



## Trim Healthy Podcast with Serene and Pearl

### Episode #307 – Things That Shouldn't Fit But Do

(AIR DATE:12/14/2022)

*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

00:00:00

Announcer Whether you're buying benches, bread makers or bottles of bubble bath, paying for business expenses with an Amex Blue Business cash card can be rewarding. You'll earn 2% cash back as a statement credit on your first \$50,000 in purchases per year, and 1% after that, so you get rewarded for getting what you need for your business. Terms apply. Learn more at [AmericanExpress.com/businesscash](https://www.AmericanExpress.com/businesscash). Amex Blue Business Cash. Built for business by American Express.

S This is the PODdy, with Serene...

P And Pearl. Get it right. P-O-D-D-Y.

D What up, PODdy People, it's the Trim Healthy Podcast with Serene, Pearl, and I'm Danny V. And you're you, and you're here, and you've come again for the meat, and we're going to give it to you.

S Luckily your name, the V, the Valdez, really works for you, because what happened if it was Danny K, or Danny R. Danny R would be bad.

00:01:00

D Danny R.

S You wouldn't be Hollywood Dan if you were Danny R.

P Danny A would work.

D Danny V, I know what, do you think it's too late to change, to do a stage name?

P What would it be, never too late to do anything in life, Danny.

D It would be like, Daniel V, or something.

S No, Danny V's better.

D Danny V. Danny V's sort of a radio vibe.

S Yes.

P Yes.

00:01:20

D But Daniel, you know, Daniel Day-Lewis,

P True. Daniel is more intelligent.

D It has a higher loft.

P Daniel, my brother.

D It has a higher thread count.

S Yes, it does.

P Okay.

S So, I've got something to bring today. It's a little teleprompter. It actually wasn't for you; it was for me.

P Okay.

S Journaling about my marriage...

P Oh, I love a good marriage.

S But then I thought afterwards that it really has a good celebration point for a few things that you guys are going to hash on with me, kind of practical, THM-ish even.

P Oh, right.

00:01:55

S TH-ish. Trim Healthy. We're kind of just dropping the M.

P Sometimes we are, and sometimes we leave it in.

S Well, just so that Dan can be involved, you know, Trim Healthy.

D You're bringing old Sam into this?

S I'm bringing old Sam into this, but it's so G-rated, it's so PG.

D Mr. Yuck-Yum himself.

S There's no R involved. The first line, you might think, oh, freak out, we're going into R. We're not going into R.

P Oh, okay.

D Well, that's too bad.

P I like a good PG. I don't like G. G's not spicy enough.

D Yes, G's boring.

P Spice it up a little bit.

S No, it's a PG.

D Where are you at? Are you PG?

00:02:24

P I'm a PG-er.

D Not PG even 13?

P I don't like when people drop the F-word. If you watch a movie, if you go above the PG; the F-word's every few seconds, and then it starts to get annoying.

D Oh, is that R for you?

P Yes, I think so.

D Because PG-13, they'll...

P They drop one.

D Oh, is it one?

P You can deal with one.

D Yes.

S John's like, you guys are ridiculous.

P John Sovereign's like, well, why even do any of it? Why don't you just go make a copper vessel?

D What if we had one swear-word per podcast, like we had to keep the guidelines.

00:02:59

S Yes.

D Like we had to. It was the law. Would you, do it?

S No.

P I don't curse. I'm not a curser.

D If it was the law, we would not have a podcast? Is that what you're saying?

S No, I wouldn't curse.

P I don't think cursing is sinful, I just wasn't brought up doing it. So, my children know me. I didn't allow cursing in the house.

D Have you ever done it?

S Well, when you rhyme to write a song you do it by accident.  
P No, see, I'm not a... Listen, it's just so weird.  
D You would never?  
P I don't, and I haven't.  
D And you have never.  
P No, I've said some of the words that aren't so bad, like arse.

00:03:33

S No, we only say that Pearl and I say that together.  
D It happened. I did it.  
S No, we don't say it. No, we don't say it. Listen.  
D I made it happen.  
S No, Dan, we don't say it to our family, to our children, to our husbands.  
P We say it to each other.  
S But when Pearl and I are talking about health...  
P Crap, we say.  
S We go to the sites sometimes that the bodybuilders are on, you know.  
P The bros.  
S The bro's sites, and they say, arse. And when we talk about...  
P They don't put an R in there.  
D They don't put an R.  
P Arse. That's British, right, Lesley?

00:03:59

D They don't hit the R.  
S When we talk about the things, we learn there...  
P Move your bloomin' arse.  
S Yes, we say that word for fun.  
P Serene and I say to each other, hey, get your ass over here.  
D You say this?  
P If we're bro-talking, yes. But she brings it out of me, and I bring out of her, but our husbands don't know we say it.  
D So enlightening.  
S And our husbands look at each other, like...

D And you sound so wrong. It sounds like my two-year-old just said it, and it's cute. It's cute, it's not even offensive.

P So now already we're PG on this show.

