



Trim Healthy Podcast with Serene and Pearl
Episode #111 - Pancakes and Attitudes, They Both Need
Flipping (Original Air Date: 3/13/19)

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

S = Serene • P = Pearl • D = Danny

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Happy Wednesday everybody, it's the Trim Healthy Podcast with Serene, Pearl and Danny and we're so pumped you tuned in again and we love you and we love your kids and we love your kitchen and we love your life.

[00:00:48]

S But not your cats.

P Why not?

D I love the cats.

P I love the cats.

S I love...

P Danny's a cat person. Don't be a cat hater, you hater. Serene.

D Look at all these haters hating on cats.

P Before we go on and you need to get those issues of hate worked out, Serene, I want to make us to make a pact.

S Actually I don't have hate, I just don't want to be false and say love for the cats.

P Okay but there's was no reason to be... You know how Mum and Dad brought us up.

[00:01:13]

S Well he was saying kitchen and then I imagined the cats lurking around the kitchen and like sniffing under their dishwashers and stuff.

P Serene, how did our parents bring us up to say if you don't have nothing good to say, don't say anything at all.

D Let me tell something though, zen captain, a cat is the most spa-like animal you could own.

P Very spa-like.

D They will get on to you, it will lay on your belly-chest.

S That's not spa-like, they get on to you.

D Yes but here's what they do. Think about it. Forget about a cat. Imagine if there was a device that you could lay on your torso.

P Oh I have that, a beautiful baby.

D Those are good too but it can't do this. The device starts vibrating and it makes this very zen-like sound.

S My babies purr. They love me so much, they go...

D But, does your baby then create the most Asian, zen-like acupuncture experience?

[00:02:02]

P That's true.

D We call it making bread.

P They start doing.

D But they start to do the little claw where they're just clawing.

S That to me is like get off me you crazy.

D It'll heal your body. It will heal your body.

P Serene, you're actually going against science. Danny's right here. They say that if you are...

S They? Who's they?

P The they. You don't know who the they is? We've discussed the they before.

D The aliens.

[00:02:19]

P They say that if you are a cat lover, you have to be a cat lover but if you embrace the cat, the cat when it does these things to you it like lowers your cortisol like bezunkle percent.

S And I bet you if they have the same mother and her baby will lower her cortisol more then that same mother putting her baby in a corner and then picking up a cat?

P It's not babies versus cats here.

D Literally what I was going to say.

S But it is in my head.

D Literally what I was going to say.

P Why?

S There's not enough space for cats in my home.

P Alright, well keep your cat hating to your corner.

S I didn't say hate. I just...

P You did but anyway we did not...

S Was open about the no love. I didn't say hate.

[00:02:50]

P I didn't want to take these peoples PODdy time to talk about cats.

D Not on our watch.

P I do want us to make a pact today because we have totally been slackers. We've backslid from the Superfood Spotlight and our Mamas are like bring it back and so we keep saying we're going to bring it back but we don't...

S But we're not like rearranging the like whole Baptist approach of everything in its spot and doing first, are we?

P And now you hate the Baptists?

S I love the Baptists.

P Oh my goodness.

S I love the Baptists.

D Serene, it's not Baptist versus baby.

S No, I love the Baptist. I was just saying... I was using it as a joke. Hey, I love the Baptists.

[00:03:24]

P Probably 32% of our listeners are good Baptists.

D Good old Baptists.

S Good old John the Baptist and all the Baptists, I love the Baptists. Hey, I've been baptized a couple of times. Both times were equally as special. The only reason I did twice was because I went to Israel and I had to do it in the Jordan.

D And you wanted to go to heaven.

S Because it was like a real, no, I already knew I was going to heaven. But listen, hey, listen, all seriousness aside, I love me some Baptists.

P Okay.

S Yes, Pearl you and I have gone and sung hymns in some Baptist church. Had some invitations back in our has been days.

P Okay. But what were you saying? I was trying to make a pact that we'd bring the Superfood Spotlight back.

S No, but we can't do Superfood Spotlight first.

P No it's at the end.

S You can't rearrange the schedule.

[00:04:04]

P You're right.

S That's hymn number 23, we got to begin with the first hymn.

P Okay. Now let us begin Danny Baptist.

D Our Father great and awesome in heaven.

P Baptists are very hip these days.

S Our Dad would've said, Danny, you could make fun of many things but...

D Not the hymns?

S Not the hymns

P Don't make fun of the hymns.

D Sorry.

P Also the Baptists are very hip these days. They have the, like especially at the churches, at the pulpit, they have like hip stuff like stacked stone, they have like hip pulpits.

[00:04:32]

S What? Pinterest pulpits?

D What?

P Yes.

D Oh I see.

P And they do hip music with electric guitars and drums. So you were a little bit off there, Danny.

S Hey listen, we just had backing tapes at our church at The Hilltop.

D The basement?

S No, it's just like the streamed, the streamed music and we, you know.

D Yes.

P But the rabbit trails are going very deep right now.

D They run deep.

S But the point being, though, is I love hymns too.

D Is that you do church in your basement.

S No, I'm not against the hymns. I wasn't... I don't love the tunes but I love the words.

[00:05:01]

P I love the tunes of the hymns.

S The tunes don't do much for me.

P Come on, they're the best.

S I get exhausted because there's lots of different arpeggios and different like...

D All right, favorite hymn of all time.

P Oh man that's too hard.

D I already got mine. I know mine

S Let me just... Hold on. On Christ the Solid Rock I Stand.

P No, that's been overdone.

S No, but I love that.

D It's overdone.

[00:05:19]

S Maybe on The Hilltop.

D Your favorite hymn is overdone just so you know.

P That's good. Fair is Lord Jesus. Fair is Lord Jesus ruler and so forth. Okay Danny.

S On Christ the solid, come on Danny, rock I stand.

D Rock I stand.

S See? How can you beat that?

P What about, It Is Well With My Soul?

D That's a great one too, but not my favorite.

P But then you get all the different harmonies and the people really putting on the operatic for that one.

