



Trim Healthy Podcast with Serene and Pearl
Episode #121 - Take the Stress Out of Your Health
Journey

(AIR DATE:05/22/19)

*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

Announcer Bringing these chanters into the office was a pretty great idea, Mr Rivers. Yeah, everyone seems less stressed, when they can manage to stay awake. Maybe we'd relax better if we just had Geico Commercial Auto. Geico can help insure our vehicles? That's good to know. Yep, they can help business owners with all kinds of insurance needs. That's really good to know. I'll check them out, right, right? Right after nap time. Get to know Geico and see how easy commercial auto insurance can be.

[00:00:30]

S This is the PODdy with Serene.

P And Pearl.

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

D Women and men, boys and girls, it's Wednesday, it's time for the Trim Healthy Podcast. Bring it on. Serene and Pearl are here, I'm here, there's babies in the room.

S I can't bring it on.

P Why?

S Because he interrupted. I was just giving a lecture to my little beautiful baby and the big sister.

D Oh, I didn't know.

P You were lecturing them? I didn't know.

S No, in a nice way, I was just telling them don't go too far, stay around the swing and keep bringing her back to me. You're awesome. I had to, you know, do that.

[00:01:06]

D The final little ...

P She always has to sort out what's happening to her baby.

D ...motherly statement.

P Yes, I was in the middle of a sort-out and Danny was like, boys and girls, men and women.

D But we're back and we're going to have a great show today. We've got fantastic things lined up because Serene has come in with notecards. What?

S No, no, no, no, I'm not prepared.

D What? Flashcards. Like five plus four equals...

S No, I'm not.

P She never, ever has a note, usually.

S I never need notes, and these are not notes, and the day I go to notes, please, like, put me out of my misery.

D Yeah.

[00:01:32]

S I'm not a note person, but, no, literally, I've bought about 17 journals because I'd love to be a note person and I want to be a journaler. They're sitting there empty but I can't give them away because I plan on being a journaler one day.

D You know what, sometimes the idea of journaling is better than actually having the journal. It's kind of like the idea of giving up your plane seat to someone less fortunate. It's very nice and the fact that you thought it was beautiful but...

P No, you do it. It's a beautiful thing.

S All the uncomfortable backache feels like beauty because you know you're being a true person, a good person.

P It does, you try it on Southwest, give it up to someone in need, Danny.

D Really? How many times would you say you've...?

S Give it up to a man, like my husband.

P Oh no, I like to. I'm not trying to brag on myself but I try...

D You'd give up a first class seat?

[00:02:16]

P No, because that's different.

D You're like too far.

P You've already got your assigned seat. You can only give up a seat on Southwest.

S You really can't?

D So, then you're not giving up anything.

P No, if you're on Southwest you can give it up. Everything else is assigned and you're not allowed to give up your assigned seats.

S Yes, you are, because I always swap with people. I say oh, I'm a nursing Mum, do you mind if my husband sits next to me? We've got separate tickets, blah blah blah.

P All I'm saying is if you are in a place...

S See, you, you, you... It's a situation...

P Okay, don't let me brag on myself, then. Forget it.

S Go for it, Pearl.

[00:02:41]

P All I'm saying is if you look for people like an older lady or person and you actually like seek... Like sometimes I'm like, oh, who could I, you know, exchange with? And you do it, you feel so amazing, Serene's right.

S You should give it up for my husband. Literally.

P I would never give it up for a big, old man.

S No, this is the deal, though. He has to put his body like he is going into like the size of an M&M.

P Yes, but he hasn't lived enough years. You see, you give it up for people that have lived many years.

S And he comes out of the plane walking like he's just had a 72-hour Mustang like... you know, like riding on a cowboy horse like through the desert. Like he comes of looking like he's got chub rub everywhere.

D He's buffeted by the plane!

S Yes.

P I rode through the desert on a horse with no name, it's so good to be out on the range. Let's go. No more.

[00:03:32]

D That was good, actually.

P No more.

D I forgot you all can sing.

P No more rabbit trails. Let's get on with it. Serene has brought meat today and your cards are only there because they were your kid's vocab cards.

S Oh no, the reason is because Pearl said, I'm busy, I've got this going, I've got that meeting, I'm changing this... you're going to bring two PODdies tomorrow and just blah blah. And so after dinner I'm about to put the baby to sleep, I just grabbed the nearest piece of paper from the drawer. It happened to be these shaped little cards because my children do definition, you know, for school, words on them.

D Flash cards, yes.

S I just grabbed it and just jotted down a little bit, in case I forget.

D Just a little.

P Serene, do not be ashamed of coming prepared.

S I'm not prepared.

[00:04:05]

P It's like she's ashamed. She's like no one better think I prepared for this PODdy.

D Yeah, don't worry.

P But you know what, I'm glad you did, because you were just telling me about it and I am so inspired. I want to go... I want you to bring it, Serene, what God has downloaded on you and I want to say this before we start. You know, Serene and I have always said, hey, you don't have to be a believer to be a Trim Healthy Mama, a believer in the Bible, but we have... Any wisdom we have, we feel like it comes from the

scriptures. There's nothing we can give that God didn't download that's any good, right?

S Yes, yes.

P So, today Serene's going to get into some scriptures, you know.

S And if you've got wisdom and you don't believe in God, sorry to say, you probably got it from God, because God is wisdom.

P Yes, he's wisdom. So take what you want today and just let it apply to your life. If you're not like a believer in the scriptures, I still think... Like Proverbs, there's still such wisdom there. Even if you don't, you know, subscribe to... Like Lesley, our P-Salms friend here doesn't prescribe... subscribe to Christianity, but I know she's going to get a lot out of today.

