



Trim Healthy Podcast with Serene and Pearl Episode #308 – T'was The Pod Before Christmas

(AIR DATE:12/21/2022)

*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 · L = Lesley · J = John

Announcer If you own a small to medium-sized business that kept employees on payroll through COVID, you may have a big cash refund waiting for you. The employee retention credit is a tax credit of up to \$26,000 per employee, and now more businesses than ever qualify. The experts at refunds.pro.com specialize in cutting through the red tape of qualifying for this government program. Most of their refunds are over \$100,000. Even businesses that have received PPP funds may be eligible. And there are absolutely no fees unless you receive a refund, so there's no reason not to apply. If your business experienced shutdowns, limited capacity, supply chain challenges, or reduced revenue due to COVID, you likely qualify. refunds.pro.com has already helped hundreds of businesses. Don't lose the refund you're owed by missing the deadline. Get started today with a free five-minute questionnaire at refunds.pro.com. That's refunds with an S pro.com.

00:00:59

S This is the PODdy with Serene.

P And Pearl.

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

L We wish you a Merry Christmas. We wish you a Merry Christmas. We wish you a Merry Christmas, and a Happy New year.

S That was awesome.

L Merry Christmas everybody, it's Lesley Pops introducing this week's Christmas PODdy.

S I really like looking over there at Danny's couch with Lesley there instead.

P Let's do a hives check. Are there hives for me?

00:01:32

S Yes.

P A little bit.

S She was holding her hives before she sang that song.

P You guys that know and love our Lesley know that when she gets on the mic, she develops some hives just for you guys because she loves you so much the hives pop out.

S But I do love that song. What's your favorite Christmas carol?

P My favorite Christmas carol is a cross between Fall on Your Knees or Mary Did You Know?

S But that's too modern.

L Silent Night is the best. We've had this conversation before.

S It Came Upon a Midnight Clear.

P Be a big, good singer then.

S No. I'm just singing the oneline like you, show-off.

P Yes, but mine wasn't good.

00:02:15

L But I don't even know what the song is then.

P Keep going, Serene.

S The glorious song of old, of angels bending near the earth to touch their harps of gold. Peace on the earth, good will to men, from heaven's all-gracious King. The world in solemn stillness lay, to hear the angels sing.

L Wow.

S There has been...

L My podcast is almost the best of all time.

S Clap for the best beings!

P I went a little off in a couple of places.

S Yes and mine was really scratchier out of the box.

L But I have hives, and goosebumps, and tears all at the same time.

P That's sweet, Lesley. You started us into a, well, it is the PODdy before Christmas, like the night before Christmas. And I want to just declare there shall be no meat.

00:03:32

S Yes, there shall be no meat.

P Because you're too busy right now doing all that you're doing to concentrate on us bringing you a big teaching moment, and I haven't got nothing in me.

S The cellotape, is that what they call it here in American, the cellotape?

P No.

L Scotch tape.

S The Scotch tape. That could be English.

L Serene and I, can we pull Pearl up for crinkling wrapping paper.

S You're loud and I'm not.

L If Serene was doing that, you'd be in so much trouble.

P That was annoying.

S Do you call it Scotch tape, John? What do you call it, wrapping tape? Wrapping tape will be too loud. And I will say some poignant amazing thing that took time to think up and they wouldn't even get it because they're wrapping, they're staring.

P Serene, that's a bad excuse because we've got nothing. We're too busy right now.

00:04:15

S Yes, we got nothing.

P Everyone is too busy a few days before Christmas.

L It's a busy season.

P And so we thought...

S I don't even have my presents brought.

L Have you shifted to online purchases or are you still?

S I've got a lot of on-liners and they are not even coming on the 25th.

P Yes, they're too late. I've got some too late ones too.

S And my husband's in town right now doing the Christmas shopping.

P Buying the rest of them.

S Yes.

P Because you and I went to get your stocking stuffers. Serene and I went to Costco so she could get all her children's stocking stuffers. You see because her children are at tough camp Allison home every day of the year where they eat certain things. They eat creamy Trimmy Bisques, big cauldrons, where Serene dances her little cauldron out that it makes creamy bisque that lasts them a week.

00:05:02

S Big soups.

P She has homemade bread. Now this is all delicious, by the way. Homemade bread, oatmeal in the morning. Rice and beans...

S Homemade bread sounds boring. Tell it like it is.

P It's delicious. It's artesian sourdough and ancient grain homemade bread. Then you've got rice and bean fry-ups. Now that's your basic diet.

S Heaps of eggs, omelet.

P You also have raw milk, kefir, and eggs. Now that right there what I just said is what...

S You might find some cheese.

P Let me do it. I'm describing your home the way I see it. That's your basics of your food. All her children grow up that way. I think it's yummy.

L You can do her afterwards, Serene.