S It's like when Sam went overseas, and he was contracted for the military over in Kuwait, and it was just a bunch of people from different nations.

D Oh yes. Sailors. Sailors.

00:04:35

S Yes, that just had nowhere to go but into the hottest part of hell, in Kuwait. And he said all these British people were saying shite, all day long, and he was like, it was just so innocent, shite.

D It's cute.

P But I don't say it, like I always say it to my children, I don't say the word S- H- I- T, and they're like, oh, Mum's spelling the curse words again.

D But you've said it in your head?

S She'll say, oh, pookenacker.

P Yes.

S That was a big one growing up. She makes it up. She makes her own things up.

D Neither of you will even cuss in your head.

S No.

P It's not in my head.

D It doesn't come to your head.

S No.

P It doesn't come to my head.

00:05:03

D Like on your worst...

P Never. I don't ever. Even if I'm so mad, for some reason, because we weren't brought up cussing, it doesn't enter my head. Now, strangely, it does enter my older sons' heads. So, they got it from somewhere, but it wasn't from me.

D You Tube.

S They got it from the American husbands, probably.

D They got it from YouTube, 100%. And arse, if we used arse routinely, would that be, okay?

P Arse doesn't bother me. And yes.

D Arse, it's so weak. The Brits, they're so weak in their language.

P Lesley-Pops is belling us.

S Lesley is belling you. Okay. Let me read my teleprompter.

D Oh, shite, it's like, who can even be intimidated by that?

L Lesley belled Dan!! LOL!!

S Well, listen. I'm going to read. I'm going to do an Obama read on my teleprompter.

P Good.

00:05:53

S Because it wasn't for you guys. It was a thought that I had about my marriage this morning, and I wanted to capture it. I wanted to elaborate. The boys are talking and it's distracting.

P They're laughing. Just don't look at them. Look at me. I'm listening.

S Okay, yes. And so, I thought to myself, I want to write this down. We grew up with this saying, thoughts disentangle themselves when they cross through lips or pencil tips, and so sometimes if I write something down the thought will elaborate, and I wanted that. Then as I was going through it, I thought, well, I'm going to bring this today. Because we've been busy, Pearl and I.

P Yes.

S We've been so jolly busy with new ventures happening with TH, and all the businesses underneath that.

D You abbreviated THM. It's already abbreviated. You call it TH.

S TH, let me start my PG. Ready? There shall be no arse in it. None.

P No arse.

S I rolled over in bed this morning and cuddled into my husband's arms, and had this thought, that we just fit so perfectly, like we were made for each other. Like my being and his being were always meant to be a pair, to be matched. Like my whole life before I met him was being shaped for this other shape, so different, almost opposing, but nevertheless the perfect match. This began my conscious thinking this morning. When the grogginess wore off, I started thinking less fairy-tale, but still so overwhelmed by the truth of our perfect oneness. Perfect? Could I use this word? Yes, we fit so perfectly, but was it because we were perfect individual pieces? Far from it, well, at least that is my perspective of myself, definitely, I'm not perfect. Was it because my emotions, personality... Don't worry, guys. I'm getting to you, okay. This is my little...

P No, no, I'm liking this. Shush up and keep reading.

S Was it because my emotions, personality, quirks, passions, beliefs, history, goals, hobbies and dreams all matched his? No. That was not it. In a way we shouldn't fit so nicely. If you placed us side-by-side in the eyes of a literal jigsaw puzzle, a jigsaw puzzle pro would not have chosen us to fit side by side. And I'm going to stop my little teleprompter for a second and just tell you a little story. I'm going

rogue. When I was young, I used to dream of my perfect, jigsaw puzzle piece that would fit me so nicely. I love to sing, and Pearl and I actually grew up singing the blues, and we loved Aretha Franklin, and all those crooners.

D Oh.

S Oh yes, we did.

00:08:33

D I didn't know.

S Pearl actually sang the blues in a nightclub for years.

D What?

S Against our father's wishes

P And I still didn't swear. I still didn't swear.

S Yes, she had a drunk pianist who played the piano, and she would sing on the Gold Coast, because it was all nightlife. And she was a good little girl. She kept her goodness. But my father wasn't too happy about it.

P He wasn't.

S She was a nightclub singer.

D I bet you crushed it.

S She wore these Diamante dresses when she was 18, and sang all the Fly Me to the Moon, Blue Moon.

D Did you really?

P But keep going back to your story.

00:09:03

S So I loved the blues. So, I dreamed of my perfect jigsaw puzzle piece, and it was a piano player. Not the drunk one. Not the drunk one. And I imagined myself married, in my silk nightie, leaning against the grand piano that I would own, and my man would be tinkling on the ivories. And I would croon, and he would tinkle until all hours of the morning. This was my dream of my perfect match.

D What did he look like? Was it like a Yanni type? That's what I'm picturing. Do you know who Yanni is?

S Actually, I did picture more of a smooth-cut guy. Now, my man I ended up marrying is a Marlboro Man.

D Yes, he's as cowboy as it gets.