[00:05:11]

S Okay. So, first of all, let me preface this whole thing with the fact that my health journey, because of my personality being very radically intense and, you know, God's been honing me over the years, like lifting up the hood and doing surgery, you know, kiffing out stuff that's.. makes me miserable. But during my health journey I have been very overwhelmed, to the point of exhaustion, trying to search for strength, trying to search for health, trying to search and find a thing that I need or my family member needs and to a point where it would be just totally like I was dry and thirsty in a desert and everything was like a mirage and I wasn't getting true understanding because the more you dig, the less you know and it gets so complicated and you get lost in the thickets and the thorns and you're like, help me.

S Well, I feel like God showed me the other day this beautiful verse and it's... I mean, I read it so many times during my life that it just came alive to me again. He that waits upon the Lord, He will renew their strength. They shall mount up with wings as eagles, they shall walk and not faint. And the word renew actually is not like getting your strength on you. The word actually means to exchange. And so it's not like God wants us to ask for more strength.

00:06:49]

S Like He doesn't want us to ask Him like give me more strength, Lord, renew my strength, Lord. I need more strength. I feel weak, I need strength, I need... No, because even if we had bucketloads of our

strength, it's not enough. It's inadequate. He wants to exchange it. He wants to trade it. He wants us to hiff it off and say, hey, let me give you my strength. He wants to pour in His strength and His strength is supernatural. His strength is never-ending, it's inexhaustible. And so maybe, In your health journey, maybe you have been like me where you're just lost in the thickets and it's all so complicated where you just feel like balling your eyes out.

P Case in point. Can I do one?

S Yes.

P Well... And we're going to bring a podcast on this because we're trying to get to the bottom and simplify everything and just... About this whole MTHFR thing, okay?

S Right.

P So, we're coming to it. But the more you study about something, these are... For those of you who don't know genetic mutations that many of us have and predispose us to certain methylation issues and things like that, it's good to look into it but, man, when you look under that hood, at first you think, oh, MTHFR, I need to take some natural folate and I'll be well. But, hold on, you look into which form of folate and that form of folate can do that to a person and that can do that and then don't just check your folate and homocysteine, check ten thousand different genetic... they're called NSPs in your body because each one is something different. If you're low on folate, this NS... SNP can do this and that. Honestly, it goes around and around. Serene, you can go mental.

S And every doctor almost disagrees on how you're meant to treat it.

P They do.

S And if you should treat it at all, except for like taking out the synthetic folic acid, of course.

P Yeah, there are certain things. And we're going to bring our very basic what we've come to soon but I'm telling you, you start to look under the hood in health journeys, you can go insane, Serene. That's why we started the whole Trim Healthy Mama thing with diet.

S Right.

[00:08:49]

P It was the same way.

S Right. We just want something simple. Well, this... Also, this whole thought process got inspired. I had a sweet amazing young lady come to

me and she was lost in the thickets and she's like, well, my doctor says I've got this and says I've got that and I just... the first thought in my morning is depression because I feel like balling my eyes out before preparing anything for me or my family because I'm scared of everything now. I don't know what to eat. My doctor says I can't even put face cream on or body cream on that's not one particular label because it could have gluten in it. Like it got to the point of even the cream on her body and it was sanity and she was going under.

D Insanity

S Insanity, thank you, and she was going under. She was like the more she got into health, the less healthy she became because of the stress and because of just that her strength. None of the strength that the world had to give her was adequate enough and she just... Anyway... So, maybe in your health journey you're like a Pearl who's been in that situation with the MTF... blah blah blah.

P Yeah, MTFHR.

S MTFHR, yes.

D I...

P You've been there, Danny.

[00:09:57]

D When I was dying mentally, I really had to learn how to let go of my control over my health. Dude, I was just... I was getting worked on because I was on my phone on Google all day terrified, you know, and the more I typed in, the more symptoms led to possibilities which led to new symptoms and... It was insanity. It's total insanity.

P And you can go on these groups of diagnoses. Like even if you MTHFR, you can learn a lot there but you can end up with 50 new diagnoses on that day and they're all sharing their diagnoses.

S And maybe you went online with an MTHFR dirty gene, or they call it dirty gene but, you know, they're not really.

P They're not.

S But you actually left your little spot where you were on the Internet with depression.

D Yeah, your new symptom.

S You may have had a gene issue...

[00:10:53]

P Yeah, but now you've got depression. It's so true.

S So, you might be like all of us and you totally relate to this. So, all your energy, all your power, your willpower, all of your strength, all of your human resources, all of the doctor's answers, your answers, they're all coming up inadequate. They're totally lacking. But, hey, there is hope. They that wait upon the Lord, He's going to renew their strength. And remember what that means. Exchange it, so we get rid of the human lacking. What's the word? He is... What are we? We are... You know, humans are...

P Finite? Mortal?

S Yes, mortal. This mortal strength that rots, right? But He's going to give us this strength that is totally inexhaustible because it's supernatural and it's everything we need for victory and for overcoming and for success in every area. So, let's trade it in but how are we going to, right? How are we going to trade it in? The Bible says, He that waits upon the Lord... And so it's interesting what you said because the more you waited on Google, you got less strength. So, obviously it's not waiting on Google, right? That's not how we're going to do renew it.

D So true.

S We're not going to...

P Because waiting on Google gives you major depression.