D Yes, everybody kind of gets it like out of this experience and they kind of get a little showy during it as well. Do you ever notice that?

S Oh totes. Even me.

D It's like you hear it soaring over the... And like way in the back you're like... Who in the world?

[00:06:04]

S You're turning your neck on this one.

P Yes you do.

S And once your voice breaks and then you're really uncomfortable because it was the big old you, the big old me that...

D Have you ever been surprised by a shofar? I was standing in church one day...

P You were at a hip church because only the only hip church has shofars.

D They had flags and shofars and I was standing there and I'm... It started to get kind of like intense like E minor chord kind of stuff.

P Yes.

D And the guitarist says wum, wum. They're building this moment and then all of a sudden like a couple of rows back, I thought like the rapture was happening because I hear it for the first time in my experience....

P A shofar.

D And I'm like...

[00:06:40]

S That smells to be the first time because the shofar doesn't like that. Come on Pearl do the shofar.

P No, I don't know it very well Serene. It's much louder and deeper.

D Well when it's in your earpiece...

S That sounds like a dog.

P Yes, that was bad.

D My favorite hymn...

P Okay and then we go to the...

S But luckily Psalms hashtag Lesley co-producer's not here.

P Yes.

D In Christ Alone.

P In Christ Alone. In Christ alone...

S Do you notice that the beat occurred off a piano playing.

P Yes, but that's a modern hymn. Okay, In Christ Alone I think was an ancient, not ancient, and old-fashioned hymn and I think they've revved it up.

[00:07:20]

D Yes, I think it was a [inaudible]...

P Yes, it's a modern hymn and I love the modern hymns too.

D Is when it came out in which is like 1906 or something.

P Oh man, there's so many. I Need Thee Every Hour.

S Oh yes, I love I Need Thee Every Hour. I needed Thee every hour this morning and that's why I came and you called me the zen-like creature because I was having just a deep breath before we started this PODdy because...

P Well ten children...

S There's lots of home schooling with those ten children,

D It was getting real at the home site.

P Home schooling is the hardest thing of motherhood. Okay, I look back because mine are in... Two graduated, two and a half graduated. He's just got a couple of subjects left. He's done in a couple of months. So almost three graduated.

D Half of one of your kids graduated?

[00:07:57]

P Almost three graduated. Two left, they're...

D So hold on. That means two graduated. The third did not.

P I have five.

S She got five.

P Well he's almost graduated. He's in his last year, last couple of months.

D Oh okay.

P Okay, and then the last two, they're being... I have nothing to do with it but saying, good on you little Johnny even though they're not called little Johnny. All right.

S I know. I call it...

P I look back at the years of home-schooling and I promise you there's a Trim Healthy topic coming soon but for all the home-schooling Mums...

S Kudos to you.

P I feel for you. You're amazing.

[00:08:25]

P You're incredible and we're coming out with a Trim Healthy Home School Curriculum and it's not boring. But man, are the days... Serene and you're still in thick of it.

S But guess what today's PODdy is about?

P You got to have I Need Thee Every Hour.

S Yes, it was the I need Thee every second. But guess what today's PODdy is about?

D What?

S And it's going to help me with all my cats' hatred and all that stuff and my home-schooling need for patience. It's such a... When you hear this you're going to be like, oh great. They pulled me in with all this rabbit trails and here I am and I put on this boring topic for me, no. This topic is so needed. It's one of those ones that can't be preached enough. Thankfulness.

P Yes, we did a whole Poddy on that. You better be good here.

S No, we didn't do it.

[00:09:10]

P You got more?

S We didn't do it justice for now. It was back for those months and now it's now... Let me just start with a quote. I'm going to bring some scriptures today because that's what I do because I am a PK.

P Come on. It's time and you look like you need them.

S But I'm going to start with a quote just for the hashtag for some people meaning, you know...

P Okay, for all the non-believers.

S Yes.

P The Lesley's crowd.

S Just for the new peeps in the room, we have a co-producer here who, you know, she isn't one of the Baptist pew sitters.

P No.

S And all this Christian talk sounds like Japanese and Chinese to her so.

P She still loves our PODdy.

[00:09:44]

S She calls the Psalm P-salm. She says P-salm. She loves our poddies. Gratitude is riches. Complaint is poverty. That's by good old Doris Day

P Wow.

S Like I said, for all of you unbelievers out there, I gave you some Doris Day.

P Yes. Turn to Doris Day chapter...

D Who is Doris Day?

S Gratitude, I don't know. My producer John here, he knew.

P I know who Doris Day is.

S He knew but I've forgotten what he said.

P She's an American superstar, beautiful lady. You couldn't help but love her and she was beautiful.

S She was probably a Baptist.

D Like an older...

S She probably got this from sitting in the Baptist church her whole...

[00:10:20]

D I bet.

S And she probably went.

P Serene's sucking up to the Baptists now but keep going, I love it.

S Gratitude is riches. Let's just think about that. Gratitude is riches.

P Yes it is.

S It's didn't say riches as riches, our riches. Riches aren't necessarily riches. Gratitude is riches. Complaint is poverty and I was reading this book the other day and I won't be able to quote it properly but it was talking about how

gratitude and thankfulness can take an ordinary meal, like maybe it's either crust of bread and water in prison, I don't know. And ordinary meal and make it a feast. It can take an ordinary, imperfect man and make him a hero.

P Oh, come on.

S Let's talk wives about our husbands, right?

P Yes.

S And it can take an ordinary day and make it a memorable memory that's just a stepping stone in your life. That's what thankfulness can do. You know another one that I absolutely love is appreciation can make a day. Even change a life. Your willingness to put it into words is all that's necessary. Margaret Cousins. I don't even know who she is either. But isn't that interesting?

[00:11:28]

P She's probably a Baptist.

S The only thing you need is to put it into words, right?

P Yes, okay.

S And so, you know, we're going to... Before I get the scriptures out, I just want to just pull it down just for our other Psalm hashtag people.

P Oh, okay.