S I do heaps of salad.

P You do but your children don't eat a lot of it. I'm just trying to say that's their food.

00:05:44

S They're welcome to it. It's always there.

P That's what they get, each year Serene fills their Christmas stockings with not presents. I'm describing it. Don't you try and talk, but with food. All the things that are healthy crap food.

S Organic crap.

P Organic crap.

L Organic goldfishes and...

P It's like all the bars they normally wouldn't get to eat, all the fruit leather roll-ups that say organic, all the lollipops that say organic...

S Anything that says organic on it.

P But they have fruit juices in them.

S And they have organic cane sugar. It's still crap.

L There are still no chemicals.

00:06:24

S No, they're not going to hell still.

P But then she buys them underwear. All the things she doesn't buy during the year, underwear and socks.

S And toothbrush, toothpaste.

P The things that a parent should normally buy a child, like toothbrushes, underwear, and socks, she gives to them in their stocking. And they think that it is the world's best present.

S Because their stocking is a huge California king pillowcase.

L We used to have pillowcases.

S Huge, you got to buy some underwear and socks to fill that thing up.

P You got your children tricked. This is the thing. They thank you and cry on their knees because you gave them underwear.

S They do. Pencils for school, cry, real tears.

L Hey, I have a confession.

S Because it's a California king's suitcase and it's filled, and it's all wrapped.

00:07:11

L I am 39 years old and every Christmas I rely on my Mum to send to me underpants and socks.

S It must be an English thing.

L I don't mind.

S We grew up with pants and socks. What are you talking about? I learned it from my Mum.

P Yes, it's true.

S We got underwear.

P I remember somehow thinking because we opened them on Christmas that they were special underwear.

S And that's what I brought my brothers. I remember I only could afford it. That's why Windex smells like Christmas even though it's chemicals because I spent all day

washing the windows to get money for Christmas presents and then I go buy underwear. And when I heard that my brothers, they were the first of our family to come to America, when I heard, they were going to come to America one day, that last Christmas I brought them American flag underwear. And we still have the picture of them with their jeans, with their American tighties over top of their jeans.

P You passed down Mom's I guess legacy of giving underwear as presents. You passed that to your children. Why didn't I? I should have. I should have tricked them.

S You should have.

L What's in your Christmas stockings, Pearl?

P I don't do them anymore because my children have all gone out. I used to give some, I was going to call it Christian crap, but healthy crap and some books. Yes, John.

J I have an idea.

P Yes.

J What if we go around the room, even those sitting in the corner like Ben and Jeremiah. Why don't we all recount our most precious Christmas memory?

S They're precious.

P That's a goody.

S Sovereign John is good today.

P You notice Danny is not here.

00:08:41

J Let's be honest. The reason we're doing this podcast this way is because Danny overslept, and he should have been here an hour ago. We got to do this. We're on a schedule.

P Maybe it was supposed to be that he wasn't here.

S But maybe he was up to odd hours wrapping stocking gifts for his many children. Or maybe he wasn't. Maybe he just overslept.

P Most special, and you...

L John, do you have one?

P Have special bestie listening...

L Could you start us off, John?

P We want to hear yours too, but we can't.

S And I overslept this morning too. I got up super late. Sam almost missed the executive THM meeting this morning because we watched Hallmarks.

P All night.

00:09:22

S Christmas Hallmarks.

P Sappy, can't do it.

S I want to tell you before we say the memories that it worked so because my son just got married and that's why we're so busy and don't have any meat to bring today because we just put on a wedding with our fellow in-laws. And the in-laws were just a nice little strict-y family and there was to be no kissing till the altar, right?

P Yes. They didn't want their daughter to kiss until marriage.

S And my son was like, okay, respect the father-in-law. Wonderful, so, he did. But boy, that kiss was a goody. Charlie said, what did he say?

P Charlie elbowed me, now you may kiss the bride, he's like, he's done that before. I don't believe him. They've been kissing.

S And guess what, he hadn't done before. But the training camp at Serene's house with the Hallmarks, it paid off.

L Training camp with Hallmarks.

P Because I called her afterwards and I said the kiss, he must have been practicing. She's like, that was Serene's training school of Hallmarks. Thank you very much. Oh, my goodness. Most special memory, I'll go with mine. Growing up, I can't think of one present that was the most special memory. But the anticipation was the special memory for me. Waking up on Christmas morning back in New Zealand, I just have this strong memory. It was still dark out. But when you're little, you wake up early. And I would go out into the living room and there would be presents under the tree. And just the magic of this day of days, somehow there was something electric and magical about them. And I'll just stare at it and then just wait. And every minute seemed like an hour. But there was a special feeling. As I got older, the specialness maybe it stayed for you, Serene, but this thing that I had as a child left. But it was a little tangible feeling in my cells that now we can maybe get hints and glimpses of. But I do believe it was something in the quantum world coming up inside me that was Christmas that I could feel.