[00:12:07]

D Don't wait on Google. Google's like the devil. It's like... No, look, it's like the world of possibilities is on Google of what you could have and what's wrong with you and so... And it's... Google is like an ignorant devil. Like he doesn't know what's wrong with you.

S Right.

D He really doesn't. And, you know what, you don't know what's wrong with you.

S You know, and some...

D And you know what else? Some of your doctors... Probably most... I have a four-man team of doctors that were all giving me different... slightly different angles. Some of it were, you know... And they don't like each other too. Like the one guy was like never let a chiropractor talk to you about your gut. And I'm like and yet out of all four of you, he's the one that's healed my gut.

P Right.

[00:12:46]

D You know? And so it's like they'll disagree and it's like, you know, you turn to all these sources.

P Yeah, because in the end you're right, you can't just find a doctor... Let's always... You know, everything is consult your doctor. Everything is ask your doctor. Doctors disagree, people.

D Yes

S And it's like you said to me... Because you were like, okay, so I'm going to get... bring back carbs into my diet because I know I've got to, you know, gain some weight now and everything. I'm like, you haven't been having carbs. What about the good old sweet potato? It's like, well, one of my doctors said that on my food map the sweet potato... And I said, you've got issues with sweet potato, Danny, and he's like, well... At least, my doctor said...

D Well, look, let me tell you this. As a carpenter, right, I will have homeowners ask me about things they don't know about, the condition of their house or whatever, and I'm an expert carpenter. I can build a house from a dirt floor piece of land up to a Victorian palace.

S He can, people. He's not just trumping his own horn because we actually bought one of Danny's houses. We are actually the proud owners of a Danny house.

D Yeah, yeah.

S It's awesome. Very strongly built.

[00:13:48]

D Yeah, a lot of details put in there, some things you don't even know about. There are six-inch walls downstairs. There's flexible piping that can freeze up to like four times its size.

P But anyway...

D It won't burst.

S It's very good. Yeah, yeah, I've noticed that because in winter that was the one place that still water flows into.

D Yeah. So, my point is, is that I really am an expert when it comes to homes and yet I often like don't really know what's going on with a person's leak or something like this. It's not that I'm not knowledgeable or I can't help somebody. It's that this is a physical house and there are so many mysteries in that alone.

P Yeah, it's mysteries.

D What about the biological body, where it's not so cut and dry as a house? Think... Imagine the possibilities that could be going on with your body

and one thing that helped me get so much sanity is I started taking the mind game seriously.

[00:14:47]

S Yeah

D And just yesterday I had a relapse because I was really stressing out over something and all these old symptoms came. And I was like, no, I finally got you. I finally have proof. Because I've been having all these successful results for like, I'd say about a month now, of zero symptoms and how is it that when all the symptoms came back, I was so conscious of my really worried fretting negative state of mind? I was so stressed out mentally and I actually could almost see the chemicals flowing out of my brain and mixing with my gut. It kept me up. I was... I didn't sleep until three a.m.

S Wow. Well, as a man thinks, so is he, that's what the scriptures say.

D And I got a hold of it, though.

P Yeah, good, Danny.

S So, we don't wait upon Google. Okay? We don't wait upon our blood work. None of these things are wrong and we are going to talk about them later. But we don't wait upon them, like, ooh, blood pressure... A little glass ball, tell me what's... You know, we don't wait upon and meditate on our symptoms. Oh, oh, no, no, a little bit on the right quadrant, I feel a sharp pain. Still, still, don't bump me because...

P Because I'm checking for pains.

S Yeah, I feel it. You know, I used to be a symptom-checker. I'm like if I don't check it, it could get like worse before I know about it and then it might be too late, like stupid stuff like that.

[00:16:10]

D Serene...

P We give credence... so much glory to symptoms naturally in our lives, I think.

D Yes. Do you know what just healed my left flank pain? I stretched. I was having left flank pain because, you know...

S That's a symptom-checker. I didn't even know that.

D Yeah, they do call it the flank, right? It's totally not a Googled guy. Like I stretched and it was like muscular, not deep down in my... Because I thought it was in my innermost, what is it, the descending colon.

S Yeah, some organ attached to the left flank.

[00:16:46]

P But all I'm saying, hey, there are real things and real issues and many of our listeners are going through maybe for real left flank issues.

S No, no, no, no. This is what we're talking about.

P So, keep getting to it, yes.

S We're talking about not just psychosomatic, which you might have a real issue and you can get a hundred times worse with psychosomatic to make it worse...

P Yeah, exactly, yeah.

S And put yourself in the grave. But we're talking about you need strength because you might be actually going through something. You need strength. You actually need your strength exchanged because you have even come to the end of it but you don't need more of your own because it's not good enough.

P It's not.

S And you don't need more of your doctor's because that's not good enough, and we don't wait upon our... Another thing we don't wait upon is our doctors' description. People go to a doctor for a prescription but people go more often these days for a description. Tell me my whole title, my whole body and let me wear it.

P Great. Nothing wrong with... Doctors are awesome. Luke was a physician in the Bible.

S Yes.

[00:17:41]

P But they are not our description.

S Right.

P We can't wear it.

S Now... Exactly, and we don't wait upon, meditate on the page of every diet guru's book. You don't wait upon Trim Healthy Mama. Like it's a great thing, it's good, you're doing your duty, and we'll talk about how all these things are good later on. But it's... There's got to be something more, something that you've tapped into that is beyond... that is God and not human. You don't wait on the next food fad train that's coming around, thinking, oh, the next one I bet you my body will respond to.

P Lately it's Intermittent Fasting.

S Right.

P Keto, sweeping the nation.

S But what does the Bible say will renew your strength?