S He's rough. I love it. I love it now.

D In your fantasy did he have long hair, or was it cut?

S No, it was a little oily and greasy across the forehead long.

D Well, you got that part right.

P He probably had a bit of the Latino Spanish in him.

S Yes, probably a little Latino.

D Oh, it was, okay, like Antonio.

00:10:03

S I married a redneck Texan, but it works.

D But in your head, it was like Antonio Juarez. Bella Groova.

P Yes. He had a V last name. He had a V last name.

D Valadessi.

S But anyway, but that's not what ended up happening, so back to my story. I started realizing why we fit, the more I began to muse. We fit because of forgiveness, because of patience, because of tucking our own edges in a bit, or folding them in, or even cutting them away. We fit because we were determined to, because we clung together in the heat. Pearl's going to say, too much cumin.

P No, I'm crying. I'm not cumin-ing. This is so good.

S Pearl hates it when I get too poetic.

P No, this is so good.

S We clung together in the heat when the fires of life raged, so that we melted in together and started to form a more comfortable mould for the other to make their home within. We let life fuse us together, and the problems of life make us more perfect for each other than before the problem arose. Problems made us fit. We fit because when the cold winds blew, and icy storms came, where love became a decision, not a balmy vacation breeze, and we remain together. Our substance that once would have drained off formed shape within the other's heart and became an enjoyable treat for the other, like a popsicle of love, a shape formed by the other we chose to stick with. We fit because we signed up to fit. We put on a shoe. We spent time wearing in the fit, working through the blisters, stretching out the leather until we didn't feel restricted or annoyed by the foreign clickety-clack of a first-time shod horse. We kept the shoe on until it was more comfortable being on than off. We fit because we stayed. We wore each other in. We fit because love spent long is like resin that fills in holes, cracks and weak areas, and makes the rugged smooth, and the wood that would splinter, like polished marble. Long love, constant love, changes the shape of even the mountains of painful protrusions that rub us wrong, like the constancy of water over time. We fit because we let the water of the other's love wash our dirt away. We let in forgiveness, we let in change. We let in even the pain of the water of love in a wound. We fit, basically, in the quintessential core of the thought, because we chose, because we continue to wake every morning to choose each other. So anyway, that wasn't meant to be shared.

00:12:36



P It was beautiful.

S That was meant to just be my little musing. But today, together here, I want us to celebrate pairs, like the POD and the POD gang. So, I want to talk about other things that fit.

P What do you mean, the POD and the POD gang?

S The PODdy. We fit together.

P Oh, we fit. Yes.

S Who would have thunk it?

P Who would have?

S Who would have thunk the copper sovereign vessel...?

P Who would have thought that we'd been here with Dan-Dan all these years? Dan-Dan's quit stuff all the time. So have we, who would have thought that Sov John and Lesley-Pop.

S Yes, and good old Pops. Good old heathen Pops.

P I know, she fits.

S But all of us Scripture Selves, we fit. I love it. So, I'm celebrating pairs here. And even pairs that wouldn't think at first that they would look like they're the perfect jigsaw piece, like fats with non-starches, that people would think, no. A steak has to be with a spud, right? That's the fit. And I'm like, no. There can be another fit that, through time, is perfect.

00:13:43

P Steak with broccoli or squash, as much as I love a spud, if I'm having a steak, I want that broccoli now. I crave it.

D A spud man.

S Yes, so it's not the tinkling piano player anymore, Pearl.

P Yes.

S Right, it's like, I will take the redneck anytime. You wanted the businessman. You got the cowboy.

P Yes.

S So you started out your life in Australia, spud and steak every night. But now over time you've learned the best match is your zucchini.

P And my steak together.

S Your broccoli and your steak.

P It's true. I made them fit.

00:14:22

S You made them fit.

P Now I love the fit.

S What about starches with the lean? Who would have thought? Who would have thought that...?

S What's that?

P Starches and the lean, he's in the metaphors wrapped up. Now she's actually in physical.

D Just curious where we're at!

S No, I'm back into the physical, you know. Who would have thought the baked potato moistened with the stewed tomatoes and onions instead of oodles of butter?

D Sounds so good.

P Yes, who would have thought it?

S Who would have thought it? But Pearl, you make a gravy, you caramelize those onions and you stew those vine-ripened tomatoes.

00:14:58

P On a potato it's everything.

S With a little bit of acid to that tomato, you put a splash of balsamic vinegar, or some kind of wine vinegar, and then you pour that over your potato. That tablespoon of butter can go jump. Who would have thunk it?

P Right.

D Unlikely pairings.

S Is that as bad as arse? Who would have thunk it? Sounds like I'm almost swearing.

P Thunk does have a little rank of a swear.

D I would say thunk is worse.

S But I want to talk about other pairs that I want to celebrate today, and I want you guys to chime in. I want you guys to think of pairs.

P I don't want to think. I just want to listen.

S The morning for breakfast, the perfect pair, right? Who would have thunk it? Lesley-Pops didn't want to think it. Remember, Lesley-Pops, you just wanted your coffee on the way to work, remember? But the morning for breakfast, it's a perfect pair for your metabolism.