S That's why the Kingdom of God, the children lead us into the way of that because there's something just special about the way that they don't like adult-down excitement

P You always ask me, are you excited about Christmas? And I'm like, okay, that would be nice for the children, but I don't feel it. I don't feel it, Serene. But it was something I could literally feel.

S Yes, same with me, and I'll go next so we can keep the best to last because my memory is going to be similar to yours. But it's just like I couldn't believe the luck, the blessing that I got to Christmas Eve. Christmas Eve was finally here. It was just the

hugest thing. And I remember we would all go down to the beach.

00:12:04

P That's when we lived in Australia.

S Yes, we lived in Australia. But these are some of my best memories because it was my childhood memories. We'd all go down to the beach and every church, and there's not many of them because Australia is atheistic, would meet at one end of the beach. And they'd all get palm branches, and they would all sing Christmas carols and walk all the way up to the main center of the square, whatever it was called, Surfers Paradise. But it was a good probably 45-minute walk. And then we'd all go home to our homes. And then mom would start wrapping the presents for the big pillowcase stocking that we got. And I could hear cello tape, cello tape...

P The door would be closed.

S And while that was happening, Mom would always allow us to eat the Christmas cake that had plenty of brandy in it. Soaked dried fruit with brandy, right?

P Yes, so we got a little bit of brandy.

00:12:53

S She made the Christmas cake, and we would be watching on the Australian telly the big live show in Sydney. Of all the stars singing the Christmas carols, there was something about it. Then I go to bed and all those carols would be in my head. And I couldn't sleep because my brain would be on replay, replay. And then I get up, and then our sister, Vange, she would forget that it was Christmas. She'd always say happy birthday to everybody. She would do that, she'd day, happy birthday. Oh, sorry. Merry Christmas. But I just remember it was just so amazing. And it was boiling hot, and we were sweating. And Australian homes don't have any air conditioning at the time. But we would open all the side doors and all of the breeze. And my mom will be cooking the full thing, the full English. Because Australia is under the Commonwealth, so we'd have the plum duff with the coins and everything and the roast.

P We did do the turkey though. That's American.

S We did not do the turkey.

L But what do you think is the English meat?

S The lamb.

L Okay, the lamb.

00:13:52

P Yes, we did lamb. But did Mom also do a turkey or did...?

S Chickennot a turkey.

P Chicken, I'm sorry. It wasn't turkey, people. Two chickens and a lamb.

S Two chickens, and lamb, and mint sauce, and peas, and mashed potatoes always. They might have been roasted.

L Sprouts.

S Yes.

P Yours is good but it's going on long. We need to go.

L I thought it was really good.

S But it was boiling hot and then you're so sweaty. You're singing dreaming of a White Christmas and you all jump in the pool.

P That's true.

L Because in Australia, just for anyone that may not know, we're summer during winter not one speck of snow.

S Not one speck of snow. And I want to say one more thing about the way Australia has got it right.

00:14:30

P And when you dream of snow you...

S Australia has got it right because there are summer holidays for school where you get your most big vacation. That's what we call our Christmas holidays. We don't get none of this week and a half off like Americans. We got the full two months. That was our Christmas holidays because the New Year we did it right. See, when we went back to school...

P But Serene, they do it here in the summer so you can have a summertime. That was our summertime.

S I know. But wasn't it fantastic that it was at Christmas time, so you blamed it on Christmas. You got those holidays.

P Yes, we got all the Christmas holidays.

S And all the fun times because it was jolly well Christmas. Christmas got the blame for the fun. And then when the New Year came, your new year of school started with the new year, and it worked out right.

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

00:15:17

S I'm Serene. Do you know you can get incredible deals on premium cuts from Butcher Box? And deals that Butcher Box gives are hard to find at your local grocery store,

believe me. This high-quality meat is really, really inexpensive. \$6 per meal, I reckon.

P Take their grass-fed and grass-finished ground beef, Serene, which I'm a superfan of.

S Which is rare to find at a grocery store.

P There are lots that says grass-fed options at a grocery store these days which is great. But I'd say 99% of them are not grass-finished.

S Stick them in your pan and you'll find out they're not grass-finished because heaps of fat rises to the top. Grass-finished is very lean.

P But I'm talking about cost. ButcherBox is really, really competitive with their cost but you're getting extra because you're getting grass finished.

S And we're not just talking beef here at Butcher Box. High quality seafood that you can trust. Their wild-caught seafood, their salmon in particular is amazing.

P Salmon, Serene, so hard to get a good piece of frozen salmon fillet, now Butcher Box of course sends it to you frozen. It is excellent and that is rare.