[00:18:30]

P I promise you, the next one is going to be eating every two hours again.

S Right.

P It's a rebound. I promise you.

S No, I know. Totes, man. Totally. They constantly rebound. But I want to say this, when I say don't wait upon Google, don't wait upon... And it doesn't mean there's not things... Okay, so let me just talk about this. Maybe you're all going to send phone calls in to me and say, oh, you know, that's not right and I really appreciate the fact that, you know, I've got my child tested and everything. Each to their own, I'm not putting anyone down but I'm just telling you, for me personally... There's one sweet little child that I have that I know... I don't know but has been different to raise than all the others and I could go take to testing and get genetic testing and put labels on and that's okay for some and maybe I'll have...

S Maybe there's a child that maybe God would want me to but I have this feeling inside, this still small voice that says, don't look under the hood too much, just wait for me. And it's interesting because his name is Remnant and I got a verse for him before he was born, right, and I didn't even know I was having a boy. I just knew that if it was a boy, that I would call him Remnant and that I was just like so kind of worn out and like wondering about when this birth was going to happen.

S This was the night before I delivered him, and am I in labour, am I not, and I'm like, oh, God, I just need to hear from you and I was like parted the Bible with my nose, snotty crying nose, you know, and it was like, hark and all you remnant of the House of Israel who are born by me from the mother's womb and it's I who carries you from the mother's womb. I will deliver you. I will bring salvation to you. Even to hoary head, even to grey head, I will be there. I will be your God.

[00:20:07]

S Basically that's just my like wording but it's all there. What's the word? My translation kind of thing because I'm not like having it right in front of me. So, I know I had that... like that Rhema word, that word that I know that's from God that's like I'm going to deliver you, I'm going to bear... And so I could be Googling my head off about Him but I just...

P But He learns differently. He was slower to walk, talk and he's catching up now.

S He's totally.

P But you could... I mean, you could go look under the hood.

S I totally could. And it's not wrong for somebody to.

[00:20:38]

- P And you also... You do things for him.
- S Oh, totally, and then we talk about the things. We're going to get on about that too. We're kind of like here, there and everywhere. But I'm not exhausted in my parenting of him.
- P No.
- S And he's got so much progress going on, it's so wonderful. But sometimes when you look under hoods and you Google your eyes out, you just get lost and exhausted and sometimes you're actually not even in a better way. You're actually even maybe sometimes in a worse way and maybe there's even less progress because of the whole negative aura around the whole thing.
- P I know. I was looking actually... I was on some sort of... Oh, I was on the MTHFR groups and someone was saying... You know, they were talking about autism because there's a lot of MTHFR autism crossovers and things like that and someone was saying... Because it gets crazy on the groups with all the diagnosis and all what they could have and what they might have and all this and this lady said... It was really beautiful. And maybe this is something you can take if you're not a Christian, you know, you're not into the scriptures.
- P She said, look, every year I would think by this time next year, I want my son to be doing this and he'll be speaking and just by this time next year things are going to be changing because I'm going to use that supplement and I'm taking him to that doctor, you know, that new one. I'm travelling four hours but it's... I know it's going to be better, you know, and every year there was progress but she said, I just wish I had lived in the moment and mothered my child. Now my child's a teenager, doing great, we're still seeing progress. He's a different boy but I just wish I had enjoyed every day with him rather than what's he going to be like next year and will he reach the milestones.
- [00:22:14]
- D That's so huge.
- S And that's the beautiful thing about my Remy. He is so amazing and the healing hugs he gives and the love that he gives our family is so beyond incredible and I know he's a genius. I actually think he's a genius. He's just doing things differently. And we had a little bit of a brother like that too that my Mum said, you know he's different, children, leave him alone. Stop annoying him. But he's a genius. You know, he was like such a smart member of our family.
- P It's not to say... And I know we have lots of mothers with children on the spectrum. It's not to say you can't get them tested and find out what

spectrum they're on and all that but I do think there needs to be a bit of a beware of that because we're labelling so many people, you know, and when I go on these groups and I just see the labels and see the boxes and see, well, he has this and that and I've got two on the spectrum, one's this and one's that, it can become...

[00:23:06]

P I think it's sweeping the nation and I think it... we just need to all be a little careful of it.

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

S I'm Serene.

S Did you know, Pearl, that indoor air is not as pure as outdoor air? You know, people go, oh, the smog, this and that, but indoor air is actually way more unhealthy. We want to talk about Molekule.

P And tell you about a special discount we have only for our Trim Healthy Mama listeners.

S Molekule is such an amazing company that puts out an air purifier that actually destroys pollutants.

P Most air purifiers, they only catch harmful pollutants like bacteria, viruses, mould, allergens and airborne chemicals. But Molekule, it literally destroys them. It doesn't catch them, you know, get it, it destroys them. Molekule's technology has been personally effective and verified by science but, most importantly, it's been tested by real people.

S Dr Yogi Goswami, he spent 20 years developing this and he developed this incredible technology behind Molekule and now makes this revolutionary technology available to consumers like us to make us sleep better, to make asthma sufferers actually get relief.

P Molekule has already helped allergy sufferers, asthma sufferers and it helps them better cope with their conditions and it significantly reduces their symptoms.

[00:24:37]

S One lady said that it was the first time she was able to breathe properly in 15 years.

P That's huge.

P I know.

S Pearl, give us the info.

P For our Trim Healthy Mama listeners, Molekule is offering a \$75 off your first order. Visit molekule.com and that's M-O-L-E-K-U-L-E, molekule.com and at checkout enter the promo code Trimhealthy. That's molekule.com

and that's molekule with a K. Don't forget to enter the promo code trimhealthy at the checkout.

