looking at all how bad your life is. And so, even though you may not be a scripture follower or whatever, just choose the one that makes you happier.

P Exactly, you don't have to be a scripture follower, although it's all throughout the Bible. But then science comes along and says, no, that's correct. Look at these PubMed studies. You know, PubMed is like, okay, there's no arguing with that.

D We're talking PubMed here.

P People that show gratitude, in the PubMeds...

S Yes, I'll take scripture. But hey, PubMed. Anyone for...?

[00:16:48]

P In a Pub Med 2015 study, just Google these for yourself. You can Google gratitude in relationships. Gratitude and better health, things like that, they'll come up. Better and more long-lasting relationships. Makes sense, right? Because when I looked at my husband this morning, and I said, thank you Father for my husband. You know, he's not a perfect man by any means. But when I started thanking God for him, I was like, he's good, my husband's so good.

S And it grows that tree, right?

P He's so good.

S It synapses the tree about how great your husband is. And you started...

P He's so imperfectly good, but he's just good for me. And I'm imperfectly good for him. And I'm just so grateful. Wow! I look back at the 24 years we've been married, and I'm like, how could I get that lucky to be loved. To be truly, truly loved by a man.

D But you could totally have a different perspective, right? You could remember bad things.

S Oh, totally I could.

[00:17:44]

D Because they existed too

P Oh, yes

S Like this morning, and I want you to get on this PubMed, but I have to just say about the choice. You had a choice, like Danny said. You have a choice to have

looked at it, to look at all his imperfections, and just look at all the times he's let you down.

P Oh, I've had times of looking at them. They're not healthy times.

S But that's what could have happened this morning. And many, many mornings I've been at the same crossroad and taken the unhappy road. This morning my two oldest daughters were off cleaning some facility, you know, one of their jobs, and so they're out the home. And it's just one of those mornings that everybody decided to be naughty all at once. And I just had all the littles and no bigs to help, and my toddler he's still not out of diapers and he's three. Hey, great, hashtag, perfect me, right?

P She's on the hashtags today and she never uses social media.

S No, it's just an OCD thing that's coming out of my head. Okay, I've got a three year old, he's still in diapers, he's got this huge big poo poo rash, and he's screaming in his high chair. And he's throwing his food off of the tray and my baby senses the mad and she's crying. And then I told my one son...

[00:18:45]

D Just humanity

S To never go on the four-wheeler down trails after a rain. And he just came screaming back off from a trail, with one of my younger children on the back, which he knows he's not allowed to do. And then somebody else was just doing an Indian burn on the other child's arm and had their shaker in between their teeth because they were so mad. All that happening at once, and I could have

chosen, I can't handle this. And these were thoughts, I am so overwhelmed. Like, should I get on the phone and just spew it out to Sam? All the stuff I have to go through every morning. This is just ridiculous. And I was going over and over and over, and looking at the negatives. I was at the crossroads. I was right there, I was almost falling down that negative hill. And then I said, I'm so blessed. These children are so naughty and it's so great. And I have the privilege of training them up. And I love them. They are my joy, not my peace. They are so absolutely awesome and, you know what? Why am I getting offended and taking it personally because some women look after 55 dogs that yap all day and they love it.

[00:19:41]

S And these are humans with an eternal soul, this is so awesome. And then I started thinking, and look, that little dimple on that one child, he's gorgeous. And I probably did worse when I was three and all this kind of stuff. And all of a sudden, I'm like, my life is great. My children are fantastic, and I rose above and I actually got these feelings of glee. But beforehand when all those other thoughts were going through me, heart palpitations, cortisol, I was feeling poisoned in every cell. And I just wanted to poop on the floor myself.

D Because, or you as you say, because, if your eye is good your whole body will be full of light. but if your eye is evil, or your perspective...

P Yes, it's all about your perspective.

D If your perspective is wrong everything's dark.

P That's true.

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

S Serene

P Do you want to come on here on this mic, John? You had something to say. John or producer, sometimes if he's... If he has a certain look in his eye I just know he's just going to say something.