00:16:25

S Free-range organic chicken, pork-raised crate-free, you name it, they have it. And it's all humanely raised. No antibiotics. No added hormones. And free shipping for the continental US. And no surprise fees with ButcherBox, which is a biggie.

P You just get what you want delivered right to your door and you can choose from a variety of box-plan options that ButcherBox will just send to you what they think is good. Or you can curate, customize your own and change your plan whenever you want. Hey, if you're one of the ground-beef fans, the grass-fed type and you just want that, you can just get that if you want.

S Exactly. If you're a fish only woman, you can just get that. ButcherBox has a one-week flash sale on the most impressive Tomahawk... For real?

P Tomahawk steaks.

S Tomahawk steaks are amazing. Sam has made one for you and Charlie on the grill of myhouse.

P Some of the most decadent piece of meat.

S Amazing.

P Your search for amazing deals like this on a cut above the rest of the cut ends with ButcherBox. ButcherBox is offering our listeners Tomahawk steaks free in the first box when you join.

00:17:33

S That is amazing. Sign up today, mates, at butcherbox.com/trimhealthy and get your free Tomahawk steak in your first box. Too bad my husband can't cook it for you

because it's really yummy.

P Offer valid for one week only. That is butcherbox.com/trimhealthy to get this special flash sale offer.

S This is the PODdy with Serene.

P And Pearl.

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

P What's yours, Lesley?

L Since it's not just one, it's like a run-through. I'm just going to give my little night before run-through. Because I think there is nothing quite as special as Christmas when you're a child. Like you said Pearl, it was physical. You could just feel the excitement. Now I'm like, yes, are you ready for Christmas?

P All the things you have to do.

L What are you going to cook? Food, there's going to be food. I don't know. Also, Christmas movies are different in England than they are in America. I'd never heard of what's that one, the Christmas Story, You'll Get Your Eye out kid or whatever that one. I've never seen it.

00:18:53

P Anda Wonderful Life, we didn't grow up with that one either.

L Yes. But our Christmas movies weren't necessarily Christmas. It was like Oliver Twist was always on. Mary Poppins was always on. Sound of Music was always on. It was real feel-good movies, but they weren't necessarily ridiculously Santa Claus-y and Hallmark-y. Sorry, Serene. Movies were a huge part of the build-up to Christmas. And then we too had to pretend to go to sleep and not sleep at all. It was just my sister and I. And most of the time it was just my mom. My dad traveled a lot for work.

L And then in our teens, they were separated. It was definitely just the three of us mostly. It was so special. It didn't need to be anything more than that. We would get up so early, oh my gosh, like four o'clock.

S Whoa.

L We'd have to pretend. And then mom would wake up at seven or eight and she'd insist on us having breakfast before we opened any presents. And you know what I feel about breakfast now.

00:20:08

S Lesley hates breakfast.

L I hate breakfast. She used to bribe us with a Bacon Butty, my favorite breakfast. But even on Christmas morning, the Bacon Butty was a struggle because I was like...

S What's s Bacon Butty?

L It's just bacon, and bread, and butter. Butty is sandwich. B- U-T-T-Y.

S Short for bread-and-butter sandwich, so butty.

L Yes. Bacon Butty before presents.

S Interrupt for a second. Did you grow up too with chips in your sandwich, Chippy Sandwich, Chip Butty? Because we had chip butties.

P We had Chip Butties but we didn't call them chips. We call it a Chippy Sandwich.

L Yes.

S ChippySandwich. It's always a salt and vinegar Chippy Sandwich.

L And then half an hour away it's a chip barm. Within England, just one town away they've got their whole new... Anyway, that's...

S Sorry for interrupting.

00:20:55

L Bacon Butty, Chip Butty. And presents were a plenty. But let me tell you nothing... We would have 20 or 30 presents, but it would be underwear. It was so good. I didn't want a main present. It was just so much stuff. It didn't even matter what was in it. It was just the whole process and we had to take turns, me and then my sister.

S Wrapped up, yay.

P Turns is the best.

L It wasn't monetary or huge showy anything. It was practical, a lot of practical stuff. It was just small things.

S Always get a hairbrush too.

L Yes, I need a hairbrush.

P One thing I have to say, and this is what we did, I did carry on. Because when we were giving out presents and we all gave them to each other and then Mom and Dad gave them to us growing up, but I loved this, and I made sure... Because my husband was like, you just rush under and you all open at once. And I'm like, but that's not what we did.Honey, please, let's do it my way. You know how you give and take when you're married?We'll do that your way. How about this, my way?We go my way, which is everyone waits and everyone sees what someone brought for the other person, the whole family.

S Even if it's a baby shower.

P It doesn't matter.

S You wait and you watch.

P They all have to watch and have an opening.

P And then clap.

S Clap and then they do their bow.

P Yes. And it's so great.