S And then just the everyday journey for Trim Healthy Mama. Gratefulness. So maybe it's tough road for you. Maybe in the past you've called yourself a turtle before you learned about positive labels and all that kind of stuff. And maybe you have it harder. Maybe, maybe you're in a wheelchair. Maybe you've got situations that make your situation just totally... And when you view other people like I could complain. I have the right to complain. No, but gratitude can change that whole thing around and make your journey not only easier to do, but make it full of riches. So maybe, maybe, you've got 200 pounds to lose, what are you thankful for? Maybe you're thankful for the fact that those are 200 and healthy pounds and you're not 70 pounds with cancer in the hospital like absolutely skin and bone. I mean maybe those are 200 pounds of jolly, good, healthy happiness. And you want to lose to get like even healthier...

P Usually, at 200 pounds the health is declining.

S Yes, I know but...

P But if you don't have a grave disease your alive.

S You're not wasting away in a Jewish concentration camp people.

P Yes, exactly.

S There's still things to see. There's still ways to see to kind of clean the glass off, the lens off and not necessary change your circumstances right now because we can't necessarily like wave a magic wand and then change right now. I mean miracles totally happen for now, now, now but usually there's a harvest of those miracles, right?

P Yes. Harvest.

S So it's just changing the perspective to be able to enjoy the journey. So in the practical ways for your diet now and what about in the practical ways for your marriage, it's so easy to fall into that complaint situation about our spouse or about our situation, our finances or whatever but...

[00:13:41]

P You know, that he's not... I have done that. Been guilty, he's not... he's just not my everything right now, like he's not completely making me happy. Bah hambug. How terrible but he's not doing that, you know.

S Right.

P You can look at that or he's really not the man he used to be, is he? Look at him. He looks tired. Man, I remember when he'd do this and that. All of these things you can focus on anyone rather than flip it.

S Yes.

P To say flip it. Look at my man. I don't even know how he loves me this much. He has a love that's better than my love for him. His love for me, it's not this conditional thing, it's just... It's there constantly, always.

S Usually with women I feel like there's more conditions.

P Well we think more.

[00:14:30]

S Yes.

P We think more about our relationships. My husband just knows he loves me and he just lives it.

S And maybe he's not perfect because, hey, we're humans.

P It's not perfect.

S We are not God. Now we try to be like him but we're not him and we're going to fall but it's a matter of the heart and when you see your husband having a beautiful heart, some of the jerky things he does can just fade away when you look at what to be thankful for. Hey, wow, he's got an amazing heart.

P His heart is good toward me.

S Just think of our husbands right now but I could complain and say, look at Pearl going on a cruise for her birthday.

P Yes good.

S What did they do two weeks ago? Go to Miami to the beach. And what did they do three weeks? Look what he does. He does it all to bless her. And I could go storming around my house and say when was the last time you took me on a date? Blah, blah, blah. But my husband writes me poetry.

[00:15:24]

P Right.

S I could be... Instead of seeing what he doesn't do, I could say, my husband writes me poetry and what man writes a woman poetry these days?

P I know. These days, come on.

S And then my sister Vange, she could complain about a lot of things too but I'm just talking about the threesome of our sisterhood right here because it's...

P We all have different husbands

S Relationships I kind of know most closely.

P Yes.

S So I could say, she could have a lot of things to complain about but then I'm like, she has the husband that is so doting on her, it's like, Vange I see you need a nap. I am going to stop everything I'm doing. Stop my work. Come home, I'm going to make every child quiet even if I lock them all out the house and make them a hut so that they can play Lego outside and insulate the hut outside so that they could never come in for two days so all you have to do is sleep and rest. Rest my beloved wife. Okay, so she could complain but she's got that. And so we have all these wonderful things we can look at the riches of the situation. All of a sudden we're not poor me wives. We're not poor me Trim Healthy Mamas. Look I've got the most to lose in my Trim Healthy Facebook page group, whatever. It's all about how you view it and...

P You flip it Serene.

S You flip it. Okay, I love what you said Pearl, flip it. Because oftentimes when I have fear come in because it's been something that's been a stronghold in the past for me. And one day I realized, okay, so fear is lies. Yes, fears are lies. So what I'm going to do is flip those lies because that will be the truth in my life. So if the devil says something to me like, blah, blah, blah, I'll be like, opposite is true and I'll just totally flip it immediately. But that's so true with complaining, right?

P Yes.

S If we're doing something negative, is that God's way?

P No.

S So flip it and then that'll probably be God's way.

P There's a scripture coming to my head right now. Our Mum grew us up with this scripture.

[00:17:14]

S I love your English.

P Do all things...

S Mum grew us up.

- P Mum reared us up, do all things without grumbling, do all things without complaining and that shows that you're children of God. And so you know, mum will say clean your room girls and I'm... Mum, do we have to? It's like, do all things without grumbling. And so you know, now I find myself that to my children but it's so true in our journeys. In our Trim Healthy Mama journey, let's take it because that's what this PODdy is about.
- P Are we grumbling? If we are, let's flip it and like Serene says, let's find the things to be grateful for because then, we've had a whole PODdy on this, what is great that you do? We talked about the health benefits. It completely rearranges your health. It lowers your cortisol. I mean it heals you. Yes.
- S I remember once like been totally locked out of my house once. You know just like something happened and the husband locked the door and he didn't think I'd be back yet from the errands. And just being stuck outside and blah, blah, blah and it was cold and I just remember thinking, I could sit here in total misery and ruin this whole afternoon for me and my children or I could be like, we could've had an accident on the way home. We could've... With all the could'ves, could'ves, could'ves and look, we're just sitting here all alive, all totally blessed. Going to sit in a warm cozy house tonight, we're going to really appreciate more because we're freezing now. It's just nothing changed but the perception of thanks.
- P Danny, do you have to say something before we, because you've been sitting here and you are part of the podcast.
- S Yes Danny, you are a part.
- D When...
- S We're thankful for you Danny.
- D When the water's flowing I shall not cork it.
- P Okay, so...
- S She's right. Have to get back in there.
- P You're welcome to just let your river rush in, right?
- D Yes, but I...
- S Go with the flow.

