Trim Healthy Podcast with Serene and Pearl
Episode #84 - The Best News We Have Ever Had!

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]

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S This is the PODdy with Serene...

P And Pearl.

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

-1-
It is that Trim Healthy Podcast you’ve come to love with Serene, Pearl and Danny and the rest of the cool gang here at the poddy cabin and we’re so glad you’re tuned in and we can’t wait to talk at you today, friends.

Solace is just looking at you, Danny. She’s like...

Yes, she’s got me in the tractor beam.

She’s sitting by herself today. She’s six months and she’s sitting and just like staring at you, Danny.

Yes, well I’m wearing a pink shirt.

And holding her Chapstick. And you are wearing pink so she’s like... She’s probably thinking.

I was a little bit concerned when Danny came in. I didn’t know whether I could accept him in with a pink shirt, but it’s okay. A brother in a pink shirt I can do but not a husband. Glad my husband doesn’t wear pink.

Oh really....

My husband, Charlie, will do the pink. Yes, he feels like he’s every bit of man that he can wear pink.

I can do an uncle in a pink shirt too.

Oh, an uncle...

Not the husband?

Not the husband!

And Pearl, you’ve brought a Matcha Nin in today.

Absolutely a Matcha Nin, mate.

Or is this coffee? Okay.
But I call it my Swamp Water Nin, because it’s a little bit of matcha with a tiny bit of cocoa, so it looks like swamp water but boy it is good.

Oooh

I’ve done that too to try and deepen the matcha, give it a little bit of bitterness too.

It deepens slightly.

Yes

Are you going to give a brother a small taste?

Yes, you can if you don’t mind my germs.

Yes, I’ll drink out of... You know where the part of...

Not where I’ve been sipping here. If you sip at the handle you won’t...

No, it’s the handle. I always go for the handle when I’m borrowing because we know that no one uses it there...

But you see the swamp water lines where it’s been.

Oh, yes, yes. It looks like filth in a cup.

Yes, but taste. But don’t ever, ever like look down on filth in a cup. That’s the yuck yum, you know. It’s delicious.

Yes

Oh, Pearl, yesterday I made a *What the Heck Smoothie*. You know Mum’s *What the Heck Cookies*.

Yes.

Same flavor, *What the Heck Smoothie*, and boy did it rock.

Is it good?
D This is *Matcha Nin* plus the emotion of cocoa.

P Yes.

D And I don’t mean the taste, but also the emotion.

P Yes, I know, right.

S Are you okay, Solly?

P Right, hey, you know what? We don’t have a topic today because we like wipe the topic.

D What?

P Even if we had a topic. Today is too good. You guys are like you are family to us and whenever we have news to share as a family we’ve got to share it. Serene, come on girl. Share your news.

D Oh my

S Oh, it’s such great news. So today I mean we saw this coming with the eye of faith and so we are so...

D It can’t be.

S You know, we’re not shocked but we’re super glad to have it confirmed by man. But my son Arden is cancer free!

D Oh, yeah!

S Yes, totally!

[00:02:59]

D Okay, I thought a baby. I thought you were doing to say you were pregnant. I was just like whoa, whoa.

S Yes.

P Oh, I bet you thousands of people were thinking the same thing.

D Sitting next to her newborn, I was like you have another...
No, but Arden... And Esther's miracle is about to come too, you know.

Yes, we believe Him.

No, no that is huge. I’m so glad.

Yes, that’s huge. Isn’t that fantastic. My husband doesn’t even know. I’ve been trying to call him all morning to find out.

[00:03:19]

No way!

Oh, my goodness, and Arden was... You know what’s so funny, Arden was over at my house this morning. We were looking at some videos because he does all our videos. He didn’t even bother to tell me. You called and he was there in the house and you’re like Pearl, I know... I already knew this in my spirit but it just got confirmed. I’ve been doing cartwheels. Arden got a clear scan. He is cancer free. And I’m like Arden, you didn’t tell me. And he’s looking over and he’s like yes.

So can I text Sam or do you want to... You still have to talk to him. You’d like to...

I haven’t talked to him, but hey it’s a free country Dan.

But I could be like congrats, bro, kind of...

It can be congrats. I mean my Mum called and she said I saw it on Facebook so, you know.

Oh, it’s on Facebook. I can text Sam.

Well, yes, yes, yes...

Esther, Arden’s wife put it up...

She’s from Canada so she’s got family and everything, so she puts it out there for all her family...

[00:04:02]
Hey, but we should tell the story. I know many of you have been along with this incredible story with Serene’s son, Arden. It is just a story of God’s miraculous healing. Arden’s faith, Serene and Sam’s faith.

Esther’s unbelievable faith.

I have to say that I want to talk... I want to... I don't want to give glory to my sister too much.

No, it’s God.

But, you know, I think that someone should say about... Say something about someone when it’s due, right.

Yes.

I think the hardest thing in the world would be to watch your child walk through what Serene watched her child walk through.

[00:04:40]

Yes.

I know other people have done it. But I don’t know... I think God only must give you the grace. When I... Serene, I just... You did it with such faith, such leaning on God. Even to go as far as such joy, such... You never lost your happiness. You were so encouraging to Arden and you believed and, you know what, and now... And now God’s promises have been manifest and I am in awe of Him.