[00:25:10]

S This is the PODdy with Serene...

P And Pearl.

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

S Let's talk about Hezekiah real quick because I want to talk about what we call a fig.

P Yeah.

S And then talk about what I'm doing for Remy and stuff like that but, you know, there's a King in the Bible, King Hezekiah, and he was sick. He had this disease and he just cried out to the Lord and he was like, Lord, heal me, and God said He would. He said, I'm going to give you 15 more years. And Hezekiah's like, well, how do I know that you're going to heal me?

S And he's like, well, I'm going to turn the whole sundial back. Basically that was such incredible supernatural power, miraculous power to turn back the sun. I don't know how... I'm not reading it right in front of me but it was just... was definitely impossible and supernaturally miraculous. But God says, hey, Hezekiah, I want you to go put a fig poultice on your eyes. God had the miraculous power to turn the sun back but he wanted Hezekiah to obey him and put some figs on his eyes.

P Right.

S So, there's nothing wrong with all these wonderful herbs. They're gifts from God. They are His healing. I just believe that...

P Like CBD even.

S Right.

[00:26:19]

P And that's helped Remy a lot.

S That helped my son, Arden. They are little gifts. They are like little puddles of His healing. But I want to bask in the crimson river of His blood, His healing because of His blood that was shed for us. So, that's where I rest.

P Yeah. That's your rest.

S But I do the figs out of, hey, God, like you want me to do a fig? I'm all about it. I'm on it. I'm putting that fig poultice. So, I rub frankincense at the base of Remy's neck twice a day. He takes CBD twice a day. I've got him on like grass-fed liver for natural folate. He's on like certain

fermented greens every day. You know, he's got like the X Factor butter oil and like he's "on the figs." But none of it is stress to me.

P Okay.

S None of it is like, oh, we missed, oh, oh, oh. None of it is like... It's just like, hey, yeah, it's my duty. I've heard this stuff helps. I look under the hood a little bit as symptoms come my way but I don't say, doctor, tell me everything that's wrong with this person. Because the doctors don't know everything that's wrong.

[00:27:16]

P They just don't.

S Sometimes they just label. Like the girl that came to me that was so undone. She's actually a mother of like five children and she's so exhausted. She's like my doctor thinks I have PCOS. I'm like thinks or knows. Well, he hasn't tested yet but he really thinks that this is... I said your skin looks beautiful, you're not overweight. Like it's... I don't even see it lining up, so you're... But she already wore the fact. She already basically came to me and she said, well, I've got PCOS. So, my point being is sometimes we wear things that our doctors put on us and he doesn't even really know yet. You know, he may not even have tested you for it.

D Hey, I had a doctor kind of gave me the kind of little inside scoop on an email because they actually have these systems that are legally... They're able to email you now and it's all... like a protected email, you have to go onto their website.

P Patient portal, yeah.

D Patient portal kind of vibe. You know.

S I hate patient portals.

D Oh, I love it. I have access to the doctor.

P I like it too because I could go on like for my husband and check his testosterone level and stuff.

[00:28:17]

D You can ask questions.

S The reason I hate them is the same reason I'm not on social media. I just feel like... I just want... Give me a phone so I can hear a voice, give me a face in front of me.

D But, see, they rush off the phone. That's my... That's why I don't like that.

P They do. They're not on time.

D They're, yeah, yeah, yeah, got to go, got to go and it's just like I didn't get anything I needed.

P But, anyway, you were saying...

D So, he... I was asking them about... I said, man, my symptoms are... Because he's one of my four team of doctors. He's more traditional. He's more of a not naturopath guy and I said, man, 99% of my symptoms are gone but I have this new thing and it's this, that and the other. And he said... He goes, man, I'll be honest with you. He said, so much of me helping people is helping them to stop...I forget the word. I think it was ruminating. Is that the word? Is that the right word? Ruminating?

S Yeah, ruminating.

D He said it's to get... help people stop ruminating on their bodies.

P Well, he's a good doctor then.

D And I thought...

P He might not be into the herbs but he's good.

D Exactly, yeah, he didn't care about herbs. You made me say your word – herbs.

S You usually say herbs.

D It's herbs.

S That's the issue with dropping off a layer like H.

P Producer John, are you a herb or a herb.

D He's an American. He's herb.

P What are you? Herb? But you're a herb, Lesley, no? Herb.

S And the Americans say tuna instead of tuna. That's just...

D You say tuna?

[00:29:43]

S Yes. There's a U in there. How do you say U?

D I know, but there's no CH.

P Yeah, they're right. Americans are right on that.

D Tuna, T-U.

S Yeah, tune.

D Not C-H.

S No, that's chew.

D There's no ch...

S I say tuna.

D In what...

[00:29:58]

P You say tuna. We say C-H.

D On what planet is T pronounced CH?

S You don't. Tuna. I don't say Chuna.

P We're on a bad rabbit trail.

D On what planet...?

S Okay, yeah, this is me. I'm back to the meat.

D But, listen, I want to finish this.

S No.

P It's Planet Serene.

D Hey.

S No. You say potato, I say potato. Let's just get call it and get back on plan.

D No, I meant the doc... the ruminating.

S Oh, okay, back to your ruminating. Go for it.

D I just thought... You can't imagine the relief I felt too when... I described some hardcore symptoms to him, by the way, too. I mean, one of them included blood, okay, and he was like, dude, stop ruminating on your body. The body has fluids, it does this, it does that. You're feeling great? Stop questioning it.