[00:19:05]

D I dare not, you know, I dare not stack rocks in the center of the stream.

P The river will carry me away. The Judds, good all Judds.

S And ease my mind.

P That's good. You can keep going on your scriptures.

S Enter into His gates with thanksgiving. This is a huge one. And into His courts with praise.

P Where is that found Serene?

S That one.

P A Psalm. The Psalms.

S Yes, probably P-salms. That one I didn't write down.

D Probably.

S I'm not really great at the, what do you call it?

[00:19:36]

P Reference.

S References. I just know the scripture but I've never been great at references. But enter His gates with thanksgiving. So we really go through a lot of doors in our lives don't we?

P Yes.

S A major door would be to get into God's door, right? That's pretty like the probably the hardest door to get into, right?

P You mean...

S God's door, into His gate.

P Oh, right.

S Yes and how to get into his gate is thanksgiving.

P Wow.

S So we want His presence in our life, right? We want His presence in our day. We want His presence every hour, I need Thee every hour. But how can we get there if it's like, oh boy, can't stand this home. I'm sick of being in this trailer home and all these children around me. Now they're hungry again. Why do they have to be hungry again? And I can't believe another math assignment I got to do. Everyday's the same. My husband's off at work in an air conditioning office and he gets quiet. When he gets home, I'm going to spew all this stuff at him. How can we have God's presence because we can't enter into his gates with complaints? How can we have Him in our lives?

[00:20:37]

P We can't.

S We can't.

P Yes.

S So interesting and then a lot of it is the sacrifice of praise.

P It is.

S You know Psalms 50. There I go. I'm good actually with the reference there right there. It's verse 23. The one who offers thanksgiving as a sacrifice glorifies me and that's so true and sometimes it is a sacrifice. It doesn't come naturally. It's not... It's something that we actually have to do like maybe a little workout. Sort of like, okay, I'm going to work out my muscles because it's good for me but we really don't care about working out our gratitude muscle. We just want let it all hang out and be grumbley, griping, you know. But I love this too. I just love this God's never ending mercies. We have so many things to be thankful for. Because the steadfast love of the Lord never ceases. His mercies never come to an end. They're new every morning. Great is your faithfulness. The Lord is my portion says my soul. Say we have nothing else in life and our portion is not as good as the Jones's but the Lord is my portion. Right? The Lord is my portion and so we... Everybody has a something to be thankful for.

P So true.

S Because the Lord is my portion and even when He leads us through the valley of the shadow of death Danny, you've gone through your bathrobe experience in the last month.

D The Robe Experience.

S Yes.

D That's my next upcoming album.

S But He was your portion. He brought you through and you had Him by your side. You still have thankfulness to look back upon and see. And I love this, Pearl, you touched upon it too earlier on, don't grumble. You said Mum grew us up with that scripture. In Thessalonians it says, give thanks in all circumstances. This is god's will for you. Give thanks in all circumstances. Colossians 4:2, devote yourselves to prayer, being, I love this, being watchful and thankful. No, that was it. That was key. When I read that this morning I'm like freak out. You can't just be thankful. You have to be watchful and thankful because you got to... It's so easy to thank things for granted. You have to look out to be thankful.

P Yes, that's so true.

S Otherwise we just steam plough through our day and we can't find anything to be thankful for. You have to step back to smell the roses and be watchful and thankful.

ADVERTISEMENT

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

S Serene.

P Hey Serene, did you finally buy some new underwear?

S Yes, but actually not at Goodwill like the rest of my clothes, thank the Lord. I got them from Pact. You know wearpact.com. Love it.

[00:23:13]

P Pact makes super cute and super soft clothing for the whole fam.

Made out of 100% organic cotton.

S That is soft people and that's important. Because comfort's where it's at. And look, it's made in Fair Trade certified factories. That's a plus because we like people to treat their workers fairly. Their prices are fair too. You know 15 bucks for a tee. 30 bucks for legging and listen to this, seven bucks for undies. That means you can change your underwear more frequently if you would love to.

P These prices for natural fibers? That's amazing.

S And also we are offering our Poddy listeners a discount Pearl. You just shop at wearpact.com and enter the code **trimhealthy** at checkout for 25% off your order mates. That's W-E-A-R-P-A-C-T.com and enter the code trimhealthy at checkout for 25% off. Poddy listeners. Buy some underwear, you can change the world.

S This is the PODdy with Serene.

P And Pearl.

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

[00:24:20]

D You know what I always say to my friends when they're... And I'm no better. Someone needs to say it to me from time to time but something I'm fond of saying that is kind of a gratitude reminder is, a friend will be complaining, and this and that and it's just frustrating because of this. I'm like, yes, well it's because we're so rich. And they're like, what? I'm like, well I mean if you think about it, all these problems we're focusing on just because we're so well taken care of that the minute our tire is low or something silly, it's actually big and important. And like most of, probably 99% of the world would be like, hey, you're really good. Like your life is literally like a king's life on planet Earth.

S I'm just going to be vulnerable here, right? Maybe I'm the only complainer in this area but we do, we're so blessed. Maybe some of you have said it too, this Trim Healthy... I haven't said this Trim Healthy thing is hard but I've gotten frustrated over choices. Like when I go home this afternoon I could have an E Meal, I could have my sweet potato and cottage cheese or I could choose to have the sprouted toast with tuna on top or I could have the... Or maybe I could have

a crossover with the avocado and blueberry whip.

[00:25:37]

S And I get so agitated and frustrated because I can't make the choice. And then I've got this enigma, this little equation in my brain that I can't solve because I'm like I can't choose between the three options.

D These are the problems.

S And then I'm a little bit... And then my child will come to ask me a question, I'm like, hold on, I'm thinking about something. What am I thinking about? A choice between three amazing meals. Psychopath.

D Psychopath.

S I need to realize some people don't even have a teaspoon of white rice like be thankful.

D Yes, these are the problems that princes and princesses deal with.