I am in awe of Him and it was absolutely nothing to do with me. You know, He carries us. He carries us. He hides us under the shadow of His wings and I really, really felt that. I really absolutely felt God’s complete grace for the whole entire situation. It does not mean I didn’t fall on my face and scream and pound the dirt and, you know, have my moments, but I really believe that God’s... Not only was God doing that for me, but I had a choice to go either way. But the choice was very easy when you thought okay, I could sink into depression and freak out-ness and fear and have every day be miserable, or I could choose faith, right. Faith is so much more joyable.

Absolutely.
S You know, it works by the way, and there’s power in it, but even if it didn’t…

P Yes.

S It’s so much more enjoyable. But it does work and it is God’s fulfilment and…

P I have to say something about Esther too.

S Aah, we’ve got to talk about that.

[00:06:07]

P Arden’s beautiful wife…

S That’s a major.

P Who worked this journey as a very, very young woman. Arden was diagnosed… And we’ll tell the story about it today, the full story if many of you don’t know it. I know tens of thousands of you prayed. Arden was diagnosed just five weeks after they were married so he…

S But he had… He was dealing with it when they were married. They just didn’t know.

P No one knew. No one knew. And so, you know, as a newlywed and she was very young, 18, has walked through this journey with him for over two years now.

S And she walked with like the most mature, like well above her years. So amazing.

P Just incredible.

[00:06:41]

S She would pull me up when I was weak. You know, she was a powerhouse. And her name is Esther and that I believe is a prophetic in itself because I believe she was chosen for such a time that meaning she was chosen for the good years of the marriage, right, for everything. Chosen… My point being is she wasn’t chosen to go through that as like I’m going to have you go through that, but I believe that she was the one who could.
She stepped up to it, the one who could, yes.

Yes.

Here’s to life.

Yes, here’s to life.

Oh, man.

And you know it’s just it’s so... God. And like I said, you know, I was so excited to hear it confirmed but it wasn’t a shock. It wasn’t like oh my goodness, faint, fall on the floor. Thank you, thank you, thank you. It was more like thank you God, I knew it. For the last few months I’ve been having this... A rise in this knowing, you know. And before Remnant was born, that’s my three year old, I got this incredible, incredible passage from the Lord. I knew it was from the Lord because I didn’t even know that Remnant was going to be a boy that morning, born the next morning. But I knew that if it was going to be a boy he was going to be called Remnant. And I had this incredible scripture that said, you know, Hearken unto Me all the house of Israel and the remnant that are called by Me from the belly, who are taken from the mother’s womb, you know. And it was just before delivery and it was all about the Remnant. So I knew it was so for me.

And we call him Remmy by the way.

And we call him Remmy.

[00:08:02]

Rem

But in that... And at often times I feel the Lord bringing me back to that passage, like read it again Serene, there’s something more in it for you. There’s something more in it for you. Serene, you still haven’t got the fullness, because it spoke to me for Remmy and through so many things that he struggled with. But just two nights ago I felt like the Lord said go back to Isaiah 46, there’s something more in there.

Okay.
And you know how we've been talking on the PODdy about the tongue and about faith and about speaking out and declaring and God has a timing for that. Sometimes we think okay, we're going to have faith, but hey I don't see it. I don't see it, so I'm going to give up. But you see why would we have to have faith if we saw it straight away, right. Faith is the substance of things...

[00:08:39]

No reason.

That are not seen.

Not seen.

And it's calling the things that aren't as though they were. And if they were what we see, we're not calling anything as though... You see what I'm saying. It has to be not looking that way to call it something.

Yes.

God called the water wine. He called the end result. So we called Arden healed and it’s two and a bit how many years later, but look at the fulfilment of it. And so in Isaiah 46 it just sprung off the page to me. It says for I am God and there is no other. I am God and there is none like Me. Declaring the end from the beginning.

Oh, love it.

And from ancient times things not yet done, saying My counsel shall stand and I will accomplish all My purpose. I have spoken and I will bring it to pass. I have purposed and I will do it. You know, and on the cross He purposed that healing for Arden. You know, but it’s taken... It’s a journey. There’s an appointed time to everything and I just want to thank the Lord for His appointed time. I want to thank the Lord for today. I just want to praise him. But don’t give up wonderful, wonderful, wonderful friends who are going through things, wonderful Mamas, wonderful you guys who have not yet seen the fulfilment of your faith, the fulfilment of what you’re calling for because there’s an appointed time. There is an appointed time and it’s going to happen. We just have to.
Absolutely

You know and it’s like when Abraham... When the Lord came to Abraham and said, you know, you’re going to have a son. He said this time next year, you know, when I come again Sara will be bearing Isaac. But the deal is... Hold on, it took 25 years. Was that the second time he came?

No, when he came, with the three.

Yes.

Remember they came and he fed them the...

But He’d already told him he was going to be a father of many nations.

Exactly

Yes.

But there was an appointed time.

Oh, yes, right. Yes.

Yes and I was even reading in Habakkuk for still the vision awaits. It’s the point in time... It’s Habakkuk 2:3, for still the vision awaits its appointed time. It hastens to the end. It will not lie. If it seems slow wait for it. It will surely come. It will not delay.