J No, it was what Serene was just saying that just sparked something in me, a while back years ago. You know, you have these epiphany moments where it's just like, oh, okay. If only I had known that ten years ago. And mine was... I was actually standing at a gas station and I was putting gas in my car. And this is going to sound so simple, but it just occurred to me. It's like, I have a car. I can put gas in it. I live in this amazing little Tennessee town. And it just occurred to me all these things that I have. And from that moment forward, and it always hits me when I'm putting gas in the car, I never throughout the day, I spend my entire day going, I'm really thankful for the little things. You know, I was on a call before this podcast started and I was like, I'm really thankful for the people on this call. I'm thankful for you guys. You know, Danny pulled up while I was on the call and the thought crossed my mind, it's like...

P I'm thankful for Danny.

J I'm thankful for Danny. Danny!

P Even Danny.

D Even... that much.

J Especially Danny because, you know, we all spend a lot of time together and sometimes things get gnarly. And there was a while back when Danny and I were on different sides of things. But the best part of it was, and this is why I love... I always liked Danny, but I loved Danny after this. I liked disagreeing with Danny because he's a good person to disagree with because he didn't take it personally.

[00:22:19]

P Well, even if he for a day or two, he came back with love.

J Danny actually never missed a beat. I actually, in that same time period, I watched Danny have a disagreement with somebody else on our team and did the same thing there. All this to say what Serene was saying about in the midst of all that chaos in your family and your kids and stuff like that, the one thing that I think has made my marriage to my wife, Dawn, amazing is we get through a lot with humour. But we have this line that we say to each other all the time when we're really, really, really irritating each other, whatever. I'll look her in the eyes or she'll look me in the eyes and go, there is no one else I'd rather be freaking driving me crazy right now than you. And it kind of puts it all into perspective. Like we can be making each other so mad, but I'm glad it's her that's making me... And I'm so thankful that it's her because I know that in 30 minutes it's all going to be awesome again. And I know. So, what

you were saying about the kids and the chaos, I do it. Man, I do that like multiple times throughout the day.

S I've got to shout out about John.

P John, you're going to steal my shout out.

[00:23:35]

S No one knows, but John is a grateful person to the core and this is the thing. We have to choose to be grateful because you don't know who's sitting next to you and you don't know that they're going through. And you could think, oh, of course John's grateful, he's got a great life, blah, blah, blah. John has many hurdles that he rises above with thankfulness. He is so grateful, and he has so many issues that he has to rise above that he could be complaining about.

J Hey!

P No, no, can I...

D Personal issues

S I don't mean his personal... I'm saying his wife is in a wheelchair.

P Dawn listens to our podcast, she's been here right now. Dawn, and...

S Dawn is the one that rises above.

P We believe she'll rise out of that wheelchair.

S Dawn rises above, and he with her.

P Dawn is in a wheelchair. John does so many things. He leaves... He works 16 hours a day at Trim Healthy Mama, and then goes home and he does the things that his wife cannot do, although we fully are believing and standing for her

healing.

[00:24:34]

S She's coming out of that wheelchair.

P But I have never, not once...

S He never complains.

P Ever, ever, ever, ever heard you, John, complain about what you do for Dawn.

S Or say, life's hard for us.

P Or say, man it's hard. Man, we're being given a tough time.

S He never said that, yes.

P I've never heard... I've only heard you be grateful.

J No, and I appreciate you acknowledging that because... I don't know, I don't know, and maybe you guys are the same way, but it wasn't always the case that I was... You know, when I was 20 years old I wasn't truly thankful. I wasn't completely selfish, but I didn't... I don't remember ever being 20 and going, I'm really thankful I can put gas in my car. I just kind of took it for granted. But, no, I'm just kind of killing time while Danny's fixing Pearl's mic.

[00:25:22]

P But wouldn't you say, John, in your life, isn't it like Serene said... Thanks Danny. My microphone fell. That it is a muscle that we exercise?

J Oh yes I think you have to find it first and then...

P Yes, you have to find it.

J Yes, and then once you find it, it's like, oh!

P And then you work it.

J Now I can work this.

S I know you have to go back to the Pub Meds, but I had to say this when you said, John, that you get through a lot of these issues. And what I meant by issues, I didn't know how personal I was allowed to get, and then Pearl said wheelchair. And I'm like, okay, we can do that.