S Right. So maybe it's like well...

D A lot of our problems, not all.

S I have to have an S Meal sometimes and an E Meal and sometimes I get to have a Crossover. You get to have a choice between meals?

P I know. Serene, I remember we did this whole post, you wrote this post once, it's called You Get To Have It. When we first started Trim Healthy Mama because it started and people were just doing it and then we got some people write back to us and said, yes, I just really don't like separating my fats and carbs and you at that point, I think you were nursing or something, you were getting too skinny and I said Serene, all Crossovers for you.

[00:26:43]

S And it made me mad.

P Yes, but you loved some of your meals that were separated. You're like, man, when I just concentrate on that E fuel, it's so delightful. Sometimes when I Crossover, it's all jumbly, gobbly gook and I can't really focus and I want my E Meals and I'm saying, no Crossovers for you Serene. So you wrote this post

called You Get To Have It. And so you went through all these delicious single fuelled meals and like you get to have it. Right now I don't.

S Like the sweet potato meal, right?

P Yes.

S You get to have this large or not super large but a nice real generous portion of sweet potato and you get to concentrate on that and it fills you up and then you've got your protein you got to anchor it around, right? And your little bit of fat and then your luscious non-starchies and it's like you get to focus on that.

[00:27:26]

S But if I have to put a whole bunch of fat on that too, I get so full, I want to throw up so I have to lessen my sweet potato. I don't get to concentrate on my sweet potato. I feel like I don't get to have more sweet potato, sad for me.

P Yes. And you were being a bit of a complainer in that way but you were just doing it to show, hey, anything that we have to do at the moment like, you know, your little issue that you're going through Danny. You're fixing your gut. You can't eat certain things and you will be able to in the end but it's just with an attitude of flipping it and gratefulness. Here's one thing I want to talk about. You know if you're listening to this podcast and I don't want to be judgemental here, you're doing it because you want to better your life. I mean you wouldn't tune in if you were someone like, no, I'm content the way I am, because you want to get better physically, spiritually, mentally and we're all in this together and we talk in our living room and we... As the Bible says, steel sharpens steel. I grow when I hear from others. When I hear from Serene and Danny and others that send me messages and stuff but I want to say this, I have done this maybe in a few private messages. I haven't done it publicly but I don't want to be judgemental because I have done this. Starting up any post on social media or even starting out in a conversation, listen, hear me out, I just need to vent.

D Let's hear this.

[00:28:47]

P If you're starting your post on Facebook with I just need to vent, stop. Maybe you don't need to vent. Maybe you need to flip it because your venting and your spewing it all out, yes there's an issue, but guess what? There's an answer to the issue and it's your attitude. I've had to tell myself this so many times, venting is just spewing our attitude about something that's difficult.

S Oh, Pearl, this reminds me of something. We were going through a hard time with one of... The writing of one of our books and it was just kind of like ironing out the kinks between being self-published and using a publisher. There was a lot of changes involved in that because we had a lot people telling us...

D I'm perked up. I'm listening.

S How we couldn't do it and how we had to do it, and a lot of doing things the long way around because we had to think of how it was done ordinarily in a box, right?

P Right.

S And it was taking months longer and hours more work and we were busy mums. And we're like, we have to go through the whole entire book, you're telling me, and re-put them back into order because now they want all the recipes, the teaspoon, not tsp. You have to write it all T E A S P O O N. And how many, 300 and something recipes and we have to go do that on some afternoon when our children want us to come and watch a basketball game or be with them or you know. It was just, it felt so overwhelming. And I remember our brother saying once, these are not problems. They're just challenges. They're not problem's, they're just challenges for you to have fun ways to work around. Because he's a manager of a Christian band and they were doing this tour where they were...

P It's the Newsboys.

S The Newsboys. And it was called the Big Top tour or what was it called Pearl?

P I don't know. It was back years ago, right?

S But instead of taking the concerts to arenas, they travelled around with their own big top tent, like a circus tent.

P Yes, that's right.

S And sometimes they would go and be bad weather and...

P The tent blew away didn't it once?

S Tents were blown away and they had drum machines that put the drummer upside down and there was a lot of situations and it was almost... It would drive a normal person to absolute, what do you call it when somebody's, a mental breakdown?

[00:31:12]

P Despair. Yes.

S And I remember my Mum calling the same brother that encouraged us and say, must be so hard with all this and everyone was like, maybe like firing themselves like I don't want to do this anymore because it's too hard, like the people they would hire. And he's like, oh no Mum, none of this is any problem at all, just challenges. Yes, just challenges and it's exciting. It's exciting to find ways around the challenges. He wouldn't allow her to feel sorry for him and it helped us out because we were feeling sorry for ourselves.

P Sorry for ourselves is a thing that we sometimes all crave and sometimes especially on social media we crave it. There's something too that the Bible says, when there's a weeping, if someone is going through a loss of a loved one or something, of course we weep with them. But there's a difference to that and just, hey, hear me vent. No. Feel sorry for me. You know those are the things, we can, we can flip it. We're told to flip it scriptually. We're told to not be that.

S So you know how I flip it?

[00:32:14]

P Just preaching to myself here.

S When it gets crazy in my house and mayhem and it's just a lot of noise, because our home is, I'm not trying to vent. But our wonderful, beautiful home, it's incredible but it's concrete block and concrete floor and high ceiling so it's like gymnasium, so it's a microphone. And so you get a lot of children running around then wonderful, beautiful grandchildren are running around and it just gets loud.

P Yes it gets loud.

S And I can sometimes think, over stimulated, over stimulated. And the more I say that, the more over stimulated I get but sometimes lately I flip it and say, what about that lady down the road? She's got 45 mangy, mongrel dogs yapping their heads off and guess what?

P You're not a dog or cat lover.

S She loves it. She's like, here doggy, doggy, doggy, doggy, this doggy. Like this doggy, that doggy. She loves her doggies and it never overwhelms her. Why?