Yes and I think this is such a good topic for today. There is an appointed time. What we don’t see instantly should not make you give up and when we wait, we wait in faith. We wait in belief. No matter what happens in the end, you know, we believed fully for Arden’s healing because we were called to it. There was no other choice. The Bible says I am the God that healeth thee. What other choice do you have, right? But let’s just say he was taken.

Well, blessed are those who believe without seeing.
Yes.

You know.

But God honoured that faith, you know. And I know Mothers have lost their children and there’s hard things...

Yes, but taken where, like a millisecond to the next life before us.

Exactly

Like less than a millisecond?

Yes.

But what... And so there is people out there and listening and there may have been situations that have gone to the end for this world for them.

Sure

And like you said, that’s the encouragement because we... Death wears their sting in that situation. Of course there’s the grieving, but the sting is taken. They are gone to the real life, the real reality, right. But I don’t believe God wants us to give up on His promises for this earth. I believe there are still for this earth and I believe that He wants us to still call him forth and to just... You know, Psalms 27:14, wait for the Lord, be strong, and in your heart take courage. Wait for the Lord. You know just before this scan there was a scary scan.

Yes.

You know they said all this kind of junk.

Ah, the scary scan

So the point is is that God is faithful and I didn’t really need the doctors to tell me it’s done, you know.

Oh, I know.
S  But I'm glad.

P  I know even with this scan, right, we didn't know. Three weeks later we didn't know because the technician read it and she said... The technicians aren't supposed to say anything, but Arden asked and they said well I still... We still think we see a little something there, but I can't say, a doctor has to read it. Three weeks went by, nothing. Found out today about the clear scan. But, you know, but even when Serene heard that news about there's still a little something, she said well I'm just calling him healed.

P  I'm just... And you know what, it's not to say you don't... When you have something, you know, affliction comes upon you, we don't have to go around pretending and saying well I don't have cancer, I don't have cancer, I don't have cancer, you know. These things happen. But in the Bible it says to call upon things not as they are. I mean as Serene said, Jesus called the water wine. We can say in Jesus' name I am healed.

S  Yes.

[00:13:14]

P  I call my body healed. We can call things.

S  So it's not, you know, the weird Christian Science, that whole weird thing where they deny the existence of disease, they deny... It's almost like putting your head in the sand and just being like no, no, no, no, no, no, like out of your whole consciousness. But no, we realize that there is something there, but we're just deciding to call it what the Bible calls it.

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P  Ophthalmalalist

S  You'll know. You listening will know how to say it.
P It means a doctor of the eyes.

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S Ophthalmala... Supercalifragilistic.

P Yes. And they review every test carefully, making sure your eyes look healthy and that your vision hasn't changed.

S But Pearl, Pearl, Pearl, Pearl, the thing that I love is it offers the choice, because you know how sometimes you go to a place and it's just like ah, my favourite isn't here.

P Yes.

S This has all the brands and types of lenses that you're familiar with so you don't have to shop around or worry about oh, will they have my favourites. They will have it.
Yes. And the main thing, the main thing that we all care about, saves you money. The vision test is only 20 bucks.

S Oh, my.

P Compare that with an appointment.

S 200? I reckon it’ll be about 200.

P Yes, probably without insurance around 200 and these days insurance hardly covers anything. You’ve got to know this is not like a full replacement for periodic full eye health exams. You can go to your full eye health exam with your doctor that you love. You still need those occasionally but do you hear that word occasionally?

[00:15:44]

S Yes.

P The contact lens prices are unbeatable. Standard shipping is free and best of all we are offering a promotion to our Trim Healthy listeners. So here’s what you’re going to do. You’re going to go to simplecontacts.com and to get $20 off.

S What you going to do, Pearl? What you going to do?

P You’re going to put in the code Trim Healthy 20 at the check out. So let’s try this again. Simplecontacts.com/trimhealthy20 or just enter the code Trim Healthy 20 at the check out. Save yourself time, money and headache.

S Look, I don’t even have contacts but I’m so excited about this I’m looking for people with contacts to just shout this in their face. Yes.

P I do have like... Not in my own children but I’ve got family members, you know, others and I just tell them about this because why waste your time doing all this stuff you don’t
need to do.

[00:16:36]

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

S I’m Serene.

D Well think about the power of, and this doesn’t even hold the candle to what you’re talking about, but just on a natural just easily provable level, the power of a placebo pill.

[00:16:50]

P Yes, right.

D So they’ll take tests of two people, both are sick with the same thing or... In the real test it’s more like 100 people.

P Right.

D 50 of them they’ll give an actual cure and then 50 they’ll give a sugar pill, no cure whatsoever. And they find the same level of results in both groups, because...

P Often times, yes.

D Often times because the power of belief...

P Absolutely

D That you are being cured and the belief that you are moving forward, it does inform little cells that become proteins that become...

P Absolutely

D Or thoughts rather that become proteins that become cells that become, you know, bigger, bigger, bigger and all of a sudden they manifest in your body.