P I just went there.

S I just don't want to do it in a rude way, right? So, I didn't mean issues.

J I'm even thankful that you irradiate my water every recording session.

[00:25:55]

S Yes, I throw my phone near, next to his perfectly distilled water in a glass etched bottle. Anyway, it's because I want the phone away from me. But he said he gets through it with humour, which is gratefulness, it's a form. He can't be... Have humour unless you're grateful for stuff in life. Well, my son just came back from the hospital the other day. Arden who is, you know, right there on the tail end, I believe, he's already in the victory area of fighting this cancer that was so ridiculously attacking him.

P A label over his life, which he refused to wear actually

S Yes, he refused to wear. So, anyway he said, well, hey, we got used to our particular doctors. Doctor... I don't know, but it was like a P word, but he called him Doctor Pistachio, it was a long name like that, it was a big joke. And he used to go in, and the doctor would be like, you know, you don't get your money's worth out of me because all I want to do is say hi, get out of here, you look too good to be in here, kind of thing. And they had this great joke. Well, his doctor was out of town, and he was getting a check-up, and this other young doctor came in. And Arden and his wife Esther were just joking around, and just enjoying life. And they're in there for this oncology visit and they're just all jokes. And the lady said, stop, don't you know how serious this is?

P Oh, wow

[00:27:14]

S Don't you know how serious this is? And Arden said to me, I didn't say it, but mum I felt like saying to her, if you only knew how serious this is. You haven't gone through this. You haven't had the feelings. But guess what? It's the joy that makes us be able to cope with how serious it is.

P Yes.

S It's the thankfulness that I'm still alive. It's the thankfulness...

P And it's the humour.

S That I have God to go through it, my beautiful wife has been here. It's the humour and the thankfulness. So, don't give me this serious business.

P Don't give me this get down in your mouth because it's so sad.

S Right, because that's what we're trying to say, you choose joy, you choose thankfulness even more when it's hard because that's your only hope. I mean, God's our hope but that's how we have hope in him, right? The joy and the trust. But it's not just thankful when everything's going right. That's why it's so... Moves me when I see John and Dawn just the most funny couple that you've ever seen in your life, right? Hilarious. Dawn his wife, just cracks a joke every three seconds.

[00:28:16]

D You know, Dawn could be like a professional stand-up comic, yes, like she's a really funny person.

S So, when the oncologist said to my son, don't you know how serious this is? That's the lie there from the pit of hell. It's when it's so jolly serious that the laughs need to come.

D That's really interesting that someone would say that to a person who actually has the problem and is laughing. Surely you would think that they would encourage the laughter and the positivity in that perspective.

P But I think it was rare. You know a lot of people are in there with the cancer and they've been told, it's just this word. It's a fear word too, and it's a sadness,

and everyone... Well, let's just feel the sadness and let's keep a sombre tone here. Whereas Arden goes in with hilarity. Like the Bible said, a merry heart is medicine. A broken spirit, that's the sickness, the broken spirit. But they want people to have this broken spirit.

D Oh, it's like we're playing the dirge, it's time to mourn.

S Yes

[00:29:16]

D You see, that was the interesting thing. That's the thing I think about when your mind and heart has been set aright, is that when the masses are playing the flute you're not dancing. And when the masses are singing the dirge, you're not mourning. You are doing life from an internal place, from a higher place, from a stronger place. That's a big difference. When your eye is good, your whole body is full of life.

S Danny, I just read it in the passion translation, just Proverbs, verse 30, I forget what book I'm in. I think it's like chapter 16. Eyes that focus on what's beautiful bring joy to the heart.

P Listen, I've got to get back to me Pub Meds, right?

S Get back to your...

P What was I...?

D Was that like an hour ago?

S We're doing great without these Pub Meds.

P I know we are. But I love me some PubMed. Longer lasting relationships. I

said that, right?

S Yes, you did.

[00:30:15]

P Less aches and pains.

S That's huge.

P Isn't that interesting? Because, guess why? When we're grateful it actually causes oxytocin, endorphins. All these things, they lower pain. It's just science. Isn't that incredible?

S It reduces inflammation.