Because the devil's not coming after her because I've been dealing with like eternal souls and the devil wants me to be miserable. He wants me to complain. He wants me to lose my temper so I'm a bad example in front of my children. He wants the whole family situation to be really like not a good place, not a good happy nest.

[00:33:19]

D Well Serene, I have...

S Right, so I've got to flip it and be like a lady with 45 dogs that's yapping away and can be happy, I can be happy.

P She probably has like seven but it seems like...

S It's about 45. I'm telling you. She paints her nails and everything.

D The dog's nails, I was like, what is painting her nails.

S Or their married. Some of them have divorces, her dogs and she get's them another the spouse and all that stuff.

P She's one of those peeps. Does she listen to our PODdy? A few of our neighbours do.

S No.

P Okay. Yes Danny.

D Does any of that need editing?

P I don't know.

[00:33:53]

P Tim, use your own discretion with editing or the...

S All you wonderful neighbors who listen to this, it's not you.

D Give us some feedback Tim.

S Don't take that personally. It's not you.

P There's a lot of people on The Hilltop that now are PODdy listeners. We got to be careful.

D Hey listen. We warn people right up front, that this podcast is us on couches having real talk. You know if you need a political spokesman or statesperson, maybe Serene's not the one you hire.

P No, Serene's not the one

S By the way, I love my family and I love it loud.

P We know.

S I'm just being vulnerable.

P Okay. Yes Danny.

[00:34:18]

D Well speaking of high ceilings, I have extremely high ceilings and not only that, but I am a loud talker and an entertainer. Even at home, I'm still in the zone. I'm entertaining the family, doing characters, fooling around and all my children, you know how kids are, they want to mimic Dad and show him they've got it too, right?

S Yes.

D And so it becomes this nightly battle of who can shout the loudest over the other person's voice because everybody realizes I'm not going to get to do my entertainment piece if I'm quiet about it. And so it can be psychotic and in those moments... Now don't get me wrong. I have times where I'm like, yes, just going to take a shower. I'm dirty. I'm filthy. I stink and I better take a 30 minute shower with deep spa music and tranquil sounds and just hide out a little bit. That happens okay. But another thing that happens sometimes is the flip it thing and I never called it flipping it but...

S Thanks Pearl for flip it, I like it.

D Yes, well the way I flip it with the loud house thing is I picture when all those kids are married and moved out.

S How sad you'll be.

D And not just like that because I'm still going to have them over all the time.

S No, I know but sad and for the fact that you may not have enjoyed every moment.

P Yes, right.

D That's the point.

D I picture them all gone. All of a sudden I vacuum the house of people and I picture like, what do I want. Like where the oxen is full the stall is dirty you know. And it's like, did I say that right?

P I don't know but it sounded good.

S I do. I'll have to use that one for myself too.

D Yes, and it's like, you know what, but from the strength of an ox comes an abundant harvest. That's the second part of that and it's like...

S Are you a good PK too?

[00:36:01]

P He's not PK. He's a metro...

S Good attendee.

D I'm just an old mutt.

P He went to Bible school didn't he?

D Little sort of like a Bible school.

P It's group Bible school.

D Yes, another phrase could be spiritual torture. So at my house, I will do a little mental image of everyone gone and me flipping alone. It's like... And then I hear this voice on my shoulder, what do you want son? And the reason he says, he calls me son is because one of the greatest father figures in my life who's passed on now, he's name is Paul Merle and he always called me son. So I've heard actually men say that...

S And that's big for you?

P So now in your head, you have a good person talking to you and he calls you son.

[00:36:48]

D He calls me son.

P And he gets you on the right track.

D And he always gets me on the right track.

P Love it.

D And I've actually heard...

P And for new peeps in the room Danny had five dads, right?

D Yes I had...

P But this was not one of the stepdads? This was just a mentor.

D No, this was when I was actually an adult.

S No, my meaning, meaning this was a good thing to finally have you know...

D Yes, and he... Yes, he was just a really solid oak tree dude who like... I mean reminds me of your dad like you already know what he thinks about the issue. You know what I mean? Like he doesn't really ever change... Like he's already... He was old enough to where he had life down when I met him. And I met him in his 70s and yes, he... I actually heard that before that men will say that when they hear the voice of their conscience or the voice of God, it sounds like their father which is so important for me as a dad to make sure I'm talking right to my kids. Because the other I was kind of flipping out on the group, you know. Like my daughter took my phone and ran and I'm thinking that's \$1,000 she's about to smash. An iPhone is ridiculous money. And I just like grabbed her real quick to stop her and I was like, hey Ainsley, you know and just grabbed her all of a sudden and it just startled her and she just, man, she started crying and I was like, dude, I don't want to program her for aggressive male tones. You know what I mean? I want to her to marry someone who's, and she's going to marry someone who is familiar like her father and I want that familiarity be a strong, gentle, powerful but a man who speaks tenderly.

S I agree but I'll go say something really quick for those that could complain about aggressive male tones in their husbands.

D Since we're there. Oh yes. No, that's the whole other side, thank you.

P Because we got a Superfood Spotlight food coming up.

S No, totally but just for five minutes.

[00:38:27]

P Okay good.

S I'm so glad that you're about that Danny and that's something that I could be thankful for and that's so great. Good on you.

D And that's for the men to know.

S Yes, and good on you.

D And I know you got something for the women.

S But as far as the women are concerned, your children will grow up and if they have a father with aggressive male tones but has a good heart, they'll know his heart.

D Yes.

P They do know it's heart.

S Like my husband's Dad was..

P We're not talking about bashing here.

D I'm so glad you're saying this.

S Was a loud barker but his heart was... Like he watch chick flicks. Like he loved a good romance, a good... Like he was just so sweet, he was a teddy bear and my husband will be like, don't worry, he's just all bark and no bite. He's just one of those gruffies that thought it was cool to be gruff. But my point being is... And men have testosterone that sometimes makes a normal comment more gruff sounding than we want it to sound like as women. So I've had to also stop complaining about that with my husband. When I could be like every three

seconds, oh honey....the tone.

D The tone.