[00:17:27]

S Completely, Danny, and that’s the 50% thing, or not even 50%, but that’s the
science. It’s true, but then there’s the blood of Jesus that takes you all the way to deliverance.

P  Yes.

S  But that’s true, there’s a science to the fact that we respond to positivity.

P  You just can’t deny it.

S  We respond to belief. You know I was thinking today, and then I’ll be quiet because I want to, you know, hear what you guys have to say, but I just wanted to say you know how it says the kingdom of God are for the children, you know, meaning you have to be like a child.

P  Right.

S  However the scripture is actually written. My paraphrases... Would you like to say it better, Pearl? It’s like the kingdom... What is the kingdom of God liken unto... Unto a... Is that how it says under the...

P  Yes, or...

S  Or the kingdom of God is for the...

P  There’s a couple and they say you cannot enter it...

S  You have to be like a little child... Right.

P  Unless you be like a little child

[00:18:11]

S  Okay, so I was thinking, okay we’ve got to grow up in things and be mature in the word and the word breeds faith into us. But I was just thinking of just the personality of a little child. They so easily call things forth because they have an imagination. Faith comes easy to them, right. Because I was just on the deck with my little three year old and it was like tiger, tiger. There’s no tiger, but he was seeing a tiger and he was pretending he had a gun. He was pretending he was shooting it and it was like the unseen world is so much more real to them because they have this imagination.

P  Right
D  Yes.

S  And I was thinking God is that why You say it, because they believe so easily and we have to have it concrete before our face. No, I can't call the water wine. I can't call this cancer healed, because I'm concrete. No, but the children that's all fluid. It's like let's pretend. Okay, I'm an elephant and you're a blah, blah.

[00:19:01]

P  Yes.

S  They call things as though they're not.

P  But that's the currency of the Bible and that's why it seems ridiculous to many people and that's why so many people, even people that profess to be Christians, says no I'm a realist, sorry. I'm not sure about all this healing stuff. I was brought up as a pastor's kid. I loved and was sincere for my God and yet in my head I was a realist. I knew the scriptures that talked about healing was all through the Bible, but I was just too real for that, you know. But you've got to become like that little child. I'm not too real for that. The whole currency of the Bible is calling things that are not what they are right now, calling them something else. Like your whole approach, Danny. What if you could? What if you could be that person? What if you could call that into your body?

D  Yes, that's interesting you use the word I was a realist. Whatever you're real about is what is real in your life.

P  Yes.

D  So you were a realist for lesser things.

P  Yes, I was.

D  That's the way I'd like to phrase that.

S  Yes

P  That's so true.

D  Yes, you were real and so your reality that you believed in your mind
became real in your life and you went see, proof, realism.

P  Yes.

[00:20:10]

D  But so does the man living in fantasies who believes he could do anything and what if you could and all that. It becomes real in his life and so for him he’s living in the real world, or her.

S  And I think it’s where you believe from, right, because you can give things a cent in your mind, but it’s the heart and it’s the spirit man that can believe that kind of supernatural, right.

P  Yes, yes, exactly.

S  And so I was reading in this incredible book, *The Substance of Things* by a man called Charles Capps, and he was talking about how words create images.

P  Right

[00:20:36]

S  I mean they completely do. There’s pictures in your head that come with words.

P  Yes and he wrote that well how many decades ago and then that latest book that we loved… What’s it called? Switch… *Switch On Your Brain*.

S  Oh, yes, yes, yes, by Caroline Leaf, Dr Caroline Leaf.

P  Yes, *Switch On Your Brain* I think came out last year, full on science to back everything up, you know. It’s just like the way you think causes proteins, becomes matter in your body. So Serene, go. But he wrote this decades ago when he didn’t have the science.

S  Right and he said but words produce images.

P  Right

S  You can actually… You can actually form pictures in your head from the words and even right now as I ask you about your… The front of your house,
Pearl, you could start imagining the whole... You know, the whole swings you have in the front, what it is. There’s a picture to go along with it as I talk to you about the front of your house the word is recalling an image. And they also change images too. Words over time can change images.

P   Yes.

S   So basically faith as you build yourself up in the Word of God and you build yourself up calling the things that aren’t as though if they were, you’re changing the image of them. You’re changing the image of it in your head and that’s so powerful because once there’s an image then it’s not...

P   Then it becomes a protein.

S   Yes, then it becomes a reality.

P   Then it becomes a tree in your brain rather than just something that will be lost. It actually establishes roots.

S   Yes

P   Isn’t that amazing? You know we said today we’re going to do a short, short PODdy because we’ve got other things to do, but I do want to go back and share the story of Arden real quick. Let’s do it in five minutes, Serene, for people that don’t really know. Danny’s laughing.

D   Because John just got held up a number two and you’re like let’s just do it in five minutes. You’re already blown. So we got another 20 in us.

S   Let’s just end the story as the best part and God saw it from the beginning and He called it from the beginning. He called it on the cross.

[00:22:28]

P   Oh, yes, oh my goodness

S   He called it on the cross. And, so, but... I’m so excited. Yes, he was diagnosed five weeks after his wedding and then of course Arden and Esther’s life from then on was survival.
I do want to talk about the gravity for a little bit of it. This was Hodgkin's Lymphoma which is usually a very treatable slow growing cancer of the blood. It often... We’ve done a lot of research into it because like why, I mean the boy grew up on healthy food, you know, farm food. I mean just natural things.