P Yes. Stress is inflammation. Cortisol causes inflammation, pain. Better sleep, more alertness and determination, and improved self-esteem. Improved self esteem is like such a bullet point. I can't believe I wrote it down. But think about it. When we focus on what we're grateful for, it's really hard to think, I'm not worthy, is it? Because this morning that's one of the things I said to God. I was just like, Father thank you that I'm your daughter, and that you've just enriched me with every good gift. Thank you for your absolute, complete love.

S It's perfect love.

P I mean, how could I not have a high self esteem when I'm that loved?

S It's perfect love

P By a Father

[00:31:12]

S Perfect love that casts out all fear, right

P Yes. And so, yes, I'm going to have a good self-esteem when I think about that sort of love.

D So, here's a note I want to say, is that I feel like we as a culture try to avoid the struggle at all costs. We constantly numb ourselves. I was at the dentist yesterday and...

S Were you numbed?

D No, she put like the Orajel stuff on my gum, she had to do like this deep cleaning thing, anyways

P Smile.

S They look lovely.

D Yes, thanks, yes, we're getting there. 15 years of no dentistry is now being made up for. But they said I'm doing great for 15 years. Yes, no big issues.

P Hey, you're going on a vacay for your first time. And now in 15 years you went to the dentist.

D It's interesting.

[00:32:06]

P Trim Healthy Mama. He must have a pretty good job, I'd say. Poddy's doing you not too badly.

D No, this is great. Outside of here I've been making some money. And so, no... All right, so, you know, there's a couple of things. She was asking me if I wanted more numbing because it really wasn't a big deal. And she's like, do

you want more of this numbing thing? And I said, no. I mean, it's painful but I just... I said, my biggest fear is the pain, and the pain's not really that bad, and I'm just going to endure it and see what happens. And then I told her this story about when we went to New Jersey. And on the way home, the Captain comes on. You guys are going to remember this. And he says there's scattered thunderstorms in Nashville.

P Yes, I remember that.

D So...

P Serene and I looked at each other and when we looked back at you, it was like, I wonder what Danny thinks of that?

D I know, I saw you looking at me. And he said, so it's going to be a bumpy ride, but we're going to get you there as smoothly as possible. And I thought, is that his way of saying that we're going into adventure battle level flight? And like, I'm going to see bombs exploding, we're going to lose an engine. And he's just saying, tighten your seatbelt, folks, and relax because it's about to go nuts. I didn't know. My mind is doing all this. So, I had... I was in my escape noise cancelling headphones, I was closing my eyes, I was breathing in, and breathing out. And I was doing my mental exercises to endure this plane ride. And then this thought hit me. You are always going to be afraid if you don't face this. And so, for the first time on the whole plane ride I turned the headphones off. I put them away.

S Did you eat some peanuts, because Danny won't eat on a plane because he

thinks if he eats... He thinks if he stops focussing...

D The plane's going down.

S And keeping us up in the air, the plane's going down. But I like it, keep going Dan.

D Whoo! And I said to myself, sir, you are going to experience this moment. You are going to be in this moment. You are not going to escape and numb your pain and your fear. You're going to see that all is well and that you have nothing to fear but fear itself. And I put my headphones away and I looked around the cabin. And I watched as the horizon levels changed out the windows, seeing the sharp turns. And all the while just going, it's fine, it's totally fine. There's nothing... This is in your mind, son. And I shared that story with the lady working on my teeth, and we just had this big conversation about how we are constantly trying to avoid the struggle. We're always trying to escape from life and create the most, you know, escapist...

P Idyllic bubble

D Experience, yes.

P Where nothing hurts.

D Yes, where nothing hurts, we don't feel pain. And I want to say that, if you're going through depression or you're lacking gratitude. Those are internal indicators of perhaps things that you do need to edit or adjust. But more importantly than any of that, some things are not changeable, and you can't fix your outside circumstance. But what you can control is your mind. Because,

like we said, gratitude, it really is a choice. So, you can't... While your world may be falling apart around you, what's going on internally is something you get to control, and you get to choose right now.

[00:35:15]

P And you know, you mentioned breath and all of that, it helps. But Serene mentioned the scripture about breath, in Him I live and move and have my being. But, I...