P Yes.

00:15:49

S And over time, you can make those edges match, the busy-ness of the morning.

P Yes. I didn't use to love to eat in the mornings and now I just love to.

S With the obstacle of breakfast, you can make those edges fit, the stuck for the tweak. It's so true. If you're stuck, your perfect match is the tweak.

P I love that. That's so good.

S The problem for the answer, yay. If you've got a problem do a cartwheel, get your party on, because there is an answer to be paired with it. You just have to find it, right?

P So good.

S The kitchen for the cook, if you have a kitchen, it's just waiting to be paired with you, even if you're Alison Hartman, who's still sitting here from a post-PODdy that she just did, the kitchen for the cook.

P She's looking after kefir grains now. Who would have thunk 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 Buffy!!! Best comforter you've ever jolly slept with. This comforter has over 18,000, 18,000 five-star reviews. Customers agree, as I do, that it is the softest, fluffiest comforter.

00:17:02

P It keeps you at that perfect temperature, so you feel cozy without overheating. I have one upstairs, where I watch stuff of a night-time 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 cosiness, so there's that fine balance that you have to have at night, Serene.

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-fied. It's 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. Did you know that eucalyptus uses ten times less water than cotton to grow, and its fibre 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 You're a greenie a bit, slightly.

00:18:13

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 as a child.

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

S Have you ever had cheapos that have done that? Oh, my goodness. Wrecked.

P All the time. So, for \$20 off your Buffy comforter, visit [Buffy.co](http://Buffy.co), that's B-U-F-F-Y dot- C-O-M and enter trimhealthy. 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, and send it back, no charge, if you hate it.

S Yes, but you're not going to hate it.

P But you're not going to hate it, and they know that. That's why they can offer you this deal.

S Yes.

P But anyway, try it, risk-free, you see. And for \$20 off your Buffy comforter, visit [Buffy.com](http://Buffy.com), enter trimhealthy, just do it, because you'll love it.

00:19:15

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O-D-D-Y. Now, Pearl, I want your help here. The lungs for the breath, so many times we have lungs, and we don't even realize we're meant to breathe. We just do these half-hearted little sharp little swift little breaths that are killing us.

P Shallow.

S But the lungs are for the breath. Pearl, take it away for a minute.

P Well, as you said that, I just remembered my deep breathing. And we talk about so much of the necessities in life, and we get our eating covered, and we drink our water, and we try to get our rest in, and we exercise, and we forget we have to jolly breathe, and we don't know how to breathe. Lately I've been learning to breathe, and breathing properly, and deep breathing, has literally pulled me out of a huge health challenge I was facing. As many of you know. I was facing Meniere's disease, and my answer to coming out of that slowly, little by little, has been breathing in God's peace and learning to breathe properly. And slow breathing and breathing into the depths of my belly. And as I breathe out, just letting all that stress, or whatever it is, come out. And I'm doing this multiple times a day, doing this whenever I feel myself shallow breathing, whenever I feel myself stressed, whenever I feel myself overwhelmed, and I've been shallow breathing. So Serene and I, we've been doing the Treasure Hunters group with others, and it's just so incredible. So I am for the breath, and I didn't know it. I didn't know it was a pair. I'm a pair with it.

S Yes, you're a pair. Your lungs are for the breath, and for anyone with ADD or attention deficit disorder, Dan.

D Present.

S Yes, it's that belly-breathing that actually connects us to the information that we are trying to focus on.

P Breathe in slow, Dan. Here's what you do.

D Tell me.

P You don't have to count.

D Okay.

P Just put your hand on your belly right now.

D I'm here.

P Don't try to make it washboard-flat, or anything.

00:21:13

D Thank you.

P Feel it as you do a nice, long breath in. through your nose, always through your nose.

D Now, not the chest the belly.

P No, yes, the belly, it will go through your ribcage into your belly. Now, as you breathe in, feel your belly expand. Feel your hand go out.

D I'm there.

P Now, whoosh it out any way that feels good to you, and just do a season of those whenever you feel that anxiety coming, or whatever.

D Oh, it makes me sleepy.

S Or lack of focus. Because when we breathe like that, we are opened up to receiving the information that we're trying to focus on.

P Readjusts the whole limbic system. We can heal.

D Through just breathing.

P Through just breathing.

S Yes, the muscles are a pair for movement. The muscles for moving, so many people have muscles, and forget they have them and are just letting them rot through lack of movement. They are a pair. And sometimes, like we were talking about in another PODdy, sometimes when we start moving our muscles, we get anxiety and we're like, no, don't move. This is scary. I'm going to die if I move. This is not a pair for me. I'm not meant to be moving these muscles. I feel like vomiting after a half a mile. No, the muscles are for moving. They are a pair. And as uncomfortable and unmatching as they seem like at first when we begin any kind of exercise habit, the beginning of it does not feel like they're a right fit at all. But the muscles for moving, the evening for sleep, so many times, Alison Hartman, who's still here, from a Post-PODdy. So many times, we think the night-time is

when we really begin. I was talking to another mother the other day, and she was talking about her messaging, texting, starts coming alive to her friends at 10:30.