L Or try it on.

S Take a picture with the giver.

P It takes forever but it's so fun.

L It's so fun.

00:22:23

S And when you have a super, super large family, we still insist on it, right?

P Yours must go for hours.

S You start from the youngest in the family. You go all the way up the line till the 12th child or something and you watch each tiny little thing.

P Ooh, that's a lot for your family.

L But that's a good lesson in patience.

S It is. And we got to take breaks too. Enough presents. We don't want to get too used to it, so we take breaks.

P With a large family you'd have to take breaks.

L We would do Christmas dinner. Definitely a chicken, definitely a lamb. Mint sauce, of course. We would have roasted Brussels sprouts, my favorite. Cauliflower cheese.

S Cauliflower cheese was a big one.

L Roast potatoes and mashed potatoes.

P And your mom would cook that all for just you three?

00:23:05

L Yes.

P That's sweet.

L Yes. And actually, it was a Sunday dinner. It's not unusual for an English family to have a version of that every Sunday. Anyway, so we would eat and then we'd watch more movies. And then my mom always insisted, and I think I've talked about this before, we would always walk the dogs around the block. And it was cold, and we didn't want to.

P Oh my goodness, somebody just walked in.
L I was in the middle of my story.
S You're breaking in on Lesley's story, you fruitcake.
P Somebody's late.
S He looks like the crazy guy from Seinfeld more than ever right now.
J And Danny Valdes has entered the room.
S We're going to get back to Lesley.
S No. We're getting back to you. Lesley, you come share my mic right now.

00:23:53

D When Daddy's late for dinner, you don't eat dinner without Daddy. You wait for Daddy. And Daddy's here.
J Daddy wasn't late for dinner. Daddy overslept.
S Did you speed? Because your hair looks like you've been speeding 100.
P Yes. That is his sexy Kramer look because look at his hair and his sunglasses.
L Danny, it was a pleasure filling your seat.
L That was it.
S Talk about you dog walk and you hated it. But...
P And then Danny is going to sit down.
L Wealways linked arms.
P That's precious.
L Mom made uslink arms either side. And it was cold. And she would ask us deep questions. Nothing crazy. I can't even think of an example. But it always felt like... And then we ended up having always a really meaningful conversation walking around the block once a year.

00:24:50

S I love that.
P What a precious Mom to do that for just the two of you!!
L She is.
P And I've met your mom and I can see that.
S I love Lesley's Mom.

P There was thought that went into that.

S Lesley's Mom is like Lesley, they're Moms to everybody. Their hugs say I will never leave you. Their hugs are the best hugs in the world.

P I know.

L Danny while you were away, we decided to go around the room and share our favorite Christmas memories. But because you're unprepared, we'll let John go and then you can go.

P And then when you sit down, the first thing you say on a mic, Danny...

00:25:20

S He was late for breakfast too because he looks like he's about to eat.

P You have to still introduce the show halfway through. John?

J All right, little backstory.

D Next up is John's Christmas memory.

J Thank you, Danny, my favorite, favorite person in the whole world was my GrandmaGusty, my father's mother. She has long since passed away. She was just a huge, huge influential figure in my life. Her birthday was December 24th. Christmas Eve was her birthday. And it was always a super special day for me because it was grandma's birthday. Let's see. The year was 2001. 2001 was a really rough year for me. I went through a divorce. I found myself a single father raising a boy by myself. I had just a beautiful group of friends that gathered around me and helped that, just helped get me through the year. But on December 24th, 2001, I think it was about 7 PM at night. The sun had gone down and I turned, and I asked Dawn to marry me.

S Wow.

J And she said yes.

00:26:49

S That's so beautiful.

P On your grandma's birthday?

J On my grandma's birthday, yes, again, I'd just come through a divorce and the last thing I was wanting was to get involved in a whole other relationship. But Dawn was a dear, dear friend and she was just there through that whole process. And it was a really special evening and I wanted to close the year out on a high note. And it was just a spur of the moment.

P You hadn't pre-planned all this.

J No.

P It just happened.

S It's the Christmas Spirit that did it to you.

J It was one of the most impulsive and could have been one of the worst impulsive decisions that I made, but it turned out to be one of the best.

S That's so beautiful. I love that.

J Every Christmas Eve I'm like, yay, Grandma.

S That's so fantastic.

00:27:40

J That's hands-down my most favorite Christmas memory.

S That is so beautiful.

J And now Danny has to top it.

S Dan, Dan.

D I'm supposed to follow that?

S Christmas is in the house for Daddy.

D That's like an ace of spades Christmas memory. I'm like, we open presents something.

P You missed mine which was pretty epic too. But John's won. But still...

D What was yours?

P You'd have to listen to it again.

D I don't listen to this PODdy.

S It was a bunch of English memories, Commonwealth memories and childhood...