S Yeah.

[00:30:40]

D And I was... It was like it changed my life. I haven't felt the symptom since.

S That's so good. It's so good. Back to the meat. It's not wrong to go to...

D We didn't leave the meat.

S Okay, yeah. So, it's not... Yeah, you and your tuna. It was me who brought it up.

D Okay, okay.

S Okay, so, it's not wrong to go, look at the Internet. It's not... To search. It's not wrong to go to a doctor, it's not wrong to take the fig, it's not wrong, it's not wrong. It's only wrong when you wait upon it like you're precious.

P Yes. Oh, thank you.

[00:31:10]

S When it brings you anxiety, when it brings you fear. But, guess what, I was just reading today when I was doing my Bible reading and also in Kings... And it was talking about this one king of Israel and...

D Look at your cute little Bible.

P I don't know how you can read that, you see.

D It's tiny.

S And it was Ahaziah. He fell through the lattice of his upper chamber, right, and he sends word down... He's like, go. He sent his men down. He said, go to the God of Ekron and inquire of Beelzebub you know, if I'm going to live and not die, right?

D Wow, he took a fall.

S And this is the King of Israel.

P He wanted to know if he's going to live and not die, yeah.

S This is meant to be the one following God. Right?

P Right.

S But he's enquiring of this other thing. And God says... Well, the angel of the Lord said... Elijah, the... Elijah was the prophet. Arise, go up to meet the messengers of the King of Samaria, right, who's gone off to, you know, get this word from the God of Ekron and say to them, is it because there is no God in Israel that you go in to enquire of Beelzebub? And because he enquired of Beelzebub, of the God of Ekron, he was going to be... he was going to... you're not going to make it. He's like you're going to die because... And it's not... This is Old Testament, okay, but my point being is... And he wasn't a good man anyway, he was a more... He was like... He was a bad king. But the point being is it's not wrong to enquire of these other places but where are we going to put our trust and who are we going to ask first?

P Can I do a case in point of my own?

S Yes.

D Are you going to talk about Beelzoogle?

P No, yeah, I'll just do a reveal of my own life. I'm guilty of that, Serene. I'm glad you're bringing this up today because we need reminders. You know, we have sat here PODdy after PODdy and being like, hey, speaking to your waters and this and that but we... All three of us even need to be reminded of this.

D Yes.

[00:33:03]

P You all know because I say it all the time. I'm 48, perimenopause, you know, and I tell you all about my periods or lack of them.

S And your hot flashes. We know all about it.

D Okay. Enough.

P Well, I don't have hot flashes anymore with CBD but...

D Wait, gone? Gone?

P Yeah, they're... Oh, yeah, the Chillax cream took them right away. But all I'm saying is so I've been doing great with perimenopause and having a good attitude. But I decided time's enough, Pearl, go get your blood tested, just to see where your levels are because you can get this...

S Nothing wrong with that.

P Nothing wrong with it. You can get your FSH tested. I'm wanting to have a diagnosis of if I was going into, you know, menopause or not. I wanted to see what my blood work was telling me. So, I went and got it. I was feeling great that day actually. I'd been doing so good in perimenopause. I'm the happiest perimenopause lady there could be. You know?

D Yeah.

P Still... My husband and I still going strong, we're doing good.

S Fruit salad.

[00:33:54]

P Fruit salad, that's Serene's code word for marital intimacy. You know, we're just good. Okay? I got the results back. Testosterone's totally tanked. I mean, I'm full on... No wonder I haven't had my period in a while. I'm full on like menopause and I've got like a high level... You know, FSH goes up when you're in menopause and it all showed me that I was becoming a menopausal woman and I thought... Suddenly I felt horrible. Suddenly I was like... I went... I told my husband, you know how I've been falling asleep on the couch at night? Well, now I know why. It's because my... I was just like... Everything was just revealed...

S It feels like I'm all dried up.

P Yeah. I'm a dried up menopausal woman, how can you love me. And then until I... I was feeling so good before I got those levels. So, you're right, Serene, we can test things and it's fine to know because now I'm going to go to a bioidentical doctor and get me some testosterone. Good for me.

S But you're waiting on the bioidentical doctor for your strength.

P No, I'm going to live and be happy now.

[00:34:52]

S You're not waiting on it for your strength.

P No. I was for a bit.

S You're getting a little bit of info because, you know, you can put a few figs on yourself.

P No, but, Serene, it's where you allow your brain to go.

S Yes.

P I was living through those numbers. Suddenly my world was my menopausal numbers and it took me a few days and then I'm like, Pearl, you're being so ridiculous, you were feeling good. You know, you're just going through this change. Get yourself together, girl, don't let this be your identity.

S Right. And it's okay to be encouraged by other things. Oh, I'm going to check out... Oh, yeah, that was an encouraging testimony, that person walked through menopause, great. But you're going to God to seek for your strength.

P Absolutely. Because He is my strength.

S Exactly, so, that was a story about the King there. And then I wanted to say the other thing really quickly. Yeah, so as we wait upon the Lord, we wait upon him and we think, okay, well, what does that look like? Well, the Lord is the Word. God is the Word. So, we wait upon the word, we meditate on the word. The Bible says he sends His Word and He heals us. It says His Word is life to our flesh and help to all our bones. It's help to all those that find it. And so this is incredible. But we have to ruminate on the word. We can ruminate on the word, right? Because that's when it... It's not just like, oh, I read a little scripture on healing.

P [Laughs]

S Big whoop. It's got to go from the mental place. But it's got to ruminate until it gets inside of you, right?