S You use the right tone inside voices please, like I'm his mum.

D I'm so glad you're saying it because I've actually had to say that to my wife as well. Like while I'm zealously guarding my own tone and trying to be aware of projecting anger...

P She's helping you with your tone because we help. It's what we do.

D Yes. Your job is to know that you've got a real man who's raising real men.

S Right.

[00:39:45]

D And he may have a deeper tone and he may bark. There's a time when alpha dog barks man. When my oldest teenage son sticks his chest in my face and tells me how it's going to be, just the alpha dog bark comes out. I don't want it. I don't think about it. It's just, and he's just like, oh yes, Dad could totally like flatten me in like a second, so okay. And that's important.

S And Pearl said it's what we do as wives but it's not what we necessarily should do.

P No.

S We want a happy marriage.

P No, you're right. It's what comes natural to us to help our husbands. Help, help, help, help, help. Help to the point of we're their mother.

S And if we want to help them, right, Pearl, what do we do? Flip it.

P Yes, flip it.

S And help it because they got plenty of help from their mother when they were growing up.

P As long as you have a good man, we're not talking bashers or child whatever. We're talking about general good man, the man you married.

S Yes, not the one that chains a child in the basement or something like that.

[00:40:35]

D Those almost don't exist though. I mean...

S Or pulls off his belt and whips you.

P You're smart enough to marry a good man. So you married a good man, right? So let him be that good man. And that's what I tell myself because I've helped my husband so much. Honey, can't you just speak in a more gentle tone to the boys. They just really want to... And you don't say you love them enough.

S And then guess what happens?

P Guess what? They know he loves him because he is firm with them. And it's this huge thing. It's so true. A man needs to know he's... Needs to show his love to his children, I agree. You know back in the 50s when men wouldn't show it or whatever but still, there's something about a man passing on boundaries and a bit of gruffness when needed to their children that keeps boys out of stinking jail.

D Yes.

S Yes it does and it keeps boys growing up to be men instead of growing up to be these insipid, neutral gender species you know.

[00:41:33]

P How do we get on to that?

S I've forgotten what I was going to say.

P I don't know but we're up to our Superfood Spotlight.

S A lot of times wives will say though, they'll start saying, well you know, he doesn't really put input into the children anymore and I wish he helped out with the parenting more or why is he not? Maybe because we henpicked them to death and now they pull back because they couldn't do anything right.

P Yes.

D That's real. As a male creature and John already knows. Every time I say stuff, John looks at me like, yes.

P John's just sitting there going, this is all true today.

S So I'm preaching to myself and I'm sure Pearl's preaching to herself.

P Of course I am.

S We want our husbands to be more involved. If we want them to help out in the parenting, maybe we just let them parent the way that they parent.

P There's a good book called The Empowered Wife. I suggest.

[00:42:15]

D Listen, if you want to ensnare your man, it's quite simple. You will ensnare him with sweetness. Nagging makes a man run and hide. His showers will take longer. His bathroom breaks will take longer.

S Those zen showers of 30 minutes of tranquil wave space sounds.

D And he will find himself needing to get this job done at work because there's a deadline more than normal if you nag and Mommy him. Guaranteed.

P But that usually has to come from a woman but that's all right Dan-dan. You're allowed to say that.

D No, I can say it because it's true.

P Because everyone knows you now, they know you're a good heart.

S Well we can say it because it's not his wife that's listening.

P Yes, exactly. You can't say that to your own wife really.

D I bet you can.

P It's not going to go over that well.

[00:42:56]

D It doesn't.

P It has... No. That's why in the Bible it says the older women teach the younger ones.

S That's why I bet it doesn't go over well, he doesn't say it, he just... He just stays out of the job.

D I get to say it on the couch right here at the safe podcast.

ADVERTISEMENT

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

S Serene.

P I want to say just a few things, simple things, why is Simple Contacts awesome. First thing, convenient. There are a million things demanding your time and contact lenses shouldn't be one of them. I mean that's just stuff you just want to get done easily.

S Hey, it takes less than five minutes.

P You take the test. This very short test. A real doctor reviews it. Writes your prescription.

S Yes, and it costs \$20. But hey, your normal experience is like 200 or 250.

[00:43:42]

P No, this isn't a replacement for your periodic full eye health exam.

S It's convenient, it's fast, it's reliable. This has all the brands and types of lenses that you're familiar with so you don't have to shop around and worry about will they have my favourites? They will have it.

P 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'd be about 200.

P Probably without insurance around 200 and these days insurance hardly covers anything. You 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?

S Yes.

[00:44:23]

P Their contact lens prices are unbeatable. Standard shipping is free, and best of all, we are offering a promotion to our Trim Healthy listeners. Get \$20 off your first order of contacts at simplecontacts.com/trimhealthy20 or enter the code trim healthy 20, that's 2 0 at checkout.

Save yourself time, money and headache. simplecontacts.com/trimhealthy20 or just enter the code trim healthy 20 at the checkout.

Announcer: *Trim Healthy Mama Superfood Spotlight.*

P Hey, I hope you guys have looked at our Hack Your Ground Beef recipe because there we show you how to take ground beef and make it a super food by adding mushrooms. And they are today's Superfood Spotlight. Oh my goodness.

S My children, actually if they look at a mushroom, they start doing this repulsion like vomit movement.

P Throw-upping?

S Movement, it's like they can't control it. Like they...

P What is it with children and mushrooms? I never liked them when I was a little girl either but now they're my favourite food.

S But I will say, hey, take little Remy on the trampoline and I send them all out when I'm preparing by special beef hack that you taught us Pearl. They do not know in that it's their favorite ground beef, they're like, it's so moist Mum. I love this beef you're giving. It's so yummy in what you're doing to it. They don't know its mushrooms.

[00:46:00]

P So these days, I use, for every pound of ground beef, I use a full pound of mushrooms and my family do not know. Look at the video. It's called Hack Your Ground Beef. But today we want to talk about mushrooms in all forms not just in that and why you need to put them in your daily fare if possible.