D But I was escaping with my breath.

P I know.

D You see? It wasn't like I was doing something positive. I was trying to get out of this moment.

P Exactly

D I was trying to escape.

S You weren't breathing in the moment.

P No

D No I took the headphones off.

P You see, we've got to breathe in the moment.

D Yes, then I breathed.

[00:35:39]

P I do want to talk really quickly though about this book. We're going to have the author of this book on The Poddy, because it's too good. But I'm going to take a couple of little paragraphs from this. It's called Unleashing the Healing

Miracle Within by Doctor Lucky. He talks about breath. He says, when you breathe from the diaphragm or abdomen you use muscles that you've not used before because you are usually using your neck and chest muscles to breathe shallowly.

P Babies breathe from their abdomen because this is how we are created to breathe. Abdominal breathing takes the stress off the neck and the chest, reduces headaches, TMJ, and your sinuses will also improve. The key benefit physically is your cortisol level. The cortisol level indicates that stress is highest at 8 o'clock in the morning that is when most people have heart attacks in the morning. Isn't that interesting?

P A high cortisol level means higher stress, and hence higher risks of heart attack and things like that. So, he recommends deep breathing in the morning. Well, I didn't realise that, but I was doing that, this breathing thing in the morning. And I just think breath, the power of breath with gratefulness, what a combination. We're talking about being grateful here, but this is something practical you can do.

S Yes, and I want to say too, don't think you have to be in some Zen Buddhist monastery.

[00:37:01]

P No, no, no!

S My house is super psycho loud, and it's designed in a way that microphones every squeal, right, because it's like concrete.

P Concrete house

D Yes, cathedral

P Concrete, high ceilings

D Concrete ceilings

S Hardwood floors, everything is stark. And you can breathe in the moment. Embrace the chaos and breathe in joy. What I'm trying to say is it may not be a lot of noise for you, it might be other things.

P Yes, it might be a mean boss.

S Yes

P Or it might be co-workers that are snippy and constantly, you know...

S Exactly

[00:37:36]

P You know, you're right, Serene.

S Because it's then that you need to breathe in even more than the perfect time.

P But I think people... Like with exercises. I feel like we need to do this literal exercise. Wherever you are right now, if you're listening, okay.

S Oh, but do I have to breathe in the rat pee? Because right now...

P You have to breathe in Serene.

S Because I have to

P Come on, sorry, there's mice in this Poddy Cabin, but it is a little bit of fumes.

S It's a cabin in the woods, you see.

P There's a little fumes of pee of rats. Serene believes they're rats. I think they're mice. Okay, so what we can do. I want people to learn to do this. So, breathe in, and now say what you're thankful for. Now breathe it out.

S There's so many I'd have to hold my breath for so long.

P Say it, breathe it out. You don't need... You just say one thing at a time. Now, breathe it in. Okay, the next thing you're thankful for.

[00:38:28]

D Puppies

S This is serious Danny.

P Maybe it is puppies.

D I'm thankful for puppies.

S Hey, you're like that oncologist, serious.

P And out

S Danny, the joke was

D Have you ever seen a...? Have you ever seen a puppy's belly after he drinks his milk and his tight tummy?

P Ah, that is so...

D And his breath

P And I just saw my little... Did you see my little grandson today?

[00:38:48]

D Oh, he had a little tight tummy?

P He has a little belly when he drinks. It's like a puppy belly and he gets all swollen.

S It's like the jocks that just get a little bit over the hill and they still tuck in.

P Yes.

D When my wife used to ask the babies, do you want your treamies which is the creamies, which is the Mom's milk. She would say... When she was done she would say is your tummy tight?

S Oh, I like it. And I stole that from Danny because when we went away to the radio thing...

D The treamies

P Serene called it ninny for the drink.

S Yes, and it was kind of like getting it done, being done. Like I'd done it for all my children. And he was saying, are you giving Solly the treamies? And I was like, can I plagiarise, Mrs Valdes's word?

P Yes, but the whole time then Danny, Serene would say to Solly, you want the treamies Solly? And Danny would school her, no that's not quite right. Do you want afternoon treamies Solly? Like he had all the ways to say it.