D Yes.

S That's when she starts coming alive, that's when her friends... 10:30. The night is for sleep. The evening is for sleep. The waters for the kidneys, you know. We all know it. We all know, water, water, water. That's healthy. But so many times we rush through our day. Maybe it's a coffee or a sweet tea or whatever. I love seeing you, Pearl, lately. You always walk around with your quart of water.

P Yes. I was about to bring it, but then I left it, because I had to bring my...

00:23:33

S It wasn't a habit for you. You knew all your life that water was for the kidneys, but you never paired them personally.

P I didn't know that. I didn't.

S You never paired them, personally.

P I love finding more pairs as we age, eh?

S The Dan for the Hollywood, the John for the copper.

P Did you write that down on your teleprompter? She did. She did.

D Is it in the book? Nice.

S The Lesley for the Psalms, the week for the work. What I mean by that, the week for the dialled-in eating. I've always found that's a help for me. See, my Monday through Friday, dialling it in. I feel like that's a match for me. And then I see the weekend is the time to loosen my belt a little bit, you know?

P Yes. Your loosened belt is very different from some other people's loosened belts.

S I'm not talking about donuts, and all that. I'm just saying, from Monday to Friday I think, okay, where's my kefir? Where's my salad? Where's my protein? Anchoring at every meal, where's my night-time snack? But at the weekend I might be like, where's my handful of nuts at 8:30 at night, instead of, where's my Trimmaccino?

00:24:37

P I love, I love, I love, I used to hate Mondays, and now I love Mondays so much. Guess why, because I love diving deep into the wisdom of the structure. And I love getting my Monday morning breakfast, honing it in with carbs and protein, and just setting up for the week.

S But I learned it from you, Pearl, and that's why I wrote it down on this teleprompter, because on our Treasure Hunters group you bring it every Monday. You're like, show me your breakfast. Show me your Monday morning breakfast. Because I think this is a wonderful pair here. And you're calling it Monday. I call it the week. But I imagine that, honing in, dialling it in on the Monday, starting out that week dial-in. I think that's a pair for success.

P It is.

S Knowing that Mondays are for dialling in. Mondays are for dialling in., and I think that's going to work for so many people. The head for peace, the head for love, the head for joy, the head for hope, for positivity.

P And by that, do you mean mind?

S Yes, and the heart, the heart for God. We were created for that. And the heart for peace, for love, for joy, for hope, for positivity. We weren't created for fear. We don't pair well with anxiety.

00:25:43

P No, we don't. The body doesn't.

S We don't pair well with hopelessness. We don't pair well with hate.

P The body decays with those things. We pair well, the perfect fit, is with those other things. That's why your whole **home page of peace**, Serene, PODdy that you did here has just resonated with me, because that's what I should be paired with.

S And Pearl, just you, Dan, for a second, too, the body for love. The vagus nerve. Talk for 60 seconds. Refresh us.

P Yes. The vagus nerve, when it's stimulated, it's our total anti-aging pill. It's our healer, and it's in our body. It's the vagus nerve. And sometimes we turn it off. The vagus nerve can be turned on or turned off. Stress turns it off, but love turns it on. Love, actually, when we're actually giving and receiving love to family members, or to a person on the street, and it's not just, oh, I love you, and falling in love. What the studies have shown, it's the micro moments of love is the biggest vagus nerve activator. In studies right now they're trailing different things, like vibrations to stimulate the vagus nerve, and different things like that, because it's so healing for the body. But just the act of showing and receiving love is one of the biggest vagus nerve activators there are. Actually, another big vagus nerve activator is singing, though.

00:26:58

S Oh, I love it.

P Yes.

S That's so true. The voice box for singing, and that does not matter if you can't sing.

P Yes.

S It doesn't matter at all. Actually, even if you sing out of tune, it still blesses your own body.

P It does. Singing has been a very powerful tool for me, I think, because naturally I was, I brought it here a little bit today, Serene, because I was just in too many meetings lately. So, I was feeling a little bit of down, a little bit of negative Pearl old nature was coming through, but I used to be like this all the time, just down, a glass-half-empty person. But now I use singing as a tool if I'm feeling that way.

P I force myself to go round the house singing, and I come out, it's like a force. It's like when you force yourself to smile but the nerves actually tell your body you're happy, and you can come out of depression.

S Yes.

00:27:49

P When I force myself to sing at home it does amazing things for me. It pulls me out of whatever funk I was in. it's really good therapy.

S I agree. The other thing that we're made for, the body is for thankfulness. Even if you think you don't have anything to be thankful for, you can always find something, even if it's just the fact that you've got five digits on your hand, and if you don't have that, you might have five digits on one of your feet. There's always a reason to be thankful, and thankfulness heals. That's a beautiful pair. And I want to go a little bit, it's not really R, but you know, I'll bring an R-minus. Because the world likes to put together false matches, and I want to fix it up. Like that the unmarried bed is for romance, but that's the most beautiful pair, the married bed for romance. And a lot of times the people think the married bed is for snoring with our backs together, you know what I mean?