Sure

I mean if anyone want to blame it on stevia, I’m sorry they can’t. Arden didn’t want stevia. He was a honey boy.

He hates stevia. He was maple syrup and honey.

So, you know, you ask why and sometimes we don’t know why. But, you know, he did have mono at one point as a teenager. He went straight from that job to spraying Round Up on...

Electrical cells...

Electrical things, right, after the mono. Mono is often a precursor to this sorts of lymphoma when there’s an immune system dip it can morph. The other thing that they find, another big thing is they ask people with this lymphoma did you grow up on a farm.

No way.

[00:23:35]

There’s something to do with... They don’t know what it is. It might be to do with parasite or something. He did fall into a sewer around the same time on a farm.

He couldn’t wash up straight away because there was no water at the farm he was working on.

We don’t know but all those things were like the perfect storm. Not our farm.

No.

But anyway.
But, you know, we don’t know. It could be none of those things.

It could be.

But all we know is that... And it’s like you can almost talk about it now because it’s over, but I still don’t want to give it...

[00:24:00]

No, no.

I don’t want to give the Hodgkin's Lymphoma any like glory in its hugeness that it was, but it was aggressive and it went from nothing to almost fourth stage in a very little bit.

Yes, he was in the hospital.

We took him down to Mexico first.

Yes, because they said it’s very slow going. You got time, you know. Let’s just... Okay, so they had time to do alternative treatment. They went to Mexico and did the very latest and greatest.

We sunk our savings and just went and bam. Do everything you have to take it... Let him take it.

But his, it was growing so quickly when he returned we could almost not recognize him. His growths were taking over his face. He could not put his arms down. He was... He was skin and bone and yet these tumours were how huge, Serene.

Well, you know...

It was almost hard to look at him.

Oh I remember the one on his neck.

[00:24:52]

Yes, it took over his face.

Do you know how were...
P It was like a football on his shoulder, right.

D It was. It was really big and you know how people would wear a neck brace, if you’ve seen those white neck braces.

P Yes, yes.

D It was like that but not a brace.

P Yes.

D Like his neck had really doubled… Almost doubled in size.

P Yes and it got worse. You know, he went into hospital because…

S I can’t even do this. I can’t even do this.

P It was pushing against...

D Yes, no

P I know, but for people.

S Yes, well great let’s move it fast.

P Let’s push it. Okay, it got bad. Where he went into hospital...

D Yes, I’m with you.

P It was pushing against his heart.

D The minute I said it I was like, you know.

S Yes, I just want the victory and the good stuff.

P I know but you got... People need to know sometimes the victory comes because of...

S Oh, I agree.

P How great God is.

S Ah, He’s so good and to tell the story...
P We can’t pretend all that never happened.

S No, no I’m not pretending. But, you know, it’s just I’m revelling in the victory today.

P It’s hard for you. I know.

[00:25:36]

D That was a hard place.

P It was a hard place.

S Yes

P You know, he did do medical treatment but the medical treatment what they called him was a slow responder.

S Slow responder

P He did not respond to the regular chemo. Then they tried him on some experiential stuff. He responded partway. Then he did nothing for a long time. And guess what, when he went back to the next scan we had just been praying and standing in faith, it was less than when he’d been even doing the treatment.

S Yes

P So, you know, we fully believe that...

[00:26:06]

S God was doing this.

P God was doing it, whether he used medical, whether he used alternative, you know. There was so much. Arden’s positive attitude, he was just a trooper throughout all this.

S And Esther’s support, just such a rock.

P Amazing, and it’s just been slowly, slowly every scan got less and less. Whether he was in treatment or he wasn’t, it just started going.
Yes, you know, and as I was reading some, you know, incredible scriptures about faith, I’m like ah, oh, wow, like I want Arden and Esther to know this too that it’s done and all this kind of stuff. And I was talking to Pearl, but she’s like Serene, they know it. Look at them. Every time you asked them how they’re doing, great and they’re laughing. It’s like sometimes it doesn’t have to be oh I’m in faith. Sometimes you’re just standing and walking in it and you don’t even know it, you know.

I know. Hey, John, wants to say something here. You can use mine.

Hey, yes, I... Serene, I don’t want to make you cry. Actually maybe I do a little bit, but this is for a good reason. No, I know Danny where you’re going and I know you were there with me when I say this. And I have a son almost the same age as Arden. To just put into perspective from a bystander who watched this all go down, there was a point where Arden looked rough. I mean it was rough and everybody was praying really, really hard but I think, you know, Danny back me up on this, we were all kind of ah, it’s kind of rough.

It wasn’t like he just came back from a mosquito bite. I mean this was rough. So I just think just to put it in perspective, I mean he... To go from where he was to where he is now is just epic in the biggest of ways. So just to lend credence to what you guys were just saying. I mean it is a huge, huge victory, so.