P Yes, because fear... Like, you know, we go to Dr Google, right, and we have fear.

D Beelzoogle.

P Yeah, Beelzoogle. So, that's definitely not resting in His Word... It's the opposite, right?

[00:36:33]

S Right. So, if you're wanting to wait on the Lord...

P So, we know we're not waiting at that point.

S Right. And we wait on the Lord to hear His voice. But it's a still small voice. There's another story in the Bible I was just reading lately. Elijah, he ran off in fear of Jezebel and went to this cave and he was hiding out and the Lord came to speak to him and there was this big whirlwind outside and Elijah went out to listen, thinking that the Lord's voice was going to be in there but the Bible says, the Lord's voice was not in the whirlwind. And then there was this lightning flash and the Bible says, and the Lord's voice was not in that. And then he heard a still small voice and he said and in the Lord's voice was in the still small voice. So, when you have fear, the whirlwind of anxiety and all that stuff, that is not the voice of God. Because God is not the God of fear, he's the God of...

P A sound mind.

S Right. He said, I don't give your spirit of fear but, Pearl, finish it...

P But of love and power of a sound mind.

S Exactly. So, when you're anchored in peace, that's a sound mind. And so that's when you know. And God can say, hey, I really feel like you need to take that fig and that's where I want to bring the story. And I'm talking a lot, I'm so sorry.

P It's good. We want you to.

[00:37:44]

S But I want to get all this out. When we walked through this journey with my eldest son, Arden... For new peeps in the room, he battled cancer and at the time, three years ago, it was very... it was aggressive. No longer. It's not aggressive at all and he's healed. But it was aggressive at the beginning and I was on the Google and I was searching and I'm like, oh, like how did this start and what is the cause and what is the root and there could be all these ways.

S Was it a pathogen, was it a virus, was it like microscopic bacteria in his blood cells, you know, all these things it could be and there's all these different supplements. We could have become like bankrupt through Amazon, you know, all this kind of crazy stuff. And so I didn't have the strength as a human. No doctor had the strength as a human. We spent 50,000 bucks on alternative doctors before Vanderbilt and all the conventional to try and find the answer. The only way we found the answer was waiting for that still small voice.

[00:38:44]

S And then there was a few things that trickled in, like a peace.. about four things. You know, give him this, give him that and it was just like... It was okay to do that.

P And part of it was doing some doctor conventional stuff too.

S Yeah, exactly.

P And you had peace about that too.

S Totally. But it's like where did you know where to go. But when you wait upon the Lord, He'll give you maybe... Like depending, He might give you a few figs on your mind. But it's not that desperate panicky search where you don't know which one when you're on Google. But when you wait upon the Lord, you see, there's that rest. So, it's not like if I wait upon the Lord I can't take the fig. He'll tell you about the fig. You know fig's codeword for doing our duty with the help from the earth that He's given us, just in case you missed that.

D I did.

P Did you really? Did you?

D I'm like why are we talking about figs.

S It's the story of Hezekiah. God wanted to heal him, so he told him to put a fig poultice on.

P She has weaved... okay, woven... I would pass that metaphor all through this PODdy. You missed it?

[00:39:40]

D No, I got the fig metaphor but... Look, the whole time I was thinking too like why don't...

P It's not a literal fig.

D Yeah, but I wonder if a literal fig poultice would heal blind people. That was my question. Like what if that's what they're missing all these years, is like...

S Well, for this Hezekiah it proved that God wanted him to use it. So, I just want to say, you know, He gives strength to the weary and increases the power of the weak. That's Isaiah 40:29. This is scripture. This is word. This is His word that's sent to heal you. This is be strong, what, in yourself? No, be strong in the Lord and in His mighty power. Because we don't have power. And I'm not ashamed to say these scriptures, even if... to people out there who aren't believers, because I'm just sharing as a fellow friend what I know is helpful. And this is all I know is helpful. I've been through stuff, Pearl's been through stuff, we've been through stuff. We've been through valley times and we've tried everything else out here and the Word is what anchored us and what got us through it.

P Only that.

[00:40:42]

S This is the strength we know to share. So, we're not trying to preach to anyone, no, this is what we have to share. You know, I don't want to do a PODdy if I can't share what helped me.

S This is the PODdy with Serene...

P ...and Pearl.

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

P Well, the practical thing, and you told me this the other day, that, you know, as every time we eat, well, we choose life, right, as Trim Healthy Mamas. You know, we choose to eat these lifegiving foods but then you were like, Pearl, you know, we eat but we have to take in God's Word too. And so just that idea of just ruminating upon the scriptures, not just, God bless you for this food, ruminating on scriptures actually as we eat physically too, like thank you, father, that you sent your word to heal me. And this is ruminating. This is when it gets into the soul. So, we're feeding our spirit and we're feeding our bodies peace and we know that this is not just, okay, it's scripture and I'm memorising it and saying it. No, I'm sorry...

S Science has no power in memorizing and saying with no intent behind it, where the heart doesn't believe. It's got to be from the heart.

P Right. But science even now backs up that there's power in words. Way greater power in God's word, of course.

S Yeah. Science backs up... Like we've talked about Dr Emoto, a Japanese doctor who would... He would actually say things to rice water, say, you idiot, you idiot, you know, and then to another, I appreciate you, thank you, you are loved, you are loved, but he couldn't just say the words. That didn't work. He had to put feeling behind it. So, he had to actually like, you know, gather up some emotion involved and then to one... This was so interesting. Oh, my goodness, it's such a rabbit trail but to the third rice water, he ignored, and you think, oh, well, you know, if I don't have anything good to say to that person, I won't say anything at all. But God says to bless those who persecute you. And so maybe, you know, sometimes...