P Yes.

S But the married bed, 75 years in, what do they call it? The Emerald. What is that wedding anniversary?

P I don't know. Emerald sounds good, though.

D I think the 50 years is the Golden Anniversary.

S Yes, and then there's an emerald. I think it's....

00:28:59

P What are our parents up to?

S They've done their emerald.

P Have they done the...? They haven't done their 75-years. No.

S No, Emerald must be 60.

P I know they've done....

S Pops is looking it up.

P Let's see. Dad's 82. He got married, I think, when he was 22. So that's 60 years for them. They've had their 60<sup>th</sup>.

S I think they just had the Emerald. It might be 60 years. Pops will tell us in a second.

P Their marriage bed's still going.

S It so is.

P We have to hear about it.



S Thanks...

D How do we know?

S 55 is for Emerald.

00:29:28

P Our Mum likes to discuss.

D Does she?

S Oh yes, and Pearl helps them out, you know. A little bit of bio-identical hormones. She's hooked them up with the right doctors.

P Yes, I hooked them up with the right peptides.

D Oh, juice them up and send them in?

P The right medications. Here you go, Mum and Dad. They're like, oh, when are you getting more of that for us, Pearl?

D And so Mom comes and discloses?

P She's like, you know. She doesn't give details.

D But she what?

P She just likes to keep it happening.

S Well, I think I've shared it before on this PODdy.

P They listen to this PODdy, by the way. They'll probably be like, oh, yes, right now. They'll be like, yes, darling. Aren't we great?

00:30:04

D Hey, guys.

S I have shared it before on this PODdy, but I'll just share it just once more, just in case new peeps haven't heard it. But I remember on a walk with my Mum, and a couple had just gotten married from the Hilltop, young love, young passion, and Mum was like, this was the day after the wedding, she was like, I just feel so sorry for them. Oh, I can't imagine just how not fine wine it would be to just have just your first night. Oh, it's so fun 50 years in. she gets this little blush look on her face.

P And then she always loves to tell the story, Mum, of when she was just newly married and she talked to this older woman and she said, when is it the right time for the lovemaking to stop? And this woman was in her 80's and she goes, well, when it happens, I'll let you know.

D Nice.

P My Mum always loves to tell that story to everybody else.

S Yes.

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 This holiday season, if you're trying to think of a special gift to give somebody who you think maybe has it all, or maybe they're just difficult to buy for, we have an idea for you. Have you ever thought of Storyworth? We've talked about it here before. We've gifted it to some of our own family members. But Storyworth is a unique and beautiful Christmas gift. Pearl?

00:31:31

P Yes, and I'm going to be purchasing it for more family members, because Storyworth is literally incredible. It's the gift that no-one will ever forget.

S And it's the gift that keeps on giving, and giving, and giving, and giving, because you're basically going to be gifting prompts to a person to write about things that you may not have ever heard about their life. Storyworth compiles all of this, even with pictures that they send in, into this leather-bound, beautiful keepsake book. But for generations to come, you will have these stories that go down the generations. It's just so beautiful.

P Yes. Basically, Storyworth is an online service that helps you and your loved ones preserve precious memories and stories for years to come. It is thoughtful, it is meaningful, and it connects you to those who matter most.

S After one year, Storyworth will compile all your loved one's stories, including photos, into a beautiful keepsake book that you'll be able to share and revisit for generations to come. And in this rushing, busy world, where sometimes the conversations we want to have don't get made. So Storyworth is a beautiful way of drawing out information. When you gift somebody Storyworth, you're trying to say, I want to know you more. And I think that's a beautiful gift to say to somebody, I want to know you more.

00:32:47

P And with Storyworth you are giving those you love the most thoughtful, personal gift from the heart, and preserving memories and stories for years to come. So go to [Storyworth.com/trimhealthy](https://StoryWorth.com/trimhealthy), and save \$10 on your first purchase. That's [StoryWorth.com/trimhealthy](https://StoryWorth.com/trimhealthy), and save that \$10 on your first purchase.

S This is the PODdy, with Serene...

P And Pearl

S Get it right. It's P-O-D-D-Y. And then, one more, because I just dropped my children off at my parents' house to be run on the fields. They have a big field in front of their house, before I came here to the PODdy today. And I looked at my dad, the hoary head, the grey-haired man, and I'm like, that's a good pair. The old for the wisdom, because the world tries, or a lot of young bucks think the young bucks know it all, but the old for the wisdom.

S And I think especially if the old has spent their years the right way, I feel like that's a beautiful pair. It pairs well. Anyway, that's mine. You can keep hashing. Anyone got another pair to celebrate?

P Serene for the PODdy. It's a great pair.

D Hey-hey.

P Lesley. Come on, Pops.