You guys are correct. I suppose I just I wanted to revel in the victory of it and just say it and then move on. But you’re so true. God does get the glory by showing how much he was delivered from. And so in looking back, yes, when Esther and Arden and Sam and I took him into the emergency room we’re just like we can’t sit back and just watch him die. We have to do something. We have to keep moving forward, even if it’s, you know, the very thing we hate, you know, like chemotherapy and everything. Tumors were pressing on his heart. Tumors were pressing on his lungs. He was in critical care. It was...
S  He was as skinny as a Jewish concentration camp victim.

J  The most fascinating thing for me watching that all go down, and I think Pearl mentioned it like earlier today or, you know, when Arden was sitting there very... Like sitting there, he didn’t even say anything, the entire time, the entire time this was all happening Arden, it’s like he never missed a beat. He never...

[00:28:50]

D  He was like oblivious to it.

J  He’d walk into a room and the room would just be like oh my gosh, oh my gosh, oh my gosh, my heart goes out to you. Like internally we’re thinking this, oh my gosh, oh my gosh. And Arden would just be standing there like what. What?

D  Yes, he wasn’t aware of it. Like there were no mirrors in his home.

J  But I think... But it’s weird I... Just mad, mad amounts of respect.

D  Yes

J  To Arden

D  Yes

J  He never...

S  And Esther

D  Of all the people afraid, Arden was not one of them.

J  No, like he just like he didn’t even have time for it.

S  And as a woman I think Esther, you know, she felt all of it but she wore it like a navy seal on steroids. She has incredible faith.

J  Yes, you guys saw a side of Esther that we didn’t get a chance to see, but yes tonnes of respect there too, because gosh, you know, just freshly married.

[00:29:38]
Her new husband

Shoo, shoo, but yes, great, great...

The fulfilment of all a young girl's dreams has finally happened and now what, you know.

Yes

Yes

You know, but I think how strong... You've got to go through that from the beginning of your marriage, how strong are you going to be for the rest of it, you know, and how much they can speak into other people's lives having going that. And now we believe, we call into being what is not there. We call a pregnancy.

Oh, we do.

Because God has promised things

And Arden always said... I would say sometimes to Arden when he was sort of looking bad, you know, I would say are you feeling... How are you feeling Arden. Just, you know, people ask how are you feeling. He’d say oh great, Aunty Pearl.

And he’d be like constantly itching himself and pulling on his hair and scalp because one of the symptoms was like a real constant itch all over his body. And he would be pulling on himself constantly while he was saying oh I feel great.

Even during chemo he said he felt great. Now, he wasn’t in denial I don’t think. It was just this decision.

We’d be going up there to give him like bring food to the hospital and think well we’re going to sit in the corner and just sing soothing songs over him. And he’d be like, you know, on his phone checking out four wheelers and whatever like he was moving onto his next hunting move and the things he
was going to do when he got out the hospital. Why do I have to sit here in this hospital, like I’ve got stuff to do in life.

P    He never lost belief, never.

D    It was as if he was living in a fantasy. And let me say that his... and I know it doesn’t work out this way for everyone, and that’s actually okay, but it was as if the fantasy he was living in came true.

P    Yes.

[00:31:10]

D    And so he and every... In the very real sense of the world was being a realist, just on maybe a little bit higher level than everyone around him.

P    Yes, he was being a realist. He was just calling it. Oh, no I feel great.

D    Yes and that... And that, if that’s anything, that’s the theme of my life is the fantasy’s coming true.

P    Yes.

D    And not because it’s me, I feel like that’s the theme that I want everyone to have in their life, is what are your absurd fantasies, you know.

P    The good ones, and we’re not talking about weirdo fantasies.

[00:31:39]

D    Yes, yes, not weirdo fantasies.

P    We’re talking about good ones... Yes.

D    What are your absurd life giving beautiful fantasies that heal the world and heal your relationships?

P    And it seems trite to relate this to a Trim Healthy Mama journey when someone’s come back from cancer and you know and it feels...

D    No, this is the stuff of our life though.

P    But we didn’t see it. We couldn’t see what was happening. And if you’re
there and you’re stuck and you’re like well I’ve got so far to go, I don’t see myself trim. But when you call it and you’re like, no I will be, this is a promise.

S Hey, let me just speak about this. Truths have reciprocal truths. Truths, there’s a reciprocal thought to them which is like so faith, listening to the word of the Lord, hearing it, especially spoken out of your own mouth builds your faith, because it creates images, okay. The images of you healed. The images... It creates those pictures.

D Yes

S So listening to lies of the enemy, listening to defeat, listening to failure, listening to fear, which is the opposite of faith...

P Right

[00:32:38]

S Creates images

P Yes.

S And it creates... They have seed time in harvest, you sow the seed of faith and it produces in your life. You sow the seeds of fear and it does produce. People... It’s sad that... It’s sad but it’s a law of faith, right. I’m not talking about anything wacky or anything, I’m just saying. But the more you listen to lies like I’m never going to lose weight, I’m always going to be heavy, I never can do this, the more you create the image of you as a failure, you as an obese person always, that is creating a picture, and it’s almost an impossibility to beat that no matter how healthy you eat.

P No, it’s so true.

D Yes, that’s so interesting. I just challenged somebody with this and actually here’s a sneak preview of the old “What If You Could” book.

P Yes.