S Well first of all, they also, Pearl, they make the meat go farther as far as budget is concerned too.

P Yes, they're less expensive than meat. Mushrooms are actually your inexpensive secret weapon against disease. You know, plain old button mushrooms have shown to boost your type A antibodies and that's the first line of your immune defense in your gut against disease and lower inflammation by 50% just after one week of daily eating a few of them, right?

S I love it. And when you put those button mushrooms in your beef hack, they even have a natural plant protein in there so you're actually then like giving a balance of the proteins.

[00:46:55]

P It's a nice balance. Shiitake mushrooms, right? If you want to get those, they have showed a doubling in your killer T-cells that fight diseases within just four weeks of people who use them and this is in studies now. We're going to talk about studies.

S And they contain high levels of the beta glucans Pearl. Those beta glucans for fighting cancer and fighting diseases and anti-aging. I buy them as a supplement, beta glucan.

P Beta glucan, right.

S Oh my goodness, expensive stuff.

P But you can just eat mushrooms then you're getting them in the whole food form. Mushrooms are actually one of your most powerful cancer fighting foods

you can eat on this planet. An Australian study showed that eating just, this is ridiculous but it's true, a third of an ounce of mushrooms per day, you know what this? That's about one button mushroom, right? That's enough to reduce your breast cancer risk by 64%.

S So imagine if you eat more. That's just huge. Now let's just pare it down to just you've got a cold coming on. You got a sore throat coming on. What's the old adage? Have some vitamin C. Have an orange. No. I mean the best thing to do is just go and have some yummy sloppy Joe or a lasagne or something that you got your beef hack in and you got all those mushrooms.

[00:48:09]

P I know.

S Because it kills viruses and decreases the severity of illnesses for those who are already sick.

P Mushrooms also, and this is a biggie for all those on a Trim Healthy Mama plan...

S Meatloaf, meatballs.

P Yes. And that's why we now... I never do brown ground beef again without adding mushroom because they help regulate your blood sugar. They help keep you full and they heal your gut.

S And they're low in carbohydrates and low in calories.

P Yes. They have this special thing inside them. Serene, can you explain what this [inaudible]. The pre fiber thing.

S Yes. It's the fiber that's indigestible.

P Yes.

[00:48:47]

S Yes, but it actually turns to good bacteria because your body ferments it to try and deal with it.

P And it can help you lose weight because it heals your gut and it helps full you up.

S It's absolutely... Talk about a satiating meal, throw the mushrooms in. It's amazing. But you know, and we're just talking about regular button mushrooms. You can get the portobellos too and the baby bellas and that's so fun. Once you open the door to the world of mushrooms, it's a whole new world because then you can get into the gourmet, you can get into the reishi and you can get to the turkey tail and you can get into the... All the yummy ones that can go in your coffee because they kind of taste dark and bitter and mysterious.

P Yes, that would be a good use of powder for that. You wouldn't be putting chopped mushrooms in your coffee.

S No, it's a powder. It's an extract you can order at Amazon.

P But now we need to talk about how to get the most out of your mushrooms because this has changed my world and I learnt this from that book *How To Eat Better* by James Wong.

S By the way, Dr. John, not Dr. John, our producer John, he might as well be Dr. John because he's got his own ideas on health definitely. Is he coming? Are we doing...

[00:49:54]

P Did you contact James Wong and ask him on the Poddy yet?

J It's out there.

P It's out there?

S Just like Aldi. Call out to Aldi too.

P Aldi didn't call us back. James Wong sort of a big deal over in Britain. He's not really heard of here but he's a huge deal over there. Get his book *How To Eat Better*. Anyway, I learnt from that and then I did my own study on it and yes, this is a big thing. Before cooking your mushrooms, put them on a window ledge or somewhere in your house where they get a little bit of sun. This boosts their disease fighting powers through the roof, right? Fresh mushrooms go from having very little vitamin D to one of nature's highest sources of vitamin D and it only happens in one hour. You only need to expose your mushrooms like one to two hours before cooking them.

S And vitamin D, that is a vitamin that cuts through the brain fog. That's anti-depression. That's hello joy as far as the strength of our own bodies could do, right?

[00:50:52]

P If you don't have a lot of joy, we've been talking about it today, eat your mushrooms that have been put on a window sill okay. Vitamin D is not very readily available in plant foods, is it Serene? It's in eggs. It's in some animal foods.

S Yes, it's in egg yolks and cod liver oil and things like that.

P It's hard to get.

S Very hard to get.

P That's why people take supplements and have to go on the sun. Mushrooms are your power source of it but put them on a window. Okay, Penn State researchers, look at this, they found that UV light exposure, that's just sunlight, cause button mushrooms to go from zero vitamin D to 824% of your daily allowance of vitamin D.

S Basically they're like sponges in your windows sponging up the vitamin D so you don't have to out there even though you'd love to be.

P Other sorts of mushrooms such as shiitake went from zero to over 1,000.

S See that's amazing. You know, another thing the sun does, right? Just relaxing out in the sun helps lower your cortisol. That's one thing that you don't even have to do if you can't. If you're in an office. If you're stuck inside all winter. These wonderful mushrooms are incredible... They're adaptogens. They lower your stress. They lower cortisol. Some more than others.

[00:52:07]

P Really?

S Yes they do especially the reishi mushroom but mushrooms in general, they lower your cortisol.

P Now here's the thing, you can go reishi, you can do a shiitake and all of those, they're very good and they have specific uses but if you're just on a budget, if

you're a budgeting mama, the good old button mushroom is so humble but so powerful.

S Yes, can I just tell you about humble right now? Sometimes we forget about the simple because it's cheaper and because we've seen it and known it. But the button mushroom, like Pearl is saying, it's a powerful tool in the mushroom kingdom. Just like we can get all into these new herbs and these way out herbs that are expensive but the good old chamomile, that's so extremely beneficial. So the button mushroom, it's not like it's less.

[00:52:57]

P No it's not less.

S Just because it's around.

P No, do hey, mushrooms are life.

[00:53:44]