P What happened to the rice water that he ignored?

S It totally rotted. Now, the one that was hated, black mold, hexagonal shape, big gross black mold all through it. But the one that was ignored just totally rotted. So, this is very challenging to me with my children.

P And the other one that he loved?

S Oh, it was great.

P Now, I want you to know you can get your children to do this. Mine did it for home-school. Not under my jurisdiction, they did it with a teacher. They go to a tutor and they did this experiment.

S It takes 30 days. Look it up.

[00:45:13]

P Yeah, my daughter was yelling at her rice. Oh, totally. The one that was yelled at was so full of like mold and stuff. The one that she loved, I don't even know if she's got it to this day, it's the most happiest, beautifullest rice, not a bit of mould. It's amazing.

S It naturally ferments sweetly. Like there's no bad bacteria got into it. So, it's... So, obviously it ferments but it's white and perfect. And the one that's hated, it's so gross, the blackest, thickest. Like you could pluck them out like marbles, black mold. But, anyway, this is challenging to me, it's such a rabbit trail, but the one that was ignored rotted and that made me think sometimes I get busy and I make sure my children's teeth are brushed, they're in bed, they've had a good day, you know, their shoelaces are tied and everything's good but have I taken time to, hey, how was your day, like talk and not just like do the mothering and make sure...? I just need to soul talk with them too because there's damage in ignoring.

P Oh, but I love where you're going with this too. On that level, like, you know, as I was saying, as we eat, you know, we can say scriptures and you could think, well, I just don't really need to. You know, I mean, I just believe it. But in a sense isn't that ignoring our souls?

S Yes.

P So, the ignored rice was just... You know, it was ignored and physically showed it too. So, we absolutely have to get in there and nourish our souls. How do we nourish our souls? With God's Word. Come in, honey. My husband's at the door.

S My Father often says, oh, you know, I have healthy food. I had like a teaspoon of coconut oil today and he thinks... Sweet Dad, if you're listening, I love you but he thinks that teaspoon of coconut oil...

P Dad listens to this occasionally.

S Will cover... it will cover all the like MSG meat sticks and fried dim sums that he gets in town when he goes, you know?

[00:47:00]

P Yeah.

S So, he might think, well, I said a little scripture but it's just like a small portion compared to all the other junk we might be thinking that day, or, you know, junky stuff we might be saying. Oh, my goodness, I'm so distracted and rabbit trail because Uncle Charlie...

D Charlie just showed up.

P You've got our chocolate.

D From the chocolate factory, apparently.

S Yeah, they've gone to... Okay. But I've got to finish this and then I'm going to eat the chocolate. Okay?

[00:47:24]

P We're sampling our chocolate... Because we're making our own chocolate in our own manufacturing centre now.

S But it's been 42 minutes, so we've got to finish and then we'll taste.

D Is this from our chocolate factory?

S Yeah. I don't know yet if it's...

D Charlie and the Chocolate Factory has just entered the building.

S So, I'm distracted, I can't even finish.

P I'm sorry. No, it was so good, Sereney. It's just chocolate.

S No, shall we finish and just do chocolate?

P Finish your sentence and then we have to discuss this chocolate because, people, we've been sending away to make our chocolate.

S Okay. No, no, no, no. It's good. We've said enough. I'm just probably like going over and all that stuff. It's good.

P You're like Dad. You know, our precious Father is a pastor and there's an ending but you see the ending is going everything he spoke and then there's another ending and you've not ended until you've done four different endings.

S Finishing up here was like half an hour ago.

P Yeah.

D I've stopped coming to Campbell weddings.

S But bless the Dad because he might be listening and that was too strikes.

D I'm joking. I come to all of them.

[00:48:15]

S Oh.

P He did it.

D This is richer than the...

S This is Basil?

P This is milk, honey.

C No, that's dark.

P This is dark?

[00:48:23]

S Oh, that's really good. Now, it's too sweet for me but for the regular people, you'll love it.

D It's got a nutty... kind of a nutty flavour.

P The only thing I would do, I would pull down sweetness a tiny bit but most people would love this. You know what, he nailed it, honey. This person...

S Hey, they're still recording.

P I know. That's all right. This is Basil Hall. My actual son-in-law, Kendall, his Dad he works for us.

S It's a family thing.

P Yeah, and he's actually like... He came on to do other things for us for our manufacturing center. Like he's an engineer and he, you know, kind of makes sure we're all running properly. But we put him on creating chocolate because he's so good at taste and everything. What's this one?

D Oh, my gosh.

S This has got a little bit like...

C It's a little grainy like.

[00:49:04]

D It's granular.

P Oh, because he didn't... If it's gritty, that means he didn't put it through the whole process.

D But it's like a brownie...

S It's the milk... the milk powder maybe.

P Oh.

S People are still listening.

D It's like a gritty, brownie texture.

P Oh, I love the taste of it, though.

S Mmh. Oh, I love it. Can you taste that creaminess?

D Wow.

P I love the taste of it.

S Like a full glass and a half of full cream dairy milk in every bar of Cadbury.

D That's what this tastes like.

P I love the one with vanilla. We're almost there but that taste is so perfect.

S Yum.

D It is so good.

P Hey, guys, we're going to go and we're going to ruminate on this chocolate.

D We're going to ruminate on this vanilla chocolate.

P This is a big deal. This is us with our own chocolate factory. See ya.

D Man, that's good.