00:34:02

S Oh yes, Lesley-Pops got one.

L I've got four or five, but I'm going to start... No, no, and I've said this before, and I have said this before to all of you, and on the PODdy. But to go back to Pops Psalmos, and the podcast, I, hand on my heart, never knew a Christian before. Maybe I did, but it wasn't in my life, and I didn't have the brain-space for what it meant. And I'm not saying that I've changed. I'm still Psalmo's. But you guys have taught me so much wisdom, and especially for my marriage. It's so cool. I was like, I wouldn't have made it without you guys. We went on a trip, and I was in a bad place, remember?

P Yes.

L Truly.

P Yes.

L And now it's so awesome, so awesome. So, I don't want to be with you all the time, but...

P No, you don't.

00:35:19

D Don't get cocky.

L And another one, on a lighter note, I used to work such stupid hours, oh my God, on the road.

P What, you used to? You still work such stupid hours.

L Well, no, but it's nothing, nothing compares. I've filled it. I still fill my day. Mornings used to be, oh, I haven't had any sleep. I can't face this day. I'm so exhausted. I'm so exhausted. How are we going to do this again? And I would come alive at night, like you said.

P Right.

L I'm so excited some mornings now. I love morning's, it's when I get all my stuff done. Come noon, that's when I'm starting to peter out. I don't even have to set an alarm anymore. I don't know what happens as you get older.

P No, it's not for everyone. But you've set your circadian rhythm and your eating habits, and all of that. because remember even a couple of weeks on the PODdy you were like, I used to have to have all the different foods, and now, and you're like, I'm so boring now, and I love it.

L Yes. And just very recently after my Mum visited, and she was so... And you've always drilled in the breakfast thing, and my Mum was like, I'd go pick her up at

the Air BnB and she would just force-feed me, and she made me promise that after she left, I would still find time for breakfast, and I was like, I promise. And I was like, I'm not. But what I have started doing is I take a glass of water to bed at night, and when I wake up, whatever's left I finish it, and then maybe some more. Because then the first thing that I'm having isn't coffee.

00:36:53

P Yes.

S Yes.

D Yes.

L And then, as I've furthered that, I've actually held off on my coffee so that I get hungry. Because the coffee is such a...

D It curbs your appetite, yes.

P It's filling you.

L If I'm awake for an hour and if I haven't had any coffee, I'm starving and I'm excited about it. So that's what I've tried to do.

P That's interesting.

L I don't know if that's a pair or not, but anyway, love you.

P Love you, mate. I'm a crier today.

00:37:24

S That's fantastic. I want to hear some more of the pairs of other people in this room. Dan?

D I was thinking about how, my son, Daniel, is 17 and we've always taught dating is for married people. Kissing is for married people. Physical intimacy is for married people. And so, he finally this year was like, hey, Dad, you know how we've always talked about how I'm supposed to communicate with you, and everything's in the light, and I don't have this little private... Until I'm out on my own, I don't have a little private life. Well, I'm interested in this girl.

S Ooh.

D And I'd seen it for two years. I saw this chemistry, and of course just never speak about it. Daughters of Jerusalem, by the mercies of God, I charge you, do not stir up love until it so desires.

S He can bring the Scriptures, eh?

D I go around the school telling all the parents that, you know. Hey guys, just remember. So, what we did was, is we were like, yes. You can have a special relationship. But we're not going to call it dating, because that means something, and it looks a certain way on YouTube. So that word means something that you're not going to be doing. And instead, we can do this pre-marriage thing that I have in mind, that I pitched to the other parents at the school. And they loved it. Not that

it would put pressure for marriage. Just that it would fix the goal rightly, and that is that this creature is not for use. But this creature is for covenant. That's what those creatures are for.

00:39:16

P So good.

S That's great.

D And so one of the boundaries is only physical touch that is fitting, that you would do with another girl at the school in front of this girl, or that you would do with a sister, and no further, for now. We're on level one here, okay?

S What did your son think of that?

D Well, he just welcomed everything. He welcomed everything.

S Really?

D Yes, I think because I've spent years saying, like, I'm really big onto the laws of the universe, the laws of physics, and I've taught them, not that one day God will be angry, but I've taught them that, right now, you will reap what you sow, and if you don't, there's physics in place.

P That's true.

S Yes.

00:40:01

D And there's this, the ancient world called it judgement. Okay, if you don't like that word, call it effect, cause and effect. There's going to be repercussions. When you drop the stone in the pond, it will ripple out, and you may not be happy with it, and it may cost you decades of your life. So, hear your father's words, oh son. And I was like Solomon, you know, harken under my words and don't think, I know better than the ancient ways. Don't be the first guy to try and break the ancient laws. You won't be it. And so that's one of the boundaries, is the touch thing. And what that does, the reason we do that, and I pitched this to the dad of this girl, and he was just electrified by it. He was like, oh my God. He was like, present it to the whole school. It's that good. And what it does is, because we believe in energy, we believe in frequency, we believe in all this. When you get physical, the volume on the spiritual things, when you're not in covenant, and you're pre, and you're 20, the volume goes down on the emotional and the spiritual. And you're in a fog of physical, and it creates movie-level romanticism that can blind you to seeing whether or not this person is the right one to make a covenant with.