P Serene's was pretty good too.

00:28:13

S I didn't bring any meat with it at all. I left it all out.

P We try not to bring any meat on this Christmas podcast, Danny. It's all the fluff.

D I'm going to really blow it. My most vivid Christmas memory is Daddy pushing Mommy down the stairs

P Really?

D If we want to be real and vulnerable.

S What?

P No, he does get depressed when he talks about Christmas always. Remember the

other time, we said the things that you are doing for your children now like, hey...

D Everyone's whispering over there now that I said that.

P No, it's probably real.

D It's actually real.

S It's real.

P You know the way Danny was raised. He's a triumph of grace right here.

S You had how many dads, Danny?

00:28:49

D Four or so, four to six.

S Five or six.

P You've been diagnosed with ADHD, so that's why you're late but it's why you also might have forgotten this.

D Literally, I thought I was leaving on time. And I asked my son as I'm heading out the door in success, what time is it? And he's like, it's one o'clock. And I was like, how? Guys, I've been in a weird place today, like a time warp.

P It's okay, Dan. But I want to remind you of this. You were saying to us on a previous PODdy, my kids get invited to all these big rich Franklin parties and Christmas's and all the houses are huge and they're decked out and the parties are epic. The parents pay big money to have them done. And here I am and on a Christmas morning I'm like, hey, kids, hey, you want dad to make you some pancakes? And I'm feeling like a big jerk. I can't compare. And Serene and I said, that is the best. And that's what we've been saying here today. We don't remember one big present. We don't remember any big things. We remember nothing but the atmosphere.

00:30:02

S In fact, can I interrupt? Dad would always say to us, when we grew up, he'd say, the thing that you would remember, when I'd say what did you get for Christmas this year, just to see what we would say. And we'd be like, a box of raisins. We didn't remember the BMX bike. We didn't remember that. It was the little tangerines and the stockings or something like that we would say.

D I have a question for you guys on that. The Above Rubies magazine didn't do what the Trim Healthy Mama book did. It was this magazine that they did out of passion.

P You mean my mom's magazine, yes?

D Your Mom's magazine, yes, I don't imagine that you guys grew up with loads of cash. You weren't a rich family, right?

P No, we were poor.

S We were so poor.

P Dad was on a pastor's salary, like one and income and he didn't get a lot a month.

S Sometimes I remember my mom praying for vegetables. And then the miracle was a fruit truck. We'd call them fruit trucks in Australia. And they'd go around delivering to the little fruit markets. Towards the end of our stay in Australia, you got the big grocery stores, but we also still had the meat market, the fruit market. They were all separate little stores. And so, the fruit truck would come by going to the fruit market. And I remember a few cabbages rolling off. We weren't always that bad but there were times.

00:31:20

D And how many kids?

P Six.

S But we lived in a mansion.

P It wasn't a mansion.

D In your mind?

S It was a mansion.

P It wasn't a mansion, Serene. We thought it was. It was on a canal. It had four bedrooms.

D You were very small.

P It was 2,000 square feet.

S It had a swimming pool, and it was gorgeous.

P It was 2,000 square feet.

00:31:37

S It was huge to me.

P But we lived in it for free because some missionary person who loved our dad and was quite wealthy, let us live there.

S We didn't own it at all.

P But apart from that, we had no money.

D Did you guys' open lots of presents?

P Yes, lots of little ones.

S Yes, loads.

D But they were lots of little ones.

S Little ones like socks, undies.

D See, that's my strategy, not that I'm there anymore. You know what I mean? But I'm still there mentally. You know how it is when you're still scraping the last bit of the peanut butter out of the can?

S Yes, I'm mentally there too.

00:32:05

D We still do that.

P That's great.

D If I could create a river of presents flowing out from the tree and they're all the head ticklers like from the Dollar Store.

P The Dollar Store is brilliant.

D I got a secret too. You can get a \$10 basketball and the volume size of the present is very impressive.

P Yes, it's true.

D Think about odd-shaped items like a bat. You can get a bat for 25 cents at the Dollar Store.

S You can.

D And just wrap it. And depending on the age group, my 17-year-old is not going to be stoked about a bat.

P I know.

00:32:40

S But everything gets wrapped singularly, right, people?

D Yes.

P It's a lot of work, though.

S If you get three coloring books, you don't stick three together.

D No, ma'am.

S Three wrapped separately.

D Yes, ma'am, we just opened last night. Good, our kids won't hear this ever. There was this trio of cologne. It was \$12 at Walmart, it's like the classics. You know what I mean? Cool Water is in there and Polo Sport.

P For teenage boys, yes?

D Yes, for boys.

P You opened them, and they're wrapped separately?

D Yes, for \$12, it's in a three-pack.

S You totes do that.