[00:33:28]

D It’s a challenge to not look in the mirror for three days because of this image
thing is so powerful. And what we do, we look in the mirror and we then confirm usually a negative image or a negative identity that we have. Even though the world around us may see beauty, when we look in the mirror if we believe something that’s what we see. And so it’s a challenge to not look in the mirror for three days.

P How can I put my makeup on?

D It’s just it’s the weekend, you’re not wearing it.

P Oh okay, alright.

D And all the while, all the while identifying with the future you, the fantasy you. Because see if you’re… Can I just use plain words?

S Please

P Yes.

D If you’re the fat girl in your mind.

P Right

D Okay, I don’t like that word, but…

P No

D Like I don’t think any… I wouldn’t call anyone that.

P No

D But we call ourselves that.

P Yes, right, right, exactly.

D When we look in the mirror we go there’s the fat girl, okay. And if when you are the fat girl in your mind, the fat girl eats a certain way but the skinny girl doesn’t. And I don’t mean skinny for skinny sake. Let me say it better.

P You mean trim.

D The trim you is not congruent with a Krispy Kream donut every morning.
P Right
D And so if you’re the trim you, even though right now it’s just a bizarre fantasy that you don’t even think is real, if you begin living in your bizarre fantasy, you’ll find that certain lifestyles become incongruent with your new identity. And that’s why I think a good three days without the mirror so that your brain can decide who you are...

[00:34:51]

P Oh, the pictures of it, you’re saying... You’re going back to Serene’s ideas of these pictures in your head.
D The image
P So you’re renewing your mind.
D Yes, renewing your mind. Image and identity are very deep.

S And it’s also too like we were saying in the whole Foxy Mama thing where people have had abuse or they’ve just had bad marriages, they’ve had infidelity and there needs to be faith and trust built back up, or maybe they’ve just got low hormones and they’re just not there, you know, but...

P You mean with intimacy in marriage when it’s lacking?
S Yes, I’m just talking about...

P Okay, when it’s lacking, yes.

S Pictures in the head, not in an evil way, but in a way of like okay the healthy ones are being with your partner, your husband or your wife, they can renew that instead of seeing pictures of the abuse, pictures of the unforgiven that you just can’t move past.

P Yes.
S But the new pictures is what you’re dwelling on. Are you dwelling on the unforgiven? Are you dwelling on the abuse? Are you dwelling on new and
beautiful anticipations?

The new and the good, that’s why I love what the Bible says, whatever things. And it didn’t need to say this, right, but it did. It’s so not even like spiritual or lofty, so any of you who are like, you know, aren’t Bible believers like us, you’ve got to love it. Whatever things are pure, whatever things are lovely, whatever things are of good report, meaning good news, good things about yourself, think on these things. It just says it, think about them.

And if you think of yourself as the unsexy or because I've got the wobbly thighs and I'm 80 pounds overweight and so I can’t give myself to my husband because I just feel bleh, if you think that, that images of yourself in your head. And then of course you’re not going to have the desire. You’re not going to have the hormones. The hormones are going to tank.

Yes, exactly.

But if you think of yourself in a different way that you are not that, you think of yourself completely differently I bet you there’s going to be a lot more open doors in that area.

Yes.

Yes, get your mind right.

Oh, it’s so true. Hey, let’s go to our Super Foods Spotlight.

**Announcer: Trim Healthy Mama Super Food Spotlight.**

I love me some eggplant.

I know you do, Serene, because you told me about your latest breakfast yesterday and it was full of eggplant.

Well even before the breakfast if I go to an Indian restaurant I’m ordering curried eggplant. Oh, there’s nothing like it in the world.

I love the succulence of eggplant. They are so soft and it feels like you know
how a lot of vegetables are crunchy. Let’s just say it feels like you’re eating a vegetable, eggplant to me feels like I’m eating dairy or something.

S  Yes, it’s so creamy.

P  Creaminess

S  And I love baba ganoush which is the Middle Eastern eggplant dip and it’s soft.

P  It’s soft and creamy. Danny, how are you with the eggplant?

[00:37:35]

D  I’m quite quiet right now.

P  Are you unacquainted?

D  I just... I mean you’re talking like a language I don’t speak.

S  What if you could, Danny?

D  No, I don’t know if it’s bad or good.

S  You haven’t even tasted it.

D  It’s just a foreign object.

P  Okay, just look at the color. That dark purple, that...

D  No, it’s speaks to you.

P  That means...

[00:37:49]

S  Just stop right there.

P  The color means something.

S  The dark purple, that’s actually so high in an antioxidant compound called Nasunin. I don’t know if that’s how it’s pronounced. Nachunin, Narcanin. NASUNIN. But that has such incredible anti-cancer fighting properties. What it does is it stimulates new growth of blood vessels and blood supply.
So it’s angiogenic is what they call it. And it’s absolutely incredible. It comes in that purple rich skin.

P It stops the blood supply of red blood cells to tumours.

S Yes and then starts a whole new healthy...

P Yes.

D For skin in particular

P The skin in particular has what they call antigens.. How do you say that?

D The deepest I know of eggplant is the little emoticon on my iPhone, the little eggplant that I’ll just send to anybody.