[00:39:38]

S Or the night time treamies, and I had to do it all his way. And I'm like, forget it! It's ninny.

P Hey, but you know what? We need to go. But I think there's a couple of things

that will destroy gratefulness every time and they are resentfulness, resentment and bitterness.

S That's a whole other Poddy.

P It is.

D Oh, yes

S We're going to come back.

P Okay, but when they rise up... Okay, we have do a whole other Poddy on it.

D For sure

S Well, that's 40 minutes.

P Oh, we're done.

S We're at 40 minutes.

[00:40:00]

P I'm just saying those need to go. Gratefulness needs to replace them.

S Because they take the place of gratefulness, and do you know what happens with bitterness? It dries up the bones. It's scientific, and it's scripture. But the thing is, is that it actually... You know when there's a disease on a plant it just doesn't hang out one corner, it ravages. And that's what happens with resentful and bitterness. And you don't have room for thankfulness.

P Okay, we're going to go, but I've got one more scrip, and it's a really good scrip, okay?

D A scrip

P Today, it says, Psalm 107...

S You said that so Australian, today.

P Today, okay, it says, let them give thanks to the Lord for his unfailing love, and for his wonderful deeds for mankind. And this is what I love. Today in your Trim Healthy Mama journey when you're feeling like man, I wish I could go eat the potato chips, it's so hard. For he satisfies the thirsty and fills the hungry with good things, I know that's spiritual, of course it is. He satisfies our inner man. But guess what? When you were looking after your temple, he satisfies us with good things, not the junk.

[00:41:06]

S And those good things are yummy.

P And so we've got to be grateful for those things today, so thank you Father for the good things that you created that I get to eat.

S Yes, and now ending with a little bit of humour.

P Yes.

S Just because... Danny, I'm thankful for Danny and the fact that he does bring a lot of fun and laughter into our lives. You know how you said you were making money on the side, so you could pay for all your Cali trips and your dentistry?

D Yes, I do.

S So, my brain has this flash of Danny making money on the side. It was him going out jogging in his little shiny satin things.

P We talked about that last week.

[00:41:40]

S And then at the end of running up and down the piers with his shirt off and his cute little skinny Danny, what if he coulders, yes? Then he lays out his running shoes for people to drop the coins in. That actually was a quick movie that went in my head when he said outside jobs. I didn't have to think about that that flashed into my head.

D Like they paid for the show?

P Yes, the paid for the running show.

D Oh, gosh!

S It's like you were busking with your what if you could running, and then you laid your shoes out.

D Do you know, that would be a...

P Because you did it with such finesse

D That would be a killer video. Like where I actually jog, and then I go around with a shoe.

P Yes.

D And they're like, for what? And I'm like, didn't you see me jogging past you? I was shirtless!

P And your shoulders were back, and your head was high.

S It was like they were wired back. Like with...

[00:42:21]

P His shoulders were thrust so far back. His head was so high, his chin was out

with the what if you could run like me.

S Yes, completely dazzled coming from the sneakers.

D I was literally... When I run, and this is why I recommend when you're able to, for some, at least brisk walking if not running, I feel like I'm bounding into my future.

P Yes, he was.

S And he was.

D Like you feel... Like it unclogs the, I'm stuck. That's what I like about at least some light exercise.

P Yes, yes, yes.

D It really unclogs the, I'm stuck here, and I'm trapped and I'm never going to...

P Okay, John's here and then we're quitting.

[00:42:53]

J Okay, I wasn't present to see this spectacle.

D Yes, too bad for you, sir!

J But I'm sure like others out there listening, man, I wish I would have been. So, if you'd like to see this, Danny spends a lot of time with a camera doing video stuff for us. And I'm picturing him recreating this scene...

P He'll probably put himself in.

J Putting the theme to Chariots of Fire in the background and running in slow motion. So, if you want to see this.

D You're teeing it up like it's happening, hold up!

J As much as I do, why don't you send us an email or a shout out on the Facebook page because this has to happen.

D My goodness

S I bet you it's already filmed.

P He probably filmed himself with a GoPro, like stuck to his head.

D Hey, listen people, our feelings are a choice. Gratitude is a choice, happiness is ultimately your choice.