00:33:12s

D But we opened it and we're individually wrapping them in cardboard from the Amazon shipment. You know what I mean, so it's its own gift.

P And they think that it's really epic.

D They could. They got so high in cologne.

S Yes.

P They don't need to know what we paid.

S And if you got it from a special Gimme A \$5 store or some place where it was once \$12 but it's now 99 cents, you take the 99 cents price tag off.

P If the price is good and you didn't pay it, you leave it on.

D Yes, that's right.

P But if the price is bad, you take it off.

S I do that all the time.

P It's a real good strategy.

S It's over 20, you leave it on.

00:33:49

D Yes, even 20.

S If it's under 20, you take it off.

D Yes, and you weigh from the notice of the tag. And you sit back like, I did that. I did this for you.

P You can mention it.

D You can mention it.

P You can just mention it in passing. I was able to get that for, did you see that price? That's a good price for that.

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

S I'm Serene. Buffy, best comforter you've ever jolly slept with. This comforter has over 18,000 five-star reviews. Customers agree, as I do, that it is the softest and fluffiest

comforter.

P It keeps you at that perfect temperature, so you feel cozy without overheating. I have one upstairs where I watch stuff overnighttime with my husband. I have to have a comforter. And then one of course on my bed because I hate heating up at night and yet I like to be very enshrouded in coziness. There's that fine balance that you have to have at night, Serene.

00:34:56

S It's smart too. I don't know how it does it, Pearl, but it knows how to perfectly temperature control you. If you are feeling overheated, it somehow cools you down. If you are a little chilly, there's a little nip in the air. I don't know how it does it, but you warm up and get all cozy-ified. There's just something about it. It might be the fact that they use eucalyptus. It's ultra-breathable. I think that's it. But it's softer than cotton and it's naturally soothing to the skin. Pearl, fact, it's sustainable. Do you know that eucalyptus uses ten times less water than cotton to grow and its fiber produced using recyclable earth-friendly solvents?

P Yes. And really what I care about though is my health during my sleep. And it's hypoallergenic.

S But you're a greenie a bit.

P Yes. You're a little more greenie than me. But I love that it keeps out dust, mold, and mites when I sleep.

S Because you used to have the asthma of a child.

P Yes, I did. And so, I just really care about my sleeping environment. It's machine washable. That's a huge-y. You throw it into your machine, it's not going to ball up into one tiny ball on one corner of the comforter.

00:36:00

S Have you ever had cheapo's that have done that? Oh, my goodness, wrecked.

P All the time, hey, for \$20 off your Buffy comforter, visit buffy.co. That's B-U-F-F-Y. C O and enter code trimhealthy.

S But freak-out, do you know that Buffy is so kind? Do you know that they offer free trials? You can try the comforter in your own bed. You can put your feet and wrap it inside the bottom of the Buffy.

P That's what you do? I do.

S And send it back. No charge if you hate it.

P But you're not going to hate it.

S But you're not going to hate it. And they know that that's why they can offer you this deal.

P Yes.

S But anyway, try it risk-free, you see. And for \$20 off your Buffy comforter, visit buffy.co. Enter trim healthy. Just do it because you'll love it.

S This is the PODdy with Serene.

P And Pearl.

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

00:36:52

D Hey, I'm late. What are all these people doing here?

S This is my friend.

D Hi, people.

S You know Jeremiah.

D I know what the rest of these people are doing. Who's this?

S That's my friend, Jennifer. She's hanging with me today, so I just brought her along.

D Welcome to the THP, I almost ran into her on the way in.

P Yes, you did.

D I came in like Kramer!!

S But did you say your special memory?

P No, because you must have, even though you had some tough memories of Christmas.

S It doesn't have to be your childhood. It could be now. It could be recent with your family.

00:37:20

D My favorite memories of Christmas upgrade every single year. This week is my favorite Christmas week ever.

P Yes.

S I love that.

D Because I get more...

P I know.

D I did. I don't think so.

P Because we were going back in the past and you're actually going into the future.

D I can't go to the past.

S I do want to fix up my past though in a second after Dan. Just remind me. Go, Dan.

D You had some badness?

S No, but I just got some stuff to say.

00:37:47

P See, we have had perfect little Christmas pasts so we're reflecting on them. But you had bad little Christmas pasts so you're reflecting on the future.

D And you guys feel magical about Christmas?

P Magical.

S I do want to say this. I'll just interrupt and say it now. You said favorite Christmas memories, so I automatically went to childhood. But I do want to say Christmas may not be as fireworks all lit up with bright colors and every excited little 40 trillion cells in my body. But Christmas is deeper to me now. I don't really care about the glitter in the presents anymore at all. But every single carol that I just love the tune of, or it was just so exciting to sing, the story has come alive to me. Every carol is like, how deep is that? I'm talking of the real Christmas carols. I'm not talking about anything Santa Claus.