S It also has chlorogenic acid which is one of the most highest antioxidant for antioxidant activity. Like it’s so high in fighting free radicals.

[00:38:48]

P Yes, so in normal language that’s fighting free radicals in your body that are not supposed to be there.

S Of course it’s so... You know, it’s so low in calories and so high in fiber but yet so dense in nutrition.

P That’s what I mean. You think of fiber things as like that fiber taste in your mouth, but how could something be so creamy, be so full of fibre and weight loss. It is one of the lowest calorie vegetables. We could go on and on – brain health, liver health.

S B Vitamins, Folate, Vitamin C, Vitamin A.

P And neutral, Danny. It has barely a taste.

D Okay.

P It’s just as succulence.

S It takes on.

P Yes, it takes on flavour.
It takes on the flavor, that’s why I feel like it’s so yummy in Middle Eastern and Indian foods because it takes on all their spices.

Ah, it’s a raft of sorts.

But guess what, if you roast it it gets like almost a smoky flavour. You can...

Okay, here you go. Get an eggplant, chop it, dice it.

You want to know what I do?

Yes, I will. But, yes, we’re going to go there. Add a little coconut oil, salt and pepper, nutritional yeast, roast it. It’s going to rock your world, Dan. Have it with like sauces, curried sauces, things like that.

Like stick the thing whole in the oven?

No, you can do that too, but you can chop it first if you want to do...

Fork it. Fork it. Poke it with a fork when you put it in the oven so it won’t go pop.

That’s if you want to do the whole thing and then...

Then you scrape the inside out and do whatever you want with the insides. That’s how you bake it.

Okay, okay.

That’s what you do for a dip.

Yes, but I’m talking about dicing and baking, Serenie.

Oh, I know, but I’m just saying if you want to do the whole thing you fork it and then once it’s baked and cooled you scrape that inside out and use it.

I see.

Okay, but this is something that Serene, I’m about to go buy eggplants for this very reason, Serene told me about her breakfast. She said it’s the most
delicious thing in the world and I think maybe eggplants will run in short, Danny, because of this.

S  So, Danny, because you haven’t tried it yet the eggplant has nothing to do with eggs.

D  Yes.

S  But I have it with eggs in the morning. Eggplant with Eggs. Egg on Eggs.

P  Tell us what you do. What is the name for this?

[00:40:32]

S  We’re going to have to think about it.

P  We’ll do a video on it, but still.

S  I cut up as many eggplants as I want in my big steamer, okay and…

P  So do you cut them, dice them?

S  Not dice them small, just rough chunks.

P  Rough chunks

D  Chunks

S  I leave the skin on because of that Nasunin or whatever I said, right, amazing. But if you don’t want the skin it’s still healthy without it. I steam it in a steamer until it’s so nice and tender and then I let it cool and put it in the fridge in a nice Tupperware container.

D  In chunk form

S  Chunk form, then in the morning I wake up and I just stick a nice amount in my skillet, no oil, no nothing. Just warm it up because it’s got enough moisture in it.

D  Right

S  And then I scramble my eggs onto it and I put any spices I want just delicious. I put salsa and black pepper and nutritional yeast and a little bit
of mineral salt. It's so yummy. And then at the end I add my healthy fat, whether it’s coconut oil or red palm oil or butter or whatever you want and then sprinkle the cheese over the top. So all the oil that’s floating...

[00:41:32]

P What cheese? You do a little sharp.

S I do sheep’s cheese, but anyone could do whatever, and it’s like... It’s not that much oil but it’s like you’ve heavily fried it in such a naughty way that all the oil is on top.

P And it goes... Oil merges with eggplant in a way that it does with no other vegetable.

S When you cook it with the oil it’s delicious. It just tastes extra exquisitely luscious. But when you put the oil on top it tastes so naughty and nice at the same time.

P But you know what I’m... Look, she’s holding her toes. It’s so cute. What I’m going to try, Serene, because I love fried eggs so much, is I’m going to do the eggplant your way, steam up a whole bunch roughly cut, have it in the fridge. Then I’m going to heat it up on one side of the skillet. I’m going to fry my eggs in the other. Then I’m going to put it on. Then I’m going to add all my seasonings and my oil and stuff and I’m going to tell you about it. Because we always say hey, have veggies in the morning when you can. And you could do kale, you could do zucchini, you can do mushrooms, all of those, but Serene says that eggplant rocks them all.

[00:42:26]

S Oh! And it makes me so full.

P Yes.

S It is so high in fiber, that’s why it’s so great for diabetics. It’s a very satiating fiber in an eggplant.

P Yes, it lowers blood sugar like almost... Like okra and eggplant are almost right up there as the most powerful blood sugar lowering.
S Yes and I tell you what, I'm a nursing Mum and to...
D Yes, you are.
S To kind of like quell that hunger.
P Yes.
S It's almost a bit miraculous and I tell you what, that eggplant...
P You can make it for lunch.
S Oh, easy, I have to tell myself you know it's lunch time now, I suppose I should eat.
P So it has an incredible like munchies curbing ability.
S Totes.
P I'm trying it. Hey, see you guys.
S Bye
D See you.

[00:43:15]