P That's true.

S Yes.

D And so we want to give room for you to fall in love with her spirit. Because if you don't see her soul, you've not seen her, and all you'll do is disrespect her.

00:41:38

P That's so good, Dan.

S I truly believe he should be going around the country on these, anointing on it, to use the Christian word.

P I know, you really have it. These particular subjects, you're very, very good at, because it doesn't come across as all preachy-judgey.

D It's not the rules of a religion.

P No.

S So, pair it for me, Dan, because I want you to bring it into this final. I love it and I know you can bring it.

D We're talking about good pairings, right?

S Yes.

D One other tidbit about this. The entire rainbow of light, the observable part to the human eye is only 0.0035%, a very small sliver of reality, of all that's out there.

P Wow, we can see that.

D Invisible light is a word that throws you off, because it's almost like it's not visible. No, the eye doesn't detect it, and that's a big difference.

00:42:33

P Wow.

D It's visible to someone, somewhere.

S Yes, it's like we don't even hear frequencies that other creatures do.

P Or even other humans do. A seven-year-old can hear higher pitches than we can.

D Right, and dogs. People just figured this out. I just saw a documentary on Netflix. Dogs can hear, and even, they hear with emotion, and so they can sense your heartbeat and they will synchronise their heart to its owner's heartbeat.

S That's why they're such good medical, what do you call them?

D Absolutely, and they say that dogs can smell fear. They don't smell fear. They sense elevated heart rates.

P Wow.

D And so there's a reality out there that we only, just on the sight level, see 0.0035% of. And so, when we're talking about divine pairings, and especially with someone you would make a covenant with, it is so, like I was talking to a friend today. He was describing physical features, and what's important. And I was just like, man, that has a place. Don't get me wrong. But dude, in about three years after covenant the charm and beauty has fled. Not that she's ugly now, but that is no longer as exciting. What's more exciting is that you are bananas about someone, and you have like what Serene just described with Sam. That's what lasts. That's what really matters. We have this great pressure, or responsibility when we're young

and we're thinking about somebody we might make a covenant with forever. And that's the thing is today's marriages look more like contracts, where there's an out-clause. That is so destructive. I hate the marriage contract, as John does as well. The marriage contract is so silly. And instead, we have this thing that's a covenant, that is unbreakable. And even when things are hard, you receive them as the gift of God. Oh, my, I have the thing that the universe, and God, and every angel have all been waiting for me to get over, and now my wife has brought the spear that is prodding me forward, encouraging me forward to get over this. Thank God.

P That's a good way to look at it.

D Thank God. Not, oh, we're incompatible. No, no, no. Thank God that this has happened. And so, it is so critical when we're thinking about pairing, is that we need to close our eyes when we think about our spouse, or a potential mate. I'm not talking about food, unfortunately, right now. I'm talking about, the world, our modern country, has sort of lost the spiritual man. And so, to a young person thinking about getting married, might not sit and close their eyes for a couple of hours and ask for wisdom, and ask to see this person. Help me see. But God help you if you're not falling in love spiritually with this person and seeing the part of them that is going to be a perfect pairing for you. And I'm suggesting that the only way to do that is not with your eyes, because again, they only see 0.0035%.

P If they're not going to do it, and it's true, Dan, but perhaps it doesn't start out that way. But you're going to have to get that way after marriage, then, or it falls apart. So, it's going to be now, or later, or it's going to be at some point.

D And if you've made a covenant, and you have not done so that way, it's time to do that now.

P Yes, exactly.

D I heard someone say, once you get married, then it is the will of God for your life, that person is. Because you've made this, the covenant is so important. And I could talk for a long time about covenants.

P I've got a pairing, real quick, before we close. I feel like the season is made for embracing.

S Good.

P Our life isn't stagnant. We walk into changing seasons, especially in a woman's life. These seasons actually have physical beginnings and ends. Like with a man's life it's not as much. It's kind of just flowing, and you age. But when we go from a girl, we have a period, and then we're suddenly into womanhood, we're literally tossed into it. And it's a time to embrace. And then we physically tossed into motherhood, and it's challenging, but it's time to embrace. If we fight it, we're miserable. And then we physically get thrown into menopause, where we're no longer in that season, that time when we can procreate. We can't anymore. We're in a different season, and it's a time to embrace. It's a beautiful time, and there are things that we can do. And I think some of us get caught up in longing for the seasons passed. But I think every season is so beautiful, if we look into it and just wring the joy out of it. There are challenges to cross in every single one, just like there is in motherhood. We can learn the tweaks, and we can learn the tips, and

we can learn ways to navigate each season. But each season is made to jolly well embrace and be the best. The one you're in is the best one.

S That's the pair, the one you're in. I love that.

D The one you're in. The kingdom is now, people.

P Yes. See you.

S See you.

00:48:32