P Santa Claus Is Coming to Town.

S No, I'm talking the real carols. I'm like, wow, that's a devotion.

D Like Mariah Carey?

S No, not Mariah Carey. No, I'm talking about...

00:38:46

D All I want for Christmas... Listen how deep it is, though. I don't need to hang my stockings there upon the fireplace.

S It's deep, Dan. It is deep and I like that too. But I mean deeper than that. The story has really come alive, and I don't care if it's... I've heard that it's not the right day. But I don't even celebrate my own children's birthday on the right day. Life gets busy. Sometimes they just have to wait a few weeks. And I know you got to celebrate Christmas all through the year. Jesus, you got to take him all through the year, not just one day. I know it. But I want to say Jesus loves feasts too. And I just think it's really beautiful to go the extra mile one day a year. Of course, every year we celebrate Christ in us, the hope of glory, but one day a year, especially to go beyond extreme and celebration. And I do. I experience within myself that holy hush on Christmas Eve imagining the darkness that was in the earth, the great darkness until the light of the world came. And every light that's on my Christmas tree, it's no pagan tree to me. Every light that's on the Christmas tree is, I just imagine the quantum light, the huge vast light out there that the billions of trees and all of the nations of the world couldn't contain the light that he brought in. And just every light is a little shadow of

that. And I got all the names of Jesus, I'm writing them on the little ornaments all on the tree. It's become deeper to me. I love the meaning of Christmas. And I love the family time and I love the food. As children, Christmas was so exciting. You didn't care about the food.

P No, that's true.

S And family was great and all.

P But now it's more food.

S It's all about the glitter and the excitement. Christmas memories of the past were great but I'm making new memories now.

P Yes. I think there are two things I want to say. What you said, Serene, about the quantum world, there came a great light and in the darkness. That spoke just huge things into my soul. Then there came a great light and Christ, the light of the world. That's amazing. And since then, all of us are able to be one with the Father, which is just so incredible. But the other thing was, Dan, Serene and I and even Lesley Pops, even though her family was very different to us with even a separated family, but your mom made Christmas so special. Serene and I had magical little Christmases. And all three of us had beautiful memories. But I think a lot of people listening right now may not even identify with us three. But then you come along, it's like, oh, yes, daddy pushing mom down the stairs. That's what I remember. Sometimes Christmas is hard for people.

00:41:25

P It's the hardest time of the year. And so, I think it's good to represent all things here. But maybe not to dwell like you are, like Dan, I hate Christmas because... But rather to say, every Christmas gets better because of what you're doing.

D Also the opportunity too, if you're listening in and you don't have traditions, that's something a lot of people take for granted. I'll get asked, what are your traditions? And I'll feel really awkward at a party. My Mom took us to my grandparents, and we opened presents at my grandparents' house. It's not like I really have all this chaos around Christmas or anything. But in terms of when you come from a broken family, you can't really relate to traditions. And one of our biggest struggles, my wife as well, is we get to holidays or things where people do have these fixed in-time and in their history traditions and we don't have any. And we contend, if we're not really intentional to do nothing. This is just another day that goes by. The problem with that is, is that's not reality for our children and for the people in our life who do have traditions and are redeeming it. And throughout history, like feasts and new moons and festivals have been super important. And that's what I came to as I was about to toss Christmas out the window. I came to this idea that in busy life, you do need to set aside special days. Special days are helpful. And you can make those special days what you want to make those special days. You can reinvent something. For many people, Christmas

is a super painful, frustrating and got no money to do it anyways time. There's a whole song about how certain groups don't celebrate Christmas the same way. It's by Outkast, no, it's not Player's Ball. That's the name of it? It's beginning to look like what...Yes, there's a Christmas song. There's this rap song or a hip-hop song that one of the lines is ain't no chimneys in the ghetto, so I won't be hanging my socks on no chimneys. I don't know who did it. But they made the lyrics change for radio and they took out all the anti-Christmas stuff. But if you listen to the original version, it's not anti-Christmas.It's this attempt to explain like, hey, there's this whole group out there who's not even doing Christmas like Silent Night and Sleigh Bells. No one talks about this group but they're alive here in America not celebrating Christmas the same way. And so that's true for so many people. But what I decided to do is redeem it all and reinvent it and make it a very powerful time of reconnection with my kids.In fact, it reminds me of a hymn that I want to say for you guys. I don't want a lot for Christmas.

P Serene was...

D There's just one thing I need.

S I was getting so ready to open my song.

D I don't care about the presents underneath the Christmas tree. Hear this. I just want you for my own, more than you could ever know. Make my wish come true. All I wantfor Christmas is you.

P That's good, Dan.

S Oh my goodness, Lesley is saying it has to be the end.

P We're going to close with that.